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> Vocabulary

1 Cross out (X) the word in each group that does not belong.

1	scientist	musician	astronaut	youngster
2	workout	exercise	training	reward
3	smile	laugh	anger	grin
4	ideal	common	perfect	best
5	eagerly	heartily	absolutely	happily

2 Write down the words according to their definitions. The first letter of each word is given for your reference.

- 1 d _____ *v.* to let liquid fall in the shape of small drops
- 2 i _____ *n.* sb. or sth. that gives you new ideas
- 3 e _____ *ad.* very much
- 4 s _____ *v.* to make a great effort to achieve sth.
- 5 r _____ *v.* to get sth., esp. sth. good, as a result of what you have done
- 6 a _____ *n.* a strong desire to have or achieve sth.
- 7 v _____ *a.* able to be done
- 8 p _____ *n.* determination to do sth. even though it is difficult or other people oppose it

3 Complete the sentences with the expressions given below. Change the form if necessary.

go through

in terms of

rely on

end up

get nowhere

break loose

- 1 A student's success should not be measured _____ exam results.
- 2 We will _____ if we do not come together and become a team.
- 3 When the Chinese women's football team won the Asian Cup, many fans _____ and cheered loudly.
- 4 If you don't take daily exercise, you may _____ becoming overweight.
- 5 A serious problem was that the football team _____ the center forwards (中锋) too much.
- 6 After _____ a very difficult time, he came back to the stadium for basic training.

4 Compare the words in each pair and complete the sentences with the right one. Change the form if necessary.

1 disappointed, disappointment

- To her great _____, the singer canceled the concert.
- They were very _____ to find the tickets for the game sold out.

2 production, productive

- If we try to ease the pressure on children, they will become more _____.
- The new type of exercise equipment, now in _____, will be available next month.

3 inspire, inspiration

- Nature has always been the _____ for my creation.
- The design of the dress was _____ by the Chinese knot, a symbol of traditional Chinese culture.

4 promote, promotion

- I wish to express congratulations on your _____ to head coach of the national team.
- Helen worked hard in the football team and soon got _____.

5 hesitate, hesitation

- When asked whether he'd like to have a game of tennis, he agreed without _____.
- She did not _____ for a moment about joining the dance club.

5 Add the suffix "-ive" to the words given below. Then complete the sentences with the words thus formed.

describe

act

expense

extend

select

progress

- 1 You have to be _____ about what content to include in the speech.
- 2 Students are encouraged to take a(n) _____ part in classroom discussions.
- 3 It's a fine piece of _____ writing on her journey through Africa.
- 4 The approach taken by the court (法院) has been more _____ than before.
- 5 _____ research has been done into the effects of stress on people.
- 6 Amy fell in love with photography, but slowly found that it was a very _____ hobby.

> Structure

1 Combine the two sentences in each group using “even if”.

1 They were defeated by their rivals in the game. They didn't lose heart.

2 You have a talent for football. You have to go through sweat and tears to be a good player.

3 You can beat your opponents with strategies. Your opponents are strong.

4 We have different character traits. We are still good friends.

5 I've made up my mind to get there. I have to walk about five kilometers.

2 Complete the sentences by translating the Chinese given in brackets into English using “as well”.

1 The Olympic Games is a global sports event and _____ (也是各国加强交流的盛会).

2 _____ (你也想成为足球俱乐部成员吗)? Let's go to apply for it.

3 Tom is a really gifted sprinter (短跑运动员), and _____ (他也擅长踢足球).

4 The play brings us a lot of joy, and _____ (它也提供了一些对于人生的有趣见解).

5 While many people think adventure stories are mostly for kids, _____ (它们也受成年人的欢迎).

> Grammar

1 Complete the sentences by choosing the correct tense of the verbs given in brackets.

- 1 The athlete _____ (wins / won) a medal at the Olympic Games, but several years ago, she _____ (is / was) just a beginner.
- 2 John is wise, and Bob often _____ (relies / relied) on John's judgment to decide what to do.
- 3 At that time, no one _____ (believes / believed) that the Earth _____ (is / was) round.
- 4 He often _____ (goes / went) skating at weekends when he was in high school.
- 5 Now I _____ (spend / spent) more time on math in college than I ever _____ (do / did) in high school.

2 Complete the sentences with the correct tense of the verbs given in brackets.

- 1 Facts _____ (speak) louder than words.
- 2 The situation remained confusing as both sides _____ (claim) success.
- 3 It is said that the 30 percent discount only _____ (apply) to members of this supermarket.
- 4 Jenny was happy when she finally _____ (overcome) the fear of speaking in public.
- 5 The modest _____ (reap) the benefits, while the conceited (自负的) may end up failing.

> Translation

1 Translate the sentences into Chinese.

1 Whether it is for better health or for an ideal figure, we can reap the rewards of regular exercise.

2 Without aspiration one starts nothing. Without diligence one ends in failure.

3 I lived up to my parents' expectations and went to a famous music college.

2 Translate the Chinese sentences into English with the help of the words given in brackets.

1 中国运动员在冬奥会上表现出的坚韧和自信, 激励了 (inspire) 许多人追求自己的梦想。 (persistence)

2 为了建设更美丽的中国, 我们必须克服重重困难, 追求绿色发展之路。 (overcome)

3 陶行知一生致力于教育, 为我国教育的现代化 (modernization) 做出了巨大的贡献。 (lifetime)

> Reading comprehension

Passage 1

More than one calling

Have you ever been asked the question “What do you want to be when you grow up?”

It’s considered an innocuous (无恶意的) question, posed to little kids for cute replies, like “I want to be an astronaut”, or “I want to be a scientist”. But we get asked that again and again in various forms as we get older. Gradually, it is no longer the cute exercise it once was. It has become a thing that keeps us up at night. Why?

While this question inspires kids to dream about what they could be, it does not inspire them to dream about all that they could be. In fact, it does just the opposite, because when someone asks you what you want to be, you can’t reply you want to try different professions. The idea that our life needs to have a narrow focus is deeply rooted in our culture. People hold the idea that we each have one calling, and we need to find out what that thing is and devote our life to it.

But what if you’re someone who is curious about a lot of different subjects and wants to do many different things? You might feel like there’s something wrong with you. No, there’s nothing wrong with you. It is likely that you are a multipotentialite.

A multipotentialite is someone with many interests and creative pursuits. It’s easy to see your multipotentiality as a limitation or an affliction (苦恼) that you need to overcome. But there are some great strengths in being a multipotentialite.

The first one is idea synthesis. Combine two or more fields and create something new at the intersection (交叉点). The second one is rapid learning. When multipotentialites become interested in something, they will concentrate on it with all their heart and soul. They’re not afraid of trying new things and stepping out of their comfort zones. The third one is adaptability. It is the ability to change into whatever you need to be in a given situation.

Idea synthesis, rapid learning and adaptability — these three skills are valuable both for individuals and for society. If multipotentialites are pressured to narrow their focus, they might lose them. We should encourage multipotentialites to be themselves. We have a lot of complex and multidimensional (多维的) problems in the world right now, so we need creative and out-of-the-box thinkers to tackle them.

So, embrace your many passions. Follow your curiosity down those rabbit holes. Explore your intersections. Embracing your inner self leads to a happier and truer life. And perhaps more importantly, the world needs you — multipotentialites.

Read the passage and choose the best answer to each of the questions.

- 1 What do people think of the question raised in Paragraph 1 when they grow up?
 - A It is cute.
 - B It is interesting.
 - C It is innocuous.
 - D It bothers them.

- 2 What will happen if people have a narrow focus in their life?
 - A They will have a strong will.
 - B They will be narrow-minded.
 - C They will limit their life to one thing.
 - D They will try different things in their lifetime.

- 3 What does the underlined word “multipotentialite” in Paragraph 4 refer to?
 - A Someone who has one calling in their lifetime.
 - B Someone who does not have a purpose in their life.
 - C Someone who needs to overcome their limitations.
 - D Someone who is creative and interested in trying new things.

- 4 What might happen when multipotentialites are forced to narrow their focus?
 - A They might lose themselves.
 - B They might lose the three strengths.
 - C They might change the way they live.
 - D They might be under increasing pressure.

- 5 What can be inferred from the passage?
 - A It’s a great pity to have just one calling in one’s life.
 - B Multipotentiality is a complex problem for people to deal with.
 - C We should encourage people to follow their inner selves and become multipotentialites.
 - D We should decide what we want from life very early on and give up everything to achieve it.

Passage 2

My life is like the sport of rowing

In a lot of ways my life is like the sport of rowing. The shore is like my past. Once I have gotten on that boat and started my race, there is no looking back. And there are no regrets and no disappointment. I have to just keep rowing.

The water is comparable to the problems I face in life. Some days, the water will be smooth and there will be hardly any waves at all, while other days it will take effort to get past waves that could potentially flip over my boat.

The boat is like my perspective. Only in the boat I can do what I have learned; similarly, I can only base my opinions on the experiences I've had. Though my boat will sometimes be unbalanced, I'll make the best of the situation I've been placed in and learn from it.

The oars (桨) can be related to my will and drive to succeed. Though there are times the oars will rip (划破) my hands open, leaving them in so much pain that I feel I cannot go on, I know my hands will heal, and I'll have become more conditioned (习惯的). I know the harder I pull on the oars, the greater endurance I build from doing so, and the more likely I'll obtain the outcome I am working toward.

My teammates can be related to my family and friends. Sometimes the race will get hard. My body will ache, my throat will be sore, and I will feel like quitting. However, I know that there are other people in the boat depending on me, and I will not let them down.

The coxswain (舵手) is much like my morals and values. When rowing, I cannot see the racetrack, so I must rely on the coxswain to guide me. Although there will be times she won't know what's around the corner, she must use her best judgment to get the boat to the end.

The finish line is most similar to my goals and dreams. Although my goal during a race is to be the first to cross the finish line, my goals in life are much more than that. I realize that I have a long way to go before I reach my "finish line". When one goal is reached, I will set another one to work toward.

Overall, the most important lesson about life I've learned from rowing is that life is what I make it. I can choose to be angry and wallow in self-pity (沉湎于自怜) or I learn from my mistakes.

I will always work toward being the best person I can and constantly take the opportunities I'm offered to learn and grow.

I am a rower.

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

- 1 The shore is just like the writer's past because when she is rowing, there are regrets and disappointment.
- 2 The water is like the problems the writer faces in life because the smoothness and roughness of the water are just like the happiness and sadness in life.
- 3 The writer believes that her endurance could be built by pulling on the oars hard.
- 4 The writer thinks that her goal in life is just to be the first one to cross the finish line.
- 5 The most important lesson about life the writer has learned from rowing is that she makes her own life.