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Unit 1

Free Falling

I

About the text

1 Suggested summary

摇摇The time of saying good-bye and actual leaving makes a great impact on the author , which is fully demonstrated in the opening sentence. He gives a general description of how he feels on that particular day , during which his own mood changes from sheer excitement for the prospect of becoming independent and free to fear and uncertainty to a mixture of both. By his brunching with Mom and saying good-bye to her , he makes a very smooth depiction of the change of his mother's mood from being chatty and cheerful at the beginning to being quiet , even somber as the final moment comes. To bring the story to its climax , the author ends the story with a symbolic description. He compares himself to a rookie skydiver preparing for his first plunge that leads to possible outcomes : sheer excitement or eventual death. No matter what will happen , he closes his eyes , takes a deep breath and jumps into the future.

2 Writing techniques

摇摇云幕之舞是 is a very good sample of describing small events : the writer's brunch with his mother. The description is well-structured with the narration organized chronologically. It is a self-discovery experience for the writer and it also brings back our memories of similar nature.

One of the ways a writer attracts readers' interest is by arousing curiosity. From the first sentence of "Free Falling" ("The impact of saying good-bye and actually leaving did not hit me until the day of my departure. ") , the writer catches our attention and we want to know what will happen. Besides , the story has a clear dramatic structure for the unfolding of action : a beginning

that arouses readers' curiosity , a middle that builds suspense , and an ending that completes the action and brings the story to a climax.

In real life , the writer must have said good-bye to many of his friends and folks that day , but he strategically chooses the most moving moment of that day to focus on and the rest becomes the backdrop for this dramatic scene between him and his mother.

3 Teaching objectives

摇摇 We chose this article for Unit 员 hoping that students will learn the writing techniques of narrating and describing small events vividly and that the text will remind students of their good memories in the past.

4 Suggestions to the teacher

摇摇 We suggest that the teacher might give students 员 to 员 minutes to describe in groups their saying good-bye to their friends and relatives when they left home for the university to do ME (master of engineering) or MS (master of science) or MA (master of arts). Then the teacher might also ask some students to present their description to the whole class. Besides , the teacher may remind students of reading Description in Writing Styles of Part II.

We also suggest to the teacher reading the writing techniques of paraphrase and summary.

II

Language points

1. The impact of saying goodbye and actually leaving did not hit me until the day of my departure. Its strength woke me an hour before my alarm clock would , as for the last time Missy , my golden retriever , greeted me with a big , sloppy lick. (para.1)
直到动身的那一天 我才感到说再见和真正离家对我所产生的影响 这种影响使我比闹钟预定的时间提前一小时醒来。那时 我那金色的爱犬米西最后一次用力地舔了我一下表示问候。
2. Of course , I did not notice any of these qualities until that day , which made me all the more sad about leaving her. (para.1)
当然直到告辞那天 我才注意到我爱犬的这些特点 这使我因为要离开她而备感忧伤。“all the more” in the sentence means “increasingly” , 意为“更加 越发 格外”。

3. Big deal. (para.3)

“big deal” is a set phrase used to say that you do not think something is as important as someone else thinks it is. (表示小看之意)没什么了不起。

Examples :

It's just a game. If you lose , big deal.

What's the big deal ? It's only a birthday , not the end of the world.

It's no big deal. Everybody forgets things sometimes.

4. No one ever said divorce was easy. (para.5)

The sentence “No one ever said divorce was easy.” has been digressed from the theme. However , the writer returned to the theme immediately and focused on one particular moment of the day : the brunch with his mother. The distracting sentence might be used as a backdrop of the writer's family.

5. More so , she talked a little of her first year away from home — cluttered dorm , shy roommates , some art history classes — and she spoke with such detail and enthusiasm that I clearly saw what a lasting impression college makes. (para. 5)

母亲更多地谈了谈她第一年离家上大学的一些事情 ,比如零乱的宿舍、害羞的室友、一些艺术史课。她说得那么详细、那么热情 ,这使我充分认识到大学生活会给人留下多么深刻的印象。

6. Home would no longer be home , but Carbondale , Illinois. (para.7)

“but Carbondale , Illinois” is a sentence that has omitted some parts. The complete sentence should be like this : but Carbondale , Illinois would be home. This is because the writer is leaving home for the university in Carbondale , Illinois , where he will live.

7. At that time , I felt like a rookie sky diver preparing for his first plunge. (para.20)

那时 ,我就像一个跳伞员正准备第一次跳伞。

“a rookie sky diver preparing for his first plunge” is a metaphor (the writer compares himself as a rookie sky diver preparing for his first plunge) , which makes the ending apt , vivid and impressing. This ending also catches the essence of that moment accurately (its two possible outcomes : sheer excitement or eventual death). It ends the story clean : As he “ closes his eyes , takes a deep breath and jumps ” into the unknown future , so do his readers.

8. The very thought that this was his idea seems absurd to him , and he feels like the only person on the face of the planet. (para.20)

“on the face of the planet” is a set phrase used when you are emphasizing a statement to mean “in the whole world”.

Example :

Word study

A. illness

[illegible]

B. a single movement of a pen or brush when you are writing or painting

A few strokes of her pen brought out his features clearly.

C. a gentle movement of your hand over sth.

I gave her hair a gentle stroke.

D. at a/one stroke : with a single sudden action

At one stroke the country lost two outstanding leaders.

E. stroke of luck/fortune : something lucky that happens to you unexpectedly

In a stroke of luck , a suitable organ donor became available.

A. to move your hand gently over something

He reached out and stroked her cheek tenderly.

He lifted her face and stroked her hair from her eyes.

B. to hit or kick a ball with a smooth movement in games such as tennis , golf , and cricket

He stroked the ball into an empty net with a minute to go.

C. stroke somebody's ego :to say nice things to someone to make them feel good ,especially because you want something from them

[illegible]

Some experts are concerned that the new drug won't live up to all the hype.

Despite the media hype ,I found the film very disappointing.

A. to try to make people think something is good or important by talking about it a lot on television , the radio , etc.

The director is just using the controversy to hype his movie.

Give teams a week off between series to rest and to hype the next round.

B. hype sb. up : to make sb. feel excited
She can see that Tommy is hyping him up.

3 collect 搖攪

A. to get things of the same type from different places and bring them together

After 15 years of collecting recipes , she has compiled them into a cookbook.

The company collects information about consumer trends.

B. [especially British English] to come to a particular place in order to take someone or something away ; [American Equivalent] : pick up

Martin's gone to collect the children from school.

I've got to go and collect the book I ordered from the library.

collect 收集 募集 採集 蒐集

[illegible][illegible]

He has no money but knows how to call home collect , according to police.

I called from Chicago , leaving messages once , twice and even asked people to call me back collect.

4 hug 摇炆援

厥寧精製土藥黃芩早燥烈陳電澤煎土藥澤瀉藥芽苗藥造早厥藥 藥藥精製藥藥造藥製
刺藥性藥毒

Paul gave me a big hug.

Nesta greeted the visitors with hugs and kisses.

My warmest wishes to everyone in the family , and a special hug for Penny.

hug 揺増援

A. to put your arms around someone and hold them tightly to show love or friendship

We stood there crying and hugging each other.

She went to her daughter and hugged her tightly.

B. to put your arms around yourself

Sarah sat on the floor , hugging her knees.

She stood close to the wall , hugging herself against the cold.

C. to move along the side , edge , top , etc. of something , staying very close to it

The small boats hugged the coast.

D. hug yourself with joy/delight , etc : [British English] to feel very pleased with yourself

Kate hugged herself with pleasure after receiving the award.

5 conjure 摇增爰

A. perform clever tricks in which you seem to make things appear , disappear , or change by

him. Facing the reality of becoming independent , he began to feel afraid and uncertain.

缘

<u>at the beginning of the brunch</u>	<u>at the end of the brunch</u>
chatty	quiet
cheerful	(maudlin)
quip	somber
	a faint smile
	her smile quickly faded

远 Weckerly ends the story with a metaphor which catches the essence of the particular moment accurately. He compares himself to a rookie skydiver preparing for his first plunge , which leads to possible outcomes : sheer excitement or eventual death. The last sentence “ He closes his eyes , takes a deep breath , and jumps ” symbolizes the fact that from that day on the author jumps into the future of being independent no matter how long and complicated the road to it is.

苑 The title of the story is quite eye-catching , which makes us curiously want to know what it is about. It symbolizes the freedom and independence the author will get from that day on. Nevertheless , during the process of getting into the future of independence , he becomes excited but hesitated , nervous , and even fearful.

Task 3

Please refer to “ I. About the text. ”

Detailed Reading

Task 1

员 我曾经说过我了不起 ,就要上一所名校 ,现在我开始为这些大话感到了压力。

圆 我们谈话时我认识到我很快就要开始那漫长而又艰难的独立路程。

猿 我曾自私地把家里的安全看做是理所当然 ,这种安全将最终成为一种记忆。

源 当我努力眨着眼睛使它们湿润时 ,夏日的微风却把它们吹干了。

缘 这句话使我难以启齿。

Task 2

员 I did not feel so disturbed and nervous until the day when I had to say farewell to my parents and friends and leave home.

圆 The effect of saying good-bye and leaving was so strong that it made me wake up an hour earlier than the time of the alarm clock I had set.

猿 That particular whole day aroused my sentiment of really missing those people and things in my hometown.

源 It is most important that I would have to say good-bye to my parents.

缘 All of a sudden , my extravagant big talk about becoming independent and free became the reality which I had to be confronted with and which made me frightened.

远 I believe that because the university is six hours drive from home , I should have known that I would be reluctant to go.

苑 As soon as I made a decision to go to the university , all my personal problems had seemed to disappear gradually.

愿 It was hard to divorce because it might traumatize everybody involved.

怨 She accompanied me to my car , and I could feel my sadness welled up in my pit of stomach.

夔 What my mother said implied that all money I spent from then on would be my own , which sounded frightening but funny , too.

Task 3

员 B 摇摇圆 C 摇摇猿 A 摇摇源 B 摇摇缘 B 摇摇远 A 摇摇苑 A 摇摇愿 C 摇摇怨 B 摇摇夔 D

Task 4

员 naive 摇摇摇摇圆 strokes 摇 摇摇摇摇猿 absurd 摇摇摇摇源 big-time 摇摇摇摇缘 somber
远 mumbling 苑 overwhelming 愿 pensive 怨 fragile 夔 plunge

Task 5

A. 员 collect	圆 collect	猿 collected	摇摇摇摇源 collect
B. 员 overwhelm	圆 overwhelms	猿 overwhelmed	
C. 员 plunged	圆 plunged	猿 plunge	摇摇摇摇源 plunge

Task 6

Lying still , waiting , I suddenly notice the life outside the window. The bugs sing in chorus. Neighbors , sitting on their verandas until late , speak in hazy words with sanded edges that soothe me. I catch the scent of fresh grass clippings. Then I hear something I can't decode — perhaps a tree branch raking the shop roof next door.

Text B

Task 1

员 T 摇摇摇摇圆 T

猿 F 摇 Because the gender stereotypes considered the violent sports as exclusively male ones.

源 T 摇摇摇摇缘 T 摇摇摇摇远 T

苑 F 摇 It is not rugby but football that makes all Americans excited and crazy.

愿 F 摇 Some play football because they love it ; some just want to make contributions to the history of football and others merely like to hit something.

怨 T

员园 F摇 Different from the man's pro football , watching women's play demonstrates a welcome change.

Task 2

员 It implies that women are ready to openly express their complaints and dissatisfactions of men's monopoly on hard-hitting sports and ready to participate in them now.

圆 Just because they want equal opportunities to take part in any sports like men.

猿 They are social stereotypes. First , girls are taught at school that they are not as strong as boys and so they can not do the same physical activities. Second , people with skeptical views always regard women who play contact sports as oddities rather than athletes. Finally , family education and popular culture also play a role.

源 Nowadays more and more women like to challenge the hard-hitting sports which used to be dominated by men and they have already achieved some progress. But at the same time they have also paid a high cost when they try to remove the gender barriers.

缘 It takes time and energy to fight against gender discrimination in contact sports. However , where there is a will , there is a way.

Task 3

员 A摇摇圆 D摇摇猿 B摇摇源 D摇摇缘 C摇摇远 B摇摇苑 C摇摇愿 A摇摇怨 B摇摇员园 A

Unit 2

Competition Is Destructive

I

About the text

1 Suggested summary

摇摇By using the game of musical chairs , the author illustrates that competition is destructive not only in our daily work but also in entertainments. It is important and possible to change the form of the game by way of turning an opponent into a partner :Everyone on the field can work together for a common goal (teamwork) instead of competing with each other (team competition). Cooperative games and sports provide satisfaction and challenge without competition. The reason that a large number of people insist that we can't do without win/lose activities are that they don't know any other way and that they overlook the psychological costs of competition and the toxic effect of competition on our relations. Competition is not conducive to trust and it may lead one to look at others through narrowed eyes and even invite outright aggression. We are inclined to blame individuals for all this ,but it is the structure of the game itself which causes competition. To solve the problem of competition , we need to be teaching our children how to enjoy themselves without competition.

2 Background information

摇摇According to Longman Dictionary ,competition is a situation in which people or organizations try to be more successful than other people or organizations.

Competition is destructive. This is the argument made by Alfie Kohn from the US , a country where life is often characterized by its throat-cutting competitiveness. Because of the severe competition , which has caused serious psychological and social problems , some Americans have

begun doubting whether competition is necessary.

Because of reforms and a bigger role of market in economy, life in China is getting more and more competitive. Those who win, whether in sports or in other fields of the social and economic life, are awarded handsomely and those who don't are obviously "losers". Do you think this is healthy? Do you think it is still possible to be "good losers"? Why or why not?

3 Teaching objectives

We choose the article as Unit 4 hoping that students can have a better understanding of the social reality in the USA after learning the text. Besides, we expect the students to learn the writing techniques of arguing against a particular point of view and the techniques of debating by practice.

4 Suggestions to the teacher

We suggest that before class the teacher might ask students such questions: What do you think of competition? Have you ever competed in any sports or any other contents? How did you feel? Did you regard your opponent as your enemy? We also suggest that after finishing the text, the teacher might organize a classroom debate (Please refer to Group Work in the students' book). But before the debate, it's better to ask students to read "A classroom debate" after the Text B so that they get a general idea about the debate. Besides, students should have two weeks to prepare for the debate.

II

Language points

1. You remember it: X players scramble for X-minus-one chairs each time the music stops. (para. 1)

In this sentence X refers to an indefinite number. The number might be 12 or 8.

2. This is a particularly unsettling line of inquiry for athletes or parents. (para. 4)

The way of asking such a question especially causes athletes or parents to feel worried. Here inquiry refers to the last sentence in paragraph 3 and "line" in the sentence means the way of doing sth. .

3. But I've come to believe that recreation at its best does not require people to try to triumph over others. Quite the contrary. (para. 4)

但我已经开始相信最好的娱乐并不要求人们试图超越他人。事实完全相反。

"come to do sth." means "to begin to have a feeling or opinion". Another example in this text is a sentence "... each child inevitably comes to regard others as obstacles to his or her own success" from paragraph 12.

Examples :

He came to think of Italy as his home.

I came to believe that he was innocent after all.

"at its best" is a set phrase meaning to "perform as well or effectively as you are able to".

Examples :

He was never at his best early in the morning.

The answer , in brief , is the method of empirical inquiry , at its best the method of science.

"Quite the contrary" (also on the contrary) is a set phrase used to add to a negative statement , to disagree with a negative statement by someone else , or to answer no to a question. "Quite the contrary" in the sentence means "recreation is believed to require people to try to win over/ outdo others".

Examples :

"Are they happy?" "No , no , quite the contrary. "

"I suppose your wife doesn't understand you. " "On the contrary , she understands me very well. "

4. Terry Orlick , a sports psychologist at the University of Ottawa , took a look at musical chairs and proposed that we keep the basic format of removing chairs but change the goal ; the point becomes to fit everyone on a diminishing number of seats. (para.5)

渥太华大学运动心理学家特里·奥里克看了看音乐椅游戏后 ,提议我们保留游戏中搬走椅子的基本方法 ,但要改变游戏目标。最重要的是使每个人坐在逐渐减少的椅子上。

"the point" here means "the most important fact or idea".

Examples :

The point is , at least we're all safely back home.

Nobody knows exactly how it works. That's the whole point .

He may not have stolen the money himself , but that's not the point . I wish you'd get to the point (=talk about the most important thing) .

I'll come straight to the point (=talk about the most important thing first) .

I need to find out who killed Alf , and more to the point (=what is more important) I need to do it before anyone else gets killed.

5. Even the friendliest game of tennis can't help but be affected by the game's inherent

structure , which demands that each person try to hit the ball where the other can't get to it. (para.8)

甚至是最友好的网球赛也免不了受比赛方法的影响 ,即它要求每个参赛者试图使对方接不着球。

“can't help but do something” also “can't help (doing) something” are used to say that someone is unable to change their behaviour or feelings , or to prevent themselves from doing something.

Example :

You talk to the guy for five minutes , and you can't help but like him.

6. I've become convinced that not a single one of the advantages attributed to sports actually requires competition. (para.8)

我已相信体育运动带来的好处中实际上没有一个要求竞争。

“attributed to” in the sentence is a past participle phrase served as attributive , meaning “to believe or say that a situation or event is caused by something”.

7. By contrast , the distinguishing feature of team competition is that a given player works with and is encouraged to feel warmly toward only half of those present. (para.8)

相反 ,团队比赛的显著特点是一个参赛者只与自己的队员合作 ,而且鼓励队员只热情对待队友。

“a given player” refers to “a previously arranged sportsman”. As a sports game normally requires two teams to compete , “half of those present” refers to “the members of a specific team”.

8. If a large number of people insist that we can't do without win/lose activities , the first question to ask is whether they've tasted the alternative. (para. 10)

“they've tasted the alternative” in the sentence means that they've tried the games without win or lose activities.

9. Competition leads children to envy winners ,to dismiss losers ,and to be suspicious of just about everyone. (para.12)

In the sentence , “about” is an adverb meaning “almost or probably”.

10. But no matter how many bad feelings erupt during competition , we have a marvelous talent for blaming the individuals rather than focusing on the structure of the game itself , a structure that makes my success depend on your failure. (para. 14)

但是不管在竞争中产生多少不良情绪 ,我们善于指责个人 ,却没能注意到比赛方式本身 ,

这种比赛方式把个人的成功建立在他人的失败上。

“a structure” in the sentence served as apposition.

11. If we weren't set against each other on the court or the track , we wouldn't need to keep urging people to be good sports , they might well be working with each other in the first place. (para. 14)

“good sports” refers to people who do not get angry when they lose at a game or sport.

12. As radical or surprising as it may sound , the problem isn't just that we compete the wrong way or that we push winning on our children too early. (para. 15)

“As radical or surprising as it may sound” is an inverted sentence expressing concession. The inverted part is just for emphasis. In this sentence “it” refers to the last sentence in para. 14.

III

Word study

1 benign 善的

A. kind and gentle

He shook his head in benign amusement.

The benign old woman wore a big flowered garden hat and tended a magical flower garden.

B. unnatural growth in the body ; [opposite] malignant

A benign tumour is not caused by cancer.

2 erupt 爆发

A. if fighting , violence , noise , etc. erupts , it starts suddenly ; [synonym] break out

Violence erupted after police shot a student during the demonstration.

A controversy has erupted over the price of the new weapons system.

B. if a volcano erupts , it explodes and sends smoke , fire , and rock into the sky

C. if a place or situation erupts , there is a sudden increase in activity or emotion erupt into
But everyone erupted into giggles and bolted down the street as free of deference as the wind.

They were angry to the point of erupting into riot.

D. erupt into laughter/shouting , etc. to suddenly start laughing , shouting , etc.

He erupted into loud , desperate sobs.

eruption 爆发 [名词]

the eruption of violence

3 misplace 增暖

The papers arrived but were misplaced in the mailroom.

misplaced 葬國暖

Children must be warned against a misplaced trust of strangers.

I only ask because you may miss a rare opportunity to improve you life in April , due to misplaced prejudice.

4 nasty 葬蟲暖

Drivers often have a nasty habit of driving too close to cyclists.

I had a nasty feeling that a tragedy was going to happen.

When you feel you've been cheated ,it always leaves a nasty taste in the mouth (=makes you feel upset or angry afterwards).

Don't be so nasty to your mum (=do not treat her unkindly).

When Harry refused , Don turned nasty and went for him with both fists.

What's that nasty smell ?

C. severe or very painful

15

nastily 葬蹇援

nastiness 灶援 [忽挫蹇灶蹇蹇]

5 outright 葬蹇援 [燥挫蹇蹇蹇燥挫]

A. clear and direct

It would , however , be incorrect to deduce that in the nineteenth century only outright deception was commented upon.

That will involve significant change from the separation , suspicion , and even outright confrontation that have existed for decades.

an outright refusal

an outright attack on his actions

B. complete and total

This displeasure can range from mild disapproval to outright ostracism.

an outright victory/an outright ban on the sale of tobacco

The outright winner/victor is someone who has definitely and easily won.

outright 葬蹇援

A. clearly and directly , without trying to hide your feelings or intentions

If she asked me outright , I'd tell her.

B. clearly and completely

Most of the lawmakers rejected the idea outright.

Don Juan de Borbón reacted with a statement published on 苑April , in which he rejected Franco's proposals outright.

C. immediately and without any delay

He was killed outright when his car crashed at high speed.

They fired her outright.

D. buy/own something outright : to own something such as a house completely because you have paid the full price with your own money

If the city buys tickets outright , however , it will save an average of \$ 源per ticket.

6 suspicious 摇葬蹇援

A. thinking that someone might be guilty of doing something wrong or dishonest

His reluctance to answer my questions made me suspicious.

淫蹇蹇蹇淫蹇

The local people were suspicious of me because of my somewhat unusual lifestyle.

The police were suspicious of Simpson because his story did not quite make sense.

淫蹇蹇蹇淫蹇

His employer became suspicious about the amount of money he was claiming for expenses.

You've got a very suspicious mind !