



Opening Doors

上大学啦！终于没人管啦！开心？激动？忐忑中又充满期待？

你想象中的大学是什么样子的：新的朋友？多彩的社团？一个接一个的讲座？永远也写不完的论文？满是臭袜子的男生宿舍？漂亮的女生？还是白发的先生？……

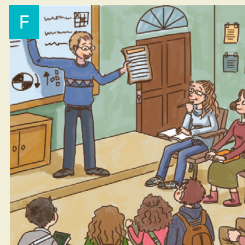
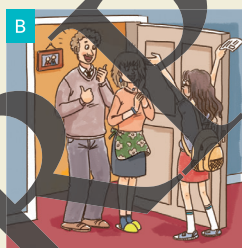
男生们，你是否会想念高中一起踢球的死党？女生们，你有没有做好 freshman year 体重暴涨 15 斤的准备？

这一刻，勤奋、懵懂、嚣张而美丽的你，Are you ready for your fresh new start?!

WARM-UP

Task 1 Match the pictures to the reasons why people go to college.

- 1 To learn something new from lectures.
- 2 To meet new people.
- 3 To live away from home.
- 4 To get a good job.
- 5 To make their parents happy.
- 6 To study something they enjoy.
- 7 To get a diploma (学位证书).



Chinese Corner

* 大学之道，在明明德，
在亲民，在止于至善。

“Great Learning” aims
to foster moral integrity,
forge close ties with
the people and attain
consummate virtue in
both words and deeds.

* 选自《中华思想文化术语》

Task 2 What are your reasons for going to college? Work with a partner and discuss your reasons.

I want to learn new skills for my future career.



Identifying the author's feelings

(理解作者的情绪)

在以第一人称书写的文章中，作者常会运用形容词或副词表达自己的心情和情绪，如高兴 (happy, delightedly)、紧张 (worried, nervously)、沮丧 (frustrated)、害怕 (frightened, afraid)、激动 (excited, excitedly)、愤怒 (angry, furiously)、悲伤 (sad, upset) 等。阅读时可通过这类词语体会作者的情感变化。

A Shaky Start

Task 1 Read the first two paragraphs and look at the underlined words. Summarise (总结) how the author was feeling. Tick the answer.

- 1 Good.
- 2 Bad.
- 3 Complicated.

New Words

shaky /'ʃeɪki/ *adj.* 紧张不安的
 expect /ɪk'spekt/ *v.* 预期；期待；认为
 vacation /və'keɪʃn/ *n.* 假期
 frightened /'fraɪtnd/ *adj.* 害怕的；受惊的
 nervously /'nɜːvəsli/ *adv.* 情绪不安地；紧张地
 mobile /'məʊbaɪl/ *adj.* 可移动的
 uncomfortable /ʌn'kʌmfəbəl/ *adj.* 不自在的；不舒服的
 simply /'sɪmpli/ *adv.* (用于强调) 仅仅；只不过
 beat /bi:t/ *v.* 跳动；敲打
 approach /ə'prəʊtʃ/ *v.* 接近；靠近
 unfortunately /ʌn'fɔːtʃ(ə)nətli/ *adv.* 不幸地；遗憾地
 stare /steə/ *v.* 凝视；盯着看
 shocked /'ʃɒkt/ *adj.* 震惊的；惊愕的

Phrases and Expressions

wake up 醒来
 be about to do sth 即将做某事
 at the start of 在……开始时

代表超纲词汇



Today was a bit different—I was starting at college. I was very excited. I woke up early, much earlier than I had expected. I had thought I might sleep late as I did during the long vacation, but I was at college nearly an hour earlier than I expected.

I was excited and frightened as I entered the first class. It felt like I was entering a new world. As I didn't know anyone in my class and the class wasn't about to start, I was playing nervously on my mobile phone. I felt really uncomfortable sitting in the class simply doing nothing.



When the first lecture began, the teacher introduced herself and asked each of us to introduce ourselves. This happens so much at the start of a new course, but you could still feel everybody's hearts beating faster as their turn approached. One girl could hardly say her name; one boy's mobile phone rang when he stood up to speak, and then it came to my turn...

Unfortunately, when I'm nervous I don't know when to stop speaking. I'm not too sure what I said or how long I spoke, but a lot of people were just staring at me as I sat down. Some looked shocked; some were smiling. The next boy stood up and said "I'll keep this short. I'm Nicos," he finished and sat down. Everyone laughed and looked at me. I smiled back and the room relaxed.

Lucy on her first day at college



Reading and Understanding

Task 2 Read the text and answer the questions.

- 1 When did Lucy sleep longer?
- 2 Who did Lucy know in the class?
- 3 What usually happens at the start of a course?
- 4 What does Lucy do when she feels nervous about speaking?
- 5 Why did people laugh after Nicos spoke?

Task 3 Match the activities to Lucy's feelings.

- 1 Sitting in the class doing nothing.
- 2 Entering the first class.
- 3 Introducing herself.
- 4 After Nicos introduced himself.

- a Relaxed and happy.
- b Excited and frightened.
- c Nervous and uncomfortable.
- d Nervous.

Task 4 Translate the sentences into Chinese.

- 1 I woke up early, much earlier than I had expected.

- 2 I was excited and frightened as I entered the first class.

- 3 I felt really uncomfortable sitting in the class simply doing nothing.

- 4 You could still feel everybody's hearts beating faster as their turn approached.

- 5 Everyone laughed and looked at me. I smiled back and the room relaxed.

Vocabulary Focus

Task 1 Replace the words or phrases in *italics* with words or phrases from the boxes. The first one is already done for you.

unfortunate	nervous	shocked	vacation
relax	approaching	hardly any	

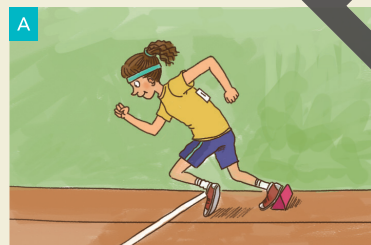
- We're going on *holiday* to Russia next month. vacation
- I was *worried* before I had to speak. _____
- My turn was *getting nearer*. _____
- It was really difficult to *calm down* after the terrible accident. _____
- I was really *surprised* by how much work they wanted us to do. _____
- It's *disappointing* that we won't be in the same class. _____
- I've had *almost no* replies to my party invitations. _____

Task 2 Complete the sentences with the correct forms of the words in brackets.

- I felt _____ (nervous) before I stood up to speak.
- What are your _____ (expect) for this year?
- I felt _____ (relax) after I had spoken.
- I heard some _____ (shock) news yesterday.
- I was _____ (unfortunate) enough to get the grades to go to a good college.

Task 3 Match the phrases to the pictures. Write sentences to describe what you can see in each picture. The first one is already done for you.

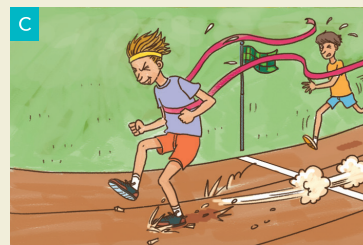
- be about to do sth
 stop doing sth
 someone's turn
 stare at
 wake up



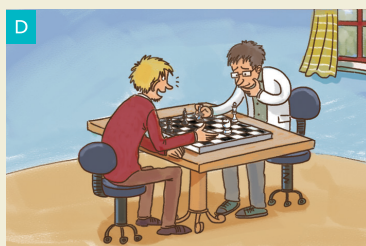
A She's about to start a race.



B



C



D



E

Grammar Focus: Past Simple and Past Continuous (一般过去时和过去进行时)

- 一般过去时表示过去某个时间里发生的动作或情况以及过去的习惯性、经常性的动作或行为。
- 过去进行时表示在过去的某个特定时间段里正在进行或发生的事情；也可表示满意、惊讶、厌恶等感情色彩，常与 *always*, *forever* 等副词连用。

Task 1 Match the examples to the rules below. Pay attention to the words in *italics*.

- 1 I *was playing* nervously on my mobile phone.
- 2 When the first lecture *began*, the teacher *introduced* herself and *asked* each of us to introduce ourselves.
- 3 A lot of people *were just staring at* me as I *sat* down.
- a One short action happens after another short action.
- b A continuous action in the past is not finished or is interrupted by a shorter action.
- c A continuous action happens over a period of time in the past.

Task 2 Circle the correct forms to complete the passage.

I (1) *left/was leaving* my house at 7 o'clock to get to my college for 8 o'clock. I got on a bus. I (2) *was sitting/sat* on the bus when the driver announced that the bus had broken down. I had planned to do my homework on the bus, but now I had to walk and would have no time to finish it. When I (3) *got/was getting* to my college, the class had already started. The teacher (4) *told me off/was telling me off* (责备) for being late and then (5) *asked/was asking* me to answer questions 5 to 8 of the homework. But I hadn't finished them because the bus broke down.

After the lecture, I (6) *spent/was spending* the whole morning writing a report for the next day in the classroom. My phone (7) *rang/was ringing* constantly, but I ignored it. Then I rushed to the library to meet my group members for the next day's presentation. When I (8) *came/was coming* into the library at 4 o'clock, they asked why I (9) *always ignored/was always ignoring* their calls! I really need to live nearer my college!

Task 3 Complete the sentences with the correct forms of the verbs in brackets.

- 1 Nicos _____ (ring) me while I _____ (drive) to the college.
- 2 I _____ (try) to get online when the Internet _____ (crash).
- 3 They _____ (arrive) late for their first lesson.
- 4 I _____ (work) on the essay this morning.
- 5 I _____ (meet) lots of new people yesterday.
- 6 He _____ (not, like) the subject he chose.

Beyond the Text

Task 1 Look at the pictures and write down what these people are doing. The first one is already done for you.



A girl is giving a presentation.



Task 2 Work with a partner and find words or phrases you think would describe these people's feelings in these situations. Words in the boxes may be helpful.

happy	excited	proud	frightened	surprised	stressed	angry
sad	terrible	nervous	afraid	worried	lucky	shocked

Task 3 Write complete sentences to show people's feelings in the four situations.

When giving a presentation to a large class, I/we usually feel nervous.



Task 1 Look at each picture in the posters (海报). Guess what college club each picture is about. Tell your partner which club will interest you most.



New Words

- #fresher /'freʃə/ *n.* 大学一年级新生
 move /mu:v/ *n.* 动作
 beginner /bi'gɪnə/ *n.* 初学者; 新手
 hall /hɔ:l/ *n.* 会堂; 大厅
 studio /'stju:diəʊ/ *n.* 工作室
 broadcast /'brɔ:d,kɑ:st/ *v.* (广播或电视) 播出; 播送
 present /pri'zent/ *v.* 主持 (广播或电视) 节目; 介绍
 correspondent /,kɒri'spɒndənt/ *n.* 通讯员; 记者
 fashion /'fæʃn/ *n.* 时尚
 entertainment /,entə'teɪnmənt/ *n.* 娱乐; 消遣
 conservation /,kɒnsə'veɪʃn/ *n.* 保护; 保存
 environment /ɪn'vaɪrənmənt/ *n.* 环境
 local /'ləʊkl/ *adj.* 地方性的; 当地的
 national /'næʃn(ə)/ *adj.* 国家的; 国内的
 volunteer /,vɒlənt'iə/ *v.* 志愿; 义务服务
 entrance /'entrəns/ *n.* 入口
 regional /'ri:dʒn(ə)/ *adj.* 地区的; 区域的
 project /'prɒdʒekt/ *n.* 项目; 工程
 gathering /'gæðərɪŋ/ *n.* 聚会; 聚会
 broadcaster /'brɔ:d,kɑ:stə/ *n.* 广播员; 播音员; 广播公司
 campaign /kæm'peɪn/ *n.* 运动

Phrases and Expressions

- take part (in sth) 参加
 up to 多达
 clean up 打扫; 清理; 彻底扫除

Proper Names

- Fresher's Fair 社团纳新会
 Student Union 学生会
 DJ (电台的) 音乐节目主持人
 David Attenborough 大卫·艾登堡 (英国著名电视节目主持人, 参与拍摄有关野生动物的纪录片达 50 年之久, 被誉为“世界自然纪录片之父”)

在英国, 大学新生常被称为 freshers; 在美国, 大学第一年也被称为 the freshman year.

College Clubs

After her first day at college, Rebecca went to the Fresher's Fair. She liked quite a few clubs.

STREET DANCE

Come and learn the moves and take part in competitions across the country. Don't worry if you're a beginner. It's not hard. The first week in the club is free.

Members train up to 3 times a week.

We have a proud history in the world of street dance.

WHY NOT JOIN US!

Times are:
 Monday: 6 pm-8 pm (Student Union)
 Tuesday: 3 pm-5 pm (University sports hall)
 Friday: 7 pm-9 pm (University dance studio)

S t u d e n t
 By students, for students. Broadcasting all day every day.
R a d i o

Do you want to...

- be a DJ?
- read the news or sport?
- present the weather?
- be a correspondent on fashion, entertainment, movies?
- report on events round college?

Student radio can give you a voice on any topic you have interest in. It can also give you some important experience for future work.

CONSERVATION

Are you worried about the environment? Do you have time to help make the local and national environment better?

Wednesday conservation volunteering

Clean up and tidy local parks
1 pm-5 pm

Weekend volunteering

Meet at the main entrance every Saturday to catch a bus to a regional project.

Every two weeks—

David Attenborough nights

Drinks, food and a social gathering spent watching a DVD from the great environmental broadcaster.

As a society, we always want suggestions from members for new activities, campaigns and ideas. If you need support, we're here to help you do it.



The Paris Agreement (巴黎协定) is a legally binding international treaty on climate change. Its goal is to limit global warming to well below 2, preferably to 1.5 degrees Celsius, compared to pre-industrial levels. China has been committed to meeting its carbon goals after signing this treaty.

Task 2 Read the posters and match the statements to the clubs.

- 1 Practise in the evening and afternoon.
- 2 Talk about things that interest and concern you.
- 3 You don't have to be an expert.
- 4 Be inspired by a great environmental broadcaster.
- 5 Get some experience for a future job.
- 6 Do some volunteering work on Wednesday and at weekends.

- a Street Dance Club
- b Student Radio Club
- c Conservation Club

Task 3 Read the posters again and complete the conversation.

Helen: So which club do you think you'll join?

Geoff: I'm not sure. I like being outside a lot, so perhaps the (1) _____.

Helen: It sounds good, but I want to keep my weekends free. Are there any others you'd like to join?

Geoff: Well, I quite like the idea of working in the news. So I might join the (2) _____.

Helen: That would be fun, but I'd be nervous speaking on the radio.

Geoff: How about you?

Helen: I need to stay fit and healthy, so I think I'm going to join the (3) _____.

Geoff: I'll come and watch if you enter any competitions!

Task 4 Work in groups and decide on a club you would like to start at your college. Remember to include:

- the name of the club.
- when and where to hold the activities.
- what experiences its members can have.
- how the club will benefit its members.

GUIDED WRITING

Punctuation and Capital Letters (标点符号和大写字母)

Task 1 Read the following posts (帖子) on the college BBS. Match the questions to the answers.

- 1 My parents want me to work for the family business in London after I graduate. They want me to become their accountant (会计). So I chose accounting as my major.
- 2 I was excited. I knew some people coming here from my high school, so I wasn't too nervous. But I've met lots of other people since then. I've also met people from all around the world, from China to Brazil. I might learn another language like Arabic (阿拉伯语).
- 3 I've joined the Gaming Society because I love playing computer games. I love football as well. On Wednesday, I've got a trial (选拔赛) for the football team. Hopefully, I'll get in.
- 4 It would be my friend's sister Lisa who just graduated in July. She was hard-working and motivated (有上进心的), and now she has a great job. I hope I can do the same!
- a Why did you choose your major?
b Apart from studies, what else do you do in your college?
c How did you feel on your first day?
d Who inspires you most?

Task 2 Read the writing profile and find examples of each in Task 1.

Use capital letters:

- at the start of a sentence.
- for days and months.
- for the names of people, places, nationalities and languages.

Use:

- full stops (.) at the end of declarative sentences (陈述句).
- exclamation marks (!) to show strong feelings.
- question marks (?) at the end of questions.
- commas (,) to show a pause.
- apostrophes (') to shorten words and show possession.

Task 3 Correct the sentences. Pay attention to the punctuation and capital letters.

have you joined the english society → Have you joined the English society?

- 1 yes ive joined it i want to improve my English

- 2 when do they meet

- 3 its on a tuesday the first one was on 7 october in the palmer building the next one is on 14 october why dont you come

- 4 im terrible at English

- 5 thats the point you can have a look first then we can go on holiday to america together

Task 4 Write your own responses to the questions in Task 1. You can refer to (参考) the answers in Task 1.

- Write at least two sentences for each question.
- Check your punctuation carefully.

Why did you choose your major?

It was my favourite subject at high school and I think it's important to choose something I enjoy. After all, I have to study it for several years!



Video



Audio 1



Audio 2

Video

Task 1 Look at the spider diagram (蛛网图) and complete it with ideas from the boxes. Compare your answers with a partner and think of any other ideas you can add.

speed

proper names

new words

volume

tone



Task 2 Think back to your first week at college. What activities did you have to complete?

- Register (注册)
- Move into the flat
- Choose courses
- _____
- _____
- _____

Listening for days/dates/time/locations (抓听日期、时间、地点等信息)

在听力训练中，快速记录重要信息(如时间、地点、数字、事件等)往往有助于对听力内容的理解。做表格填空题时，可先根据前后文确定所填内容的类别，然后在听的过程中重点记录该类信息，这样可有效提高正确率。若听力素材中涉及数字类信息，需重点关注一些易混词在发音上的区别，如 19 和 90，18 和 80 等。

Task 3 Watch the video of two students in their first week at college. Tick the things they have to do in Task 2.

Task 4 Watch the video again and complete the timetable (时间表).

- Timetable
- The library introduction will be held in (1) _____ at (2) _____.
- Go to the Life-in-Halls Talk on (3) _____ in (4) _____ at (5) _____.

Audio

Task 5 Look at the gaps in the poster below and write *who, where, when* or *what* in the brackets.

WELCOME
~ party ~

Celebrate your first week at college.

Come dressed as a(n) (1) _____ ()

In the (2) _____ ()

From (3) _____ to _____ ()

All (4) _____ students welcome! ()

Words and Expressions




orientation *n.* 情况介绍; 入门指导
register *v.* 注册; 登记
Life-in-Halls Talk 公寓制度介绍
mess *n.* 脏乱; 凌乱
promote *v.* 推销; 促销
Britain's Got Talent 英国达人秀
pop star 流行音乐明星
performance *n.* 表演
advertise *v.* 作广告; 作宣传
competition *n.* 比赛
gamer *n.* 游戏玩家
champion *n.* 冠军
sign up 报名参加

Task 6 Listen to the first radio show and complete the gaps in Task 5.

Task 7 Listen to the second radio show and complete the gaps.

Gaming ~ Society ~



- The biggest club on campus with over (1) _____ members.
- Play in your (2) _____ or your (3) _____.
- Sign up (4) _____ to play.
- (5) _____ top online games to play and a(n) (6) _____ for each game.

Task 8 Imagine you are organising a student party or event. You have 30 seconds to advertise it on the student radio. Work with a partner to plan the event. Remember to include:

- what it will be?
- when to hold it?
- where to hold it?

Task 9 Take in turns reading out your radio advertisement in Task 8. Try to make it sound fun and exciting. While you are listening to other pairs presenting, make notes of the event. Vote on the best event at last.

WRAP-UP

Task 1 Complete the statements with the past simple or past continuous of the verbs in brackets.

- The last time my phone _____ I _____ in bed. (ring/sleep)
- My parents _____ me off when I _____ home late. (tell/come)
- At this time last week I _____ my aunt. (visit)
- I _____ at home when my son's school results _____ in the post. (sit/come)
- I _____ a film on TV when it _____ me of school. (watch/remind)

Task 2 Circle the four words below in the word search. Can you find more words?

nervous	expect	course	lecturer
---------	--------	--------	----------

U	M	X	T	E	H	E	P	O	C	I
N	F	C	I	A	C	B	S	M	O	M
E	E	I	R	H	C	T	R	F	U	J
R	A	D	M	J	J	S	X	O	R	P
V	L	E	C	T	U	R	E	R	S	E
O	A	T	T	L	N	P	H	N	E	Q
U	R	E	X	P	E	C	T	A	S	I
S	X	P	O	K	X	T	C	B	G	E

WORDS OF WISDOM

* 学而时习之，不亦说乎？

Isn't it a pleasure to learn and apply from time to time what one has learned?

Task 3 Correct the sentences. Pay attention to the punctuation and capital letters.

- paul smith is from edinburgh but he lives in manchester

- i started studying french but i changed to Spanish

- my new business course starts in march

Task 4 Write two sentences describing your feelings about college: one sentence to describe your feelings of the first day, and one to describe your feelings now.
