

CRACKING THE WORDS WITHOUT RECITING

谁还在 背单词

第4版

- ★ 快速阅读
- ★ 深度阅读
- ★ 完形填空阅读
- ★ 听力
- ★ 翻译

- ★ 科普短文
- ★ 名人名言
- ★ 幽默笑话
- ★ 中外诗歌

阅读巧记大学英语四级 全大纲词汇

主编：刘晓波



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主 编：刘晓波
副主编：张葛兰 宋婷婷

本书通过软件选取精辟科普短文、名人名言、幽默笑话、中外诗歌等，以最少的阅读量涵盖大学英语四级考试大纲词汇，并以系统的分析将超纲词汇的出现率降到最低。本书按照大学英语四级考试项目，将阅读形式划分为快速阅读、深度阅读、完形填空阅读、听力及短文翻译方面的阅读，题材涉及社会生活等方方面面；在选材上，更是兼顾了文章、段落、语段、语句等的阅读，使考生在有效地阅读本书的同时，增加对语篇内容的理解，便于考生更有效地记住词汇。

学会单词，读“准”文章。在传统背诵单词之上，考生可以通过高效阅读记住单词，并学为所用。预祝考生顺利通过考试。

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前 言

这是一本全面覆盖大学英语四级考纲的书，包括词汇、固定搭配、阅读理解、听力和写作。在市面上诸多考试书籍中，有的书只管背单词，没有阅读；有的书虽然有阅读文章，但不能完全覆盖考纲词汇。

本书则是用阅读文章和听力材料来覆盖考纲词汇和固定搭配。在学习本书的过程中，读者可以选取自己喜欢的段落，背熟默写，有1000个句子左右，就有写好英文的基础了。

用本书备考将带给你高效率，执此一本，就可兼顾背词、阅读、听力和写作的所有训练。

值得一提的是，本书全部听力都配有精彩的小电影。小电影分为两种：有英文字幕和无英文字幕。建议读者先看有英文字幕的片段，练习快速阅读；再看无英文字幕的片段，练习听力。希望读者能在快乐的学习过程中，将知识记得更牢固、更长久，从而达到学以致用目的。

本书还具有较强的针对性。本书的文章针对真题的标准分为5大类：快速阅读、深度阅读、完形填空阅读、听力及短文翻译。此外，本书配有大量真题中的难句和典型句，来帮助读者提高复习效果。

参与本书编写的人员还有：刘实、窦婷婷、董永辉、金秀梅、黄炳良、翁子凡、刘△箕、王丹、柳卿、何辉、贺冬玲。

最后希望广大读者通过此书快乐、高效且有针对性备考，取得满意的考试成绩。

编 者

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PART

1

快速阅读

1 Tips for a Successful Interview

In recent weeks, recruiters for Consolidated Container Co. have seen job candidates arrive up to an hour early for interviews. Other candidates have alluded (暗示, 提到) to financial hardships while in the hot seat, and one person even distributed **bound** copies of documents describing projects he completed for past employers.

These sorts of tactics (策略) aren't exactly winners.

In today's ultra competitive job market, even getting an interview is a feat (成就, 功绩). Yet recruiters and hiring managers say many unemployed candidates blow the opportunity by appearing desperate or bitter about their situations — often without realizing it.

"People are becoming a lot more **aggressive**," says Julie Loubaton, director of recruiting and **talent** management for Atlanta-based Consolidated Container. "They often wind up hurting themselves."

At an interview, you want to stand out for the right reasons. To do so, you'll need to leave your baggage and anxiety at the door. For starters, wait until 10 minutes before your scheduled interview time to announce yourself. Arriving any sooner "shows that you're not respectful of the time the hiring manager put aside for you," says Ms. Loubaton, adding that a **candidate** who arrived an hour early made workers uncomfortable. "Companies really don't want someone camped out in their lobby."

Signal **confidence** by offering a firm handshake, adds Wendy Alfus Rothman, president of Wenroth Consulting Inc., an **executive** coaching firm in New York. Focus your attention on the interviewer. Avoid looking around the room, tapping your fingers, or other nervous movements.

No matter how you're feeling, keep your **personal** woes (忧愁) out of the interview process, asserts Ms. Alfus Rothman. Instead, always exude (显露) an upbeat attitude. For example, if you were laid off, instead of lamenting (悲叹) the situation, you might say the experience prompted you to reassess your skills, and that's what led you here. "You want to **demonstrate** resilience (复原力, 适应力) in the face of unpredictable obstacles," she says.

"**Meanwhile**, show you've done your homework on the company by explaining how your background and track record relates to its current needs," adds Deborah Markus, founder of Columbus Advisors LLC, an executive-search firm in New York. This is particularly important if the firm is in a different industry than the one you worked in before. To stand out, you'll need to look up more than just basics on company leadership and **core** businesses. You'll also need to find out — and understand — how recent changes in the marketplace have affected the firm, its competitors and industry **overall**. Read recent company press releases, **annual** reports, media coverage and industry blogs, and **consult** with trusted members of your network. "Companies that may have been performing well just a few months ago might be in survival mode now," says Ms. Markus. "You want to understand how (they're) positioned today."

Also, be sure to show you're a strong fit for the particular position you're seeking, adds Kathy Marsico, senior vice president of human resources at PDI Inc., a Saddle River, N.J., provider of sales and marketing services for pharmaceutical (制药的) companies. Offer examples of past accomplishments—not just responsibilities you've held—and describe how they're relevant to the opportunity. "You must differentiate yourself like never before," she says. "You need to customize yourself and make yourself memorable."

Sherry R. Brickman, a partner at executive-search firm Martin Partners LLC, says a candidate recently impressed her with this sort of preparation. "He knew the company's product line and what markets it was already in," she says of the man, who was interviewing for an executive post at a midsize industrial manufacturer. "He clearly and effectively explained how he could cut costs, increase sales and expand market share based on what he'd done in his current job." The candidate was hired.

Be careful not to go too far, though, in your quest to stand out. For example, it may be tempting to offer to work temporarily for free or to take a lesser salary than what a job pays. But experts say such bold moves often backfire (产生事与愿违的结果) on candidates. "Employers want value," says Lee Miller, author of *Get More Money on Your Next Job...in Any Economy*, "They don't want cheap."

Your best bet is to wait until you're extended a job offer before talking pay. "In a recession, employers are going to be very price sensitive," says Mr. Miller. "The salary you ask for may impact their decision to move forward." Come prepared having researched the average pay range for a position in case you're pressured to name your price, he adds. You might say, for example, that money isn't a primary concern for you and that you're just looking for something fair, suggests Mr. Miller. You can try turning the tables by asking interviewers what the company has budgeted for the position.

In some cases, you may be looking just for a job to get you through so you might consider a less-than-perfect fit. But if you aren't really excited about an opportunity, keep it to yourself, warns David Gaspin, director of human resources at 5W Public Relations in New York. "I've had times where people come in and it's clear that if they really had their preference, they'd be doing something different," he says. "You don't want to put that out on the table. Nobody wants to hire someone who's going to run for the door when times get better."

After an interview, take caution with your follow-up. If you're in the running for multiple jobs at once, make sure to address thank-yous to the right people, career experts advise. Also look closely for spelling and grammatical errors. In a competitive job market, employers have the luxury of choice, and even a minor faux pas (不够检点的话或行为) can hurt your chances.

If all has gone well, don't stalk (跟踪骚扰) the interviewer. Wait at least a week before checking on your candidacy, adds Jose Tamez, managing partner at Austin-Michael LP, an executive-search firm in Golden, Colo. Call recruiters only at their office, even if their business card lists a home or cell number. Leave a message if you get voicemail. These days, recruiters typically have caller ID and can tell if you've tried reaching them multiple times without leaving a voicemail. "There's a fine line between enthusiasm and overenthusiasm," he says.

成功面试的技巧和忠告

最近几周，统一集装箱公司的招聘官注意到一个现象，某些应聘者提前一个小时就来到了面试现场，还有一些应聘者在面试时暗示自己在经济上遇到了麻烦，以及一位应聘者甚至将为以前雇主做过的项目编印成册进行分发。

其实上述举动并不是面试成功的上策。

在如今竞争异常激烈的就业市场上，甚至获得面试机会本身就是一个成就。但是不少招聘官和人事经理反映，很多失业的应聘者对于自己的处境所表现出的绝望或痛苦毁掉了他们的机会，而他们常常意识不到这一点。

亚特兰大的统一集装箱公司招聘和人力资源管理经理朱丽·鲁巴顿说：“应聘者比过去积极进取多了，不过他们常常伤到了自己。”

如果想以正确的方式在面试中崭露头角，就要把心理负担和焦虑情绪扔在门外。如果你是职场新人，那么请在指定时间前的10分钟出现在面试地点。鲁巴顿说：“早到10分钟以上，说明你不尊重人事经理为你留出的时间。”她补充道：“提前一个小时，会让面试方的员工感觉不舒服，哪家公司都不希望有人在自己的门厅里安营扎寨。”

纽约高管培训公司——温罗斯咨询公司总裁温迪·阿尔法斯·罗斯曼的建议是，用一个有力的握手来传递你的自信，将注意力放在面试官身上。避免东张西望或用手指敲桌子等表现紧张的举动。

罗斯曼强调，无论心情如何，面试时一定要表现得蓬勃向上，把个人的不幸全部忘掉。例如，如果你被裁员，与其悲叹时局，不如告诉面试官，裁员的经历激励你重新评价自己的能力，并促使你申请这份新工作。罗斯曼说：“在不可预知的挫折面前，你要表现出越挫越勇的精神。”

纽约的高管猎头公司哥伦布顾问公司的创始人德博拉·马库斯补充道：“与此同时，还要解释你的背景和履历为什么符合对方当前的需求，以此说明你已针对招聘单位做了功课。”对于跨行业的应聘者来说，这一点尤其重要。为了脱颖而出，应聘者不仅要了解对方的管理模式和核心业务等基本信息，还要进行更深入的研究，弄清近期的市场变化如何影响招聘方、其竞争对手和整个行业。这就要求应聘者查阅招聘方的最新新闻稿、财务年报、媒体报导和行业博客等，并向社交圈里值得信任的人士进行咨询。马库斯说：“几个月以前经营良好的公司，现在可能已经挣扎在生死线上。你应该掌握他们目前的经营策略。”

位于新泽西州萨德河地区的PDI公司是一家向制药企业提供销售和营销服务的企业，其人力资源高级副总裁凯西·马斯科建议道，一定要显示出自己是所应征职位的最佳人选，向对方提供能证明过去成就的案例，不仅要指出你过去的职责，还要说明这些职责与应聘的岗位有什么关系。“你必须用全新的方式让自己脱颖而出，一方面要根据对方的需求塑造自己，另一方面还要让自己表现得令人过目不忘。”

高管猎头公司马丁合作人公司的合伙人莎莉·R·布利克曼表示，最近一位应聘者就用上面提到的方法给她留下了深刻的印象：“他了解招聘方的产品线及其市场。”这位应聘者面试的是一家中型工业制造企业的高层管理职位。“他结合自己在目前职位的工作，明确而有效地解释出他将如何帮助对方削减成本、增加销量和扩大市场。”这位应聘者最终被录用了。

但是切记，即使你想让自己独树一帜，也不要过犹不及。比如，提出为对方免费或者低薪工作一段时间，也许听上去很诱人，但是专家们指出，这种鲁莽的举动可能适得其反。《如何

跳槽到高薪的职位》一书的作者李·米勒说，“雇主们想要获得价值，而不是便宜货。”

最保险的做法是拿到录用通知之后再谈薪水。米勒说：“经济衰退时，雇主对钱非常敏感，你的目标薪酬可能影响他们作出进一步决定的决心。”米勒补充道，面试前，你可以搜索相关职位的平均薪酬范围，以防万一被迫回答薪酬问题。米勒还建议道，你可以说，钱不是你主要考虑的问题，你只想获得一份公平的报酬。你还可以把问题抛回去，问对方到底留了多少预算给这个职位。

有时候，你只不过想找份工作作为权宜之计，而没有追求最完美的职位。即使你对面前的机会并不那么感兴趣，也要把这种想法埋在心底。这是纽约公关公司5W公司人力资源主管戴维·加斯宾的警告。“我遇到过这种情况，一些人一进来，我从他们的表现中就能看出，他们对这份工作并不真正感兴趣。应聘者不应该把这种心理表现出来，因为谁也不想雇用一个只要经济形势好转，就立刻转身走人的员工。”

面试之后的跟进也要谨慎。职业专家的建议是，如果你同时面试几个职位，记得要对恰当的人表达感谢。拼写和语法错误也要严格避免。在竞争激烈的就业市场上，雇主们拥有众多选择，微小的失礼也可能毁掉你的机会。

如果一切进展顺利，也不要对面试官追得太紧。科罗拉多州高管猎头公司奥斯丁-迈克尔公司执行合伙人荷塞·塔姆斯忠告应聘者，至少在一周后再查询面试结果。另外，即使面试官的名片上有手机号或家庭电话，你也只能打办公室电话。如果是语音信箱，就留个口信。如今，招聘官们的电话大多有来电显示，他们知道谁打了很多电话却不留口信。塔姆斯说：“要把握好热情和过度热情之间的界线。”

aggressive	[ə'gresiv] a. [贬]侵略的，好斗的；[褒]敢作敢为的，有进取心的	distribute	[di'stribju:t] v. 分配；分布；配（电）；(over) 散布
annual	[ænjuəl] a. 每年的，年度的 n. 年报，年刊，年鉴	economy	[i'kɒnəmi] n. 经济（制度）；节俭，节约
assert	[ə'sə:t] vt. 肯定地说，断言；维护，坚持	effective	[i'fektiv] a. 有效的，生效的，起作用的；给人印象深刻的；实际的，事实上的
bound	[baund] a. 必然的；受约束的；(for, to) 准备到……去的 vi. 跳跃；弹回 n. 跳跃；[pl.] 界限	effectively	[i'fektivli] ad. 有效地，有力地
candidate	['kændidit] n. 候选人；报考者；申请求职者	enthusiasm	[in'θju:ziæzəm] n. 热情，热心；巨大兴趣，热衷的事物
coach	[kəutʃ] n. (铁路) 客车，长途汽车，大客车；辅导员，教练，私人教师 v. 教练，辅导，指导	executive	[ig'zekjutiv] n. 主管，高级行政人员，行政官；(政府的) 行政部门 a. 执行的，行政的
confidence	['kɒnfidəns] n. (in) 信任；信心，自信；秘密，机密	expand	[ik'spænd] v. (使) 膨胀，(使) 扩张；张开，展开
consult	[kən'sʌlt] vt. 请教，找……商量；查阅，查看 vi. 交换意见，商议	extend	[ik'stend] vt. 延长，延伸；扩大，扩展；提供，给予，发出 vi. 伸展，延伸，延续；(在范围或应用上) 达到
core	[kɔ:] n. 果心；核心； v. 去掉某物的中心部分	impact	[impækt] v. 影响； n. 影响（力）；冲击，撞击
demonstrate	['demənstreit] vt. 说明，论证；说明，演示；表露，显示 vi. 举行示威游行（或集会）	luxury	['lʌkʃəri] n. 豪华（品）；奢侈（品）； a. 奢华的
differentiate	[difə'renʃieit] vi. (between) 区分，区别； vt. 区分，区别；使	meanwhile	[mi:nwaɪl] n. 其间，其时 ad. 同时，当时
		obstacle	['ɒbstəkl] n. 障碍，妨碍，干扰

谁还在背单词

阅读巧记大学英语四级全大纲词汇

overall	[əʊvər'ɔ:l] a. 总体的, 综合的; 全部的 ad. 总的来说 n. [pl.] 工装裤, 工作服	report	[ri'pɔ:t] n. 报告, 传说, 谣言, 声誉, 名声, 爆炸声 v. 报导, 汇报, 报到, 告发
personal	[pə:sənl] a. 个人的, 私人的; 亲自的; 针对个人的, 有关私人的, 涉及隐私的	reporter	[ri'pɔ:tə] n. 报告人, 通讯员; 记者, 报导者
prompt	[prɒmpt] vt. 促使, 推动; 提示 a. 敏捷的, 及时的 n. 提示	responsibility	[ri'spɒnsə'bɪləti] n. 责任, 责任心; 职责, 义务
recession	[ri'seʃən] n. 经济萧条时期; 撤回, 退回	saddle	['sædl] n. (马)鞍, 鞍状物; (自行车)车座 vt. 给……装鞍; 使承担任务
recruit	[ri'kru:t] v. 招募(新兵), 招收(新成员) n. 新兵, 新成员	scale	[skeil] n. 大小, 规模; 等级, 级别; [pl.] 天平, 磅秤; 比例(尺); 刻度, 标度; (鱼等的)鳞 vt. 攀登, 爬越
recruiter	[ri'kru:tə(r)] n. 征兵人员, 招聘人员	talent	['tælənt] n. 才能, 天资; 天才
release	[ri'li:s] vt. 释放, 排放; 解除, 解脱; 放开, 松开; 发布, 发行	temporarily	['tempərəri] ad. 临时
relevant	[ri'levənt] a. (to) 有关的, 相应的; 适当的, 中肯的; 实质性的, 有重大意义的	temporary	['tempərəri] a. 暂时的, 临时的
		vice	[vais] n. 邪恶, 坏事; 恶习; [pl.] 台钳, 老虎钳 a. 副的

真题句

When research is 78, the professor expects the student to take it actively and to complete it with 79 guidance.

78. A. collected B. distributed C. assigned D. finished
79. A. maximum B. minimum C. possible D. practical

答案: C B [1993年6月]

We need a chairman _____.

- A. for whom everyone has confidence B. in whom everyone has confidence
C. who everyone has confidence of D. whom everyone has confidence on

答案: B [1998年6月]

The 76 news is that there is growing agreement 77 what is wrong with the 78 of history and what needs to be 79 to fix it.

76. A. fine B. nice C. surprising D. good
77. A. to B. with C. on D. of
78. A. consulting B. coaching C. teaching D. instructing
79. A. done B. dealt C. met D. reached

答案: D C C A [2004年6月19日]

The greatest benefit brought about by the interstate system was _____.

答案: personal freedom of mobility [2006年6月]

Technology has changed the nature of the billboard business, making it a more effective medium than in the past. [08年6月]

Please come here at ten tomorrow morning _____ (如果你方便的话).

答案: if it is convenient for you / at your convenience [2007年6月]

2 20 Secrets to Prepare University and College Students for Landing the Best Graduate Job or Career

1. Get out of the library. You can have a degree and a huge GPA and not be ready for the workplace. A student should plan that college is four years of experience rather than 120 credits.
2. Start a business in your dorm room. It's cheap, Google and Yahoo are dying to buy your website, and it's better than washing dishes in the cafeteria. Note to those who play poker online until 4 a.m.: Gambling isn't a business. It's an addiction (瘾).
3. Don't take on debt that is too limiting. This is not a reference to online gambling, although it could be. This is about choosing a state school over a pricey private school. Almost everyone agrees you can get a great education at an inexpensive school. So in many cases the debt from a private school is more career-limiting than the lack of brand name on your **diploma**.
4. Get involved on **campus**. When it comes to career success, emotional **intelligence** — social skills to read and lead others — get you farther than knowledge or job **competence**.
5. Avoid **grad** school in the liberal arts. One in five English Phd's find **stable** university jobs, and the degree won't help outside the university: Schooling only gives you the **capacity** to stand behind a cash register.
6. Skip the law-school track. Lawyers are the most **depressed** of all professionals. Stress itself does not make a job bad. Not having control over one's work does make a bad job, though, and lawyers are always acting on behalf of someone else. Suicide is among the leading causes of **premature** death among lawyers.
7. Play a sport. People who play sports earn more money than **couch** potatoes, and women executives who played sports **attribute** much of their career success to their athletic experience. You don't need to be great at sports, you just need to be part of a team.
8. Separate your expectations from those of your parents. Otherwise you wake up and realize you're not living your own life.
9. Try new things that you're not good at. **Ditch** the superstar mentality that if you don't reach the top, president, A+, editor in chief, then the efforts were **worthless**. It's important to learn to enjoy things without getting recognition.
10. **Define** success for yourself. Society defines success very narrowly. Rather than defining success as financial gain or accolades (赞许), you should define it in terms of **individual** interests and personal happiness.
11. Make your job search a **priority**. Jobs do not fall in your lap, you have to **chase** them. Especially a good one. It's a job to look for a job. Use spreadsheets to track your progress. And plan early. Goldman Sachs, for example, starts its information sessions in September.

12. Take a course in happiness. Happiness study is revolutionizing how we think of **psychology**, economics, and sociology. How to be happy is a science that 150 schools teach. Preview: Learn to be more **optimistic**. This class will show you how.
13. Take an acting course. The best actors are actually being their most **authentic** selves, says Lindy Amos of communications coaching firm TAI Resources. Amos teaches executives to communicate authentically so that people will listen and feel connected. You need to learn to do this, too, and you may as well start in college.
14. Learn to give a compliment (赞美). The best compliments are specific, so "good job" is not good, writes Lisa Laskow Lahey, psychologist at Harvard and co-author of "How the Way We Talk Can Change the Way We Work". Practice on your professors. If you give a good compliment the recipient (接受者) will think you're smarter: Big payoff in college, but bigger payoff in the work world.
15. Use the career center. These people are experts at positioning you in the workforce and their only job is to get you a job. How can you not love this place? If you find yourself thinking the people at your college's career center are idiots, it's probably a sign that you really, really don't know what you're doing.
16. Develop a strong sense of self by dissing colleges that **reject** you. Happy people have "a more **durable** sense of self and aren't as buffeted (反复敲打) by outside events," writes Sonja Lyubomirsky of the University of California-Riverside. When bad things happen, don't take it personally. This is how the most successful business people **bounce** back quickly from **setback**.
17. Apply to Harvard as a **transfer** student. Sure people have wild success after going to an Ivy League school but this success is no more grand than that of the people who applied and got rejected. All people who apply to Ivy League schools seem to have similar high self-confidence and ambition, even if they don't get in, according to a study by Kreuger.
18. Get rid of your perfectionist **streak**. It is rewarded in college, but it leads to **insane** job stress and an inability to feel satisfied with your work. And for all of you still stuck on number 6, about ditching the law school applications: The *Utah Bar Journal* says that lawyers are disproportionately perfectionists.
19. Work your way though college. Getting involved in student organizations counts, and so does feeding children in Sierra Leone or sweeping floors in the chemistry building. Each experience you have can grow into something bigger.
20. Make to do lists. You can't achieve dreams if you don't have a plan to get there.

美国大学生找到最佳工作或职业的 20 个秘密

第一，走出图书馆。就算有了学位和很高的平均分（GPA），你也不见得就为工作做好了准备。你应该做出规划：大学是四年人生经验，不是120个学分。

第二，从宿舍开始做生意。这很便宜，雅虎和谷歌都会争先恐后地买你的网站，这比餐馆

里刷盘子好多了。至于那些在线玩扑克到凌晨的人，记住赌博不是生意，赌博是瘾。

第三，别为不值得的事情债务缠身。这里可不是指在线赌博，虽然在线赌博确实是不值得你债务缠身的事情。这里指的是相对于昂贵的私立大学来说，你应该选择一所州立大学。几乎所有人都同意在不那么贵的学校里也能受到优质的教育。所以从个人前途上看，无债一身轻比花钱买个名牌要有利得多。

第四，积极参加校园的活动。当论及职业成功，情商，也就是理解能力和领导他人的社会技能，比知识和工作能力对你更有帮助。

第五，不要读文科研究生。五分之一的英语博士能找到大学里的稳定工作，可是如若走出校门，这个学位就没有什么用处了。学校教育只能给你站在收银台后面的能力。

第六，别上法学院。律师是所有职业人士中最压抑的。压力大不代表工作就不好。但是无法控制的工作总不是份好工作。而总是代表别人去争利的律师总是身不由己的。自杀是律师中第一号非正常死亡的原因。

第七，参加体育运动。经常参加体育运动的人会比天天看电视的人收入要高，而很多曾经从事过体育运动的女性主管都将她们事业上的成功归功于其体育经验。你不必是体育健将，只要成为团队的一员就可以了。

第八，别按着父母的期待生活。否则你醒来后会发现你过的不是自己的日子。

第九，干一些你并不擅长的新事物。抛掉那种一定要当超级明星的心态，不要认为你不是拔尖的，不是主席，没得A+，没当主编，那么你所付出的就是无用功。一定要学着不为了得到认可而去享受事情。

第十，给自己定义成功。社会对于成功的定义非常狭隘。我们应该以自己的利益和幸福来定义成功，而不是仅仅将成功看做经济获益或者他人赞扬。

第十一，将找工作作为优先目标。工作不会从天上掉下来，你必须得去追着它们，好工作更是如此。找工作本身就是一项工作。用空白表格记录下自己的进展。要早作计划。比如高盛公司的信息通报会就是从九月份开始的。

第十二，选修关于“幸福”的课程。学习幸福可以完全改变我们对于心理学、经济学和社会学的看法。有150所学校开设关于幸福的课程。先来预习一下：要变得更加乐观。这门课程可以教你。

第十三，选修一门表演课。最好的演员实际上就是做最真实的自己，交流培训公司TAI Resources的林迪·阿莫斯这样说。阿莫斯教主管们要真诚地去交流，这样人们才会倾听，感觉到心与心之间的连接。你也需要学会这一点，而且最好是从大学阶段开始。

第十四，学会赞美别人。哈佛大学心理学家，《交谈方式可以改变工作方式》一书的作者之一丽莎·拉斯科·莱希说，赞美最好是具体的，所以“干得不错”并不是一句很好的赞美用语。在你的教授身上试一下。要是你赞扬得当，被赞扬者就会觉得你很聪明：校园里受益，工作环境里更是受益。

第十五，利用就业中心。在帮助你定位自己在劳动力市场的位置这一点上，这些人都是专家。他们唯一的工作就是给你找份工作。你怎么能不喜欢这地方呢？要是你觉得自己大学里就业服务中心的人都是傻子，那也许是标志着你真的、真的不知道自己在干什么。

第十六，建立起自我的强大意识，别理会拒了自己的学校。加利福尼亚大学河滨分校的索尼娅·柳博米尔斯基写道，幸福的人都有“一种较为坚定的自我意识，不会为外界所挫败”。如果有什么不好的事情发生，别当做是针对自己的。大多数成功的商界人士就是这样在挫折后迅速恢复的。

第十七，以转校生的身份申请哈佛。常春藤名校毕业无疑会取得巨大的成功，但是那些申请后被拒的学生也不差。克罗伊格发表的一项研究表明，所有申请常春藤名校的人都有同样的很大的自信和野心，即使不能入校就读也是如此。

第十八，放弃完美主义者的倾向。追求完美在大学里可能会让你受益良多，但是到了工作之中，它就会让你承受巨大的工作压力，也永远不会对自己的工作满足。要是你一直对第六条让你放弃申请法学院的建议耿耿于怀的话，就看看这条：《犹他法庭期刊》中说律师中有很高比例都是完美主义者。

第十九，边打工边读完大学。加入学生组织算，喂养塞拉利昂的孩子也算，清扫化学大楼的地板也算。通过这些经历，你可以塑造更强大的自我。

第二十，列出做事清单。没有计划你就不能实现自己的梦想。

attribute	[ə'tribju:t] vt. (to) 把……归因于，把（过错、责任等）归咎于 n. 属性，特性		
authentic	[ɔ:'θentik] a. 真的，真正的；可靠的，可信的		
bounce	[bauns] v. (使) 弹起，(使) 反弹，(使) 颠跳 n. 弹，反弹		
campus	[kæmpəs] n. 校园，学校场地		
capacity	[kə'pæsəti] n. 容量，容积；能量，能力；接受力		
chase	[tʃeis] n. / vt. 追逐，追捕，追求		
competence	[kəm'pitəns] n. 能力，胜任，称职		
couch	[kaʊtʃ] n. 长沙发；(病人受检查时躺的) 长榻 vt. 表达		
define	[di'fain] vt. 给……下定义，解释；限定，规定		
depressed	[di'prest] a. 消沉的；凹陷的		
diploma	[di'pləʊmə] n. 毕业文凭(或证书)；资格证书		
ditch	[ditʃ] vt. 抛弃；摆脱； n. 沟，沟渠，壕沟		
durable	['djʊərəbl] a. 耐用的，持久的		
expectation	[ekspek'teɪʃən] n. 期待，预期； [pl.] 前程，成功的前景		
gamble	['gæmbəl] n. 赌博，打赌；投机，冒险 v. 赌博，打赌；投机，冒险		
grad	[græd] n. 毕业生，校友		
graduate	['grædjueɪt] n. 毕业生，获(学士)学位者 v. (使)(大学)毕业；获学位 a. 毕了业的，研究生的		
individual	['ɪndɪ'vɪdʒuəl] a. 个别的，单独的，个人的；(to, for) 独特的 n.		
		个人，个体	
		insane	[ɪn'seɪn] a. (患) 精神病的，精神失常的；疯狂的；蠢极的，荒唐的
		intelligence	[ɪn'telɪdʒəns] n. 智力，聪明；理解力；情报，消息，报导
		involve	[ɪn'vɒlv] v. 卷入，陷入，连累；包含，含有，涉及
		optimistic	[ɒptɪ'mɪstɪk] a. 乐观(主义)的
		premature	[.pri:mə'tʃʊə,premə'tʃʊə] a. 比预期(或正常)时间早的；(做法等)不成熟的，仓促的
		priority	[praɪ'ɔrɪti] n. 优先(权)，重点；优先考虑的事
		psychology	[saɪ'kɒlədʒɪ] n. 心理学，心理状态
		reject	[rɪ'dʒekt] v. 拒绝，抵制，驳回；丢弃；排斥，退掉
		session	['seʃən] n. 会议，一届会期；(从事某项活动的)集会(或一段时间)
		setback	['setbæk] n. 倒退，挫折，退步，失败
		stable	['steɪbl] a. 稳定的，稳固的；沉稳的 n. 马厩，马棚
		streak	[stri:k] n. 条纹，条痕；个性特征；一阵子，一连串 vt. 在……上加条纹； vi. 飞驰，疾驰
		transfer	['trænsfə:] vt. 搬，转移；调动，转学；转让，过户 vi. 迁移，转移；调动，转学，转车，换乘 n. 转移，调动；转车，换乘
		worthless	['wɜ:θlɪs] a. 无价值的，没有用处的