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# College: Survive and thrive

## Vocabulary

### 1 Form compound nouns with the words in the box.

year	friendship	hall
intelligence	pot	sport activity

- 1 lecture \_\_\_\_\_
- 2 extracurricular \_\_\_\_\_
- 3 gap \_\_\_\_\_
- 4 artificial \_\_\_\_\_
- 5 extreme \_\_\_\_\_
- 6 melting \_\_\_\_\_
- 7 lifelong \_\_\_\_\_

Compound nouns are nouns made up of two or more different words, for example, *university student*. In this example, the first word is used to describe the second word.

### 2 Complete the sentences with the correct form of the compound nouns you formed in Activity 1.

- 1 It seems that \_\_\_\_\_ like skydiving and bungee jumping are becoming popular among university students.
- 2 She formed \_\_\_\_\_ with three classmates from her first Literary Theory class in college.
- 3 My presentation about the evolution of Chinese characters is scheduled for 9:30 tomorrow morning in the \_\_\_\_\_.
- 4 Many famous universities in the world are becoming \_\_\_\_\_, with students coming from every corner of the globe.
- 5 In some countries, high school students need to take part in \_\_\_\_\_ to gain admission to their ideal university.
- 6 Whether you spend your \_\_\_\_\_ traveling or volunteering, you will have a unique experience.
- 7 Our computer science department offers interesting classes that discuss \_\_\_\_\_, attracting students with various majors.

**3 Match the words in Column A with their definitions in Column B.**

Column A	Column B
1 hall of residence	a an organization for helping people in need
2 literature	b a building for university or college students to live in
3 distinguish	c recognize the difference between two people or things
4 purchase	d a fault or a weakness in sth. / sb. that makes it or them less successful
5 deficiency	e buy sth.
6 explore	f examine sth. completely or carefully in order to find out more about it
7 charity	g pieces of writing that are valued as works of art, esp. novels, plays and poems

**4 Complete the sentences with the correct form of the words in Activity 3.**

- 1 Some robots made in our Robot Technology classes are able to \_\_\_\_\_ when someone is happy or sad.
- 2 We have been discussing the classic *Journey to the West* in our recent Ancient Chinese \_\_\_\_\_ classes.
- 3 This \_\_\_\_\_ aims to provide assistance to university students who have financial difficulties.
- 4 Despite its \_\_\_\_\_, the short play presented by your group was the most entertaining one.
- 5 Anyone who wants to \_\_\_\_\_ new cultures and meet new people is welcome to this class.
- 6 A fire drill will be conducted in your \_\_\_\_\_ every semester to help improve safety awareness.
- 7 The school has decided to \_\_\_\_\_ new software to guarantee a better experience for distance learning.

**5 Underline the correct word to complete each sentence.**

- 1 We interviewed a group of *freshers / graduates* who had just started their degrees at university.
- 2 I met my roommate at the door of our dormitory. She looked *frankly / frighteningly* clever, with so many books in her arms.
- 3 It is *initially / crucially* important that we learn how to take responsibility for ourselves when we come to university.
- 4 The university I dream of going to is *inordinately / barely* proud of its long history.
- 5 I now *appreciate / embrace* the importance of budget management because I am dealing with life on my own in college.
- 6 For *ignorant / sociable* individuals, meeting new people and making friends at seminars and lectures in college are wonderful experiences.
- 7 There is a long queue at the student card center, *winding / stumbling* down to the building's front gate.

**6 Complete the sentences with the correct prepositions or adverbs.**

- 1 Everyone in class peered down \_\_\_\_\_ the picture the teacher presented, trying to find any clues to the teacher's question.
- 2 We discussed our understanding of the saying "Gentlemen should reason things out rather than resort \_\_\_\_\_ force" in today's Chinese Philosophy class.
- 3 The Theater Club was mentioned in today's school broadcast, so I plan to go \_\_\_\_\_ and see what it's like.
- 4 Why don't we sign up \_\_\_\_\_ the yoga lessons offered by the physical education department?
- 5 If you don't make a monthly or weekly budget, you'll soon find yourself running \_\_\_\_\_ your allowance.
- 6 She burst \_\_\_\_\_ tears when she saw an "F" on her academic transcript for the last semester in university.
- 7 When you listen to a lecture, you can note \_\_\_\_\_ your questions and ask the lecturer during the Q&A session.
- 8 Think about what is important in your college life and weed \_\_\_\_\_ the things that don't really matter.

**7 Choose the best collocation to complete each sentence.**

- 1 If you meet a friend who makes you laugh until you gasp for \_\_\_\_\_ in university, spend lots of time with them.  
A. tears                      B. breath                      C. joy

- 2 The lecturer paused to take a sip of \_\_\_\_\_ and then went on with the story about his first year in university.  
A. cup                                      B. coffee                                      C. soup
- 3 She hurriedly pulled on some \_\_\_\_\_ and dashed out of the dorm when she woke up late for class.  
A. books                                      B. bags                                      C. clothes
- 4 As a fresher, I didn't know how to manage money until I put together a weekly \_\_\_\_\_.  
A. budget                                      B. guideline                                      C. schedule
- 5 I was so homesick during my first few weeks of university life that I would burst into \_\_\_\_\_ any time I called home.  
A. laughter                                      B. song                                      C. tears
- 6 My roommate rushed in and stumbled across the \_\_\_\_\_ to join the long queue for supper.  
A. lecture                                      B. crowd                                      C. canteen

**8** Read the passage *Settling down around the world* and complete the paragraph with the correct form of the words and expression in the box.

crucially	schedule	reflect	minor
attentively	distinguish	resort	go along

When going to university for the first time, we can learn from other students' experiences of settling down. The following suggestions may be helpful:

- Remember to leave some time for other activities instead of filling your 1) \_\_\_\_\_ with only learning tasks.
- If you have no idea about which club to join, you may ask your classmates or roommates what clubs they attend, and 2) \_\_\_\_\_ to one with them.
- Learn to 3) \_\_\_\_\_ between important information and 4) \_\_\_\_\_ details in class. Listen 5) \_\_\_\_\_ to professors, noting down 6) only \_\_\_\_\_ important information.
- Spend some time reorganizing and 7) \_\_\_\_\_ on your notes after class.
- Create a budget to help manage your money. If a monthly budget doesn't work for you, you may need to 8) \_\_\_\_\_ to a weekly or even daily budget to control your spending.

**9** Watch the video *What is the point of college?* and complete the sentences with the correct form of the words in the box.

inherently    intelligent    dumb    embrace    vice    virtue

- 1 For those who are \_\_\_\_\_ uncommunicative, joining a club may be a good way to make friends in college.
- 2 It may help you get along in college by \_\_\_\_\_ diverse cultures and beliefs with an open mind.
- 3 She feels so happy to get to know a group of \_\_\_\_\_ classmates who help each other with their studies.
- 4 You may make some \_\_\_\_\_ decisions during your college life. Don't worry. Just face them and learn from them!
- 5 The latest play performed by the Theater Club ended most satisfactorily, with \_\_\_\_\_ punished and \_\_\_\_\_ rewarded.

**10** Read the passage *Why is college the best time of your life?* and replace the underlined words with the correct form of the words and expressions in the box. You may need to make other changes.

routine    bond    statistics    set up  
regardless of    ups and downs    make the most of

- 1 Establish an after-class regular course of acts, such as completing assignments, dining at a set time, and relaxing.
- 2 They were closely connected with each other through their shared experiences during their four years in university.
- 3 The charity aims to help any students in need despite their nationality, gender, race or family background.
- 4 She has armed herself with all the latest data for the final presentation in order to achieve a better grade.
- 5 It is advisable to get as much advantage as possible from every chance available during university.
- 6 After graduation, Alfred hopes to establish a highly innovative and profitable tech company in his chosen field.
- 7 Starting a business upon graduation is full of highs and lows, but it's important to persevere through the challenges.

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# Structure

## 1 Rewrite the sentences using *with* / *without*.

**Sample**

Finally, my mother is flushed and gasping for breath. We find the room and walk in.

→ Finally, with my mother flushed and gasping for breath, we find the room and walk in.

- 1 She is an experienced tutor. She has a lot of knowledge and lessons to share with freshers.

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- 2 My roommate turned around. She didn't accept my suggestion to go grocery shopping together.

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- 3 The professor entered the classroom in a hurry. He held a pile of test papers in his hands.

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- 4 I have some difficulty managing my spending. I don't have my parents or friends close by to help.

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- 5 We rushed into the classroom at the last minute. My roommate was gasping for breath.

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- 6 I watched my parents leave as I stood at the gate of my residence hall. I didn't have any idea what self-reliance really meant.

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- 7 The professor went back to her office. Her watch was still on the platform of the lecture hall.

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## 2 Rewrite the sentences using appositive clauses.

**Sample** You can eat anything at any time. The idea becomes more appealing!  
→ The idea that you can eat anything at any time becomes more appealing!

1 She works very hard to keep her full scholarship every year. That fact is well-known to us all.

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2 Along with my parents' present and card for my birthday was their promise. They would come to visit me this weekend.

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3 The seminar about artificial intelligence will be postponed until Friday. I received the message from the tutor's office.

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4 He stumbled over stairs and broke his arm on his way to lecture. The news surprised us all.

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5 We should make the most of our time in college. We all agree with that idea.

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## Reading comprehension

### Banked cloze

Complete the summary of the passage *Why is college the best time of your life?* with the words in the box. Some of the words may not be used.

numerous   stress   bonding   navigating  
confidence   create   limited   depth   gain   beneficial

College is often considered the best and most interesting time of a person's life. Firstly, you can arrange your free time the way you please as you are finally independent.



Additionally, you can experience personal development despite the difficulties and 1) \_\_\_\_\_ that come with it. By spending all your time studying a subject you enjoy in 2) \_\_\_\_\_, you can develop the 3) \_\_\_\_\_ to manage life on your own. Meanwhile, participating in 4) \_\_\_\_\_ extracurricular activities could also be 5) \_\_\_\_\_ for your personal growth, potentially helping to develop your interests or helping you 6) \_\_\_\_\_ additional skills. What's more, you can meet lots of people and 7) \_\_\_\_\_ lifelong friendships in college, as it is one of the most sociable times in a person's life. Through 8) \_\_\_\_\_ the ups and downs of your college life, you'll mature and learn to take responsibility for yourself. Just remember to make the most of the opportunities available to achieve growth and self-discovery.

## Passage 1

### Freshers' Week blues

Yes, it's Freshers' Week, and while everyone else is having the time of their life, you're homesick. There's not a soul you know, you've only made one "friend" and the two of you are clinging together as if you were drowning in heavy seas. It's so bad that you're seriously considering jumping on the next train back home.

Sound familiar? Of course it does. Freshers' Week tends to be seen as a weeklong party in which you make lifelong friends, but for many people, it can be a bit of an ordeal. So here are some tips about a fresher's two biggest problems.

One is about feeling homesick. Everyone does, but be aware that the feeling will pass as you get used to your new environment and meet people you really get on with. In the meantime, it helps to keep in close contact with your friends and family. But remember that the way you're going to get over feeling homesick is to get out there and meet people — so don't sit at your computer all day writing email after email to your friends back home. Along the same lines, at the weekend, try not to go home too often. Stay around at university and you'll meet other people like you, people who want to develop meaningful relationships.

The other is about the difficulty of making friends. This is something few of us want to admit to, but the truth is that a lot of young people are shy and find it difficult to make friends in an unfamiliar environment with no one they know to support them. If you're feeling unconfident, the best way to get over it is to join lots of clubs. Once you decide on the ones that interest you and get involved with them, you'll find yourself having fun with people who share your interests — in other words, friends!

## 1 Choose the best answer to each question.

- 1 What can be inferred about most university students during Freshers' Week?
  - A. They have a very good time.
  - B. They drown in seas of new faces.
  - C. They make a lot of new friends.
  - D. They want to go back home at times.
- 2 What is the possible intention of Freshers' Week?
  - A. To help freshers enjoy college life.
  - B. To help freshers with homesickness.
  - C. To help freshers make friends.
  - D. To give freshers tips on how to deal with challenges.
- 3 Which of the following may NOT help when freshers are feeling homesick?
  - A. Getting used to their new environment.
  - B. Meeting people they get along well with.
  - C. Keeping in contact with friends and family.
  - D. Going back home at the weekend frequently.
- 4 What do many young people find challenging?
  - A. Admitting that they need friends' help.
  - B. Overcoming shyness in a new environment.
  - C. Making friends in an unfamiliar environment.
  - D. Acknowledging that they have no friends to rely on.
- 5 Why might joining clubs be the best way to make friends?
  - A. Because it boosts confidence by participating in clubs.
  - B. Because it helps you meet people who interest you.
  - C. Because it gets you involved with many people in the clubs.
  - D. Because it provides fun activities with people who share similar interests.

## 2 Underline the correct word or expression to complete each sentence.

- 1 The two friends *cling together* / *club together* wherever they go ever since the day they met in World History class.
- 2 His determination and perseverance helped him get through the *ordeal* / *order* of finishing the exams while suffering from a high fever.
- 3 Keeping in close *connection* / *contact* with your friends in high school may help alleviate loneliness during your first few weeks of college.
- 4 To *get over* / *get off* my shyness, I started with practicing smiling and saying hi to my classmates.
- 5 In many situations, students remain silent in class due to their lack of language proficiency which makes them feel *unfamiliar* / *unconfident*.

- 6 Find an area of interest and *get involved with / get distracted with* a club, and you'll have a great time there.

## Passage 2

### Tips to avoid distractions and stay focused on studying

College life can be overwhelming when you're trying to maintain good grades, work a part-time job and balance relationships. Most of us get distracted with push notifications, text messages and phone calls. According to research, the average student is distracted for at least 5 out of every 15 minutes they set aside for study, mostly as a result of texting and social media use.

With so much going on, it can be very difficult to stay focused, but it's not impossible. Here are several tips to help enhance your productivity.

Firstly, make a schedule or to-do list. Juggling multiple projects and deadlines at school can be stressful. When you're working on one assignment, it's easy to forget about another. You can keep track of all your deadlines and manage your time more efficiently by creating a proper schedule. Figure out when you're most productive and set time aside for homework and activities. Keeping a planner or digital calendar will help you keep track of your classes and assignments.

Secondly, turn off alerts. Constant notifications and text messages are every college student's enemy. Put your phone on silent or in "Do Not Disturb" mode, and close unnecessary tabs on your computer. If you need the Internet, keep only one tab open. You can fight against online distractions by blocking or hiding time-wasting websites and apps.

Thirdly, break down your work into smaller tasks. Defeat procrastination (拖延) by breaking a large project into small pieces. It's easier to motivate yourself to do something in smaller tasks rather than diving into a huge project. If you're having a difficult time studying or getting work done, break up your time effectively. Try giving yourself a 10-minute break for every 45-50 minutes of work you do. Studies show that taking breaks can help you retain information and increase productivity.

Lastly, reward yourself. A little motivation can go a long way. Setting up a reward system is a good way to encourage yourself to do something. For example, if you finish an essay without any distractions, reward yourself with something enjoyable, like watching a video or taking a nap.

## 1 Choose the best answer to each question.

- 1 Why do college students often get distracted?
  - A. Because they have to do volunteer work.
  - B. Because they have to work a part-time job.
  - C. Because they're struggling to balance various relationships.
  - D. Because they receive texts, notifications and phone calls frequently.
- 2 Which of the following may NOT help keep track of assignments?
  - A. Retaining a planner.
  - B. Getting a digital calendar.
  - C. Keeping productivity high.
  - D. Making a proper schedule.
- 3 Which of the following strategies for fighting against online distractions is NOT mentioned in the passage?
  - A. By turning off their phones and computers.
  - B. By turning on "Do Not Disturb" mode.
  - C. By blocking unnecessary websites.
  - D. By setting their phones on silent mode.
- 4 What may help college students defeat procrastination?
  - A. Motivating themselves to do something great.
  - B. Taking long breaks before starting a project.
  - C. Finishing the easier tasks first.
  - D. Breaking down the work into small pieces.
- 5 What are you advised to do if you finish an essay without any distractions?
  - A. Give yourself more motivation in future.
  - B. Reward yourself with something relaxing.
  - C. Encourage yourself to finish more tasks.
  - D. Set your goal to go a little bit further.

## 2 Complete the sentences with the correct form of the words in the box.

overwhelm    distract    text  
juggle    tab    motivate    retain    nap

- 1 The task won't be so \_\_\_\_\_ if you break it down into small, easy-to-accomplish steps.
- 2 After constant practice for a whole semester, she noticed her memory improved, and it became easy to \_\_\_\_\_ facts.
- 3 It is widely believed that being curious about the world is the greatest \_\_\_\_\_ for learning.

- 4 When doing assignments after school, we should concentrate and not allow ourselves to be easily \_\_\_\_\_.
- 5 I always keep a dictionary \_\_\_\_\_ open on my Internet browser for easy access.
- 6 Fatigue hits us all at times as we try to \_\_\_\_\_ studying, work, relationships and various assignments.
- 7 I \_\_\_\_\_ my roommate to let him know we were waiting in the hall of residence.
- 8 Compared to getting more nighttime sleep, taking a mid-day \_\_\_\_\_ may be a better way to cope with mid-afternoon sleepiness in class.

### Passage 3

## Why homework really matters for you

- A) As a college student, you may consider homework to be a nuisance. Given an opportunity, you would do away with it completely. It takes away valuable time that could be spent on games and socialization. It also requires you to dig into materials that were not introduced in class.
- B) However, according to education experts, students should embrace homework. It helps them become better learners and has benefits that extend beyond their lives in college. Here are some of the benefits that should convince you that homework is important for you.

### A lesson on working independently

- C) Homework requires you to work alone. Your teacher is not available to assist in the evening or over weekends. You have to look for references and resource materials to help you complete the homework. No one gives you a timetable to follow when you are working, so whether the work gets completed or not is your personal decision.
- D) The lesson on working independently is crucial in college and beyond. You will be more creative in search of solutions. You can use Internet to assist with tougher assignments. Since you are working alone, you will be more confident in tackling even the toughest homework questions. You need confidence and an independent mind when answering questions during an exam.

### Keeping you thinking about academic work

- E) Class time is limited and you should not stop studying or reading your books once the bell rings. Homework ensures that you are still thinking about school work long after the teacher leaves class. You will keep reviewing and interacting with books until the next lesson. By the next lesson, you are not starting from scratch and it will be easier to continue with learning.

- F) You also interact with other materials like books and ideas during homework. It prepares you to ask questions and seek clarifications before the teacher can move to the next topic. This gives the teacher an idea of where to pick up the next lesson.

#### **Teaching you time management**

- G) Homework is completed during free time. It comes with a deadline that you must meet. While you are expected to complete assignments, you will still be required to work on other personal projects and fulfill ordinary duties like attending classes and relaxing after a tiring day. You need to have the best time management skills to hack your homework, and these time management skills will be useful beyond college. Since you have become used to completing assignments on time and prioritizing your work, you will be a more productive employee.

#### **Helping you assess understanding of concepts taught in class**

- H) Homework helps you determine how well you understood the lessons taught in class. If the questions are easy or you can find the answers in the resource materials available, you can move to the next chapter. If the homework questions are difficult, you are forced to revisit the topic. You either revise alone or with your tutor. By the time you have moved on to the next chapter, you will be sure to have understood the previous one.

#### **Bringing you into contact with new reference materials**

- I) Homework is the only opportunity to read new reference materials. Without homework, you depend on your tutor and the proposed reading list. Assignments lead you to the library or the Internet in search of solutions.
- J) New reference materials will transform your learning. In the course of the research, you come across new ideas. Different authors also approach the same topic from different perspectives. As a result, you understand the concepts better. It expands your approach to academic concepts because you can look for details in multiple reference materials.

#### **Enabling you to prepare for future lessons**

- K) Homework is based on the topics already covered and those to come. As you review the previous lesson, it will be easier for you to understand the advanced concepts that will follow. At the same time, you are forced to read ahead and answer questions on upcoming topics. This is the best preparation for the lessons to come, as you can prepare questions to ask during the next lesson. These questions may be answered during class discussion, which can help you understand them better.

#### **Helping you express your ideas**

- L) Reading and class discussions leave little room for you to demonstrate creativity. A homework assignment is a great opportunity for you to express your ideas. For instance, an assignment may require you to review the world wars and the effects they have brought to the world. Rather

than just reading the ideas of others, you have the time and space to combine research and come up with your own ideas.

M) The benefits of homework cannot be underestimated. They help your teachers understand your strengths and weaknesses, so they can prepare better for the next lesson. To you, it is a crucial lesson on time management, taking personal initiative, and using diverse learning materials. These lessons, among others, will turn you into a responsible professional upon graduation.

**1 Match the statements with the paragraphs which contain the corresponding information. You may choose a paragraph more than once.**

- \_\_\_ 1 Homework teaches you time management skills, which are useful for completing assignments within deadlines in the workplace.
- \_\_\_ 2 Homework provides you with opportunities to express your ideas and show your creativity.
- \_\_\_ 3 You should embrace homework, because it helps you become better learners and provides benefits that extend beyond college.
- \_\_\_ 4 Homework allows you to interact with other materials, such as books and ideas, which can prepare you to ask questions and seek clarifications in class.
- \_\_\_ 5 Homework provides important benefits for both you and your teachers, including helping you develop important skills and helping your teachers understand your strengths and weaknesses.
- \_\_\_ 6 Homework allows you to assess your understanding of the lessons you've learned in class.
- \_\_\_ 7 Homework helps you learn how to prioritize your work and become more productive.
- \_\_\_ 8 Homework helps you continue thinking about school work and interacting with books, which can improve your understanding and make it easier to continue learning.
- \_\_\_ 9 You will be more confident and creative while working independently on assignments.
- \_\_\_ 10 You have to work alone and make personal decision whether you should complete homework or not.

2 Match the words in Column A with their definitions in Column B.

Column A	Column B
1 nuisance	a a thing, person or situation that is annoying or causes trouble or problems
2 reference	b communicate with sb, esp. while you work, play or spend time with them
3 tackle	c make a determined effort to deal with a difficult problem or situation
4 hack	d ( <i>informal</i> ) be able to manage in a particular situation
5 prioritize	e a note in a book that tells you where a particular piece of information comes from
6 interact	f put tasks, problems, etc. in order of importance, so that you can deal with the most important first
7 demonstrate	g show by your actions that you have a particular quality, feeling or opinion

## Translation

1 Translate the sentences into Chinese.

1 Without your family and friends around in college, you will gradually learn to manage your life on your own.

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2 Having found the local hospital running out of his blood type, John signed up for blood donation at the campus clinic.

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3 Reviewing and reflecting at regular intervals is an effective way to grasp complicated knowledge in college.

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4 Embrace the challenges of college, and your experience and wisdom will improve.

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5 I hold the belief that college years are the best years of one's life, as it's the best time for personal growth.

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## 2 Translate the sentences into English with the words and expressions in brackets.

1 历史发展证明，中国大学精神是以中国固有文化中的“明道济世”（enlightening and benefiting the world）为根本的。（the idea that ... ; inherent）

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2 课余活动，我们可以参加诸如“互联网+”“挑战杯”等创新（innovation）创业（entrepreneurship）比赛提升自己。（extracurricular; sign up for）

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3 在中国的大学里，有同学和室友的四年相伴，学生们彼此联系紧密，收获许多持续一生的友谊。（bond; numerous; lifelong）

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4 对中国大学生来说，投身地方慈善机构的志愿服务工作以回报社会是非常重要的。（crucially; volunteer; charity）

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5 中国古典文学的课堂上，教授不仅带我们领略中国文学之美，而且教我们明辨是非。（appreciate; distinguish）

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