

College English

大学英语 四级词汇实训手册

主 编 刘 立



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前言

《大学英语四级词汇实训手册》是高等教育出版社全新打造的互联网外语学习软件“大学英语词汇智能训练系统”（以下简称“词汇系统”）的同步离线学习教程。学生可在线上通过多种科学记忆方法进行词汇记忆训练，同时，在线下随时随地做练习，检验并巩固线上学习成果。本手册适用于使用“词汇系统”进行词汇学习的本科院校在校生线下自主学习，也适用于具有一定英语水平社会学习者做英语词汇自主训练之用。

本手册严格按照《大学英语教学要求》，精选大学英语四级考试高频词汇，通过“讲解—练习—策略渗透”三步骤，结合线上使用“词汇系统”，帮助学生掌握大学英语四级考试中的核心词汇，提高学生的词汇实际应用能力，增强其应试能力。

本手册编写思路及特色如下：

1. 注重情境，精选高频词汇

本手册共分8个单元，精选了640个大学英语四级考试高频词汇以及160余个扩展学习词条。从单元主题确定到词汇、语段选择，都充分考虑到对学习者语言能力和文化交际能力的培养，力求实现寓交际意识培养于外语学习之中，主题涉及世界各地文化、社会问题、科技进步、儿童教育、情绪管理、卫生健康以及职业发展等内容，在拓展学生英语词汇量的同时，介绍社会文化的方方面面，培养学生的跨文化交际能力。

2. 注重语境，精选真题段落

本手册词汇练习包括单句填空和短文完形填空两种形式，单句和短文素材均选自历年大学英语四级考试真题或模拟题。这两种练习形式均为学生提供了适当语境，帮助学生在特定语境下高效掌握词汇释义、用法及搭配。单句填空和短文完形填空要求学生熟知词汇含义，对词汇进行必要的变形，一定程度上考查了学生的语法掌握情况，同时也锻炼了其阅读能力。

3. 注重策略，教授学习方法

本手册每课的单词表都给出了词汇的主要中英文释义，“扩展学习”中还给出了其派生词或常用短语，巩固练习均以句子语境（教学语境）和段落语境（自然语境）呈现，力求通过多种途径帮助学习者活学活用这些词汇，在

提高词汇量的同时，也提升其积极词汇的应用能力。每个单元均设有英语词汇学习策略板块，介绍词根、词缀知识及英语词汇形态学习策略，旨在帮助学生掌握英语词汇学习方法，提高词汇记忆效率。

4. 注重实效，线上线下结合

本手册与“词汇系统”在学习方式、学习内容、训练目标等方面形成互补。“词汇系统”充分发挥教育信息技术的优势，通过听、说、读、写等多种练习形式，帮助学生保持学习兴趣，减轻认知负担，提高记忆效率。本手册强调离线学习与在线学习相互补充、深度融合，兼顾词汇学习的趣味性与实用性，注重提升词汇教学的有效性。

《大学英语四级词汇实训手册》是配合“大学英语词汇智能训练系统”使用的新形态、立体化教材，是“互联网+”背景下大学英语教学内容和课程体系改革方面的一次大胆尝试，其中难免存在不当和疏漏之处，敬请使用者批评指正。

编者

2016年7月

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Unit 1

Differences among Different Places

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Lesson 1

Food, East or West

Word List

adapt /ə'dæpt/ *v.*balanced /'bælənst/ *adj.*chilly /'tʃɪli/ *adj.*consumer /kən'sju:mə/ *n.*darken /'dɑ:kən/ *v.*emit /i'mit/ *v.*establish /i'stæblɪʃ/ *v.*expansion /ɪk'spænjən/ *n.*fulfill /fʊl'fɪl/ *v.*install /ɪn'stɔ:l/ *v.*loop /lu:p/ *n.*pioneer /,piə'niə/ *v.*place /pleɪs/ *v.*pose /pəʊz/ *v.*prescribe /pri'skraɪb/ *v.*strap /stræp/ *n.*stripe /straɪp/ *n.*suck /sʌk/ *v.*tear /teə/ *v.*triumph /'traɪəmf/ *n.*

make fit for 适应

扩展学习 *adaption n.* 适应

being in a state of proper balance 平衡的

cold enough to be unpleasant 寒冷的

a person who uses goods or services 消费者

扩展学习 *consume v.* 消费

(cause to) become dark 使变暗

send out heat, light, sound, etc. 发出

set up or found 建立

the act of increasing in size or volume or quantity or scope 扩张

fill or meet a want or need 满足

扩展学习 *fulfillment n.* 满足, 满意

put a piece of equipment somewhere so that it is ready to be used 安装

扩展学习 *installment n.* 安装

a curved or circular shape 环

open up an area or prepare a way 开辟, 开拓

put into a certain place or abstract location 放置

introduce 提出, 造成

state what must happen or be done in certain conditions 规定

扩展学习 *prescription n.* 处方, 规定

a narrow piece of leather or other strong material (皮) 带

a line of one color that is different from its background color 条纹

take air or smoke into one's lungs 吸吮

damage sth. by pulling it apart or into pieces 撕扯

a successful ending of a struggle or contest 胜利

I. Complete the sentences with the words below. Change the form where necessary.

stripe

suck

tear

darken

loop

strap

emit

chilly

install

prescribe

- The road went in a huge _____ around the lake.
- Her flower basket was suspended from her neck by a _____.
- He _____ on the end, and the cigar burned brightly.

4. The time was just 10 o'clock at night, but the _____ wind, with a taste of rain, had left the streets almost entirely free of inhabitants.
5. Police regulations _____ that an officer's number must be clearly visible.
6. Just then he saw, in the doorway of a _____ hardware store, a man.
7. Hardly a sound was _____ from this lonely avenue.
8. His trousers were black with thin, white _____.
9. At this point we are ready to _____ the seat sling to the seat frame.
10. "Until five years ago," said the policeman, "it was _____ down then."

II. Fill in the blanks with the words below. Change the form where necessary.

triumph	pose	place	adapt	balanced
pioneer	fulfill	establish	consumer	expansion

Chinese culture and tradition (1) _____ a great deal of emphasis on food. Far beyond simply (2) _____ a need, eating is considered to be a key point in each day. However, people are living in a much faster society now, they do not have time to slowly enjoy their food while chatting, especially during lunchtime. As recently as 1993, Chinese (3) _____ had few fast food choices. Kentucky Fried Chicken (KFC) (4) _____ the way, arriving here in 1987 and won a great (5) _____ by taking its first-mover advantage. Quickly seeing KFC's success in the market, others like Pizza Hut and McDonald's followed suit. McDonald's, KFC's primary competitor, opened its first Chinese store in early 1990s. As China increasingly embraces the outside world, foreign fast food chains are kicking off a high-speed (6) _____ in the world's biggest market. As famous foreign fast food restaurants quickly (7) _____ their presence in China, foreign style foods, such as fried chicken, hamburgers and French fries, began to (8) _____ a challenge to China's locally produced fast foods such as soybean milk and fried bread sticks. Witnessing the sudden explosion of foreign fast food chain restaurants here, Chinese customers quickly began to (9) _____ to the new "exotic" (外来的) menus. However, these "junk foods" have long been challenged by Chinese health experts as lacking in (10) _____ nutrition.

Lesson 2

Hogmanay in Scotland

Word List

bachelor /'bætʃələ/ *n.*
 beginning /bɪ'gɪnɪŋ/ *n.*
 compress /kəm'pres/ *v.*

a man who has never been married 未婚男子
 the point or time at which something begins 开始
 force sth. into less space 压缩
 扩展学习 *compression n.* 压缩

Differences among Different Places

customary /'kʌstəməri/ <i>adj.</i>	in accordance with convention or custom 习惯的
decorate /'dekəreɪt/ <i>v.</i>	make more attractive by adding ornament, color, etc. 装饰 扩展学习 <i>decoration n.</i> 装饰
exchange /ɪks'tʃeɪndʒ/ <i>v.</i>	give or take one thing in return for another thing 交换
extra /'ekstrə/ <i>adj.</i>	costing more, requiring additional payment 额外的
fancy /'fænsɪ/ <i>adj.</i>	having a lot of decoration or bright colors 奢华的, 豪华的
gravity /'grævɪtɪ/ <i>n.</i>	the force that causes sth. to fall to the ground 重力
greeting /'gri:tɪŋ/ <i>n.</i>	a message that expresses good wishes to someone 问候
magnetic /mæg'netɪk/ <i>adj.</i>	having a powerful attraction 有吸引力的
mechanical /mɪ'kænikəl/ <i>adj.</i>	(of an action, reply, etc.) done without thinking 机械的
message /'mesɪdʒ/ <i>n.</i>	a piece of information that is sent or given to someone 信息
patch /pætʃ/ <i>n.</i>	a small area of sth. that is different from the area around it 小块 (土地)
precision /prɪ'sɪʒən/ <i>n.</i>	the quality of being precise 精确
relative /'relatɪv/ <i>n.</i>	a person related by blood or marriage 亲戚
respond /rɪ'spɒnd/ <i>v.</i>	show a response or a reaction to sth. 回应, 做出反应 扩展学习 <i>response n.</i> 回应
stain /steɪn/ <i>v.</i>	make a mark on sth. in a way that is hard to remove 染污
toll /təʊl/ <i>n.</i>	money one pays for using a road, bridge, etc. 通行费
whip /wɪp/ <i>n.</i>	a long piece of rope or leather fastened to a handle, used for driving animals or punishing people 鞭子

I. Complete the sentences with the words below. Change the form where necessary.

compress	whip	mechanical	gravity	toll
patch	fancy	precision	magnetic	stain

- On some roads and some car ferries there is a _____, ranging from \$20 to \$50.
- There was only a tiny _____ of blue in the cloudy sky.
- And again, she brings me an apple, flinging it over the fence with greater _____ than before so that the apple flies over the fence and drops directly above me.
- They suffered under the _____ of the terrible Nazis.
- Blandford felt as though his heart was being _____ into a small cement ball.
- The next day, I am drawn to that spot near the fence, as if pulled by a _____ force.
- The children were being taught to read in a _____ way.
- She has the light, _____-free steps of a fairy.
- In her _____ green suit she was like springtime come alive.
- He had smoked for so many years that his teeth were permanently _____ yellow.

II. Fill in the blanks with the words below. Change the form where necessary.

relative	decorate	greeting	beginning	extra
message	respond	exchange	customary	bachelor

The last day of the old year, in Scotland, was called “Hogmanay.” This was the most popular of the “daft days,” as the Christmas holidays were named. Poor children went around on December 31 to sing before various homes, and called out, “Hogmanay.” Housewives usually (1) _____ with presents of fruits, nuts, candy or small coins. The youngsters also begged for bread and cheese. In England it was (2) _____ for the head of the house to give presents to his servants and to those who worked for him at Christmas, but gifts for (3) _____ and friends were usually reserved for New Year’s Day. When the English emigrated to the New World, they continued to follow the practice of (4) _____ presents on January 1 instead of at Christmas. Belgian children saved their money to buy finely (5) _____ paper, on which to write (6) _____ to their parents. Of course they practiced writing these at school, until they could make perfect copies. Then, on New Year’s morning, each child read his (7) _____ aloud to the family. Gifts and greeting cards are exchanged in France on the first day of the year. Children often make small tokens (纪念品) for their parents, and present them, with good wishes for the New Year. Shop owners usually send something to customers; and at this date servants and clerks sometimes get an (8) _____ month’s pay. In some parts of India, lemons are used for gifts, while in Iran, eggs, symbolizing the (9) _____ of the life, are exchanged. Many Dutch children hurry from their beds to be the first to shout “Happy New Year!” to their parents. On this day, (10) _____ uncles or grandfathers, give money to their small relatives, when all enjoy a dinner together.

Lesson 3

Traffic in Hong Kong

Word List

claim /kleɪm/ *v.*

commission /kə'mɪʃən/ *n.*

Congress /'kɒŋɡres/ *n.*

efficiency /ɪ'fɪʃənsɪ/ *n.*

extreme /ɪk'stri:m/ *adj.*

fatal /'feɪtəl/ *adj.*

glorious /'ɡlɔ:riəs/ *adj.*

assert or affirm strongly, state to be true or existing 声称

a group of people specially appointed to do certain work 委员会

a formal meeting of members of a political party 国会

skillfulness in avoiding wasted time and effort 效率

扩展学习 *efficient adj.* 高效的

of the greatest possible degree or extent or intensity 极度的

with very serious bad effects 致命的

extremely successful and likely to be remembered for a long time
辉煌的

Differences among Different Places

grip /grɪp/ *n.*infant /'ɪnfənt/ *n.*intact /ɪn'tækt/ *adj.*interval /'ɪntəvəl/ *n.*invasion /ɪn'veɪʒən/ *n.*peak /pi:k/ *n.*press /pres/ *v.*prohibit /prə'hɪbɪt/ *v.*railway /'reɪlweɪ/ *n.*range /reɪndʒ/ *n.*reasonable /'ri:zənəbəl/ *adj.*ribbon /'rɪbən/ *n.*split /splɪt/ *v.***扩展学习** *glory n.* 辉煌

a firm, strong hold on sth. 紧抓

a very young child 幼儿

complete and not damaged 完整的

a definite length of time marked off by two instants 间隔

an occasion when one country's army goes into another country to take control of it 入侵

扩展学习 *invade v.* 入侵

the highest point (of sth.) 最高点

exert pressure or force to or upon 施压, 迫使

forbid, esp. by law 禁止

railroad 铁路

an area in which something acts or operates or has power or control 范围

showing reason or sound judgment 合理的

扩展学习 *reason n.* 理由

a long narrow strip of material used to tie things together or as a decoration 缎带

(cause sth. to) break into two or more parts 使分离

I. Complete the sentences with the words below. Change the form where necessary.

congress

commission

prohibit

split

ribbon

intact

fatal

infant

glorious

invasion

- “Mom” is not right, because the women who supplied the egg and gave birth to the _____ would more appropriately be called Mother.
- She was wearing two blue silk _____ in her hair.
- President Clinton ordered a national _____ to study the legal and moral implications of cloning.
- They have _____ up for a long time, but they're better now.
- There was a _____ flaw in the plan.
- On that day, King gave his _____ speech to tell the world of his faith in the brotherhood of man.
- Leaders in Europe, where most nations have already _____ human cloning, began examining the moral implications of cloning other species.
- It was almost like a military _____.
- And that means that the nucleus must be _____.
- _____ will vote in the election tomorrow.

II. Fill in the blanks with the words below. Change the form where necessary.

railway	extreme	peak	grip	reasonable
claim	range	interval	press	efficiency

Traffic has long been a serious problem in Hong Kong. Over the past years many suggestions have been put forward to ease transport difficulties in this city. These suggestions (1) _____ from constructing wider roads and an underground (2) _____ system to staggering (错开时间) the hours that schools open and close. One official report (3) _____ strongly for working hours to be taken out to relieve traffic jam at (4) _____ periods. In Britain and other countries this system is called “flexible working hours” and many business centers use it. It is (5) _____ that by applying this system greater working (6) _____ can be achieved, employees are happier because they can arrange convenient personal working hours, buses and trains can be dispatched at suitable (7) _____, and so on. The idea of varying working days follows on from staggering hours. Land in Hong Kong is (8) _____ expensive, yet by and large, offices are empty at weekends and most evenings too. This appears to be a waste of valuable assets and seems strange in a place noted for its business sense. But Saturday and Sunday working is not easy. Church-going and family needs can't be ignored, but it should be remembered that many people already work regular hours. Nurses, firemen, doctors, pilots, TV stars, to name only a few, have to come to (9) _____ with the problems. It seems (10) _____ to assume that others could do the same. In fact they might find some advantages in having a day or two off during the week.

Lesson 4

Social Gestures

Word List

abduct /əb'dʌkt/ *v.*

abide /ə'baɪd/ *v.*

acclaim /ə'kleɪm/ *v.*

banish /'bæɪnɪʃ/ *v.*

conscious /'kɒnʃəs/ *adj.*

content /'kɒntent/ *adj.*

culture /'kʌltʃə/ *n.*

desert /dɪ'zɜ:t/ *v.*

take sb. away illegally, especially with force 绑架, 诱拐

tolerate (sb./sth.), endure, act in accordance with sth. 忍受, 容忍

welcome (sb./sth.) with shouts of approval 称赞, 为...喝彩

send sb. away, esp. out of the country, as a punishment 放逐, 驱逐

noticing or realizing sth. 意识到的, 有意的

pleased with your situation and not hoping for a change or improvement
满足的, 满意的

扩展学习 *be content with* 满足于, 以...为满足

customs, arts, social institutions, etc. of a particular group or people 文化, 文明

go away from (a certain place) without an intention to return, leave (sb.)

Differences among Different Places

embarrass /ɪm'bærəs/ <i>v.</i>	without help or support, abandon 永远离开, 遗弃 cause (sb.) to feel self-conscious, awkward or ashamed 使不安 扩展学习 <i>embarrassment n.</i> 困窘, 尴尬
gesture /'dʒestʃə/ <i>n.</i>	a movement of the hands, arms or head, etc. to express an idea or feeling 姿势, 手势
height /haɪt/ <i>n.</i>	the distance from the top to the bottom of sth. 高度
loose /lu:s/ <i>adj.</i>	freed from control, not tied up 宽松的, 不牢固的 扩展学习 <i>loosen v.</i> 放松, 松开
parallel /'pærəlel/ <i>adj.</i>	(of two or more lines) having the same distance between each other at every point, similar to each other 平行的
persuasive /pə'sweɪsɪv/ <i>adj.</i>	able to make other people believe or do sth. 有说服力的 扩展学习 <i>persuade v.</i> 劝说
refer /rɪ'fɜ:z/ <i>v.</i>	speak of sb./sth., be relevant to sb./sth. 谈到 扩展学习 <i>reference n.</i> 提及
reserve /rɪ'zɜ:v/ <i>v.</i>	put sth. aside for a later occasion or special use, book sth. in advance 保留 扩展学习 <i>reservation n.</i> 保留, 预订
roar /rɔ:z/ <i>v.</i>	make a loud noise by laughing or shouting 吼叫, 咆哮
signal /'sɪgnəl/ <i>v.</i>	communicate silently and non-verbally by signals or signs 发信号
similar /'sɪmɪlə/ <i>adj.</i>	resembling sb./sth. but not the same, alike 相似的
stride /straɪd/ <i>n.</i>	a long step 一大步

I. Complete the sentences with the words below. Change the form where necessary.

content	abduct	banish	abide	acclaim
roar	stride	conscious	desert	persuasive

- I've helped them make _____ presentations, answer unfriendly questions, communicate more effectively.
- The children were _____ of their mother's unhappiness.
- She reached the door in only three _____.
- All UN members should _____ by the decisions adopted by the Security Council.
- Then the chairman threw back his head and _____ with laughter.
- He is not _____ with his present situation and hopes to improve it.
- It did not take long before chocolate was _____ throughout Europe as a delicious, health-giving food.
- He was declared a traitor and was _____ from his country for good.
- With more and more people moving to big cities, the mountain village was almost _____.
- He was accused of _____ two small children.

II. Fill in the blanks with the words below. Change the form where necessary.

embarrass	refer	parallel	culture	loose
signal	gesture	height	similar	reserve

Among the kinds of social gestures most significant for second-language teachers are those which are identical in form but different in meaning in the two cultures. For example, a Colombian who wants someone to approach him often (1) _____ with a hand movement in which all the fingers of one hand, cupped, point downward as they move rapidly back and forth. Speakers of English have a(n) (2) _____ gesture though the hand may not be cupped and the fingers may be held more (3) _____, but for them the (4) _____ means goodbye or going away, quite the opposite of the Colombian gesture. Again, in Colombia, a speaker of English would have to know that when he indicates (5) _____ he must choose between different gestures depending on whether he is (6) _____ to a human being or an animal. If he keeps the palm of the hand (7) _____ to the floor, as he would in his own (8) _____ when making known the height of a child, for example, he will very likely be greeted by laughter; in Colombia this gesture is (9) _____ for the description of animals. In order to describe human beings he should keep the palm of his hand at a right angle to the floor. Substitutions of one gesture for the other often create not only humorous but also (10) _____ moments. In both of the examples above, speakers from two different cultures have the same gesture, physically, but its meaning differs sharply.

Strategies (1)

词汇形态策略概述

词汇形态策略指的是可以通过对一个词的形态构成进行分析而获得词义，分为两种方法：单个词汇的词形分析，复合词的词形分析。

单个英语单词通常由三部分组成：前缀（prefix）+ 词根（stem）+ 后缀（suffix）。记住了词根、前缀和后缀，学习者在学习词汇时就可以按照规律分解单词以帮助记忆，还可以在一个单词的基础上举一反三、拓展记忆，学习一连串的单词。本手册每单元单词表中扩展学习的词汇就是在原单词基础上添加了前缀或后缀而形成的新单词。

英语中还有一种词汇被称为复合词，是通过把两个或多个词形联结在一起而形成的更大的词汇。有些复合词的词义可以通过组合的各部分的词义简单相加而获得，如blackboard（黑板）、snow-white（雪白的）、headache（头疼）等；有些复合词的词义则需通过对组合各部分的意义进行适当的联想才能获得，如overwork（加班）、greenhouse（温室）等。

词汇形态是词的直观形象，其语义具有一定的规律性。学习者只要平时多注意积累，就一定提高词汇量。

Unit 2

Phenomenon in Modern Society

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- Lesson 6 The Distraction Addiction 013
- Lesson 7 Gender Gap 015
- Lesson 8 Equal or Not Equal 017
- Strategies (2) 018