

PE 重庆市高职高专规划教材

总主编 刘寅齐 张泽健

总主审 余渭深

# 成长英语 教师用书 进阶篇

张琪 彭丽 主编

“成长英语系列教材”编写组 编

# Progressing English



重庆大学出版社

<http://www.cqup.com.cn>

图书在版编目(CIP)数据

成长英语教师用书·进阶篇/张琪,彭丽主编.—  
重庆:重庆大学出版社,2015.7

ISBN 978-7-5624-9054-8

I.①成… II.①张…②彭… III.①英语—高等职  
业教育—教学参考资料 IV.①H31

中国版本图书馆CIP数据核字(2015)第092403号

重庆市高职高专规划教材

成长英语教师用书·进阶篇

“成长英语系列教材”编写组 编

策划编辑:周小群 牟妮

责任编辑:李懿 版式设计:牟妮

责任校对:关德强 责任印制:赵晟

\*

重庆大学出版社出版发行

出版人:邓晓益

社址:重庆市沙坪坝区大学城西路21号

邮编:401331

电话:(023) 88617190 88617185(中小学)

传真:(023) 88617186 88617166

网址: <http://www.cqup.com.cn>

邮箱: [fxk@cqup.com.cn](mailto:fxk@cqup.com.cn) (营销中心)

全国新华书店经销

重庆升光电力印务有限公司印刷

\*

开本:889×1194 1/16 印张:8 字数:231千

2015年8月第2版 2015年8月第3次印刷

ISBN 978-7-5624-9054-8 定价:29.00元(配教学光盘)

---

本书如有印刷、装订等质量问题,本社负责调换

版权所有,请勿擅自翻印和用本书  
制作各类出版物及配套用书,违者必究

# 第1版前言

《成长英语》(Progressing English)是由“重庆市高职教育研究会”组织重庆市学校有丰富教学经验的外语教师和有关专家按照教育部《高职高专教育英语课程教学基本要求》精神,在重庆市教委原规划教材《高职高专英语》的基础上重新编写的一套高职高专英语教材。《成长英语》坚持贯彻“实用为主,够用为度”的编写原则,充分吸收了当前国内外通用外语教材编写的先进理念和方法,采纳了传统外语教学理论中的合理部分。该教材结合重庆高职高专英语教学实际,更新教育观念,力求处理好语言基础和语言应用的关系;更新教学内容,突出英语实践技能的训练和实际运用能力的培养;更新教学要求,注重结合学生毕业后实际工作的需要。

本套教材的特点主要体现在以下几个方面:

一、以任务为引导、实际运用为重点、语言技能训练为基础,突出听说技能的培养,注重把涉外实践活动中常用的语言技能直接融入到课文和练习中,各项语言技能的培养与训练都围绕同一话题展开,体现“边学边用、学用结合”的教学思想。

二、根据语言学习的一般性规律,既考虑教材的实用性,又兼顾高职高专语言学习的通识性。主线人物的 Role Plays 贯穿所有单元中的听说交际、阅读活动和写作训练。学生在学习本教材的过程中可以清楚地感受到主线人物的成长历程,突出成长英语、成长人生的特点。

三、重视语言的运用和实际交际能力的培养,分阶段分层次呈现语言交际的重点。第1册侧重校园英语,第2册侧重涉外日常交际英语,第3册侧重涉外业务交际英语。阅读板块中A篇文章主要针对语言共核,B篇文章突出实用性。选材突出时代性、趣味性、实用性和话题的思想性,行文流畅,语言精练,内容丰富,体现了可教性和可学性。

四、“教、学、考”有机结合。教材中的练习设计遵循《高等学校英语应用能力考试大纲》的要求,并针对重庆地区考生在《高等学校英语应用能力考试》中的薄弱环节,设计了相关的语言技能训练项目。

五、本套教材充分考虑了重庆地区高职高专学生的英语现状,第1、2册内容的难度相当于“高等学校英语应用能力考试”B级水平,第3册内容的难度相当于A级水平。由于学生进校时英语程度参差不齐,教材进度和内容采取照顾中间,兼顾两头的编写原则。

《成长英语》共分3册,每册包括《综合教程》《自主学习用书》《教师用书》及配套的多媒体光盘。各册内容循序渐进,语言技能要求逐步提高。《综合教程》《自主学习用书》和《教师用书》每册各有8个单元,教学内容适中,能够满足高职高专学校的教学需要。

《教师用书》每册各单元的安排与《综合教程》相同。本教参设计了单元目标和课堂活动,这样有利于教师抓住教学重点和难点,也利于课堂教学的组织。

《成长英语》由重庆科技学院刘寅齐教授和重庆第二师范学院张泽健教授担任总主编,重庆大学余渭深教授担任总主审,澳大利亚专家 Dennis Hulse 先生担任语言顾问。

《成长英语》第1册由重庆科技学院全冬教授和重庆电子工程职业学院李志萍教授担任主编。第2册由重庆工商职业学院彭丽教授和重庆科技学院张琪教授担任主编。第3册由重庆科技学院陈刚教授和重庆第二师范学院唐君国教授担任主编。

本系列教材的编写得到了重庆市教委高教处的大力支持,特别是在编写过程中得到了有关高校领导的关心和帮助,在此,我们一并表示诚挚的感谢。

《成长英语》是我们在高职高专英语教学内容和课程改革方面所作的一次大胆尝试,书中定会有不当和疏漏之处,敬请广大使用者批评指正。

编者  
2010年8月

# 第2版前言

《成长英语》自2010年出版发行以来,受到了广大师生和社会使用者的认可和喜爱。在5年的使用过程中,我们广泛听取了来自教师和学生使用意见和建议,并在《成长英语》第1版的基础上,修订和完善了教材的总体框架,更加体现了主线人物的成长历程;调整了3册之间的难度梯度;进一步丰富了练习形式和内容,更加适应当前的教学实际。期望《成长英语》第2版不仅能契合当前“90后”大学生的群体特点,也能满足《高职高专教育英语课程教学基本要求》提出的“实用为主、够用为度”的教学原则,更能满足一线教师对英语教学改革的要求。

《成长英语(第2版)》主要进行了以下修订:

## 1. 更新了话题和课文:贴近生活,突出应用。

3册书均不同程度地调整了部分单元主题和相应的文章。使教学内容更加贴近高职高专学生的校园和社会生活,更有利于提高学生的兴趣,突出学用结合,便于教师组织教学活动,提高学生在教学过程中的参与性,促进教学的互动性。

## 2. 增加了练习设计:引导参与,突出综合。

1) 每个单元新增了 *Do Your Project* 板块,结合所在单元主题,设计了针对学生实际的相应的活动项目,增加了学生语言应用的机会。练习的设计突出综合性,体现了高职高专教育的特点。

2) 每个单元新增了视听部分,选材注重了语言的原汁原味,突出了学生听说交际能力的训练和培养。

3) 全新编写了语法部分,突出了“够用为度”的原则,改变了常规语法学习“规则—练习”的模式,采用“体验—总结—应用”的模式,旨在帮助学生尽快掌握使用英语语法的技能。

4) 根据“高等学校英语应用能力考试”的题型变动,调整了部分练习题的形式,使之更契合考试题型,突出了练习的针对性,有利于帮助学生适应新题型。

## 3. 重新设计了教学课件:科学合理,兼顾个性。

新设计的配套教学课件,注重了设计的科学性和实际使用的方便性。丰富了网络课件的内容,便于教师根据教学情况灵活选取备课资源。

## 4. 重新设计了教学版式:大方时尚,清新美观。

考虑到“90后”高职学生的性格特点和思维模式,教材版式由原来的双色变为彩色。版面设计更为活泼、轻松、实用,力求通过调动学生的审美情趣来激发学生英语学习的兴趣和学习效率。

《成长英语(第2版)》分基础篇、进阶篇、提高篇3册,每册包括《学生用书》《自主学习用书》《教师用书》及配套的多媒体光盘。各册内容循序渐进,语言技能要求逐步提高。《学生用书》《自主学习用书》和《教师用书》每册各有8个单元,教学内容适中,能够满足高职高专学校的教学需要。

《成长英语(第2版)》修订工作由总主编刘寅齐教授和张泽健教授统筹,分册主编负责实施,各高职院校的骨干教师参加了具体的修订工作。

《成长英语教师用书·进阶篇》由张琪、彭丽担任主编,皮艳玲、江晓东担任副主编。参加《成长英语教师用书·进阶篇》编写的作者为(以编写内容先后为序):况东林、郑玮、徐亚玲、黄又竹、白连弟、江晓东、皮艳玲、李擎。1—8单元的语法修订由许吟雪负责完成。

编者

2015年6月



# Contents

Unit 1	New Semester, Future Dreams .....	1
Unit 2	Precious Friendship, Priceless Fortune .....	15
Unit 3	Extraordinary Work, Significant Commitment .....	29
Unit 4	Colorful World, Fascinating Journey .....	43
Unit 5	Social Practice, Great Achievements .....	58
Unit 6	Healthy Body, Beautiful Life .....	72
Unit 7	Modern Banks, Easy Access .....	89
Unit 8	Digital Culture, Balanced Time .....	104

# Unit 1

## New Semester, Future Dreams

### Unit Goal

	Function	Linguistic Realization
<b>Open Your Mouth</b>	To talk about family reunion and the new semester plan.	<p><i>Useful Sentences</i></p> <ol style="list-style-type: none"> <li>1. How was your winter break?</li> <li>2. I think it's fun to spend the Spring Festival with families.</li> <li>3. Why not to make a plan for a new start?</li> <li>4. Action speaks louder than words.</li> <li>5. I'll try my best to have an interesting semester.</li> </ol>
<b>Sharpen Your Listening</b>	To discuss the winter break activities and study schedule for the new semester.	<p><i>Useful Sentences</i></p> <ol style="list-style-type: none"> <li>1. Have you planned your new semester?</li> <li>2. I want to improve my study this spring semester.</li> <li>3. I think a study plan can help you a lot.</li> <li>4. I try to keep a balance between study and play.</li> <li>5. I have no idea about how to make a good study plan.</li> </ol>

Continued

	Function	Linguistic Realization
Broaden Your View	Passage A	
	To get more comprehensive information about the new semester plan and to help learners to express themselves more informatively and meaningfully.	<p><b>Key words</b> reflect, primary, administration, owl, attend, series, feature, atmosphere, majority, resident, sincere, exceed, post, input, create, blog</p> <p><b>Important Sentences</b> 1. I would like to reflect on some of the new things that should have a positive impact on your education. 2. Providing you with the best environment to learn and study is a primary goal for the University. 3. What a great way to connect with other students in a relaxed, fun atmosphere. 4. This program is a wonderful invitation to come out of your rooms and meet each other. 5. Please feel free to post your comments on the blog.</p>
	Passage B	
	To learn about corresponding in English and know about the different writing styles.	<p><b>Key words</b> tease, bully, treasure, competition, outdo, gadget, peer, constant, continual, spouse criticize, dumb, unworthy, scary, ultimately, incredibly</p> <p><b>Important Sentences</b> 1. I hope to help you along your path by sharing some of the best of what I've learned. 2. What works for me might not work for you. 3. Life isn't a competition. It's a journey. 4. Live your life by the rule of love. 5. You are starting out on a scary but ultimately incredibly wonderful journey.</p>

	Function	Linguistic Realization
Use Your Hands	To write English letters to ask for hotel information.	<b>Key words</b> inquire, enroll, sponsor, admission, financial <b>Important phrases</b> 1. write to inquire 2. enroll in 3. major in 4. look forward to 5. apply for
Practice Your Grammar	To practice the use of the noun clauses.	Understand some basic rules about noun clauses.

## Part I Open Your Mouth

### Warm-up Activity

*What are these friends saying? Complete the following sentences with the correct answers.*

Key: 1) keep fit      2) winter break      3) a good start

### Chat with Your Friends

**Activity 1** *Match the questions in the left column with the responses in the right column.*

Key: 1) B      2) D      3) A      4) C      5) E

**Activity 2** *Complete the following dialogue by translating into English the Chinese given in the brackets.*

Key: 1) How was your holiday      2) my family reunions  
 3) Chinese traditional activities      4) planning to  
 5) a good start

**Activity 3** *Take turns to ask and answer the following questions, and then make your own conversation about making plans according to the clues given below.*

Reference:

Lisa: Hey! You look unhappy. What are you worrying about?

Kang Lin: Yes. I failed to pass some exams last semester. Some subjects are my headache. You know I am fond of computer games.

Lisa: Don't worry. Never cry over spilt milk. You can change yourself. What's your hope for this semester?

Kang Lin: I wish to have an interesting new semester. You are a top student. What's your suggestion?

Lisa: Consult with your teacher, learn from the other students and make a study plan. Well begun, half done.

Kang Lin: To say is one thing and to do is another thing. What should I do to carry out my plan?



Lisa: You should stop playing computer games, attend every class, and behave yourself all the way.  
Never give up.  
Kang Lin: OK, I got it. Would you help me to make the plan?  
Lisa: If I am available, I would like to.  
Kang Lin: Thank you. I will be in touch with you.  
Lisa: My pleasure.

## Part II Sharpen Your Ears

**Dialogue 1** *Listen to the dialogue twice, and then fill in the table with the information you get from it.*

Key: 1) oral English test                      2) English Corner                      3) Student Center  
4) Friday evening                      5) classroom activities

**Script:**

A: Hello, Yang. You look a little worried. What's the matter with you?  
B: I am going to take the oral English test next month.  
A: Sounds good!  
B: But I don't know how to prepare for it. Can you give me some advice?  
A: Why not go to the English Corner regularly? It helps you improve your oral English.  
B: English Corner? Where is it? I have no idea about that.  
A: It's right behind the Student Center.  
B: What's the time of it?  
A: Every Friday evening, from 7:00 p.m. to 10:00 p.m.  
B: I see. Thank you very much.  
A: Don't forget to take part in English classroom activities actively.

**Dialogue 2** *Listen to the dialogue twice, and then fill in the blanks with the information you get from it.*

Key: 1) Chinese history                      2) help you a lot                      3) have no idea  
4) make a timetable                      5) good luck

**Script:**

A: Hello, Mr. Zhang. I'm not good at Chinese history. Could you help me?  
B: Yes. What's your problem?  
A: I can't remember so many historical facts. What should I do?  
B: I think a good study plan can help you a lot.  
A: I see. But I have no idea about how to make a good study plan.  
B: Do it this way. First, Read your class schedule and find free time.  
A: I'll get my class schedule first. What's next?  
B: Then make a timetable to arrange your free time well.  
A: OK, I'll take your suggestion.  
B: Wish you good luck.

**Passage** *Listen to a short passage about new semester plan, and then fill in the blanks with what you've heard.*

Key: 1) welcome                      2) computer and physics                      3) eager  
4) on time                      5) good learning habit

**Script:**

My spring semester is coming. I made a plan to welcome it. First, I should focus on the courses such as mathematics, computer and physics. Second, I decide to read English aloud every morning. I'm eager to improve my English quickly. Third, I must hand in my homework to the teachers on time. I often failed to do that. I will change that and make it a good learning habit. My target is to get good marks and to be No. 1.

**Video** *Watch the video clip and answer the 5 questions by filling in the blanks.*

Key: 1) MYASU; schedule                      2) major; tracking tool                      3) completed; requirement  
4) science; cultural                      5) ID number; section

**Script:****Next semester schedule**

Hi, you are probably wondering what classes you need to take next semester. Following the next few steps will help you better understand what your critical courses are and what other classes you will need as a business student.

First, you will want to reference what you are currently taking. Log into your MYASU page and take note of your current schedule. What classes are you taking? Is it Math 117? Is it English 101?

Next, what are your critical courses? In other words, what do you have to take next semester? There are two places to look for this. One is your major map. The other is your "e-advisor" tracking tool. We are going to focus on this. Look at term 2. The courses with the exclamation marks in diamonds denote your critical courses. Make note of these.

You should now have your current schedule for Fall 2014 and your critical courses needed for Spring 2015. Now that you have those, what other courses do you need? There are a number of other requirements for business students, such as humanities, psychology, science, historical awareness, cultural diversity, sociology, communication and others.

To get a better idea of what you have or have not taken, look at your e-advisor tracking tool. Here you will see these other requirements. This student has not yet taken historical awareness. The tracking tool will tell you if you have or have not completed a requirement. This student's DSC101 course gives her three credits of humanities.

Let's put it all together. You should now have your current schedule, your critical courses for next semester, and your other course requirements. Now, pull out the critical tracking contract. Please make sure you have the one specific to your current major, either Bachelor of Arts or Bachelor of Science.

You can either fill it out on your computer or by hand. First, fill out your name, ID number, phone number and concentration or major. Next is the e-advisor and critical tracking section. Please review it. You will go over it in more detail during class. Now we have the academic planning section. Here you will need to fill out your current schedule under Fall 2014. Then, using what you have as your critical courses and other course requirements, put together your Spring 2015 schedule. You now have your Spring 2015 schedule. Please make sure you bring the critical tracking contract with you to class.

## Part III Broaden Your View

### Passage A

#### Challenge Your Classmates

*Before you start to read the passage, please complete the questionnaire below.*

Key: Open.

#### Check Your Study

**Activity 1** *Read the passage quickly and fill in the blanks.*

Key: 1) Spring 2010                      2) positive                      3) the Quiet Study Room  
4) program                      5) develop

**Activity 2** *Read the passage carefully and fill in the blanks with proper words or phrases. Then try to recite it.*

Key: 1) engage in                      2) a number of offices                      3) is open to  
4) meet the needs                      5) prepare for classes

**Activity 3** *Take turns to ask and answer the following questions.*

Key: 1. Last semester.  
2. Those who work best after the usual 11 p.m. closing time.  
3. New Saturday Night Coffeehouse series.  
4. Still on the campus.  
5. The students' comments on the blog.

**Activity 4** *Choose the best answer to each question according to the passage.*

Key: 1. B                      2. A                      3. C                      4. B                      5. A

**Activity 5** *Work with your partner according to the clues given below.*

References:

1. There are many new things in our college this term. More study programs are designed for the students. A new Student Center is open to meet the demand of all resident students. The library and the language lab both will open longer. I am sure we will enjoy our life and study on campus.
2. I think the best place to meet new friends on campus is English Corner. At English Corner, I can practice my oral English and get to know others as well. I can also meet foreign teachers there. What a great place to enjoy ourselves there. Let's feel free to go there.
3. We can develop more activities and design more programs such as setting up more clubs and societies on campus to make our community active and interesting. Ask more students to actively participate in these on-campus activities. The students' participation will help to build up an active campus community.

#### Further Your Skills

**Exercise 1** *Match the words in Column A with those in Column B, and then fill in the blanks with proper expressions. Remember that each may be used only once.*

Key: 1. primary purpose                      2. sincere wish                      3. closing time

4. relaxed atmosphere      5. positive impact

**Exercise 2** *Fill in each blank with the proper form of the word given in the brackets.*

- Key: 1. primarily      2. attendance      3. comment      4. unusual  
5. invitation      6. expectation      7. reflection      8. engaged

**Exercise 3** *Complete the sentences by translating into English the Chinese given in the brackets.*

- Key: 1. has been engaged in      2. meet the needs of the customers  
3. feel free to turn to me      4. connect with  
5. had a great impact on

## Information Related to the Reading Passage

St. John's University is one of America's leading Catholic universities—recognized for its superb academic programs, diverse student life, BIG EAST (美国东部) excitement and New York vitality. Founded in 1870 by the Vincentian Community, St. John's is known for giving students the knowledge, skills and confidence to serve others while achieving personal and professional success. Graduates become leaders in their professions, their communities and the world.

## Language Points

### Explanation of Difficult Sentences

1. (**Para. 1**) I would like to reflect on some of the new things that should have a positive impact on your education at St. John's University.

**Analysis:** 该句 the new things 后接一个由 that 引导的定语从句。

**Paraphrase:** I want to talk about some new things, and these new things will have a good influence on the students' education at St. John's University.

**Translation:** 我将回应你们几件事情,这些事情将对你们在圣约翰大学的教育产生积极影响。

2. (**Para. 2**) We are hoping that it will meet the needs of both the early risers who want to prepare for classes before the rest of the library opens at 7 a.m. and those night owls who work best after the usual 11 p.m. closing time.

**Analysis:** 本句中 hope 后接了 that 引导的宾语从句。在 that 宾语从句里又包含了两个由 who 引导的定语从句。

**Paraphrase:** We hope the Quiet Study Room can meet the demands of the students who get up early or study late at night because the other areas of the library keep close before 7 a.m. and after 11 p.m.

**Translation:** 我们希望静修室能同时满足两类人的需求:一是那些在早上 7 点图书馆开门前想要为课堂学习做准备的早起者;二是那些在平常晚上 11 点关门后学习状态才最佳的夜猫子。

3. (**Para. 3**) What a great way to connect with other students in a relaxed, fun atmosphere!

**Analysis:** 本句中 what 引导了一个感叹句。

**Paraphrase:** It is really a very good way to communicate with other students freely.

**Translation:** 在轻松而愉快的氛围中去跟其他学生交流,这确实是个很好的途径!

4. (**Para. 3**) One little known fact is that on any given weekend the majority of our resident students are actually still on the campus.

**Analysis:** 本句中 that 引导一个表语从句。

**Paraphrase:** We all know that most resident students are on campus on the weekend.

**Translation:** 一个小小的不争的事实是,在任何一个周末,我们大部分同学仍住在校园里。

5. (**Para. 4**) I hope to see you at this and many other programs that we will develop for you during the



Spring Semester.

**Analysis:** 本句中 that 引导一个定语从句。

**Paraphrase:** We will design many programs for you in this term. I hope I can meet you there.

**Translation:** 我希望你们踊跃参加这些和其他为你们设计的活动。

6. (**Para. 4**) It is my sincere wish that this new term allows you to engage and grow in ways that exceed all of your expectations.

**Analysis:** 该句 wish 后接一个由 that 引导的定语从句。

**Paraphrase:** My heart-felt wish is that you will take part in these activities and thus develop yourselves greatly and unexpectedly in this term.

**Translation:** 我真诚地希望这学期你们的忙碌和成长超你所望。

## Important Words

1. **reflect** 1) *v.* to express; to give an idea of 表达; 反映

**Example:** My real opinions are reflected in the letter to your boss.

我在给你老板的信中表达了我真实的意见。

- 2) *v.* to think carefully 仔细思考

**Example:** He decided to stay with her after reflecting for a while.

思考一会儿以后,他决定跟她待在一起。

2. **series** *n.* a group of things of the same kind 一连串, 一系列

**Example:** After a series of tests, he finally got the driver's license.

经过一系列的考试,他终于拿到了驾驶执照。

3. **feature** 1) *v.* to be represented as a part or quality 以……为特色

**Example:** This zoo is largely featured by many rare animals.

这个动物园主要的特色就是珍稀动物多。

- 2) *n.* a typical part or quality 特征, 特色

**Example:** The feature of this movie is that high technology is widely and skillfully used for sound effect.

这部电影的特色就是广泛而巧妙地利用高科技来制造音响效果。

4. **majority** *n.* the greater number (esp. of people) 大多数(尤指人)

**Example:** The majority of the students like swimming in the summer.

大多数学生在夏天喜欢游泳。

5. **exceed** *v.* to be greater than; to do more than 超过, 超出

**Example:** The students who will take part in this competition will not exceed 10.

来参加这项比赛的学生不会超过 10 人。

She was fined for exceeding speed limit. 她因为超速被罚款。

6. **post** *v.* to display in a public place 张贴; 公布

**Example:** The name list of the candidates will be posted online. 候选人名单将在网上公布。

7. **input** *n.* action of putting sth. in 输入; 投入

**Example:** The input of the power in winter is not stable. 冬天电力输入不稳定。

Listening is the input of English study. 听力是英语学习的输入。

8. **create** *v.* cause (sth.) to exist; make (sth.) new or original 创造; 创建

**Example:** I will create a bright future for my family. 我要为自己的家创造光明的未来。

They created a new system to support the poor people in the countryside.

他们建立了援助农村贫困人群的机制。

9. **engage in** to take part in or be occupied in sth. (使某人) 参加某事或从事某事

**Example:** He is engaged in the talk with his mother on the phone.

他和他妈妈在电话上交谈。

People are engaged in trade in the day. 人们在白天做买卖。

10. **night owl** people who work best late at night 夜猫子

**Example:** Many students tend to be night owls when the final test is coming.

很多学生在期末考试临近的时候就成了夜猫子。

11. **live music** the music seen or heard as it happens 现场音乐

**Example:** It is more interesting to enjoy live music than listen on the air.

去看现场音乐会比在广播中听更有意思。

The live music made the crowds very excited. 现场音乐让人群沸腾。

12. **resident student** a student who lives on campus while studying there 住校生

**Example:** A resident student can have more time to study at school than a day student.

住读生比走读生在学校学习的时间多。

## Passage Translation

### 新年, 新学期

欢迎回校进入 2016 年春季学期。随着你们在新学期安定下来, 我将回应你们几件事情, 这些事情将对你们在圣约翰大学的教育产生积极的影响。

为学生提供最好的学习环境是我们学校的第一目标。上学期我们听到一些同学反映想要一个适于深夜或清晨学习的安静之地。经过学校办公室与其他部门的协调, 学校将在皇后图书馆一楼设立静修室, 并于 2016 年春季学期 24 小时开放。该静修室针对圣约翰大学学生开放, 我们希望能同时满足两类人的需求: 一是那些在早上 7 点图书馆开门前想要为课堂学习做准备的早起者; 二是那些在平常晚上 11 点关门后学习状态才最佳的夜猫子。

对那些想在周末找些事做的同学, 我相信你们会喜欢参加我们新开展的“周六之夜咖啡屋系列活动”。该免费活动有以下特色节目: 现场音乐、诗歌朗诵、脱口秀、卡拉 OK 等, 时间是每周六下午 5 点到 7 点。在轻松而愉快的氛围中去跟其他学生交流, 这确实是个很好的途径! 一个小小的不争的事实是, 在任何一个周末, 我们大部分同学仍住在校园里。这一活动的目的就是热情邀请大家走出寝室, 相互认识。

在春季学期里, 我希望你们踊跃参加这些和其他为你们设计的活动。我真诚地希望这学期你们的忙碌和成长超你所望。请大胆地在博客上发言。你们的参与会让我们建立一个活跃的校园社区。祝同学们本学期好运!

## Classroom Activity

### Objective:

Based on Passage A, help students to make a study plan for the new term and design a practical weekly study timetable.

### Procedures:

- Students learn to make a study plan and a weekly study timetable. (A study plan is general and wide. A weekly study timetable is specific and narrow.)
- Students discuss about the study plan, try to get suggestions from teachers and the neighboring classmates.
- Students write a well-organized study plan and a practical weekly study timetable according to their class

schedule.

4. Post some good samples of the study plan and weekly study timetable for all the students to share.
5. Students revise the study plan and weekly study timetable and they can follow the plan and timetable for the whole term.

**Words and expressions that students may use for this activity :**

good start, early riser, night owl, lecture, extracurricular activities, break, improve English, achieve good grades, develop all around, engage in, grow, do things on weekends, etc.

**Suggested questions that students may use for this activity :**

What subjects are your weak in?

Do you have a busy class schedule in this term? Why?

What do you plan to do after class?

What will you try to improve in this term?

## Passage B

### Warm-up Activity

Key: Open.

### Check Your Study

**Activity 1 Read the passage quickly and then fill in the blanks.**

Key: 1) tease you                      2) care about you                      3) Competition  
4) outdo you                      5) Love yourself

**Activity 2 Read the passage carefully and complete the following sentences.**

Key: 1. work for his son                      2. make him feel good                      3. a journey  
4. the rule of love                      5. human being

### Further Your Skills

**Exercise 1 Fill in each blank with the proper form of the word given in the brackets.**

Key: 1. competition                      2. Incredibly                      3. worthy                      4. scary  
5. constantly                      6. happiness                      7. criticism                      8. continual

**Exercise 2 Complete the sentences by translating into English the Chinese given in the brackets.**

Key: 1. take his words with a grain of salt                      2. deal with your own affairs  
3. with all of your heart                      4. Hold onto your dreams  
5. start out

### Language Points

#### Explanation of Difficult Sentences

1. (Para. 1) I hope to help you along your path by sharing some of the best of what I've learned.

**Analysis:** 本句 what 引导的从句作前面介词 of 的宾语。

**Paraphrase:** I want to help you on your way through some of the best lessons I have learned.

**Translation:** 我想与你分享我学到的最好的东西,希望它在你成长路上有所裨益。

2. (Para. 1) As with any advice, take it with a grain of salt.

**Analysis:** 本句是省略句,后半句省去了主语 you.

**Paraphrase:** You should decide by yourself if you take my advice.

**Translation:** 对于我的建议,你可以保留意见。

3. (**Para. 3**) ... learn to choose friends who are kind to you, who actually care about you, who make you feel good about yourself.

**Analysis:** 本句三个 who 引导的是并列定语从句,修饰 friends。

**Paraphrase:** ... learn to make friends with kind and caring people who make you happy and confident.

**Translation:** 选择那些对你友善的人做朋友,选择那些真正关心你的,那些让你自信的人做朋友。

4. (**Para. 5**) Make it a journey of happiness, of constant learning, of continual improvement, of love.

**Analysis:** 本句 make it 在后面被省略。“it”指代 life。

**Paraphrase:** Make your life happy, keep on learning every day, improve yourself without stopping and make your life full of love.

**Translation:** 使它成为幸福的旅程,不断学习的旅程,不断向上的旅程,爱的旅程。

5. (**Para. 7**) While others may criticize you, learn not to be so hard on yourself, not to think that you're ugly or dumb or unworthy of love...

**Analysis:** 本句两个主句都省略了主语 you, 而且后面一个主句还省略了 learn.

**Paraphrase:** When others may say something unpleasant about you, you should be kind to yourself, you should think you are good, smart, and deserve love.

**Translation:** 有人挑剔你的时候,学会不要跟自己过不去,认为自己丑陋、愚笨、无人会爱。

## Important Words

1. **tease** *v.* to make unkind jokes about 取笑,戏弄

**Example:** He always teases the fat girl. 他常常取笑那个胖女孩。

If you tease me again, I will fight back. 你再取笑我,我就要还击了。

2. **bully** *v.* to use strength to hurt, make others afraid 欺负,威胁

**Example:** Don't bully the little boy. 不要欺负小孩子。

If you are bullied by bad guys, let me know. 如果有坏人欺负你,给我讲。

3. **outdo** *v.* to do better than 超过,胜过

**Example:** Tom always outdid his brother in exam. 汤姆总是在考试中比他弟弟做得好。

His dream is to outdo his colleagues and become the manager of the sales department.

他的梦想是超越他的同事,做销售部经理。

4. **peer** *n.* person who is the same age as another 同龄人

**Example:** He looks more matured than the peers. 他看起来比同龄人成熟。

It is easier for some people to communicate with their peers.

有些人和同龄人交流更容易。

5. **constant** *a.* happening all the time 经常的

**Example:** I am tired of the constant quarrels with my partner.

我厌烦跟我的合作伙伴无休止地争吵。

6. **unworthy** *a.* not deserving 不值得的

**Example:** He is unworthy to be respected by his employees. 他不值得他员工敬佩。

7. **scary** *a.* causing fear 吓人的;引起恐慌的

**Example:** The movie is too scary; I did not open my eyes for a moment.



这个电影太吓人了,我眼睛一刻也不敢睁开。

He was deeply impressed by the scary scene of the car accident.

车祸的吓人场景让他不能忘记。

8. **ultimately** *ad.* in the end 最终地

**Example:** He wanted to give up his present job, but ultimately he changed the idea.

他想放弃他现在的工作,但最终改变了主意。

9. **hold onto** to take hold of 抓住,不放手

**Example:** The boy holds onto his mother's hand. 这孩子紧紧抓住他妈妈的手。

10. **start out** to begin a journey; leave; set off 动身,启程

**Example:** We start out early so we can get home before night.

我们早出发,这样我们天黑前就可以回家。



## Passage Translation

### 致儿子:生活的开端

亲爱的西蒙:

在你的人生路途上,我想与你分享我学到的最好的东西,希望它对你有所裨益。对于我的建议,你可以保留意见,因为对我有用的对你不一定奏效。

#### 生活有时是严酷的

在你生活中总会有一些人不那么友善。他们会取笑你,因为你跟他们不同,或者根本没有任何理由。他们可能会欺负你或伤害你。

对那样的人除了学会应对别无他法。你应选择那些对你友善的人做朋友,选择那些真正关心你的、那些让你开心并自信的人做朋友。找到这样的朋友,你应和他们保持密切联系、珍惜他们、花时间与他们相处、善待他们、爱他们。

#### 生活不是攀比

不论是在中学、大学还是工作中,你会遇到很多试图超越你的人。他们想有更好的车、更大的房子、更漂亮的衣服、更酷的东西。生活对于他们来说是攀比——他们要比他们的同龄人过得好才觉得舒服。

记住这个秘诀:生活不是竞赛,生活是一段旅程。学会享受这个旅程,使它成为幸福的旅程、不断学习的旅程、不断向上的旅程、爱的旅程。

#### 爱是准则

如果用一个字作为你生活之指南,这个字应该是“爱”。生活以爱为准则。爱你的配偶、爱你的孩子、爱你的父母、爱你的朋友,全心全意的去爱他们吧。

要爱自己。有人挑剔你的时候,学会不要跟自己过不去,认为自己丑陋、愚笨,无人会爱……相反要认为自己是一个了不起的人,应该得到幸福和爱。无论怎样要学会爱自己。

最后,你要知道我爱你,永远爱你。你的人生旅程才刚开始,虽然令人提心吊胆但最终会非常精彩。只要我做得到,我会一直陪伴你。

爱你的,  
爸爸