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Knowing yourself

Vocabulary

1 Complete the table with correct word forms.

Verb	Noun	Adjective
attract	_____	_____
attend	_____	/
humiliate	_____	humiliated / humiliating
stagnate	_____	stagnant
motivate	_____	motivated / motivating
_____	accomplishment	accomplished
_____	cost	_____

2 Complete the sentences with the correct form of the words you formed in Activity 1.

- One's positive and optimistic outlook on life usually makes it easy to overcome difficulties and _____ goals in one's studies and life.
- Parental _____ plays a role in children's academic success, and sets the tone for a lifetime of learning.
- As a matter of fact, physical _____ does not play a major part in how we think about people we meet.
- I could not describe my sense of _____ when I secured my first job just after graduation and became financially independent.
- The _____ at the concert was impressive, with a crowd of over 10,000 people enjoying the live performance.
- I felt deep shame and _____ for this stupid mistake and made up my mind to think twice in future decision-making.

3 Complete the sentences with the correct form of the words in the box.

steeply secure haul
moor deck brim idle

- 1 The mother's eyes were _____ with tears when she heard that her son was alive and had settled down in a small town.
- 2 The young man is a keen sailor and I often see him _____ his boat just outside his house.
- 3 The workers have been _____ since the beginning of the year because the company is shutting down its operations.
- 4 After the rebuilding and publicity of the Natural History Museum, the number of visitors of all ages increased _____.
- 5 After careful preparations and several interviews, he successfully _____ a place for himself at the law school in this well-known university.
- 6 Despite the biting cold, I left my comfortable cabin and ventured out onto the ship's _____, drawn by the beauty of the vast sea.
- 7 The fishermen _____ the boat out of the water and attached the net to the back of the boat.

4 Underline the correct preposition or adverb to complete each sentence.

- 1 She easily fit *in / for / with* at school, as her friendly nature made her accepted and welcomed by almost everyone.
- 2 Her actions and words were always *on / in / at* sync with her beliefs, showing her strong integrity and consistency in character.
- 3 On a snowy evening, the poet stopped by the woods and reached *up / for / out* to catch the falling snowflakes.
- 4 After my visit to the university's Career Planning and Counseling Center, I took their suggestions and began to map *out / on / into* my future.
- 5 She's decided to follow her interest and go *through / about / into* a career as a computer programmer after graduation.
- 6 At the end of *Gone with the Wind*, the main character Scarlett was ready to brace herself *through / up / for* the storms in life.
- 7 We need to conform *to / by / in* laws and social norms because doing otherwise would risk our relationships with others.

5 Choose the best collocation to complete each sentence.

- 1 Many airline passengers face lengthy _____ because of the bad weather and some have been stranded at the airport for several days.
A. processes B. periods C. delays

- 2 Erikson's theory of psychosocial development about the stages of human development _____ general acceptance in psychological circles in the 1960s.
A. confirmed B. showed C. gained
- 3 The questionnaire about life missions and goals was revised again and again to _____ its clarity and readability for the respondents.
A. enlarge B. enhance C. give
- 4 A strong sense of intimacy was _____ between the two girls who had similar experiences in their careers.
A. happened B. evolved C. developed
- 5 Celebrating your achievements and engaging in self-care practices can boost your _____ and foster a positive self-image.
A. ego B. reputation C. popularity
- 6 There are a number of healthy ways, such as listening to music and practicing yoga, to help you soothe your _____.
A. wound B. nerves C. conscience

6 Underline the correct word to complete each sentence.

- 1 The paintings hanging on the wall in the gallery have been heavily criticized for their lack of *intrinsic* / *extrinsic* value.
- 2 Seeing children's joy during my volunteer teaching in the countryside makes me feel that all my hard work is *worthy* / *worthwhile*.
- 3 She had tried everything to *recover* / *restore* him to health, reading every available book that offered insight into his condition.
- 4 Serious personal conflicts have been lessened through negotiation and communication, resulting in a *maximum* / *minimal* negative impact.
- 5 The sculptures currently on exhibition are a development of the ideas she explored in the *precedent* / *preceding* decade.
- 6 The host was highly praised for her *industry* / *hospitality*, which won her much favor in the local community.

7 Read the information.

Each of the following words can be used as both a verb and a noun, sharing the same basic meaning.

compliment surf trap experiment cage

Now complete the sentences with the correct form of the words in the box.

- 1 Young engineers are _____ with new methods of delivering packages to remote or poorly-served areas in their poverty alleviation plans.

- 2 Despite the animal's vigorous resistance, the wildlife rescue team managed to _____ it for medical treatment.
- 3 After graduation, I entered the world of work and learned how to gracefully accept both _____ and criticisms of my work.
- 4 Every summer, we head to the beach to _____ the waves, losing ourselves in the thrill it brings, until twilight calls us home.
- 5 The teacher warned his students not to fall into the _____ of thinking that they can learn a foreign language just by memorizing the words.

8 Read the passage *The passage to adulthood* and replace the underlined words with the correct form of the words in the box. You may need to make other changes.

ancestor	fulfilling	wilderness
universally	penetrate	symbolize

- 1 Through extensive research, the young scholar could finally understand the complexity of ancient Chinese culture and arts.
- 2 Although there are various types of music worldwide, Beethoven's symphonies are admired by everyone in the world for their profound beauty.
- 3 In Western classical literature, roses are symbols of love, beauty, harmony, elegance and grace that never fade away.
- 4 The area has transformed into a wasteland after the coalmines were closed down.
- 5 Our daily life is so different from that of our relatives who lived long ago, and it would be hard for them to imagine what is common to us now.
- 6 Exploring unfamiliar places, experiencing different cultures, and engaging in diverse activities can make life truly satisfying.

9 Watch the video *Eight stages of development* and choose the best way to complete each sentence.

- 1 When people are under stress and lack sleep, they usually become _____ and unapproachable.
A. crazy B. grumpy C. dull D. arrogant
- 2 Parents are supposed to give their children enough space to develop greater _____, which in turn helps them develop the skills necessary to become independent adults.
A. regulation B. reservation C. self-control D. autonomy
- 3 Employers value workers who show _____, take proactive steps and display a strong work ethic.
A. power B. heroism C. bravery D. initiative

- 4 Being _____ means working hard and persistently to achieve goals and find personal satisfaction.
A. industrious B. careful C. busy D. tough
- 5 Most young people are in favor of equality between males and females, and they disagree with the idea of the _____ of either of the sexes.
A. inferiority B. disadvantage C. weakness D. deficiency
- 6 The post office has apologized to me for the inconvenience caused and the time it has taken to _____ my problem.
A. revolve B. resolve C. decide D. determine

10 Read the passage *Helpful ways to know yourself* and complete the sentences with the correct form of the words and expressions in the box.

emergency medical technician proficiency
likewise moody life satisfaction pretend

- 1 The students' _____ in speaking English is also tested, as it is a crucial skill for effective communication in today's globalized world.
- 2 He became _____ and unpredictable, making it challenging for others to anticipate what he would do next.
- 3 We can't just go on _____ that everything is OK when deep down we know there are unresolved issues that require our attention.
- 4 Achieving a balance between personal and professional life not only enhances _____ but also promotes mental well-being.
- 5 The patients are grateful for the _____ who are dedicated to saving lives and providing high-quality care to all patients.
- 6 We are trying to keep the place clean and tidy, and we'd like all of you to do _____.

Structure

1 Rewrite the sentences using *It isn't / wasn't just that ... but ...*

- Sample** They crawled into such an obvious trap. It seemed as if they couldn't be bothered to crawl out again even when you took the lid off.
→ It wasn't just that they crawled into such an obvious trap, but it seemed as if they couldn't be bothered to crawl out again even when you took the lid off.

1 My father encouraged me to become a writer. He paid for me to go on a writing course.

2 Our final exams are approaching. I have little time to prepare for them because of my dance training.

3 We didn't lose the game. We won the championship among the numerous players.

4 My best friend has landed a job with a top advertising firm. He's about to marry his sweetheart.

5 "You have the right attitude toward the job. You have the ability to do the job well," his employer told him.

2 Rewrite the sentences using *Not only do / does / did ... but ...*

Sample

The crab gave up its lengthy struggle to escape. The crab actually began to help stop other crabs from trying to escape.

→ Not only did the crab give up its lengthy struggle to escape, but it actually began to help stop other crabs from trying to escape.

1 She has incredible artistic skills. She fascinates the audience with her stage presence.

2 They won the championship. They showed determination and teamwork throughout the entire season.

3 These beautiful flowers add colors to the garden. They have a pleasant fragrance.

- 4 Yoga classes make people more flexible. They improve people's mental well-being and promote inner peace.

- 5 He does well in school. He actively takes part in extracurricular activities, demonstrating his talents and dedication to personal growth.

Reading comprehension

Banked cloze

Complete the summary of the passage *Helpful ways to know yourself* with the words in the box. Some of the words may not be used.

minimize self-confidence strengths inborn gain
temperament glance night owl power maximize
weaknesses bothers intrinsic extrinsic determine

Self-knowledge is crucial for personal growth and fulfillment. There are few areas in life that you can explore to 1) _____ a deeper understanding of yourself. Firstly, you should identify the principles and practices that you find important in life. Adopting 2) _____ values like social responsibility and personal growth leads to greater happiness and overall life satisfaction. The next important thing is to reflect on your meaningful experiences to 3) _____ your life goals. These goals will guide your career choices and important decisions. Another important thing is to recognize your 4) _____ preferences, whether you're an introvert or extrovert, analytical or intuitive. Understanding your 5) _____ helps in making decisions that match your natural tendencies. You should also discover your talents, skills and character strengths such as loyalty and emotional intelligence. Knowing your strengths boosts 6) _____. Meanwhile, be honest with yourself about the areas where you lack proficiency. Overcoming or minimizing these 7) _____ improves your personal and work life. It is also necessary to understand if you're an early bird or a(n) 8) _____. Work during your peak energy times to 9) _____ productivity and avoid fatigue. Finally, consider your hobbies and passions. Focus on what captivates you or 10) _____ you, as it can help you realize where your deepest passions are.

Passage 1

You're up early one morning searching for jobs on the Internet when a new notification pops up. Your best friend from college just got promoted to Vice President at the same company where he's spent the last 10 years. Meanwhile, you've just been laid off from your most recent position — the fourth job you've held in that same time frame. Even though you both graduated in the same year with the same degree, your careers went in distinctly different directions. Instantly, you feel resentful. You ask yourself, "Why not me?"

This reaction is not uncommon. According to a recent study, more than 75 percent of people reported feeling envious of someone in the last year. Comparing yourself to others can leave you feeling frustrated and anxious and what's more, it doesn't help in creating the life you want. Instead, jealousy just takes away valuable time and energy that could have been spent on achieving your goals. Here are three healthy and practical ways to end the jealousy game and take your power back.

Identify specific triggers. If you want to stop comparing yourself to others, determine when envy rears its ugly head. Is it when you're scrolling through social networking websites, or maybe when you hear your best friend bragging about a salary increase? Use these observations to learn about yourself. Then make a list of who and what you frequently envy or compare yourself to. Think about how these feelings may be negatively impacting you, and why they are a waste of your time. Resolve to become more vigilant so that you can catch yourself in the future.

Commit yourself to gratitude. It is almost impossible to experience negative emotions when you are thankful for what you have. Take a few moments (preferably at the beginning of the day) to write down all the things you're thankful for. Another fun idea that can involve the whole family is to create a gratitude jar. Find a jar, decorate it, and every day think of at least three things you're grateful for. Write each down on a slip of paper and insert them into the jar. Soon, you'll have a whole host of reasons to be grateful. When you find yourself slipping into those feelings of self-doubt, read a few notes from the jar to remind yourself about the positive things in your life.

Embrace the competition. It can be helpful to view people you envy as allies rather than threats. If you avoid people who trigger self-comparison, you may miss out on how those successful people can help you. Think about what you can learn from them. Approach them and ask them for advice. Instead of feeling jealous, use their achievements as motivation. Reach out to them to find inspiration so you can become a better person.

1 Choose the best answer to each question.

- 1 According to Paragraph 1, what is people's usual reaction to their friends' promotion?
 - A. They feel happy for their friends.
 - B. They are eager to learn from their friends.
 - C. They wonder how they get promoted.
 - D. They are jealous of their friends' promotion.
- 2 What is the purpose of resolving to become more vigilant?
 - A. To stop envying others.
 - B. To learn about yourself.
 - C. To identify negative feelings.
 - D. To catch yourself in the future.
- 3 What notes are put into the jar?
 - A. Notes with inspiring ideas.
 - B. Notes of stories about successful people.
 - C. Notes with things that one is grateful for.
 - D. Notes with things that boost one's confidence.
- 4 How can people view whoever they envy as allies rather than threats?
 - A. By avoiding whoever triggers self-comparison.
 - B. By asking them for advice and learning from them.
 - C. By feeling proud of them and sharing their success.
 - D. By seeking help and support from them.
- 5 What is the best title for the passage?
 - A. How to deal with fierce competition.
 - B. How to show gratitude to your family.
 - C. How to stop comparing yourself to others.
 - D. How to cultivate good relations with others.

2 Choose the correct way to answer the questions about the italicized words and expression.

- 1 If you are *resentful* when you are wronged or mistreated, do you feel (a) bitter or angry, or (b) sweet or pleasant?
- 2 If someone feels *jealousy* when they wish they could have what other people have, do they have the feeling of (a) confidence or pride, or (b) resentment or bitterness?
- 3 If you remain *vigilant* at all times when biking in the city center, do you give (a) little, or (b) much attention to traffic conditions?
- 4 If you *brag about* what you have done, do you talk (a) proudly, or (b) humbly about it?

- 5 If some remarks *trigger* your anger, do they (a) make you angry, or (b) reduce your anger?
- 6 If you become an *ally* for someone struggling, do you (a) compete with and defeat them, or (b) help and support them?

Passage 2

Build the most powerful mindset for success

In the past decade or so, we may have heard the term “growth mindset” thrown around a lot. Many podcasters, influencers and self-improvement coaches talk about how important it is to have a growth mindset, and they think that it’s something we should all be striving for. The term “growth mindset” was first coined by Dr. Carol Dweck, an American psychologist, after studying the behavior of thousands of children. In her book *Mindset: The New Psychology of Success*, Dr. Dweck actually coined two terms: growth mindset and fixed mindset. These terms help us better understand people’s underlying assumptions about intelligence and their ability to learn.

Essentially, a fixed mindset describes a belief that we can only ever be as intelligent and talented as we are now, and that no amount of hard work can really affect that. Those with fixed mindsets may find themselves feeling embarrassed when they don’t get something right on the first try since they are often worried about how others perceive their intelligence, skills and abilities. A growth mindset, on the other hand, describes a belief that we can grow smarter and more skilled with hard work, effort and time. It’s about believing that we can grow, change and improve.

Through her studies, Dr. Dweck discovered that students with growth mindsets significantly outperformed those with fixed mindsets. Believing that we have the ability to grow actually has a huge effect on morale and ultimate success. But why is this?

As it turns out, when we have a growth mindset, we’re more likely to try new things, explore new possibilities, and we’re not afraid to fail or experience setbacks because we know that those are just a part of the process. Dr. Dweck writes of the growth mindset, “The passion for stretching yourself and sticking to it, even (or especially) when it’s not going well, is the hallmark of the growth mindset. This is the mindset that allows people to thrive during some of the most challenging times in their lives.”

In her book, Dr. Dweck writes, “We like to think of our champions and idols as superheroes who were born different from us. We don’t like to think of them as relatively ordinary people who made themselves extraordinary.” Why don’t we like to think this way? Well, maybe because it means there really is no excuse for us not to be as extraordinary as our champions and idols. Maybe because it means that the only thing holding us back this whole time was ourselves. Maybe because if we accept that our champions and idols are really just ordinary people who worked hard, then in order

to become great, we have to work hard, too. Maybe that sounds exhausting. Whatever the reason, once we acknowledge that intelligence, talent, skills, abilities, etc. can be improved through effort, an endless array of possibilities opens up to us.

1 Choose the best answer to each question.

- 1 What do we learn about a growth mindset from Paragraph 1?
 - A. It gained slow and limited popularity in the past decade.
 - B. It was coined by Dr. Dweck after she studied the behavior of thousands of adults.
 - C. It helps us gain more insight into what people inherently assume about intelligence.
 - D. It was used by Dr. Dweck to show what successful people have in common.
- 2 How is a growth mindset different from a fixed mindset, according to Paragraph 2?
 - A. It makes people more intelligent, talented and successful.
 - B. It makes people worry more about how others perceive their intelligence.
 - C. It makes people more relaxed about failing at something on their first attempt.
 - D. It allows people to grow smarter and more skilled with hard work, effort and time.
- 3 Why do students with growth mindsets outperform those with fixed mindsets?
 - A. They believe they can grow.
 - B. They have better teachers.
 - C. They are more intelligent.
 - D. They are more talented.
- 4 Which is likely to happen if we have a growth mindset?
 - A. Feeling embarrassed when we get something wrong.
 - B. Thriving during some of the most challenging times in our lives.
 - C. Being anxious about trying new things due to fear of failure.
 - D. Believing that our intelligence and abilities are set and unchangeable.
- 5 What does Dr. Dweck mean when she writes, “We like to think of our champions and idols as superheroes who were born different from us”?
 - A. We are not supposed to have idols or champions.
 - B. We should avoid comparing ourselves to our champions and idols.
 - C. We like to think that our champions and idols are more talented than us.
 - D. We tend to think people were born different in intelligence.

2 Match the words in Column A with their definitions in Column B.

Column A	Column B
1 hallmark	a achieve better results than sb. or sth.
2 morale	b the amount of confidence and enthusiasm felt by a person or group at a particular time
3 outperform	c invent a new word or a term
4 coin	d a feature or quality that is typical of sb. or sth.

Passage 3

How to get to know yourself better

A) How well do you really know yourself? We are all aware of the things that society wants us to do, or the people our families want us to be. Sometimes, it's easy to get caught up in projections of who we are, and lose touch with our core values, needs and desires. If you don't know yourself very well, it's difficult to choose a life path that makes you feel happy and fulfilled. You may also find yourself getting into relationships that don't really suit you, or you may feel lonely because no one really knows the "real" you. We'll walk you through seven steps you can take if you want to get to know yourself better. Along the way, we'll look at why getting to know each aspect of yourself is so important, and explore common difficulties. By getting to know yourself better, you should see an overall increase in your well-being.

Get to know your personality

- B) Firstly, let's look at understanding your core personality. This is something you can do through reflection alone, but making notes and writing lists can help you make better sense of the information you have. Ask yourself the following questions:
- What 5–10 traits do I feel define me?
 - What 5–10 words would others choose to describe me?
 - Which role do I play in my group of friends?
 - How would a stranger see me?
 - What do I want others to think about me?

In addition, give some thought to the major decisions you've made in life, both good and regrettable. Why did you make these choices? Which were authentic expressions of who you are, and which were made under pressure from others?

- C) Consider how your past has shaped your future self, giving particular weight to your early life experiences. Often, what we go through as children plays a key role in creating patterns, preferences and needs for the future.

Get to know your core values

- D) On a related note, it's important to think not only about your traits but also about your values. In other words, what matters to you the most?
- E) Psychologists often suggest that most of us have around eight core values, and these play the biggest role in motivating our choices at work, at home, and in everyday life. Make a list of the eight values that you think guide you. In many cases, these will be moral commitments that you have, such as honesty, compassion and open-mindedness. However, others may reflect where you find the most joy in life, like values related to learning, having fun, or seeking diverse experiences.
- F) You can learn even more about yourself if you spend some time thinking about how and when these values developed. Did your parents model them for you, or did your values evolve in opposition to what you saw when you were growing up?

Get to know your body

- G) When we think about self-knowledge, it's easy to focus on the psychological at the expense of the physical. However, getting to know your body is just as important as getting to know the intricacies of your mind. All too often, our bodies are treated as the enemy, or as a mere afterthought. Learning more about your body helps you set realistic goals, understand your own limits, and feel more comfortable in your own skin.
- H) Besides reflecting on your physical capabilities, be open to trying new things to see if they suit your body. Practice mindfulness meditations, such as body scanning exercises, to feel more in tune with your breathing and movements. If you struggle with body image issues, challenge yourself to think of five things you love about what your body can do or has done.

Journal

- I) We've talked a lot about making various lists and notes, but a more general habit of journaling can also play a key role in boosting your self-knowledge. If you write in a journal every day, self-reflection becomes your default. You start to learn to look past your superficial reactions to see your underlying needs and emotions. Keeping a journal also helps you identify your own voice, distinguishing it from the voices of people whose approval you may be seeking.
- J) You don't have to follow the standard approach of writing a bit about each day. For example, you

can record what you eat, what you see, what you dream, or what you think. You can also draw instead of writing, or create collages.

Identify your strengths and weaknesses

- K) Getting to know yourself is all about developing a real picture of who you are, including the parts you are proud of and the parts that you struggle with from time to time. Make an inventory of your strengths and weaknesses, starting with your strengths. Think about what you like about yourself, and also which parts consistently elicit positive feedback. For example, perhaps you're often told that you are extremely patient with others, or that you have a great imagination.
- L) When it comes to identifying your weaknesses, ask yourself whether there are common themes in your failures or disappointing episodes of your life. Also, consider whether you are often asked to work on a specific aspect of your character. For example, if your bosses regularly highlight that you don't speak up during meetings, it may indicate a lack of self-confidence as a potential weakness.

Have a life vision and mission

- M) While thinking about the past is vital for getting to know yourself, making plans for the future is just as important. Instead of coasting through life and being reactive to the behavior of others, ask yourself what you view as your life's mission. What kind of legacy do you want to leave behind? Where do you see yourself in 2, 10 or even 20 years' time?
- N) Keep in mind that a life's mission doesn't need to be something dramatic or world-changing. Think of your mission as being defined by what makes you feel authentic, excited and passionate. Also, consider how this mission might help others, even on a small scale.

Question your automatic thoughts

- O) Finally, many of us have a tendency to experience automatic thoughts that are pessimistic, self-undermining or irrational. If you don't know yourself very well, you may just accept these cognitive distortions at face value, leading to a low mood and negative self-perception.
- P) In contrast, when you have higher levels of self-awareness, you can "catch" these distortions as they come up, and redirect your mind to more realistic thoughts. For example, turn "I'll never get this project done" into "I'm struggling with this project right now, but after a rest I know I can finish it." Meanwhile, transform "I'm not good enough to do X" into "I feel insecure about X, but it's worth trying to do it because this is something I really care about." Over time, positive thoughts will become automatic.

1 Match the statements with the paragraphs which contain the corresponding information. You may choose a paragraph more than once.

- ___ 1 Reflecting on how and when values developed enhances self-understanding.
- ___ 2 Your early life experiences play a crucial role in shaping your future self.
- ___ 3 If you know yourself better, the life path you choose will more likely make you feel happy.
- ___ 4 Greater self-awareness helps turn negative thoughts into positive ones.
- ___ 5 Discovering your advantages and disadvantages helps you get to know the “real” you.
- ___ 6 If you don’t really know yourself, you may get into unsuitable relationships.
- ___ 7 Many of us commonly make negative assumptions about ourselves.
- ___ 8 You are encouraged to try different styles of journaling.
- ___ 9 Those who know their body have a better chance of knowing their limits.
- ___ 10 Your life’s mission should be what makes you feel passionate.

2 Complete the sentences with the correct form of the words and expressions in the box.

irrational in opposition to episode distortion
in tune with collage afterthought get caught up in

- 1 Sometimes it’s easy to _____ the chaos of life and lose sight of what really matters.
- 2 She had a(n) _____ fear of spiders, especially big ones, which often caused her to panic when she saw one.
- 3 The latest several _____ of their favorite TV show left them eagerly anticipating the next ones.
- 4 She spent hours cutting and pasting pictures to create a colorful _____ of her summer vacation.
- 5 They were _____ each other’s feelings and could communicate without saying a word.
- 6 This is clearly a(n) _____ of the facts, leading to a false perception of what actually happened.
- 7 His claims seemed to be _____ his previous statements, thus causing confusion among the audience.
- 8 The tiles on the floor looked strangely out of place, as if they had been hastily chosen and added as a(n) _____.

Translation

1 Translate the sentences into Chinese.

- 1 Maintaining ego integrity enables us to calmly accept the passage of time and age with grace and wisdom.

- 2 The year 2023 marked the 78th anniversary of both the victory of the Chinese People's War of Resistance Against Japanese Aggression and the World Anti-Fascist War.

- 3 Even though Laura seemed thrilled by the surprise party, worry about her upcoming exams was still at the back of her mind.

- 4 In Chinese philosophy, a contented mind helps people accept what cannot be changed. Meanwhile, people are also encouraged to change what can be changed.

- 5 Back when my parents were teenagers, having a paper route or an after-school job at local stores was viewed as a rite of passage for young people.

2 Translate the passage into English with the words and expressions in brackets.

加冠之礼，即成人礼，是古代人生活中的一项重要仪式。在中国古代，男子在二十岁时行“冠礼”。在行礼过程中，男子要佩戴不同的冠帽，因此得名“冠礼”。“冠礼”是成人的标志。成人不只是身体的成熟，还意味着道德人格的确立。“冠礼”的完成昭示着行礼之人开始承担生活中的各种责任，并具备了参与各种重要礼仪活动的资格。（symbolize; rite; shoulder one's responsibilities; take part in）
