

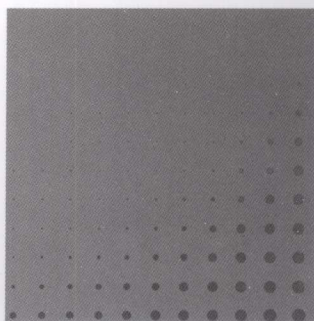
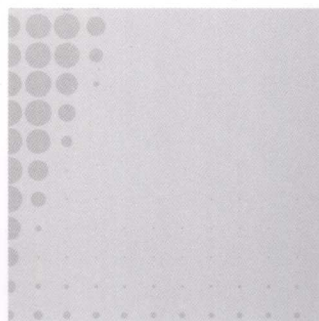
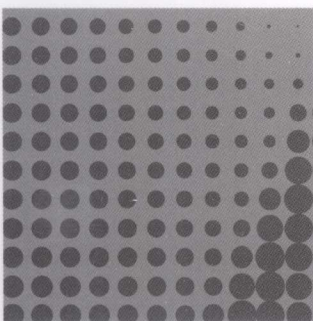
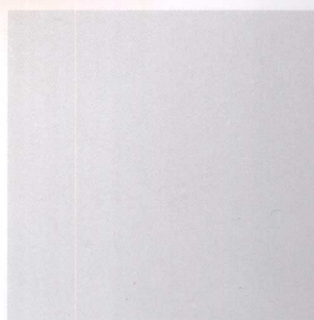
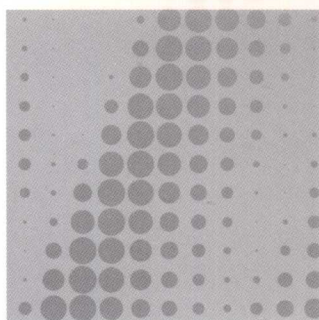
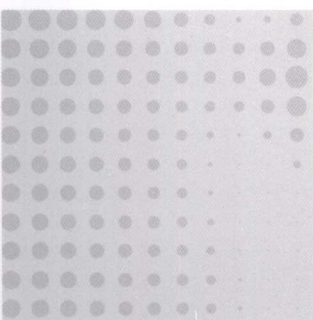
大学英语教程

快速阅读

1

总主编：刘明东

本册主编：潘洞庭



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1

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前言

培根曾经说过：“阅读使人充实，会谈使人敏捷，写作与笔记使人精确。”听、说、读、写四大技能在人的一生中都扮演着重要的角色，在学习语言的过程中更是如此。根据《大学英语课程教学要求》，大学生应该“能借助词典阅读本专业的英语教材和题材熟悉的英文报刊文章，掌握中心大意，理解主要事实和有关细节。”如何在阅读英语篇章时快速准确地获取所需信息，如何提高英语篇章的理解能力是大学生们一直关注的问题。着眼大学生英语阅读的现状，我们编写了本教程。

本教程共有 1—4 册，每册分 15 个单元，每单元含 Text A, Text B, Text C 共三篇快速阅读材料及习题，每篇材料词数基本控制在 700—1200 词。所选材料内容新颖、题材广泛、体裁多样、难度适中（对可能影响理解的难度较大的词汇进行了中文释义）。所编题型与大学英语四级考试快速阅读部分题型要求一致，难度相当，遵循了“考核学生通过快速阅读获取文章主旨大意或中心思想的能力”和“考核学生利用各种提示，如数字、大写单词、段首或句首词等快速查找特定信息的能力”两大原则。Text A 可供教师在课堂组织学生限时阅读，Text B 和 Text C 可供学生用来课后同步训练。书末附有各单元课文中关键文化信息的相关背景知识注解及习题答案。

本书在编写过程中参考了大量的国内外相关文献资料，特向有关作者致以诚挚的谢意。

编 者

2009 年 3 月于长沙

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Unit 1

Text A

Directions: In this part, you are required to go over the passage quickly within the given time and answer the questions that follow.

For questions 1-7, mark

Y (for YES) if the statement agrees with the information given in the passage;

N (for NO) if the statement contradicts the information given in the passage;

NG (for NOT GIVEN) if the information is not given in the passage.

For questions 8-10, complete the sentences with the information given in the passage.

George's Secrets for Long Life

(单词数: 877 词 建议阅读时间: 12 分钟)

People keep asking me, "George, you're 88, how do you do it? You make films, you do television, you give concerts, you record albums, smoke cigars, drink Martinis—how do you do it?"

It's simple. For instance, a Martini. You fill the glass with ice; then pour in some *gin* (杜松子酒) and a touch of dry *vermouth* (苦艾酒), add an olive, and you've got yourself a Martini.

Today you don't have to worry about getting old; you have to worry about rusting. So I also do exercises and walk a lot. Walking is even easier than making a Martini. I take one foot and put it in front of the other foot; then I take the other foot and put it in front of the other foot, and before I know it I'm walking. And you don't even need an olive. Every morning I walk a mile and a half. My advice is to walk whenever you can. It's free; you feel better and look trim.

If you want to live to be 100 or older, you can't just sit around waiting for it to happen. You have to get up and go after it.

There's no point in kidding yourself. When you get older, you slow down, you wear out a little. But right now I'm 88, and there isn't a thing I can't do today that I couldn't do when I was 18. Of course, I was *pathetic* (可怜的) when I was 18. I wasn't so hot when I was 25 either. I saved everything for now. I hate to *brag* (自夸, 吹牛). But I'm very good at "now". Here are my other secrets for long life.

Think positive. If you ask me what is the single most important key to *longevity* (长寿), I would have to say it's avoiding worry, stress and tension. And if you didn't ask me, I'd still have to say it. Worry, stress and tension are not only unpleasant but can shorten your life.

My attitude is, if something is beyond your control, there's no point worrying about it. And if you can do something about it, then there's still nothing to worry about. I feel that way when the plane I'm on is bouncing around in *turbulence* (湍流). It's not my problem. The pilot gets a lot of

money to fly that plane; let him worry about it.

I can honestly say that I was not even *uptight* (精神紧张的) about my *heart bypass* (心脏搭桥手术) several years ago. It was beyond my control. It was the doctor's business. When I came round from the *anaesthetic* (麻醉), I heard the surgeon say, "George, you did great. You're just fine." I said, "Doctor, I wasn't the least bit concerned." "Really?" he said. "I was a nervous wreck." Even that didn't bother me. Then he handed me his bill and I passed out.

Stay active. I know that for some people retirement works out fine. They enjoy it. I also know that for a great many others it presents lots of problems. To me the biggest danger of retirement is what it can do to your attitude. When you have all that time on your hands, you think old, you act old. It's a mistake, I see people who, the minute they get to be 65, start *rehearsing* (预演) to be old. They practice *grunting* (牢骚) when they get up, and by the time they get to be 70 they've made it—they're a hit—they're now old! Not me. When you're around my age you've got to keep occupied. You've got to do something that will get you out of bed—like an interest, a hobby, a business.

Challenge yourself. When my wife Gracie retired, I could have retired too. Even today I don't have to do what I'm doing. I don't have to travel around giving concerts, making movies, doing television specials, recording country-music albums. I firmly believe that you should keep working as long as you can. And if you can't, try to find something that will interest you. Don't wait for it to happen; make it happen. Remember, you can't help getting older, but you don't have to get old. I look to the future because that's where I'm going to spend the rest of my life.

I feel sorry for people who live in the past. I don't live in the past. I live in a house in Beverly Hills. It's more comfortable. There's an old saying, "Life begins at 40." That's silly—life begins every morning when you wake up. Open your mind to it; don't just sit here—do things. Swim the English Channel; find a cure for the common cold; be the first to go over the Niagara Falls in a rocking chair. You see, the possibilities are endless.

If all else falls, try doing something nice for somebody who doesn't expect it. You'll be surprised how good you feel. Many a time I've helped a young lady across the street and over to my place. You should see all my badges. The point is, with a good positive attitude and a little bit of luck, there's no reason you can't live to be 100. Once you've done that you've really got it made, because very few people die over 100.

- () 1. This passage mainly tells about how to live a long life.
- () 2. According to George, people don't have to worry about getting old.
- () 3. If you want to live to be 100 or older, what you have to do is to sit around waiting for it to happen.
- () 4. As he is 88 years old now, George is too old to do things that he couldn't do when he was 18.
- () 5. When something is out of control, most people do not think positive but worry about it.
- () 6. To George, the biggest danger of retirement is the reduction of salary.

- () 7. George firmly believes that people should keep working as long as they can.
8. The writer suggests that the most important key to longevity is _____.
9. For some people retirement works out fine, but for many others it presents _____.
10. Not agreeing to the old saying "Life begins at 40", George believes life begins _____.

(实际阅读时间: _____分钟 正确率 _____%)

Text B

Directions: In this part, you are required to go over the passage quickly within the given time and answer the questions that follow. For questions 1-7, choose the best answer from the four choices marked A, B, C and D. For questions 8-10, complete the sentences with the information given in the passage.

How to Overcome TV Addiction?

(单词数: 758 词 建议阅读时间: 11 分钟)

Well, pleading with myself to stop watching these silly shows doesn't work. I need more motivation. Here are some strategies and tips that helped me in conquering my recent TV *addiction* (瘾). I hope they can be of help in your life.

Focus on your food when eating. It's so tempting to turn on the TV while we eat. We tell ourselves, "I'm gonna be eating and doing nothing else. *Might as well* (还是……好了) be entertained as I eat." But before we know it, we'll end up spending more time than necessary in front of the television, and not really tasting or enjoying our food. Also, I tend to overeat when I'm *distracted* (使某人分心), which leaves me feeling *bloated* (发胀的) and lazy.

Next time you eat, try fully focusing on the wonderful *aromas* (香气) and flavors in your food and on nothing else. Concentrate on the taste of your food. Feel it giving you energy as you eat. This is actually a form of *meditation* (深思, 沉思) that can center you. Try it!

Break old routines. If your habit is to turn on the TV immediately after you come home, then try changing your routine to break the habit. What can you do for 10 minutes after coming home instead of *flicking on* (拍的一声打开) the TV? Connect with a friend? Read an inspirational story? Get exercise? Do some Yoga or *Meditation* (坐禅)?

Plan your escape route. Before turning on the TV for a specific show, know exactly what you're going to do after the show. It helps to write the task out on paper along with reasons why you should do this task. For example, "After watching the Amazing Race at 9 p.m., I will go out for a run

because it makes me feel healthy and gives me energy.”

Get used to using the OFF button. Once you know exactly what you’re going to do immediately following a show, practice turning off the TV once the show is done.

Use television as a reward. Instead of saying, “I’ll go and do my task when I’m done watching my show.” Develop the discipline to reward yourself with the show when you are done with the task.

Ask yourself why? Find a quiet place without interruption. Close your eyes for several minutes and focus on your breath. Then ask yourself: Why do I want to watch this TV show? What do I have to gain? We are all intelligent beings and we all know the answers deep within us. When I asked myself this, I realized that it was because these shows provided a convenient excuse for me to avoid my responsibilities. It was easier and more comfortable than work, that has *long-term* (长期的) benefits.

Simple reduction. List out all the shows you watch and see which ones you can cut out. Start with eliminating one show and gradually release the unnecessary shows one by one. Remember to ask yourself when evaluating each show, “What am I gaining from watching this? Is it going to bring me lasting happiness and fulfillment?”

Television allowance. Give yourself a *self-imposed* (自我强加的) limit to TV watching in a day or week. This will force you to put your television appetite on a diet. Try starting with half the hours you currently watch. I have reduced myself to watching one hour of TV a week: “The Amazing Race” every Sunday.

Visualized (想象的) **pain.** Did you know that we are willing to go to more extremes to avoid pain than we are to gain pleasure? We tend to choose TV over a responsibility, because in that moment, we fail to see the pain of not following through on our responsibilities.

Try this: Close your eyes. Visualize the pain you would feel by not doing a task. Make it as real as possible, feel it with all senses. Intensify the feeling. Double the intensity several times if you can. After a few minutes, imagine the pleasure and freedom after you’ve completed the task (and are rewarded with the show). Again visualize and feel it with absolute intensity.

Hypothetical (假定的) **situation:** You have a report to complete before tomorrow morning at 9 a.m. To visualize the pain, you could imagine the stress created from *procrastination* (拖延) later on that night and the *agitated* (焦虑不安的) feeling you’ll experience the next day from lack of sleep. For pleasure, you could imagine the wonderful feelings of *self-empowerment* (自我授权) and freedom now that you have your report completed. See yourself sleeping at a reasonable hour and feeling refreshed and energetic the next day.

1. The word “tempting” in the sentence “It’s so tempting to turn on the TV while we eat.” (Para. 2) means _____.

A. boring

B. irresistible

C. exciting

D. sensible

2. The author said, "He is likely to _____ when he is distracted."
 A. eat too slowly B. eat too little C. eat too much D. eat too fast
3. To break the old routine of flicking on the TV, which of the following is NOT suggested by the author?
 A. Reading an inspirational story. B. Getting exercise.
 C. Doing some Yoga. D. Surfing the Internet.
4. Before turning on the TV for a specific show, what should be done?
 A. Nothing needs to be done.
 B. Knowing the aim of watching it.
 C. Getting permission from your family members.
 D. Telling yourself not to watch it for a long time.
5. When can television show be used as a reward?
 A. After finishing your task. B. Before taking your task.
 C. While doing your task. D. At any time.
6. The author advises to _____ the unnecessary shows.
 A. cut out B. eliminate C. release D. all of the above
7. Now the author watches TV _____.
 A. one hour a day B. one hour a month
 C. one hour a week D. one hour every two weeks
8. The passage mainly tells some strategies and tips to overcome _____.
9. When asking himself "Why do I watch TV shows?", the author realized that it was because these shows help him to _____.
10. The last strategy given by the author is _____.
- (实际阅读时间: _____分钟 正确率: _____%)

Text C

Directions: In this part, you are required to go over the passage quickly within the given time and answer the questions that follow. For questions 1-7, choose the best answer from the four choices marked A, B, C and D. For questions 8-10, complete the sentences with the information given in the passage.

10 Things Science Says Will Make You Happy

(单词数: 810 词 建议阅读时间: 12 分钟)

Daily habits can affect our well-being. Here are 10 simple actions that research has shown makes people feel good.

In the last few years, psychologists and researchers have been digging up hard data on a question previously left to philosophers: What makes us happy? Researchers like the father-son team Ed Diener and Robert Biswas-Diener, Stanford psychologist Sonja Lyubomirsky, and *ethicist* (伦理学家) Stephen Post have studied people all over the world to find out how things like money, attitude, culture, memory, health, *altruism* (利他主义), and our day-to-day habits affect our well-being. The emerging field of positive psychology is bursting with new findings that suggest your actions can have a significant effect on your happiness and satisfaction with life. Here are 10 scientifically proven strategies for getting happy.

Savor everyday moments. Pause now and then to smell a rose or watch children at play. Study participants who took time to “savor” ordinary events that they normally hurried through, or to think back on pleasant moments from their day, “showed significant increases in happiness and reductions in depression,” says psychologist Sonja Lyubomirsky.

Avoid comparisons. While keeping up with the Joneses is part of American culture, comparing ourselves with others can be damaging to happiness and *self-esteem* (自尊). Instead of comparing ourselves to others, focusing on our own personal achievement leads to greater satisfaction, according to Lyubomirsky.

Put money low on the list. People who put money high on their priority list are more at risk for depression, anxiety, and low self-esteem, according to researchers Tim Kasser and Richard Ryan. Their findings hold true across nations and cultures. “The more we seek satisfactions in material goods, the less we find them there,” Ryan says. “The satisfaction has a short half-life—It’s very fleeting.” Money-seekers also score lower on tests of *vitality* (活力, 生命力) and *self-actualization* (实现自我).

Have meaningful goals. “People who *strive* (努力) for something significant, whether it’s learning a new craft or raising moral children, are far happier than those who don’t have strong dreams or aspirations,” say Ed Diener and Robert Biswas-Diener. “As humans, we actually require a sense of meaning to thrive.” Harvard’s resident happiness professor, Tal Ben-Shahar, agrees, “Happiness lies at the *intersection* (交叉点) between pleasure and meaning. Whether at work or at home, the goal is to engage in activities that are both personally significant and enjoyable.”

Take initiative at work. How happy you are at work depends in part on how much initiative you take. Researcher Amy Wrzesniewski says that when we express creativity, help others, suggest improvements, or do additional tasks on the job, we make our work more rewarding and feel more in control.

Make friends, treasure family. “Happier people tend to have good families, friends, and supportive relationships,” say Diener and Biswas-Diener. But it’s not enough to be the life of the party if you’re surrounded by shallow acquaintances. “We don’t just need relationships, we need close ones” that involve understanding and caring.

Smile even when you don't feel like it. It sounds simple, but it works. "Happy people see possibilities, opportunities, and success. When they think of the future, they are optimistic, and when they review the past, they tend to savor the high points," say Diener and Biswas-Diener.

Say thank you like you mean it. People who keep gratitude *journals* (日志) on a weekly basis are healthier, more optimistic, and more likely to make progress toward achieving personal goals, according to author Robert Emmons. Research by Martin Seligman, founder of positive psychology, revealed that people who write "gratitude letters" to someone who made a difference in their lives score higher on happiness, and lower on depression—and the effect lasts for weeks.

Get out and exercise. A university study shows that exercise may be just as effective as drugs in treating depression, without all the side effects and expense. Other research shows that in addition to health benefits, regular exercise offers a sense of accomplishment and opportunity for social interaction and boosts self-esteem.

Give it away, give it away now! Make altruism and giving part of your life, and be purposeful about it. Researcher Stephen Post says, "Helping a neighbor, volunteering, or *donating* (捐赠) goods and services results in a 'helper's high', and you get more health benefits than you would from exercise or quitting smoking." "Listening to a friend, passing on your skills, celebrating others' success, and forgiving others also contribute to happiness," he also says. Researcher Elizabeth Dunn found that those who spend money on others reported much greater happiness than those who spend it on themselves.

- Who is a psychologist among the following people mentioned in the passage?
 A. Ed Diener. B. Stephen Post.
 C. Sonja Lyubomirsky. D. Robert Biswas-Diener.
- The word "savor" in the sentence "Savor everyday moments." (Para. 2) can be replaced by _____.
 A. favor B. enjoy C. waste D. handle
- According to Tal Ben-Shahar, happiness lies at the intersection between _____.
 A. openness and pleasure B. pleasure and meaning
 C. meaning and patience D. patience and openness
- Who said that "Happier people tend to have good families, friends and supportive relatives." ?
 A. Robert Emmons. B. Amy Wrzesniewski.
 C. Sonja Lyubomirsky. D. Ed Diener and Robert Biswas-Diener.
- According to the passage, when should people smile?
 A. People should smile only when they are happy.
 B. People should smile when they succeed.
 C. People should smile even when they don't feel like it.
 D. People should smile only when they meet friends.

6. Research shows that regular exercise may have the following functions EXCEPT _____.

7. Which of the following tips is NOT mentioned in the passage?

8. The passage tells that psychologists and researchers have been studying the problem—
_____—in the last few years.

9. Comparing ourselves with others can be damaging to _____ and _____.

10. Researcher Elizabeth Dunn found that those who spend money on others reported _____ than those who spend it on themselves.

(实际阅读时间: _____分钟 正确率 _____%)

Unit 2

Text A

Directions: In this part, you are required to go over the passage quickly within the given time and answer the questions that follow. For questions 1-7, choose the best answer from the four choices marked A, B, C and D. For questions 8-10, complete the sentences with the information given in the passage.

How to Decline an Invitation to Dinner or Other Social Events

(单词数: 759 词 建议阅读时间: 11 分钟)

Have you ever been invited to a dinner you did not want to attend? Or perhaps a friend invites you to a social function that you would rather avoid? If you have experienced any of these social situations, you may know how difficult it is to decline the offer. Accepting an invitation is a good way to get out of your comfort zone and develop relationships, but sometimes turning down the offer is the only realistic solution for those with a busy schedule or personal reasons.

Steps

1. **Understand why you were invited.** Is your friend inviting you? Do you work in a small company, and your boss is inviting you to dinner? Are you expected to attend this invitation?
2. **Weigh the importance of this invitation.** There are many social obligations we face throughout life, some more important than others. A social event that typically occurs once in a lifetime, such as a “coming of age” party or someone’s wedding, should have more importance over a night at the movies. How does this invitation rate compared with your existing obligations and priorities?
3. **Thank the person.** Someone is taking their time to invite you to some event they feel is worthwhile. Thank the person for their consideration.
4. **Create a delay if needed.** If you’re confronted in person with a verbal invitation, respond with a request to check your schedule. This may be communicated within a question, as in “Do you mind if I check my schedule and get back to you?”, or a statement, “I really need to check my schedule before I commit to anything.”
5. **Be honest.** To an extent, truthfully give the person a yes or no response. Sometimes a direct answer is desired, especially if the invitation is a social event with an RSVP. Many invitations will have a form on the card to select either yes or no. In this situation, it is not necessary to give an elaborated response. If you’re unable or unwilling to attend, simply mark “no” and thank the sender for his or her invitation.

6. **Follow up with a positive conclusion.** If applicable, let the person know you are interested in accepting the social event at a different time or under different circumstances. Showing interest softens the rejection of an offer.
7. **Accept the first invitation** or don't accept any if you received more than one for a particular night that would overlap or conflict.

Tips

Invitations are given for a variety of reasons, but many are positive. Whether given to a friend, family member, co-worker, or acquaintance, it is most likely given because the person cares about you. Remember this when declining an invitation.

If you are really not interested in a social event because it is not your cup of tea, tell them. Regardless of any event's popularity, no one should expect people to have the same joys in life.

If you receive multiple invitations for the same night you should always accept the first one you received. If you decline the other invitations you can let them know you have a prior commitment. Never decline an invitation to one party to attend another one that you were invited to later. You will appear as if you waited for the better offer.

You should never get to a party and complain because of other guests there (ex-girlfriend, old co-worker, or someone you generally don't like). Be a *gracious* (客气的) guest, enjoy your host's company, make the rounds and leave early, but do not be the first to do so. Social events are celebrations and you should understand the guest list was not created around your black book.

If you choose to accept multiple invitations for one night you should stay at the first event the longest.

Warnings

Do not repeatedly reject invitations from the same individual or group. Doing so may create a social *stigma* (耻辱, 污名) about you as an individual. If you do have an interest in any of the invitations, accept at least once or express your desire to do so. If not, it is better to state your disinterest ahead of time.

If you declined an invitation to a party you should understand that other friends may have accepted the invitation. It is in very poor taste for you to sit at a bar or other party and text or call your friends at the party you chose not to attend.

Do not be rude or mean when you say no to an invitation.

1. If you're confronted in person with a verbal invitation, _____.
- A. make a positive response immediately
 - B. weigh the importance of this invitation and accept it
 - C. respond with a request to check your schedule
 - D. understand why you were invited and accept it delightfully