

Unit 1

Listening and speaking

Pronunciation and listening skills

Scripts

1 view 2 safe 3 breathe 4 bath 5 rice
6 buzz 7 pressure 8 confusion 9 hoof 10 rush

Keys

1 view 2 safe 3 breathe 4 bath 5 rice
6 buzz 7 pressure 8 confusion 9 hoof 10 rush

News report

Scripts

Greece has a new football team called Hope Refugee United. Every one of its players is a refugee. In the beginning, they found life in their refugee camp frustrating. Sometimes, there were fights between people. However, a shared love of football has begun to bring them together. They don't care about where people come from; they just want peace and to make friends. The newly formed team has played only a few games. Now, the players are dreaming bigger as they take part in trials to form an official league team. They hope to compete against some of Greece's best teams in the coming weeks.

Keys

1 D 2 C 3 D

Conversation

Scripts

Jane: You don't look very cheerful. What's the matter, Jack?

Jack: Oh, nothing special, Jane. I'm just a bit fed up.

Jane: With your job?

Jack: Yes. I'm under a lot of pressure at work. My boss always wants me to increase sales. Sometimes the sales goal is almost impossible to achieve.

Jane: I used to feel stressed out like you, but I managed to find some time to run for exercise every morning. It works.

Jack: Maybe I should try it, too. But you know, I am very busy. The work here is really tiring.

Jane: Cheer up! Maybe being busy means there are more opportunities for promotion.

Jack: I hope so.

Keys

1

1 T 2 F 3 T

2

Jack A B

Jane C D

3

Sample conversations

Situation 1

Ann: Hi, Betty.

Betty: Hi, Ann. It seems you are not in a good mood. What's wrong?

Ann: I don't like living in the dorm. I wish I could move into an apartment and live on my own.

Betty: What happened?

Ann: The dorm is too cramped and noisy. I just can't stand it.

Betty: I see. What you said is true. But it is fun to live with your friends and classmates. Besides, it's safer and more convenient to live in the dorm.

Ann: You are right. Thanks for talking with me.

Situation 2

Henry: Hi, Jack.

Jack: Hi, buddy! You look very down in the mouth. What's the matter?

Henry: I'm dissatisfied with my performance in the basketball game this afternoon.

Jack: Oh, what happened?

Henry: I only got two points. It never happened to me before. I'm really disappointed.

Jack: Come on. That's just one game. You still have chances in the future. What's the most important is that you are having fun playing basketball.

Henry: I guess you are right. Thank you!

Passage

Scripts

The ancient Olympic Games began in Greece around 776 B.C. Many of the sports were the same as they are now.

The first modern Summer Olympics was held in Greece in 1896, and the first Winter Olympics was held in France in 1924. Both the Summer and Winter Olympics are held every four years.

The 23rd Summer Olympics was held in Los Angeles in 1984. It was during that Summer Olympics that China won the first gold medal in its Olympic history. Chinese players have won many medals since then and China has done a lot for the development of the Olympic Games.

Keys

1

1) ancient 2) modern 3) France 4) 1984

2

1 F 2 T 3 T

3

(略)

Reading

Passage A

Language points

1. **Adults** always seemed terribly **disappointed** that I wasn't dreaming of becoming someone important or heroic, like a scientist or an **astronaut**. (Para. 1)

adult: *n.* a fully-grown person, or one who is considered to be legally responsible for their actions
成人；成年人

e.g. Children are admitted only if accompanied by an adult.

disappointed: *a.* unhappy because sth. you hoped for did not happen, or because sb. or sth. was not as good as you expected 失望的；沮丧的

e.g. When things go wrong, all the baseball players naturally feel disappointed.

astronaut: *n.* sb. who travels and works in a spacecraft 宇航员

e.g. The physical fitness requirements for being an astronaut are very strict.

[Note] 本句包含句型：形容词+ **that**从句。在该句型中，**that**在口语中常可以省略。

e.g. The singer is confident (that) his concert will be successful.

2. My first problem with the question is that it forces kids to define themselves **in terms of** work. (Para. 2)

in terms of: if you explain or describe sth. in terms of a particular fact or event, you are explaining or describing it in relation to that fact or event 根据……来解释（描述）

e.g. The book is well organized in terms of plot.

[Note] **that** it forces kids to define themselves in terms of work是由**that**引导的表语从句，**that**有时可以省略。连接代词（**who**, **what**, **which**, **whichever**等）、连接副词（**when**, **why**, **where**, **how**等）也可以引导表语从句。

e.g. The trouble was (that) the teammates couldn't agree among themselves.

He has become what he wanted to be ten years ago.

The question is when he can arrive at the hotel.

3. When we define ourselves by our jobs, our worth **depends on** what we achieve. (Para. 2)

depend on: if one thing depends on another, it is changed or affected by the other thing 取决于
e.g. What the products will look like will depend largely on what customers want.

[Note] **what** we achieve在本句中是宾语从句，作介词的宾语。

e.g. The coach is responsible for what has happened.

4. The second problem is the idea that there is one **calling** out there for everyone. (Para. 3)

calling: *n.* a strong desire or feeling of duty to do a particular kind of work (从事某种工作的) 强烈冲动; 天职

e.g. Sherlock was an English teacher, a serious man dedicated to his calling.

[Note] 这句话包含了一个名词性同位语从句, 先行词是idea, 引导词that没有具体的意义, 在同位语从句中不充当句子成分, 只起连接作用, 但不能省略。可以跟同位语从句的名词包括fact, news, idea, promise, question, doubt, thought, hope, message, suggestion等。

e.g. Thomas heard the news that their team had won the competition.

5. Although having a calling can be a **source** of joy, research shows that searching for one sometimes leaves students feeling lost and confused. (Para. 3)

source: *n.* a thing, place, activity, etc. that you get sth. from 来源; 出处

e.g. Your local library will be a useful source of information.

[Note] 这句话包含了一个让步状语从句。让步状语从句主要由though, although引导, 也可以由even if, even though等引导, 表示“虽然; 尽管”等意思。

e.g. Though Ben had very little money, he always managed to dress smartly.

I'll do it, even if it takes me all the afternoon.

6. Even if you're lucky enough to **stumble upon** a calling, it might not be a **viable** career. (Para. 3)

stumble upon: to find or discover sth. by chance 偶然发现

e.g. We had the good fortune to stumble upon a romantic little cafe.

viable: *a.* able to be done 切实可行的

e.g. commercially viable

politically viable

financially viable

economically viable

7. If we manage to **overcome** those obstacles, there is a third hurdle: Careers rarely **live up to** your childhood dreams. (Para. 4)

overcome: *v.* to successfully control a problem that prevents you from achieving sth. 克服 (困难)

e.g. Lee overcame many difficulties to win the gold medal.

live up to: to be as good as what was expected or promised 符合 (期望); 实践 (诺言)

e.g. Stephen had determined to live up to the expectations of his coach.

8. One study found that looking for the **ideal** job leaves college seniors feeling more anxious,

stressed, and less satisfied with the outcome. (Para. 4)

ideal: *a.* perfect, or the best possible 完美的；理想的

e.g. The trip to Paris will be an ideal opportunity to practice my French.

[Note] 此句中leave的意思是“(某事)使(某人)落到某种地步”。在这个句子中leave的搭配为leave sb. doing sth., 类似用法的词有have, get, catch, keep等。

e.g. The footballers walked off and left him sitting there.

9. The **upside** of lower expectations is that they erase the gap between what we want and what we get. (Para. 5)

upside: *n.* the positive part of a situation that is generally bad (不利局面中) 有利的一面

e.g. The upside of the whole thing is that we got a free trip to Jamaica.

10. **Extensive** evidence shows that instead of **painting a rosy picture of** a job, we'd better have a realistic preview of what it's really like, **warts and all**. (Para. 5)

extensive: *a.* containing or dealing with a lot of information and details 大量的；广泛的；全面的

e.g. Extensive research into this disease has been done by a group of scientists.

paint a rosy picture of sth.: to make sth. seem better than it really is 把某物描绘得过于美好

e.g. Investors painted a rosy picture of the project and tried to persuade others to invest in it.

warts and all: including everything about a person or situation, even the bad things 一切如实地；不掩饰缺点地

e.g. Frank gives us a portrait of his brother, warts and all.

11. Sure, we might be a little less excited to take it, but **on average** we **end up** being more **productive** and less likely to quit. (Para. 5)

on average: used for talking about what is usu. true, although it may not be true in every individual situation 通常；一般说来

e.g. This car runs 15 kilometers per liter on average.

end up: to be in a particular situation or state, esp. one you did not plan for 结果为；以(意料之外的情形)结束

e.g. We were going to go out, but ended up watching videos.

end with意为“以……作为结束”。

e.g. The joyous festival ended with cheering from the audience and fireworks.

productive: *a.* producing or achieving a significant amount 富有成效的；多产的

e.g. Thomas's time spent in the basketball court was very productive.

12. But take advice from someone who studies work for a living: **Aspirations** are bigger than work. (Para. 6)

aspiration: *n.* a strong desire to have or achieve sth. 抱负; 志向

e.g. The college's aim is to help students achieve their aspirations.

13. Asking kids what they want to be simply leads them to **claim** a career **identity** they might never get. (Para. 6)

claim: *v.* to say that sth. is yours 声称拥有

e.g. Supporters of Franklin Roosevelt claimed victory in the presidential elections.

identity: *n.* sb.'s identity is their name or who they are 身份

e.g. Oscar believed the young visitor's true identity was a doctor.

identity card (also ID card) 意为“身份证”。

e.g. It was careless of him to lose his identity card at the railway station.

Translation

别再问孩子长大后想做什么

1 “长大后你想做什么？”在孩提时代，我害怕回答这个问题。我从未给出一个好的答案。大人们似乎总是非常失望，因为我并没有梦想成为什么大人物或英雄，比如科学家或宇航员。

2 对于这个问题我的第一个质疑是，它逼迫孩子们用工作来定义自己。当你被问到长大以后想做什么时，仅仅回答想做“一个父亲”、“一个母亲”或是“一个诚实的人”是不被认可的。这可能可以解释为什么许多家长常常声称他们最看重的是孩子的健康和幸福，然而他们的孩子却认为他们的父母最关注的是孩子所取得的成功。当我们以工作来界定自己时，我们的价值取决于我们所取得的成就。

3 第二个质疑是人人都有属于自己的天职的这种观念。尽管拥有天职会是一种欢乐之源，但研究显示，寻找天职有时会让学生们感到迷茫和困惑。即便你足够幸运碰上了一样天职，它也可能不是切实可行的职业。我们已经发现，天职的召唤常常得不到回应：很多职业兴趣无法支付账单，并且我们中的很多人并没有天赋。

4 假设你能克服这两种障碍，还有第三种障碍：职业很少能如你儿时所愿。一项研究发现，寻找理想工作让高年级大学生感到更加焦虑、有压力，并对结果更加不满。因此，在找工作时降低你的期望值并不是一件坏事。

5 较低期望值的一个好处是，它们能消弭我们所想与所得之间的差距。大量证据表明，与其把一份工作描绘得过于美好，还不如如实地预想一下它方方面面的情况。的确，这会让我们有一点扫兴，但通常而言，我们最终会更有效率，也更不容易放弃。

6 我非常赞同年轻人应当志存高远，树立远大理想。但听听以研究作为生的人的建议吧：志向不应当局限于工作。问孩子他们想做什么只会导致他们去追求一个他们也许永远都得不到的职业身份。相反，应该引导他们思考一下他们想成为什么样的人，还有他们想做的那些与众不同的事。

Keys

Pre-reading

1

When I was a kid, I dreamed of becoming a teacher. Because I think it's a significant job. My teachers are all very excellent, and they care for students very much. I wanted to be a teacher like them. Now, I want to be a software engineer, for I feel that the potential of the computer in future is limitless, and it has brought and will bring more profound changes to our lives. I will work hard to make my dream come true in the near future.

2

No, I don't think so. Most successful people started with big dreams and then they displayed great courage to realize them. When it comes to what they are capable of doing, they know no boundaries. The reality is not real, to some extent. It is a barrier keeping us away from all the possible fantasies. Flying, for example, had been a dream of mankind since ancient times. Over a hundred years ago, "man could not fly" was still regarded as the "reality". However, the Wright brothers disregarded such reality and made breakthroughs in flying. In one word, only when we believe that our dreams don't need to be realistic can we achieve our dreams someday.

Comprehension

1

1) forces 2) calling 3) confused 4) dreams 5) bigger

2

1 T 2 T 3 F

Vocabulary and structure

1

① C ② A ③ B ④ D

2

1 disappointed; disappointment 2 defined; definition 3 joyful; joy 4 evidence; evident

3

1 comparative 2 effective 3 supportive 4 creative 5 protective

4

- 1 Even if Sam's teammates retired, Sam would still want to have contact with them.
- 2 Even if David had the talent to play badminton, he couldn't beat Jeff.
- 3 Mike had to keep up with spring training, even if he was injured.
- 4 The investor will buy shares in the club, even if the chairman raised the price.

Banked cloze

1) growth 2) aspirations 3) unique 4) protect 5) viable

Translation

1

- 1 当我们以工作来界定自己时，我们的价值取决于我们所取得的成就。
- 2 我非常赞同年轻人应当志存高远，树立远大理想。

2

- 1 *The Romance of the Three Kingdoms* describes historical events that cover almost 100 years, and is very skillful in terms of its structuring.
- 2 Nie Er had the aspiration to become a musician and make a contribution to the development of music in China at an early age.
- 3 Whenever I feel like giving up halfway, the Iron Man spirit always gives me the strength to overcome difficulties.

Passage B

Language points

1. Since I was five years old, I have been playing the game of football. (Para. 1)

[Note] have / has been + v.-ing 是现在完成进行时的构成形式，表示一个动作从过去某时开始，一直延续到说话时还在继续进行。这一用法常与表示一段时间的状语如 for two hours, since early morning, these few days 等连用。

e.g. They have been supporting each other since they got married.

It has been raining for two hours.

2. **As** I've grown into the real world, I have begun to see the **ties** between life and football. (Para. 1)

as: *conj.* while or when sth. is happening 当……的时候；随着

e.g. As time passed, things seemed to get worse.

tie: *n.* a relationship or connection between people or things 联系；关系

需要注意的是，tie 此时通常用复数形式，常和 between / with 搭配。

e.g. close ties between the two countries

China's strong economic ties with some countries

3. When things get hard, like what we experience in our workouts, there is no giving up. (Para. 2)

[Note] when things get hard 中的 get 是系动词。系动词须带形容词、名词等作补语，与补语一起说明主语的性状。常见的系动词有 be, feel, seem, become, get, fall, sound, turn 等。

e.g. My sister's behavior became increasingly difficult to understand.

The milk has turned sour; please throw it away.

[Note] like 在这里是介词，意为“像……”，后面接了一个 what 引导的宾语从句。

e.g. No one could do the job like he had done.

4. If you lose your job, you have to go out and find a new one because you have to pay the **bills**. (Para. 2)

bill: *n.* a written list showing how much you have to pay for services you have received, work that has been done, etc. (服务费用的) 账单

e.g. a telephone bill

an electricity bill

a water bill

5. Whether it is holding the state championship or getting a **promotion**, hard work always reaps rewards. (Para. 2)

promotion: *n.* a move to a more important job or rank in a company or an organization 晋升; 提升

e.g. Hard work and excellent abilities mean there are more opportunities for a promotion.

[Note] whether 在这里引导了让步状语从句。

e.g. Whether you are busy or not, you should visit your parents from time to time.

6. Now, you and your partners have **faith** in each other, and this faith will do great things. (Para. 3)

faith: *n.* strong belief in or trust of sb. or sth. 信心; 信任; 信赖

have faith in sb. / sth.意为“对某人 / 某事物有信心”。

e.g. I have great faith in her; she won't let me down.

lose faith in sb. / sth.意为“对某人 / 某事物失去信心”。

e.g. I lost faith in him and decided to do the project by myself.

7. I see life lessons that are there for us to learn and **prepare** us **for** the real world. (Para. 5)

[Note] prepare sb. for ...意为“使某人为……作好准备”。

e.g. Schools should do more to prepare children for their future job.

[Note] 此句中 that 引导定语从句，并在定语从句中作主语，定语从句的先行词为 life lessons。

e.g. She is the only person that can solve this math problem.

Translation

橄榄球——人生的博弈

1 从五岁起，我就一直在打橄榄球。我认为橄榄球不仅仅是一种球类运动，还是一场生活的博弈。当我不在球场时，我喜欢看其他孩子打球。他们打球时无所畏惧，充满激情，满脸绽放着笑容。随着我渐渐长大步入现实世界，我开始明白生活和橄榄球之间的联系。

2 当我向站成一排的队员望去时，我看到每个人都在流汗，也看到了每个队员脸上悲壮的表情。教练哨声一响，所有人都开始向场地对面冲去。遇到困难时，就像训练中遇到困难一样，我们不会放弃。如果放弃、退出，我们就会输球、被打败。现实世界也是如此。如果你失业了，就必须出去找份新工作，因为你必须支付各种账单。你不能放弃，因为一旦放弃，你将会一无所获。生活并不总是充满乐趣，有时会极其艰难。无论是卫冕州冠军还是得到晋

升，努力工作总能获得回报。

3 要想在橄榄球赛中获得胜利，需要齐心协力组成一个团队。如果没有人后退，你便不能进攻；如果没有人接球，你便不能传球；如果没有团队，你便不能获胜。无论你和别人之间存在何种差异，你们都必须齐心协力。这种团队协作在你的职业生涯中同样适用。你需要依靠同事做他们分内之事，同时你做你自己的，以此来共同完成任务。此时，你和你的同伴彼此信任，这种信任将能够使你们成就大事。

4 橄榄球意味着建立和依靠与他人的关系。当你和队友共同经历流血、流汗和流泪后，你就会拥有伴随一生的深厚友谊。你学会了互相信任。你知道他们会为你做任何事，你也会为他们做任何事。

5 橄榄球吸引人们去关注球星及球队，但在我看来，它不只是如此。我从橄榄球运动中看到了我们可以获得的生活经验，这些经验让我们对现实世界有所准备。对我来说，橄榄球一直是给予我生活启迪的运动，将来也会如此。

Keys

Pre-reading

1

Yes, I like football. On the one hand, playing football not only helps me keep fit, but also helps release the pressure of my life. On the other hand, watching football games is enjoyable because there are often many cool and handsome players in the games.

No, I don't like football. There are three reasons: First, one easily gets hurt when playing football with a group of people. Second, the results of football games are too unpredictable. Besides, it is kind of boring with so many people running for one ball for a long time, and sometimes with no one getting even one goal during a match!

2

Playing football is similar to living life, because a football game is unpredictable, just like our life. Nobody knows what will happen next second. However, as long as we try our best, the result may turn out to be satisfying. Besides, teamwork is very important in a football game. Similarly, life also needs teamwork. If every team member does their own part well, the whole team will get the work done effectively.

Comprehension

1

1 T 2 T 3 F 4 T 5 T

2

1 They can get a strong friendship that could last a lifetime. The teammates can trust each other and help each other.

2 The writer has gained the following life lessons from the game of football:

- 1) When things get hard, there is no giving up. If we give up and quit, we may lose and be defeated.
- 2) Teamwork is very important.

3) Friendship can be reaped.

Vocabulary and structure

1

drip	to get sth., esp. sth. good, as a result of what you have done
extremely	to let liquid fall in the shape of small drops
workout	very much
reap	a period of physical exercise, esp. as training for a sport
apply	to affect or be relevant to a particular person or thing

2

1 Teamwork 2 lifetime 3 championship 4 rewards

3

1 to 2 through 3 with 4 in

4

- 1 they sell well as well
- 2 and he sometimes plays pop music as well
- 3 they were expected to perform well in the finals as well
- 4 but to develop their all-around abilities as well

Translation

1

- 1 无论是卫冕州冠军还是得到晋升，努力工作总能取得回报。
- 2 橄榄球吸引人们去关注球星及球队，但在我看来，它不只是如此。

2

- 1 No pain, no gain. You are sure to reap the rewards of your hard work.
- 2 The Red Army had gone through various difficulties before they finally won the victory of the Long March.
- 3 To realize the great Chinese dream, we must rely on the joint efforts of all the people.

Oral work

1

(略)

- 2 All my classmates can ride a bicycle well. A large number of them can play table tennis well. Most boys are good at playing basketball and football.

Grammar

Keys

1

1 is; was 2 gets; got 3 lived; lives 4 read; reads 5 collected; collects

2

1 plays; watched 2 majored 3 travels 4 wondered 5 is 6 learns

Writing

- 1 修饰语with a charming color错位。它应该紧随guitar，避免产生误解。此句可改为：Jack bought a guitar with a charming color yesterday afternoon.
- 2 修饰语slowly放在句末会引起歧义，让人不明白到底是我们吃午餐慢，还是做午餐慢。但通常都是慢慢地吃午餐，而不会慢慢地做午餐，所以，此句可改为：We ate slowly the lunch that we cooked.

Keys

1

- 1 My piano is tuned by an expert tuner every three months with a black beard.
My piano is tuned every three months by an expert tuner with a black beard.
- 2 We found a tall tree that afternoon that had a large hole.
That afternoon we found a tall tree that had a large hole.
- 3 The violin was on the desk that Sarah had played.
The violin that Sarah had played was on the desk.

2

- 1 Students who often miss classes fail the course.
Or: Students who miss classes fail the course often.
- 2 Janice likes that band, only because she thinks the guitarist is talented.
Or: Janice only likes that band because she thinks the guitarist is talented.
- 3 The dancer sent a dog called “Snow” to his sister.
Or: The dancer sent his sister who is called “Snow” a dog.

Culture express

Keys

1

2 √

2

(略)

Selective Reading

他从未错过一场比赛

- 1 假如你陷入困境而看不到成功的希望你会怎样？假如你一直努力坚持，什么才能帮助你

战胜失败？这篇关于一位骨瘦如柴的男孩全身心投入并热爱橄榄球的故事给了我们答案。

2 这个男孩一次又一次进行练习，极尽所能付出了一切。由于他的身材只有其他男孩身材的一半，因此他的水平毫无起色。在所有的比赛中，这个满怀希望的小男孩都坐在板凳上，几乎从未上场参加过比赛。尽管如此，他的父亲却从未错过一场比赛，总是到场为儿子加油。

3 在整个高中阶段，尽管这个年轻人仍然是班上身材最矮小的，而且一直是一名替补队员，他却从未错过一次训练。他的父亲总是忠实地站在看台上，总是对他说着鼓励的话语。当这个年轻人进入大学后，他决定参加橄榄球队的选拔。所有人都觉得他绝不可能成功，但他入选了。

4 教练之所以把他留在名单上，就是因为他在每一次训练中所展现出来的坚持不懈与全心投入。父亲切身感受到了儿子的喜悦之情。虽然父亲收到了所有大学比赛的季票，但这个年轻人从未上场参加过一场比赛。

5 高级组橄榄球赛季即将结束，不久之后，一场重要的总决赛将于周六启幕。一天，教练将一封电报交到年轻人手中。年轻人读了电报，变得异常沉默。他哽咽着，对教练喃喃道：“我父亲今早去世了……”教练拥抱了他。

6 星期六到了，比赛进行得不顺利。在第三节，当球队落后 10 分时，年轻人说：“教练，请让我上场吧。我今天必须要上场。”

7 教练犹豫片刻后，说道：“好吧，你可以上场。”

8 虽然这个从不知名的年轻人以前从未上场参加过比赛，但场上他却表现得很出色，这让每个人都很惊讶。他就像明星一样奔跑、传球、阻拦和擒抱。比分很快打成平局。在比赛的最后几秒钟，这个年轻人拦截了一个球，一路奔跑，最终触地得分，球队获胜。球迷们爆发出热烈的欢呼声。

9 看台观众逐渐散开，队员们洗完澡离开更衣室后，教练注意到这个年轻人独自静静地坐在角落里，便走过来对他说：“孩子，我简直不敢相信！你太棒了！告诉我你怎么了？你是怎么做到的？”

10 年轻人看着教练，眼里含着泪水，说道：“嗯，您知道我父亲去世了，但您知道我父亲是位盲人吗？我父亲参加了我所有的比赛并为我加油，但今天是他第一次能够看到我上场比赛，我想让他知道我能做到！”

Keys

Comprehension

1 B 2 C 3 D 4 C

Vocabulary

1 empty 2 devotion 3 swallowed 4 broke loose 5 hesitation 6 tackle

7 try out for 8 persistence