

## 1. How to Ask Your Teachers for College Recommendations

### 如何请老师写大学推荐信

Most colleges require two recommendations<sup>1</sup> from your teachers and hopefully, there are teachers at your high school who actually like you. Here's everything you need to know about getting a recommendation for college!

The best time to ask your teacher for a recommendation is in October. As a general rule, you should give your teacher at least one month to write his or her letter of praise<sup>2</sup>. You may be a last minute person, but keep in mind that your teacher probably isn't. Plus, he or she is writing recommendations for many other students in addition to grading<sup>3</sup> papers, preparing lesson plans, checking homework, etc. Be considerate<sup>4</sup>.

Selecting teachers to write your college recommendations can be somewhat tricky<sup>5</sup>. Who is going to best

portray<sup>6</sup> you to colleges? Asking a teacher who gave you an A may seem like the obvious answer, but keep in mind that just because you got an A in a class doesn't necessarily mean that the teacher knows you or your academic<sup>7</sup> abilities very well. The best recommendations come from teachers who can give detailed information about your work style, your academic growth and success, and a positive prediction<sup>8</sup> of your performance in college.

Ideal teachers to ask for recommendations are: (1) A teacher who knows you academically, but outside of the classroom as well. If you are on a school committee or participate in other extracurricular<sup>9</sup> activities, you may want to consider asking the faculty<sup>10</sup> advisor for a recommendation. (2) A teacher for a class that challenged you. If you took a difficult class, worked hard, clearly showed your teacher that you put in a lot of extra effort, and ended up with an A or a B, ask your teacher for a recommendation. Colleges like to see that you successfully challenged yourself.

If you don't have an ideal teacher, don't worry. Just ask a teacher who knows you and the work of which you are capable.

Once you have decided who to ask for a recommendation, it's a good idea to sit down with your teacher and talk about the recommendation. It will probably be a quick conversation, but you want to make sure

that your teacher is aware of<sup>11</sup> your accomplishments<sup>12</sup>(both in and out of the class you took with him or her) and which schools are your top choices. It might help to give your teacher a copy of your transcript<sup>13</sup> and a list<sup>14</sup> of extracurricular activities in which you have participated.

Remember that your teachers are not only doing you a favor, but they are writing recommendations for many other students as well. Make the process easier for your teacher by giving recommendation forms in pre-addressed envelopes WITH STAMPS. You also might want to attach<sup>15</sup> a sticky<sup>16</sup> note with the dates of when the recommendation needs to be turned in<sup>17</sup>.

If you participate in an extraordinary extracurricular activity, you should get your supervisor<sup>18</sup> to write you a recommendation. For example, if you are a star lacrosse<sup>19</sup> player or you have started up a homeless shelter in your neighborhood, your coach or mentor<sup>20</sup> should write you a recommendation. Some colleges only accept academic recommendations, while others are willing to accept non-academic ones. If a school requires two academic recommendations, that doesn't mean you can't get your coach to write you a recommendation. Simply include his or her letter as a third recommendation.

**【参考译文】**大多数大学需要两封你的老师写的推荐

信，但愿上高中时有真正喜欢你的老师。你在请老师写大学推荐信时，需要了解以下各点：

请你的老师写推荐信的最好时机是在十月份。一般来说，你应该给你的老师至少一个月的时间来让他/她写你的赞美信。你可能是一个什么事都放在最后一刻办的人，但要记住你的老师可能不是这样。另外，他/她还要为其他的学生写推荐信，而且还要给论文评分、准备课程计划、检查家庭作业等等。你必须考虑到这些。

选择给你写推荐信的老师可能要有一些讲究。谁会为你上大学做出最好的推荐？请一个曾经给你的功课打过 A 的老师好像是显而易见的答案，但是要记住，你在班上得过 A 并不意味着这个老师对你和你的学术能力就很了解。那些能够对你的工作风格、学术经历和成绩以及将来你在大学的预期表现做出详细介绍的老师，才能为你写出最好的推荐信。

为你写推荐信的理想的老师是：(1) 在学术上了解你，同时也了解你在课外的表现。如果你是学校委员会的成员或参加了其他的课外活动，你可以考虑让你的指导老师为你写推荐信。(2) 给你上过富有挑战性课程的老师。如果你上过一个难度很大的课程，非常用功，并且你的老师也看到你付出了很多额外的努力，而且还取得了优良的成绩，你就可以找这门课的老师为你写推荐信。大学喜欢看到你成功地挑战了自己。

如果你找不到理想的老师，那也不必担心。就去找那些了解你并且也了解你所胜任的工作的老师吧。

一旦你确定了为你写推荐信的老师，你最好坐下来同你的老师谈谈推荐信的事。这也许是一个简短的谈话，但你必须确保你的老师了解你的成绩（包括课内和课外的）和你所最愿意选择的学校。你可以给你的老师写一份自我简介并列出你所参加过的课外活动，这将对你的老师很有帮助。

记住：你的老师不仅要帮忙为你而且也要为其他的学生写推荐信。为使老师更容易做这件事，你应将各种推荐表格给老师，并将其装在一个贴好邮票且预先写好地址的信封里。你还可以附上一个便条，注明推荐信需要提交的日期。

如果你参加过非同一般的课外活动，你应该找有关负责人为你写推荐信。比如，你是一个长曲棍球队的明星或者你在邻里间发起过照顾无家可归者的活动，你的教练或导师应该为你写推荐信。有些大学只接受学术性的推荐信，而其他一些大学则乐意接受非学术性的推荐信。如果一个学校要求两封学术性的推荐信，这并不意味着你就不能让你的教练给你写推荐信。你把他 她 的推荐信作为第三封便可。

### **Practise Listening to Words** 词汇听力练习

1. recommendation [ˌrekəmenˈdeɪʃən] *n.* 推荐(信)
2. praise [preɪz] *n.* 赞扬
3. grade [ɡreɪd] *vt.* 评分, 评级
4. considerate [kənˈsɪdərɪt] *adj.* 考虑周到的
5. tricky [ˈtrɪki] *adj.* 狡猾的 机警的

6. portray [pə:'trei] *v.* 描绘
7. academic [ˌækə'demik] *n.* 学术的 理论的
8. prediction [pri'dikʃən] *n.* 预言
9. extracurricular [ˌekstrəkə'rikjulə] *adj.* 课外的, 业余的
10. faculty ['fækəlti] *n.* 全体教员
11. be aware of 意识到 知道
12. accomplishment [ə'kɒmplɪʃmənt] *n.* 成就 完成
13. transcript ['trænskript] *n.* 抄本
14. list [list] *n.* 一览表
15. attach [ə'tætʃ] *vt.* 附上
16. sticky ['stiki] *adj.* 粘的 粘性的
17. turn in 上交
18. supervisor [ˌsju:pə'vaɪzə] *n.* 管理人
19. lacrosse [lə'krɒs] *n.* 长曲棍球
20. mentor ['mentə] *n.* 导师 指导者

## 2. Everything You Need to Bring to College

### 上大学需要带的东西

It's sitting there, staring at<sup>1</sup> you. On your bed, in the middle of the floor, or even peering<sup>2</sup> out from the closet. Wherever it is, you can't ignore it any longer. The time has finally come to pack your suitcase<sup>3</sup>. The problem is, after putting it off for months, you now only have a weekend to get everything together for college. Well, fear not: it can be done!

Clothes: Always good to have. They help when you want to do pretty much anything, especially if it involves going out in public. In particular, you should pack lots of T-shirts, socks, and underwear<sup>4</sup>. Laundry<sup>5</sup> is unfortunately no longer a service provided by your parents, but rather something you both have to do yourself and pay for. You might not be cleaning

your clothes quite as often as you do now and emergency supplies are a must.

Toiletries<sup>6</sup>: Also good for public venues, these little puppies can mean the difference between being a popular party animal and being known as “that person who smells really bad.”

Pictures: Hopefully these will help you remember what your friends and family look like.

Bedding: Remember: EXTRA-LONG sheets. If you don't have them, you might risk touching the disgusting<sup>7</sup> mattress<sup>8</sup> you will be sleeping on. Pillows<sup>9</sup> are usually comfortable; too.

TV/Stereo: Entertainment, baby! Better known as procrastination<sup>10</sup> tools, there will be nights when these machines are both your best friends and worst enemies.

Computer: Computer labs are convenient, but your desk is more so.

Phone/Answering machine<sup>11</sup>: Talk to your roommate first to decide who will bring it, and make sure ahead of time that you actually need one (some schools provide phones and answering services for their lucky students). Having a cordless<sup>12</sup> will make everyone happier.

Posters: Not necessary, but if you like to have decorations<sup>13</sup> on your walls, they can do a lot to persona-

lize<sup>14</sup> your room.

Favorite books: Take note: FAVORITE books. Not all your books, just those beloved few that you must have near you. There will be plenty of other reading to do, and there won't be plenty of extra spaces in your room.

Stuffed animals: Other people will bring them and you really don't have to be embarrassed<sup>15</sup> (plus, you can always hide it under your pillow if you can). You will be glad that Mr. Bear is with you when you're sick and missing your parents.

Your brother or sister's stuff: As you are leaving for an extended period, this is a perfect time to throw some of those CDs or sweaters you've been coveting<sup>16</sup> into your bag. This is also a good time to take back any stolen property that you might come across in their rooms.

Aside from this list, you should just tour the house with a big bag and put everything you like into it. You might run into some issues with your family not wanting to part with certain items, but if you say: "But it's college! I'm going to need it!" they will either give it to you or buy you one. Make sure you go through your room about ten times, but don't take everything. You should leave enough stuff in your room to remind everyone that it still belongs to you, despite your absence. Also, things that you value

very highly, like your grandfather's ashes<sup>17</sup>, would be better left at home.

【参考译文】你上大学需要带的东西正呆在那儿，注视着你的床上、地板上看着你，甚至还从你的壁橱里窥视着你。无论这些东西在哪儿，你都不能再对它们视而不见了。该是把它们整理打包放到你的手提箱里的时候了。问题是，它们散放在各处已好几个月了，你现在只有一个周末的时间来收拾它们去上大学。好了，不用担心，你能做好。

衣服：带上总是好的。当你想做些什么体面的事情，特别是在需要出头露面的时候，带上些衣服会很管用。特别要多带上几件T恤衫、袜子和内衣。遗憾的是，你的父母不能再给你洗衣物了。有些事情必须得你自己去做，或是花钱雇人来做。你可能不会像现在那样常洗衣服，因而必须多备一点应急的换洗衣服。

化妆品：这在公众场所也是有用的。这些小东西能让你成为一个受大家喜爱的人，而不会被人说成“那是个浑身散发着臭味的人”。

照片：它们会帮助你记住朋友和家人的模样。

床上用品：记住要带上加长床单。如果缺了它，你睡觉时有可能会接触到令人讨厌的床垫。还得有一个舒适的枕头。

电视 / 立体声音响 宝贝 去娱乐吧。别忘了这些玩意儿可以用来消磨时间。它们在夜晚可能是你最好的朋友，也可能是你最恨的敌人。

电脑 电脑室很方便 但却不如你自己拥有一台电脑。

电话 / 留言电话机 首先和室友谈好 谁带电话，并提前弄清楚你是否确实需要一部电话（有些学校为那些幸运的学生提供电话和电话留言服务）。有一部无绳电话会让大家都高兴。

招贴画 这不是必需的 但如果你喜欢在墙上装饰，它们能使你的房间更具有个性。

最喜爱的书 请注意 是你最喜爱的书。不是所有的书，而是你十分喜欢且必不可少的几本书。你还将会有许多其他的书要读，而你寝室里没有太多的空间放书。

毛绒玩具动物 别人也会带它们来 因此你不必为此而觉得不好意思（况且你还可以把它们藏在枕头下）。当你生病或者想念父母的时候，有个毛绒“熊先生”在你身边陪伴你 你会高兴的。

你兄弟姐妹的东西：因你要离家较长一段时间，这是把你平时眼馋已久的 CD 唱盘或套衫放入你手提箱的绝佳时机。这也是你收回在他们房间无意中发现的自己被偷走的东西的好机会。

除上述东西之外，你还应带个大袋子在房里巡视一番，把你喜欢的东西都装进去。你可能会遇到一些问题 家里人不想让你带某些东西 这时你只要说：“这是去上大学 我需要它！”他们就会要么让你带走，要么再给你买一个。你务必要在你的房间里转悠十来次，但不要带走所有的东西。你应该在你的房间里多留些东西以便提醒家里人，虽然你不在，

但它仍然属于你。还有，一些在你看来很有价值的东西 如你祖父的骨灰 最好还是放在家里。

### Practise Listening to Words 词汇听力练习

1. stare at 凝视，盯着看
2. peer[piə] *vi.* 凝视，窥视
3. suitcase['sju:tkeis] *n.* 手提箱 衣箱
4. underwear['ʌndəweə] *n.* 内衣裤
5. laundry['ləʊndri] *n.* 洗衣店，洗熨
6. toiletry['tɔilitri] *n.* 化妆品，化妆用具
7. disgusting[dis'gʌstɪŋ] *adj.* 令人厌恶的
8. mattress['mætris] *n.* 床垫
9. pillow['piləu] *n.* 枕头
10. procrastination[prəʊkræsti'neɪʃən] *n.* 延迟 拖延
11. answering machine 录音电话机
12. cordless['kɔ:dlis] *adj.* 不用电线的
13. decoration[ˌdekə'reɪʃən] *n.* 装饰 装饰品
14. personalize['pɜ:snəlaɪz] *v.* 使成私人的，个性化
15. embarrass[im'bærəs] *v.* 使困窘
16. covet['kʌvɪt] *v.* 垂涎 渴望
17. ash[æʃ] *n.* [常用 pl.] 灰烬 骨灰

### 3. Why People Smoke

#### 人们为什么吸烟

When it comes to why people smoke, men use cigarettes to stabilize<sup>1</sup> their mood<sup>2</sup>. So why are more women smoking? While women are supposedly<sup>3</sup> the emotional<sup>4</sup> sex, a recent study indicates that when it comes to why people smoke, men are far more emotionally fragile<sup>5</sup> and use cigarettes to stabilize their mood.

In a presentation<sup>6</sup> to the American Lung Association in late April, researchers Dr. Ralph Delfino and Dr. Larry Jamner from the University of California, explained that men smoke when they are anxious<sup>7</sup>, angry or sad, whereas women smoke when they are happy, or for social reasons. In their study of 25 women and 35 men, only men reported the urge to smoke when they were sad or tired. Delfino said their

findings would be useful in targeting different smoking prevention programs to men and women.

Unfortunately, these findings on smoking psychology<sup>8</sup> did not explain the increasing numbers of women smokers. According to the American Cancer Society, women under 23 are the fastest-growing group of smokers in the U. S. Other studies have shown that women find it more difficult than men to quit<sup>9</sup> smoking. In 1998, lung cancer is estimated to have killed 67,000 women--23,000 more women than breast cancer. Women are also 20 to 70 percent more likely than men to develop three major types of cancer due to smoking.

The tobacco<sup>10</sup> industry has been criticized for targeting teenage<sup>11</sup> girls, with ads in popular women's fashion and lifestyle magazines linking smoking to being thin and beautiful. Almost 35 percent of girls in high school smoke, and well over a thousand new girls pick up the habit each day, according to the American Lung Association.

So despite the recent study that shows men are the more emotionally vulnerable ones when it comes to smoking, it appears that when you look at the big picture, young women are more susceptible<sup>12</sup> than men to tobacco advertising and social pressures, and their health costs are much higher.

【参考译文】人们为什么吸烟 男人们用香烟来稳定情绪。那为什么有越来越多的女人吸烟？虽然人们把女人想像成情感型的性别类型，但最近一项研究表明 就吸烟而言 男人在情感上更为脆弱 要用香烟来稳定情绪。

在美国肺脏协会 4 月下旬提交的一份报告中，来自加利福尼亚大学的研究员 Ralph Delfino 博士和 Larry Jamner 博士解释到 男人在他们焦虑、生气或悲伤时吸烟，而女人则在她们高兴时或出于某种社会原因吸烟。在他们对 25 位女士和 35 位男士的研究中发现，只有男士反映他们在悲伤或疲劳时非常想吸烟。Ralph Delfino 博士认为，他们的研究成果对制定男女有别的戒烟计划会有帮助。

遗憾的是，有关吸烟心理学的研究成果并没有解释女性烟民数量的增多的原因。据美国癌症协会报告，23 岁以下的妇女是美国烟民中增长最快的群体。另有研究显示，女性比男性更难戒烟。1998 年 估计有 67,000 名妇女死于肺癌，比死于乳腺癌的还多 23,000 人。女性吸烟引发三种主要癌症的可能性要比男性高出 20% 到 70%。

女性时尚和生活类流行杂志上的香烟广告把吸烟和苗条漂亮联系起来，把目标盯在青春少女们身上，烟草业因此而受到批评。据美国肺脏协会统计，中学里有近 35% 的女孩子吸烟，每天新增一千多个女孩子沾上这一习惯。

因此 尽管最近的研究表明 就吸烟而言男人的情感更脆弱 但从上面的数字可以看出 青年女性似

乎比男性更容易受到烟草广告和社会压力的影响，因此，她们健康的代价也要大得多。

### Practise Listening to Words 词汇听力练习

1. stabilize[ 'steɪblaɪz ] *v.* 稳定
2. mood[ mu:d ] *n.* 心情 情绪
3. supposedly[ sə'pəʊzdlɪ ] *adv.* 想像上 按照推测
4. emotional[ i'məʊʃənl ] *adj.* 情绪的，情感的
5. fragile[ 'frædʒaɪl ] *adj.* 易碎的 脆的
6. presentation[ ˌprezən'teɪʃən ] *n.* 介绍 陈述
7. anxious[ 'æŋkʃəs ] *adj.* 担忧的 渴望的
8. psychology[ saɪ'kɒlədʒɪ ] *n.* 心理学 心理状态
9. quit[ kwɪt ] *v.* 放弃 停止
10. tobacco[ tə'bækəʊ ] *n.* 烟草
11. teenage[ 'ti:neɪdʒ ] *adj.* 十几岁的
12. susceptible[ sə'septəbl ] *adj.* 易受影响的

## 4. The Squeaky<sup>1</sup> Mattress

### 吱吱作响的床垫

My flight was delayed. Then it was delayed again. Then it was cancelled<sup>2</sup>. I ended up<sup>3</sup> arriving at my college campus a full eight hours after the rest of the incoming freshmen<sup>4</sup>. Among these freshmen was Phil, who would soon be sharing a tiny dorm<sup>5</sup> room with me.

Phil was merciless<sup>6</sup> and thorough<sup>7</sup>. He must have started decorating the second he stepped in the door. By the time I got there, the walls were covered with strange posters of bands I'd never heard of, there was a frightening tropical plant on the windowsill<sup>8</sup>, and a cloth tapestry<sup>9</sup> covered the ceiling. The furniture had been completely rearranged.

All of this annoyed me, though I wasn't sure why. It almost seemed like Phil had marked his territory<sup>10</sup>,