

Map of the book

Unit	Scenario	Active reading
1 Get your foot in the door <i>P2</i>	Present your career plan at a meeting held by your university's Student Career Center <i>P3</i>	Text <i>P4</i> Are you the right person for the job? Analyzing writing techniques: Using figurative language to liven up articles Sharing your ideas: Talk about the career skills and relevant experience you have or lack
2 Strength from within <i>P28</i>	Respond to someone with an interpersonal relationship problem as a volunteer of the Mental Health Support Center at your university <i>P29</i>	Text <i>P30</i> How empathy originates and develops Analyzing writing techniques: Using concrete examples to explain abstract ideas Sharing your ideas: Talk about how empathy originates, develops, and improves relationships
3 Sports for all <i>P54</i>	Recommend a sport for the International Day of University Sport <i>P55</i>	Text <i>P56</i> Eric the Eel: A unique tale of hope and struggle Analyzing writing techniques: Using action verbs and quotes in profile features Sharing your ideas: Talk about the sportsmanship demonstrated by an athlete
4 Horns of a dilemma <i>P82</i>	Post a reflective journal about a moral lesson from <i>After twenty years</i> on an online English learning forum <i>P83</i>	Text <i>P84</i> After twenty years Analyzing writing techniques: Giving a twist ending to a story Sharing your ideas: Write a comment about a decision by Jimmy, a character from <i>After twenty years</i>
5 Time off <i>P110</i>	Discuss with your classmates the impacts of inactive lifestyles and recommend interesting and active leisure activities <i>P111</i>	Text <i>P112</i> Leisure "inactivities": How to relax and do nothing Analyzing writing techniques: Expressing opinions in a humorous way Sharing your ideas: Write about the impacts of inactive lifestyles
6 Science empowers <i>P138</i>	Talk about the power of science in a university English radio program <i>P139</i>	Text <i>P140</i> Living in China's age of technological miracles Analyzing writing techniques: Writing about big changes using small details Sharing your ideas: Talk about technological achievements China has made and how they have improved your life

Further exploration

Project

Extended reading

Text P11

Sharing overseas internship experiences

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The rise of entrepreneurship among university students

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China's fitness craze

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Communication skill: Making strong arguments using facts and statistics

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Text P92

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Moral awareness

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Communication skill: Writing a reflective journal in an instructive way

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Should we avoid or engage moral dilemmas?

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A love of words

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Text P127

Why your leisure time is in danger

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Science literacy

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Give a talk **P153**

Communication skill: Adding a personal touch to a talk

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Can bad luck be explained?

UNIT

1

Get your foot in the door

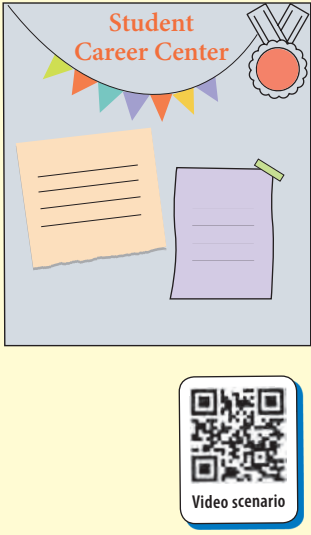


Learning objectives

After completing this unit, you will be able to

- > describe the career skills and relevant experience you have or lack
- > talk about the preparations needed for your future career
- > give a presentation on your career plan

This semester, your university's Student Career Center will hold a meeting to provide domestic and international students with an opportunity to present their career plans and obtain guidance. Distinguished entrepreneurs and other industry insiders will be there to offer advice. You are to give a presentation explaining how you plan your career path, such as working in a multinational company or starting your own business. You will also describe the career skills and relevant experience you have or lack, and how to better prepare yourself while in university.



Try it out

- 1 Try to do the task above.
- 2 What difficulties did you experience while doing the task? List two or three major ones in English or Chinese in the following table.

	Aspects	Difficulties
Content	Describing the career skills and relevant experience I have or lack	
	Describing the preparations needed for my future career	
Language	Vocabulary / Sentence / Style	
Structure	Organizing my presentation in a clear and logical way	
Communication	Engaging the audience with personal anecdotes	

Active reading

University students are often advised to start planning their future careers early. Think about your desired career, and the skills and experience it may require. Check (✓) the items below and add some more if you can think of any.

1 What skills will you need?

- Communication skills
 - Collaboration skills
 - Problem-solving skills
-

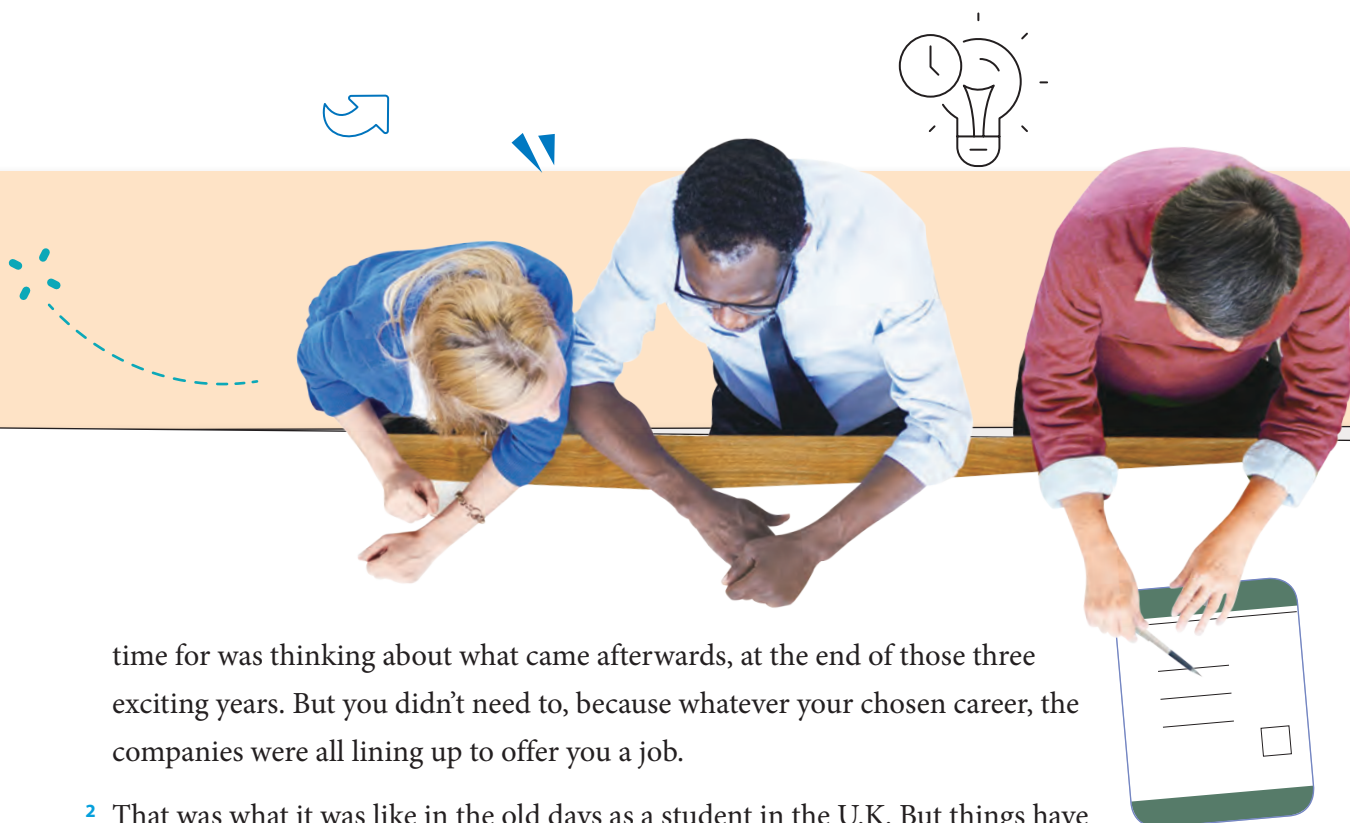
2 How can you prepare yourself for your future career while at university?

- Joining university clubs and societies
 - Doing volunteer work
 - Taking an internship
-

In the past, university students in the U.K. could easily find a job after graduation, but nowadays a degree is no longer a guarantee of a good career. What requirements do employers have today? Which skills should students acquire? Read the text and find out the answers.

Are you the right person for the job?

¹ In the old days university life was easier, and you didn't need to worry about finding a job. You spent your time chatting late into the night with new-found friends in coffee bars. You played your heart out on the football pitches and cricket fields, or paraded across the stage as a leading light of the university dramatic society. Whatever your interest, university life catered for it. And you would usually keep up with the work, too, by doing the required reading and dashing off the week's essay at the last minute. The only thing you didn't find



time for was thinking about what came afterwards, at the end of those three exciting years. But you didn't need to, because whatever your chosen career, the companies were all lining up to offer you a job.

- 2 That was what it was like in the old days as a student in the U.K. But things have changed. A study of Britain's major multinational companies reveals that even with a good degree, graduates can no longer walk into the top jobs. The number of universities has increased by over 40 percent in the last two decades, and over 50 percent of young people now go on to higher education. So with an abundance of graduates, a good degree has become vital in the search for a job. Competition is tough, and today's students are spending more time than ever preparing for final exams, or working to pay off debts.
- 3 But that's just the problem. In the opinion of managers from more than 200 British companies, students are spending much time studying, or worrying about making ends meet. Instead, they should find time to join clubs and acquire basic skills related to teamwork and making presentations. The managers also say that they are prepared to leave jobs unfilled rather than appoint graduates without the necessary skills to get ahead in the global market.
- 4 But what can be done about the problem? The solution, the managers believe, is to include social skills in degree courses; and some universities are taking the advice. At the University of Southampton, for example, history students need to do a 12-week project – frequently related to the local context – working in teams of six or seven. This includes making a presentation, writing a group thesis, and carrying out a public service. This service might involve teaching schoolchildren or making a radio programme about a topic.

- 5 This sort of cooperative approach can help many students develop personal skills, or soft skills, which will help improve their prospects in their search for a job. Employers know people who possess soft skills can often communicate ideas clearly, work well with others, and stay organized. Such individuals are usually better at meeting deadlines, and completing tasks to a good standard, thus proving their reliability and trustworthiness.
- 6 Equally interesting in the Southampton project is the conviction that students should be aware of the wider community, and find ways to make contributions to it. In today's shrinking world, students are increasingly aware that a university is not an ivory tower of learning, cut off from the real problems of the world. On the contrary, university can be an agent for change for a better world. There are numerous ways in which students can make a difference to the world. For example, volunteering before, during, or after degree courses has become very popular among students. However, with courses making heavy demands on students' time, a popular option is to take a gap year before or after university.
- 7 Typically, volunteering might mean helping the sick or elderly, entertaining needy or disabled children at holiday camps, or teaching in rural areas. It could also include working on agricultural or environmental projects.
- 8 For students who choose this path, one positive result is gaining a wealth of experience to be added to their CVs, which will not go unnoticed by future employers. But a word of warning is in order: You should remember what your priorities are. As Shane Irwin, who worked for seven years in Papua New Guinea, puts it: "Volunteering teaches you valuable career skills, but I don't think you should be looking to bolster your CV through volunteering – the main reason you should get involved is because you want to help."

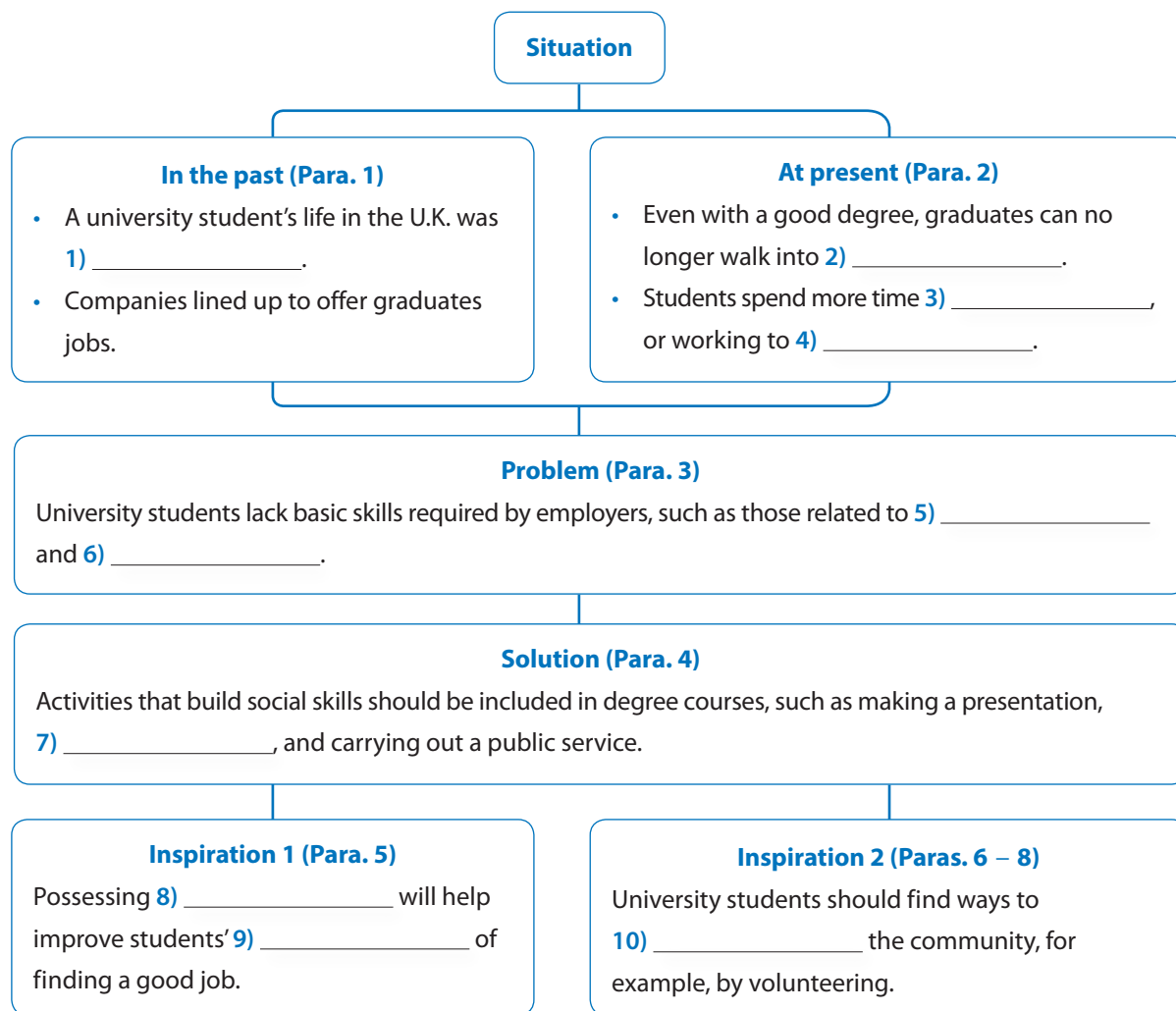
Notes

In the **English education system**, a young person attends primary school until 11 years of age, and then studies in a secondary school for five to seven years.

This is usually followed by three years at university to obtain a bachelor's degree.

Getting the idea

1 Complete the following diagram of the summary of the text.



2 Check (✓) the true statements and correct the false ones.

- 1 It used to be difficult for British university students to find extracurricular activities that interested them.
- 2 Today's managers accept that they have to hire graduates who don't have the necessary skills to succeed.
- 3 University can play an important role in making the world a better place.
- 4 Some students take a year off from their studies to help other people.
- 5 Shane Irwin believes the main purpose of volunteering is to help those in need.

Analyzing writing techniques

Using figurative language to liven up articles

Using figurative language such as idioms and metaphors can add more charm and appeal to an article. It expresses ideas by using words in a non-literal and imaginative way. For example, a metaphor often makes an explanation or description easily understood by creating an image. As for idioms, their meanings are not clear from the meanings of their individual words. So in order to understand them, readers need to learn their cultural references first, and take the context into consideration. This can maintain readers' interest and help them get a deeper understanding of the article.

The author uses much figurative language to create powerful imagery in this text, leading readers to

think beyond the facts while making the text more interesting and impressive. For example, the idiom "played your heart out" is used in Paragraph 1 to paint such a vivid picture that readers can easily imagine the easy and carefree university life of the past. Also in this paragraph, a student is described as "a leading light" of the university's dramatic society, a metaphor that makes the text richer.

Although figurative language may add more color to a piece of writing or a speech, be careful not to overuse such expressions, as they could distract the audience.



1 Match the figurative phrases from the text with the correct meanings.

1 dash off (Para. 1)

2 make ends meet (Para. 3)

3 a shrinking world (Para. 6)

4 an ivory tower (Para. 6)

a earn just enough money to be able to buy the things you need

b write or draw something quickly because you are in a hurry

c a situation where someone is protected from the practical or unpleasant things that exist in most people's lives

d a world that seems to become smaller because of digitalization, globalization, etc.

2 Read the following sentences and guess the meanings of the figurative phrases in bold. Then match them with their meanings.

a finish dealing with something

b know how to do something

c more can be achieved by two people than by one person working alone

d someone who enjoys being with other people and easily becomes friends with them

_____ 1 Ashley has been promoted to Director of Human Resources because she's a **people person**.

_____ 2 This success is due to Paul and Olivia. It shows that **two heads are better than one**.

_____ 3 We thought we had **put the problem to bed**, but it came up again at the final stage of the project.

_____ 4 I participated in similar activities in high school, so I **know the ropes**.

Building your language

1 Complete the following sentences with the correct form of the expressions in the box.

prove one's reliability keep up with
 popular option multinational company cooperative approach

- 1 Many students prefer the _____ because they can develop important career skills in the process.
- 2 She always completes her tasks in a timely manner, which _____ to the company.
- 3 She is learning computer programming to _____ the changes in the job market.
- 4 To help students launch successful careers, a(n) _____ for universities is to offer various skill-building courses.
- 5 Ability in a foreign language is essential for working in a(n) _____.

2 Complete the following passage with the correct form of the expressions in the box.

go unnoticed public service
 soft skill cater for stay organized

A good degree is vital for a university graduate searching for a job, but it is far from enough to secure one. Employers are looking for graduates with necessary 1) _____, such as the ability to communicate clearly and work well in teams. They also value the ability to 2) _____ which they believe makes people reliable.

To 3) _____ the demands of the job market, students should improve their career skills. They can participate in cooperative projects organized by their universities. Another option is to do volunteer work, such as carrying out a(n) 4) _____ in a community, which can make students aware of the shrinking world and its real problems. Aside from the main aim of volunteering – that of helping people – there may also be some positive results. For example, the experience is unlikely to 5) _____ by potential employers.

3 Translate the following sentences into English with the words and expressions in parentheses.

- 1 在我国，许多来自农村的大学生毕业后优先选择回家乡创业，而不是在大城市找一份高薪工作。（priority）

- 2 无论从事什么职业，你都需要具备解决问题的技能——这能让你确定问题的根源并找到有效的解决方案。（Whatever ...）

- 3 在中国，每年有数百万大学生参加研究生入学考试（National Postgraduate Entrance Examination），因为很多人认为拥有硕士学位能改善自己的就业前景。（improve one's prospects）

- 4 新时代的中国年轻人有丰富的新职业可选择，如电子竞技员、互联网营销师。（an abundance of）

- 5 学位课程取得好成绩对就业成功非常重要。（degree course; get ahead）

Sharing your ideas

The text mentions some attributes that improve students' employability, including having basic skills (e.g., presentation skills), personal qualities (e.g., reliability), and experience (e.g., volunteering).

Work in pairs and list at least two skills, qualities, or types of experience that apply to you, and two that you think you should acquire. Explain why you think they are important for your planned career path.

Further exploration

In *Active reading*, we learned that a university degree can no longer guarantee a good job. Students need to step out of their ivory towers and gain real-world experience in order to adapt to the fast-changing demands of the job market. In this section, we will find out how to contribute to society and better prepare ourselves for our careers.

Sharing overseas internship experiences

Hassan (Chicago, U.S.A.)

- 1 I am a computer science major and Japanese minor. I enjoyed being a part of and making a difference to the lives of students at the University of Tokyo. As an intern at the university, my primary responsibility was helping Japanese students enhance their English skills by leading group chat sessions.
- 2 I felt that one of my greatest accomplishments was making connections with these students. It was great to facilitate their learning and help them achieve their goals.
- 3 This internship allowed me to explore Tokyo's busy city streets and historical sites. It sparked my interest in Japanese culture and became a rewarding cultural experience for me, especially since I had never traveled to Japan.




Leonardo (Havana, Cuba)

- 4 I am a biology major and math minor. My internship at a food and nutrition institute in Jamaica pushed me to grow both personally and professionally. I was responsible for rephrasing scientific research papers into layman's terms. It felt great to help ordinary people understand research regarding their health and nutrition.
- 5 This internship not only strengthened my abilities as a writer and scientist, but also encouraged me to be more proactive, to step up and act promptly. I found that if I didn't ask, I couldn't get answers and learn about the culture and the people around me. I started to reach out to people, be confident, and try to make friends. Those were important life lessons I learned from this experience.

Chae-won (Seoul, South Korea)

- 6 Majoring in sociology, I was fortunate enough to get a summer-long internship at the International Labour Organization in Geneva, Switzerland. There, I joined the International Programme on the Elimination of Child Labour (IPEC), and my main job was to do research on the labor policies and working conditions in developing countries. I presented my findings to my supervisor, and was excited to be told that some of my findings were used to help direct the next phase of some IPEC-assisted projects.
- 7 This eye-opening experience allowed me to see the efforts people are making for a better future for all. I became interested in policies that affect the whole of society, and I saw how they affect our personal lives, too. The internship brought me new perspectives on what's going on around the world, and I realized that there is so much more I can do with my major to help shape our society.

1 Complete the following table about overseas internship experiences.

	Responsibilities	Accomplishments	Gains
 Hassan	Helping students 1) _____	Made connections with students, 2) _____ their learning, and helped them 3) _____	Gained a rewarding 4) _____
 Leonardo	Rephrasing 5) _____ into layman's terms	Helped ordinary people understand research 6) _____	Learned 7) _____
 Chae-won	Doing research on the 8) _____ and working conditions in 9) _____	Made some findings that helped 10) _____ of some projects	Gained new perspectives on her major and the world

2 Answer the following questions.

- 1 Why did Hassan say his internship was a rewarding cultural experience?
- 2 What abilities and skills did Leonardo develop during his internship?
- 3 How did Chae-won feel about her major after her internship?
- 4 What internship in your field of study would you like to apply for? What do you hope to gain from the internship?



The rise of entrepreneurship among university students



New words

entrepreneurship

/,ɒnrəprə'nɜːʃɪp/ *n.* 企业家的身份 (或活动)

campus /'kæmpəs/ *n.* (大学的) 校园

trend /trend/ *n.* 趋势

found /faʊnd/ *vt.* 创立

start-up *n.* 新兴公司

diversified /daɪ'vɜːsɪfaɪd/ *a.* 多样化的

hands-on *a.* 实际操作的; 亲身实践的

land *vt.* 得到, 获得 (自己想要的某物, 尤指工作或机会)

invaluable /ɪn'væljuəbəl/ *a.* 极有价值的

insight /'ɪnsaɪt/ *n.* 见解; 洞悉

1 Listen to the audio and complete the following notes.

The role of the Student Entrepreneurship Center

It helps transform students' academic experience into 1) _____.

A trend in university start-ups

University entrepreneurs are more 2) _____.

The most important thing for students to learn

A good entrepreneur needs to be 3) _____ about solving real-world problems.

This is how they come up with great 4) _____.

How students can get hands-on experience

A good way to gain experience is to apply for 5) _____. They can learn how to start and run a business by 6) _____ how others are doing it, and by

7) _____ the work tasks they're assigned.

2 Listen to the audio again and check (✓) the items that are mentioned.**1 To help students prepare for their future careers, the Student Entrepreneurship Center:**

- 1) provides students with access to resources
- 2) offers students money to run their start-ups
- 3) points students to possible funding
- 4) offers students advice
- 5) offers seminars and training courses
- 6) organizes campus-wide events

2 Today's university entrepreneurs are different from those before in that:

- 1) more women are founding start-up companies
- 2) more people outside of tech fields are developing creative solutions to meet new market demand
- 3) more people outside of academic fields are developing new ideas
- 4) more students from coastal cities are seeing opportunities in their hometowns
- 5) more students from rural areas are seeing opportunities in their hometowns

Sharing your ideas

Work in pairs and describe your visions for your career path. Explain what actions you will take to build the skills you need for your future career.

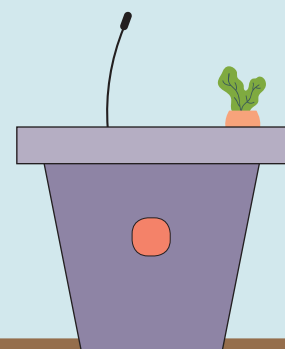
Visions for my career path: _____

Actions I will take: _____

Give a presentation: My career plan



In *Active reading*, we learned about the mismatch between university students' skills and employers' requirements. In *Further exploration*, we learned about valuable things we can gain from involvement in internships and start-ups. With these ideas in mind, now it is time for you to give a presentation to introduce your career plan as proposed in *Scenario* in no less than two minutes.



Engaging the audience with personal anecdotes

Telling anecdotes is a good way to engage your audience. You can use them to highlight an experience of your own in an entertaining and illuminating way. The following tips may help you use anecdotes effectively.

Choose with purpose

To avoid making your whole speech into a personal story, you need to focus on your arguments and points, and choose anecdotes that can support them. For example, an anecdote about you reversing a bad situation could prove that you have excellent problem-solving skills.

Be descriptive and authentic

Making the audience know what you were thinking

and feeling during the events in your anecdotes can bring the stories to life, so you should be descriptive. However, be careful to keep your anecdotes authentic. They should be real rather than fictional or over-prepared. You can take a conversational tone and use everyday language when you describe events.

The shorter, the better

In a two-minute presentation, any anecdote should be short and concise because unnecessary background information or details may dilute your central message. A couple of sentences to narrate the key events should be enough.



Micro course

**STEP
1**

Identify your career path

Identify your career path and consider the reasons for your choice. You can categorize the reasons as either internal or external. The following list is for your reference.

Internal

- Interests or passions
- Personality traits
- Relevant skills and experience
- _____

External

- Job market trends
- Influence of parents, friends, etc.
- Financial reasons
- _____

**STEP
2**

List your career preparations

Consider what steps you should take to prepare for your career. You may think beyond what you learned in this unit, and figure out other ways to learn skills and gain experience.

**STEP
3**

Organize your ideas

After developing the ideas for your presentation, consider how to organize them. You may use the following outline as a guide.

Outline

Introduction

Inform the audience about the purpose of your presentation

Body

- Explain the skills and experience you have or lack
- Describe the actions you will take to prepare for your career

Conclusion

- Summarize your career plan
- Thank the audience and invite questions

STEP
4**Write your script**

Now it's time to write your script. You may find useful expressions or sentences in this unit to enhance your language. Write them down according to the following functions.

- **Function: Describing your skills and experience**

e.g. This eye-opening experience allowed me to see the efforts people are making for a better future for all.

- **Function: Explaining how you will prepare for your career**

e.g. There are numerous ways in which students can make a difference to the world. For example, **volunteering before, during, or after degree courses** has become very popular among students.

**STEP**
5**Present your career plan**

Deliver your presentation in class. Invite comments from your teacher and classmates, and revise it based on their suggestions.

Extended reading

A university education is by no means the end of learning. Lifelong learning can help us face the challenges of the job market brought about by the rapid pace of social and technological changes. Read the text and you will find out why lifelong learning is necessary to meet the challenges.

The mindset of a lifelong learner

- ¹ It seems that science fiction stories about machines “stealing” our jobs are coming true. This looks more realistic with today’s developments in smart electronics and artificial intelligence. The claims that machines will take away millions of jobs may only be partially true, while the exact numbers are something we cannot be certain about. In fact, the technological changes in progress will create more jobs in different sectors if history is any indication.
- ² The question then becomes not whether a machine will take your job, but whether you will rise to the challenge of learning to stay relevant and employed. When you become a lifelong learner and focus on continual learning of new, in-demand skills, you claim the power to face the future of work successfully.
- ³ What does it mean to be a lifelong learner? It is said, “Tomorrow’s illiterate will not be the man who can’t read; he will be the man who has not learned how to learn.” We must be able to see when old ideas are outdated, and learn how and when to replace them. This is a cycle of “learn, unlearn, and relearn.”
- ⁴ Learning something, if you’re actually interested in it, is always enjoyable. Learning some things takes longer than others (and mastery can take a lifetime), but we do learn something every day.
- ⁵ Unlearning, however, is something quite different. Unlearning is challenging and deconstructing things that are part of your way of thinking, acting, and reacting. There are a lot of metaphors for unlearning, such as chipping away at the old paint before you put on a fresh coat, or clearing away the weeds before planting something new. They all point to the same thing: Previous ideas, beliefs, and assumptions must be removed for a new one to flourish.
- ⁶ Unlearning can be a real shift and can change a person’s perspective entirely. It doesn’t stop there, however. We learn, unlearn, and then relearn. This cycle of a lifelong learner is so important in a

world that is changing and developing at great speed. When a professor, for the first time, delivers a keynote speech online to hundreds of people on the other side of the world without leaving home, he steps out of his technological comfort zone, unlearns “old ways” of doing things, and relearns the skill of working from home.

- 7 Lifelong learning is especially important now, more than ever before. The labor market has changed considerably in the past decade, and is still changing at a rapid pace. According to a recent report, companies’ adoption of automation will transform tasks, jobs, and skills. Over the next five to ten years, employers will gradually divide work between humans and machines roughly equally. For workers set to remain in their roles, nearly half will need to retrain their core skills.
- 8 Increased digitalization and globalization lead to extreme flexibility when it comes to hiring new talent. Companies choose part-time, project-based independent contractors or freelancers more than ever before. They shop for workers based on skills rather than official qualifications or job titles. Employers see skills in self-management, such as active learning, resilience, and flexibility, as growing in importance in the coming years. These skills are in addition to existing ones, such as critical thinking and problem-solving skills.
- 9 Mastering one skill will not ensure employment for the long-term. If you abandon learning after achieving mastery in one thing, you will still become less competitive in the labor force. To stay relevant, it is necessary to make learning new skills an ongoing habit. These truths apply to both personal and professional development.
- 10 Think of personal development as the process of learning anything that strengthens your mind and creates higher levels of self-confidence. This translates not only into greater happiness and satisfaction, but also promotes the soft skills that are appreciated in the workplace.
- 11 Professional development, on the other hand, is learning transferable skills that boost your value in the workplace. Technologies and work processes change rapidly these days, and disinterest in learning their usefulness translates into disinterest in helping your employer. The outcome? You are first in line for layoffs.
- 12 As computers, AI systems, robots, and other machines get smarter and more capable, human workers have to do the same to stay relevant and employed. Lifelong learners invent and reinvent themselves whenever they find or create the opportunity. This is not about job-hopping. It is about ensuring you can continue to provide benefits for your current job. Even if you do have to find a new one, this will help make you a valuable asset.

Decide on the best choice for each question.

- 1 What might be the result of recent technological changes?
 - A. Traditional jobs will disappear.
 - B. Science fiction stories will come true.
 - C. More jobs will be created in different fields.
 - D. Millions of workers will be replaced by machines.
- 2 What does “unlearning” mean?
 - A. Quitting learning.
 - B. Shifting fields in learning.
 - C. Removing outdated ideas and beliefs.
 - D. Stopping learning after achieving mastery of a skill.
- 3 According to the text, what will happen along with companies’ adoption of automation?
 - A. Most workers will take jobs of extreme flexibility.
 - B. About half of the work will be done by machines.
 - C. Most work will be done by humans and machines together.
 - D. About half of the workers will need retraining to operate machines.
- 4 Which is considered increasingly important by employers in the age of digitalization and globalization?
 - A. Work experience.
 - B. Customer relationships.
 - C. Official qualifications.
 - D. Self-management skills.
- 5 According to the text, what does professional development involve?
 - A. Learning skills useful in different jobs.
 - B. Getting higher levels of self-confidence.
 - C. Being interested in helping your employer.
 - D. Transferring to another job when possible.

Self-reflection

What have you learned in this unit? Complete the reflection sheet in English or Chinese.

	Aspects	Gains
Content	Describing the career skills and relevant experience I have or lack	I am able to explain how I improved my teamwork skills by taking part in group projects; _____
	Describing the preparations needed for my future career	I am able to apply for a social media marketing internship to improve my communication skills; _____
Language	Vocabulary / Sentence / Style	Vocabulary: multinational company / get ahead / develop soft skills _____
		Sentence: I realized that there is so much more I can do with my major to help shape our society. _____
		Style: I know my presentation should be formal ... _____
Structure	Organizing my presentation in a clear and logical way	I am able to summarize my career plan at the end of the presentation; _____
Communication	Engaging the audience with personal anecdotes	I am able to describe my thoughts and feelings when telling my anecdotes; _____
Action	Preparing for my future career using practical strategies	I have adopted a lifelong learning mindset and learned some soft skills; _____

Vocabulary

Are you the right person for the job?

New words

- ★ **pitch** /pɪtʃ/ *n.* [C] (BrE) a marked out area of ground on which a sport is played (运动) 场地
David spends most of his spare time on the football pitch.
- cricket** /ˈkrɪkɪt/ *n.* [U] 板球 (运动)
- ★ **parade** /pə'reɪd/
 - vi.* walk around, esp. in a way that shows that you want people to notice and admire you 炫耀地走来走去
Several models are parading up and down, showing off their beautiful costumes.
 - n.* [C] a public celebration when musical bands, brightly decorated vehicles, etc., move down the street (庆祝) 游行; 列队行进
The winner of the championship led a parade through the city last night.
- leading light** *n.* [C] an important, active, or respected person in a particular area of activity (某活动范围内) 重要的活跃人物, 受敬重的人物
She is one of the leading lights in the opera world.
- ★ **dramatic** /drə'mætɪk/ *a.*
 - 1 connected with acting or plays 表演的; 戏剧的
Mary loves performing and plans to major in dramatic arts in university.
 - 2 great and sudden 巨大而突然的; 急剧的
The invention of the Internet brought dramatic changes to the way we work.
- ★ **essay** /e'seɪ/ *n.* [C] a short piece of writing about a particular subject by a student as part of a course of study (学生为某门课程所写的) 短文
I'm writing an essay about the development of my hometown.
- ★ **afterwards** /'ɑ:ftəwədz/ *ad.* (AmE **afterward**) after an event or time that has already been mentioned 随后; 以后; 后来
There was an accident and the police arrived shortly afterwards.

multinational /ˌmʌltɪ'næʃənəl/ *a.* a multinational company has factories, offices, and business activities in many different countries (公司) 跨国的, 在多国经营的
There is no doubt that multinational companies play an important role in the economy.

- ★ **abundance** /ə'bʌndəns/ *n.* [U, sing.] a large quantity of sth. 大量; 丰富
These villagers grow an abundance of fruit and vegetables each year.
- ★ **debt** /det/ *n.* [C] a sum of money that a person or organization owes 债务; 欠款
The company is poorly managed and has debts of around a million dollars.
- unfilled** /ˌʌn'fɪld/ *a.* an unfilled job, position, etc. is available but no one has been found for it yet (工作、职位等) 空缺的
No one has applied for the job so it is unfilled at the moment.
- ★ **appoint** /ə'pɔɪnt/ *vt.* choose sb. for a position or a job 任命; 委派
The committee for housing development was appointed last week.
- ★ **thesis** /'θi:sis/ *n.* [C] (pl. **theses**) a long piece of writing that is the final part of an advanced university degree 论文; 学位论文
I'm doing some research for my thesis on marketing.
- ★ **cooperative** /kəʊ'ɒpərətɪv/ *a.* (only before noun) done by people or organizations working together 合作的; 协作的
This project is a cooperative effort that involves students and local businesses.
- ★ **deadline** /'dedlaɪn/ *n.* [C] a date or time by which you have to do or complete sth. 截止时间; 最后期限
Most students finished the term paper several days ahead of the deadline.
- ★ **reliability** /rɪ'lɪə'bɪlɪti/ *n.* [U] the quality of being able to be trusted to do what sb. wants or needs 可靠性; 可靠度
The reliability of my friends is never in doubt.

注: 单词表中带★符号的为大学英语四级词汇或其派生词。

- trustworthiness** /ˈtrʌst,wɜːðɪnəs/ *n.* [U] the quality of always being good, honest, sincere, etc., so that people can rely on you 值得信任
The trustworthiness of an employee is important, especially if they need to handle money.
- conviction** /kənˈvɪkʃən/ *n.* [C] a very strong belief or opinion 坚定的看法 (或信念)
The students have a deep conviction that they can make a difference to their community.
- ★ **shrink** /ʃrɪŋk/ *v.* (**shrank, shrunk**) become smaller in amount, value, or range (数量、价值、范围) 减少, 下降, 缩小
The family had to move to a smaller house as their finances had shrunk.
- ivory tower** /ˌaɪvəri ˈtaʊə/ *n.* [C] a place or situation where you are separated from the difficulties of ordinary life and so are unable to understand them, used esp. to describe a college or university 象牙塔 (脱离现实生活的小天地, 尤用于描述大学)
Scientists are leaving their ivory towers and starting businesses.
- ★ **agent** /ˈeɪdʒənt/ *n.* [C]
 1 sb. or sth. that affects or changes a situation 原动力; 动因
Technology is one of the most important agents of social change.
 2 a person or company that represents another person or company, esp. in business 代理人; 代理商; 经纪人
James is the company's agent for sales in South Asia.
- ★ **typically** /ˈtɪpɪkli/ *ad.* usually 通常; 一般
The factory typically produces 500 chairs a week.
- ★ **elderly** /ˈeldəli/ *a.*
 1 (the ~) people who are old 老人; 上了年纪的人
The government provides many useful services for the elderly.
 2 used as a polite way of saying that sb. is old or becoming old 年老的; 渐老的
That well-dressed elderly woman standing next to Kelly is her mother.
- ★ **entertain** /ˌentəˈteɪn/ *v.* amuse or interest people in a way that gives them pleasure (使) 感到快乐; (使) 有兴趣
He often plays the piano to entertain guests at dinner parties.
- ★ **needy** /ˈniːdi/ *a.* having very little food or money 贫困的
Many universities offer financial help to needy students so they can complete their studies.
- ★ **disabled** /dɪsˈeɪbəld/ *a.* sb. who is disabled cannot use a part of their body properly, or cannot learn easily 残障的; 残疾的; 有学习障碍的
Our neighborhood has formed a support group for disabled children.
- ★ **rural** /ˈrʊərəl/ *a.* happening in or relating to the countryside, not the city 农村的; 乡村的; 田园的
Pollution is a concern in both rural and urban areas.
- CV** *n.* [C] (**curriculum vitae**) (*AmE* **résumé**) 简历; 履历
- bolster** /ˈbɒlstə/ *vt.* make sth. stronger or more effective 增强; 加强; 提高
Charles needs lots of support to bolster his confidence.

Phrases

play / work / sing etc. your heart out put a lot of effort into playing, working, singing, etc. 尽情地玩耍、工作或唱歌等

The pop star sang his heart out at the concert.

keep up with make progress or learn at the same speed as sb. or sth. 跟上; 不落伍

He found it a little bit hard to keep up with the development of the fashion industry.

dash off write or draw sth. quickly because you are in a hurry (因着急而) 迅速写, 迅速画

She dashed off a letter to her son to ask him to come home.

walk into succeed in getting a job very easily 轻易获得 (工作)

She walked into a job at the bank as soon as she graduated.

pay off give sb. all the money you owe them 清偿; 还清
It took him five years to pay off his debts.

make ends meet have only just enough money to buy the things you need 使收支仅能相抵; 勉强维持生计
Though they were very careful with money, they still found it hard to make ends meet.

get ahead be successful and do better than other people in a job or work (工作上) 取得成功
He worked hard and quickly got ahead in business.

carry out do a particular piece of work, research, etc.
承担

The government is carrying out a nationwide survey on healthcare.

cut off make a place difficult or impossible to enter, leave, or communicate with 使隔绝

The house was cut off from the rest of the town by a flood.

be in order be a suitable thing to do or say on a particular occasion 适宜; 恰当

I think some reflection on our mistake is in order.

Proper nouns

University of Southampton /sauθ'hæmptən/ 南安普敦大学 (英国)

Shane Irwin /ʃeɪn 'ɜːwɪn/ 沙恩·欧文 (人名)

Papua New Guinea /ɪpæpuə njuː 'ɡɪni/ 巴布亚新几内亚 (南太平洋岛国)

Sharing overseas internship experiences

New words

internship /'ɪntɜːnʃɪp/ *n.* [C] (AmE) a job that lasts for a short time, that sb., esp. a student, does in order to gain experience 实习期的工作

This internship is an opportunity to meet people and get experience.

★ **accomplishment** /ə'kʌmplɪʃmənt/ *n.* [C] sth. successful or impressive that is achieved after a lot of effort and hard work 成就; 成绩

We can proudly say that last year's sales increase was a major accomplishment.

★ **facilitate** /fə'sɪlɪteɪt/ *vt.* (fml.) make it easier for a process or activity to happen 促进; 使便利

When managing a large class, teachers often put students into small groups to facilitate discussion.

★ **spark** /spɑːk/

vt. (~ sb.'s interest / hope / curiosity, etc.) make sb. feel interested, hopeful, etc. 激起某人的兴趣 (或希望、好奇心等)

The parents were glad to see that Einstein's story sparked their child's interest in science.

n. [C] a very small piece of burning material produced by a fire or by hitting or rubbing two hard objects together 火花; 火星

Be careful with those fireworks – the smallest spark could set them off.

★ **biology** /baɪ'ɒlədʒi/ *n.* [U] 生物学

★ **nutrition** /njuː'trɪʃən/ *n.* [U] the process of giving or getting the right type of food for good health and growth 营养; 滋养

Improved nutrition helps poor children perform better in school.

★ **institute** /'ɪnstɪtjuːt/ *n.* [C] a large organization that has a particular kind of work or purpose 机构; 团体

The research institute needs funds to do its work.

rephrase /ˌriː'freɪz/ *vt.* say or write the same thing using different words 给……重新措辞; 用不同的言语表达

This idea is difficult to understand, so I'll rephrase it for you using everyday language.

layman /'leɪmən/ *n.* [C] (pl. **laymen**) sb. who is not trained in a particular subject or type of work, esp. when they are being compared with sb. who is 门外汉; 外行人

You should try to make your report understandable for laymen.

★ **strengthen** /'streŋθən/ *v.* become stronger or make sth. stronger (使) 加强; 巩固

The university will strengthen its ties with the local community.

proactive /prəʊ'æktɪv/ *a.* making things happen or change rather than reacting to events 积极的; 主动的; 先发制人的

The city is taking a proactive approach to reducing crime.

★ **promptly** /'prɒmptli/ *ad.* immediately 立刻; 马上

I replied to the email promptly as it was about something important.

★ **confident** /'kɒnfɪdənt/ *a.* sb. who is confident believes in their own abilities and so does not feel nervous or frightened 自信的

Throughout the interview, she was confident and easily answered the questions.

- ★ **sociology** /ˌsəʊsiˈɒlədʒi/ *n.* [U] 社会学
- ★ **elimination** /ɪˌlɪməˈneɪʃən/ *n.* [U] (~ of) the removal or destruction of sth. 消除; 根除
The elimination of poverty around the world will take many years.
- ★ **supervisor** /ˈsuːpəvaɪzə/ *n.* [C] sb. who supervises a person or activity 监督人; 指导人; 主管人
My boss was pleased with my work and made me a supervisor.

Proper nouns

- Hassan** /hæˈsɑːn/ 哈桑 (人名)
- University of Tokyo** 东京大学 (日本)
- Havana** /həˈvænə/ 哈瓦那 (古巴首都)
- Jamaica** /dʒəˈmeɪkə/ 牙买加 (拉丁美洲国家)
- International Labour Organization** 国际劳工组织
- Geneva** /dʒəˈniːvə/ 日内瓦 (瑞士城市)
- Switzerland** /ˈswɪtsərlənd/ 瑞士 (中欧国家)

The rise of entrepreneurship among university students

New words

- ★ **entrepreneurship** /ˌɒntrəprəˈnɜːʃɪp/ *n.* [U] state of being an entrepreneur, or the activities associated with being an entrepreneur 企业家的身份 (或活动)
Entrepreneurship can help us use our ideas to make the world a better place.
- ★ **campus** /ˈkæmpəs/ *n.* [C, U] the land and buildings of a university or college (大学的) 校园
My university's campus covers an area of 15 square kilometers.
- ★ **trend** /trend/ *n.* [C] a general tendency in the way a situation is changing or developing 趋势
Remote work is a trend that benefits both employers and employees.
- ★ **found** /faʊnd/ *vt.* start sth. such as an organization, company, school, or city, often by providing the necessary money 创立

The businessman founded a hospital and a school in the town where he was born.

start-up *n.* [C] a small business that has just been started 新兴公司

She left the company after three years and launched her own start-up.

- ★ **diversified** /daɪˈvɜːsɪfaɪd/ *a.* consisting of many different kinds 多样化的

I think education is the key to developing a diversified economy.

hands-on *a.* hands-on experience or training involves you doing sth. rather than just reading about it or watching other people do it 实际操作的; 亲身实践的
Many students said they liked the hands-on activities and felt these would help them in the world outside university.

- ★ **land** *vt.* get sth. that you wanted, esp. a job or opportunity 得到, 获得 (自己想要的某物, 尤指工作或机会)
He was hoping to land the job on a permanent basis.

head start *n.* [C] an advantage that helps you to be successful 起步时的优势

Some parents want to give their children a head start by sending them to nursery school.

- ★ **invaluable** /ɪnˈvæljuəbəl/ *a.* extremely useful 极有价值的
His advice was invaluable and enabled the project to succeed.

- ★ **insight** /ˈɪnsaɪt/ *n.* [C,U] an understanding of what sth. is like 见解; 洞悉

There are many valuable insights in her book.

The mindset of a lifelong learner

New words

mindset /ˈmaɪndset/ *n.* [C] a way of thinking about things 思维方式; 心态; 思路

Finding the correct mindset can help you learn more quickly.

- ★ **fiction** /ˈfɪkʃən/ *n.* [U] books and stories about imaginary people and events 小说
I mostly read fiction because I enjoy discovering new characters.

- ★ **realistic** /rɪə'lɪstɪk/ *a.* accepting in a sensible way what it is actually possible to do or achieve in a particular situation 现实的; 实际的
You need to be realistic when writing a business plan.
- ★ **partially** /'pɑ:ʃəli/ *ad.* not completely 部分地; 不完全地
According to the police, the driver was only partially responsible for the accident.
- ★ **indication** /,ɪndɪ'keɪʃən/ *n.* [C, U] a sign that sth. will happen, is true, or exists 迹象; 标示
There are some indications that the economy is recovering.
- ★ **continual** /kən'tɪnjuəl/ *a.* (only before noun) continuing for a long time without stopping 持续的; 不间断的
The continual improvement in Jane's health made everyone hopeful.
illiterate /ɪ'lɪtərət/ *n.* [C] a person who does not know how to read or write 文盲; 无知识的人
He was an illiterate and could not sign his name until instructed by my mother.
- ★ **cycle** /'saɪkəl/ *n.* [C] a series of events that happen again and again in the same order or at the same times 循环; 周期
The company's business cycle involves sales increasing in spring and falling in winter.
- ★ **mastery** /'mɑ:stəri/ *n.* [U, sing.] great knowledge or skill 精通; 熟练
Mastery of a language never happens overnight, so you should keep practicing.
deconstruct /,di:kən'strʌkt/ *vt.* break sth. down into its separate parts in order to understand its meaning, esp. when this is different from how it was previously understood 解构 (将事物的各方面分开以了解其含义, 尤指颠覆人们对该事物的传统理解)
The book deconstructs several myths about successful people.
coat /kəʊt/ *n.* [C] 覆盖层; 涂层
weed /wi:d/ *n.* [C] 野草; 杂草
- ★ **assumption** /ə'sʌmpʃən/ *n.* [C] a belief or feeling that sth. is true or that sth. will happen, although there is no proof 假定; 假设
The assumption that sales will always increase may not be correct.
- ★ **flourish** /'flʌrɪʃ/ *vi.* develop quickly and be successful or common 繁荣; 兴旺; 成功
The farm flourished due to the good weather and the family's hard work.

- ★ **shift** /ʃɪft/
 - n.* [C] a change in the way people think about sth., in the way sth. is done, etc. (想法、做法等的) 改变, 转变
She realized that a shift in fashion was taking place.
 - v.* move from one place or position to another, or make sth. do this (使) 转移; (使) 转移
We need to shift all these tables and chairs into the other room.
- keynote** /'ki:nəʊt/
 - a.* (only before noun) relating to the most important part of a formal meeting, report, etc. (正式会议、报告等) 主要的, 基调的
I want you to deliver the keynote speech at next month's event.
 - n.* [C, usu. sing.] (~ of) the main point in a book, system of beliefs, activity, etc. that influences everything else 主题; 要旨; 基调
The keynote of the conference is green growth and development.
- ★ **zone** /zəʊn/ *n.* [C] a large area that is different from other areas around it in some way (有别于周围的) 地区, 地带, 区域
The government has set up a special economic zone to help companies develop.
- ★ **considerably** /kən'sɪdərəbli/ *ad.* (fml.) much or a lot 很; 非常; 相当大(多)地
The courses vary considerably in length and level, and your advisor will help you choose a suitable one.
- ★ **pace** /peɪs/ *n.* [U, sing.] the speed at which sth. happens or is done 速度; 进度
The fast pace of city life is a major cause of stress.
- forum** /'fɔ:rəm/ *n.* [C] an organization, meeting, TV program, etc. where people have a chance to publicly discuss an important subject 论坛; 研讨会
A forum was set up so that teachers could discuss school policies.
- ★ **adoption** /ə'dɒpʃən/ *n.*
 - 1 [U] the act of starting to use a particular plan, method, way of speaking, etc. 采用; 采纳
It's good to see that governments are encouraging the adoption of clean energy.
 - 2 [C, U] the act or process of adopting a child 收养; 领养
The couple is considering the adoption of a boy who lost his parents.

- ★ **roughly** /ˈrʌfli/ *ad.* not exactly 粗略地; 大致上
Roughly half of the city's law firms are located in this area.
- ★ **globalization** /ˌglɒbəlɪz'eɪʃən/ *n.* [U] the process of making sth. such as a business operate in a lot of different countries all around the world, or the result of this 全球化
For workers, globalization can be both a challenge and an opportunity.
- ★ **hire** /haɪə/ *vt.* pay sb. to work for you 雇; 雇用
They want to hire several people to help them sell their product.
- ★ **contractor** /kən'træktə/ *n.* [C] 承包者; 承包商
freelancer /ˈfri:lɑːnsə/ *n.* [C] a self-employed person who does work for various companies 自由职业者
She earned her living by writing for magazines as a freelancer.
- ★ **qualification** /ˌkwɒlɪfɪ'keɪʃən/ *n.* [C, usu. pl.] (BrE) an official record showing that you have finished a training course or have the necessary skills, etc. 资格证明
You should include your qualifications and work experience on your CV.
- ★ **resilience** /rɪ'zɪliəns/ *n.* [U] the ability of people or things to recover quickly after sth. unpleasant, such as shock, injury, etc. 恢复力; 复原力; 适应力
Carl showed remarkable resilience after losing his job.
- ★ **abandon** /ə'bændən/ *vt.*
 - 1 stop doing sth., esp. before it is finished; stop having sth. 放弃; 中止
They had to abandon their attempt to climb the mountain because of bad weather.
 - 2 (~ sb.) leave sb., esp. sb. you are responsible for, with no intention of returning 抛弃, 遗弃 (某人)
He couldn't bear to abandon his child and go to work abroad.
- ★ **ongoing** /ˈɒŋɡəʊɪŋ/ *a.* (usu. before noun) continuing to exist or develop 持续存在的; 仍在进行的; 不断发展的
The data will add to the ongoing debate over house prices.
- ★ **transferable** /træns'fɜːrəbəl/ *a.* that can be moved from one place, person, or use to another 可转移的; 可调动的; 可转让的
Transferable skills are those that you are able to use in different jobs or different situations.
- ★ **boost** /buːst/ *vt.* make sth. increase, or become better or more successful 使增长; 使兴旺
Preparing properly will boost your chances of passing an exam.
- ★ **outcome** /ˈaʊtkʌm/ *n.* [C] the result or effect of an action or event 结果; 效果
He is not very hopeful about the outcome of the interview.
- ★ **layoff** /ˈleɪɒf/ *n.* [C, usu. pl.] an occasion when a company stops employing sb., sometimes temporarily, because the company does not have enough money or enough work (因工作不多或资金不足而导致的) 临时解雇, 裁员
The layoffs have drawn criticism from workers and investors alike.
- job-hopping** *n.* [U] the practice of changing your job very often (频繁的) 工作更换
Frequent job-hopping may cause employers to question your reliability.
- ★ **asset** /'æset/ *n.* [C] a person or thing that is valuable or useful to sb. or sth. 有价值的人或事物; 有用的人或事物
I believe that a company's staff is its greatest asset.

Phrases

rise to the challenge / occasion deal successfully with a problem or difficult situation, esp. by working harder or performing better than usual 成功应对挑战或困难局面
I know it is not an easy task, but I'm sure you will rise to the challenge.

chip away at sth. remove small pieces from sth. hard by hitting it with a tool (用工具) 敲掉, 铲掉, 凿掉
He was chipping away at the stone with a special tool.

clear away remove sth. because it is not wanted or needed, or in order to leave a clear space 把……清除掉 (以留出空间)
She cleared away the magazines to make room for her laptop.

translate (sth.) into sth. if one thing translates into another, the second thing happens as a result of the first 引起; 造成
It remains to be seen if increased demand will translate into more jobs.