



“十四五”职业教育国家规划教材

Nucleus | 总主编 丁国声
Vocational College English

新核心 高职英语

(第二版)

本册主编 于春荣 苏进德
副主编 杜伟 尚海静 王海杰

1

综合教程



上海交通大学出版社
SHANGHAI JIAO TONG UNIVERSITY PRESS

图书在版编目 (CIP) 数据

新核心高职英语综合教程. 1 / 丁国声总主编; 于春荣, 苏进德本册主编. —2版. —上海: 上海交通大学出版社, 2021 (2024重印)

ISBN 978-7-313-22219-0

I. ①新… II. ①丁… ②于… ③苏… III. ①英语—
高等职业教育—教材 IV. ①H319.39

中国版本图书馆CIP数据核字(2019)第255895号

新核心高职英语综合教程1 (第二版)

XINHEXIN GAOZHI YINGYU ZONGHE JIAOCHENG 1 (DI ER BAN)

总 主 编: 丁国声

本册主编: 于春荣 苏进德

出版发行: 上海交通大学出版社

邮政编码: 200030

印 制: 天津市蓟县宏图印务有限公司

开 本: 889 mm × 1194 mm 1/16

字 数: 232千字

版 次: 2014年4月第1版 2021年4月第2版

书 号: ISBN 978-7-313-22219-0

定 价: 46.80元

地 址: 上海市番禺路951号

电 话: 021-64071208

经 销: 全国新华书店

印 张: 10.25

印 次: 2024年8月第16次印刷

音像书号: ISBN 978-7-88941-365-7

版权所有 侵权必究

告读者: 如发现本书有印装质量问题请与印刷厂质量科联系

联系电话: 022-29140509

前言

《新核心高职英语》系列教材依据教育部《高等职业教育专科英语课程标准(2021年版)》(以下简称“新课标”)教学要求提出的“坚持立德树人,发挥英语课程的育人功能;落实核心素养,贯穿英语课程教学全过程;突出职业特色,加强语言实践应用能力培养;提升信息素养,探索信息化背景下教与学方式的转变;尊重个体差异,促进学生全面与个性化发展”,结合一线教学实践,以服务学生未来职业发展编写而成。本系列教材坚持“实用为主、够用为度”的原则,强调语言的灵活性和思想性,选题新颖,内容丰富,兼顾英语教育的工具性和人文性。

根据新课标课程结构设置要求,《新核心高职英语综合教程(1、2)》对应基础模块职场通用英语教材;《新核心高职英语综合教程(3、4)》对应拓展模块学业提升英语教材;《新核心高职行业英语》中的《机电英语》《交通英语》《汽车实用英语》《实用艺术英语》《医护英语》《医学英语:临床与康复》(均是“十四五”职业教育国家规划教材)对应拓展模块职业提升英语教材,其他行业英语教材也在开发中;《中西文化基础教程》《实用英语写作》《英文报刊选读》等对应拓展模块素养提升英语教材。

《新核心高职英语综合教程(1、2)》配有《新核心高职英语应用能力训练(1、2)》及音频,为教师和学生提供全方位的教学资源,以知识、文化与素质为核心,强化英语基本技能的训练和职业素养的提升。第1册内容贴近高职高专学生的校园生活,确定了从新生入学到校园生活,再到假日兼职以时间发展顺序的学生感兴趣的八个主题;第2册以学生“了解社会、预热职场”确定主题内容,面向象牙塔外的社会万象,关注社会热点问题,提高个人素养,为进入职场做好铺垫。

本教材为《新核心高职英语综合教程》第1册,共八个单元,每个单元的听、说、读、写均围绕着同一主题展开。所选的主题贴近学生生活,关注时代热点,反映时代节奏,包括新生入学、英语学习、运动、健康、网络、友情与爱情、节日庆祝和兼职。每个单元无论是对话还是课文,语言均地道、规范。练习部分包括词汇、语法、翻译、写作等,既注重各项能力训练之间的衔接和互补,也贯彻了听、说、读、写、译并重的原则。每个单元包含以下内容:

Explore the Topic 话题导入和探索,激发学生学习兴趣,引导学生积极参与话题

讨论。

Section I Focus on Listening and Speaking 分为三部分: Listen and Repeat 包括语音和相关主题句子的学习,从最基本的语音音素开始,旨在纠正高职高专学生普遍存在的发音问题; Listen and Practice 包含一段短文和一个对话,学生通过听录音完成相关练习; Speak and Role Play 给出与本单元主题相关的两篇对话,要求学生进行情境模拟演练,并按照给出的情境创作对话,进而提高英语交际能力。

Section II Focus on Reading 包含两篇经典选文,第一篇课文为精读,第二篇为泛读。文章内容紧扣主题,对于课文中出现的较难理解的句子,文后的 Notes 都做了解释。课文后配有相关练习,包括课文理解、词汇、短语、句子翻译等。每单元的泛读课文前都有阅读技巧的讲解,旨在帮助学生提高快速阅读能力和理解能力。两篇课文之后,是语法的巩固,对学过的重点语法进行提炼总结,并配有少量习题,学生可根据情况自行学习。

Section III Focus on Writing 实用写作部分,内容包括填写信息表,书写便条,电话留言,制作体育海报、贺卡等,目的在于培养学生阅读、翻译和写作应用文的能力。

Section IV Focus on Chinese Culture and Values 本部分的内容主要是用英语讲述中国故事,传递中国声音,传播中国文化、科技与成就。

本系列教材由教育部职业院校外语类专业教学指导委员会副主任委员丁国声教授担任总主编,于春荣和苏进德担任本册主编。上海交通大学出版社在编辑和排版设计上投入了大量辛勤的劳动,我们在此一并表示衷心感谢!由于编者水平所限,不足之处在所难免,敬请广大师生不吝指正,以便在修订中完善。

《新核心高职英语》系列教材编写组

Contents

Unit 1 Hi, I'm a Freshman! / 1

- Section I Focus on Listening and Speaking / 2
- Section II Focus on Reading / 6
 - Intensive Reading: China's Vocational Education Is on Its Way / 7
 - Extensive Reading: Surviving Your Freshman Year of College / 12
- Section III Focus on Writing: Personal Information Form / 17
- Section IV Focus on Chinese Culture and Values / 19

Unit 2 English Opens a Door to the World / 20

- Section I Focus on Listening and Speaking / 21
- Section II Focus on Reading / 24
 - Intensive Reading: Learn English as a Second Language / 24
 - Extensive Reading: English Opens a Door to the World / 28
- Section III Focus on Writing: Note / 33
- Section IV Focus on Chinese Culture and Values / 35

Unit 3 Share Sports, Light Passion / 36

- Section I Focus on Listening and Speaking / 37
- Section II Focus on Reading / 41
 - Intensive Reading: Worth Her Weight in Gold! / 41
 - Extensive Reading: Foreigners Also Love Chinese Martial Arts / 46
- Section III Focus on Writing: Sport Poster / 50
- Section IV Focus on Chinese Culture and Values / 52

Unit 4 Health Is Wealth / 54

- Section I Focus on Listening and Speaking / 55
- Section II Focus on Reading / 58
 - Intensive Reading: Simple Steps to Inner Peace / 58
 - Extensive Reading: Tips for Healthy Living / 63
- Section III Focus on Writing: Telephone Message / 67
- Section IV Focus on Chinese Culture and Values / 69

Unit 5 Online or Offline, That Is a Question / 70

- Section I Focus on Listening and Speaking / 71
- Section II Focus on Reading / 75
 - Intensive Reading: The Network Era / 75
 - Extensive Reading: Is Your Smartphone Killing Relationships? / 80
- Section III Focus on Writing: E-mail / 85
- Section IV Focus on Chinese Culture and Values / 87

Unit 6 Fortunate to Have You / 89

- Section I Focus on Listening and Speaking / 90
- Section II Focus on Reading / 94
 - Intensive Reading: Friendship / 95
 - Extensive Reading: Butterfly Lovers—Liang Shanbo and Zhu Yingtai / 100
- Section III Focus on Writing: Invitation Card / 105
- Section IV Focus on Chinese Culture and Values / 107

Unit 7 Holidays Bring Warmth and Joy to Hearts / 109

- Section I Focus on Listening and Speaking / 110
- Section II Focus on Reading / 114
 - Intensive Reading: Celebrating the Spring Festival / 114
 - Extensive Reading: Dragon Boat Festival / 118
- Section III Focus on Writing: Greeting Card / 124
- Section IV Focus on Chinese Culture and Values / 126

Unit 8 Build a Full Life Through Part-time Jobs / 127

Section I Focus on Listening and Speaking / 128

Section II Focus on Reading / 131

Intensive Reading: Part-time Jobs: A Growing Fashion in Colleges / 132

Extensive Reading: Tips for Finding Part-time Jobs / 135

Section III Focus on Writing: Job Advertisement / 139

Section IV Focus on Chinese Culture and Values / 141

Glossary / 142**References** / 156





Explore the Topic

- *College is a place many young people are longing for. Entering college is a big moment in one's life.*
- *Are you ready for the college life?*
- *Can you imagine what college life will be like?*
- *What are you going to do in college?*
- *Make a plan and list some important things you'd like to do in college.*



Section I Focus on Listening and Speaking

A. Listen and Repeat



Task 1 Listen and repeat the following words and sentences, bearing the pronunciation skills in mind.

Words	/i:/ & /ɪ/	sheep—ship	leave—live	peak—pick	deed—did
	/e/ & /æ/	guess—gas	pen—pan	dead—dad	end—and
	/ɒ/ & /ɔ:/	spot—sport	fox—forks	for—four	shot—short
Sentences	A friend in need is a friend indeed.				
	A fact is a fact.				
	Pride goes before a fall.				



Task 2 Listen to the following 10 sentences related to the unit topic and try to memorize them.

1	Glad/Nice/Pleased to meet you.	见到你很高兴。
2	May I introduce myself?	我可以介绍一下自己吗?
3	I'd like to introduce Tom to you.	我想给你介绍一下汤姆。
4	Hi, I am a freshman.	你好, 我是大一新生。
5	I come from Qingdao. I'm in the Department of Education.	我来自青岛, 是教育系的。
6	It's a small world. What a pleasant surprise!	世界太小了, 太惊喜了!
7	I major in accounting.	我是会计专业的。
8	Which department are you in?	你是哪个系的?
9	College is a new and different experience for me.	对我来说, 上大学是一个新奇和特别的经历。
10	College is like a fountain of knowledge.	大学犹如知识的源泉。

B. Listen and Practice

 **Task 1** Listen to the following short passage twice and fill in the blanks with the missing words.

New Words and Expressions

impression *n.* 印象

campus *n.* 校园

scenery *n.* 风景; 景色


colorful *adj.* 多姿多彩的

curious *adj.* 好奇的

describe *v.* 叙述; 描写

My first day in college was a new and different experience for me. The _____ changed my thoughts towards life. The first _____ of this **campus** was the beautiful **scenery**. Green trees and **colorful** flowers could be seen everywhere. Everything around me seemed so _____. The buildings were so tall, and the people were so _____. I was very excited on the first day. “Excited”, “happy” and “_____” are the words to **describe** my first day in college. I hope every day can be as nice as that day in the future.



 **Task 2** Listen to the dialogue twice and decide whether the following statements are True (T) or False (F).

New Words and Expressions

take it easy 不着急, 放轻松

fortunately *adv.* 幸运地

including *prep.* 包含, 包括

unnecessary *adj.* 没必要的

- () 1. The boy is a freshman.
- () 2. The girl gets lost on campus.
- () 3. It is the first day of attending class in college for the girl.
- () 4. The boy means freshmen seldom get lost on campus.
- () 5. The boy strongly advises the girl to buy a map.



C. Speak and Role Play



Task 1 Read and recite the sample dialogues.

New Words and Expressions

newcomer *n.* 新来者
department *n.* 系; 部门
nursing *n.* 护理, 看护

major in 主修
roommate *n.* 室友

Dialogue 1

(Jack and Lucy are new students. They meet for the first time.)

Jack: Nice to meet you! My name is Jack Green. Just call me Jack.

Lucy: Nice to meet you too, Jack! I'm Lucy.

- Jack: I am a **newcomer** to Education **Department**. Which department are you in?
 Lucy: I'm in **Nursing** Department. I **major in** nursing.
 Jack: That's a good choice. Where are you from?
 Lucy: I am from New York.
 Jack: Really? We are from the same place. It's a small world.
 Lucy: What a pleasant surprise!

Dialogue 2

(Jack is on the way to the library. He meets Lucy again.)

- Jack: Good morning, Lucy. Long time no see. How is everything?
 Lucy: Not bad, thanks.
 Jack: Is this your new friend?
 Lucy: Yes. I'd like to introduce my **roommate** Lily to you.
 Lily: Glad to meet you!
 Jack: Glad to meet you, too! I'm Jack. I hope we can make good friends.
 Lily: I hope so.
 Lucy: Where are you going?
 Jack: The library. Would you like to come with me?
 Lucy: Why not? Let's go.



Task 2 Create and role play.

Imagine you are meeting your classmates or one of your classmates for the first time. How will you greet each other? And when you meet again, what will you say? Work in pairs and create two dialogues according to the two situations.

Data bank for reference	
Greetings	Responses
How do you do?	How do you do?
Where do you come from?	I come from ...
Nice to meet you.	Nice to meet you, too.
Hello, I'm a new student here.	Welcome to our college.

(Continued)

Data bank for reference	
Greetings	Responses
You must be Lily from Jinan.	Yeah.
Excuse me, are you ...?	Yes, I am. / No, I am not.
<ul style="list-style-type: none"> ● May I introduce myself? ● Allow me to introduce myself, please. 	Yes, it's my honor to know you.
How are you?	Fine, thank you.
Hello. How are things with you?	So so. / Just fine. / Quite well.
Haven't seen you for ages. What are you doing these days?	Nothing special.
Please keep in touch.	Sure.



Section II Focus on Reading

A. Intensive Reading

Pre-Reading

What is the ideal college life like in your mind? Have you ever thought about going to a vocational college before? Will you keep pursuing your dreams there? Read the following article, and then you may get your answer.



 Passage Reading

China's Vocational Education Is on Its Way

China has made plans to **establish** a modern **vocational** education system **nationwide** by 2025, which is expected to be **ranked** the most **competitive globally** by 2035.^[1] However, ever since a long time ago, China's vocational education has been bettering itself and making progress, and so have the students who choose to be part of it.^[2]

Cao Yizhao believes **attending college** has changed him a lot and prepared him for a future job. He is now a **sophomore** at a **vocational college** in Beijing, where coffee making is one of the courses taught.^[3] He said he was **frustrated** at first when he failed on the **national college entrance examination** to get a higher score required by a four-year **university**.^[4] But things changed after two years of learning at college. He is learning the skills and **techniques** that he will use directly in his future job. Now he is more confident about his future after **acquiring** a professional **certificate**.^[5]

Jiang Dian is a vocational college graduate majoring in railway technology in Nanjing and works as a subway **dispatcher** there. He **is satisfied with** what he has gained from vocational education. His college trains students in a **military**-like style—morning exercises starting at 5 a.m., walking in line to class and their **dormitories**, etc., which prepares them well for jobs that **are responsible for** the safety of millions of passengers of subways and trains.^[6] This helped him **land** a job easily, even before graduation.

Bai Huarun **graduated from** a vocational school in Guizhou, and is now a nurse at the **emergency center** of a **county** hospital, earning a monthly salary of around 5,000 *yuan*. Bai said the school **arranged** for students to be **interns** at the hospital for a year, and she passed the tests to become an **employee**.^[7] She is grateful that the school taught her practical skills and a **sense of responsibility**. She believes that knowledge can change lives.

For students, it's important to **master** a real skill that helps them keep a **foothold** in the society. When entering vocational colleges, they need to find a major they are interested in, and find something they really love to do. If they **pursue** their dreams there, they will also find a lot of opportunities in their future career. With China's social and **economic** development over the next **decades**, the need for **high-skilled talents** is rising. The vocational and technical education can fill the gap.

(412 words)

New Words

establish /ɪ'stæblɪʃ/ *vt.* 创建, 建立, 制定

vocational /vəʊ'keɪʃənəl/ *adj.* 职业的, 行业的

nationwide /neɪ'nʃn'wɑ:rd/ *adj.* 全国性的, 全国范围的

rank /ræŋk/ *v.* 给……排等级, 位列

n. 地位, 级别

competitive /kəm'petətɪv/ *adj.* 竞争的; 好胜的; 有竞争力的

globally /'glɒbəli/ *adv.* 全球地; 全局地

sophomore /'sɔ:fəmɔ:r/ *n.* (大学或高中的) 二年级学生

frustrated /frʌ'streɪtɪd/ *adj.* 懊恼的, 沮丧的; 失意的

university /ju:nɪ'vɜ:rsəti/ *n.* (综合性) 大学

technique /tek'ni:k/ *n.* 技巧, 工艺; 技艺, 技法

acquire /ə'kwɪər/ *vt.* 获得; 习得

certificate /sə'tɪfɪkət, sə'tɪfɪkeɪt/ *n.* 证明, 证书; 文凭

dispatcher /drɪ'spætʃər/ *n.* 调度员

military /'mɪləteri/ *adj.* 军事的, 军队的

dormitory /'dɔ:rmətɔ:ri/ *n.* 宿舍楼; 宿舍

land /lænd/ *v.* 成功得到, 赢得, 搞到

n. 陆地; 土地; 地皮

emergency /ɪ'mɜ:rdʒənsi/ *n.* 紧急事件, 突发事件

county /'kaʊnti/ *n.* (英国的) 郡, (美国的) 县

arrange /ə'reɪndʒ/ *v.* 安排, 筹备; 布置

intern /ɪntɜ:m, ɪn'tɜ:m/ *n.* 实习生, 实习医生

employee /ɪm'plɔ:ɪ/ *n.* 雇员, 职员

responsibility /rɪ'spɒnsə'bɪləti/ *n.* 责任; 职责; 职权

master /'mɑ:stə(r)/ *vt.* 精通, 掌握; 掌控

n. 大师, 能手; 主人

foothold /'fʊθəʊld/ *n.* 据点; 立足处

pursue /pə'su:/ *vt.* 执行; 追求; 追究; 追赶

economic /i:kə'nɔ:mɪk, ɛkə'nɔ:mɪk/ *adj.* 经济的; 有利可图的; 节约的

decade /'dekeɪd, dr'keɪd/ *n.* 十年, 十年期

Phrases and Expressions

attend college 上大学

vocational college 高职院校

national college entrance examination 高考

be satisfied with 对……感到满意

be responsible for 对……负责; 是……的原因

graduate from 从……毕业

emergency center 急救中心

a sense of responsibility 责任感

high-skilled talents 高技能人才

NOTES

1. 中国已经做出规划, 到2025年要在全中国建成现代职业教育体系, 并且到2035年有望使它位居世界前列。

介词by后接时间点,表示“到……之前”。例如,by the end of this year年底以前。

which引导的非限制性定语从句,修饰先行词a vocational education system。

be expected to do... 意为“有望做……”“预期做……”或“应该做……”。例如,

Applicants will *be expected to* be good at English.

申请人应擅长英语。

2. 然而,长期以来,中国的职业教育得到不断完善和发展,那些选择接受职业教育的学子们同样进步斐然。

...so have the students who choose to be part of it 是一个由so引导的倒装句,表示“也是这样”。

若表达否定意义,则要用neither或nor引导。例如,

They have been reading English aloud all the morning. *So* have I.

She hasn't finished the higher education yet. *Neither/nor* has her brother.

3. 他目前在北京一所职业学院读大二,所学课程中有一门是咖啡调制课。

句中由where引导的非限制性定语从句,修饰前面表示地点的先行词a vocational college。本句中,关系副词where也可以换作in which。例如,

She is going to find a job in Beijing, *where* she is attending college now.

4. 他说,他曾高考失利,未达就读四年制大学所需的更高分数线,他起初因此而感到灰心丧气。

过去分词短语required by a four-year university作a higher score的后置定语。例如,

Did you read the books *written* by Mr. Mo Yan?

5. 现在,他考取了职业资格证书,他对未来更加充满信心。

因为acquire的逻辑主语跟主句主语相同,而且he和acquire是主动关系,所以,在after连接的状态从句中,省略了主语,连词after后面可直接跟acquire的v-ing形式。例如,

When *entering* vocational colleges, *they* need to find a major they are interested in, and find something they really love to do.

6. 他所在的大学以一种军事化的方式训练学生,早晨5点开始上早操,排队去教室、宿舍等,这为他们今后从事涉及数百万地铁和火车乘客安全的工作做好了准备。

句中which引导的非限制性定语从句which prepares them well for...所修饰的先行词是前面的整个主句,即which指代主句。有时关系代词as也有这种用法,但语义有所不同。例如,

The earth is round, *which/as* is known to all.

He did not say a word, *which* made his friend unhappy.

原句中还有一个由that引导的限制性定语从句,修饰先行词jobs。

7. 白护士说,学校安排学生来这所医院实习一年,后来,她通过了录用考试,得偿所愿。

arrange for sb. to do... 意为“安排某人做某事”。例如,

I will *arrange for* someone *to* show you around our campus.

 **Post-Reading**

I. According to the passage, decide whether the following statements are True (T) or False (F).

- () 1. The students of the vocational colleges in China also join in the development of China's vocational education.
- () 2. Cao Yizhao got frustrated because he did not like the coffee making course at his vocational college.
- () 3. Jiang Dian became a subway dispatcher easily because he majored in railway technology.
- () 4. Bai Huarun is grateful to the school that she practiced her skills and passed the tests there.
- () 5. The students should find out their interests and follow their dreams when going to vocational colleges.

II. Fill in the blanks with the words given below. Change their forms where necessary.

compete	economy	acquire	vocation
establish	pursue	arrange	frustrate

- 1. He was planning to _____ a meeting this week to resolve their quarrel.
- 2. In bad _____ times, any job with low requirements attracts so many of the unemployed.
- 3. You need to _____ a working relationship with the individual, which can be easily started online.
- 4. Depending on the performance the student may _____ a job in the company or they end up with the intern when the intern period gets over.
- 5. He is one of the most _____, toughest guys I've been around.
- 6. This college offers _____ courses and has produced tens of thousands of skilled technicians.
- 7. I was encouraged to _____ my dreams and seek a career path that gave me a sense of self-worth.
- 8. As a teacher did you ever become _____ by the students who had possible talent but didn't apply themselves?

III. Translate the following sentences into Chinese or vice versa.

- 1. He is learning the skills and techniques that he will use directly in his future job.
-

2. He is a vocational college graduate majoring in railway technology.

3. She is grateful that the school taught her practical skills and a sense of responsibility.

4. If they pursue their dreams there, they will also find a lot of opportunities in their future career.

5. 我们都有望成为好士兵,你也是。(be expected to)

6. 当我从大学毕业的时候,我希望能掌握一项职业技能。(graduate from)

7. 我们都要为自己在网络空间(cyberspace)中的言论负责。(be responsible for)

8. 事实上,如果你对自己的生活不满意,你是唯一能真正改变它的人。(be satisfied with)

B. Extensive Reading

Reading Skills

寻找主题句(Finding the Topic Sentence)

主题句是表达一个段落中心思想的句子,通常位于段首,有时候也会出现在段尾,段落中的其他句子都围绕这个中心思想展开,进行细节描述或论证。

下文 *Surviving Your Freshman Year of College* 中第一段的主题句是本段的最后一句,同时,此句亦充当了整篇文章的主题句。从第二段到第六段,主题句皆是位于段首前方的小标题。段落里的句子则都为对应的小标题进行详细阐述。以第二段为例:

Don't be afraid to step out of your comfort zone

My first few weeks at college were awfully difficult, but pushing myself beyond what I found comfortable led to a year full of growth and life-changing experiences. Seize every opportunity that comes to you—especially the ones outside of your comfort zone. Try new things and attend new events because you might end up finding something that you really enjoy or making new friends!

小标题“Don't be afraid to step out of your comfort zone”为本段的主题句,段落里的“My first few weeks ... but pushing ... led to ...”“Seize every opportunity ... especially ... outside of your comfort zone”“Try new things and attend ... because ...”,都是在对主题句进行详细阐述。

找到主题句,对于更快理解文章内容和脉络具有十分重要的作用。

 Passage Reading

Surviving Your Freshman Year of College

Last year, I moved here seven hours away from my small, **rural** community. Needless to say, Chicago's **urban** lifestyle was a **major** change for me. While my first year at college was one of the most **trying** years of my life, it was also one of the most successful years of my life. ^[1] Here are my **recommendations** for **surviving**—and even achieving success—during your first year as a college student.

Don't be afraid to step out of your *comfort zone*

My first few weeks at college were **awfully** difficult, but pushing myself **beyond** what I found comfortable led to a year full of growth and life-changing **experiences**. ^[2] **Seize** every **opportunity** that comes to you—especially the ones outside of your comfort zone. Try new things and attend new **events** because you might end up finding something that you really enjoy or making new friends! ^[3]

Stay organized

Assignments and activities **tend to** build up quickly. The best way to **keep** everything **under control** is to stay organized. I find keeping separate **folders**, notebooks, or **binders** for each class really helps me **keep track of** everything. ^[4] Recording everything—such as upcoming assignments and meetings—in an **academic planner** or your phone **calendar** is an extremely helpful way to **stay on top of** things. ^[5]

Go to class and take notes

I found that one of the best ways to succeed in classes is to **actually** attend them. Although going to class may become **boring**, it is still important to be present. Taking notes in class **benefits** me greatly when it comes to **essays** and exams, but notes can only be taken while **attending class**. ^[6]

Attend campus events

Campus events help break the **dullness** of classes and assignments, so I always **keep an eye out** for posters around campus.

乡村的
城市的 重要的

难对付的,困难的
建议 渡过难关

舒适区
非常,极其
超出
经历 抓住 机会

活动; 赛事

有组织的; 有条理的
作业; 任务 趋向于
掌控

文件夹 活页夹
记录; 了解动态
学习手账本
日历 掌握; 应对

作笔记

实际上 无聊的
对……有益
文章
上课

沉闷; 迟钝
警觉; 留意

The college hosts **tons of** events throughout the year. Attending campus events is another good way to meet new people, **hang out** with friends, or even learn something new.

许多,大量的
出去玩;闲逛

Keep in touch with your friends and family

与……保持联系
维持关系

Maintaining relationships with people from home is just as important as establishing new relationships at school. No matter how busy you are, be sure to **connect with** your friends and family at least once a week to **update** them on how you're doing and find out what's going on back at home.^[7]

连接;与……联系
给……提供最新信息

All in all, the most important thing is to **believe in** yourself and make your college experience your own. Enjoy this **wonderful** time in your life and learn as much as you can!

总之 信任;信仰
精彩的,奇妙的

(426 words)

MORNING AND NIGHT ROUTINES	
MORNING	
TIME	ACTIVITY
06:00	Wake up immediately and meditate /
06:15	Get ready
06:30	Journal and write 1000 words of log

NOTES

- 虽然我的大一学年是我人生中最艰难的一年,但它也是我人生中最成功的一年。
连词 *While* 在这里意为“虽然”,用于在主句发表陈述之前,引入与之相矛盾的信息。例如,
While I am willing to help, I do not have much time available.
- 我在刚上大学头几个星期过得异常艰难,但是当我逼迫自己跳出舒适区后,这一年我就收获满满,这其中既有我个人的成长,也有改变自己人生的历练。
在句子结构方面, *what I found comfortable* 作介词 *beyond* 的宾语从句。而动名词短语 *pushing myself beyond ...* 是第二个并列分句的主语。
push 有“鼓励,督促,逼迫”的意思。例如,
She thanks her parents for keeping her in school and pushing her to study.

她感谢父母让她上学并督促她学习。

3. 既要尝试新事物,也要参加新活动,因为只有这样,你才有可能最终找到自己真正喜欢做的事情,才会结识到新朋友。

情态动词 *might* 表示可能性较小的推测,意为“可能,也许”。表示推测的情态动词还有 *may*, *could*, *should*, *can*, *must*。

end up 意为 *finally be or do something*, 即“到头来……,结果……”。例如,

It would be good to be able to travel light, but I end up taking too many clothes.

能够轻装旅行当然很好,但我最终还是带了太多衣服。

finding ... 和 *making ...* 是两个并列的现在分词短语作状语。

4. 每堂课上,我都备有单独的文件夹、笔记本或活页夹,我发现这样做的确有助于掌控各项学习事务。

本句中, *find* 后面的部分是其宾语从句,中间省略了连接词 *that*。动名词短语 *keeping ... class* 在宾语从句中作主语。

5. 把每一件事——比如,即将到来的学习任务和会议安排——都记录在手账本或手机日历中,这对于管理学习事务而言,是一种极为有用的方法。

动名词短语 *Recording ... calendar* 在句中作主语。

way to do ... 意为“做……的方法”。

6. 在课堂上作笔记的习惯让我在写作和考试中受益匪浅,但是笔记只有去上课才能记好。

when it comes to 表示“当提到,就……而论”。例如,

When it comes to speaking in public, no one can match him.

要说公开发言的话,没人能比得上他。

while 后面省略了 *I'm*。

7. 不管你有多忙,都要确保每周至少和你的亲友联系一次,告诉他们你的近况,并了解一下家乡那边的情况。

No matter how ... 意为“不管怎样,无论如何”,相当于 *However*。例如,

No matter how much the price is, we will defend our islands.

无论代价多么大,我们都将保卫我们的岛屿。

However much I love writing—it's just work.

不管我有多么热爱写作——这只是工作而已。

to update ... and find out ... 是动词不定式作目的状语的用法。

Post-Reading

I. According to the passage, decide whether the following statements are True (T) or False (F).

- () 1. The author did not make any success during the first year at college, because it was one of the most trying years of his/her life.
- () 2. Stepping out of the comfort zone led to a year full of growth and life-changing experiences.

- () 3. It is unnecessary to record everything to stay on top of things at college.
 () 4. Attending class is not important, because referring to others' notes is enough.
 () 5. Attending campus events is a good way to make new friends and try new things.

II. Fill in the blanks with the words or phrases given below. Change their forms where necessary.

survive	major	update	keep track of
boring	attend	benefit	stay on top of

- The future generations will _____ more from the subway and other rail lines.
- Some businesses finally did not _____ the storm damage.
- If you don't have one, create a journal (日志) in which you _____ your achievements.
- Please _____ us on your deal with Facebook.
- How are they going to _____ themselves?
- I'd be able to tell you more, but those are the _____ points I think.
- It can get _____ so I've started switching it up with butterfly style.
- We grads are expected to _____ and help run the foreign language conversation table meetings.

C. Grammar Flashing Back

动词时态 (Verb Tenses) I

Last year, I moved here seven hours away from my small, rural community. (*Paragraph 1, Extensive Reading*)

此句中, moved 为动词 move 的一般过去时态。

动词的时态是谓语动词的一种形式, 表示动作发生的时间和所处的状态。本书按照一般、进行、完成三个体分别讲解。

1. 一般现在时 (The Simple Present Tense)

(1) 表示现阶段发生的、习惯性的或经常性的动作或存在的状态。用动词原形表示, 主语是第三人称单数时, 在动词词尾加 s/es。常用的时间状语有 often, sometimes, usually, always, everyday year, once/twice a week, seldom 等。

(2) 基本用法:

- 表示经常性发生的动作;
- 描述状态、性质、特征、能力;
- 表示客观真理。

例如, The earth goes around the sun.

当主句的谓语动词是一般将来时,那么时间或条件状语从句的谓语动词只能用一般现在时表示将来要发生的动作。

例如, If you come this afternoon, we'll have a meeting.

2. 一般过去时 (The Simple Past Tense)

(1) 表示过去某个时间发生的动作或状态,用动词的过去式体现。

(2) 常用时间状语有 yesterday, last week, an hour ago, the other day, in 2011 等。

例如, Did you go home last week?

3. 一般将来时 (The Simple Future Tense)

(1) 表示将来要发生的动作或存在的状态,用 am/is/are/going to+ do 或 will/shall+ do 表示。

(2) 特殊用法:

be + 不定式,表示按计划或正式安排而将发生的事。

例如, We *are to* discuss the report next Saturday.

be about to + 不定式,意为马上做某事。

例如, He *is about to* leave for Beijing.

QUIZ

Choose the best answer for each sentence.

- A hunter is a man who _____ animals.
A. catch B. catches C. will catch D. was catching
- What _____ if I drink this?
A. happens B. is happening C. will happen D. is happened
- This bright girl _____ the truth in front of the enemy.
A. didn't say B. speak to C. said D. didn't tell
- I don't know when he _____, but when he _____, I'll let you know.
A. will come/comes B. comes/come C. comes/comes D. come/will come
- I will _____ here till you give me some money.
A. leave B. not leave C. come D. return
- Practice _____ perfect.
A. make B. makes C. will make D. made



Section III Focus on Writing



Task 1 Read and understand the following sample of a personal information form.

Personal Information Form			
Name	Wang Dongchang	Gender	Male
Date of Birth	Jan. 26, 1997	Nationality	Chinese
Height	175 cm	Weight	70 kg
Health Condition	Well	Hobbies	Reading, basketball
Place of Birth	Beijing, China		
Current Address	Room ×××, No. 2 Apartment Building, Beijing University		
Permanent Address	Room ×××, Building No. 2, Tiantan-Nanxili Residential, Dongcheng District, Beijing 100050		
Telephone/E-mail	1390106×××× wdc@hotmail.com		
Education			
Period	Schools Attended		
2015–Present	Beijing University		
2012–2015	Beijing No. 4 High School		
2008–2012	Beijing No. 1 Middle School		
2003–2008	Guangming Primary School		

NOTES

个人信息表是常见的表格, 一般包括以下内容(有时稍有差别):

name 姓名

photo 照片

gender 性别

date of birth 出生日期

nationality 国籍

hometown 籍贯

degree 学历

telephone/e-mail 电话/电子邮箱

family status 家庭状况

education background 教育背景

address 地址

postal code 邮政编码

marital status 婚姻状况

work experience 工作经历



Task 2 Try to complete your own personal information form in English.

Personal Information Form			
Name		Gender	
Date of Birth		Nationality	
Height		Weight	
Health Condition		Hobbies	
Place of Birth			
Current Address			
Permanent Address			
Telephone/E-mail			
Education			
Period	Schools Attended		



Section IV Focus on Chinese Culture and Values

University Mottoes

1. Peking University: Patriotism, Advancement, Democracy, and Science
北京大学: 爱国 进步 民主 科学
2. Tsinghua University: Self-discipline and Social Commitment
清华大学: 自强不息 厚德载物
3. Shandong University: Noble in Spirit; Boundless in Knowledge
山东大学: 气有浩然 学无止境
4. Zhejiang University: Seek Truth and Be Creative
浙江大学: 求是创新
5. Beijing Normal University: Learn to be an Excellent Teacher; Act as an Exemplary Person
北京师范大学: 学为人师 行为世范
6. Nankai University: Dedication to Public Interests, Acquisition of All-round Capability, and Aspiration for Progress with Each Day
南开大学: 允公允能 日新月异
7. Harbin Institute of Technology: Strict Standard and Sufficient Effort
哈尔滨工业大学: 规格严格 工夫到家
8. Sun Yat-sen University: Study Extensively, Enquire Accurately, Reflect Carefully, Discriminate Clearly, Practise Earnestly
中山大学: 博学 审问 慎思 明辨 笃行
9. Tongji University: Discipline, Practicality, Unity, and Creativity
同济大学: 严谨 求实 团结 创新
10. Xiamen University: Pursue Excellence, Strive for Perfection
厦门大学: 自强不息 止于至善
11. University of Science and Technology of China: Socialist-minded and Professionally Proficient, Associating Truth with Fact
中国科学技术大学: 红专并进 理实交融
12. National University of Defense Technology: Dedication and Practicality
国防科学技术大学: 奉献 求实