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# UNIT 1

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## Personal Relationships

## > PART 1

# Gap-filling

### DIRECTIONS

Read the passage with 10 blanks. Following the passage are some words in a word bank. Select one word for each blank from the given words and then write the corresponding letter in the blank provided. Note that there are more given words than the blanks.

Most of us must have experienced something moving in our life. I was once   1   touched by a kind boy. One day,   2   a store, I returned to my car only to find that I'd locked my keys and cell phone inside. A teenager   3   his bike saw me kick a tire and say a few choice words. "What's wrong?" he asked. I explained my   4  . "But even if I could call my wife," I said, "she can't bring me her car key, since this is our   5   car." He handed me his cell phone. "Call your wife and tell her I'm coming to get her key." "That's seven miles round   6  ." "Don't worry about it." An hour   7  , he returned with the key. I   8   him some money, but he refused. "Let's just say I need the   9  ," he said. Then, like a cowboy in the movies, he rode off into the   10   sunset.

(159 words)

Target reading time: 5' 23"

Actual reading time: \_\_\_\_\_

Your reading rate: \_\_\_\_\_ words/min.

- |             |              |             |             |
|-------------|--------------|-------------|-------------|
| A) accident | B) change    | C) deeply   | D) exercise |
| E) give     | F) highly    | G) later    | H) leaving  |
| I) offered  | J) only      | K) reaching | L) riding   |
| M) rosy     | N) situation | O) trip     |             |

## Notes

### Look up & Write down

Look up the words in the dictionary which troubled you most while reading, and write down the meaning of the words in the passage.

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### Review & Recite

Review the passage, copy the expressions or sentences which impress you most and try to recite them.

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## > PART 2

# Matching

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### DIRECTIONS

Read the passage followed by 10 statements. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.

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- A) What's even harder than finding your perfect other half? Finding another couple of like-minded, fun people to hang out with. We spoke to experts to get the ways on how to easily make new couple friends.

**Be more giving**

- B) No, you don't need to give anything to another couple, but hopping on board a charity organization's team is one surefire way to meet new people with good intentions. "Charities are a great way to meet people who are already of a giving nature and like to extend themselves," explains Susan Trombetti, a professional matchmaker. "Joining the charity circle will help expose you to other social butterflies while adding a dose of good luck to your life and maybe even your relationship."

**Sign up for a class**

- C) "Take a boating class, dance class, cooking class, or whatever class floats your boat together," explains Susan. "This is a great way to meet new people. Learning new things is fun and stimulating as a couple, and when you can make new friends, all the better." Plus, you'll make new memories with new friends.

### **Be mindful of phone etiquette**

- D)** “Making new friends may come easily to you, but keeping new couple friends could prove to be more of a challenge if you’re not careful about your phone and text message etiquette,” warns Susan. “Always text both or email both people when trying to get together, unless one is the designated social director. You never want to be seen as having inappropriate contact with a spouse of the opposite sex or create suspicion or jealousy.”

### **Take a vacation to a popular resort**

- E)** Sure, some vacations are better when you can’t hear anything but the sound of waves crashing, but heading to a popular vacation destination or resort is one easy way to make new couple friends without trying too hard. “Vacations are great for meeting other couples,” says Susan. “Sometimes it’s hard to travel with your other couple friends, because, let’s face it, your traveling styles can be very different. But if you meet a couple camping and fishing while you’re doing the same, you know you have something in common.”

### **Don’t divide the friendship along the wrong party lines**

- F)** “Always meet as a couple,” suggests Susan. “Or if you’re not together that day, choose girls’ lunch or guys’ football. No hanging out with the opposite sex in the couple. This is just bad news.” It’s best to not leave room for jealousy of any sort.

### **Host a dinner party**

- G)** Melissa R. Giuttari, a New York-based psychologist who specializes in couples therapy, suggests hosting a dinner party as the ultimate way to let new friendships grow. “Plan an interesting dinner party where you and your partner invite one of your couple friends,” she advises. “Ask them if they can invite a couple or two that you may know or slightly know, or not at all know that they know who might enjoy the company and dinner. Relying upon and trusting your established friends’ suggestions of good company can help widen your social circle of couple friends.” Plus, who doesn’t love a dinner party?

### **Follow your spirituality**

- H)** “Whether this means going to a house of worship, a meditation class, or a group nature walk, joining a group that cultivates your greater spiritual values is a great way to find couple friends who share basic fundamental and core beliefs,” Giuttari says. If nothing else, you and your special loved one may just enjoy the time being

relaxed and reconnected to each other.

### Join a sports league together

- I) It doesn't matter if you're not the most athletic person in the world. Even something as simple as yoga can help foster new relationships. "Couples who work out together report feeling happier and more satisfied in their relationships," says Giuttari. "Joining a fun sports league like a running club or soccer league will not only cement this benefit for you and your sweetie, but also provide the opportunity to meet other couples who enjoy being active together. It's killing two birds with one stone."

### Form a group of your own

- J) If you build it, they will come. "If you can't find a group that exists that you and your partner would join, then take the initiative to create one of your own that is based upon your own interests. Think about a book club, chess club, or wine tasting club. The world is your oyster to find a pair of pearls!" says Giuttari.

### Be mindful of your partner's social desires and limits

- K) "Be considerate of each other's expectations for the level of increased sociability each one of you hopes for," explains Giuttari. "One partner may not desire to be as social as the other, or one may be more introverted than extroverted, so it's important to respect each other and find a harmonious compromise to commit to."

(818 words)

Target reading time: 12' 50''

Actual reading time: \_\_\_\_\_

Your reading rate: \_\_\_\_\_ words/min.

- \_\_\_\_\_ 1. A group nature walk is one of the ways for finding couple friends.
- \_\_\_\_\_ 2. A psychological expert holds that a dinner party is a good opportunity to expand your circle of friends.
- \_\_\_\_\_ 3. Couples could find joy from doing exercise.
- \_\_\_\_\_ 4. Finding a couple of friends who have similar minds with us is more difficult than finding a husband or wife.
- \_\_\_\_\_ 5. If there are no groups which you and your partner have interest in, you can form one.



- \_\_\_ 6. It is a great way to join the charity circle to expose you to other social circles.
- \_\_\_ 7. It is necessary to take different expectations for the level of increased sociability into consideration.
- \_\_\_ 8. Taking a variety of courses not only makes you joyous but also offers you opportunities to make new friends.
- \_\_\_ 9. Traveling is a good way to find people who share common interests with you.
- \_\_\_ 10. You can ask your friends to invite several people whom you slightly know or do not know at all to a dinner party.

## Notes

### Look up & Write down

Look up the words in the dictionary which troubled you most while reading, and write down the meaning of the words in the passage.

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### Review & Recite

Review the passage, copy the expressions or sentences which impress you most and try to recite them.

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## > PART 3

# Skimming and Scanning

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### DIRECTIONS

Go over the passage quickly. Following the passage, there are some questions and unfinished statements. For 1-7, choose the best answer from the four choices. For 8-10, complete the sentences with the information from the passage.

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Modern life is a lot less beneficial to friendships and neighborliness than it used to be. The average American moves every five years. People drive straight into their garages, hire lawn services, hang out in their backyards instead of their front porches. These days, neighbors don't even know each other's names.

Good neighbors and good friends are a lot like electricity or running water: We don't know how much we depend on them until we don't have them. They make our lives more pleasant and give us a sense of who we are, both as an individual and as a member of the community. The surprising thing is that all it takes to enhance your relationship with friends and neighbors is respect for their feelings, concern for their property, and a helping hand when it's needed. Here's how to nurture your relationships with two types of vitally important people in your life.

1. Strike up a conversation over the fence or on the sidewalk. Most neighbors enjoy making a small talk with the folks on the other side of the fence. As you see them work in their yards or play in their pool, smile, wave, and say hello. Ask how their kids are, whether they could use an extra pumpkin from your garden, or what they think of the prices at the local supermarket.

2. Extend yourself to the new family down the block. These days, the old Welcome Wagon is a thing of the past. But your new neighbors may be feeling lonely and unsure, especially if they're far from home, and might appreciate a friendly face bearing fresh-baked brownies. If they have kids, tell them where the children in the neighborhood live. Invite them over for coffee when they get settled, give them your number, and point to your house as you say good-bye.

3. Be considerate, especially of elderly neighbors. Return anything that you borrow from a neighbor, such as tools, in good repair. Replace anything that belongs to your neighbor that you, your children, or your pets break or soil. If your neighbor hasn't brought in his garbage cans yet, roll them back into his yard. Random acts of consideration will have your neighbors talking, and the talk will be good.

4. Invite your neighbors to your next bash or throw one in their honor. What better way is there to meet your neighbors than to invite them to an informal barbecue, pool party, or holiday open house? Better yet, you might even consider throwing a get-together just for them. Deliver the invitations in person to everyone who lives on your street and chat with each for five minutes before moving on to the next house. This way, you will get an idea of what your neighbors are like so that you can plan for appropriate food and music.

5. Make time for friendships. Nothing makes closeness fade away than never talking with or seeing each other. While some bonds of friendships may be strong enough to span long silences, most aren't. If you cherish a person's friendship, make time for him or her, whether it's just the occasional phone call or a weekly get-together.

6. Remember: A true friend doesn't flee when changes occur. Nothing is sadder for new parents than to find that their single friends have abandoned them because of the baby. The sign of a good friend is one who stays true through it all—marriage, parenthood, new jobs, new homes, the losses.

7. Make sure you aren't being a burden to a friend. Friendships fade away if there isn't a balance between the give and the take. Be sensitive to how much your friend can and can't offer you, be it time, energy, or help, and don't step over the line. And vice versa: Friendships that drain you will not last. If a friendship is out of balance in this way, you'll need to talk the situation through.

8. Worry about the small stuff. Yes, there are times when it doesn't pay to concern the details, but in a friendship, it's the little things that count. Notice her new haircut. Remember to ask about her mother's surgery or her daughter's new baby. And if you're truly a good friend, you'll know when she needs some cheering up—a simple arrangement of flowers if you can afford it, a simple card or e-mail if you can't. It really is the thought that counts.

9. Be a good listener. It can be the hardest thing in the world to do—to simply listen as he or she pours it all out or is seeking your advice or opinion. To be a better listener, follow this advice:

Maintain eye contact. Offer nods and murmurs that indicate you understand her point of view.

Don't finish your friend's sentences. If you catch yourself planning your response while your friend is still talking, gently remind yourself to focus on him.

Minimize distractions. Don't type, open mail, or watch television while you're on the phone with your friend. Your friend will undoubtedly hear your disinterest in your responses.

Be careful with advice. Assume your friend wants to express feelings, not necessarily ask for a plan of action.

10. Be in her corner if she's not there to defend herself. If you're at a gathering at which someone mentions your friend scornfully, defend her against gossip or criticism. Say, "Mary is my friend, and it makes me feel bad to hear you talk this way." Sooner or later, news of your loyalty will travel back to her, and it will deepen your friendship.

(935 words)

Target reading time: 14' 20''

Actual reading time: \_\_\_\_\_

Your reading rate: \_\_\_\_\_ words/min.

1. What can we learn from Paragraph 1?
  - A) Modern life is helpful in maintaining interpersonal relationships.
  - B) Modern life makes neighbors know more about each other.
  - C) Modern life makes people communicate more with each other.
  - D) Modern life has a negative effect on the relationship with neighbors and friends.

2. Which of the following is not one of the elements to boost the relationship with neighbors and friends?  
A) Respect.      B) Concern.      C) Help.      D) Praise.
3. What is the purpose to chat with your neighbors when you deliver invitations?  
A) To get to know their preference for food and music.  
B) To make sure that all neighbors will accept the invitation.  
C) To kill time.  
D) To enhance your relationship with your neighbors.
4. What will a true friend do when changes occur?  
A) He or she will flee.  
B) He or she will escape.  
C) He or she will still be with you.  
D) He or she will abandon you.
5. What does “last” mean in Paragraph 9?  
A) The most recent.      B) To continue for a period of time.  
C) At the end.      D) The latest.
6. As a good listener, you should do the following except \_\_\_\_\_.  
A) maintaining eye contact  
B) interrupting your friend’s sentences  
C) reducing distractions to the lowest level  
D) being careful with advice
7. Defending your friend against gossip or criticism is a sign of \_\_\_\_\_.  
A) loyalty      B) honesty      C) diligence      D) humor
8. Return tools that you borrow from a neighbor \_\_\_\_\_.
9. Never talking with your friends or seeing each other may make \_\_\_\_\_.
10. Be concerned about \_\_\_\_\_ in a friendship, such as her new haircut, her mother’s surgery or her daughter’s new baby.

## Notes

### Look up & Write down

Look up the words in the dictionary which troubled you most while reading, and write down the meaning of the words in the passage.

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### Review & Recite

Review the passage, copy the expressions or sentences which impress you most and try to recite them.

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## > PART 4

# In-depth Reading

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### DIRECTIONS

Read the two passages below. Each passage is followed by some questions. Choose the best answer from the four choices.

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### > PASSAGE 1

My wife, Carolyn, and I adore living in the country, and we like all the animals here, too. We have had a number of horses and cats over the years, but there never was a bond quite like the one between Sammy, a quarter horse, and Goblin, a yellow and white bobtail cat.

One day, our four horses came up from the pasture, trying to escape the flies. We were getting ready to spray them when Sammy came over to the wood fence and started whinnying (嘶叫) loudly.

We had several cats, and Goblin, a young male, came running and jumped up on the fence. Carolyn said, “I hope he isn’t going to do what he has in mind, because that horse is going to go nuts.”

She went for her camera, and just as she took a photo, Goblin jumped on Sammy’s back. There was no kicking or bucking as we had expected, just a soft whinny. Goblin ran up and down the horse’s back and neck, catching and eating flies while Sammy stood stock-still.

After Goblin had his fill of the annoying insects, he jumped up on the fence. Sammy quietly and tenderly nuzzled him as if to say, “Thank you, buddy.”

Almost every day, Sammy came to the fence, leaned up against it and whinnied for Goblin. The cat would run over, jump on Sammy's back and catch the flies.

If animals of different species are capable of loving each other, these two surely did. None of the other horses and cats had such a tight-knit friendship.

We never know when this relationship started or how, and it remains a mystery.

Unfortunately, we lost Goblin, and for weeks Sammy came to the fence and whinnied for him. You could see the sadness in his eyes.

None of the other cats ever filled in for Goblin. Even if they had tried, I don't think any of them could have taken the place of Sammy's best buddy.

(329 words)

Target reading time: 4' 84"

Actual reading time: \_\_\_\_\_

Your reading rate: \_\_\_\_\_ words/min.

1. What does "quarter" in Paragraph 1 mean?
  - A) 15 minutes.
  - B) Three months.
  - C) 25 cents.
  - D) A kind of horse.
2. Which of the following descriptions about Goblin is right?
  - A) Yellow and white.
  - B) A bobtail cat.
  - C) Male.
  - D) All of the above.
3. What did Sammy do when Goblin jumped on his back?
  - A) He went nuts.
  - B) He smiled.
  - C) He whinnied softly.
  - D) He ran up and down.
4. How did Sammy feel after Goblin was lost?
  - A) Sad.
  - B) Excited.
  - C) Moved.
  - D) Frightened.
5. What can we infer from the passage?
  - A) There is a friendship between animals.
  - B) Horses and cats can be raised together.
  - C) Cats can help horses catch flies.
  - D) Insecticide should be used in the countryside.



## Notes

### Look up & Write down

Look up the words in the dictionary which troubled you most while reading, and write down the meaning of the words in the passage.

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### Review & Recite

Review the passage, copy the expressions or sentences which impress you most and try to recite them.

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## > PASSAGE 2

Thomas Jefferson and James Madison met in 1776. Could it have been any other year? They worked together and started to further American Revolution and later to shape the official new plan of government, developing a close friendship, which lasted for 50 years. There were shared purposes and a common end on both sides. Four and a half months before he died, when he was ill, debt-ridden and worried about his impoverished family, Jefferson wrote to his longtime friend. His words and Madison's reply remind us that friends are friends till death.

“The friendship which has existed between us for half a century, the harmony of our political principles and pursuits have been sources of constant happiness to me through that long period. If ever the earth has noticed a system of administration conducted with a single and keen eye to the general interest and happiness of those committed to, it must be the system protected by truth, to which our lives have been devoted. To myself, you have been a great supporter throughout life. Take care of me when dead and be assured that I should leave with you my last affections.”

A week later, Madison replied.

“You cannot look back to the long period of our private friendship and political harmony with more affecting recollections than I do. If they are a source of pleasure to you, it is the same to me. We cannot be deprived of the happy consciousness of the pure devotion to the public good and I have confidence that sufficient evidence will find its way to another generation to ensure, after we are gone, whatever of justice may be withheld while we are here.”

(281 words)

Target reading time: 5' 16''

Actual reading time: \_\_\_\_\_

Your reading rate: \_\_\_\_\_ words/min.

1. How did Thomas Jefferson and James Madison build their friendship?
  - A) They had worked together for a common aim for a long time.
  - B) They had studied together since they were quite young.
  - C) They were childhood playmates.
  - D) They were guided by the same leader.
  
2. Jefferson wrote a letter to Madison under the following situations except that \_\_\_\_\_.
  - A) he suffered from illness
  - B) he was in heavy debt
  - C) his family lived in poverty
  - D) his family abandoned him
  
3. According to Jefferson's letter, what have been the sources of his happiness?
  - A) The agreement of their political principles.
  - B) Their common pursuits.
  - C) Both A and B.
  - D) Neither A nor B.
  
4. What is Madison's attitude toward another generation?
  - A) Pessimistic.
  - B) Optimistic.
  - C) Critical.
  - D) Neutral.
  
5. What can we learn from the passage?
  - A) Both Jefferson and Madison enjoyed the joy they acquired from their commitment to the public good.
  - B) Their friendship had lasted for half a century by 1776.
  - C) Neither of them had many recollections about what they had done together.
  - D) Madison thought Jefferson had been a pillar of support throughout his life.

## Notes

### Look up & Write down

Look up the words in the dictionary which troubled you most while reading, and write down the meaning of the words in the passage.

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### Review & Recite

Review the passage, copy the expressions or sentences which impress you most and try to recite them.

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