

基础篇 拓展训练

1

NEW APPLIED
COLLEGE ENGLISH

新应用大学英语

◎ 总主编：张克建 ◎ 主 编：龙友元 赵 丹

外语教学与研究出版社
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

NEW APPLIED COLLEGE ENGLISH

新应用大学英语

◎ 总主编：张克建

◎ 主 编：龙友元 赵 丹

◎ 编 者：刘 俊 万 丽 李姝颖 欧阳方 肖作霖
朱晓荣 张 杰 许 辉 程 宏 李春英

基础篇 拓展训练

1

外语教学与研究出版社
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

图书在版编目(CIP)数据

新应用大学英语(基础篇)拓展训练. 1 / 龙友元, 赵丹主编; 刘俊等编. — 北京: 外语教学与研究出版社, 2015.7

(新应用大学英语 / 张克建主编)

ISBN 978-7-5135-6314-7

I. ①新… II. ①龙… ②赵… ③刘… III. ①英语—高等学校—习题集 IV. ①H319.6

中国版本图书馆 CIP 数据核字 (2015) 第 168236 号

出 版 人 蔡剑峰
项目负责 李念璐 冷文箴
责任编辑 杨芳莉 董 娇
封面设计 孙莉明
版式设计 涂 俐
出版发行 外语教学与研究出版社
社 址 北京市西三环北路 19 号 (100089)
网 址 <http://www.fltrp.com>
印 刷 北京铭传印刷有限公司
开 本 850×1168 1/16
印 张 11
版 次 2015 年 8 月第 1 版 2015 年 8 月第 1 次印刷
书 号 ISBN 978-7-5135-6314-7
定 价 32.90 元 (含 MP3 光盘一张)

购书咨询: (010) 88819929 电子邮箱: club@fltrp.com

外研书店: <http://www.fltrpstore.com>

凡印刷、装订质量问题, 请联系我社印制部

联系电话: (010) 61207896 电子邮箱: zhijian@fltrp.com

凡侵权、盗版书籍线索, 请联系我社法律事务部

举报电话: (010) 88817519 电子邮箱: banquan@fltrp.com

法律顾问: 立方律师事务所 刘旭东律师

中咨律师事务所 殷 斌律师

物料号: 263140001

前言

为进一步深化大学英语教学改革,提高教学质量,《大学英语教学指南》(征求意见稿)(以下简称《指南》)指出:大学英语课程对大学生的未来发展具有现实意义和长远影响;一方面要满足国家战略需求,服务于改革开放和经济社会发展,另一方面,也要满足学生专业学习、国际交流、工作就业等方面的需要。因此,“应充分挖掘大学英语课程丰富的人文内涵,实现工具性和人文性的有机统一”,培养具有中国情怀和世界眼光的国际化高素质人才。

为此,开发体现新时期高等教育调结构、分层次发展要求,服务国家发展战略,满足经济社会发展需要,符合应用技术型本科院校转型发展,培养高素质应用技术型人才的优质教材成为时代所需、当务之急。

编写宗旨

《新应用大学英语》系列教材旨在贯彻落实国务院“引导一批普通本科高校向应用技术型高校转型”的精神,服务经济发展调结构、转方式的国策,服务中国制造向中国创造转变,服务区域经济特色发展,适应国家现代高等教育发展的趋势和要求,致力于秉承高校大学英语课程的人文性,强化大学英语课程的应用性和实用性,融入现代职业教育理念和终身学习理念,发掘大学英语课程的潜能与活力,满足培养应用技术型高素质人才的需要。

编写理念

《指南》指出:大学英语课程是高等学校人文教育的一部分,兼有工具性和人文性。大学英语课程的工具性既体现在提升和拓展基础教育阶段的英语教学,进一步提高学生听、说、读、写、译的能力上,也体现在专门用途英语上,学生通过学习与专业或未来工作相关的学术英语或职业英语,提高在学术或职业领域的交流能力。就人文性而言,大学英语课程的重要任务之一是进行跨文化教育,以人为本,弘扬人的价值,注重人的综合素质培养和全面发展。

本科院校学生在校期间仍处于“学校人”的阶段,必须历经“两化”过程,即社会化和职

业化,方可成为对社会有用之人。经过社会化的培养,学生将成为“社会人”;经过职业化的培养,学生将成为“职业人”。

为此,本系列教材根据以帕森斯(T. Parsons)为代表的结构功能主义社会学和英克尔斯(A. Inkeles)关于人的社会化理论,借助美国麻省理工学院斯隆管理学院教授、著名职业生涯管理学家施恩(E. H. Schein)的职业生涯论,确定了“人文性与工具性有机结合”的编写理念,并融入了现代应用技术型人才培养的思想,围绕培养现代技术型人才、社会实用型人才和终身学习型人才而展开。

编写特色

《新应用大学英语》系列教材根据国家及地方经济社会发展的要求和学生个性化发展的需要,本着培养“实践、实战、实用、实干”的“四实”应用技术型人才的原则,以语言知识和语言技能模块为基础,体现语言知识与社会知识的结合、语言技能与职场技能的结合、人文素质与职场素质的结合、社会实践与职业发展的结合,重在提高学生的英语应用能力、交际能力、职场竞争力、职业发展能力以及人文素质和职场素质,培养出集“社会人”和“职业人”于一体的综合应用型人才。

◎教材结构

《新应用大学英语》系列教材分为三个子系列:即学生用书(包括基础篇、职场篇和拓展篇)以及配套的教师用书和拓展训练。这三个系列构成了《新应用大学英语》完整的教材和教学体系。

其中,基础篇(第1、2册)针对《指南》中的基础目标而编,侧重人文素质的培养,其人文性占70%,工具性占30%。职场篇(第3、4册)针对大学英语的提高阶段而编,充分体现职场特色,其工具性占70%,人文性占30%。拓展篇根据大学英语的发展阶段而设计,为学术英语或职业英语教学服务;拓展篇教材为开放性教材,根据本科院校的学科专业分类分册编写。

◎学生用书

《新应用大学英语》学生用书的基础篇和职场篇每册包括8个单元。每单元包含3篇课文,学习时以第一篇课文为主,第二篇课文为辅,第三篇课文为延伸性阅读。教材注重学习者听、说、读、写、译能力的全面提升,每单元均设计有预热练习、课文理解、强化练习、实用听说、写作提升、核心知识和技能、团队项目、职场掠影等板块。这些板块相辅相成,以求输入与输出均衡,多方位打造和提升学生应用语言、适应社会和发展职业的能力。

《新应用大学英语》学生用书的基础篇侧重培养大学生的人文素养,所以单元主题主要涉及生活、社会、经济、文化、科普、环境、道德、人物等方面,旨在培养社会化的人。每个人必须经过社会化才能使外在的社会行为规范和准则内化为自己的行为标准。这是社会交往的基础,也是人类特有的行为。通过社会化的教育,人才能在适应社会环境、参与社会活动、学习社会规范、履行社会角色的过程中,逐渐认识自我,并获得社会的认可。总之,基础篇重在使

学生认识社会，走近职场。

《新应用大学英语》学生用书的职场篇侧重培养大学生的职场意识，所以单元主题以施恩的职业生涯论为依据，立足于人生不同年龄阶段面临的主要问题和职业任务，在语言输入的同时，让学生充分了解有关职场的知识，目的在于培养职业化的人。总之，职场篇重在使学生步入社会，走进职场。

此外，各单元在编写过程中还遵循了以下选篇原则：

主题：各单元主题以国家和区域经济社会发展对人才的要求和需求为前提，均与学生个人的全面发展或未来职业发展息息相关。基础篇以人文话题为主，但不失应用特色；职场篇以职场话题为主，凸显应用特色，兼具人文性。

体裁：为体现应用技术型本科大学英语课程的应用性和实用性，课文体裁以说明文、议论文为主，兼顾多样性。选材时注意文章的普适性、导向性和时代感，同时兼顾应用技术型本科院校学生的英语水平、学习需求和教材编写宗旨。

题材：基础篇和职场篇的人文性和工具性比重不同，题材也不同。基础篇的题材紧扣人文话题，适度延伸至职场和职业领域，旨在帮助学生形成正确的人生观、价值观和世界观，引导学生走近职场。职场篇的题材紧扣学生未来的就业需求和职场交际需求，旨在帮助学生走进职场，提高语言应用能力、交际能力和职场竞争力。

来源：为使教学符合时代的需求、塑造引领时势的人才，选材力求与时俱进，重点选择英语学习、英文报刊或商务类网站上的文章。此外，为了避免全盘美国化的倾向，选材兼顾了多样性。

选篇长度：各册课文长度逐级递增。基础篇每单元的3篇文章长度分别约为600词、500词和300词；职场篇每单元的3篇文章长度分别约为700词、600词和400词。

◎ 教师用书

作为学生用书不可或缺的配套用书，《新应用大学英语》教师用书是辅助教学实践的有效工具，旨在帮助教师摆脱繁重的文字摘录工作，明确教学重点和难点，设计教学流程，实现“用教材教”而不是“教教材”或“教教参”的目的；同时，也为教师的教学实践活动留有足够的空间发挥其主观能动性和创造性；再者，为做到“实用、够用、好用”，实现“导学”与“导教”的完美统一，教师用书采用了教学讲解与课文内容对照排版以及将练习题答案直接置入的方式，使用起来非常直观和便捷。

◎ 拓展训练

《新应用大学英语》的拓展训练用书是主教材的必要补充和有效延伸，也是学生自主学习和自我评估的重要工具：一方面，帮助学生拓展在主教材中所学的内容；另一方面，给学生的自主学习提供更多素材和训练机会；同时，引导学生自我评估学习效果、反思学习过程、调整学习策略、总结经验教训、提高学习兴趣、体验进步与成功，逐渐养成系统的良好学习习惯。此外，学生自我评估的结果对教学也有很好的促进作用，教师可以据此随时掌握学生的

学习情况,找准课堂教学的重点和难点,调整教学进程,进行有针对性、有目的性的教学,提高教学质量。

《新应用大学英语》的拓展训练用书兼顾对主教材人文性和工具性的拓展,素材均与主教材的单元主题密切相关,词汇练习也与主教材的词汇对应。考虑到大

学生参加全国大学英语四、六级考试的需要,练习题型与最新的全国大学英语四、六级考试题型基本一致,涉及听、读、写、译等方面。

拓展训练围绕词汇、句子、篇章纵深展开,有针对性地训练主教材涉及的重点知识和技能,每册8个单元,每单元编有拓展训练材料一套;此外,还配有中期和期末测试题,“以练促学、以练促教、以练促考”,以求达到通过拓展训练助力学生语言应用能力提升和未来职业能力发展的目的。

教材特点

► 定位明确

教材建设是教学改革的重要环节。《新应用大学英语》系列教材定位于体现新时期高等教育分层次、调结构的教育思想和教育理念,主动适应国家从制造业大国转变为制造业强国的发展战略,融工具性和人文性于一体,致力于提高教学质量、深化教学改革、培养经济社会发展急需的高素质应用技术型人才。编写这种将语言技能与职场技能相结合、人文素质与职场素质相结合、社会实践与职业发展相结合的大学英语教材在我国尚属先例。

► 理念新颖

本系列教材诞生于国家大力发展现代职业教育之际,《指南》充分阐释了大学英语“工具性和人文性有机统一”的理念,以学生未来的个人发展为着力点,以培养学生的语言能力和职业发展能力为重点,以发掘课程内涵、深化教学改革为目标,力图培养新时期我国经济社会发展需要的应用技术型人才。

► 体系完备

本系列教材分基础篇、职场篇、拓展篇(即基础英语、职场英语、学术英语或职业英语)三个学习阶段。第一阶段进行基础英语学习,着重培养学生的英语应用能力。第二阶段进行职场英语学习,引领学生认识社会、走进职场,开始学习职业规划与发展。第三阶段进行学术英语或职业英语学习,由“职场”过渡到“专业”,使学生接受完整的社会人和职业人教育。这三个阶段正好和《指南》中提出的三个目标(即基础目标、提高目标和发展目标)不谋而合。

► 目标鲜明

本系列教材的教学目标在于提高学生的英语应用能力、交际能力、职场竞争力和职业发展能力,融人文素质和职场素质为一体,使课堂与社会、课堂与职场、课堂与职业紧密结合在一起,从课堂步入社会、走近职场、走进职业,这样循序渐进,从而使教学目的更明确、教学过程更合理、教学步骤更科学、教学效果更佳。

► 资源多样

本系列教材配有录音光盘和电子教学课件,还将利用互联网技术和Unipus平台推出丰富多彩的精品共享资源,比如微课和翻转课等,供广大师生使用,从而改善语言学习环境,创新

语言教学模式。

教材选用

《新应用大学英语》基础篇与职场篇相互衔接，形成一体，可以整套选用，也可以根据具体需要选用。由于大多数本科院校英语教学分四个学期实施，基础篇适合大学英语学习的基础阶段，可供第一、二学期选用；职场篇适合大学英语学习的提高阶段，可供第三、四学期选用。若有些院校的英语教学只安排两个学期，可根据学生的英语水平和学校的教学要求，在基础篇和职场篇中选择其一进行教学。对于实施三学期教学的院校，可根据本院校的教学目标和要求选择基础篇（第1、2册）+职场篇（第3册），或者基础篇（第2册）+职场篇（第3、4册）的模式组织教学。对于学生英语水平较高的院校，可直接选用《新应用大学英语》的拓展篇，为学生提供高于基础目标和提高目标并且体现学术或职业特色的英语教学。

诚然，对于如何选用教材，各院校可根据自身实际情况确定，以上只是我们不成熟的建议。

本系列教材在编写过程中得到了外语教学与研究出版社的大力支持，在此，对出版社工作人员严谨的工作态度和崇高的职业精神深表敬意！

在编写过程中，本系列教材参考了国内外诸多文献和资料。在此，特向相关作者和出版者表示由衷的感谢！编写这样的大学英语教材是个尝试，难免有不足之处，敬请专家、学者和同仁不吝赐教。

编者

2015年6月

内容简介

《新应用大学英语》系列教材以《大学英语教学指南》为先导，以培养“实践、实战、实用、实干”的应用技术型人才为目标，秉承高校大学英语课程的人文性，强化应用性和实用性，融入现代职业教育理念和终身学习理念，旨在提高大学生的英语应用能力和职场竞争力，致力于推动应用技术型本科高校培养高素质的应用技术型人才。

《新应用大学英语（基础篇）·拓展训练1》是《新应用大学英语（基础篇）1》的配套用书。该书针对主教材中的8个单元内容设计了8个拓展训练项目，此外，还配有期中和期末测试题。所有拓展训练项目均兼顾人文性和应用性，并注重三个结合，即拓展训练的语料话题与主教材单元话题相结合、练习词汇与主教材单元词汇相结合、练习题型设计与最新全国大学英语四、六级考试要求及题目类型相结合。拓展训练涉及听、说、读、写、译等技能技巧，从词汇、句子，向篇章纵深拓展，有针对性地巩固各单元的重点知识，训练技能，旨在以练促学、以练促考、以练促考，通过强化训练，拓展学生的语言应用能力和未来职业发展竞争力。

本书是学生用书的必要补充和有效延伸，也是学生自主学习、自我评估的重要渠道，可供一般本科院校，尤其是应用技术型大学和独立学院所有学习大学英语基础课程的学生使用。

CONTENTS

UNIT 1	Campus	1
Part I	Listening Comprehension (20 minutes)	1
Part II	Vocabulary and Grammar (10 minutes)	3
Part III	Reading Comprehension (40 minutes)	5
Part IV	Translation (30 minutes)	11
Part V	Writing (30 minutes)	11
UNIT 2	Idol	13
Part I	Listening Comprehension (20 minutes)	13
Part II	Vocabulary and Grammar (10 minutes)	15
Part III	Reading Comprehension (40 minutes)	17
Part IV	Translation (30 minutes)	24
Part V	Writing (30 minutes)	24
UNIT 3	Network	26
Part I	Listening Comprehension (20 minutes)	26
Part II	Vocabulary and Grammar (10 minutes)	28
Part III	Reading Comprehension (40 minutes)	30
Part IV	Translation (30 minutes)	36
Part V	Writing (30 minutes)	37
UNIT 4	Honesty	38
Part I	Listening Comprehension (20 minutes)	38
Part II	Vocabulary and Grammar (10 minutes)	40
Part III	Reading Comprehension (40 minutes)	42
Part IV	Translation (30 minutes)	48
Part V	Writing (30 minutes)	49

Midterm Test	50
Part I Writing (30 minutes)	50
Part II Listening Comprehension (30 minutes)	50
Part III Reading Comprehension (40 minutes)	54
Part IV Translation (30 minutes)	61
 UNIT 5 Multi-culture	62
Part I Listening Comprehension (20 minutes)	62
Part II Vocabulary and Grammar (10 minutes)	64
Part III Reading Comprehension (40 minutes)	66
Part IV Translation (30 minutes)	72
Part V Writing (30 minutes)	73
 UNIT 6 E-commerce	74
Part I Listening Comprehension (20 minutes)	74
Part II Vocabulary and Grammar (10 minutes)	76
Part III Reading Comprehension (40 minutes)	78
Part IV Translation (30 minutes)	84
Part V Writing (30 minutes)	85
 UNIT 7 Space	86
Part I Listening Comprehension (20 minutes)	86
Part II Vocabulary and Grammar (10 minutes)	88
Part III Reading Comprehension (40 minutes)	90
Part IV Translation (30 minutes)	97
Part V Writing (30 minutes)	97
 UNIT 8 Nature	98
Part I Listening Comprehension (20 minutes)	98
Part II Vocabulary and Grammar (10 minutes)	100
Part III Reading Comprehension (40 minutes)	102
Part IV Translation (30 minutes)	108
Part V Writing (30 minutes)	109
 Terminal Test	110
Part I Writing (30 minutes)	110
Part II Listening Comprehension (30 minutes)	110
Part III Reading Comprehension (40 minutes)	115
Part IV Translation (30 minutes)	121
 Keys and Scripts	122

UNIT 1 Campus

Part I Listening Comprehension (20 minutes)

Section A

Directions: In this section, you will hear four short conversations and one long conversation. At the end of each conversation, one or more questions will be asked about what was said. Both the conversations and the questions will be spoken only once. After each question there will be a pause. During the pause, you must read the four choices marked A, B, C and D, and decide which is the best answer.

1. A. There will be a lot of tests.
B. The man deserves it.
C. There will be many more chances to do well.
D. The man should not do poorly in the test.
2. A. She has a bad headache.
B. She doesn't know what to do first.
C. She doesn't want to do it anymore.
D. Her research is going well.
3. A. She will go to see the movie with the man.
B. She is too busy to see the movie.
C. She thinks going to see a movie is boring.
D. She thinks it is a nice weekend.

4. A. She is strict.
B. She is good and helpful.
C. She is punctual.
D. She always asks them to practice English after class.

Questions 5 to 7 are based on the long conversation you have just heard.

5. A. There was a football match.
B. He was ill.
C. He skipped so many classes.
D. He worried about his final exams.
6. A. It will help people pass exams.
B. It is just a gate made of wood and a piece of cardboard.
C. Many students go there and take photos with it.
D. It is a good and beautiful place.
7. A. Concentrate on his study and review the lessons before the exams.
B. Try to relax.
C. Go to the "Never Fail Gate".
D. Go to the library to review some related materials.

Section B

***Directions:** In this section, you will hear a short passage. At the end of the passage, you will hear some questions. Both the passage and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A, B, C and D.*

8. A. You have much more time.
B. You have to manage your time effectively.
C. You have to make more friends.
D. You have to live on campus.
9. A. One.
B. Two.
C. Three.
D. Four.
10. A. You can write down what you have learned in the class.
B. You can list your daily activities.
C. You can send it to your classmate as a gift.
D. You can use it to learn English.

Section C

Directions: In this section, you will hear a passage three times. When the passage is read for the first time, you should listen carefully for its general idea. When the passage is read for the second time, you are required to fill in the blanks with the exact words you have just heard. Finally when the passage is read for the third time, you should check what you have written.

College is expensive. Between tuition, (11) _____, the need for updated technology and books, college students see their bank accounts decline very quickly. Textbooks are very expensive. Many students choose to buy used textbooks, but prices still add up (12) _____ how many credit hours a student is taking. Although many students sell their books back at the end of the semester, the return is a mere fraction of the initial cost. The act of balancing school costs with (13) _____ can be very challenging for a student who is new to handle his own budget. With the amount spent on school expenses, many college students don't have much left over for living expenses. Students, who have little experience controlling their (14) _____ on their own, often run into (15) _____ when they (16) _____ at college. They don't know how to budget properly or track their spending. The resulting problems include over-drafted accounts and fees, (17) _____ late fees from bills they were not able to (18) _____. Banks attempt to lure students in with promises of free gifts when they (19) _____. However, many students are (20) _____ of minimums and hidden fees that may be attached to their accounts.

Part

II Vocabulary and Grammar

(10 minutes)



Directions: For this part, there are 15 incomplete sentences. You are required to complete each one by deciding on the most appropriate word or words from the four choices marked A, B, C and D.

21. Parents are the key to helping children _____ life in a new environment.

A. go to

B. move away

C. adjust to

D. get away

22. It may be enough to _____ them away forever.
 A. care B. dare
 C. scare D. bear
23. She leaves us a(n) _____ of stupid and irresponsible.
 A. expression B. impress
 C. impression D. express
24. It really is quite a _____ to drive in the city.
 A. change B. charge
 C. college D. challenge
25. My main _____ for the future is to be an Olympic champion.
 A. ambulance B. anxiety
 C. ambition D. ambitious
26. Experts say more research is needed to _____ this area.
 A. export B. explore
 C. example D. experiment
27. It is the parents' _____ to take care of the children.
 A. respective B. responsibility
 C. respectable D. response
28. At this website, you can learn about obtaining a visa, as well as how to _____ your visa.
 A. apply to B. apply for
 C. deal with D. ask for
29. The new education would greatly _____ the human race.
 A. benefit B. balance
 C. beneficial D. engage
30. A scientist from Burkina Faso recently won a(n) _____ for his research on mosquitoes and malaria.
 A. reward B. award
 C. forward D. toward
31. It was last year _____ you taught me how to play guitar.
 A. when B. which
 C. that D. where
32. He promised he would finish the work and he _____ finish.
 A. does B. did
 C. would D. really
33. It was not until last month _____ Peter came back from New York.
 A. which B. that
 C. when D. who

34. Was _____ that I saw yesterday morning in the supermarket?

- A. you
- B. it you
- C. yourself
- D. that you

35. Susan said that it was because of her strong interest in art _____ she chose this course.

- A. that
- B. what
- C. why
- D. how

Part

III Reading Comprehension

(40 minutes)



Section A

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from the list of choices given in the word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please choose the corresponding letter. You may not use any of the words in the bank more than once.

Questions 36 to 45 are based on the following passage.

People often say how time flies. Time is very 36 for college students. At the same time, though, expenses in college pile up 37 quickly. A part-time job is a good way to offset the costs while ensuring there's enough time left for both 38 and extracurricular 39. If you're a college student looking for a part-time job, the best place to start your job 40 is right on campus. There are 41 of on-campus job opportunities, and as a student, you'll automatically be given hiring priority. Plus, on-campus jobs don't require commuting time, and can be a great way to 42 with academic and 43 resources at your university. Check with your school's career office or student 44 office to find a campus job. Of course, there are opportunities for part-time job off-campus, too. If you spend a little time 45 for the right kind of part-time jobs, you'll end up saving yourself time and saving up money, too!

- | | | | | |
|-----------------|---------------|------------|---------------|--------------|
| A. surprisingly | B. digging | C. connect | D. tons | E. precious |
| F. professional | G. employment | H. search | I. activities | J. academics |

Section B

Directions: In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. Each paragraph is marked with a letter. Please choose the corresponding letter. You may choose a paragraph more than once.

How to Reduce Stress in College

- A. College students face a significant amount of stress due to various factors. Many aspects of college life, as well as the stress that comes with it, can all impact a student's physical and emotional health. If you're a college student facing stress, here are some ways you can maintain good health and keep your sanity.
- B. Many students find it challenging to go from having ample parental support and structure to creating their own structure and self-discipline. With all the fun and temptation to party, coupled with the looser structure of classes, many students find themselves cramming, pulling all-nighters, and struggling with keeping up.
- C. In college, it's important to stay organized. As you set up your living space, be sure there's a quiet space for you to focus and concentrate. If your roommate is noisy or ever-present, that may mean finding a favorite place in the library or coffee shop to frequent. Otherwise, set up a nice desk for yourself where you can keep everything you need, focus, and get things done. When planning your activities, be sure you allow yourself the time you need to study and get work done. You may require more time than you realize at first, so it's best to over-estimate when it comes to study hours, so you don't have to pull all-nighters and end up paying for it the next few days.
- D. Another way to combat stress, as well as weight gain and frustration, is to get regular exercise. Even if you're only able to work out in 10-minute increments, exercise can elevate your mood, release tension, and help keep your body healthy. And if you get in the habit of exercising regularly now, it can serve you for the rest of your life. Campus life often offers options for walking, and you should take full advantage of them! Taking a walk around campus between classes, or walking (instead of driving) to a friend's house if it's close are two ideas. If you look for them, walking opportunities will crop up everywhere. Providing excellent relaxation and total health benefits, yoga is a great form of exercise for college students. Yoga classes are offered at many college gyms, and can be a fun way to relax with friends. Yoga can also be done in the morning or before bed, accommodating a busy college schedule.
- E. One of the best things about college life is that there are so many amazing opportunities for