

# A new start

## Guided reading

阅读理解用时	分 秒 (___ WPM)
阅读理解答题正确率	

### Maintaining high school friendships at college

- A) As the *strains* of “Pomp and Circumstance” fade away, you realize that nothing will ever be the same. You’re excited about graduating from high school and starting college, but you’ll sure miss your high school friends as all of you begin the next phase of your lives.
- B) The good news is that today’s college students are finding it easier than ever to keep in touch with their high school friends. Even as they make new friends at college, students are using email, instant messaging services, social networking websites, and good old-fashioned visits, phone calls, and letters to stay close to their high school friends.

#### 21st-century friendships

- C) “For students worried about falling out of touch with their high school friends, my advice is simple: email,” says Bernadette Henderson-Horner, admission counselor at New Mexico State University and a recent college graduate.
- D) Even if you didn’t have easy Internet *access* or email in high school, colleges now have all you need for email *correspondence*. It is a rare college indeed that does not provide computer centers, Internet access, and email addresses free to students. At more and more colleges, students who bring their own computers can get free Internet access in their dorm rooms. “Email was the best thing to happen to me because I could talk to my friends on a daily basis without paying for a stamp or running up the phone bill,” adds Henderson-Horner. Instant Messenger and similar services are also popular with college students. “It’s cheap and a great way to keep in touch,” says Anna Stroud, a student at Albion College (MI).

- E) Technology can even help friends connect from across the world. Mickey Chang, who attended high school in Michigan and is now a student at Meikai University, Japan, uses email *capabilities* on his cell phone to send messages to his best friend's pager in Michigan.

#### Tried and true

- F) Of course, you don't need a computer or a cell phone to maintain a long-distance friendship. Many students go beyond email to let their high school friends know they're not forgotten. "I still send birthday presents, and a note once in a while to everyone," says Stroud. "Mail is good — everyone in college loves to get mail!" Nothing *substitutes* for hanging out with your friends in person, though. Many colleges have *overlapping* breaks, so make sure to let your high school friends know when you'll be home. If you and several friends attend colleges fairly close to one another or to home, try to schedule a weekend visit or two.

#### Changing times

- G) No matter how faithfully you and your high school friends keep in touch during college, your friendships will change. Each of you is meeting new people and having new experiences. "When students return home after a semester away, it's not unusual for them to discover that they don't have as much in common with their high school friends as they once did," says Jill Emerson, freshman class dean and freshman area *coordinator* at Dickinson College (PA). "While this may seem *awkward*, students should remember that changing and growing as a person and developing new friendships are key parts of the college experience."
- H) Lauren Fardig, a student at Eugene Lang College (NY), notes that it's great to talk about old times with your high school friends, but the past shouldn't be the only focus of your conversations. "The most important friendships I've held over time have allowed me the space to grow and change, learn from mistakes, and form new ideas," says Fardig. "Without my friends' understanding and support of *mutual* change, I think I would have felt trapped in our past and unable to keep moving."
- I) Another common change is the number of high school friends you keep in touch with. When you see people every day, it's easy to have many friendships. But when you don't see your former classmates more than a few times a year, you may find yourself maintaining relationships with only your closest high school friends. "It was difficult for me at first to *uphold* friendships with high school friends because I was not used to having to make an effort to keep in touch — I was used to friendships coming easily and always being accessible on a local level," says Fardig. "Making that *transition* was often *frustrating*, because it tests the level of friendship."

**Finding balance**

- J) With the ease of email and other communication, it can be *tempting* to spend too much time corresponding with old friends, especially for homesick college freshmen. Make sure that you leave time in your schedule to *nurture* new friendships with your college classmates.
- K) “Students should be careful not to miss out on the opportunities in their new environment by focusing too much on their old environment,” says Emerson. Most college students find that they can “make new friends but keep the old”, and that the effort of maintaining long-distance friendships is worth it.

(824 words)

**I Exercises****1 Reading comprehension**

Read the following 10 statements. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Write down the corresponding letter before each statement.

- \_\_\_ 1. Both modern technology and traditional ways make it easier for college students to contact their high school friends.
- \_\_\_ 2. Spending time with your friends is the best way to maintain your friendship.
- \_\_\_ 3. Lauren Fardig said the most important friendship can allow you the space to learn from mistakes and come up with new ideas.
- \_\_\_ 4. You should try to find time to develop new friendships with college classmates.
- \_\_\_ 5. With email, Henderson-Horner could talk to friends every day.
- \_\_\_ 6. With the easy use of various communication channels, it is appealing for homesick first-year college students to spend too much time corresponding with old friends.
- \_\_\_ 7. Students should know not to lose the chances in their new environment by concentrating too much on their old environment.
- \_\_\_ 8. Developing new friendships is one of the key components of college experience.
- \_\_\_ 9. Colleges usually afford their students with free Internet access and email addresses.
- \_\_\_ 10. As time goes by, you can continue friendships with only your closest high school friends.

## 2 Contextual reference

Match the words in Column A with their meanings in Column B. You need to decide the meanings of the words in the context of the passage.

A	B
___ 1. strain	A. a part of a tune or piece of music being performed
___ 2. access	B. causing to feel annoyed and impatient because you cannot do or achieve what you want
___ 3. correspondence	C. the process or a period of changing from one state to another
___ 4. capability	D. shared by two or more people
___ 5. substitute	E. the right or opportunity to have or to use sth
___ 6. overlapping	F. to take the place of sth else
___ 7. coordinator	G. attractive
___ 8. awkward	H. starting before the first one has finished
___ 9. mutual	I. the ability to do sth
___ 10. uphold	J. a person who organizes activities so that they work well
___ 11. transition	K. difficult and embarrassing
___ 12. frustrating	L. to care for and protect sth while it is growing and developing
___ 13. tempting	M. to support sth that you think is right
___ 14. nurture	N. the process of sending and receiving

## 3 Increasing reading speed

Students usually need to read quickly because they have to read a lot of material. Reading speed is important to students. Also, fast readers usually understand reading material better than slow readers.

Slow readers usually read one word at a time, for example:

No / matter / how / faithfully / you / and / your / high / school / friends / keep / in / touch / during / college, / your / friendships / will / change. / Each / of / you / is / meeting / new / people / and / having / new / experiences.

Average readers usually read a few words together (short phrases) at a time, for example:

No matter how faithfully / you and your high school friends / keep in touch / during college, your friendships / will change. Each of you / is meeting new people / and having new experiences.

Fast readers usually read several words (longer phrases) at a time, for example:

No matter how faithfully you and your high school friends / keep in touch during college, / your friendships will change. / Each of you is meeting new people / and having new experiences.

## 1. Read the following passage in phrases as indicated with slashes.

Of course, / you don't need a computer or a cell phone / to maintain a long-distance friendship. Many students go beyond email / to let their high school friends know / they're not forgotten.

## 2. Read the following passage in phrases (short phrases or longer phrases). Mark the places where you pause with slashes.

Technology can even help friends connect from across the world. Mickey Chang, who attended high school in Michigan and is now a student at Meikai University, Japan, uses email capabilities on his cell phone to send messages to his best friend's pager in Michigan.

## II Reading skills

Go through the following tips to Reading comprehension and learn the reading skills employed.

## 1. 【答案】 B

【题眼】 Both modern technology and traditional ways make it easier for college students to contact their high school friends.

【定位】 B段首句为主题句：The good news is that today's college students are finding it easier than ever to keep in touch with their high school friends.

【解析】 段落主旨题。由题中关键词easier可以快速定位到B段，题中to contact和to keep in touch with同义，因此答案为B。

## 2. 【答案】 F

【题眼】 Spending time with your friends is the best way to maintain your friendship.

【定位】 F段第五句：Nothing substitutes for hanging out with your friends in person, though.

【解析】 细节题。由定位关键词with your friends可迅速定位到F段第五句，nothing substitutes 意思为nothing can take the place of, spending time with 和hanging out with意思相近，因此答案为F。

## 3. 【答案】 H

【题眼】 Lauren Fardig said the most important friendship can allow you the space to learn from mistakes and come up with new ideas.

【定位】 H段第二、三句：“The most important friendships I've held over time have allowed me the space to grow and change, learn from mistakes, and

form new ideas,” says Fardig. “Without my friends’ understanding and support of mutual change, I think I would have felt trapped in our past and unable to keep moving.”

**【解析】** 细节题。由人名 Lauren Fardig 可快速定位到 H 段，此题与 H 段的第二、三句意思相匹配，因此答案为 H。

4. **【答案】** J

**【题眼】** You should try to find time to develop new friendships with college classmates.

**【定位】** J 段最后一句话：Make sure that you leave time in your schedule to nurture new friendships with your college classmates.

**【解析】** 细节题。由关键词 new friendships with college classmates 可定位到 J 段，develop 与 nurture 意思相近，因此答案为 J。

5. **【答案】** D

**【题眼】** With email, Henderson-Horner could talk to friends every day.

**【定位】** D 段第四句：“Email was the best thing to happen to me because I could talk to my friends on a daily basis without paying for a stamp or running up the phone bill,” adds Henderson-Horner.

**【解析】** 细节题。由人名 Henderson-Horner 可定位到 D 段第四句，该句符合题意，因此答案为 D。

6. **【答案】** J

**【题眼】** With the easy use of various communication channels, it is appealing for homesick first-year college students to spend too much time corresponding with old friends.

**【定位】** J 段第一句：With the ease of email and other communication, it can be tempting to spend too much time corresponding with old friends, especially for homesick college freshmen.

**【解析】** 细节题。由关键词 homesick 和 corresponding with old friends 定位到 J 段第一句。该句与题意相符，因此答案为 J。

7. **【答案】** K

**【题眼】** Students should know not to lose the chances in their new environment by concentrating too much on their old environment.

**【定位】** K 段第一句：“Students should be careful not to miss out on the opportunities in their new environment by focusing too much on their old environment,” says Emerson.

**【解析】** 细节题。由关键词 new environment 和 old environment 可定位到 K 段第一句。该句与题意相符，因此答案为 K。

8. **【答案】** G

**【题眼】** Developing new friendships is one of the key components of college experience.

**【定位】** G 段最后一句：“While this may seem awkward, students should remember that changing and growing as a person and developing new friendships are key parts of the college experience.”

**【解析】** 细节题。可由关键词 developing new friendships 和 college experience 快速定位到 G 段最后一句，该句后半部分与题意相符，因此答案为 G。

9. **【答案】** D

**【题眼】** Colleges usually afford their students with free Internet access and email addresses.

**【定位】** D 段第二句：It is a rare college indeed that does not provide computer centers, Internet access, and email addresses free to students.

**【解析】** 细节题。由关键词 Internet access 和 email addresses 可定位到 D 段第二句，该句与题意相符，因此答案为 D。

10. **【答案】** I

**【题眼】** As time goes by, you can continue friendships with only your closest high school friends.

**【定位】** I 段第三句：But when you don't see your former classmates more than a few times a year, you may find yourself maintaining relationships with only your closest high school friends.

**【解析】** 细节题。通过关键词 only your closest high school friends 可快速定位到 I 段第三句，该句与题意相符，因此答案为 I。

## Timed reading 1

阅读理解用时	分 秒 (___ WPM)
阅读理解答题正确率	

### Managing stress and staying healthy: Advice for college students

A) A happy and successful life in college depends on achieving balance — balance in the types of courses you take each semester, balance between *academics* and *extracurricular* activities, and, of course, balance between work and play. Managing stress, health, and your *psychological* and emotional well-being in college is also about finding balance.

#### Keeping stress at bay and staying healthy

B) As you no doubt learned a long time ago, having a little bit of stress in your life is a good thing. It keeps you getting up in the morning and moving forward in the direction of your goals and *aspirations*. Too much stress, though, can wear down your health and *cripple* your ability to make progress.

#### Getting organized and staying organized

C) Nothing will get you stressed out faster than being disorganized. Disorganization can lead to missed problem sets and other assignments, forgotten meetings, timing conflicts, and any number of other problems that will send your stress level (and perhaps your blood pressure) shooting skyward. As soon as you have decided on what courses you'll be taking, *transfer* the due dates for all assignments, problem sets, and papers, and the dates of all quizzes, tests, exams, midterms, and finals to a single calendar. Every organizational meeting, game, intramural (校内的) event, party, date, or time you agree to meet someone to study should also immediately be made onto this calendar.

D) We don't care whether you keep your calendar in a PDA, on your laptop, on your cell phone, or on a good old-fashioned paper calendar. All we care about is that you pick one place to keep track of everything and that you do it *religiously*. Once this becomes a habit, it will be second nature to you to record any promise that you make. But the confidence you'll have in knowing that you haven't forgotten something or somebody will help you sleep better at night and keep your stress level under control.



**Getting some exercise every day**

- E) A second *component* of keeping stress at bay, which you probably also already know, is to get some exercise every day. Exercise *triggers* a series of chemical reactions in your body that helps you feel relaxed and refreshed and thus makes you better equipped to handle the everyday challenges of college. Whether your exercise comes in the form of *grueling* two-a-days for the varsity (校队), a simple 45-minute walk after class, or anything in between, exercise will serve you well.
- F) If you're pressed for time and you find yourself faced with the question of skipping your daily exercise or cutting something else out of your schedule — keep the exercise. Your daily *dose* of exercise will make you more focused and more alert, and will give you more energy to meet the demands of your day.
- G) “All through high school, I danced and played field hockey, so I didn't have to think about staying in shape and exercising. Once I got to college, I was so *overwhelmed* with everything that exercise was put on the back burner,” Lyndsee explained. “I made it a goal to go to the gym three times a week, which I thought was reasonable and manageable. Something that really helps is to go with a friend. That way, it is harder for you to skip it. My friends and I went to the gym together all the time and after we would go get dinner together. Going with them made it something to look forward to.”
- H) “I was training for baseball in the fall and winter about three or four times a week,” Dave noted. “Our workouts were split among weight training, swimming, and running, and I certainly felt better when I got the chance to go work out.”
- I) “I sucked at managing stress and staying healthy,” Dan admitted. “In the end, I spent more time than I should have stressed about school work and not enough time exercising. Get in the habit of going to the gym, getting outside with friends, and uncovering new and healthy interests that you can pursue for the long haul. Most colleges and universities have surprisingly good fitness centers that are free and open almost 24 hours a day. With the varied schedule of the college day, you should have no excuse for not eating right and getting in shape. Plus, if you make this a *consistent* part of your daily life now, you will reap the benefits of becoming addicted to health for the rest of your life.”
- J) “Exercise and laying off the party scene were helpful to me,” Jim added. “I also ate healthy and got a lot of sleep.”

(777 words)

## Exercises

### 1 Reading comprehension

Read the following 10 statements. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Write down the corresponding letter before each statement.

- \_\_\_ 1. Because of the varied schedule at college, you should eat right and keep in good health.
- \_\_\_ 2. You will not easily skip your exercise if you go with your friends.
- \_\_\_ 3. You will sleep better if you make sure you haven't forgotten anything.
- \_\_\_ 4. Accomplishing different balances may lead to a happy and successful life in college.
- \_\_\_ 5. Disorganization will get you under severe stress.
- \_\_\_ 6. If you make exercise part of your daily life, you'll benefit from it for the rest of your life.
- \_\_\_ 7. A little bit of stress can drive you move up to your goals.
- \_\_\_ 8. Exercise causes some chemical reactions in your body which make you feel good and helps you deal with everyday challenges of college accordingly.
- \_\_\_ 9. You are advised to keep daily exercise of your schedule if you are pressed for time.
- \_\_\_ 10. Too much stress is bad for your health and will damage your ability to make progress.

### 2 Contextual reference

There are two meanings after the word in italics. Choose the correct one using the given context and word-building skills. Remember looking up unfamiliar words in a dictionary is time-consuming and should be done as a last resort.

- 1. A happy and successful life in college depends on achieving balance — balance in the types of courses you take each semester, balance between *academics* (A. 学业 / B. 学院) and *extracurricular* (A. 课外的 / B. 超额的) activities, and, of course, balance between work and play.
- 2. Managing stress, health, and your *psychological* (A. 身体的 / B. 心理的) and emotional well-being in college is also about finding balance.

3. It keeps you getting up in the morning and moving forward in the direction of your goals and *aspirations* (A. 愿望 / B. 灵感).
4. Too much stress, though, can wear down your health and *cripple* (A. 增加 / B. 削弱) your ability to make progress.
5. As soon as you have decided on what courses you'll be taking, *transfer* (A. 转移 / B. 传输) the due dates for all assignments, problem sets, and papers, and the dates of all quizzes, tests, exams, midterms, and finals to a single calendar.
6. All we care about is that you pick one place to keep track of everything and that you do it *religiously* (A. 虔诚地 / B. 认真地).
7. A second *component* (A. 部件 / B. 部分) of keeping stress at bay, which you probably also already know, is to get some exercise every day.
8. Exercise *triggers* (A. 尝试 / B. 引起) a series of chemical reactions in your body that helps you feel relaxed and refreshed and thus makes you better equipped to handle the everyday challenges of college.
9. Whether your exercise comes in the form of *grueling* (A. 累垮人的 / B. 勉强的) two-a-days for the varsity, a simple 45-minute walk after class, or anything in between, exercise will serve you well.
10. Your daily *dose* (A. 剂量 / B. 难度) of exercise will make you more focused and more alert, and will give you more energy to meet the demands of your day.
11. Once I got to college, I was so *overwhelmed* (A. 使应接不暇的 / B. 过于重视的) with everything that exercise was put on the back burner.
12. Plus, if you make this a *consistent* (A. 必要的 / B. 一贯的) part of your daily life now, you will reap the benefits of becoming addicted to health for the rest of your life.

## Timed reading 2

阅读理解用时	分 秒 (___ WPM)
阅读理解答题正确率	

### Ten tips for surviving freshman year in college

- A) Going off to university doesn't have to be *scary* even if it's your first time away from home.
- B) **Tip 1** If you're going to be living in a dorm, make sure to check with the school about items not permitted in dorms. Some colleges won't allow hot plates and such in the dorms, so it's always best to find out before move-in day.
- C) **Tip 2** As soon as you are of adult age, credit card companies will begin to *bombard* you with offers. Don't do it. Yes, it sounds easy and cool and like an adult thing to do, but credit cards can get to be really expensive really fast. Save yourself future *financial* troubles and just say "no". However, if your university offers a meal card, go ahead and get that; a meal card can help you stay on *budget* because you'll always know how much money is available. And in case you didn't know, meal cards are like debit cards (借记卡) that most times can only be used at eating place on and / or near campus.
- D) **Tip 3** Go to your college's *orientation*. Better yet, maybe go to several orientation sessions. I know they're boring, but orientation meetings will help you become familiar with your college. And when starting out, you can't get too many tours of campus. It's always helpful to know all the different buildings because your classes will most likely be spread out.
- E) **Tip 4** Become involved on campus. A lot of college students will drop out because they don't feel connected to their surroundings and they begin to miss friends and family back home. You don't have to cut out your old friends and your *kin*, but getting involved at school will make your life easier socially and possibly academically. If you don't know where to begin, check out the student centre or find out if there is an activities board. There's always plenty to get involved in on a college campus. Maybe the student newspaper needs help, or the local Dungeons & Dragons group needs another player or maybe a theatre group needs someone to help with stage design. Connecting with campus is especially important for commuting students.

- F) **Tip 5** Don't take too many classes your first year. That might sound a little *flaky*, but it's for your own good. You're going to be away from home and in a busy environment. You're going to have a lot to do. Don't stress yourself out more than you need to by *weighing yourself down* with a ton of classes.
- G) **Tip 6** Keep in mind that classes during your first year or two of college might not be as exciting as you had hoped. The reason for that is because so many of the classes will be required classes. But hope lies in the future! Once you have taken the majority of those required classes, you can really get into your major and take classes in which you truly have an interest.
- H) **Tip 7** If you have to work your way through school, you're best getting a part-time job if *feasible*. Better yet, you should probably try to get a job on or near campus so you don't have to run back and forward to classes. Check with your school's human resources department or a student employment department.
- I) **Tip 8** If you are on a campus of any size, and many colleges are, expect to get a lot of exercise. You're probably going to be walking a lot. So make sure to have comfortable shoes, possibly even walking shoes. If you need a little more speed, get a *decent* bicycle. Most colleges will have plenty of bike *racks* all over the place, just remember to buy a strong bike chain and lock.
- J) **Tip 9** Avoid staying up all night to study. You might feel like you have to *cram* for a particular test or paper, but if you wear yourself out you're not going to be doing yourself any good. If you're tired, your mind isn't going to remember half what you need to remember anyway.
- K) **Tip 10** Have fun! That's right. Enjoy yourself. College can be an exciting place and time. When else are you going to be able to study interesting topics as much as you want while making new friends and hanging out with them all the time? Just don't party too hard. You don't want to be hungover (宿醉) before a test, and remember that if you are not 21 years of age, drinking is illegal and can get you a night in the hoosegow (监狱, 拘留所).

(777 words)

## Exercises

### 1 Reading comprehension

Read the following 10 statements. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Write down the corresponding letter before each statement.

- \_\_\_ 1. Sitting up late studying will not do you any good.
- \_\_\_ 2. It is advisable to get a part-time job on or near campus if you have to complete your studies.
- \_\_\_ 3. Too many classes will be stressful in the first year.
- \_\_\_ 4. You should find out some requirements in the dorm before move-in day.
- \_\_\_ 5. College can be an exciting place and you should enjoy yourself.
- \_\_\_ 6. Your initial two years of college might not be so interesting as you have to take many required courses.
- \_\_\_ 7. You should have comfortable shoes if you are likely to walk a lot at college.
- \_\_\_ 8. You are advised to get a meal card and it will give you a lot of convenience at or near the university.
- \_\_\_ 9. Taking part in different activities at school will make your life easier in social interaction and academic performance.
- \_\_\_ 10. The seemingly boring orientation is helpful for you to know your college.

### 2 Contextual reference

Choose the best answer from the four options marked A, B, C and D. Remember looking up unfamiliar words in a dictionary is time-consuming and should only be done as a last resort.

1. Going off to university doesn't have to be *scary* even if it's your first time away from home.  
*Scary* means \_\_\_\_\_.
  - A) exciting
  - B) frightening
  - C) frustrating
  - D) boring
2. As soon as you are of adult age, credit card companies will begin to *bombard* you with offers.  
To *bombard* means to \_\_\_\_\_.
  - A) give too much information
  - B) attack by dropping bombs

- C) annoy by asking questions  
D) bother by asking for money
3. Save yourself future *financial* troubles and just say “no”.  
*Financial* means \_\_\_\_\_.  
A) relating to health  
B) relating to pressure  
C) relating to study  
D) relating to money
4. ... a meal card can help you stay on *budget* ...  
The word *budget* means \_\_\_\_\_.  
A) the time available  
B) the money available  
C) slim figure  
D) good health
5. Go to your college’s *orientation*.  
*Orientation* means \_\_\_\_\_.  
A) the eastern part of the world  
B) aims or interests of an activity or organization  
C) training or information given before starting a new job or activity  
D) the position of an object in relation to another
6. You don’t have to cut out your old friends and your *kin* ...  
The word *kin* means \_\_\_\_\_.  
A) teachers  
B) relatives  
C) workmates  
D) classmates
7. Don’t take too many classes your first year. That might sound a little *flaky*, but it’s for your own good.  
*Flaky* means \_\_\_\_\_.  
A) strange or unusual  
B) interesting or funny  
C) boring or dull  
D) honest or frank
8. Don’t stress yourself out more than you need to by *weighing yourself down* with a ton of classes.  
To *weigh yourself down* means to \_\_\_\_\_.  
A) measure how heavy you are  
B) make yourself depressed

- C) reduce your weight  
D) make sth too heavy to move
9. If you have to work your way through school, you're best getting a part-time job if *feasible*.  
*Feasible* means \_\_\_\_.
- A) possible  
B) impossible  
C) friendly  
D) easy
10. If you need a little more speed, get a *decent* bicycle.  
*Decent* means \_\_\_\_.
- A) expensive enough  
B) cheap enough  
C) good enough  
D) beautiful enough
11. Most colleges will have plenty of bike *racks* all over the place.  
A *rack* means \_\_\_\_.
- A) a place where you can rent a bike  
B) a frame or shelf for holding things on  
C) a place where you can put your bike  
D) a place where you can repair your bike
12. You might feel like you have to *cram* for a particular test or paper ...  
To *cram* means to \_\_\_\_.
- A) learn a lot in a short time before an exam  
B) eat a lot of food in a short time  
C) fill an area with too many people  
D) force something into a small space



## Timed reading 3

阅读理解用时	分 秒 (___ WPM)
阅读理解答题正确率	

### The golden rule of packing for study abroad

Once upon a time, I thought I was a master packer. Two days before I had to get on that plane to Dublin, I thought differently. My bedroom looked like the *aftermath* of a tornado (龙卷风). The contents of my closet and drawers were in *assorted* piles on my bed and floor. In the middle of this mess were two empty duffel bags. I thought, “How is all this going to fit in there?” I knew it wasn’t. I’d have to find a way to part with some of what I thought were necessities. But how was I going to do that? I was going away for an entire year! I needed all this stuff ... or so I thought.

Packing is quite possibly the most *daunting* and difficult task you’ll encounter when preparing to study abroad. You’re going away for a semester or a year, but you can pack only two bags, each subject to airline weight limits of as little as 40 pounds or as many as 70 pounds, to take with you. You’re probably used to packing up an entire car or two with all your worldly possessions *in tow* on your way back to college at the end of every summer. But now you don’t have that *luxury*; you’re going abroad (unless, of course, that means you’re driving to Canada or Mexico). Every cubic inch of space you have in those two suitcases counts! So you must ask yourself, “Can I live without this?” regarding just about every single item you want to put into one of those two suitcases.

Before I get into the *nitty-gritty* of packing, I’ll introduce you to my golden rule of packing. I spent many hours packing, unpacking, and repacking before learning this rule. I wish I had known it while I tried to pack my duffel bags for Ireland. Although it isn’t a magic *formula*, I think that if you keep it in mind as you begin packing for your adventure, your experience will go a bit easier. Okay, here you go. Here’s my golden rule of packing: DON’T TAKE TOO MUCH STUFF. Sounds altogether too simple, right? Well, it is! However, the sad fact is: The majority of travelers (like me) break this rule, and all of them live to regret it.

Let me explain why this is such an important rule.

### Heavy, bulky luggage is hard to carry.

Never take more than you can carry, all by yourself, at one time. Pack what you plan to take, then carry it around the block two or three times and go up and down a flight of stairs. If you can't make it, you've overpacked.

### Too much stuff slows you down.

Airports turn into nightmares, and so will public *transit*, when you must walk through long *corridors* with more stuff than you can comfortably carry. When your aim is always to travel light, you can move more quickly (and run, if need be) to catch trains and buses, and you'll be more likely to have a free hand when you need it.

### Heavy bags can mean a heavy heart.

The lighter you travel, the more fun you'll have. You'll also be less tired and less likely to set your luggage down, leaving it unattended and at risk of being stolen.

So how do you manage this *feat*? How do you pack light for a months-long trip? It isn't impossible — I promise. Following these rules can help you keep your urge to overpack in check:

### Reduce your load.

Set out all the clothes you plan to take, and then put half of them back. Most people tend to take far more clothing than is necessary. Remember that you probably wear your favorite *outfits* over and over, and being abroad won't change that!

### Pack only what you need.

Don't bring things just because you *MAY* need them. If something unexpected comes up, chances are slim that you won't be able to borrow or buy what you need. You will not study abroad forever, so this is only a temporary separation from your belongings. Your stuff will be here when you get back! Before you know it, you will be reunited with that *spectacular* but impractical pair of blue sequined (缀有亮片的) pants.

No student has ever complained about packing too little, but plenty of them have cried over packing too much.

Finally, if a second golden rule for packing exists, it's this: **PACK IN ADVANCE.** Waiting until the last minute significantly increases your chances of forgetting something and of feeling stressed out and rushed. Packing a week before you're scheduled to *depart* is ideal.

(781 words)

## Exercises

### 1 Reading comprehension

Go over the passage quickly and answer the following questions. For questions 1-7, choose the best answer from the four choices marked A, B, C, and D. For questions 8-10, complete the sentences with the information given in the passage.

- What can be learnt from the first paragraph?
  - The writer's bedroom was stricken by a tornado.
  - The writer had to put all his belongings into two duffel bags.
  - The writer had to live without all the necessities.
  - The writer found it hard to pack before leaving for Dublin.
- According to Paragraph 2, which of the following statements is true?
  - The writer had never been abroad before he went to Dublin.
  - The writer lived on European continent and couldn't drive to his school.
  - The writer can take aboard two bags within weight limits.
  - The writer used to pack only two suitcases when he went back to college.
- How did the writer get the golden rule of packing?
  - He learnt it from other travellers.
  - He came up with it from his own experience.
  - He came across it in a book.
  - He learnt it in Ireland.
- Which of the following adjectives can be used to describe the writer's golden rule?
 

A) Impractical.	B) Simple.
C) Creative.	D) Out-of-date.
- According to the writer, how did you know you are overpacked?
  - Weigh your luggage.
  - Carry the luggage around the block several times.
  - Go up and down a flight of stairs with the luggage.
  - Both B and C.
- What does the writer mean by "chances are slim that you won't be able to borrow or buy what you need" (*underlined in Paragraph 10*)?
  - You are likely to be able to borrow or buy what you need.
  - You are unlikely to be able to borrow or buy what you need.
  - You are not permitted to borrow or buy what you need.
  - You have to take everything you need with you.
- Why does the writer take the pair of sequined pants as an example?
  - Because it is the writer's favorite.
  - Because the writer will never see it again.

- C) To tell the readers they don't have to take things they may need.  
D) To tell the readers they must take everything they may need.
8. No student has ever complained about \_\_\_\_\_, but a lot of them have regretted doing the opposite.
9. Besides "Don't take too much stuff", a second golden rule offered by the writer for packing is: \_\_\_\_\_.
10. It is ideal to pack a week before you are scheduled \_\_\_\_\_.

## 2 Contextual reference

There are two meanings after the word in italics. Choose the correct one using the given context and word-building skills. Remember looking up unfamiliar words in a dictionary is time-consuming and should be done as a last resort.

1. My bedroom looked like the *aftermath* (A. 后果 / B. 余震) of a tornado.
2. The contents of my closet and drawers were in *assorted* (A. 整齐的 / B. 混杂的) piles on my bed and floor. In the middle of this mess were two empty duffel bags.
3. Packing is quite possibly the most *daunting* (A. 萦绕的 / B. 让人气馁的) and difficult task you'll encounter when preparing to study abroad.
4. But now you don't have that *luxury* (A. 奢侈 / B. 优势); you're going abroad (unless, of course, that means you're driving to Canada or Mexico).
5. Before I get into the *nitty-gritty* (A. 实质性部分 / B. 繁文缛节) of packing, I'll introduce you to my golden rule of packing.
6. Although it isn't a magic *formula* (A. 规划 / B. 方法), I think that if you keep it in mind as you begin packing for your adventure, your experience will go a bit easier.
7. Airports turn into nightmares, and so will public *transit* (A. 交通系统 / B. 操作系统), when you must walk through long *corridors* (A. 通道 / B. 门廊) with more stuff than you can comfortably carry.
8. So how do you manage this *feat* (A. 盛宴 / B. 技艺)?
9. Remember that you probably wear your favorite *outfits* (A. 套装 / B. 装备) over and over, and being abroad won't change that!
10. Before you know it, you will be reunited with that *spectacular* (A. 重要的 / B. 引人注目的) but impractical pair of blue sequined pants.
11. Packing a week before you're scheduled to *depart* (A. 出发 / B. 入学) is ideal.