



“十四五”职业教育国家规划教材

新时代 实用英语

基础篇

(第二版)

主审◎韩茂源

主编◎钱允凤 雷 静 康 涛

New Era
Practical
English

综合教程
Integrated Course

西北大学出版社



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PREFACE

前言

《新时代实用英语》是顺应我国新时代高等职业院校发展，以高职高专公共英语教学改革最新目标要求为依托，结合当前高职学生的实际英语水平，充分体现实用性、趣味性、时代性的要求，由陕西省内一线英语教师历时 3 年精心打造的一套高职高专英语立体化教材。经过 5 年充分的教学实践，为顺应我国新时代高等职业院校发展，全面落实教育部印发的《高等学校课程思政建设指导纲要》和《高等职业教育专科英语课程标准（2021 年版）》等文件要求，此次特修订再版。这套教材紧扣党的二十大报告提出的“坚持为党育人、为国育才”“讲好中国故事、传播好中国声音”的重要任务，紧跟时代要求，无论是编写思路还是选材都与“一带一路”倡议相吻合。《新时代实用英语（第二版）》教材分基础篇和实践篇两册，每册 8 个单元，均配有教师用书和拓展练习。

一、教材特色

《新时代实用英语（第二版）》是一套信息化教学环境下体现任务型教学、突出学生合作学习及自主学习能力的立体化教材，在培养学生的语言综合技能的同时，着重关注学生职业发展中英语实践应用能力的需求。这套教材主要有以下几个特点。

1. 与时俱进的教学理念

这套教材以“工学结合、能力为本”与“实用、够用”相结合的教学理念为指导，将英语教学与高职院校学生的未来职业发展紧密结合，确保教学内容和教学过程体现科学性和实用性。

2. 科学创新的体例设计

这套教材的体例设计适合目前高职院校学生的英语认知实际以及未来职业发展要求，突出体现信息化环境下“团队合作、任务驱动”的任务型教学模式在高职英语教学中的应用，强调合作学习、自主学习，符合外语教育教学规律与高职院校学生的认知需求及语言综合能力培养

的要求。

3. 地道实用的语言素材

在素材选择方面，这套教材严格遵循高职院校学生英语认知水平与“原汁原味”的规范语言相结合，选材上保证了语言的地道性，又体现了教学内容的科学针对性、实用性与趣味性。

4. 学以致用的发展理念

这套教材每个单元的主题安排与课文材料选用都充分考虑到对高职学生的人格塑造、人文关怀、自主学习指导与职业发展引领，体现了学以致用、学为后用的科学发展理念，做到了高职院校外语语言教学与学生“三观”教育、职业教育高度结合。

为更好地弘扬伟大建党精神、落实立德树人根本任务，大力推进党的二十大精神进教材、进课堂、进头脑，《新时代实用英语（第二版）》基础篇与实践篇在各单元中增设“The Wisdom of China”板块，围绕党的二十大精神中的新观点、新论断、新思想，分别从不同角度将党的二十大精神映射到各单元，为单元教学内容提供价值引领，提高单元思想内涵，深化单元主题，真正实现教材作为育人载体价值最大化，引导学生树立崇高的理想信念，使其努力成为堪当民族复兴重任的栋梁。

二、《新时代实用英语基础篇（第二版）》编写与使用说明

《新时代实用英语基础篇·综合教程（第二版）》共8个单元，各单元主要内容与教学使用建议如下。

第一部分“Let's Listen”，围绕单元主题进行5个由浅入深、从易到难的听力训练，以听为主，听说融合，把学生普遍感觉困难的英语听、说学习变得轻松。学生课前可通过扫描二维码获取听力音频，提前进行课前准备，课中在教师指导下掌握一定的听力技巧，课后通过反复听音频以模仿语音语调，提高自身的语音水平和听力水平。

第二部分“Let's Discuss”，围绕单元主题展开看图说话与问题讨论。形象生动的图片画面极易引起学生的好奇心与学习兴趣，促使学生快速进入学习状态，为学习本单元课文内容做好铺垫。建议教学时组织学生以角色扮演、小组讨论等团队合作形式完成教学任务。

第三部分“Let's Read”，主题包括初入大学、学习习惯、校园生活、人生选择、父母挚爱、欢乐节日以及旅游休闲等，既有大学学习指引、人生“鸡汤”暖心，又有传统文化渗透和时尚休闲引领。每个单元的Passage A与Passage B两篇文章均为400词左右，课文后均设计突出课文难点、重点的练习，以阅读理解为宗旨，进行读、写、译的综合训练。Passage A为精讲课文，其后练习亦建议教学时课堂处理。Passage B可由学生课外自主阅读学习，教师根据教学实际斟酌安排。课文的音频可通过扫描二维码获取。

第四部分“Grammar”，从常用基础语法入手，进行实际操练，为培养学生的听、说、

读、写、译等实践技能打下基础。教学时应要求学生多进行相关语法的查阅与拓展训练。

第五部分“Let's Write”，内容包含 signs、business cards、notes、envelopes、personal letters、emails & faxes、notices & posters、memos 等。本部分介绍了多种形式的日常应用文及商业信函的写作方法与技巧，使学生掌握日常应用文、商业信函的翻译与写作技能，在今后的工作和生活中能熟练运用。学生可以通过扫描二维码获取相关写作微课视频，作为课前预习或课后巩固辅助。建议教学时要求学生多留意并搜集身边的英文广告、指示牌、产品简介等相关资料。

“Video Clip”部分，学生通过扫描教材上提供的二维码，即可获得与单元主题相关的视频片段，可进行语言听说训练与赏心悦目的影片欣赏。

《新时代实用英语基础篇·教师用书（第二版）》主要包括教学目标、背景知识、听力原文、课文难句解析、课文参考译文和练习答案等，为教师备课、教学尽可能提供帮助，以减轻教师的备课负担。

《新时代实用英语基础篇·拓展练习（第二版）》是学生用书的补充材料，教学时教师可根据学情实际安排使用，以期达到进一步巩固、提高学生语言基本技能的目的，强化学生的语言运用能力。

为了更好地服务于教学，本套教材还给教师提供了课堂用的教学课件，方便教师上课使用。此外，本套教材还给广大师生提供了试题库，以便满足不同程度的学习需求和测试需要。

三、编写队伍与分工

《新时代实用英语基础篇（第二版）》所有编写人员均为教学经验丰富的一线教师，他们长期致力于高等职业院校外语教育教学改革研究，掌握新时代高职外语教育教学目标要求与发展趋势，充分了解目前高职学生英语实情，且多次参与过英语教材的编写。

《新时代实用英语基础篇（第二版）》编写分工情况如下。

教育部职业院校外语类专业教学指导委员会公共英语分委员会委员、陕西职业技术学院钱允凤教授担任整套教材的主编，负责教材整体规划、体例设计、审稿统稿工作；教育部职业院校外语类专业教学指导委员会委员、陕西铁路工程职业技术学院韩茂源教授担任教材主审。陕西财经职业技术学院康涛负责编写了第1单元，李娟负责编写了第2单元，王琛负责编写了第3单元；杨凌职业技术学院雷静负责编写了第4、7单元，黄娜负责编写了第5单元，李凯负责编写了第6单元；陕西铁路工程职业技术学院王薇负责编写了第8单元；王唯繁、张迪、施佳佳、李昕、罗惠中、梁春、吴怡洁、戴玉负责整理修订内容、更新教学素材。微课部分由陕西职业技术学院的周小娟、王津津、吴婷、张云云、黄艳和杨莉负责完成。试题库由陕西职业技术学院的钱允凤、黄艳、王媛媛、屈毅博和王尔东负责完成。

四、致谢

《新时代实用英语（第二版）》在编写过程中参考借鉴了国内外多种同类资料和图书，汲取了众多外语教学科研工作者的有益成果，在此谨表示诚挚感谢！

《新时代实用英语（第二版）》是新时代新形势下众多高等职业院校集体智慧的结晶，在编写过程中得到了陕西职业技术学院、杨凌职业技术学院、陕西财经职业技术学院、宝鸡职业技术学院、陕西能源职业技术学院、陕西铁路工程职业技术学院、陕西国防工业职业技术学院、陕西交通职业技术学院、西安航空职业技术学院、汉中职业技术学院等院校领导的大力支持与指导。这些院校的广大骨干教师积极参与，建言献策，在此表示衷心感谢！

在编写过程中，这套教材得到了西北大学出版社领导的高度关心和支持，社领导多次亲临编写会议提要求、振士气；编辑同志精心设计，认真审校，尤其是教材编辑后期，他们不顾酷暑炎热，加班加点，反复与编写人员沟通核实，付出了大量艰辛劳动。在此，对他们表示衷心感谢！

在材料选取过程中，我们参考了一些其他作者的文章、插图、数据等资料，在此一并表示感谢！由于无法联系到作者，请看到本书的作者与出版社或主编及时联系。

由于编者水平有限，不足之处在所难免。恳请专家、同行和使用这套教材的广大师生提出宝贵意见，以便今后做好修订工作，使其日臻完善。

《新时代实用英语》编写组

2024年1月

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Unit 3

Enjoy Your Spare Time

The Wisdom of China

加强国家科普能力建设，深化全民阅读活动。完善志愿服务制度和工作体系。

——摘自党的二十大报告

We will increase people's knowledge of science and encourage everyone to read. The system and working mechanisms for volunteer services will be improved.

—Excerpt from the Report to the 20th National Congress of the Communist Party of China

Goals

- Learn how to talk about what you always do in your spare time
- Learn how to make full use of your spare time
- Learn the use of verbs

Let's Listen



Task 1 Listen and repeat the following sentences.

1. University days are the best part of one's life.
2. Clubs on campus give me lots of benefits.
3. Besides clubs and social practice, there are sports activities as well.
4. Thanks to other volunteers' help, I overcame those difficulties.
5. Social practice plays an important part in college life.
6. Study is not all of your university life.
7. In the university we should set our goals and achieve them.
8. Social activities on campus provide me with more chances to learn.

Task 2 Listen and fill in the blanks with what you hear.

1. Can you _____ some events of the Olympic Games?
2. There are many different kinds of _____ in the college.
3. Most college students spent their time in _____.
4. To our _____, the boy acted as an old woman in the play.
5. But in fact, sports and games can be of great _____.
6. You should make an apology to her for your _____.
7. College and his _____ for a career were his only priorities.
8. What can you benefit from various outdoor _____?

Task 3 Listen and complete the following sentences with what you hear.

1. I am a volunteer _____ a spreader of our splendid culture.
2. She wants to serve as chairman of _____.
3. There was no doubt that I _____ many difficulties at first.

4. I will take part in _____ and social activities.

5. When it was time to depart, I couldn't help _____ tears.



Task 4 Listen to the conversation and choose the best answer to each question you hear.

1. A. Young Volunteers Association. B. Students' Union.
C. Business Club. D. Olympic Park.
2. A. Because she was crazy. B. Because she looked for a job.
C. Because it took her much time. D. Because it is boring.
3. A. Because she can get much experience for her future job.
B. Because it is as comfortable as other clubs.
C. Because it can offer her a job in the future.
D. Because it doesn't hold boring activities.
4. A. To learn how to communicate.
B. To learn how to arrange an activity.
C. To learn how to cooperate with the other group members.
D. All the above.
5. A. To be voluntary guides and helpers.
B. To speak to the foreigners.
C. To take part in the speeches.
D. To participate in the competitions.



Task 5 Listen to the conversation and answer the following questions according to what you hear.

make sense 容易理解，表述清楚

be Greek to sb. 某人对……一窍不通

session 会议，集会

1. Do the two speakers understand English?

2. What is the suggestion of improving oral English according to the man?

3. How to join the English Corner from the conversation?

4. What time should the woman go to the English Corner?

5. What should the woman prepare before going to the English Corner?

Let's Discuss



Task 1 Discuss with your partner about what clubs you can find on campus and describe each picture with a phrase.



1. Dance team



2. _____



3. _____



4. _____



5. _____



6. _____

Task 2 Read the following dialogue related to picture 5 and role-play it with your partner.

Jim Smith: Hi, Lin. You look a little bit depressed today. What's up?

Lin Tao: Oh, I'm just thinking about what I'm going to do this afternoon. Plenty of spare time really confuses me. I don't know what I should do.

Jim Smith: That's what the college life is. It is completely different from high school.

Lin Tao: Yes, that's what I am confused about. No one tells me what I should do in my spare time.

Jim Smith: Well, you should set a goal. No matter short-term or long-term, just achieve it step by step, then you will not be confused in your daily life.

Lin Tao: Well, I'm interested in playing the guitar. Maybe I can be a famous guitar player.

Jim Smith: Good. I'm looking forward to your first show.

Lin Tao: Thanks, bro. It's time to show myself.

Task 3 Please choose one picture from Task 1 and make a similar dialogue with your partner.

Let's Read

Passage A



My Spare Time on Campus

In my 18 years of life, there have been many things. University days are the best part of them. When I stepped into my university, what **impressed** me most was not its garden-like campus and beautiful buildings, but the **abundant** free time in which I could do all that I like.^[1] Suddenly I found I was having less class than what it used to be.

Clubs on campus give me lots of benefits. As I know, a variety of clubs and societies are offered to students in universities, the purposes of which are to broaden **horizon**, **arouse** interest, develop social skills, and so on.^[2] In my spare time on campus, I didn't make myself absolutely absorbed in studies. Instead I joined the English club, where I saw English films, sang English songs, and attended lectures of foreign teachers. To be frank, I have been a weak English learner since my middle school. With the help of the club, I made **remarkable** progress and even played a part in an English play at a party.

Social activities on campus provide me with more chances to learn. I will never forget the days when I served as a volunteer at the 19th Asian Games in Hangzhou. After some training in Chinese history and language skills both in Japanese and English, I **endeavored** to serve our **distinguished** guests from all over the world enthusiastically. I was a volunteer as well as a **disseminator** of our **splendid** culture. There was no doubt that I came across many difficulties at first, such as humid weather, language **barriers** and so on.^[3] Thanks to other volunteers' help, I overcame those difficulties. When it was time to depart, I couldn't help bursting into tears, because I had developed a deep friendship with other volunteers.^[4] This **precious** experience made me aware of the huge responsibility on my shoulders.

Besides clubs and social practices, there are sports activities as well. I do body-building every day, hoping to keep healthy and energetic.^[5] I feel sports really an effective way to recover from busy

schedules of study work and make me free of worries and troubles for a while.

I want to say that spare time is a gift, although there are some difficulties or **setbacks** during my university days, the things I do out of classrooms make the days colorful and more **profitable**.

(401 words)

New Words

impress /ɪm'pres/ *v.*

if a person or thing impresses you, you feel admiration for them or it 使钦佩; 给……留下深刻印象

abundant /ə'bʌndənt/ *adj.*

existing or available in large quantities so that there is more than enough 丰富的, 充足的

horizon /hə'raɪzn/ *n.*

the limit of your ideas, knowledge, experience (思想、知识、经验的) 范围, 界限, 眼界

arouse /ə'raʊz/ *v.*

to make you become interested, expect sth., ect. 激起 (兴趣)

remarkable /rɪ'mɑ:kəb(ə)l/ *adj.*

unusual or surprising and therefore deserving attention or praise 不寻常的, 奇特的, 值得注意的

summit /'sʌmɪt/ *n.*

a set of meetings between the leaders of several governments 首脑会议, 峰会

endeavor /ɪn'devə/ *v.*

to make an effort to do sth. 尝试, 努力做……

distinguished /drɪ'stɪŋgwɪft/ *adj.*

very successful and therefore respected and admired by other people 受人尊敬的, 令人钦佩的

splendid /'splendɪd/ *adj.*

beautiful and impressive 壮丽的, 辉煌的, 灿烂的

disseminator /drɪ'semɪneɪtər/ *n.*

a person who spreads information, ideas, desires 散布或传播 (信息的) 人

barrier /'bæriə/ *n.*

inabilities to talk to someone because you speak a different language (语言) 障碍

precious /'preʃəs/ *adj.*

something that is precious is valuable and important and should not be wasted or used without care 宝贵的, 珍贵的

setback /'setbæk/ *n.*

something that delays or prevents progress, or makes things worse than they were 阻碍发展的事物, 挫折

profitable /'prɒfɪtəb(ə)l/ *adj.*

producing a profit or a useful result 有利可图的, 有益的

Phrases and Expressions

to be frank	frankly speaking 坦率地说
make...progress (in)	(在……中) 取得……进展
play a part in	(在……中) 起作用; (在……中) 扮演角色
provide...with	to offer...to... 为……提供……
serve as	to do a job as... 担任
come across	to meet...by accident 偶遇
burst into	to suddenly begin to 突然……起来

Proper Name

Asian Games	亚洲运动会
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Notes

1. ...what impressed me most was not its garden-like campus and beautiful buildings, but the abundant free time in which I could do all that I like.

译文 ……给我印象最为深刻的不是花园般的校园和漂亮的建筑,而是大把的自由时间,这样我就可以做我想做的任何事情。

本句中 “not...but...” 表示 “不是……而是……”。

e.g. The meal is not for one, but for many to enjoy.

这顿饭不是为了一个人,而是供大家享用的。

The products aren't from a foreign country, but our homeland.

这些产品不是从外国进口的,而是国产的。

2. ...the purposes of which are to broaden horizon, arouse interest, develop social skills, and so on.

译文 ……其目的在于拓宽视野,激发兴趣,培养社交能力,等等。

本句中 “the purposes of which are...” 是定语从句,其中 which 作为关系代词指代前句中的 “a variety of clubs and societies”。

e.g. I met many Africans, the complexions of whom are black.

我见过很多非洲人,他们的皮肤都是黑色的。

I bought many clothes, the prices of which are very low.

我买了好几件衣服，它们的价格都很便宜。

3. There was no doubt that I came across many difficulties at first, such as humid weather, language barriers and so on.

译文 毫无疑问，一开始我就遇到了许多困难，比如潮湿的天气、语言障碍等。

句中 “There was no doubt that...” 的意思是 “毫无疑问……”。

e.g. There was no doubt that he was a fine scholar.

毫无疑问，他是位杰出的学者。

There was no doubt that Yuan Longping made a great contribution to Chinese agriculture.

毫无疑问，袁隆平为中国农业做出了巨大贡献。

4. ...I couldn't help bursting into tears...

译文 ……我忍不住流泪……

本句中 “couldn't help+ v-ing” 表示 “情不自禁……”。

e.g. He couldn't help worrying obsessively about what would happen.

他禁不住时刻担心将会发生的事情。

The professor couldn't help sobbing when he heard the university where he has been working will be pulled down.

当教授听说他所工作的这所大学要被拆除时，他禁不住流下了泪水。

5. I do body-building every day, hoping to keep healthy and energetic.

—I exercise every day to make my body strong and healthy.

译文 我每天都锻炼身体，希望保持健康并充满活力。

After You Read

Comprehension of the Text



Task 1 Complete the following table according to the passage.

Benefits of Clubs to Learning	Benefits of Clubs to Life
1. improve _____	2. broaden _____
3. learn _____	4. arouse _____

Benefits of Clubs to Learning	Benefits of Clubs to Life
learn Japanese	5. develop _____
6. disseminate _____	strengthen persistence



Task 2 Decide whether the following statements are true (T) or false (F) according to the passage.

1. Not only the garden-like campus and beautiful buildings but also the plentiful free time impressed me when I was in the college. ()
2. As long as you join clubs on campus, you will have wider horizon. ()
3. With the help of clubs, I made great progress in English learning. ()
4. As a volunteer of the 19th Asian Games, I accepted the training of Chinese history, Japanese and English. ()
5. There are many kinds of clubs including sports activities on campus. ()



Task 3 Fill in the blanks with the phrases given below; change the forms if necessary.

come across	burst into	to be frank
make progress (in)	play a part in	provide...with

1. The audience _____ warm applause when the film star appeared.
2. After the big earthquake, the local government _____ people _____ life necessities.
3. _____, I don't agree with you entirely.
4. I have been looking for the book in many places. Fortunately I _____ this book in an old bookstore in London.
5. As the environment is becoming worse and worse, everyone should _____ protecting it.
6. Thanks to his help, the scientist _____ his research.

Beyond the Text



Task 1 What do you think of the spare time in your college life? Does it confuse you or excite you? Talk about it with your partner.

You may start as:

“Hi, Jim. You know much more spare time now really excites me...”



Task 2 Much more spare time suddenly coming to you confuses or excites you? It's important to learn to arrange your spare time to achieve your goals. And here are some sentences to help you.

Examples:

1. I want to be a kindergarten teacher, so during my spare time, I always do some part-time jobs in a kindergarten to get some work experience.
2. I want to continue my study after graduation, so in my spare time, I always like studying in my dormitory and doing some sports with my classmates.

Now, please write your own ways to show your time management.

1. _____
2. _____
3. _____

Passage B



Foreigners Also Love Chinese Martial Arts

Chinese martial arts have quite a long history. They form a splendid part of the Chinese culture and they are a part of the nation's spirits. Not only do Chinese people love their martial arts, many foreigners are also crazy about them. Perhaps I am one of those foreigners who dream of becoming **skillful** in the line.

Actually I have **expected** all my life. I used to be a football player and I once loved swimming very much.^[1] But I became a Chinese martial arts fan the moment I saw them in a film.^[2] The tricks shown in it **dazzled** my eyes wildly and I lost my heart on it right away. So, I decided to take them up while I was studying in Xi'an, a really beautiful and **ancient** city in western China.

Practicing Chinese martial arts **requires** a lot of effort. You have to be able to stand as **straight** as a pine tree, sit as **square** as a stone, and move as quickly as a **gust** of wind.^[3] In addition, it takes a long time for you to realize the deep meaning of the arts. Not all people who practice Chinese martial arts have a deep enough understanding of them. Some regard them only as **physical** movement: You move here; you hit your **rival** there. But my **coach** has tried to make me realize their **underlying** meaning, which has a great deal to do with one's mental state. **Gradually**, I have come to understand that the martial arts don't only improve my physical condition, but also make me feel more confident in dealing with the world around me. Many actions of Chinese martial arts are actually based on **meditation**. They address the goal of happiness. They make the goal better fitted for each person. Other forms of exercises do not necessarily make people feel happy, but when practicing martial arts, I become calmer and more **cheerful**. Such **beneficial** function has long been realized and treasured. Many of my American friends have benefited a lot from practicing the arts, **mentally** and physically.^[4]

Now there are quite a lot of martial arts clubs in the United States. American people are willing to spend their free time learning Chinese martial arts. For them, the martial arts are a **unique** culture as well as a beneficial form of exercise. According to a report, one in every ten Americans once studied or is studying a style of martial arts. I myself am planning to set up a martial arts school in my home country as soon as I **complete** my study in China.

(437 words)

New Words

skillful /'skɪlf(ə)l/ *adj.*

(of a person) good at doing sth., especially sth. that needs a particular ability or special training 技术好的; 功夫深的; 熟练的

expect /ɪk'spekt/ *v.*

to wait for, look forward to, look ahead 期望, 期待, 盼望

dazzle /'dæz(ə)l/ *v.*

to impress sb. a lot with your beauty, skill, etc. (美貌、技能等)使倾倒, 使赞叹不已

ancient /'eɪnfənt/ *adj.*

belonging to a period of history that is thousands of years in the past; very old; having existed for a very long time 古代的; 古老的; 很老的

require /rɪ'kwaɪə(r)/ *v.*

to make sb. do or have sth.; to need sth.; to depend on sb./sth. 使做(某事); 需要, 依赖

straight /streɪt/ <i>adj.</i>	not in a curve; immediate; honest and direct 笔直的; 直截了当的
square /skweə(r)/ <i>adj.</i>	have the shape of a square 正方形的, 四方形的
gust /gʌst/ <i>n.</i>	a sudden strong increase in the amount and speed of wind that is blowing 一股强风, 一阵狂风
physical /ˈfɪzɪk(ə)l/ <i>adj.</i>	connected with things that actually exist or are present and can be seen, felt, etc. 客观存在的, 现实的, 物质的, 有形的
rival /ˈraɪvəl/ <i>n.</i>	a person, company, or thing that competes with another in sport, business, etc. 竞争对手, 竞争者, 敌人
coach /kəʊtʃ/ <i>n.</i>	a person who trains sportsmen 教练
underlying /ʌndə(r)ˈlaɪɪŋ/ <i>adj.</i>	existing under the surface of sth. else; important in a situation but not always easily noticed or stated clearly 表面下的; 潜在的, 隐含的
gradually /ˈɡrædʒuəli/ <i>adv.</i>	slowly, over a long period of time 逐渐地, 逐步地, 渐进地
meditation /medɪˈteɪʃ(ə)n/ <i>n.</i>	the practice of thinking deeply in silence, especially for religious reasons or in order to make your mind calm 冥想, 沉思
cheerful /ˈtʃɪə(r)f(ə)l/ <i>adj.</i>	happy, and showing it by the way that you behave; giving you a feeling of happiness 快乐的; 令人愉快的
beneficial /benɪˈfɪʃ(ə)l/ <i>adj.</i>	having a helpful or useful effect 有利的, 有用的
mentally /ˈmentəli/ <i>adv.</i>	connected with or happening in the mind 精神上, 智力上, 思想上
unique /juˈni:k/ <i>adj.</i>	being the only one of its kind 唯一的, 独一无二的
complete /kəmˈpli:t/ <i>v.</i>	to finish 完成, 结束; 使完整

Phrases and Expressions

dream of	梦见; 梦想, 向往
take up	占据 (时间、地方); 开始从事; 着手处理
right away	at once 立刻, 马上
in addition	furthermore, as well 另外, 此外
deal with	to handle 处理, 与……打交道
set up	to establish 创立, 建立, 设置, 开办

Notes

1. I used to be a football player and I once loved swimming very much.

译文 我曾经是一名足球运动员，以前也非常喜欢游泳。

“used to be...”的意思是“过去/曾经是……”；“used to do...”的意思是“过去常常做某事”。

e.g. Jack used to be a famous professor, but now he is a criminal because of his impulse.

杰克过去是一位有名的教授，但因一念之差现在沦为了阶下囚。

Most of children used to be a scientist when they were young.

多数孩子小时候都曾是个科学家。

2. But I became a Chinese martial arts fan the moment I saw them in a film.

译文 但是当我第一次在电影里看到中国武术时，我就立刻成了中国武术迷。

“the moment”在此处作为一个连词，意思是“一……就……”，它可以用来引导时间状语从句。类似的短语还有 the minute、the instance、the time等。

e.g. The runner fell on the ground the moment he reached the destination.

这名跑者在到达终点的刹那摔倒在地。

Here came the bus the moment I reached the bus stop.

我刚到公交车站，车就来了。

3. You have to be able to stand as straight as a pine tree, sit as square as a stone, and move as quickly as a gust of wind.

译文 你必须做到“站如松，坐如钟，行如风”。

“as...as...”的意思是“像……一样……”。

e.g. The building was destroyed by the earthquake, as flat as a pan.

地震把这座楼夷为平地。

Seen from the plane, the persons on the ground are as small as ants.

从飞机上看，地面上的人小得跟蚂蚁一样。

4. Many of my American friends have benefited a lot from practicing the arts, mentally and physically.

译文 我的许多美国朋友都通过练习武术而身心获益匪浅。

副词“mentally and physically”修饰谓语“have benefited”，用逗号隔开，强调在这些方面受益。

e.g. They have advertised their products on all the websites available, home and abroad.

他们在国内外所有可利用的网站为产品做广告宣传。

The boy threw all kinds of rubbish, here and there.

这个男孩把垃圾扔得到处都是。

After You Read



Task 1 Read the passage and complete the following sentences with the information you get from the passage (no more than 3 words).

1. The tricks shown in it dazzled my eyes wildly and I _____ on it right away.
2. Practicing Chinese martial arts requires _____.
3. My coach has tried to make me realize _____, which has a great deal to do with one's mental state.
4. Many of my American friends have benefited a lot from practicing the arts, _____.
5. I myself am planning to set up a _____ in my home country as soon as I complete my study in China.



Task 2 Translate the following sentences into Chinese.

1. Practicing Chinese martial arts requires a lot of effort. You have to be able to stand as straight as a pine tree, sit as square as a stone, and move as quickly as a gust of wind. In addition, it takes a long time for you to realize the deep meaning of the arts.
2. Now there are quite a lot of martial arts clubs in the United States. American people are willing to spend their free time learning Chinese martial arts. For them, the martial arts are a unique culture as well as a beneficial form of exercise.

Grammar

Verbs

动词是表示动作或状态的词，具有时态、语态、语气、人称和数的变化。根据动词在句子中的功能将其分为实义动词、系动词、助动词和情态动词；根据其后是否带有宾语又可分为及物动词和不及物动词。动词有原形、过去式、过去分词、现在分词和第三人称单数五种形态。

1. 实义动词

实义动词也称行为动词，有完整的词义，通常在句子中做谓语。大多数动词都是实义动词，如 build、stand、join、come、leave 等。

The workers built a new hospital.

She has come here for three days.

2. 系动词

系动词亦称连系动词，虽然本身有词义但不能单独做谓语，后边必须跟表语构成系表结构，说明主语的性质、状况、特征等情况。经常使用的系动词有 be、keep、remain、stay、seem、look、feel、smell、taste、become、turn、go、get、prove 等。

The matter remains a mystery.

This kind of cloth feels very soft.

The search proved difficult.

3. 助动词

助动词是“辅助性”或“帮助性”的动词，即没有独立的意义，不能单独做谓语，必须和实义动词或系动词的某种形式一起构成谓语。助动词的使用是为了帮助其他动词构成否定句、疑问句，以及不同的时态、语态、语气等，并可用作替代词。助动词虽然没有词义，但有人称和数的变化。

(1) 助动词 be。助动词 be+现在分词构成现在进行时；助动词 be+过去分词构成被动语态；助动词 be+动词不定式可表示最近、未来的计划或安排，必须、应该做某事，或者约定、商定做某事。

We are having English class now.

English is taught throughout the world.

We are to meet at the school gate at seven tomorrow morning.

(2) 助动词 have/has。助动词 have/has+过去分词构成现在完成时；助动词 have/has+been+现在分词构成现在完成进行时；助动词 have/has+been+过去分词构成现在完成时的被动语态。

I have read the novel.

She has been studying English for ten years.

English has been taught for many years.

(3) 助动词 do/does/did。助动词 do/does/did 放在句首，后用“?”构成一般疑问句；助动词 do/does/did+not 构成否定句；助动词 do/does/did 放在动词原形前，加强该动词的语气；助动词 do/does/did 用于倒装句；助动词 do/does/did 用作替代词，代替实义动词，以避免重复。

In the past, many students did not know the importance of English.

She did go to Beijing last week.

Only when we began our college life did we realize the importance of English.

—Do you like China?

—Yes, I do. (do 代替实义动词 like)

4. 情态动词

情态动词表示说话人对某一动作或状态的态度，有一定的意义，但没有人称和数的变化 (have to、be able to 除外)，和动词原形一起构成谓语。情态动词的基本用法如下。

(1) can、could 和 be able to 表示较为确定的可能性及能力。be able to 有多种时态变化，表客观。could 表示过去的某种能力，有条件的或不真实的推测，表礼貌的请求或允许。

Two eyes can see more than one.

Although the fog was heavy, everybody was able to get the destination on time.

If I knew how it worked, I could give you a perfect answer.

(2) may 和 might 表示允许或不是很确定的客观可能性。后者比前者更加不确定和委婉。

May I use your cell phone?

Mother may be in the garden; you might wait here for a moment.

They may/might have a lot of work to do.

(3) must 和 have to (可以用 have got to 代替 have to) 表示义务或为形势所迫。must 暗示

权威、主动；have to 侧重外在压力，表示“不得不”。must 还可以表示推测。

The work must be finished as soon as possible.

The students will have to know how to use the computer.

There must be some mistakes.

(4) will 表示有把握的预测、决心、意愿、许诺等。would 表示过去习惯的动作、打算、意图、礼貌的要求、不确定的情形等。

The train will get here at 10 a.m.

He was a quiet boy; he would sit by the river all day if he had time.

I would like to see your new car.

(5) shall 表示建议、请求或说话人的意图。should/ought to 表示责任、义务和假设，暗含有应该做而未完成的遗憾或责备之意。

Where shall I wait for you?

You should keep your promise.

If it should rain tomorrow, we would have to put off the trip.

(6) need 表示有必要，dare 表示敢于。二者做情态动词时多用于否定句、疑问句和条件句。

There need be no hurry.

She dare not go out at night.

How dare you call him a liar?

(7) had better 表示义务或建议，语气比 should 或者 ought to 更委婉。否定式为 had better not ..., 疑问式为“Had I/you better ...?”。

You'd better not wake me up when you come in.

—Had you better go at once?

—Yes, we had better.

—No, we'd better not.

情态动词后跟完成式的用法：

(1) may/might have+过去分词，表示对过去情况不太有把握的推测，意为或许或可能做过某事。

You may/might have put my football in the wrong place.

(2) must have+过去分词，表示对过去时间里可能发生事情的推测，语气较强，意为肯定或想必做过某事。表示对过去情况的否定推测常用 can't/couldn't have+过去分词。

The ground is wet; it must have rained last night.

(3) would like to have+过去分词，表示本打算做某事而事实上没有做。

I would like to have read the article, but I was very busy then.

(4) should/ought to have+过去分词，表示过去应该做而实际没有做的事情。含有责备和遗憾的语气。否定形式表示不应该做而做了某事。

She should have met some old friends, but she didn't go to the party.

(5) need have+过去分词，表示本来需要做某事而没有做。其否定形式表示不需要做而做了某事。

You needn't have written so long an article. The teacher said 100 words would be enough.

(6) could have+过去分词，表示过去本来可以做某事但实际上没有做。

The boy could have passed the exam, but he wasn't careful enough.

Exercises

Choose the best answer.

1. The chairman as well as many other people _____ present.
A. is B. are C. will D. should
2. The travelers _____ 300 miles a day by car when they were in Africa.
A. passed B. took C. covered D. went
3. Sam most probably _____ her for another girl at the party.
A. regarded B. viewed C. mistook D. looked
4. You can never _____ that fellow for help at a critical moment.
A. count on B. go on C. hold on D. carry on
5. Tom ought not to _____ me your secret, but he meant no harm.
A. have told B. tell C. be telling D. having told
6. You _____ tell John about it. I've told him already.
A. needn't B. couldn't C. mustn't D. wouldn't
7. The bank refused to _____ him any money, so he had to postpone buying a house.
A. credit B. borrow C. loan D. lease
8. Peter _____ come with us tonight, but he isn't very sure yet.
A. must B. may C. can D. will
9. _____ more attention, the trees could have grown better.
A. To give B. Given C. Giving D. Having given
10. Which _____ do, going skating or staying at home?
A. do you rather B. will you rather
C. would you rather D. should you rather

- 

Notes

July 1

I am terribly sorry that I could not attend your class this afternoon due to a bad cold. I enclose the doctor's certificate and ask you for sick leave.

Encl: Doctor's certificate for sick leave

Sample 2 Leaving a Message

July 5

Dear Chen Juan,

We'd like to have a camp arranged by our foreign teacher at 8:00 a.m. this Saturday. Drinks and dessert are all ready. Just remember to bring an umbrella. I would be very happy if you could come and join us.

Rebecca

请假条和留言条均属于便条，具有内容简洁、文字紧凑、称呼格式化的特点。

请假条是因生病或其他原因不能照常学习或工作时，向老师、上级领导或单位请求准假而提交的一种便条，通常包括病假条和事假条。其正文部分要求把请假原因及时间交代清楚，理由要充分，必要时还需附上医生证明。

留言条通常用于个人之间传递简短信息。其涉及的方面很多，包括致歉、约会、通知和请求等。

便条的基本要素包括以下几个部分，依次为：

日期 一般不写年份，而只写日期或星期几，有时还会加上上午或下午的具体时刻。

称呼 通常给熟悉的人留言，可直呼其名；如果双方不是很熟，则使用全名。请假条或下级给上级的留言条，称呼应保留头衔。

正文 内容要求简洁，一般一两句话即可，主要说明写便条的目的。请假条用语较为正式。

署名 常可省去书信中的结束敬语，署上写便条者的姓名，或者姓或名即可。

Useful Expressions

1. Call me if you want to join us. 如果想一起去就给我打电话。
2. I would be glad/happy if you could come and join us. 如果你能来参加我会很高兴。
3. Upon receiving this note, please call at...immediately. 见条后请立即回电……
4. Upon receiving this note, please come to my office. 见条后请来我的办公室。
5. Will you kindly excuse my absence from school today? 恳请您原谅我今天不能到校。
6. I'm writing to ask you for...days' sick leave. 我特向您请……天病假。
7. I'd like to apply for...days' leave from...to...
我想从……到……请……天的假。
8. I hope my request will be kindly granted. 希望我的请求能得到批准。
9. I should be very much obliged if you will grant me my application.

如果您能批准我的申请，我将不胜感激。

10. Please give me an extension of leave for...more days. 请准予续假……天。

11. I enclose the doctor's certificate and hope you will grant me the leave.

附上医生证明，恳请准假为盼。

Practice



Task 1 Translate the following notes into Chinese.

Note 1

October 11

Dear Anny,

I'm going to fly to Beijing for a contest for a month. Please come to my house and take care of my flowers and plants at your convenience. Thanks!

Jimmy

Note 2

June 6

Dear Manager,

I'd like to apply for a three-day leave of absence from the 7th to 9th of this month, in order to see my mother, who is in hospital now.

I should be very much obliged if you will grant me my application. As to the duties to be missed during my absence, I will do my best to make them up as soon as I get back from leave.

Yours faithfully,

Jacky



Task 2 Complete the following note according to the Chinese information given in brackets.

Writer: 张东

Receiver: 怀特先生

Date: 周一上午十时

	1
2	
Mr. Liu of Cube Company has just rung up, saying that he is so sorry that	3
(他今天下午不能前来赴约). He hopes to	4
(明天早晨九时能与您见面).	
Please wait for him at your office then, or ring back	5
(如时间不合适).	6

Task 3 Write a note according to the following information given in Chinese.

假如你是 John, 请写份请假条向你的老师 Mr. Smith 请假。

请假原因: 昨天你和同学们去农场帮助农民们摘苹果, 不幸 (unluckily) 从梯子 (ladder) 上摔下来伤了腿, 但是伤得不重。医生让你在在家里好好休息。因此, 你向老师请假两天 (ask for leave for two days)。

日期: 2023 年 9 月 5 日

Video Clip

Please enjoy this part.



Unit 4

Make Your Choices

The Wisdom of China

培养什么人、怎样培养人、为谁培养人是教育的根本问题。

——摘自党的二十大报告

What kind of people we should cultivate, how, and for whom—these are the fundamental issues that education must address.

—Excerpt from the Report to the 20th National Congress of the Communist Party of China

Goals

- Learn how to talk about your choice
- Learn how to improve choice making
- Learn the use of adjectives and adverbs

Let's Listen



Task 1 Listen and repeat the following sentences.

1. Which do you like better, Li-Ning or Anta?
2. Ms. Green is not in. Can I take a message?
3. Which is more important to you, family or work?
4. May I use your computer for a while?
5. One choice may change your life.
6. But how does this help us out of trouble?
7. We must first learn to control our emotions.
8. Life is rather short, but our thoughts can control our reality.

Task 2 Listen and fill in the blanks with what you hear.

1. I find it _____ to chat online. How about you?
2. Which _____ do you like best?
3. What brand would you _____?
4. I know you have many _____ in America.
5. I like _____ to English songs and watching English films.
6. What do you think of _____ online?
7. Would you like it typed or _____?
8. Who runs _____ in your class?

Task 3 Listen and complete the following sentences with what you hear.

1. _____, how can I get to the nearest bank?
2. You can go there either by bus or _____.
3. —Thank you for your help.

- _____.
4. —What should I do for my fever?
- _____?
5. —Do you have any plan for the coming weekend?
- _____?

Task 4 Listen to the following conversation and decide whether the following statements are true (T) or false (F).

apartment *n.* 公寓 My hands are tied. 我别无选择。

1. Mary invites Jimmy to come to her new apartment. ()
2. Jimmy is busy with his work this weekend. ()
3. Mary will move to her new apartment next weekend. ()
4. Jimmy will go on business this weekend alone. ()
5. Tony will help Mary to move to her new apartment. ()

Task 5 Listen to the following conversations and choose the best answer to each question you hear.

interrupt *v.* 干扰, 打扰 advertisement *n.* 广告 broadcast *n.* 广播节目
affect *v.* 影响 advantage *n.* 优势, 好处 collection *n.* 收集

Conversation 1

1. A. Worried. B. Unhappy. C. Sad. D. Disappointed.
2. A. In newspapers. B. In streets. C. In magazines. D. In homes.
3. A. Because there are too many.
 B. Because they have affected our daily life.
 C. Because they have wasted our time.
 D. Both B and C.

Conversation 2

4. A. To be a teacher. B. To find a job.

- C. To study further.
 5. A. A worker.
 C. A software engineer.
- D. To be a soft engineer.
 B. A technician.
 D. A boss.

Let's Discuss

 **Task 1** Discuss the factors influencing you when you make choices and describe each picture (factor) with a word.



1. Family _____



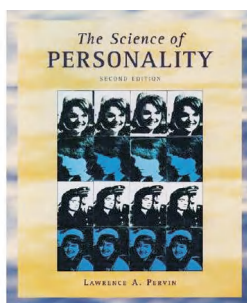
2. _____



3. _____



4. _____



5. _____



6. _____

Task 2 Read the following dialogue related to picture 1 and role-play it with your partner.

Lin Tao: Hi, Jim. I wonder why you chose pre-school education as your major.

Jim Smith: To be frank, I really like being with children and teaching them a lot of simple skills.

Lin Tao: Don't you think such a workplace is a little noisy? Besides laughing, they always cry.

Jim Smith: Never mind. Love me, love my dog. I really enjoy teaching and communicating with them every day.

Lin Tao: Why are you so patient with the kids?

Jim Smith: Maybe because of my younger brother, when he was a little kid, my parents had little time to take care of him, so I used to take care of him. Gradually, I am interested in the job.

Lin Tao: I see. I'm sure you will be a good kindergarten teacher after graduation.

Jim Smith: I hope so. Anyway, that's also my choice.

Task 3 Please choose one picture from Task 1 and make a similar dialogue with your partner.

Let's Read



Passage A

One Choice That Will Change Your Life

This evening I met two friends in a local cafe. They brought their **laptop** along so they could show

me some of their latest **digital** art designs. As we chatted and went through their art work, the laptop suddenly started making an unhealthy **buzzing** noise, and then the screen **flickered** on and off and finally went black completely. And as we all stared at one another in surprise, an unpleasant smell of burning came from the laptop.



We **grabbed** the laptop and began to check it and the problem was clear at once. It was unlucky that the bottom of the laptop was **soaking** wet. A glass of water, behind the laptop, had been knocked over. While chatting, we moved the laptop's 17-inch screen back and forth, and **somehow** knocked over the glass of water that the waiter had happened to place behind the screen, which we hadn't expected.^[1]

When life throws us something like such a problem difficult to solve, of course, it doesn't make any sense to us.^[2] Our natural emotional **reaction** might be to get **extremely** upset and **scream**. But does this help us out of trouble? **Obviously**, it doesn't.

In this case, the smartest and hardest thing we can do is to control ourselves in our reactions. It is better to be wiser and more **disciplined** than to talk wildly.^[3] We should remember that emotional **rage** only makes matters worse, while in fact, such **unfortunate** experiences are really not as bad as they seem—they can usually give us an **opportunity** to grow stronger.^[4]

Every difficult moment in our lives is **accompanied** by an opportunity for personal growth and **creativity**. But in order to **obtain** this growth and creativity, we must first learn to control our emotions. We must **recognize** that difficulties pass like everything else in life.^[5] And once they pass, all we're left with are our different experiences, and the lessons we've learned on the way. Life is rather short, but our thoughts can control our reality. We already know this. The choice is to be made by ourselves.

(354 words)

New Words

laptop /'læptɒp/ *n.*

a portable computer small enough to use in one's lap
便携式电脑，手提电脑

digital /'dɪdʒɪtl/ *adj.*

using or relating to digital signals and computer technology
数字的

buzzing /'bʌzɪŋ/ <i>adj.</i>	noisy like the sound of a bee 嗡嗡叫的
flicker /'flɪkə(r)/ <i>v.</i>	to shine unsteadily 闪烁; 飘扬
grab /græb/ <i>v.</i>	to get hold of or seize quickly and easily 抓住; 攫取
soak /səʊk/ <i>v.</i>	to submerge in a liquid 使浸透
somehow /'sʌmhaʊ/ <i>adv.</i>	in some unspecified way or manner; by some unspecified means or reason 以某种方式; 不知怎么地
reaction /rɪ'ækʃn/ <i>n.</i>	a direct result of something else 反应; 反应能力
extremely /ɪk'stri:mli/ <i>adv.</i>	to a high degree or extent 非常; 极其
scream /skri:m/ <i>n.</i>	a sudden loud cry 尖叫声
<i>v.</i>	to utter a sudden loud cry 尖叫
obviously /'ɒbvɪəsli/ <i>adv.</i>	easily to see or understand 显然地
discipline /'dɪsəplɪn/ <i>v.</i>	to be able to behave and work in a controlled way 训练; 使有纪律
rage /reɪdʒ/ <i>n.</i>	a state of extreme anger 狂怒; 大怒
<i>v.</i>	to become very angry 大怒; 怒斥
unfortunate /ʌn'fɔ:tʃənəti/ <i>n.</i>	a person who suffers misfortune 不幸的人
<i>adj.</i>	having bad luck; caused by bad luck 不幸的; 令人遗憾的
opportunity /ɒpə'tju:nəti/ <i>n.</i>	a possibility due to a favorable combination of circumstances 机会; 时机
accompany /ə'kʌmpəni/ <i>v.</i>	to be present or associated with an event or an entity; to go or travel along with 伴随; 陪同
creativity /kri:'eɪtɪvəti/ <i>n.</i>	the ability to create 创造力; 创造
obtain /əb'teɪn/ <i>v.</i>	to come into possession of 获得; 得到
recognize /'rekəɡnaɪz/ <i>v.</i>	to be fully aware or cognizant of; to accept or approve of sth. officially 认出; 承认, 认可

Phrases and Expressions

stare at	to look at with fixed eyes 盯着
in surprise	to be surprised 惊讶地
back and forth	moving from one place to another and back again 来回地; 反复地

knock over

to turn sth. over 打翻

make sense

to be reasonable or logical 讲得通；有意义

out of trouble

getting away from trouble 脱离困境

in fact

in reality or actuality 实际上

on the way

on a route to some place 在途中

Notes

1. While chatting, we moved the laptop's 17-inch screen back and forth, and somehow knocked over the glass of water that the waiter had happened to place behind the screen, which we hadn't expected.

—While we were talking, we overturned the glass of water behind the laptop served by the waiter because of moving the laptop from time to time, but we hadn't expected such a result.

译文 我们谈论时，不停地移动 17 英寸的电脑屏，不知怎么地就打翻了服务生送来的一杯水。而这杯水恰好就放在了屏幕的后面，这样的结果也是我们没有预料到的。

本句中，which 引导非限制性定语从句，指代前面的句子。另外，“while+现在分词”结构在句中做时间状语。

e.g. While waiting for his mother, he met a friend. 在等待妈妈时，他遇到了一位朋友。

While discussing, he suddenly became very angry. 在讨论时，他突然变得很生气。

2. When life throws us something like such a problem difficult to solve, of course, it doesn't make any sense to us.

—When we meet some difficult problems to solve in our life, of course, it's nothing to us at all.

译文 当生活抛给我们类似这种棘手的难题时，当然，对我们来说根本不算什么。

3. It is better to be wiser and more disciplined than to talk wildly.

—Making oneself wiser and more self-controlled is a better way than talking out of control.

译文 与其口出污言，不如使自己变得更明智、更自律。

4. We should remember that emotional rage only makes matters worse, while in fact, such unfortunate experiences are really not as bad as they seem—they can usually give us an opportunity to grow stronger.

—We should remember being extremely angry only makes things worse, but in fact, these unhappy experiences aren't as bad as they appear—they can usually give us chances to become stronger.

译文 我们应该记住，狂怒的情绪只会使事情变得更糟，这些不幸的遭遇其实并不像它们看起来那么糟糕，而实际上会给我们一个变得更强大的机会。

本句中，连词 **while** 引导的是让步状语从句，意思为“然而”，表示前后意义上的对比或转折，有时也译为“虽然，尽管”。

e.g. His house is very large, while ours is very small. 他的房子很大，而我们的却很小。

While he is very young, he is experienced. 尽管他很年轻，但是经验很丰富。

5. We must recognize that difficulties pass like everything else in life.

—We must be aware that difficulties can become the past like other things in life with the time going on.

译文 必须承认，困难就像其他东西一样，是我们生命中的一个过客。

After You Read

Comprehension of the Text



Task 1 Rearrange the following sentences in an appropriate order to form the body of the passage.

1. We can learn lessons from our unfortunate experiences.
2. The author began to check what's wrong with the laptop.
3. The author and her friends met at a bar.
4. People should learn to control their emotions while in trouble.
5. Her friends showed their digital art designs to the author.
6. The laptop crashed.



Task 2 Decide whether the following statements are true (T) or false (F) according to the passage.

1. The author's laptop was soaking wet because of her carelessness. ()
2. The story took place in a local cafe. ()
3. Learning to control ourselves is important to solve difficult problems. ()
4. Controlling one's emotion is not good for his growth and creativity. ()
5. It is better for us to learn lessons from our unfortunate experiences. ()



Task 3 Fill in the blanks with the phrases given below; change the forms if necessary.

deal with	in fact	on the way
at once	out of trouble	

1. _____, everyone knows how important knowledge is in his life.
2. He met a poor old man and gave him some money _____ home.
3. Look, what you've done! Who will help you _____ this time?
4. My point is that not all the errors will be visible _____.
5. This book _____ an important issue in the 21st century.

Beyond the Text



Task 1 Try to talk about why you chose your major before entering the college.

You may start as:

"I really love my major so much, so I chose it..."



Task 2 Sometimes it is difficult to make a choice for us, but you can consider the pros and cons of it. And here are some sentences to help you.

Examples:

1. I decide to find a job after graduation, because I want to be independent in every aspect and lead a life of my style.
2. I won't find a job after graduation. As a young man, I would like to continue my study.

Now, please write your own ways to express your choice making.

1. _____
2. _____
3. _____

Passage B



7 Ways to Make Good Choices

We have to make a lot of choices each day. Some have **minimal** consequences, such as whether to have our ice cream in a cup or **cone**, while other decisions can be life changing.^[1] And while some of these choices may **impact** our lives today, other choices may not **affect** us for years to come. The important thing to remember is that we are a product of the choices we make. Each decision helps to decide who we are and how we're different from one another. Making good choices begins with taking **charge** of the decision-making process.

Manage big matters. It's very easy to get **disturbed** by unimportant **issues** in life. If you spend a lot of time on small matters, you won't have time to consider important ones.

Follow your values. Make decisions that are **consistent** with your **core** beliefs and values. The alternative plan leads to regret.

Learn from the past. Learn from your experiences and the experiences of others. **Identify** situations where you've had a **similar** choice in the past. How can you apply those lessons learned to the **existing** situation?

Know what you know and what you don't know. Don't try to be an expert in everything. Ask for advice or help when you really can't deal with something.

Keep the right way of thinking. Consider problems from every **vantage** point. What do the facts say? What is your strong feeling telling you? Is your **conscience** trying to tell you something? Listen to your heart.

Don't put things off. You'll rarely have all the information that you need to make a "perfect" decision. So don't demand perfection. The **philosopher** Voltaire warned against letting the perfect be the enemy of the good.^[2] That advice still holds true today.

Once you make a decision, don't look back, and make it work. Don't second-guess yourself. You can't review the past. It's a waste of valuable time and energy.

Life's not about checking an **item** off your to-do list or trying to impress others with how busy you are. Life's about being **content** with where you've been, where you are now, and where you're going. It's about being proud of who you are, what you **represent**, and the impact that you're having on others.



This begins and ends with the choices that you make. So give some serious thought to every choice you face. As Albert Camus once said, “Life is a sum of all your choices.” Are you happy with the path that you’re choosing for yourself? The choice is yours.

(415 words)

New Words

minimal /'mɪnɪməl/ <i>adj.</i>	very small in quantity, value or degree 最小的, 极少的
cone /kəʊn/ <i>n.</i>	圆锥体; 圆锥形的东西
impact /'ɪmpækt/ <i>n.</i>	an influence 影响
	to have an effect or influence on sb./sth. 对……产生影响
	to have an effect on sb./sth. 影响
affect /ə'fekt/ <i>v.</i>	
charge /tʃɑ:(r)dʒ/ <i>n.</i>	a position of having control over sb./sth. 主管; 掌管
manage /'mænɪdʒ/ <i>v.</i>	to do sth. difficult; deal with problems 能解决(问题); 应付(困难局面等)
disturb /dɪ'stɜ:(r)b/ <i>v.</i>	to interrupt sb. when he is trying to work 打扰; 干扰
issue /'ɪʃu:/ <i>n.</i>	topic of discussion; problem 议题; 问题
consistent /kən'sɪstənt/ <i>adj.</i>	always behaving in the same way or having the same opinions, standards, etc. 一致的; 始终如一的
core /kɔ:(r)/ <i>adj.</i>	the most important 最重要的
identify /aɪ'dentɪfaɪ/ <i>v.</i>	to recognize sb./sth. and be able to say who or what they are 确认; 认出
similar /'sɪmələ(r)/ <i>adj.</i>	like sb./sth. but not exactly the same 类似的; 相像的
exist /ɪg'zɪst/ <i>v.</i>	to be real; to be present in a place or situation 存在; 生存
vantage /'vɑ:ntɪdʒ/ <i>n.</i>	a position that provides an advantage 优势; 优越的地位
conscience /'kɒnʃəns/ <i>n.</i>	the part of mind that tells one whether his actions are right or wrong 良心; 良知
philosopher /fə'lɒsəfə(r)/ <i>n.</i>	哲学家
item /'aɪtəm/ <i>n.</i>	one thing on a list of things to buy, do, talk about, etc. 项目; 一件商品(或物品)
content /'kɒntent/ <i>adj.</i>	happy or satisfied with what you have 满足; 满意
represent /reprɪ'zent/ <i>v.</i>	to speak and act for sb. else in an official way 代表; 表现

Phrases and Expressions

take charge of	to be responsible for or take care of 担任；照管
be consistent with	to be in agreement with 与……一致
apply to	to put into service 应用于
ask for advice	寻求建议
put off	to hold back to a later time 推迟；拖延
make a decision	做决定
be content with	to be satisfied with 对……满意
a sum of	a quantity of 一笔

Proper Names

Voltaire	伏尔泰（18 世纪法国启蒙思想家、文学家、哲学家）
Albert Camus	阿尔贝·加缪（20 世纪法国作家、哲学家）

Notes

1. Some have minimal consequences, such as whether to have our ice cream in a cup or cone, while other decisions can be life changing.

—The results of some choices are not so important, such as whether to make ice cream into cup or cone shape, while other decisions may change our life.

译文 有些选择产生的结果微不足道，比如把冰激凌做成杯状或是锥形蛋筒状，而有些决定可能会改变人生。

e.g. Some people waste a lot of food while others haven't enough.

有些人浪费粮食，然而有些人却吃不饱。

2. The philosopher Voltaire warned against letting the perfect be the enemy of the good.

—The philosopher Voltaire warned that the pursuit of perfection can stop us from doing something good.

译文 哲学家伏尔泰警告说，不要让完美成为优秀的敌人。

After You Read



Task 1 Read the passage and complete the following sentences with the information you get from the passage (no more than 3 words).

1. We have to make _____ every day.
2. It's very easy to get disturbed by _____ in life.
3. Learn from _____ and the experiences of others.
4. Make decisions that are consistent with your core _____.
5. Life's not about checking an item off your to-do list or trying to _____ with how busy you are.



Task 2 Translate the following sentences into Chinese.

1. We have to make a lot of choices each day. Some have minimal consequences, such as whether to have our ice cream in a cup or cone, while other decisions can be life changing. And while some of these choices may impact our lives today, other choices may not affect us for years to come. The important thing to remember is that we are a product of the choices we make.
2. In daily life we are often faced with choices and make decisions independently. In order to make a decision that we will not regret, we should bear these two principles in mind: thinking before acting, and never missing any opportunities that arise.

Grammar

Adjectives and Adverbs

形容词用来修饰名词，常放在名词前做定语或放在系动词后做表语。副词用来修饰形容词、动词、其他副词或者句子，一般位于形容词之前、动词之后或句子之首。形容词和副词均属于修饰性词类。

1. 形容词与副词做后置定语的情况

形容词短语做定语；表语形容词（afraid、alike、alone、asleep、awake、alive 等）做定语；形容词修饰由 one、no、any、some、every 等构成的复合不定代词；enough 修饰名词可以前置也可以后置，但修饰形容词和副词必须后置；副词做定语。例如：

a language difficult to master a man alive

I have something important to tell you.

He did his homework well enough.

The person there is waiting for you.

2. 多个形容词修饰同一名词的情况

其顺序通常为：限定词→描绘性形容词→大小→形状→性质→色彩→长幼→新旧→出处→材料→目的→被修饰名词。

a heavy black Chinese steel umbrella two interesting little red French oil paintings

3. 形容词比较等级的常用句型

(1) 同级比较的句型：A+ (be) +as+形容词+as+B，表示“A 和 B 一样……”。其否定形式为 not as...as 或 not so...as，表示“不如……”。

A man can be as great as he wants to be.

Richard is not as tall as Tom.

(2) 比较级进行比较的句型：more...than，表示“比……更……”。两个事物做比较，形容词用比较级，后接连词 than，引出比较对象；no more...than，“和……一样不……”，相当于 not

as... as, 是同级比较的否定表达, no more 后面还可以加名词或代词; The more...the more..., 两个分句开头分别都是定冠词+形容词比较级, 表示“越……越……”。

Blood is thicker than water.

A home without love is no more a home than a body without a soul.

The more you learn from the past, the fewer regrets you have.

(3) 最高级进行比较的句型: 主语+连系动词+the+形容词最高级(+名词)+比较的范围。

He is the oldest of the three.

It smells the best among the flowers.

4. 常用的“形容词+介词+宾语”句型

(1) 主语+be+形容词+about+宾语。

用于该句型的形容词有 anxious、certain、concerned、excited、happy、nervous、particular 等。

Mary is very anxious about her mother's health.

He is very particular about what he eats.

(2) 主语+be+形容词+at+宾语。

用于该句型的形容词有 amazed、angry、annoyed、astonished、bad、clever、good、quick、ready、slow 等。

Mary was amazed at what her father had done.

She is good at maths.

(3) 主语+be+形容词+for+宾语。

用于该句型的形容词有 adequate、anxious、appropriate、eager、famous、fit、good、late、necessary、proper、responsible、right、thirsty、vital 等。

He was thirsty for power.

France is famous for its fine food and wine.

(4) 主语+be+形容词+from+宾语。

用于该句型的形容词有 absent、distant、diverse、free、remote、safe、secure、separate 等。

Two students are absent from class today.

The course is rather remote from the ordinary life.

(5) 主语+be+形容词+in+宾语。

用于该句型的形容词有 absorbed、concerned、firm、interested、involved、lacking、lost、low、poor、rich、skillful、weak、strong 等。

She was soon absorbed in her book.

He is skillful in swimming.

(6) 主语+be+形容词+of+宾语。

用于该句型的形容词有 ashamed、aware、capable、careful、certain、characteristic、composed、confident、conscious、fond、greedy、ignorant、impatient、independent、jealous、proud、worthy 等。

Are you aware of the danger?

We're all quite fond of sightseeing.

(7) 主语+be+形容词+to+宾语。

用于该句型的形容词有 accustomed、additional、alike、approximate、attractive、beneficial、common、cool、devoted、equal、equivalent、essential、fair、faithful、harmful、helpful、just、loyal、necessary、next、open、opposite、polite、prior、proportional、sensitive、similar、strange、thankful、vital 等。

He is accustomed to walking with his wife after dinner.

We must be more sensitive to the needs of the young students.

5. 以 -ly 结尾的词用法比较

(1) 大部分以 -ly 结尾的词是副词，但 lively、lonely、deadly、friendly、ugly、silly、likely、brotherly、timely 等是形容词；而有些以 -ly 结尾的词既是形容词，也可以是副词，如 daily、weekly、yearly、early 等。

Time in US is a weekly magazine.

The Times in UK is published daily.

(2) 表示原意（无 -ly）和引申意义（有 -ly）的副词：close 近，closely 仔细地；late 晚，lately 最近；deep 深，deeply 深深地；high 高，highly 高度地；wide 宽广，widely 广泛地；free 免费地，freely 无限制地；low 位置低，lowly 地位卑微的。

6. 形容词与副词的比较级和最高级的变化规则

(1) 规则变化。一般在单音节词尾加 -er 和 -est；以不发音 e 结尾的单音节词和少数以 le 结尾的双音节词加 -r 和 -st；以一个辅音字母结尾的闭音节单音节词，双写结尾的辅音字母，再加 -er 和 -est；以辅音字母 y 结尾的双音节词，改 y 为 i，再加 -er 和 -est；其他双音节和多音节词，在前面加 more 和 most 来构成比较级和最高级。

tall—taller—tallest

easy—easier—easiest

narrow—narrower—narrowest

important—more important—most important

easily—more easily—most easily

(2) 不规则变化。

old—older/elder—oldest/eldest

much/many—more—most

little—less—least

far—farther/further—farthest/furthest

7. 比较级的用法

表示一方超过另一方时，用比较级+than 的结构；表示一方不及另一方时，用 less+原级+than 的结构；表示一方超过另一方的程度或数量时，可在比较级前面加上表示程度的副词 even、a lot、a little、still、much、far、yet、by far 等。

This picture is more beautiful than that one.

He runs faster than his sister.

This room is less beautiful than that one.

He works even harder than before.

8. 最高级的用法

三者或三者以上进行比较，表示最高程度时，用 the+最高级的结构表示，这种句式一般常有表示比较范围的介词短语；最高级可被序数词和 much、by far、nearly、almost、by no means 等修饰；表示最高程度的形容词 excellent、extreme、perfect 等没有比较级和最高级；做状语的副词最高级前可以不加定冠词 the。

Zhang Hua is the tallest of the three.

This hat is by far the biggest.

Of all the boys he came (the) earliest.

9. 副词的排列顺序

(1) 一般来说，副词的排列顺序为：方式副词→地点副词→时间副词（时间副词有时也可放在句首）。

The students did well here yesterday.

Yesterday they worked very hard in the fields.

(2) 一般来说，副词的排列顺序为：具体的→笼统的，小的→大的，短的→长的。

He saw the movie sometime last year.

Please write slowly and carefully.

Exercises

Choose the best answer.

1. Of the two coats, I'd choose the _____ one to spare some money for a book.
A. cheapest B. cheaper
C. more expensive D. most expensive
2. After two years' research, we now have a _____ better understanding of the disease.
A. very B. far C. fairly D. quite
3. The boy jumped _____ at the sports meeting and he was _____ praised by the teacher.
A. high; high B. high; highly C. highly; highly D. highly; high
4. _____ to take his adventure course will certainly learn a lot of useful skills.
A. Brave enough students B. Enough brave students
C. Students brave enough D. Students enough brave
5. All _____ things need air and all plants _____ need water and sunlight.
A. alive; living B. alive; alive C. living; alive D. living; living
6. Father bought me a _____ table yesterday.
A. beautiful round wooden writing B. round wooden beautiful writing
C. writing round wooden beautiful D. beautiful wooden round writing
7. _____ rapid progress has he made that we all admire him.
A. Very B. So C. Such D. Too
8. After the long journey, the three of them went back home, _____.
A. hungry and tiredly B. hungry and tired
C. hungrily and tiredly D. hungrily and tired
9. Is 200 dollars _____ for the expenses of your trip?
A. important B. sufficient C. available D. comfortable
10. How _____ the song sounds!
A. pleasure B. pleased C. pleasant D. pleasantly
11. At present _____ than doing well in our socialist economic construction.
A. nothing is more important B. nothing is less important
C. much is more important D. anything is more important
12. Would you like _____ more coffee? I'm sure you would.
A. much B. few C. any D. a lot

13. Mary said it was _____ box for me to carry.
 A. a too heavy B. too a heavy C. too heavy a D. too heavy
14. This room _____ in the building.
 A. is the biggest than any other one B. is bigger than any other one
 C. is biggest than any other one D. is bigger than any one
15. I find it _____ difficult for the whole family to live within my income.
 A. lot B. lots of C. many D. more

Let's Write



Envelopes

英文书信是一种最常用的应用文体，其主要包括信封和信内的写作。本单元主要涉及英文信封的格式。



Sample 1 Block Style (齐头式)

Jimmy Carter
 23 Taibai Rd.
 Xi'an, Shaanxi 710000
 P. R. China

寄件人姓名和地址

收信人姓名和地址

Mr. Peter White
 145, Chance Ave.
 Miami, Florida 33172
 U. S. A.

Via Airmail

Personal/Private/Registered/Urgent/Printed Matter/Phones

Sample 2 Intended Style (缩进式)

Jimmy Carter

Beijing Clair Trading Company

23 Renmin Rd., Chaoyang District

Beijing 100000

P. R. China

Mr. Jacky Chen

No. 252, Long St.

Los Angeles, CA 90001

U.S.A.

英文信封的内容主要包括收信人和寄信人的姓名、地址（按次序为门牌号、街道名、城市名、国家名）以及邮票。通常，邮票贴在信封的右上角，左上角写寄信人的姓名及地址，信封中央或右下角偏左写收信人的姓名和地址。另外，有些人习惯将收信人的姓名和地址写在信封正面的中间，而将寄信人的姓名、地址写在信封背面。

收、寄信人姓名和地址的写法有两种：齐头式和缩进式。目前齐头式比较流行。一般来讲，寄信人姓名前不加称谓，而收信人姓名前则要加称谓，表示对对方的尊重。

另外，地址的书写顺序是由小到大：第一行写寄信人的门牌号码和街道名称；第二行先写县市、城镇名称，再写省或州名称，往右空两个字母的位置，写上邮编。如果是寄往国外的信件，第三行写寄信人所在国家的名称。

Notes

1. 收、寄信人的姓名和地址的首字母都需要大写。

e.g. Ms. Jane Smith

123 Rose Road

Los Angeles, CA 90001

2. 头衔或职称写在人名之后。

e.g. Zhang Peng

Sales Manager

Bolo Company Limited

1224 Shaanxi Street

Shanghai 200000

3. 当信函需要第三者收转时，则需要在收信人名字下方写上收转人的姓名，并在其姓名前写上 C/o (care of 的缩写，即“请收转”)。

e.g. Mr. John Evans

C/o Mrs. Ann White

23 Park Street

New York, NY 10001

4. 如要说明信件由何种邮路递送或信件为何种类别，一般在信封正面的左下角注明。

e.g. By Airmail 航空 Registered 挂号 Printed Matter 印刷品

Express 快件 Photo Enclosed 内有照片 Personal 亲启

Practice



Task 1 Try to find the mistakes in the following names and addresses and then correct them.

1. Zhang Qiang

Zhongsan Road NO. 56

Shanghai 200433

2. Mr. and Mrs. Michael Bush

Kent Street

San Francisco, CA 94101

3. Mr. Li Jian

Room 601, No. 34 Long Chang St.

Xiamen, Fujian 361000

People's Republic of China

4. Secretary Jane Jones

Sea Star Information Inc.

245 International Ave.

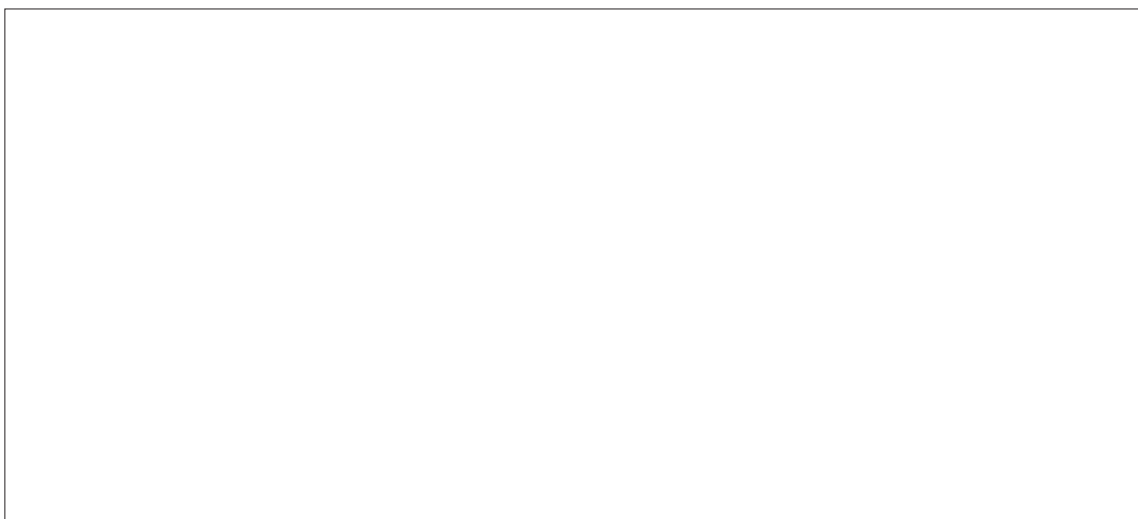
Atlanta, GA 30301



Task 2 Write the names and addresses on the envelope according to the information given below.

1. Receiver (收信人): Jimmy Green lives on 107th Ave in Chicago. His house number is 4500. The zip code is 60601. Chicago is in Illinois.

2. Sender (寄信人): Wang Ming is the Sales Manager of Avon Company Limited. The Company is on Kangle Road in Xianyang and the number is 68th. The zip code is 712000.



Task 3 Address an English envelope in block style with the Chinese information given below.

发信人姓名及地址：李建

陕西省西安市长安区学府大道 1 号西北大学管理系

邮编：710069

收信人姓名及地址：Bob White

美国俄亥俄州（Ohio）哥伦布市（Columbus）英雄路 2300 号

邮编：43058

Video Clip

Enjoy yourself.

