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1

Unit

A new journey in life



As a freshman, college means a fresh start for you. It will open new doors for you and change you in ways you have never imagined. While you may have got a rough idea about what college life is like from movies, books and even friends, experiencing it yourself may give you a totally different picture. In the new surroundings, you may be anxious about many things: How to fit in the new environment? How to communicate with professors and peers? What to do to rise to challenges in life and studies? After learning this unit, you will find the answers.

Learning objectives

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

- know more about college life
- listen for the transition words “and,” “also,” “as well as,” and “by the way”
- pronounce the vowels /e/ and /æ/
- tell a story about your first day in college

Warming up

Have you already known all your classmates? Now do the following activity to get familiar with your classmates.

- Step 1** Interview a classmate. When interviewing, you are supposed to take down their names, hobbies, where they are from, etc.

You may follow the pattern below:

A: Hi, my name is ... What's your name?

B: My name is ... Nice to meet you!

A: Nice to meet you, too. Where are you from?

B: I'm from ...

A: Do you have any hobbies?

B: Sure, I love ...

- Step 2** Introduce the classmate you've just interviewed to the class.

iExplore 1: Listening and speaking

WORDS AND EXPRESSIONS

repetitive /rɪ'petətɪv/ a.

重复的

integrated /'ɪntɪgreɪtɪd/ a.

综合的

LISTENING SKILLS

Listening for the transition words "and," "also," "as well as," and "by the way"

Transition words are like road signs – they help the listeners understand the direction of the speaker's thought. They not only connect, but also represent the logic and relationship between ideas. When you're listening to someone speaking English, paying attention to transition words can help you predict the relationship between one idea and the next. For example, the transition words like "and," "also," "as well as," and "by the way" are used to link similar ideas, add information and reinforce the previous ideas. When you hear these words, you can predict the speaker will add some similar information.

Transition words having similar function include "besides," "furthermore," "in addition," "likewise," "moreover," "similarly," etc.

Conversation

Listening and understanding

1 There are many differences between school life in high school and that of college. The type of homework is one of these differences. Now listen to a conversation and choose the best answer to each of the questions you hear.

- 1 A. It's very tiring.
B. It involves too much work.
C. She has to work on her own.
D. She has to work on it every day.
- 2 A. Ask the teacher for help.
B. Work harder to catch up.
C. Do more daily homework.
D. Change her learning style.

2 Listen to the conversation again and fill in the blanks with what you hear. Pay attention to the transition words in bold.

The man's attitude to term projects

A term project trains you in different aspects. It gives you the chance to 1) _____ your specific skills and knowledge. **And** as an integrated task, it helps you develop your 2) _____ abilities **as well as** your skills at 3) _____, writing, and presentation. **By the way**, a term project **also** helps develop your 4) _____ skills. **Also**, when it's completed, you may feel 5) _____ because you have done something important.

Passage

Listening and understanding

1 How to begin the university life is a big issue facing all freshmen. Maybe some suggestions will help you. Now listen to a passage and choose the best answer to each of the questions you hear.

- 1 A. Students are treated as adults.
B. Students get ready for life's challenges.
C. Students are responsible for themselves.
D. Students don't depend on their parents any more.

- 2 A. Knowledge.
B. Inner strength.
C. Formal education.
D. College experience.

- 3 A. At student orientation.
B. At the end of a semester.
C. At a graduation ceremony.
D. At a parent-teacher meeting.

WORDS AND EXPRESSIONS

campus /'kæmpəs/ *n.* (学校、学院或大学的) 校园
inner /'ɪnə/ *a.* 内心的



2 Listen to the passage again and check (✓) the suggestions mentioned in the passage.

- 1 Challenge the parents and the teachers.
- 2 Try to know as many people as possible.
- 3 Get involved in the school community.
- 4 Develop lasting friendships.
- 5 Cherish the valuable university time.

Thinking and speaking

3 Work in pairs and discuss the following questions.

- 1 The speaker gives some useful advice on how to live a meaningful college life. Before you enter college, have you been given any advice on college life? What is it?
- 2 What do you expect of college life?
- 3 Have you made any plans for your college life? What are they?



News report 1

Facing the increasing college costs, some people begin to doubt the value of college education. A study was made in the United States about the relationship between college education and earnings. Now listen to a news report and choose the best answer to each of the questions you hear.

- 1 A. More than \$1,400 a year.
B. More than \$4,000 a year.
C. More than \$14,000 a year.
D. More than \$40,000 a year.

- 2 A. They get scholarships from college.
B. They get money from their parents.
C. They borrow money to pay for their education.
D. They work part-time to pay for their education.

- 3 A. Social needs.
B. Future earnings.
C. Personal enjoyment.
D. Difficulty of jobseeking.

WORDS AND EXPRESSIONS

earnings /'ɜːnɪŋz/ *n.* (pl.)

薪水; 工资

News report 2

WORDS AND EXPRESSIONS

depressed /dɪ'prest/ a. 沮丧的
interpersonal /,ɪntə'pɜːsn(ə)/
a. 人与人之间的; 人际关系的

PROPER NAMES

UCLA (University of California
at Los Angeles) 加利福尼亚
大学洛杉矶分校(美国)

UCLA has been carrying out a survey on freshmen for many years. Why did they do it and what did they find? Now listen to a news report and choose the best answer to each of the questions you hear.

- 1 A. For 25 years.
B. For 50 years.
C. For 75 years.
D. For 100 years.
- 2 A. To know the freshmen's study habits.
B. To know the freshmen's mental health.
C. To know the freshmen's physical condition.
D. To know the freshmen's family background.
- 3 A. Their mental and physical health.
B. Their interpersonal and social skills.
C. Their social skills and critical thinking.
D. Their critical thinking and problem-solving skills.



iExplore 2: Viewing and speaking



Viewing and understanding

- 1 Entering college means opening a new chapter in your life. You may have a mixed feeling about the unknown world. Now watch a video clip and check (✓) the excitements of and worries about going to college mentioned by the speakers.

Excitements



- 1 acquiring new knowledge
- 2 having a chance to discover myself
- 3 having new challenges
- 4 broadening horizons
- 5 enjoying different courses
- 6 having control of my own life
- 7 meeting new people

Worries



- 1 academic work
- 2 all kinds of college activities
- 3 being away from family and friends
- 4 getting along with roommates
- 5 figuring out what I want to do in a limited time
- 6 meeting new people
- 7 being on my own

WORDS AND EXPRESSIONS

numerous /'nju:mərəs/ a.

许多的

broaden /'brɔ:dn/ v. 使扩大

horizons /hə'raɪznz/ n. (pl.)

眼界

hallway /'hɔ:l,weɪ/ n. 走廊;

过道

anew /ə'nju:/ ad. 重新

nerve-racking /'nɜ:v ,rækɪŋ/

a. 令人紧张的

hesitant /'hezɪtənt/ a. 犹豫的

2 Look at the photos of the following speakers and read the statements. Then watch the video clip again and decide whether each of the following statements is true (T) or false (F).



I am excited, though I am not ready for all the new things in college.

I'm eager to discover who I am, what I want to do, and what impact I want to leave.



The most exciting part about going away into a college is finding myself.

I'm anxious about meeting new people.



I am worried about starting anew in a different environment.

I would miss my friends and family when I'm away for the college.



I'm nervous that I have to figure out what I want to do in my life during college.

I am a little worried about getting away from my parents and getting on my own.



Thinking and speaking

3 You have known some students' excitements of and worries about going to college. What about you? Now work in groups and discuss the following questions.

- 1 What excited you before entering college?
- 2 What are your excitements after you enter college?
- 3 What worried you before entering college?
- 4 What are your worries after you enter college?

iPractice: Pronunciation

Vowels: /e/ and /æ/

Some vowels are very confusing for non-native speakers, e.g. /e/ and /æ/. /æ/ is quite similar to /e/. One difference is that /æ/ is spoken with a wider, more stretched mouth. Pronouncing them correctly can help you speak more clearly and make sure that others understand what you're saying.

1 Check (✓) the correct pronunciation of the vowels in the following words.

	/e/	/æ/		/e/	/æ/
1 get	<input type="checkbox"/>	<input type="checkbox"/>	2 help	<input type="checkbox"/>	<input type="checkbox"/>
3 well	<input type="checkbox"/>	<input type="checkbox"/>	4 that	<input type="checkbox"/>	<input type="checkbox"/>
5 have	<input type="checkbox"/>	<input type="checkbox"/>	6 act	<input type="checkbox"/>	<input type="checkbox"/>
7 left	<input type="checkbox"/>	<input type="checkbox"/>	8 said	<input type="checkbox"/>	<input type="checkbox"/>
9 hang	<input type="checkbox"/>	<input type="checkbox"/>	10 match	<input type="checkbox"/>	<input type="checkbox"/>

2 Listen to the words in Exercise 1 and check your answers. Then listen again and read after the speaker. Pay attention to the pronunciation of /e/ and /æ/.

3 Listen to the following sentences and underline the words with /e/ and /æ/.

- 1 You can get the teacher's help if there's something you don't understand.
- 2 It is the first principle at this university that we treat you as an adult, and we expect you to act as a responsible adult.
- 3 Many students have to borrow money to pay for their education.
- 4 The latest findings aren't encouraging: The mental health of the college freshmen is at an all-time low.





Unit project

Storytelling

The first day I came to college

Do you still remember the first day you entered your college? How did you feel? Now you are going to attend a reunion of your high school classmates. Share with them an unforgettable experience on your first day in college. The following steps may help you with the project.

Step 1 Decide on the topic

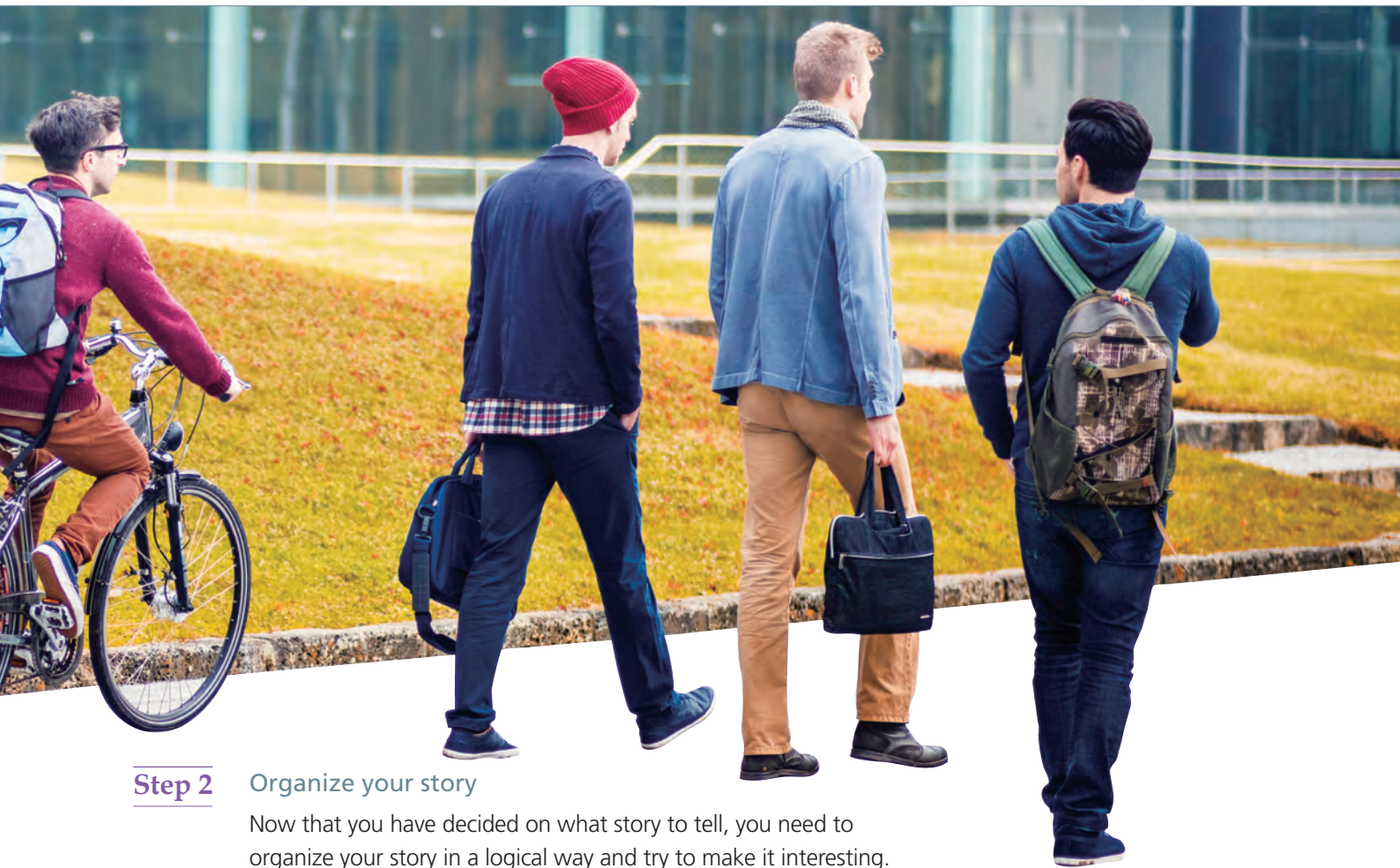
Think of an unforgettable experience on your first day in college. You can choose one from the following or think of your own.

The experience that

- surprises / embarrasses me
- makes me excited / nervous

...

Your topic: _____



Step 2 Organize your story

Now that you have decided on what story to tell, you need to organize your story in a logical way and try to make it interesting. The following five *wh*- questions will help you organize your story.

- When did the story happen?
- Where did the story happen?
- What happened in the story?
- Who was / were the main character(s)?
- Why can you still remember the story?

Step 3 Prepare your story

The stories people enjoy listening to are usually simple but vivid. So try to use simple words and clear language. Besides, you can develop some storytelling skills:

- Start your story with a catchy beginning.
- Use hand gestures and facial expressions.
- Make your voice expressive.
- Color your story with humor.
- Involve the audience.

Step 4 Tell your story

Tell your story to your classmates. Ask them to give you feedback. If possible, based on the feedback, improve your story.

Further listening

News report

WORDS AND EXPRESSIONS

trend /trend/ *n.* 趋势

scholarship /'skɒləʃɪp/ *n.*

奖学金

Listen to a news report and choose the best answer to each of the questions you hear.

- 1 A. It is the same as 10 years ago.
B. It is as three times as 10 years ago.
C. It has increased a little than 10 years ago.
D. It has more than doubled during the past 10 years.
- 2 A. High education standards.
B. Low college costs in China.
C. Rapid economic development of China.
D. Increased scholarships for international students.
- 3 A. China.
B. Russia.
C. The US.
D. The UK.

Conversation

PROPER NAMES

San Francisco

/,sæn frən'sɪskəʊ/ 旧金山

(美国城市)

Listen to a conversation and choose the best answer to each of the questions you hear.

- 1 A. In a dorm.
B. In a lecture hall.
C. In a student club.
D. On a sports ground.
- 2 A. Music.
B. Business.
C. Art and design.
D. Computer science.
- 3 A. Talking to the professor.
B. Making a list of possibilities.
C. Choosing the major she likes best.
D. Going to the advisor for some suggestions.



Passage

Listen to a passage and choose the best answer to each of the questions you hear.

- 1 A. With the help of their parents.
B. By using apps and housing software.
C. With the help of local housing agents.
D. By reading newspaper and magazine advertisements.

- 2 A. By taking teachers' advice.
B. According to students' races.
C. By asking students questions.
D. Based on students' background.

- 3 A. They think students cannot make proper use of this system.
B. They think students from the same social group should live together.
C. They think students should ask for recommendations from their teachers.
D. They think students cannot get to know different people using this system.

WORDS AND EXPRESSIONS

assign /ə'saɪn/ v. 分配
vice president /,vaɪs 'prezɪdnt/
n. (公司中负责某个部门的) 副总裁

PROPER NAMES

The University of Iowa /'aɪəwə/
艾奥瓦大学(美国)