

1

UNIT

Good to great

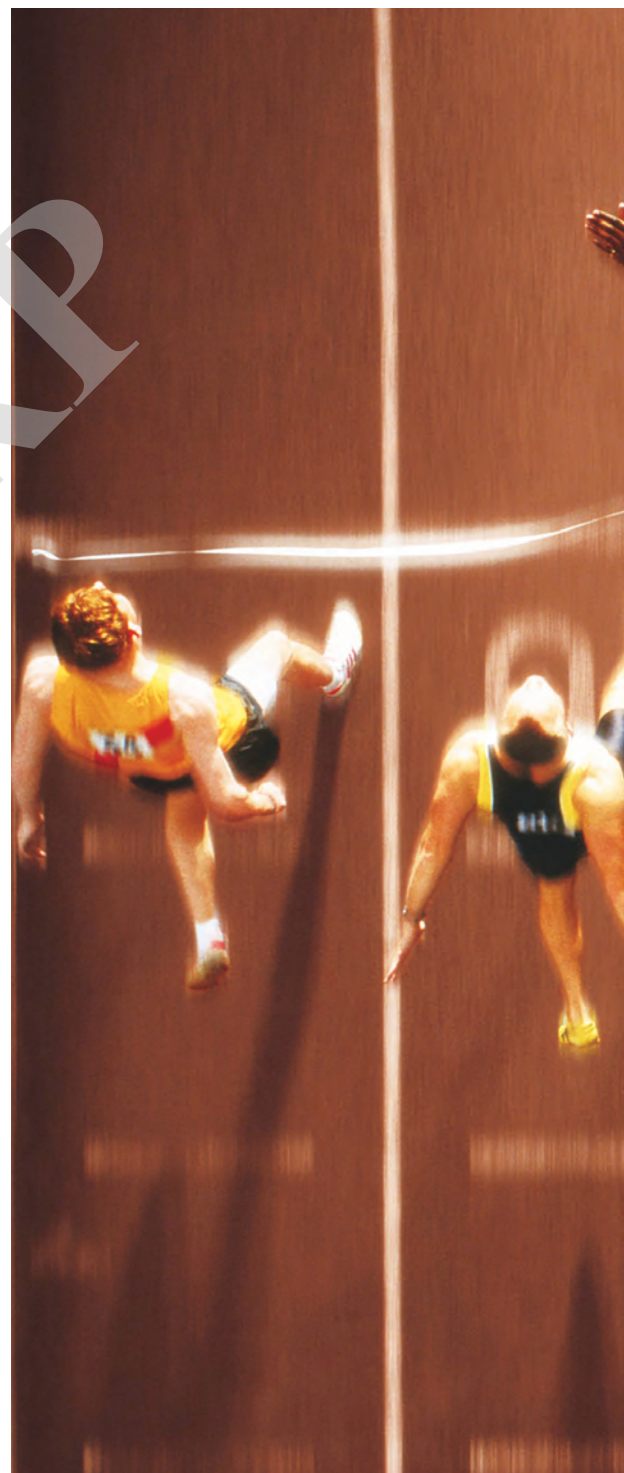
Set the scene

Success seems to be an important topic that we cannot get away from. Since ancient times, there has been a wealth of witty ideas about the meaning of success and the ways to achieve it. For example, Mencius, a Chinese Confucian philosopher, once said that “everyone can become a Yao or a Shun,” meaning that as long as we try our best, we can achieve what we strive for. William Shakespeare, an English poet, playwright, and actor, remarked that “to climb steep hills requires a slow pace at first.” How do you define success and how are you going to achieve it?

Learning objectives

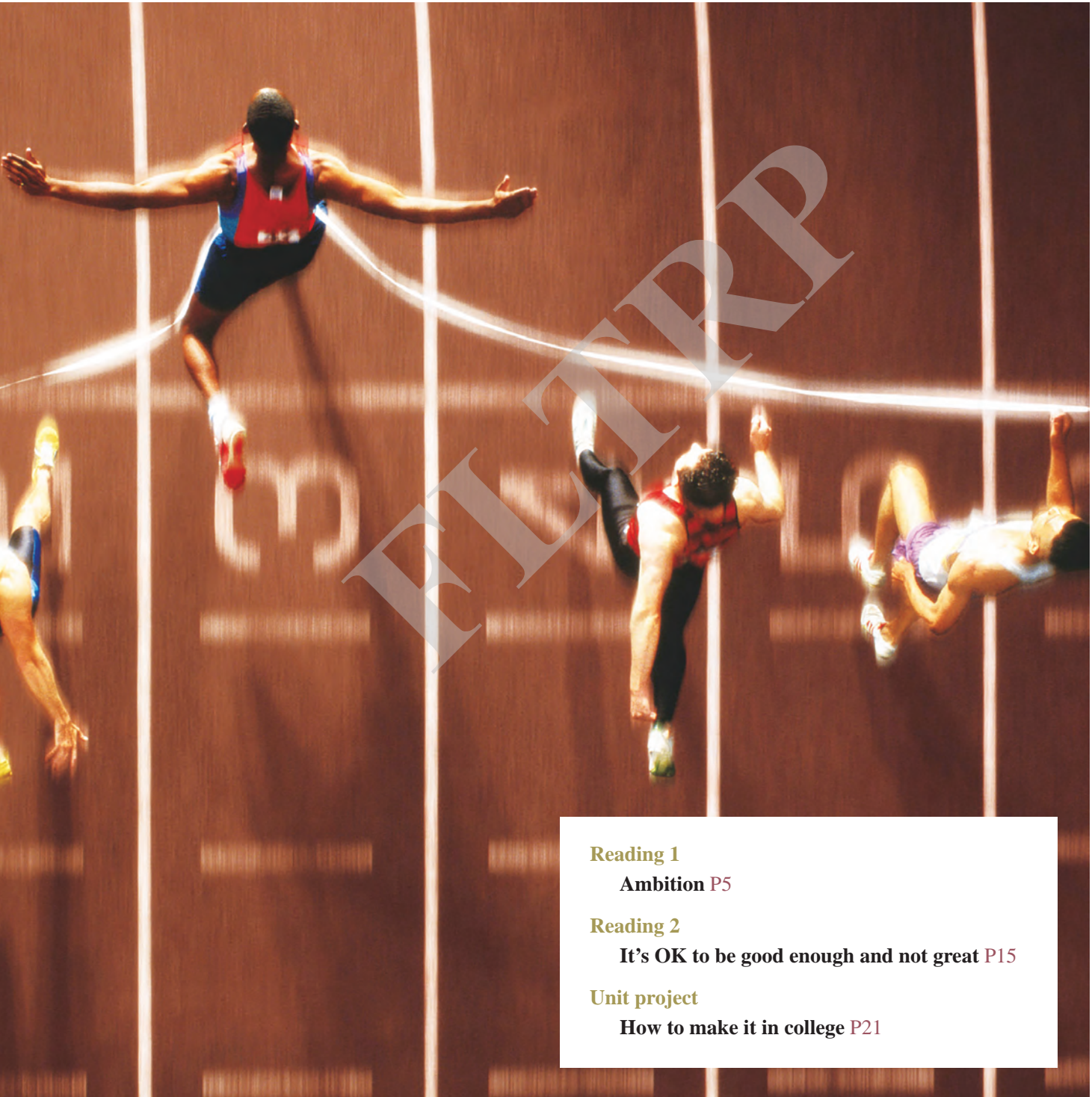
Upon completion of this unit, you will be able to:

- evaluate the importance of ambition and analyze the “good-enough” mindset;
- define and explain an abstract concept from different perspectives in your writing;
- adopt an appropriate attitude toward success and make your own judgment.



Without resolve, one can accomplish nothing.

— Wang Yangming
(1472–1529, neo-Confucian philosopher)



Reading 1

Ambition P5

Reading 2

It's OK to be good enough and not great P15

Unit project

How to make it in college P21

Get ready to read



Video clip

NEW WORDS

reflection *n.* 映像

peek *vi.* 偷看

interactive *a.* 互动的

clarify *vt.* 阐明

perception *n.* 看法;
见解

Watch for information

Chris Navarro, a famous bronze artist, designed an award-winning sculpture *Dare to Dream Big*. Watch a video clip in which Navarro introduces this sculpture and his perception of dreams. Then complete the outline with no more than THREE words for each answer.

What the sculpture is about

- A cat looking into a mirror and seeing his reflection as that of
1) _____.
- 2) _____ peeking around the corner of the mirror, thinking, “Just what I need — a cat who believes he’s a lion.”

The interactive element of the sculpture

- Next to the sculpture is a large chalkboard on which visitors can write down their 3) _____.
- It forces visitors to clarify what they want, motivates them to act, and opens their mind and heart to 4) _____.

The purpose of the sculpture

- It aims to bring a smile to one’s face and 5) _____ to one’s heart so that they can feel better about themselves, build their perceptions of the possible, and develop skills to face 6) _____ and to reach their goals.

Different reactions to the sculpture

- Adults 7) _____ and make excuses when they are asked to write down their dreams.
- Children could not wait to write their dreams down.

Conclusion

- Having your dreams come true is what life is all about. When you dare to dream big, whatever you dream of, 8) _____.

Watch and discuss

In the video clip, Chris Navarro says that adults and children respond differently to writing down their dreams and goals. Do you think there is any difference between adults and children in terms of dreams? Have your dreams undergone any change as you grow older? Share your opinion and experience with a partner.

AMBITION



- 1 In college, my friend Beth was very ambitious, not only for herself but for her friends. She was interested in foreign relations, in travel, in going to law school. “I plan to be the Secretary of State someday,” she would say matter-of-factly. I was a biology major, which was a problem: Beth’s friend from childhood was also studying biology, and Beth had already decided she would win the Nobel Prize. This was resolved by my interest in writing fiction. I would win that Nobel, while her other friend would win for science.
- 2 It was a joke; we were all smart-ass¹ college freshmen, pretending the world was ours for the asking. But it was not entirely a joke. We were smart college freshmen, and why should we limit our ambitions?
- 3 I’ve always liked ambitious people, not because I am desperate to be buddies with a future Secretary of State but because I find ambitious people entertaining — interesting to talk to, fun to watch. And, of course, I like such people because I am ambitious myself, and I would rather not feel apologetic about it.
- 4 What I mean by ambition is dreaming big dreams, putting no limits on your expectations and your hopes. I don’t really like very specific, attainable ambitions. I like big ambitions that suggest the world could open up at any time, with work and luck and determination. The next book could hit it big. The next research project could lead to something fantastic. The next bright idea could change history.
- 5 Of course, eventually you have to stop being a freshman in college. You limit your ambitions and become more realistic, wiser about your potential, your abilities, and the number of

Notes

- 1 If you describe someone as smart-ass (*AmE*) or smart-arse (*BrE*), you dislike the fact that they think they are very clever and like to show everyone this. Here, the author uses this word in a humorous way.
-



things your life can hold. Sometimes you get close to something you wanted to do, only to find it looks better from far away. Back when I was a freshman, to tell the truth, I wanted to be Jane Goodall, go into the **jungle** to study monkeys and learn things no one had ever dreamed of, but it turned out that wasn't enough of a basis for a life. And I was not **fated** to live a wild, **adventurous** life, to travel alone to all the most **exotic** parts of the world, to leave behind a **string** of broken hearts.

- 6 One of the worst things ambition can do is tell you you're a failure. The world is full of measuring tapes, books, and articles to tell you where you should be at your age, after so many years of doing what you do. However, the world is full of disappointed people. Some of them probably never had much ambition to start with; they sat back and waited for something good and felt cheated because it never happened. Some of them had very set, specific ambitions and, for one reason or another, never got what they wanted. Others got what they wanted but found it wasn't exactly what they'd expected it to be.
- 7 As you grow up, your ambitions may come into **conflict**. Part of growing up, of course, is realizing that there is only so much room in one life. You can do one thing **whole-heartedly** and **single-mindedly** and give up some other things. Or you can be **greedy** and grab for something new without wanting to give up what you already have. This leads to a **chaotic** and crowded life in which you are always late, always **overdue**, always behind, but rarely bored. Even so, you have to come to terms with limitations; you cannot crowd your life with occupations and then expect to do each one as well as you might if it were all you had to do.
- 8 Of course, I try to be **mature** about ambition. I don't **assign** my friends Nobel Prizes or top government posts. I don't pretend that there is room in my life for any and every kind of ambition I can imagine. Instead, all I want are three things: I want to write as well as I can, I want to have a family, and I want to be a good **pediatrician**. And then, of course, a voice inside whispers: to write a **best-seller**, to have 10 children, to do amazing medical research ... Even though I'm not a college freshman **anymore**, I'm glad to find that little voice still there, whispering sweet nothings² in my ear.

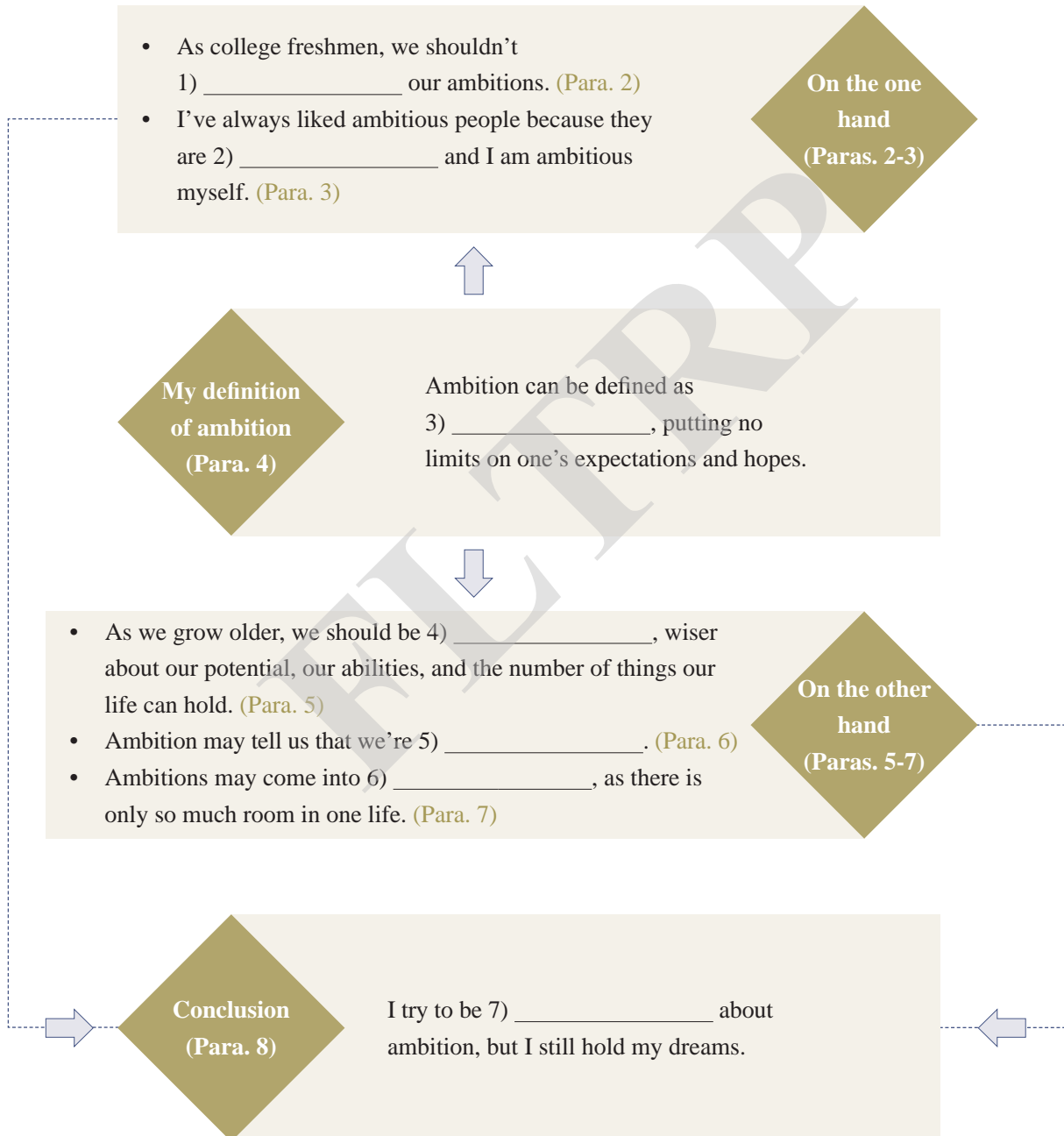
Notes

- 2 Here "sweet nothings" is a humorous expression, meaning "romantic and loving talk."
e.g. *The couple in the corner is whispering sweet nothings to each other.*
-

Read and understand

Global understanding

Read the passage and complete the outline with no more than THREE words from the passage for each answer.



Detailed understanding

Read the passage again and choose the best answer to the questions or the best way to complete the unfinished statements.

- Which of the following can be inferred about Beth?
 - She crowded her life with too many unrealistic dreams.
 - She was struggling between different choices in life.
 - She was always ready to help her friends solve conflicts.
 - She had a very strong desire for success in politics.
- The author says “it was not entirely a joke” (Para. 2) to emphasize that _____.
 - they are very smart
 - they shouldn’t limit their ambitions
 - their dreams are very realistic
 - they are very ambitious
- Which of the following ambitions is NOT an ideal one according to the author’s standard?
 - Becoming the Secretary of State.
 - Changing history with great ideas.
 - Becoming a Nobel Prize winner.
 - Reading 50 meaningful books.
- The author uses her dream of becoming Jane Goodall to illustrate that _____.
 - dreams sometimes are different from realities
 - achieving success requires much determination
 - women ought to make more efforts to succeed
 - life can be more challenging than imagined
- Which of the following is part of growing up according to the author?
 - Catching every opportunity to learn something new.
 - Keeping oneself busy with a tight schedule.
 - Overcoming any possible limitation in life.
 - Understanding that one’s ability is limited.
- The author mentions “to write a best-seller, to have 10 children, to do amazing medical research” to stress that _____.
 - she arranges her ambitions in order of importance
 - she cherishes her ambitions deep in her heart
 - she knows that there is not so much room for all her ambitions
 - she keeps adjusting her ambitions as she grows up



Read and think

Dream big dreams vs. be realistic

- Step**
① In the passage, the author defines ambition as “dreaming big dreams, putting no limits on your expectations and your hopes,” but she also stresses that you have to “come to terms with limitations” and “be realistic” about your ambition. Which side do you think is more convincing? Use evidence in the passage to justify your viewpoint.
- Step**
② If you were the author, what other evidence would you use to further illustrate your viewpoint?

Being ambitious: positive or negative?

- Step**
① In the passage, the author mentions that “I’ve always liked ambitious people ... because I find ambitious people entertaining — interesting to talk to, fun to watch.” Drawing on your own experience, do you agree with the author? Why or why not?
- Step**
② Is being ambitious a positive or negative quality in Chinese culture? Explain your answer.

Read and practice

Meaning in context

Pick out the sentence in each group where the italicized word has the same meaning as the italicized word in the sentence from the passage.

1. This was *resolved* by my interest in writing fiction.
 - A. After the divorce she *resolved* never to marry again.
 - B. Attempts are being made to *resolve* the problem of security in schools.
 - C. The teacher tried to *resolve* a complex argument into its basic elements.
2. I've always liked ambitious people, not because I am *desperate* to be buddies with a future Secretary of State ...
 - A. The situation is *desperate* — we have no food, very little water, and no medical supplies.
 - B. The prisoners grew more *desperate* in their attempts to escape.
 - C. I am *desperate* to see initial results; otherwise I will get restless and lose hope.
3. Even so, you have to come to terms with *limitations* ...
 - A. We plan to impose *limitations* on the use of cars in the city.
 - B. They would resist any *limitation* of their powers.
 - C. It's a good little car, but it has its *limitations*.
4. ... you cannot crowd your life with *occupations* and then expect to do each one as well as you might if it were all you had to do.
 - A. In the space marked "*occupation*," she wrote "police officer."
 - B. Her main *occupation* seems to be shopping.
 - C. He intends to remain in *occupation* of the building for as long as possible.
5. I don't assign my friends Nobel Prizes or top government *posts*.
 - A. I applied for the *post* and was asked to attend an interview.
 - B. The guards were ordered not to leave their *posts*.
 - C. I'd been away for a few days so I had a lot of *post* waiting for me.



Good

Word building

Translate the expressions into English.

1. 高速铁路 _____
2. 兼职工作 _____
3. 长远计划 _____
4. 最新资讯 _____
5. 环保餐桌 _____
6. 新开的书店 _____
7. 热心肠的女孩 _____
8. 等着瞧的态度 _____
9. 面对面交流 _____
10. 思想开明的学者 _____

Compounds

When two or more words are combined together to create a new word, a compound word forms. There are three types of compound words: open compounds (spelled as two words, e.g., ice cream), closed compounds (joined to form a single word, e.g., freshman, overdue), or hyphenated compounds (joined by a hyphen, e.g., matter-of-factly, whole-heartedly). Compounds can be complicated. Sometimes it is very hard to decide whether a compound should be open, closed, or hyphenated. The safest way is to consult the dictionary.

Language in use

Complete the sentences by translating the Chinese in brackets into English.

1. _____ (成功解决冲突的能力) is probably one of the most important skills that you can possess.
2. When you learn how to combine your passion and action, _____ (只要你想, 未来便是你的).
3. There are certain people who _____ (宁愿不去尝试) because they are afraid that they will fail.
4. You need to _____ (定一个具体的、可实现的目标) if you plan to be successful and know where you're going.
5. When a new opportunity presents itself, _____ (不要坐等).
6. _____ (一旦你接受了失败), the next step is to adjust accordingly.



Better



Best

Banked cloze

Complete the passage with suitable words from the word bank. You may not use any of the words more than once.

adventurous	assign	attain	capable	desperate
determination	entertaining	enthusiasm	grab	limitations
matter-of-factly	mature	opportunities	potential	whole-heartedly

No one can succeed without a healthy amount of ambition. Ambition is a major drive for
 1) _____ growth and development. Those who wish to be more, know more, do more, give more or have more, have a powerful inner drive that leads them to enjoy a(n)
 2) _____ life and go further. Ambition drives them to be 3) _____ devoted to their goals.

Ambitious people know what they want; they have clear goals and work very hard to
 4) _____ them. They have willpower and 5) _____, and take charge of their destiny, rather than expect others to satisfy their needs. Ambitious people also find it 6) _____ to take on exciting challenges. They are 7) _____ of adjusting and measuring up to their dreams, always watchful of the 8) _____ that are out there for those who are willing to see them and 9) _____ at them.

I always enjoy working with ambitious people because they have a gleam (闪光) in their eyes as they approach their goals and they have strong 10) _____ for accomplishing things, thus inspiring and motivating others.

Read and translate

Translate the sentences into English.

- 有的父母期盼子女有远大的梦想，有的则希望孩子现实些。(dream big dreams)
- 你不得不承认，意识到有些梦想永远不会实现是成长过程的一部分。(part of ... is ...)
- 虽然困难重重，科学家们凭借勤奋和毅力取得了伟大的成就。(determination)
- 他的成功归因于他能够一心一意地追求自己的目标。(single-mindedly)
- 结果表明，机遇永远只垂青那些有准备的人。(turn out)
- 丝绸之路代表的是一种冒险精神，一种勇往无前的精神。(adventurous)

Read and write

Define an abstract concept

It's sometimes necessary to explain what a term or a concept means in writing. Some words have definite, concrete meanings, such as *jungle* or *best-seller*, while words such as *ambition*, *happiness*, or *love* are abstract and depend more on a person's own interpretation. To fully explain your definition of an abstract concept, it's always a must to analyze it from different perspectives and support your analysis with understandable facts, examples, or anecdotes.

Step Read the passage again and find out:

①

1. the author's definition of ambition;
2. the arguments the author develops based on her definition of ambition;
3. the facts, examples, or anecdotes the author uses to illustrate her arguments.

Step The following are some examples about how to give a definition. Read them and underline the basic structure of giving a definition.

②

1. What I mean by empathy is putting yourself in other people's shoes and feeling what they feel.
2. Happiness can be defined as the experience of joy, contentment, or well-being, combined with a sense that one's life is good, meaningful, and worthwhile.
3. Romance in its broader sense refers to a zest for life, an energetic pursuit in any relationship with others as well as with nature.
4. Friendship can be described as a flower that must be consistently watered and maintained in order to make it grow well.
5. By definition, brand loyalty means the tendency of some consumers to continue buying the same brand of goods rather than competing brands.

Step Write a paragraph of no less than 80 words to offer your own definition of success. In your writing, you should:

③

1. present a clear and basic definition;
2. explain your definition from different perspectives;
3. use facts, examples, or anecdotes to clarify your ideas.



Get ready to read



Audio clip

Listen for information

“Whatever will be, will be” is a classic song. Listen to it and fill in the blanks with the exact words you hear in the song.

*Whatever will be,
will be*

<p>When I was just 1) _____ I asked my mother, “What will I be? Will I 2) _____? Will I be rich?” Here’s what she said to me</p> <p>“Que será, será Whatever will be, will be The future’s not ours to see Que será, será What will be, will be”</p> <p>When I 3) _____ and fell in love I asked my sweetheart, “What lies ahead? Will we 4) _____ day after day?” Here’s what my sweetheart said</p>	<p>“Que será, será Whatever will be, will be The future’s not ours to see Que será, será What will be, will be”</p> <p>Now I have 5) _____ They ask their mother, “What will I be? Will I be handsome? Will I be rich?” I tell them 6) _____</p> <p>“Que será, será Whatever will be, will be The future’s not ours to see Que será, será What will be, will be”</p> <p>Que será, será</p>
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Listen and discuss

Work in groups and share your understanding of the expression “Whatever will be, will be.” Do you agree with this mindset? What is the balance between “putting no limits on your expectations” and “Whatever will be, will be”?

It's OK to be good enough *and* not great

- 1 What if **striving** to be great is what's holding you back?
- 2 “Good is the enemy of great”¹ is one of the most popular self-improvement expressions. It's the first sentence of an international **best-selling** business book, the title of another self-help book, and the belief that NFL² superstar J.J. Watt has shared in **press conferences**. It sounds **appealing** and rolls off the **tongue** nicely, but there's a good chance it's totally wrong.
- 3 We're told that striving to be great and never being satisfied are necessary to meet the ever-increasing pressures and pace of today's world. It's the only route to success. But what is it all for? What does success even mean? Rates of anxiety and **depression** are higher than ever. Some experts believe that loneliness and social **isolation** have become widespread. Two-thirds of all **employees** report feeling burned out at work. Surely this isn't the kind of success that everyone is after.
- 4 An Eastern **philosopher** once suggests that true success means feeling content with the **unfolding** of your life. It is “finding happiness in your work and life, in the here

Notes

- 1 “Good is the enemy of great” is the first sentence from *Good to Great*, the best-selling book by Jim Collins, an American researcher, author, speaker, and consultant, who focuses on the subject of business management and company growth.
 - 2 The NFL is short for the National Football League, the organization in charge of the highest level of professional American football in the US.
-



and now.” The kind of success that he champions³ isn’t about striving to be great all the time. It’s about being at least OK with where you are, about accepting being good enough. What’s interesting is that not always trying so hard to be great isn’t just the path to being happier; it’s also the path to getting better.

- 5 This **mindset** improves confidence and releases pressure because you don’t always feel like you’re coming up short. It also **lessens** the risk of injury — **emotional** and physical — since there isn’t a **perceived** need to make **heroic** efforts every day. The result is more **consistent** performance that adds up over time. Research shows that **sustainable** progress, in everything from diet to **fitness** to **creativity**, isn’t about being consistently great; it’s about being good enough over and over again.
- 6 A wonderful case study is Eliud Kipchoge, who has just broken the **marathon** world record. He’s **literally** the best in the world at what he does. Yet Kipchoge says that the key to his success is not **overextending** himself in training. He’s not **obsessed** with being great all the time. Instead, he tries his best to be always good enough. He recently told *The New York Times* that he rarely, if ever, pushes himself past 80 percent — 90 percent at most — of his **maximum** effort during **workouts**. This allows Kipchoge to string together weeks and weeks of consistent training. “I want to run with a relaxed mind,” he says.
- 7 **Unlike** so many other runners who have tried and failed to break the world marathon record, Kipchoge has never been obsessed with the mark. Prior to his record-setting race, when asked about his mindset, he told *The Times*, “To be precise, I am just going to try to run my personal best. If it comes as a world record, I would appreciate it. But I would treat it as a personal best.” Kipchoge puts running in its place, which, for him, is in the here and now, not in striving to meet ever-increasing expectations. “When I run,” he says, “I feel good. My mind feels good. I sleep in a free way, and I enjoy life.”
- 8 It’s a **paradox**. A “good-enough” mindset might very well be the key to being great and happy. The less you want to be happy, the happier you’ll be. The less you need to **perform** well, the better you’ll perform. Just think about your own life. During the times you were happiest and performed best, were you striving? Were you **chasing** after something? Or were you more like Kipchoge — **grounded**, at peace, and feeling good enough about what was in front of you? This doesn’t mean you should never desire **productive** change or improvement. Quite the opposite, actually. Though it may run counter to so much of the current **ethos**, adopting the core principle of “good enough” is likely the best route to being happier and getting better.

Notes

- 3 Here “champion” is used as a verb, meaning “publicly fight for and defend an aim or principle, such as the rights of a group of people.”
e.g. *She championed the cause of animal rights.*
-



Read and understand

Global understanding

Read the passage and complete the summary by filling in each blank with a word from the passage.

Popular notion has it that the only path to success lies in striving to be great and never being 1) _____. However, others suggest that true success means being at least OK with where one is and 2) _____ being good enough. To their way of thinking, this mindset can not only improve 3) _____ and release pressure but also 4) _____ the risk of emotional and physical injury. As a result, one will achieve 5) _____ progress due to their idea of being always good enough. A good case in point is Eliud Kipchoge, literally today's best 6) _____ runner in the world. He says that his remarkable record-setting performance arises from his consistent efforts to be good enough rather than 7) _____ himself during workouts. In fact, running, for him, is not in striving to live up to ever-increasing 8) _____, but in the here and now. In a word, though a "good-enough" mindset may be the 9) _____ of much of the current ethos, it may well help you feel happier and 10) _____ better.

Detailed understanding

Read the passage again and decide whether the statements are true (T) or false (F).

- ___ 1. J.J. Watt holds the belief that in order to achieve success, one should strive to be great.
- ___ 2. The author mentions higher rates of anxiety and depression to imply that "striving to be great" may produce negative effects.
- ___ 3. The mindset of not always trying to be great helps release stress because you just need to make the best possible choice.
- ___ 4. Eliud Kipchoge is 100 percent devoted to his training in order to run his personal best.
- ___ 5. A "good-enough" mindset means you should never desire productive change or improvement.

Read and think

What defines a “good-enough” mindset?

Step
① Read through the passage again and find out the defining features of a “good-enough” mindset.

Step
② Below is a list of attitudes and behaviors related to success. Work in groups and discuss which of the following are characteristic of a “good-enough” mindset according to what you’ve got in Step 1.

1. Focus on making the most of today.
2. Always strive to do your best.
3. Always compare yourself to others.
4. Be content with what you have or who you are.
5. Have an extreme fear of failure.
6. Take real pleasure in the process of achieving something.
7. Adapt yourself to the fast pace of today’s world.

Step
③ In the last paragraph of the passage, the author suggests that “a ‘good-enough’ mindset might very well be the key to being great and happy.” Do you agree with this statement? Use the defining features of a “good-enough” mindset you have summarized from the passage and your own experience to justify your answer.

Paradox

Step
① There are a lot of things in life that don’t appear to make much sense on the surface. But once you take a closer look, you realize that there is some substance there after all. They are known as paradoxes. In this passage, the author says that a “good-enough” mindset is a paradox. In what way do you think it is a paradox?

Step
② Work in groups and discuss your understanding of the following paradoxes.

1. The more choices we have, the harder it is to choose.
2. The more you learn, the more you realize how little you know.
3. The more something scares you, the more you should probably do it.
4. The more connected we get, the more isolated we feel.
5. The more you’re afraid to fail, the more likely you are to fail.

Read and practice

Word building

Complete the sentences with the proper form of the words given in brackets.

1. The Spring Festival is celebrated with _____, gifts, and meals that feature foods with symbolic meanings. (decorate)
2. Several people had experienced the same feeling of _____ when they slept in that room. (oppress)
3. For many of us, _____ means providing ideas that lead to significant discoveries and achievements. (innovate)
4. I have a _____ to make — I've lost that book you lent me. (confess)
5. The school sees its job as preparing students to make a _____ to society. (contribute)
6. At a job interview, you have just a few seconds to make a good first _____ and establish yourself as the successful person you strive to be. (impress)

suffix: -ion

1. A verb that ends with "-te" or "-ate" can very often become a noun with the "-ion" suffix. When this is the case, "-ion" replaces the silent "e" of the base word. For example, "appreciate" is changed into "appreciation," "isolate" into "isolation," and "pollute" into "pollution."
2. A verb that ends with double "s" will simply take "-ion" in the end with no other changes to the word's spelling. For example, "express" is changed into "expression," "depress" into "depression," and "obsess" into "obsession."

Expressions

Complete the sentences with expressions from the box. Change the form if necessary.

add up	be obsessed with	chase after	come up short
hold back	roll off the tongue	run counter to	string together

1. Send out consistent and clear messages about the values of your organization, even if some of them _____ those of the young generation.
2. When giving the name of your start-up, aim for two- or three-syllable words — names like Apple, Google, and Yahoo _____.
3. Envy will use up your mental strength and _____ you _____ from realizing your greatest potential.
4. Learning how to _____ facts from different sources has been a tremendous help for my academic study.
5. You don't need to surf the Internet to find "success stories" about people who quit their jobs to _____ their dreams.
6. If you have a negative mindset, you will most likely _____.
7. Spend at least 20 minutes each night reading a book or an article, and you'll be surprised by how that little bit of effort will _____.
8. The young writer _____ the ranking of his new book and wanted to be listed as a best-selling author.

Language in use

Complete the sentences by translating the Chinese in brackets into English.

1. Life is made of moments that are ever-changing, so we _____
(应该努力活在当下).
2. Our world becomes more complex day by day and _____
(技术以越来越快的速度在发展).
3. Leadership is, at its core, _____ (规划成功最佳路线的能力).
4. Success is ultimately achieved when you feel that you've reached your goals and _____
(对自己的现状感到满意).
5. It's appealing to set big goals, but _____ (为了取得可持续发展的), it is better to begin with manageable goals.
6. Not everyone is brave to admit they have made mistakes _____
(在找到生活的方向之前).

Read and translate

Translate the sentences into Chinese.

1. However you define success, it is something that nearly everyone is after.
2. Don't give up your ambition easily when reality goes counter to your expectations and plans.
3. Ambition isn't about never failing but about getting up when you fall.
4. We should strive for a balance between what is realistic and what is challenging when setting a goal.
5. Realizing your true potential might very well be determined by one factor: persistence.
6. The more you believe in yourself, the more likely you'll achieve success.



Additional
translation skills

Conduct an interview

How to make it in college



To help freshmen develop an optimal plan for their college life, the Student Union is organizing a theme activity on how to make it in college. You are supposed to give a presentation on how to make the best of college life on the basis of interviews with some fourth-year college students.

Step Brainstorm interview questions

- 1 Work in groups of four or five and brainstorm possible interview questions related to college life. The following are some examples for your reference.
 - What was your ambition in your freshman year?
 - Have you realized your ambition in college?
 - What was your biggest challenge in college and how did you deal with it?
 - How did you map out the path to your successful college life?
 - What advice will you offer to freshmen?

Step Conduct the interview

- 2 Interview at least three fourth-year college students. At your interview, you may ask them to recall and evaluate their college life and offer helpful suggestions on how to achieve success in college.

Step Analyze interview data

- 3 Analyze interview data with your group members and make a summary of the main points accordingly.

Step Give a presentation

- 4 Develop an optimal plan for a successful college life based on your interview data and present it to the whole class.

Reading 1

New words*

* **ambition** /æm'biʃn/ *n.*

1) [U] determination to be successful, rich, powerful, etc. 抱负; 雄心; 野心

e.g. She was intelligent but suffered from a lack of ambition.

2) [C] a strong desire to achieve sth. 追求; 夙愿; 理想

e.g. Earlier this year, he achieved his ambition of competing in the Olympic Games.

* **ambitious** /æm'biʃəs/ *a.*

determined to be successful, rich, powerful, etc. 有抱负的; 有雄心的; 野心勃勃的

e.g. She's extremely ambitious and intends to be running her own company by the time she's 30.

someday /'sʌm,deɪ/ *ad.*

(also **some day**) at an unknown time in the future, esp. a long time in the future 将来会有一天; 有朝一日

e.g. He hopes, someday, to have his own business.

matter-of-factly /,mæt(ə)r ə(v)'fæktli/ *ad.*

in a way that shows no emotion when you are talking about sth. exciting, frightening, etc. 就事论事地; 不带感情地; 实事求是地

e.g. To my surprise, he spoke about his divorce matter-of-factly.

* **biology** /baɪ'ɒlədʒi/ *n.* [U]

the scientific study of living things 生物学

e.g. Students might pursue a degree in biology as a path to medical school or a variety of professions.

* **resolve** /rɪ'zɒlv/ *vt.*

find a satisfactory way of dealing with a problem or difficulty 解决(问题、困难)

e.g. There weren't enough beds, but the matter was resolved by George sleeping on the sofa.

* **fiction** /'fɪkʃn/ *n.* [U]

books and stories about imaginary people and events 小说

e.g. The book is a work of fiction and not intended as a historical account.

* **freshman** /'freʃmən/ *n.* [C]

(*AmE*) a student in the first year of high school or university (高中或大学的) 一年级学生

e.g. It is necessary for freshmen to get to know their new studying environment in university as soon as possible.

* **pretend** /prɪ'tend/ *v.*

behave as if sth. is true when in fact you know it is not, in order to deceive people or for fun 假装; 装作

e.g. She pretended that she was not at home when we rang the bell.

* **desperate** /'desp(ə)rət/ *a.*

1) (~ for sth.; ~ to do sth.) needing or wanting sth. very much 非常需要...的; 极其需要...的

e.g. The healthcare industry is desperate for solutions to its business models.

2) willing to do anything to change a very bad situation, and not caring about danger (为了改变糟糕境遇而) 不惜冒险的, 拼命的, 绝望的

e.g. I had no money left and was desperate.

buddy /'bʌdi/ *n.* [C]

(*informal*.) a friend 朋友; 伙伴

e.g. Bob and I have been great buddies for years.

* **entertaining** /,entə'teɪnɪŋ/ *a.*

amusing and interesting 使人愉快的; 有趣的

e.g. His books aren't particularly well-written, but they're always entertaining.

* **apologetic** /ə,pɒlə'dʒetɪk/ *a.*

showing or saying that you are sorry that sth. has happened, esp. because you feel guilty or embarrassed about it 道歉的; 谢罪的; 愧疚的

e.g. She was apologetic about my injury.

* **attain** /ə'teɪn/ *vt.*

succeed in achieving sth. after trying for a long time (通过长时间努力而) 得到, 获得, 赢得

e.g. More and more women are attaining positions of power.

* 词汇表中加星号(*)的单词为四级词汇, 加菱形(◆)的单词为六级词汇, 未作标记的为超纲词汇。斜体的单词是相关生词的词根。

attainable /ə'teɪnəbl/ *a.*

possible to achieve, reach, or get 可以达到的; 可以获得的

e.g. *We must make sure that we do not set ourselves goals that are not attainable.*

★ **determination** /dɪ,tɜ:mɪ'neɪʃn/ *n.* [U]

the quality of trying to do sth. even when it is difficult 决心; 坚韧; 毅力

e.g. *He shows great determination to learn English.*

★ **realistic** /rɪə'lɪstɪk/ *a.*

accepting things as they are in fact and not making decisions based on unlikely hopes for the future 现实的; 实际的; 实事求是的

e.g. *Let's be realistic about this — I just can't afford to pay that much money.*

★ **jungle** /'dʒʌŋɡl/ *n.* [C, U]

a thick tropical forest with many large plants growing very close together (热带) 丛林

e.g. *We had to cut our way through dense jungle.*

★ **fated** /'feɪtɪd/ *a.*

certain to happen or to do sth. because a mysterious force is controlling events 命运决定的; 命中注定的

e.g. *She says she was fated to become a writer.*

★ **adventurous** /əd'ventʃ(ə)rəs/ *a.*

1) eager to go to new places and do exciting or dangerous things 喜欢冒险的; 有冒险精神的

e.g. *I took an adventurous ski trip in Austria last year.*

2) not afraid of taking risks or trying new things 大胆创新的

e.g. *Warren is a very adventurous cook, always trying to make new dishes.*

♦ **exotic** /ɪg'zɒtɪk/ *a.*

sth. that is exotic seems unusual and interesting because it is related to a foreign country 异国风情的; 外国情调的

e.g. *She likes traveling to all kinds of exotic locations.*

★ **string** /strɪŋ/

n.

1) [C] (~ of) a group of similar things 一系列

e.g. *We've had a string of complaints about the program.*

2) [C, U] (由几股合成的) 线, 细绳, 带子

e.g. *Her key hung on a string around her neck.*

vt. (strung, strung)

put things together onto a thread, chain, etc. 用(线、链等)穿起来

e.g. *She had strung the shells on a silver chain.*

★ **conflict** /'kɒnflɪkt/ *n.* [C, U]

a state of disagreement or argument between people, groups, countries, etc. (意见等的) 抵触, 冲突, 矛盾

e.g. *She found herself in conflict with her parents over her future career.*

whole-heartedly /,həʊl 'hɑ:tɪdli/ *ad.*

in a way that involves all your feelings, interest, etc. 全心全意地; 全力以赴地

e.g. *I agree whole-heartedly with the mayor on this issue.*

single-mindedly /,sɪŋɡl 'maɪndɪdli/ *ad.*

if one person does sth. single-mindedly, they have one clear aim and work very hard to achieve it 一心一意地; 专心致志地

e.g. *His ability to concentrate single-mindedly on the most important thing leads to his success.*

♦ **greedy** /'ɡri:di/ *a.*

always wanting more food, money, power, possessions, etc. than you need 贪婪的; 贪心的; 贪吃的; 贪喝的

e.g. *He looked at the gold with greedy eyes.*

★ **chaotic** /keɪ'ɒtɪk/ *a.*

a chaotic situation is one in which everything is happening in a confused way 混乱的; 毫无秩序的

e.g. *The traffic in the city is chaotic in the rush hour.*

★ **overdue** /,əʊvə'dju: / *a.*

1) if sb. / sth. is overdue, they should have arrived before now 迟到的; 延误的

e.g. *If you're overdue for a vacation, you can prepare for an adventure instead of cancelling it.*

2) not done, paid, returned, etc. by the time

expected 过期未完成的; 过期未付的; 过期未还的

e.g. *These books are overdue and you should pay a fine.*

★ **mature** /mə'tʃʊə/ *a.*

sb., esp. a child or young person, who is mature behaves in a sensible and reasonable way, as you would expect an adult to behave (尤指小孩或年轻人举止) 成熟的, 理智的, 明白事理的

e.g. *We're mature enough to disagree on this issue but still respect each other.*

*** assign** /ə'sain/ vt.

give sb. a particular job or make them responsible for a particular person or thing 分配, 分派, 指派(任务)
e.g. *I've been assigned the task of looking after the new students.*

pediatrician /,pi:diə'triʃn/ n. [C]

(BrE **paediatrician**) a doctor who deals with children and their illnesses 儿科医生
e.g. *He dreams of becoming a doctor, specifically a pediatrician.*

*** best-seller** /,best 'selə/ n. [C]

a popular product, esp. a book, that many people buy 畅销产品; 畅销书
e.g. *His new book went straight to No. 1 on the best-seller list.*

anymore /,eni'mɔ: / ad.

(often used in negative sentences or questions) any longer 再也(不); (不)再
e.g. *You're describing a world that just doesn't exist anymore.*

Phrases and expressions

be sb's for the asking

(*informal.*) if sth. is yours for the asking, you can have it if you want it 某人只要提出要求(就可以得到)
e.g. *A good deal of extra support is hers for the asking.*

hit it big

have great success 大获成功
e.g. *I wasn't expecting it to work, but I hit it big when I tried the new approach.*

to tell (you) the truth

(*spoken*) used when giving your personal opinion or admitting sth. 老实说; 实话对你讲
e.g. *To tell the truth, I don't really like her.*

leave behind

not take sb. / sth. with you when you leave a place 忘记带走; 留下
e.g. *He departed for the United States, leaving the children behind with his mother.*

sit back

relax and make no effort to get involved in sth. or influence what happens 不采取行动; 袖手旁观
e.g. *Don't just sit back and wait for new business to come to you.*

for one reason or another

used for saying that there is more than one reason for sth. 由于这样或那样的原因
e.g. *His travel articles are always, for one reason or another, fascinating.*

grab for / at

(*informal.*) take an opportunity, accept an invitation, etc. immediately 抓住(机会); 立即接受(邀请等)
e.g. *This is our chance to grab at this new market.*

come to terms with

accept an unpleasant or sad situation and no longer feel upset or angry about it 与某事妥协; 对某事让步; 接受(令人不快或悲伤的现实)
e.g. *It's hard for the couple to come to terms with the fact that they will never have children.*

Proper names

Beth /beθ/ 贝丝(人名)

Secretary of State (美国政府的) 国务卿(主要负责外交事务)

Jane Goodall /,dʒeɪn 'gʊdɔ:l/ 简·古多尔(英国生物学家、动物行为学家、人类学家)

Reading 2

New words

*** strive** /straɪv/ vi. (strove, striven)

(~ to do sth.; ~ for / after sth.) make a great effort to achieve sth. 努力; 奋斗
e.g. *We encourage all members to strive for the highest standards.*

*** best-selling** /,best 'selɪŋ/ a.

(*only before noun*) extremely popular 畅销的
e.g. *It's almost every author's dream to become a best-selling author.*

press conference /'kɒnf(ə)rəns/ n. [C]

a meeting held by a person or group at which they answer questions from people who write or present news reports 记者招待会; 新闻发布会

- e.g. *The football coach held a press conference to announce his retirement.*
- * **appealing** /ə'pi:liŋ/ *a.*
attractive or interesting 有吸引力的; 有趣的
e.g. *The city offers an appealing combination of sporting and cultural events.*
- * **tongue** /tʌŋ/ *n.* [C] 舌; 舌头
- * **depression** /di'preʃn/ *n.* [C, U]
a feeling of sadness that makes you think there is no hope for the future 忧伤; 沮丧; 消沉
e.g. *She suffered from severe depression after losing her job.*
- * **isolation** /,aɪsə'leɪʃn/ *n.* [U]
1) when sb. feels alone and unable to meet or speak to other people 孤独; 孤单
e.g. *After all the visitors had left, she experienced a feeling of complete isolation.*
2) when one group, person, or thing is separate from others 隔绝; 孤立; 分离
e.g. *Because of its geographical isolation, the area developed its own unique culture.*
- * **employee** /ɪm'plɔɪi:/ *n.* [C]
sb. who is paid to work for sb. else 受雇者; 雇员
e.g. *Alibaba Group has more than 100,000 global employees.*
- * **philosopher** /fɪ'lɒsəfə/ *n.* [C]
sb. who studies and develops ideas about the nature and meaning of existence, truth, good and evil, etc. 哲学家
e.g. *Socrates and Plato are two famous Greek philosophers whose ideas are still influential today.*
- * **unfold** /ʌn'fəʊld/ *v.*
if a story, plan, etc. unfolds, it becomes clearer as you hear or learn more about it (使)(故事、计划等)展开; 逐渐呈现; 展示
e.g. *The scandal is still unfolding, but there may be a solution soon.*
- * **mindset** /'maɪnd,ʃet/ *n.* [C]
sb.'s general attitude, and the way in which they think about things and make decisions 思维模式
e.g. *It's quite difficult to change the mindset of the public and the press.*
- lessen** /'lesn/ *v.*
become smaller in size, importance, or value, or make sth. do this (使)降低; (使)减少
e.g. *The new project will lessen the effects of car pollution.*
- * **emotional** /ɪ'məʊʃn(ə)l/ *a.*
(only before noun) relating to your feelings or how you control them 情绪(上)的; 情感(上)的
e.g. *Mothers are often the ones who provide emotional support for the family.*
- * **perceive** /pə'si:v/ *vt.*
1) (*fml.*) notice, see, or recognize sth. 察觉; 注意到; 发觉
e.g. *That morning, he perceived a change in his wife's mood.*
2) (*written*) understand or think of sb. / sth. in a particular way (以某种方式)看待, 理解
e.g. *Even as a young woman she had been perceived as a future chief executive.*
- * **heroic** /hɪ'rəʊɪk/ *a.*
extremely brave or determined, and admired by many people 英雄的; 英勇的
e.g. *These doctors performed heroic work in difficult conditions.*
- * **consistent** /kən'sɪstənt/ *a.*
always behaving in the same way or having the same attitudes, standards, etc. (行为、态度、标准等)一贯的, 一致的
e.g. *He has been the team's most consistent player.*
- * **sustainable** /sə'steɪnəbl/ *a.*
able to continue for a long time 可持续的
e.g. *That sort of extreme diet is not sustainable over a long period.*
- * **fitness** /'fɪtnəs/ *n.* [U]
when you are healthy and strong enough to do hard work or play sports 健壮; 健康
e.g. *They're doing some regular exercise to improve their fitness.*
- * **creativity** /,kri:ɪ'tɪvəti/ *n.* [U]
the ability to use your imagination to produce new ideas, make things, etc. 独创性; 创造性; 创造力
e.g. *We should have an education system that lets children use their creativity.*
- * **marathon** /'mærəθ(ə)n/ *n.* [U]
a long race of about 42 kilometers or 26 miles 马拉松赛跑

e.g. *She ran her first marathon in just under three hours.*

★ **literally** /'lɪt(ə)rəli/ *ad.*

1) used to emphasize that sth., esp. a large number, is actually true 的确；确实

e.g. *The Olympic Games were watched by literally billions of people around the world.*

2) according to the most basic or original meaning of a word or expression 按照原意；根据字面意思

e.g. *I said I felt like quitting, but I didn't mean it literally.*

★ **overextend** /,əʊvərɪk'stend/ *vt.*

try to do or use too much of sth., causing problems, illness, or damage 把…做得过分；把…使用过头

e.g. *Be careful not to overextend yourself. You've been very ill.*

★ **obsess** /əb'ses/ *vt.*

(be obsessed with / by) if sb. / sth. obsesses you, you think or worry about them all the time and you cannot think about anything else — used to show disapproval 使痴迷；使迷恋；使心神不宁（含贬义）
e.g. *A lot of young girls are obsessed by their weight.*

★ **maximum** /'mæksɪmə/ *a.*

(only before noun) the maximum amount, quantity, speed, etc. is the largest that is possible or is allowed 大量的；最大限度的；最大值的

e.g. *To get the maximum benefit, do the exercises slowly.*

★ **workout** /'wɜ:kəʊt/ *n.* [C]

a period of physical exercise, esp. as training for a sport 体育锻炼；训练

e.g. *She does a 20-minute workout every morning.*

★ **unlike** /ʌn'lʌk/ *prep.*

used to contrast sb. / sth. with another person or thing 与…不同

e.g. *Unlike most people in the office, I don't come to work by car.*

★ **paradox** /'pærə,dɒks/ *n.* [C]

1) a situation that seems strange because it involves two ideas or qualities that are very different 自相矛盾（的情况）

e.g. *It is a paradox that in such a rich country there can be so much poverty.*

2) a statement that seems impossible because it contains two opposing ideas that are both true 悖论；似非而是的说法

e.g. *The paradox is that fishermen would catch more fish if they fished less.*

★ **perform** /pə'fɔ:m/

vi. (~ well / badly, etc.) work or do sth. well, badly, etc. 表现得好 / 差等

e.g. *The company has been performing poorly over the past year.*

v. do sth. to entertain people, for example by acting a play or playing a piece of music 表演；演出

e.g. *I'd like to hear the music performed live.*

★ **chase** /tʃeɪs/ *v.*

1) use a lot of time and effort trying to get sth. such as work or money 努力赢得；设法获得

e.g. *Top graduates from the university are chased by major companies.*

2) quickly follow sb. / sth. in order to catch them 追逐；追赶；追捕

e.g. *The dogs saw him running and chased him.*

★ **grounded** /'graʊndɪd/ *a.*

1) sb. who is grounded understands their own character and knows what is really important 对自己有清醒认识的

e.g. *Mary says that she knows what she really wants because her family always keeps her grounded.*

2) reasonable and in control of your emotions, even when this is difficult 理性的；有理智的；克制的

e.g. *Charles can always keep himself grounded, even when he runs into difficulty.*

★ **productive** /prə'dʌktɪv/ *a.*

producing or achieving a lot 多产的；丰饶的；富有成效的

e.g. *We had a very productive meeting — I felt we sorted out a lot of problems.*

★ **ethos** /'i:θɒs/ *n.* [sing.]

the set of ideas and moral attitudes that are typical of a particular group (某团体的) 精神特质，道德意识

e.g. *It is a community in which people lived according to an ethos of sharing and caring.*

Phrases and expressions

hold back

prevent sb. / sth. from making progress 阻碍某人 / 某事发展

e.g. *Do you think that mixed-ability teaching holds the brighter children back?*

roll / trip off the tongue

(*informal.*) if a name or phrase rolls or trips off your tongue, it is easy or pleasant to say (某个名字或短语) 顺口

e.g. *Their names roll off the tongue very easily.*

be / get / feel burned out

be in a state of physical or mental exhaustion caused by overwork or stress 感到精疲力竭

e.g. *He was burned out by the time he was 21 and retired from the sport.*

the here and now

the present time 现时

e.g. *To be able to live fully in the here and now, one must first learn how to honor the past.*

come up short

fail to win or achieve sth. 未能赢取; 未能获得

e.g. *We're so close to getting the job done, but we keep coming up short.*

add up

increase by small amounts until there is a large total 积累; 积少成多

e.g. *When you're feeding a family of six the bills soon add up.*

string together

combine things in order to make sth. that is complete, good, useful, etc. 把...拼在一起

e.g. *They string together image after image until the documentary is completed.*

prior to

(*formal.*) before 在...以前

e.g. *All the arrangements should be completed prior to your departure.*

at peace

if you are at peace, you do not feel angry, unhappy, etc. 心平气和的

e.g. *For the first time in months, she felt calm and at peace with the world.*

quite / just the opposite

used to say that sth. is completely different from what has just been said 正好 / 完全相反

e.g. *I didn't feel sleepy at all — just the opposite, in fact.*

run / be / go counter to

be the opposite of 违背某事; 与某事背道而驰

e.g. *The governor's newest policy seems to be running counter to everything he promised during his election campaign.*

Proper names

J.J. Watt /wɒt/ J.J. 瓦特 (美国橄榄球运动员)

Eliud Kipchoge /ɪljuːd 'kɪp,tʃəʊgi/ 埃利乌德·基普乔盖 (肯尼亚马拉松运动员)

The New York Times 《纽约时报》(报刊名)

The Times 《泰晤士报》(报刊名)