



普通高等教育“十一五”国家级规划教材

总主编 翟象俊 余建中 陈永捷



复旦卓越·英语系列

# 21st Century Practical College English

## 21世纪

## 用英语

本册主编 ■ 翟象俊·余建中·

### 全新版

## 综合教程

### STUDENTS' BOOK

# 1



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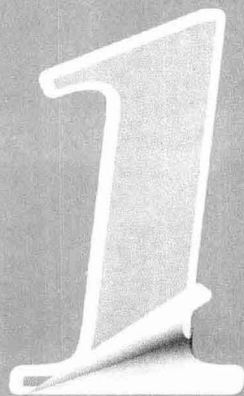
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## 内容提要

《21 世纪大学实用英语》(全新版)系列教材根据教育部颁发的最新《高职高专教育英语课程教学基本要求》以及我国高职高专人才培养特点和教学改革的最新成果编写而成,突出教学内容的实用性和针对性,将语言基础能力的培养与实际涉外交际能力的训练有机地结合起来,以满足 21 世纪全球化社会经济发展对高职高专人才的要求。

本系列核心教材包括《综合教程》、《综合练习》、《教学参考书》(每一种分为 1-3 册)及配套的 MP3 光盘、音带、多媒体课件、电子教案、网络课程等。本套教材供高职高专院校普通英语教学使用。

本书为《综合教程》第 1 册,共 8 个单元,每个单元由听、读、说、译和写以及轻松时刻等 5 个部分组成。听 (Listening) 和说 (Speaking) 部分围绕每单元的主题,并结合高职高专学生学习生活和毕业后工作实际需要,进行听力与口语方面的专门训练。阅读板块包括 Text A (精读)、Text B (泛读) 和 Practical Reading (实用阅读),并配有相应的练习。译 (Translation) 和写 (Practical Writing) 部分根据高职高专教育的特点,提供以提高职业技能和素质为目标的实用训练。本书最后还附有 Grammar Review 及相关练习,帮助学生复习和巩固语法知识。

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# 前言

复旦大学出版社于2006年推出的普通高等教育“十一五”国家级规划教材《21世纪大学实用英语》，经过几百所高等院校实际使用后，得到了广泛的认可。该教材还获得了上海普通高校优秀教材一等奖。

然而随着时间的推移，许多学校期待我们根据国内高职高专英语教学的发展情况，编写一套满足国内师生最新要求的大学英语教材。因此，我们原《21世纪大学实用英语》的主要编写人员和一些高校的大学英语教材编写新秀组成了一支更富经验、更加务实的编写队伍，根据教育部颁布的最新《高职高专教育英语课程教学基本要求》以及我国高职高专人才培养特点和教学改革的最新成果，并结合自己的教学理念和经验，全力以赴，精心编写了这套全新版的《21世纪大学实用英语》。

我们认为，一般而言，编写大学英语教材应当遵循以下原则。


首先，教材应该对使用者具有吸引力。教材的框架设计、选材、版面等应该让使用者耳目一新，乐于接受。其次，一套好教材应该具有“四性”，即有效性、适用性、实用性和灵活性。有效性意味着教材内容及训练方法必须满足教学要求并且实现编者预定的各级教学目标。跟有效性紧密相关的是教材的适用性。由于学生的英语基础存在差异，学习习惯也各有不同，教材编写者应该充分考虑中国学生的特点，吸收国内外英语教材的优点，着眼于特定群体的总体需求，编写出适合他们使用的教材。在确保有效性和适用性的前提下，高职高专英语教材必须讲究实用性，学以致用。在教材编写的过程中，编写者必须考虑教材内容是否对学生真正有用，对他们今后的工作和生活有多大帮助。教材的灵活性则是指整套教材给使用者留出灵活处理各项内容的余地。另外，一套完整的好教材还必须给予教师切实的教学帮助。

在本教材的编写过程中，我们除了遵循上述编写原则外，还在以下各方面作了特别的努力。

1. 选材。本教材的主要编写人员一贯认为，选材是一套教材成功与否的关键。因此，我们坚持以实用性、趣味性、信息性、可思性和前瞻性为标准，从英美国家的报刊和教学文库中精心挑选难易适中的素材作为本教材的课文和其他内容。

2. 教材结构。《21世纪大学实用英语》(全新版)核心教材包括《综合教程》、《综合练习》和《教学参考书》(1—3册)，另外还有“21世纪大学实用行业英语”和“21世纪大学实用实训英语”两个子系列。

核心教材着眼于循序渐进地培养学生的英语基本能力和实用技能。第一、二册在强调实用性的同时，更加注重提高学生的英语基本能力，第三册则更多地关注学生职场英语运用能力的培养。《综合教程》各单元由听、读、说、译和写以及轻松时刻等5个部分组成。《综合练习》则由视听练习、课文练习和高等学校英语应用能力考试



(PRETCO)练习组成。在编写过程中,我们力图使《综合教程》和《综合练习》各有侧重,但相互间又紧密配合,形成一个有机的整体。

作为核心教材的拓展,“21世纪大学实用行业英语”和“21世纪大学实用实训英语”两个子系列旨在为学生提供更为直接和深入的训练,让学生根据自己的职业规划和未来工作岗位的实际需求,有的放矢地培养在各种职场中运用英语的能力,提高自己的竞争力,为未来的职业发展打下良好的基础。

3. 注解和练习用语。由于本系列核心教材的起点词汇量为1 000词,我们在编写过程中,通过计算机筛选,严格控制注解和练习用词,原则上在学生已学的词汇量内做文章。为了让注解和练习用词更加规范、贴切,并且围绕课文主题展开,我们对所有的注解和练习都字斟句酌,并经过外籍专家严格把关。

4. 以人为本。在教材编写的各个环节,我们都从使用者的角度来考虑问题。首先,学生是使用本教材的主体,我们的选材和练习都应以学生为中心来展开。比如,在选材过程中,决定材料取舍前先征求部分学生的意见,在确定练习形式前,尽量考虑学生的喜欢程度等。另外,为了给教师提供更加实用的帮助,本教材的《教学参考书》尽可能详尽地考虑了教学过程中的方方面面,并且按照《综合教程》的先后次序列出了教学要点。

总之,《21世纪大学实用英语》(全新版)吸取了现行国内外同类教材的优点,以我国高职高专人才培养特点和教学改革的成果为依据,将语言基础能力与实际涉外交际能力的培养有机地结合起来,以满足21世纪全球化社会经济发展对人才的要求。

具体说来,本套教材具有下列特点。

1. 注重培养听说能力。本教材根据相关课程体系改革的要求,与时俱进,以“听、说”为重点,将听、说题材与课文主题保持一致,把听、说、读、写、译的技能训练有机地结合起来,使学生的听、说训练贯穿于课程教学的始终。

2. 强调培养职业技能和素质。根据高校毕业生求职及工作岗位上的实际需求,本教材通过核心加拓展的方式,提供了相关的实用训练,力求使学生通过切合实际的学习过程打下一定的基础,在今后的日常或涉外工作时能更加熟练地掌握和使用英语。

3. 将“教、学、练、考”融为一体。除了与课文内容相关的练习外,本教材还配有专门针对高等学校英语应用能力考试(PRETCO)的习题和题解,以期让学生在巩固所学内容的同时,能够适应各种英语能力考试。

4. 拓展教学时空,实现教材的立体化。本教材不仅选材广泛,注重“跨文化”知识的教学,还充分利用现代科技的力量,将纸质教材和音带、MP3光盘、多媒体助学课件、电子教案及网络课程等相互配套,让使用者充分利用现代教学手段,立体、互动地引导学生开发各种学习潜能。

《21世纪大学实用英语》(全新版)核心教材由复旦大学、上海交通大学的翟象俊、余建中、陈永捷、梁正溜等教授主编。上海和全国各地多所高等院校的资深专家共同参加了全套教材的编写工作。

编者

2011年3月

# 使用说明

本书为《21世纪大学实用英语》(全新版)《综合教程》第1册。全书共8个单元,供一学期使用。

每一单元包括听(Listening)、读(Reading)、说(Speaking)、译与写(Translation and Writing)及轻松时刻(Time to Relax)5个部分。

第一部分听力含一段短篇讲话和一短一长两篇会话。短篇讲话起到导入并简介单元内容的双重作用。短篇会话一般较为简单,内容围绕单元主题展开。长篇会话与短篇会话相互照应,并进一步扩展短篇会话的内容。



无论是短篇讲话还是两篇会话,学生在听之前都应该先熟悉相关词库(Useful Language)中的生词或词组。短篇讲话共有两个练习,第一个练习旨在帮助学生从总体上把握讲话的内容,第二个练习则帮助学生听懂讲话细节。短篇会话也有两个练习,设计角度同短篇讲话,即前主旨,后细节。长篇会话后共有5个多项选择题,包含了主旨、细节、推断等各种内容。

第二部分阅读含Text A、Text B和Practical Reading三项内容。

**Text A**后面的练习比较丰富,包括Reading Aloud, Understanding the Text, Vocabulary & Structure等。Reading Aloud练习选用的段落,一般都是课文中比较精彩的部分,教师应当要求学生熟读。Understanding the Text练习一般分为三个部分,先是从总体上对课文进行阅读分析,然后就课文的难点和重点通过多项选择题的形式进行提问,最后对一些重要问题进行讨论。教师可以在讲解课文前后根据学生的预习情况让学生当场完成分析任务。当然,教师也可以把本练习作为回家作业,让学生课后完成。Vocabulary练习主要针对课文中出现的常用词和词组,帮助学生掌握它们的用法。教学要求以外的词和词组一般不出现在这一练习中。Structure通常选用课文中最为有用的英语句子结构或表达方式。教师应该在课堂上通过诸如句型转换、完成句子、翻译、造句等形式,让学生切实学会使用它们。

**Text B**后面的练习相对较为简单,包括Comprehension of the Text, Vocabulary, Effective Use of Language等。Comprehension of the Text练习以多项选择题的形式





出现。Vocabulary 练习中包含了 Text B 中出现的有用单词和词组。Effective Use of Language 则列出课文（包括 Text A 和 Text B）中的精彩语句或语言现象，配合一定数量的练习，让学生了解并掌握这些语句或语言现象。

**Practical Reading** 以英美国家常见的应用或实用文本为阅读材料，借助文本右栏的注释，学生应该能够自行读懂文本内容。阅读材料后的练习相对较为简单，可以留作学生的回家作业。

第三部分包含 **Dialogue**（对话）和 **Monologue**（单人演讲）两个部分。无论是对话还是单人演讲，教师都应要求学生学会使用已学的单词、词组或句子结构来表达意思和观点。一般而言，对话可由学生分组后集体完成，单人演讲则可让学生课后准备，然后在课堂上单独完成。

第四部分包括 Translation 和 Practical Writing 两项内容。**Translation** 又分为汉译英和英译汉两个部分。汉译英练习一共 8 句，主要目的是让学生将课文中的词语和表达方式准确地应用到句子中去。英译汉练习部分则主要操练英译汉的一些最基本技能，帮助学生逐步提高常用翻译技能。翻译部分的练习一般可以作为学生的回家作业。**Practical Writing** 是根据学生今后工作需要而编写的实用写作训练，内容较多，其中的大部分练习应该由学生在课后完成。教师除了定期抽查学生的写作练习外，还应该在课堂上多讲一些范文或实例，以帮助学生学习写作要点。

第五部分 **Time to Relax**（轻松一刻）以歌曲为主，内容一般都和单元主题有一定的关联。学生通过聆听优美、有趣的歌曲，既可放松身心，又可学习一些有用的英语词语和表达方式。

最后，本书还附有 **Grammar Review** 及相关练习，帮助学生复习和巩固语法知识。

一般来说，课堂上处理本书一个单元应花 8 节课时间，具体做法可参见教师用书的相关部分。

编者

2011 年 3 月

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# UNIT 1

## Freshmen

### Highlights

- Part I** Listening
- Part II** Reading
  - Text A: *College Survival: Our Tips for Success*
  - Text B: *My College Move*
  - Practical Reading: *A College Calender*
- Part III** Speaking
- Part IV** Translation & Writing (*Registration Forms*)
- Part V** Time to Relax

### Part I Listening

**1** Listen to the following short talk and then fill in the blanks in the sentences afterwards with two or three words. Getting to know the useful language below first might be helpful.

#### Useful Language

including /ɪn'klu:dɪŋ/ <i>prep.</i>	包括
business /'bɪznɪs/ <i>n.</i>	商业
course /kɔ:s/ <i>n.</i>	课程
career /kə'riə/ <i>n.</i>	职业, 生涯
lifetime /'laɪftaɪm/ <i>n.</i>	一生, 终身
succeed /sək'si:d/ <i>vi.</i>	成功
throughout /θru:(:)'aʊt/ <i>prep.</i>	贯穿
content /'kɒntent/ <i>n.</i>	内容

- 1) From the way the speaker talks, he must be someone working \_\_\_\_\_.
- 2) The speaker is telling new students that college is different from \_\_\_\_\_.
- 3) New college students will know how to \_\_\_\_\_ after studying Unit One.

**2** Listen to the short talk again and fill in the blanks below with the missing words.

Hello, welcome to college!

In high school, you learned 1) \_\_\_\_\_, including reading, writing, math and computer. For the most part, you and your classmates studied 2) \_\_\_\_\_.

This will change now 3) \_\_\_\_\_ college gives you many choices. 4) \_\_\_\_\_ such as how to write business letters or 5) \_\_\_\_\_ repair computers. You can also choose certain courses just because they're fun, different, 6) \_\_\_\_\_.

College can prepare you for your chosen career. It also prepares you for a lifetime of 7) \_\_\_\_\_ in school, at work or out in the world. 8) \_\_\_\_\_, the most important skill you can learn in college is how to learn. If you have this skill, you can 9) \_\_\_\_\_ throughout life.

The content of this unit will tell you 10) \_\_\_\_\_ at college and succeed as a freshman.

**3** In the upcoming conversation, Betty Li is a freshman. She has just met some other freshmen, John Wang and Carol Liu. Listen to their conversation(会话) and afterwards identify the names of the three speakers.

### Useful Language

department /di'pɑ:tmənt/ n.	系
hotel management	酒店管理

Speaker 1: \_\_\_\_\_  
 Speaker 2: \_\_\_\_\_  
 Speaker 3: \_\_\_\_\_

**4** Listen to the conversation again and then answer the following questions.

1) Where is Betty from?

\_\_\_\_\_

2) Who comes from the same place as Betty?

\_\_\_\_\_

3) Where is John from?

\_\_\_\_\_

4) Which department is John in?

\_\_\_\_\_

5) Which department is Betty in?

\_\_\_\_\_

**5** Betty's cousin George Yang is a second-year student in the same college. As a freshman, Betty has a lot of questions to ask her cousin. Listen to the following conversation twice and then answer the multiple choice questions after it.

*Useful Language*

tip /tɪp/ *n.*

指点, 提示

advice /əd'vaɪs/ *n.*

忠告

environment /ɪn'vaɪəərənmənt/ *n.*

环境

dorm /dɔ:m/ *n.*

宿舍

1) What is the first question that Betty asks in this conversation?

- A) How are you?
- B) Do you have any tips for my first weeks in college?
- C) How are your classes going?
- D) What do I see at this college?

2) What is George's answer to Betty's first question?

- A) I'm fine. Thank you.
- B) Just make friends with other people.
- C) College is a new environment.
- D) Well, I don't have any.

3) What is the most important thing that George has learned from this college?

- A) How to learn.
- B) How to make friends.
- C) How to change other people.
- D) How to take care of himself.

4) How many hours a day does George spend every day studying in college?

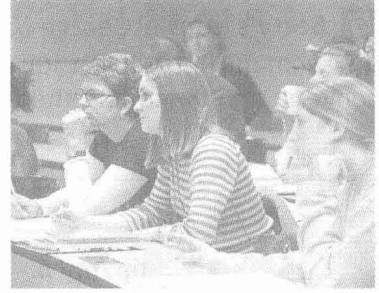
- A) 6 hours.
- B) 7 hours.
- C) No more than 8 hours.
- D) 8 or more hours.

5) What does George think of living in the dorm?

- A) There is nothing bad about it.
- B) It's the best place he can find to live in.
- C) The rooms are too small.
- D) It's the same as living at home.

## Part II Reading

### ▶▶▶ Text A



## College Survival: Our Tips for Success

*Nikea D. Wortham*

If you are a new college student, the following tips can help you achieve a strong start this year. Remember that school is important, as is the knowledge you take away from it, so take your education seriously and you should be successful at whatever you do.

### Study Tips

2 Study with friends. It is a good idea to study with your classmates or students from other classes. They may see new ways to attack problems, and they might be easier to understand than your professors. 5

3 Take advantage of college resources. Use what your college has to offer, such as its library; usually it's more helpful than regular public libraries. 10

4 Learn from failure. Nobody can excel in everything all of the time. Don't be so hard on yourself and try to learn from mistakes and move on.

5 Don't miss your class. If you don't go to class, you may miss valuable information that can only be found in the classroom. Not going to class will also tell the professor that you are not serious about your education. 15

6 Don't read on your bed. We all know what's likely to happen. Reading on one's bed often leads to a three-hour nap (if not a full night's sleep).

7 Don't put off term papers till the last couple of days. The things you got away with in high school aren't going to work in college. You can't fall behind and expect to catch up. 20



## Stress Reduction

8 Use lists. Making to-do lists can help you organize what needs to be done. When you finish something, cross it off the list.

25 9 Treat yourself right. If you are sleepy, go to sleep. If you are hungry, eat. Listen to your body when it is telling you something. Stay away from excess caffeine and junk food and never be afraid to take that extra five or ten minutes to just rest or take a quick nap. This will allow your brain to work better afterwards.

30 10 Don't be afraid to have fun. After you have had a long day of study, you need some fun to help reduce the stress. Enjoy your fun time and don't bring your work into it.

## College Knowledge

11 A different ball game. College is such a change from high school. Your classes will be at all different times of the day, as will your club meetings.

35 12 A new environment. It's okay to be nervous when first stepping on campus; everyone usually is. You need to be open to new people and new experiences. Don't be afraid to introduce yourself and get to know people. You might find a really good friend here. It's fine to have some fun here and there, but understand that you are always responsible for your own actions.

(454 words)

## New Words

survival /sə'vaɪvəl/ *n.*

tip /tɪp/ *n.*

success /sək'ses/ *n.*

achieve /ə'tʃi:v/ *vt.*

knowledge /'nɒlɪdʒ/ *n.*

education /,edʒu(:)'keɪʃən/ *n.*

seriously /'sɪəriəsli/ *ad.*

successful /sək'sesfəl/ *a.*

whatever /hwɒt'evə/ *pron.*

attack /ə'tæk/ *vt.*

professor /prə'fesə/ *n.*

advantage /əd'vɑ:ntɪdʒ/ *n.*

staying alive 生存

a helpful piece of advice 指点, 提示

the achievement of sth. that you want 成功

succeed in doing (sth.) 获得, 完成

all that is known or can be learned 知识

the process of teaching and learning 教育

in a way that shows that you think sth. is important 认真地

achieving the result that you want 成功的

anything that 任何事物

begin to do (sth.) in a determined and eager way 着手解决

a teacher of the highest rank in a college or university 教授

sth. that makes a person more likely to succeed than

resource /rɪ'sɔ:s/ *n.*

helpful /'helpfʊl/ *a.*

regular /'regjʊlə/ *a.*

public /'pʌblɪk/ *a.*

failure /'feɪljə/ *n.*

excel /ɪk'sel/ *vi.*

miss /mɪs/ *vt.*

information /,ɪnfə'meɪʃən/ *n.*

likely /'laɪklɪ/ *a.*

nap /næp/ *n.*

couple /kʌpl/ *n.*

expect /ɪk'spekt/ *vt.*

stress /stres/ *n.*

reduction /rɪ'dʌkʃən/ *n.*

organize /'ɔ:gənaɪz/ *vt.*

treat /tri:t/ *vt.*

sleepy /'sli:pɪ/ *a.*

excess /ɪk'ses, 'ekses/ *a.*

caffeine /'kæfi:n/ *n.*

junk food /dʒʌŋk fu:d/

extra /'ekstrə/ *a.*

minute /'mɪnɪt/ *n.*

allow /ə'laʊ/ *vt.*

brain /breɪn/ *n.*

afterwards /'ɑ:ftəwədz/ *ad.*

reduce /rɪ'dju:s/ *vt.*

bring /brɪŋ/ *vt.*

club /klʌb/ *n.*

environment /ɪn'vaɪərənmənt/ *n.*

nervous /'nɜ:vəs/ *a.*

others 有利条件

things that can be used to help you achieve sth. 资源

giving help, useful 有用的

ordinary, usual 普通的

for everyone 公共的

lack of success 失败

be very good at doing sth. 擅长

fail to hit, catch, etc.; fail to hear, see or notice;

fail to go to 未击中; 未抓住; 未听到; 未看到; 未

注意到; 未去; 错过

facts or details about sb./sth. 信息

probable 可能的

a short sleep esp. during the day (尤指白天的)小睡, 瞌睡

a small number of people or things 几个, 几件

believe that sth. will happen and wait for it 期待

feelings of worry about your work or personal life

精神压力; 紧张

an act of making sth. less or smaller 减少, 缩小

put into order 统筹, 使...有条理

act or behave toward 对待

needing sleep 困倦的

more than what is needed 过多的

咖啡因

food that is not healthy because it contains a lot of fat, salt, and sugar 垃圾食品

more than what is usual 额外的

a period of 60 seconds 分钟

let do or happen 容许

大脑

at a later time 以后, 后来

make smaller in size, amount, or number 减少, 缩小

take with oneself 带, 携带

a group of people who share a common interest 俱乐部, 社团

the people and things that are around you 环境

feeling worried or afraid 紧张的, 不安的





campus /'kæmpəs/ <i>n.</i>	the grounds of a college or a school 校园
everyone /'evriwʌn/ <i>pron.</i>	every person 每人, 人人
experience /ɪk'spɪəriəns/ <i>n.</i>	sth. that happens to you 经历
introduce /,ɪntrə'dju:s/ <i>vt.</i>	make known by name 介绍
responsible /rɪ'spɒnsəbl/ <i>a.</i>	having the duty to do sth. and may be blamed if it goes wrong 需承担责任的
action /'ækʃən/ <i>n.</i>	sth. done 所做的事情, 行为

## Phrases and Expressions

take advantage of	use (a situation or opportunity) to get what you want 利用
be hard on	be too strict or unkind to 对...严厉 (或苛刻) 的
move on	continue with your life after sth. has happened 继续前进
lead to	result in 导致
put off	hold back to a later time 推迟, 推延
get away with	do (sth. bad or wrong) without being caught or punished 做 (了坏事或错事) 而未被发现 (或未受惩罚)
fall behind	go slower than others and be far behind them 落后; 落在后面
catch up	go fast enough or do enough so as not to be behind 赶上, 追上
cross off	draw a line through one or more things on a list (从名单上) 划掉
be open to	be willing to take or consider 乐于接受; 愿意考虑
here and there	from time to time; in one place and another 有时, 不时; 散落各处地

## Proper Name

Nikea D. Wortham /'ni:ki di: 'wɜ:θəm/ 尼基·D·沃瑟姆

## Notes on the Text

- 1) College Survival: Our Tips for Success: 在大学里生存: 成功小贴士。作为名词, tip 可以有“小费、内部消息、有帮助的提示”等多种定义, 此处作“指点”或“提示”解。
- 2) Remember that school is important, as is the knowledge you take away from it... 记住, 学校跟你从其中获得的知识一样重要……句中as是连接词, 表示其后的人或事情跟上文所述的某人或某事相同。课文中类似的句子还有: Your classes will be