

1

Unit

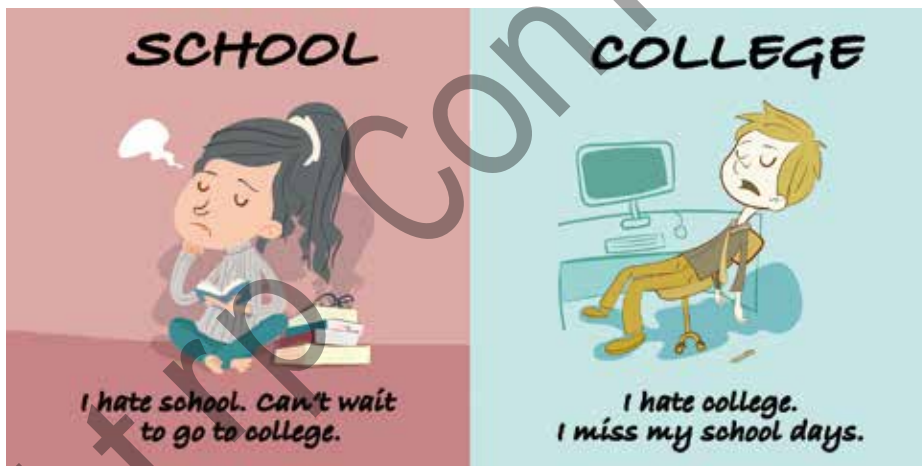
A new journey in life



College life can be a great experience. Freshmen usually have many expectations of college life. Many students look forward to college and are eager to experience more freedom. Some may be excited about college at first, but then discover that the actual experience falls short of their expectations. In this unit, you'll read two texts about college experience and challenges which may help you better prepare for your college life.

Scenario

What are your expectations for college life? Have you found any differences between your expectations and your college experience? Look at the following picture and see whether it reflects your own feelings. Write a letter to your high-school English teacher about your thoughts and your college life. You will be able to complete the task after studying this unit.



Learning objectives

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

- talk about college life using new vocabulary
- identify parallel structure and use it in writing
- have a better understanding of college life
- discuss the challenges freshmen may face in college
- write a letter about college life

Viewing

College life is the stepping stone in our lives. Many students are very excited about going to college and living on campus. What do you feel about it? Watch a video clip and find out what campus life is like according to the speakers.



Video clip

1 Check (✓) the aspects that the speakers mentioned about campus life.

- 1 Sports
- 2 Events and activities
- 3 Student union
- 4 Parties and gatherings
- 5 Food and drinks
- 6 Dorm rooms
- 7 Lectures

2 Work in pairs and discuss the questions.

- 1 What is your campus life like?
- 2 Do you feel excited about living on campus?





Reading

For freshmen, college is a different world from high school. While you may find college life exciting in many ways, you may at the same time find the transition from high school to college not so smooth as you expected. You may even get confused about who you are or what you should be like at college. Read the text and you may get a deeper understanding of your identity and college life.

BRAVE NEW WORLDS

- 1 I remember my first night on campus, lying on a hard and slightly stained mattress, surrounded by four blank walls and listening to the heartbeat of a fast-moving city outside my window. I felt very small. It was as if I had literally been transported into another world, and in a way I had: One day I had been at home in the suburban town where I had lived for 18 years and knew everyone, and the next day I had moved into a tiny room in a huge city across the country where I didn't know anyone. I had always thought there would be a neat transition between my previous self and my college self, but it turns out identity is more complex than that.
- 2 It was strange to feel my past life almost drop away as I entered this brand-new phase of my life. I didn't know how to define myself during my first couple of months at Penn because everything that defined me was back in California. I felt disconnected from my college friends because they only knew the college me. How could they really know me without knowing what Mission Boulevard looked like late at night with the Niles hills standing out in the background? How could they know me without knowing the friends who I had journeyed to Japan

with or the friends I had gone to school with since kindergarten? How could they know me if they hadn't met my family? How could they know me, or I them, if we didn't know one another's self-defining experiences?

- 3 Having now been a college student for a year and a half, I still spend a lot of time self-analyzing, trying to reconcile this feeling of double identity. College me versus home me. College friends versus home friends. Activities in Philadelphia versus activities in Fremont. And this sensation of double identity and double worlds sometimes leaves me feeling uprooted, like I'm drifting along in the wind, lacking any stable foothold.
- 4 Who am I, and where do I belong? As college students, we bounce back and forth between home and school, but most of us won't be living at either of those places in a couple of years. We'll be creating new lives for ourselves, working in places we did not expect to be in, adjusting to the rhythm of life in other places with other people.
- 5 As we attempt to bridge the gap between who we were and who we're becoming, we must come to terms with the fact that there is only one constant in our lives, and that is our selves. We are the only people that we are with day in and day out. We are the only people who we're going to have for our whole lives. We are the only ones who know all of our experiences, all of our feelings, who can replay all of our memories, who have been with ourselves in all of the places that we've been and know all the people we know. There is a certain sadness in realizing this, in watching our identities become more individual and more distinct from the factors that originally shaped them.
- 6 And college is a unique time when this autonomy becomes most apparent. It is a four-year period that is sandwiched between an 18-year period of living with family and post-college life, which generally involves an eventual settling down with a job, life partner and family. College is the transition space between those two worlds, but it is also a world unto itself. It is the time in our lives when we are the most free to not belong — to not completely belong to anything or anyone or any place, but to ourselves and the blossoming independence of our identities.

CULTURE NOTES

Brave New Worlds: This title is derived from Aldous Huxley's *Brave New World* (《美丽新世界》), a novel published in 1932. The expression "brave new" is now used to refer to something new, especially to suggest there is some doubt that it can be good or successful.

Understanding the text

- 1 What are the differences between pre-college life, college life and post-college life according to the author? Read the text and complete the diagram.

Pre-college life

I had been at home in 1) _____ where I had lived for 18 years and knew everyone.

College life

It is a four-year period that is sandwiched between pre-college life and 2) _____. It is the time in our lives when we are the most 3) _____ to not completely belong to anything or anyone or any place, but to 4) _____ and the blossoming 5) _____ of our identities.

Post-college life

We'll be creating 6) _____ for ourselves, working in places we did not expect to be in, adjusting to 7) _____ in other places with other people. It generally involves an eventual settling down with 8) _____, life partner and family.

- 2 Work in pairs. Read the sentences from the text and discuss the questions.

- I remember my first night on campus, lying on a hard and slightly stained mattress, surrounded by four blank walls and listening to the heartbeat of a fast-moving city outside my window. (Para. 1)*
What was the author's first night at college like? How about your first night at college?
- How could they know me, or I them, if we didn't know one another's self-defining experiences? (Para. 2)*
What are self-defining experiences that could help us know one another?
- And this sensation of double identity and double worlds sometimes leaves me feeling uprooted, like I'm drifting along in the wind, lacking any stable foothold. (Para. 3)*
What does "double identity" refer to? Do you have the feeling of double identity at college?
- There is a certain sadness in realizing this, in watching our identities become more individual and more distinct from the factors that originally shaped them. (Para. 5)*
What does "this" refer to? How can our identities become "more distinct from the factors that originally shaped them"?
- It is the time in our lives when we are the most free to not belong ... but to ourselves and the blossoming independence of our identities. (Para. 6)*
What does the author think about the role of college in shaping our identities? Do you agree with the author on that?

Sharpening your skills

WRITING SKILLS

Parallel structure

Parallel structure involves two or more words, phrases, or clauses that are similar in length and grammatical form. In parallel structure, “and,” “or” and “but” are usually used to connect similar grammatical elements. The use of parallel structure in writing helps produce cohesion and coherence in a text. It also makes the argument more forceful and convincing. For example:

- 1 *We'll be creating new lives for ourselves, working in places we did not expect to be in, adjusting to the rhythm of life in other places with other people. (Para. 4)*
- 2 *As we attempt to bridge the gap between who we were and who we're becoming, we must come to terms with the fact that there is only one constant in our lives, and that is our selves. (Para. 5)*
- 3 *... our identities become more individual and more distinct from the factors that originally shaped them. (Para. 5)*

The above sentences are examples of the use of parallel structure at the word, phrase and clause levels. When using parallel structure, make sure to use consistent grammatical forms.

Correct the mistakes in the use of parallel structure.

- 1 Students find the new training program interesting and a challenge.
- 2 The teacher asked us to collect materials, to discuss in groups, and writing a report on what we found out.
- 3 He spent the weekend playing basketball, writing the term paper, and offer help at a senior citizen's home.
- 4 Write neatly and clear, or you will not give your teacher a good impression.
- 5 I dislike living in the city because of the air pollution, the crime, and there is the heavy traffic.
- 6 The president encouraged the new students to be committed to research, experimenting, and explore.
- 7 To know how to study and learning how to budget time are important for college students.

Building your language

Words and expressions

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

stable
unique

distinct
transition

lack
eventual

complex

- 1 The program focuses on first-year students and their _____ from high school to college.
- 2 Without a(n) _____ financial support, he had to take several part-time jobs to keep himself going through the college years.
- 3 It is said that Mary is good at English because of her _____ learning style.
- 4 The twins went to the same department, which, however, confused no one, because they were clearly _____ from each other in appearance.
- 5 Li Mei had never thought she would be the _____ winner of the English-speaking contest.
- 6 Some college students _____ basic English writing skills.
- 7 The experiment is so _____ that many students find it difficult to make.

2 Complete the sentences with the expressions below. Change the form where necessary.

stand out
drop away

turn out
settle down

bridge the gap
come to terms with

- 1 The program aims to promote excellence in professional education and to _____ between education and professional practice.
- 2 The performance by the students _____ to be a big success though the students were not confident at the beginning.
- 3 As time passes, the details of her high-school life _____, but the happy memories remain.
- 4 One year after graduation from college, Tony _____ and started his own family.
- 5 It took the poor young man a long time to _____ the fact that he wouldn't be able to go to college.
- 6 Her bright clothes always make her _____ among her girl classmates.

Nouns which often go after:

blank	wall space	look paper
stable	foothold society	relationship condition
unique	time state	experience opportunity

Collocations

Complete the sentences with suitable expressions from the collocation box. Make changes where necessary. Sometimes more than one collocation is possible.

- 1 You will be given a _____ to study with one of the top linguists.
- 2 The one-year cultural exchange program in the US provided a _____ for him.
- 3 I was unhappy that the pretty girl next to my desk returned my greeting with a _____.
- 4 _____ within a family have something to do with children's academic performance.
- 5 Remember to write your name in the _____ at the top of the page.
- 6 Having learned that the injured man she helped to send to hospital was in a _____, she hurried for school to have the morning classes.

Vocabulary learning strategies



While reading, we may come across some unfamiliar words. If we can develop some strategies to deal with these words, we'll be able to expand our vocabulary effectively and improve reading comprehension. Take compound adjectives for example. We can figure out their meanings from the patterns they are formed in. You can scan the QR code to learn more about compound adjectives.

Language focus



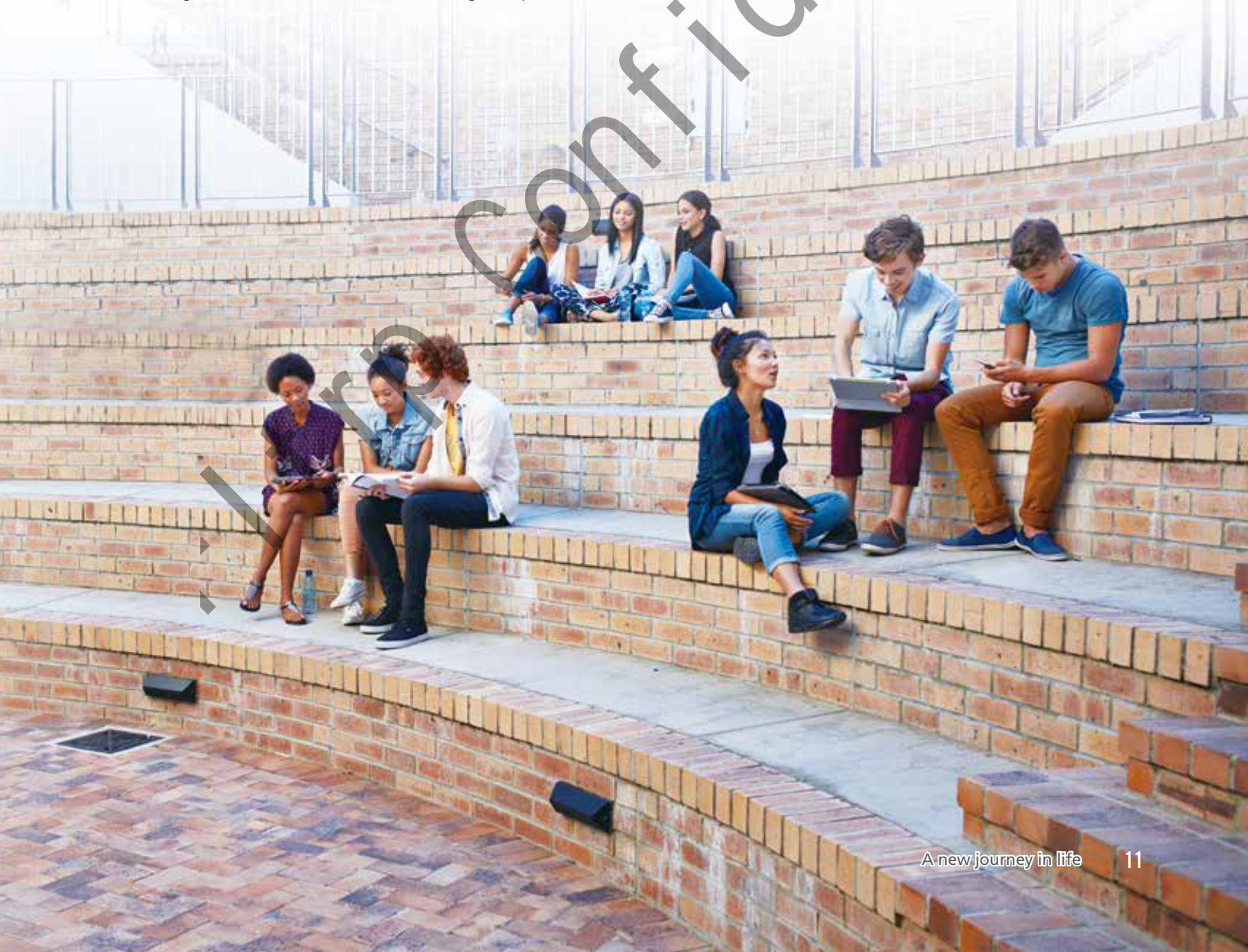
Omission (省略) is very common in parallel structure. For example, in the sentence "It was as if I had literally been transported into another world, and in a way I had ..." (Para. 1), the part "been transported into another world" is omitted after "in a way I had." You can scan the QR code to learn more about omission in parallel structure.

Banked cloze

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

adjust	stable	phase	identity	individual
guide	define	complex	disconnected	transported

My first night at college was not pleasant and I felt as if I had literally been 1) _____ into another world. Identity turns out to be more 2) _____ than what I had thought before. At the beginning of this new 3) _____ of my life, I didn't know how to 4) _____ myself. I felt 5) _____ from my college friends because they knew nothing about my previous life. After a year and a half at college I am still struggling with the sensation of double 6) _____ and double worlds which leaves me feeling uprooted. As college students, we bounce back and forth between home and school. We have to realize that there is only one constant in our lives, and that is our selves. College is the time when our identities become more 7) _____ and when we are free enough to not completely belong to anything or anyone or any place – we just belong to ourselves and the blossoming independence of our identities.



Viewing

Every college student must face the transition from high school to college. To most freshmen, the transition actually begins on the move-in day when they are warmly welcomed to a new place and introduced to new friends. Watch a video clip about the move-in day and see how Stanford University welcomes new students on their move-in day.



1 Fill in the blanks with what you hear from the video clip.

- 1 Today is move-in day. It's when all the new students, frosh (大学新生) and transfers, come onto the campus, and we _____ them into their dorms.
- 2 I just moved in myself a few days ago, and now I'm here helping the students _____ their dorms. It's such an _____.
- 3 _____ are very important, and you've got a lot of students coming from all over the place.
- 4 NSO is the best time of the year. The freshmen _____. It's new student orientation (迎新会), so everyone's coming in, and kind of getting oriented to the campus.
- 5 Being greeted with a really _____ is just a really wonderful way to be welcomed to the place you're gonna be spending almost _____ of the next four years of your life.

2 What was your move-in day like? Share with your classmates the most unforgettable scene on that day.



Reading

In the text of iExplore 1 the author expresses her confusion about college life and the double identity. While college life can be a great experience, first-year students may face a lot of challenges and have to make a lot of adjustments. Knowing what problems or challenges lie ahead will help you cope better with the first year. Read the following text and find out how to deal with the possible challenges at college.



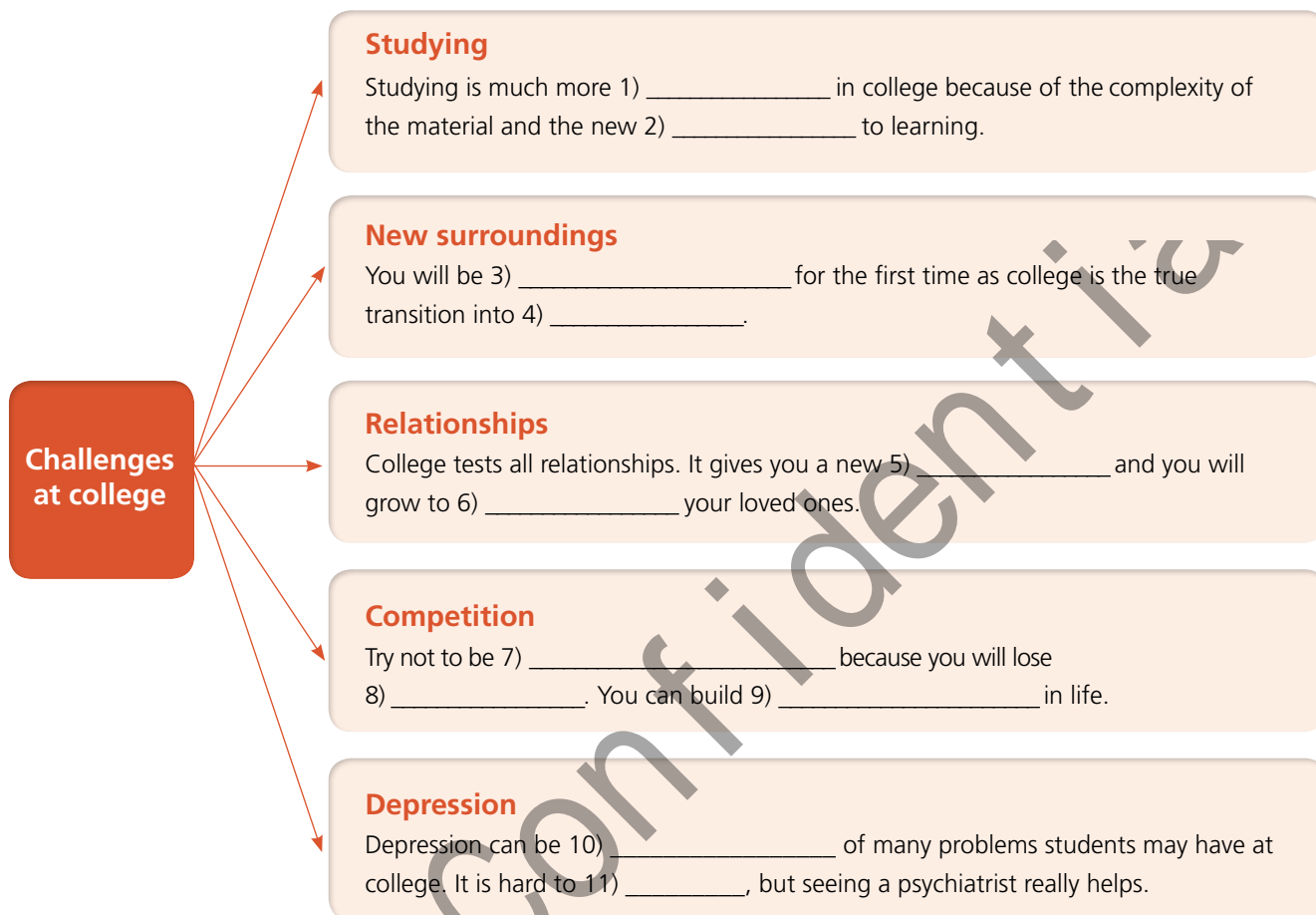
NEW START, NEW CHALLENGES

- 1 Before we dive into the challenges please remember that college is also meant to be fun! Never forget that and give yourself time to pursue your hobbies, to hang out with friends, to go out. College is never meant to be a chore. You are there because you want to.
- 2 However, college life is never meant to be easy. Knowing what challenges you may face will help you better cope with it.
- 3 Studying is much more difficult in college, there's no denying that. The reason is not only the complexity of the material, but also the new approach to learning. In college you need to learn how to learn. If in high school you might have had a nice teacher who helped you through your tough times, in college you need to learn on your own. There is always extra reading to be done. They don't call it higher education for nothing. In college you have access to the whole wealth of human knowledge, from which you must learn to select what is meaningful to you.

- 4 College usually means moving to another city, sometimes much bigger than your hometown. This will take some getting used to. You may need to adapt to living in a dorm room, to cook for yourself, to save money, to commute every morning, etc. You will be on your own for the first time as college is the true transition into adulthood. You still have your family at home, but you can no longer depend on your parents, siblings, or friends.
- 5 College tests all relationships. Bonds made in college however do often last for a lifetime! If you're in a romantic relationship while going into college, this relationship will be tested. There are temptations, there is distance in some cases, both parties have extremely busy schedules. Long-time friends can often lose touch by going to colleges in different cities. Your family is no longer there to support you directly. You will definitely miss any nagging parents. College gives you a new perspective and you will grow to care about your loved ones much more.
- 6 Be careful who you associate with. All colleges have groups of over-competitive students, who will do whatever it takes to get ahead. You may find yourself in bad situations because of people who have no problem being dishonest or hurting you for their own gain. Always be on the lookout for selfish behavior. Try not to be over-competitive yourself because you will lose many friends. College is of course competitive, but you can build your own path in life. Think about this: Who wants to do business with a selfish, dishonest person?
- 7 A lot of things change in college. Depression is the end result of many of the problems we discussed above. It is a major problem, a medical condition that is very hard to cure. I think all college students should keep the number of a good psychiatrist somewhere handy, because you never know when you or your close friends might need help. Seeing a psychiatrist really helps. I was in the position of helping one of my closest friends through a really tough time. Believe me, she couldn't have beaten depression without the help of a therapist. Only a professional knows what to do, so that things will not get worse.
- 8 Even though sometimes it may be tough, remember that college is just a step toward your dream career. Many people have survived college. Many people have thrived there. You can learn a lot and you can have a lot of fun. Make sure not to take every little thing too seriously and you will do well!

Understanding the text

1 What challenges may you face at college? Read the text and complete the diagram.



2 Apart from the challenges mentioned in the text, what other challenges might there be at college? How can students cope with them in your opinion?

3 Decide whether the statements are true (T) or false (F) according to the text.

- 1 In college you need to learn to be on your own and select what is meaningful to you.
- 2 College teachers are ready to help you through your tough times.
- 3 You can depend on your parents for support even when you go to college.
- 4 College tests all relationships, so it's hard to develop a lifetime friendship in college.
- 5 You should be careful not to make friends with over-competitive people at college.
- 6 The author thinks going to college means more challenges than fun.

Building your language

Words and expressions

1 Complete the sentences with the words from the given paragraphs. Change the form where necessary. The first letter of each word is given.

- 1 Students have enough freedom as to what dreams they would like to p_____. (Para. 1)
- 2 Miss Wang asked each of us to tell her about a m_____ event in our high-school days. (Para. 3)
- 3 Jack lives in Suzhou but works at a university in Shanghai, so he c_____ between Suzhou and Shanghai. (Para. 4)
- 4 He always likes to keep a dictionary h_____ while writing essays. (Para. 7)
- 5 At his first class the professor gave some valuable advice on how to t_____ at college. (Para. 8)

2 Complete the sentences with the expressions below. Change the form where necessary.

lose touch adapt to associate with
take sth. seriously cope with

- 1 Since graduation from college we have _____ with each other.
- 2 If you study abroad and live with a local family, you'd better _____ their way of life.
- 3 One of the important things you have to learn in college is to _____ problems on your own.
- 4 While she was at the University of Paris, she _____ many well-known artists.
- 5 You'd better _____ the teacher's advice _____, otherwise you may run into trouble.

Collocations

Complete the sentences with suitable expressions from the collocation box. Make changes where necessary. Sometimes more than one collocation is possible.

- 1 Bob _____ of climbing mountains so much that he goes mountainclimbing every weekend.
- 2 It was at the summer camp last year that she _____ a close _____ with her coach who was as nice as her mother.

Verbs which often go before:

hobby	pursue	follow
	enjoy	start
relationship	test	establish
	repair	maintain
perspective	give	gain
	provide	adopt

- 3 She has been trying to _____ with her roommate and clear up the misunderstanding between them.
- 4 The president's speech _____ a new _____ on college education and college life.
- 5 The book my professor recommended helped me _____ a new _____ on the issue.
- 6 The regular talks between the two presidents would help _____ between the two universities.

Vocabulary learning strategies

The suffix “-ive” occurs in a large number of nouns and adjectives, such as “perspective” (Para. 5) and “competitive” (Para. 6). You can scan the QR code to learn more about the suffix “-ive” and the nouns and adjectives formed with it.



Translation

1 Translate the sentences into Chinese.

- 1 As we attempt to bridge the gap between who we were and who we're becoming, we must come to terms with the fact that there is only one constant in our lives, and that is our selves.
- 2 The learning methods at university are different from what they used to be at high school, which students may find difficult since they are used to the spoon-feeding at high school.
- 3 This book is intended for students who have already mastered the elements of English, and who now want to use their knowledge of the language to read books on their subjects.
- 4 This program is designed to provide support from a student's first day of orientation to the final day of the first year at college.



2 Translate the sentences into English.

- 1 为了加强国防教育，现在大学新生入学后，一般要接受一个月的军训。（national defense education; military training）
- 2 不可否认，虽然素质教育日益得到重视，应试教育仍然是一个突出的问题。（there's no denying that; quality education; exam-oriented education）
- 3 传统上，中国大学生的教育费用都是由父母承担的；而现在，通过教育贷款或打工来支付学费已变得越来越普遍。（education loan）
- 4 在美国，学生可以到大学一年级或二年级再选择专业；而在中国，学生往往在入学时就需要确定专业。（major）

Unit project

Writing a letter

My college life

From the text of iExplore 1 you have learned that the transition from high school to college is not easy. You may be confused about this new phase in your life. In the text of iExplore 2 the author lists some of the challenges freshmen may face. How do you like your college life? How is it different from your expectations? Do you have similar confusions or challenges? Or do you have different problems? Write a letter to your English teacher at high school about your new experience. The following steps may help you with the project.



Step 1 Brainstorm ideas

Before you enter college, you may have expectations of college life. Is it the same as you expected? If not, in what ways are they different? Work in pairs and brainstorm ideas. You may consider the following aspects:

- Campus and facilities
- Courses and schedules
- Relationship with classmates, roommates, teachers, etc.
- Your identity and responsibility

...

You may refer to the texts of iExplore 1 and 2 for ideas.

Step 2 Make a list of the challenges you face

College is a transition phase from high school to adulthood; college life is different from your life at home. In college, you may be faced with difficulties and challenges. Think about the challenges you may face in college and what you can do to deal with them. You may refer to the text and Understanding the text in iExplore 2 for ideas.

Step 3

Work out the outline of your letter

Now that you have ideas about your letter, you can work out an outline based on your ideas. The outline will help make your ideas clearer and to the point.

Outline

Part I Differences between college life and my expectations

Difference 1: There are a lot of courses and activities in college.

Difference 2: _____

Difference 3: _____

Part II Challenges in college

Challenge 1: I have a busier schedule in college than I expected.

Challenge 2: _____

Challenge 3: _____

Part III Expectations for the future

e.g. *I will try my best to deal with the challenges and make the most of college life.*

Step 4

Write and revise your letter

Write a letter based on the outline and try to use parallel structure in your writing. When you finish writing, you can have a peer review of your letter with a partner. Then revise the letter before you send it to your high-school English teacher. The following checklist may help you improve and assess your writing.

Checklist

OK Need improvement

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 1 I have listed the major differences between my college life and my expectations. |
| <input type="checkbox"/> | <input type="checkbox"/> | 2 I have stated my main points clearly. |
| <input type="checkbox"/> | <input type="checkbox"/> | 3 I have included my expectations for the future. |
| <input type="checkbox"/> | <input type="checkbox"/> | 4 I've used parallel structure properly in my writing. |
| <input type="checkbox"/> | <input type="checkbox"/> | 5 I've avoided mistakes in spelling and grammar. |



YOU CAN
UPLOAD YOUR
LETTER TO
THE ONLINE
COURSE AFTER
FINISHING IT.

Vocabulary

iExplore 1

New words

campus /'kæmpəs/ n. [C] the land and buildings of a school, college, or university 校园

We have rooms for 900 students on campus.

stain /steɪn/ v. to accidentally make a mark on sth., esp. one that cannot be removed, or to be marked in this way 染污; 沾污; 留下难以清除的污迹

The carpet was stained with red wine.

mattress /'mætrəs/ n. [C] 床垫; 褥垫

heartbeat /'hɑ:t,bɪt/ n. [C, U] 心跳; 心搏; 心跳声

literally /'lɪt(ə)rəli/ ad. used for showing that what you are saying is really true and not just an impressive way of describing sth. 确实地; 真正地; 不加夸张地

Now there are literally thousands of companies using our product.

suburban /sə'bʌ:bən/ a. relating to a suburb, or in a suburb 市郊的; 郊区的

The suburban area has become one of the important tourist spots for vacation.

transition /træn'zɪʃn/ n. [C, U] (fm.) changing from one form or state to another 过渡; 转变; 变迁

China is a country in economic transition.

self /self/ n. [usu. sing.] the type of person you are, including your character, your typical behavior, your abilities, etc. 自身; 本身; 自己; 自我

Many people don't accept their true selves.

complex /'kɒmpleks/ a. with a lot of details or small parts, which makes sth. difficult to understand or deal with 复杂的; 错综的; 难懂的

Few people understand the complex issues of economy.

brand-new /,brænd'nju:/ a. new and never before used 全新的; 崭新的; 未用过的

I bought a brand-new bike yesterday. Would you like to have a try?

disconnect /,dɪskə'nekt/ v. to feel as if you no longer belong or have a relationship with your feelings, family, society, etc. (使) 脱离(关系); (使) 不联系

I took the train across the country and I was completely disconnected from my previous life.

boulevard /'bu:lə,vɑ:d/ n. [C] a word used in the names of some roads 大道(用于路名)

kindergarten /'kɪndə,gɑ:tɪn/ n. [C, U] 幼儿园; 学前班

reconcile /'rekən,sɑɪl/ vt. to find a way to make ideas, beliefs, needs, etc. that are opposed to each other capable of existing together 调和; 调解

The managers and staff of the company are trying to reconcile their differences.

versus /'vɜ:səs/ prep. used when comparing the advantages of two different things, ideas, etc. 与...相对; 与...相比

The discussion is about the classic theme of love versus duty.

sensation /sen'seɪʃn/ n. [C] a feeling that is hard to describe, caused by a particular event, experience, or memory 感受; 感觉

Cathy often had the sensation that she was being watched.

uproot /ʌp'ru:t/ vt. to make sb. leave their home for a new place, esp. when this is difficult or upsetting 使(某人)迁居他处

In 1954, my grandfather decided to uproot his family and move to China.

drift /drɪft/ vi. to move or go somewhere without any plan or purpose (毫无计划或漫无目的地) 漂泊

Many people will drift through life without any goals.

lack /læk/ vt. to not have sth., or to not have enough of it 没有; 缺乏

What shall we do if we lack hope?

stable /'steɪbl/ a. steady and not likely to move or change 稳定的; 安定的; 不变的

The price of oil should remain stable for the rest of this year.

foothold /'fʊt,həʊld/ n. [C, usu. sing.] a position from which you can start to make progress and achieve your aims 稳固的基础; 立足点

They managed to gain a foothold in the Chinese market.

bounce /baʊns/ v. to move quickly from one situation, position, or place to another, or to make sb. or sth. do this (使) 快速变换位置

I can't bounce back and forth between my dream and real life.

adjust /ə'dʒʌst/ v. to gradually get used to a new situation by making small changes to the way you do things 适应; 使适合

It took her two years to adjust to life in South Africa.

rhythm /'rɪðəm/ n. [C, U]

1 a regular pattern of changes or events 有规律的模式; 规则变化(模式)

I was adjusting to the rhythm of university life.

2 a regular repeated pattern of sounds or movements (声音或运动的) 节律, 节奏; 律动

As the rhythm of the music died away, laughter from the crowd could be heard in the distance.

constant /'kɒnstənt/

n. [C] (fml.) sth. that stays the same even though other things change 恒定的事物; 不变的事物

His friendship is the one constant in her life.

a. happening regularly or all the time 持续不断的; 经常发生的

The rains are constant in summer.

distinct /drɪ'stɪŋkt/ a. (~ from) clearly different or separate 明显不同的

The region's cultural identity is quite distinct from that of the rest of the country.

originally /ə'ɪdʒɪn(ə)li/ ad. in the beginning 最初; 原先
Mary's family originally came from Germany.

unique /ju:'ni:k/ a.

1 unusually good and special 极好的; 难得的; 不同寻常的; 特别的

John has a unique talent for languages.

2 being the only one of its kind 独一无二的; 独特的

I recognized her right away because of her unique voice.

autonomy /ə:'tɒnəmi/ n. [U] the ability to make your own decisions without being influenced by anyone else 自立 / 自主能力

generally /'dʒen(ə)rəli/ ad.

1 usually or most of the time 通常; 大多数时候

The elderly generally get up early in the morning.

2 considering sth. as a whole, without details or specific cases 大体上; 大致

His attitude to me was generally friendly.

eventual /ɪ'ventʃuəl/ a. (only before noun)

happening or achieving sth. at the end of a process 最终发生的; 最后获得的

The price was what decided our eventual choice of the hotel.

blossom /'blɒs(ə)m/ vi.

1 to develop and become more successful 发展; 成长; 繁盛; 兴旺

Their romance blossomed on a trip to China.

2 if a tree blossoms, it produces flowers (树木) 开花

The apple trees are beginning to blossom.

Phrases and expressions

turn out to happen in a particular way, or to have a particular result, esp. one that you did not expect 最后结果是; 最终成为

It's hard to guess how things will turn out in the end.

drop away to fall or go away gradually 逐渐坠落; 逐渐远去

Take a deep breath and let the pain drop away.

stand out to be very easy to see or notice by looking or sounding different from other things or people 显眼; 突出

Every tree, wall and fence stood out against white fields.

back and forth going in one direction and then in the opposite direction, and repeating this several times 来回地

The ball moves back and forth at the bottom of the screen.

bridge the gap to reduce the differences that separate two things or groups 缩短差距

We need a program to bridge the gap between the police and local young people.

come to terms with sth. to accept a bad situation or event and not feel upset or angry about it anymore 接受(不愉快的事)

It has taken him a long time to come to terms with his hearing loss.

day in and day out every day for a long time 一天接一天地; 日复一日地; 天天

Dan studies day in and day out for the final exam, so I think he would get a good score.

settle down to start living in a quiet and calm life in one place 安顿下来; 安定下来

After years as a traveling journalist, she settled down in Ireland.

Proper names

Penn /pen/ (University of Pennsylvania) 宾夕法尼亚大学 (美国)

California /,kælɪ'fɔ:njə/ 加利福尼亚州 (美国的一个州)

Mission Boulevard /'mɪʃn/ 米申大道 (位于美国加利福尼亚州)

Niles /naɪlz/ 奈尔斯 (美国弗里蒙特市的一个社区)

Philadelphia /,frɪlə'delfjə/ 费城 (美国城市)

Fremont /frɪ'mɒnt/ 弗里蒙特 (美国城市)

iExplore 2

New words

dive /daɪv/ *vi.* to jump into the water with your head and arms going in first 跳水
The warm-up is a must before you dive into the pool.

pursue /pə'sjuː/ *vt.* to continue doing an activity or trying to achieve sth. over a long period of time 追求; 继续; 从事
Mary hopes to pursue a career in medicine after college.

chore /tʃɔː/ *n.* [C]
1 sth. you have to do that is very boring or difficult (必须做的) 乏味无聊的事务; 困难的工作
Cleaning out the kitchen is a real chore.
2 an ordinary job that must be done regularly 日常琐事
During the holidays, I will help do the chores and then go shopping with Mom.

cope /kəʊp/ *vi.* (~ with) to succeed in dealing with a difficult problem or job (成功地) 应付, 对付
She feared she wouldn't be able to cope with the study in college.

deny /dɪ'naɪ/ *vt.* to say that sth. is not true, or that you do not believe sth. 否认; 否定
You can't deny the fact that practice makes perfect.

complexity /kəm'pleksəti/ *n.* [U] the state or quality of being complicated and detailed 复杂性; 错综复杂
The elderly struggle with the complexity of digital payment.

meaningful /'miːnɪŋfl/ *a.* serious, important, or useful 严肃的; 重要的; 有用的
Life is not meaningful without work.

adapt /ə'dæpt/ *v.* to gradually change your behavior and ideas to fit a new situation (使) 适应; (使) 适合
Her children adapted quickly to living in a small village.

dorm /dɔːm/ *n.* [C] (*informl.*) 宿舍

commute /kə'mjuːt/ *vi.* to regularly travel a long distance to get to work (经常) 经很远的路程上 / 下班
Mary commutes from home to campus every day.

adulthood /'ædʌlt,hʊd/ *n.* [U] 成年 (时期)
Changing from youth to adulthood can be very painful.

sibling /'sɪblɪŋ/ *n.* [C] (*fm.*) 兄弟; 姊妹

bond /bɒnd/ *n.* [C] sth. that unites two or more people or groups, such as love, or a shared interest or idea 纽带; 联结; 联系; 关系
After these troubles, the bond between my parents and me gets stronger.

lifetime /'laɪf,tam/ *n.* [C, usu. sing.] the period of time during which sb. is alive or sth. exists 一生; 终生
Youth comes only once in a lifetime.

romantic /rəʊ'mæntɪk/ *a.* relating to feelings of love or a loving relationship 浪漫的; 风流的
She wishes her boyfriend could be a bit more romantic.

temptation /temp'teɪʃn/ *n.* [C, U]
1 sth. that makes you want to have or do sth., even though you know you should not 很有诱惑力的事物
The cake on the desk was too strong a temptation for kids to resist.

2 a strong desire to have or do sth. even though you know you should not 引诱; 诱惑
There might be a temptation to cheat in the exam if students sit too close together.

schedule /'ʃedjuːl/ *n.* [C] a plan of what sb. is going to do and when they are going to do it 计划表; 进度表; 日程表
The next thing on our schedule is to visit our friends.

nagging /'næɡɪŋ/ *a.* always complaining 一味抱怨的
His nagging wife is always complaining about small things.

perspective /pə'spektɪv/ *n.* [C] a way of thinking about sth., which is influenced by the kind of person you are or by your experiences (思考问题的) 角度; 观点; 想法
The story is told from the perspective of an ordinary farmer.

competitive /kəm'petətɪv/ *a.*
1 always trying to be more successful than other people 有竞争意识的; 好竞争的
Bella is so competitive, even with her parents and friends.
2 relating to competition 竞争的
Competitive games encourage children to work together as a team.

dishonest /dis'ɒnɪst/ a. not honest 不老实的; 不诚实的
The dishonest manager was fired by the company.

gain /geɪn/
n. [U] the money or other benefits that you can get from sth. 利润; 收益; 利益

He seems to have entered the organization only for personal gain.

vt. to get, win, or achieve sth. important or valuable
取得; 赢得; 获得

The country gained its independence 10 years ago.

lookout /'lʊkaʊt/ n. [C] (**be on the ~ for sth.**) to continuously watch a place or pay attention in order to find sth. you want or to be ready for problems or opportunities 监视某事物; 留神观察某事物

You've got to be on the lookout for thieves when you get on a bus.

selfish /'selfɪʃ/ a. caring only about yourself and not about other people 自私的; 自私自利的

She never considers anyone but herself – she's totally selfish.

depression /dɪ'preʃn/ n.

1 [U] a medical condition that makes you feel extremely unhappy, so that you cannot live a normal life 抑郁症

Many Americans suffer from depression at some point in their lives.

2 [C, U] a feeling of sadness in which you feel there is no hope for the future 忧伤; 沮丧; 消沉

He went into a deep depression when his parents died.

cure /kjʊə/ vt. to make an illness or an injury better, usu. by medical treatment 治疗, 治好 (伤病)

Doctors won't consider him cured until he has been free of cancer for several years.

psychiatrist /saɪ'kaɪətrɪst/ n. [C] 精神科医生

handy /'hændi/ a. (*informal*) near and easy to reach 手边的; 近旁的

Keep a dictionary handy when you preview the text.

therapist /'θerəpɪst/ n. [C] 治疗专家

thrive /θraɪv/ vi. (*formal*) to become very successful or very strong and healthy 兴旺; 欣欣向荣; 茁壮成长

I wouldn't want that much pressure, but my brother seems to thrive on it.

Phrases and expressions

dive into sth. to quickly become completely involved in an activity, a subject, etc. 全身心地投入; 潜心钻研

He was eager to dive into the kind of opportunities the college offers.

hang out (with) (*informal*) to spend a lot of time in a particular place or with particular people 长时间呆在 某地; 和某人长时间呆在一起

I am not going to hang out with him anymore because he is always late.

there's no denying (sth. / that) (*spoken*) used to say that it is very clear that sth. is true 无可否认; 不容否认

There's no denying that parents are the best teachers for their children.

for nothing without having a good reason or purpose 平白无故地; 白白地

We walked all the way down there for nothing.

lose touch to not speak or write to sb. anymore, because they do not live near you, work with you, etc. 失去联系

Call me as soon as you can. I don't want to lose touch with you.

associate with to spend time with sb. 与 (某人) 在一起
Parents warned the kids not to associate with bad friends.

make sure to do sth. so that you can be certain of the result 设法确保

We should set out early if we want to make sure of getting there on time.

take sth. seriously to believe that sth. is worth paying attention to or should be respected 认真对待 某事

Scientists have begun to take the risk of depression in children seriously.