

UNIT

1

Fresh start

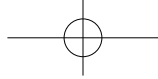
Passage A

Preview

1 Read the title of the passage. Then go through the following list of ideas. Check (✓) each one that could be part of this passage.

- 1 the harm of stress in college life
- 2 different kinds of stress in college life
- 3 different measures to help relieve stress in college life
- 4 the way to get along with roommates in college life
- 5 the proper attitude to stress in college life

2 Read the first sentence of each paragraph. Look at the above list of ideas again. Underline each one that is discussed in this passage.



Coping with the stress of college life

1. adjust *vt.* 调整

2. negative *adj.* 负面的

3. academic *adj.* 学业的

4. juggle *vt.* (尤指艰难地)
兼顾

5. get involved 参与

6. available *adj.* 可得到的

7. isolated *adj.* 孤独的

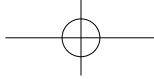
1 Stress is a normal part of everyday life. We usually feel stressed when we have to **adjust**¹ our plans or expectations or make changes in our lives. Typically, we think of stress as coming from **negative**² situations, but we can feel stressed when good things happen too, like starting college.

2 College life can be stressful because there are constant demands for adjustment and change. You may feel stressed by unexpected **academic**³ challenges that force you to adjust your academic plans, change your major, or even delay your graduation. Or, you may feel stressed by personal challenges as you take on more responsibilities like providing for yourself (and maybe your family). **Juggling**⁴ school, work and family responsibilities can feel pretty stressful, so keep in mind that it's easier to succeed in college when you plan ahead and manage time effectively.

3 There can be other kinds of stress too. Because our campus is so diverse, you may find yourself meeting very different people with different values and you may wonder about whether you belong when you **get involved**⁵ in new situations. Stay involved. It's a chance to broaden your understanding and your point of view.

4 Your college years are also a time of increasing independence. You may begin to make more and more decisions for yourself, like when you will study and how often you will take time out to be with friends. There may also be times when you may feel pressured to fit in. For example, if you drink alcohol, you may find yourself feeling pushed to drink more than you want to and have to decide how to stand up to the pressure.

5 When you feel stressed, reaching out for support can help you to cope with or resolve your problems. In the past that support might have come from supportive people, familiar places or special things that provided comfort. But now that you are in college, you may find that those supportive people, places and things that used to help may not be **available**⁶ in the same way. For example, you may be too far away or find that the same people that used to offer help and support don't understand your college experience. You may find that your family still expect you to contribute in the same way even though you don't have as much time, and that they just don't understand the demands of college. Either situation can leave you feeling **isolated**⁷ and alone.



6 If you are feeling isolated, you can lower your stress level by getting involved in campus activities. Joining groups and organizations can help you to meet like-minded people. When you are feeling stressed for other reasons, learn to relax! Relaxation techniques like deep breathing, **meditation**⁸, or yoga are effective ways to **relieve**⁹ stress. You might also try walking, running, biking, working out, or playing a sport. Exercise is a natural way to help you to feel better and help your body and mind return to a more relaxed state. In addition, make sure that you get enough sleep. When you are tired, chances are that your stress level will be higher.

7 Managing your time effectively can also help. If you are **overwhelmed**¹⁰ because you have a lot to do in a limited amount of time, start using a planner. **Scheduling**¹¹ and **prioritizing**¹² can turn what may seem like an **overwhelming**¹³ semester into a manageable one. **Block out**¹⁴ time **commitments**¹⁵ each week that you already know about, like your class time, homework time and scheduled work time. Then, see how many hours are free each week. Once you know how much time is available, you can say yes to extra things that you'd like to do, and keep yourself from getting **overextended**¹⁶. Also, remember to spend some time in doing something fun or even nothing at all. Having some time for yourself to relax or use as you like can make a difference in reducing stress.

8 Also, keep in mind that when your situation seems unusually challenging, your point of view has an influence on how much stress you feel. So if you tend to take a dark view, like seeing disaster before you see options for resolving the problem, remember that your situation may not be as bad as you think. Ask yourself, "What's the worst that could happen?" This could give you an opportunity to step back from your situation, get a new **perspective**¹⁷, and relax a little. Chances are you will find that the situation is not as bad as it first seemed.

9 Finally, keep in mind that one of the best ways to cope with stress is to talk over your problems with a good friend or **counselor**¹⁸. Talking about your concerns can relieve **tension**¹⁹ and provide an opportunity to develop **insight**²⁰ into your situation.

(796 words)

8. meditation *n.* 冥想

9. relieve *vt.* 减轻

10. overwhelm *vt.* 使应接不暇, 压垮

11. schedule *v.* 排定

12. prioritize *vt.* 优先考虑

13. overwhelming *adj.* 势不可挡的, 压倒的

14. block out 画出……的草图

15. commitment *n.* 投入

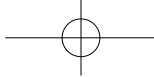
16. overextended *adj.* 操劳过度的

17. perspective *n.* 角度, 看法

18. counselor *n.* 辅导员

19. tension *n.* 焦虑, 紧张

20. insight *n.* 深入了解



Exercises

Reading skills

1 Reading for details

Understanding the structure of the text can help you quickly locate and focus on the details. Read the passage carefully to find the details. Choose the best answer to each of the following questions.

- 1 According to the passage, meeting different people with different values can lead to the following results except _____.
 - A stress
 - B conflict
 - C new understanding
 - D new views

- 2 Deep breathing is mentioned as an example of _____.
 - A how to keep healthy
 - B how to exercise
 - C how to relieve stress
 - D how to meditate

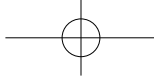
- 3 Effective management of time requires _____.
 - A blocking out regular time commitments
 - B planning in some time for fun
 - C doing exercise regularly
 - D planning ahead and arranging things in order of importance

- 4 "..., your point of view has an influence on how much stress you feel" (Para. 8) implies that a bright view can _____.
 - A make you feel less stressed
 - B make the situation better
 - C give you new insights
 - D bring you more opportunities

2 Understanding cause and effect

Giving reasons to support a topic idea is a common way in writing in English. Read Paragraphs 2-4 carefully. Find out the specific causes for stress in college life mentioned in the paragraph.

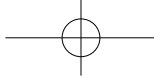
- 1 _____
- 2 _____
- 3 _____
- 4 _____



Reading and discussion

3 Discuss the following questions with your classmates.

- 1 The author think that “College life can be stressful because there are constant demands for adjustment and change.” Compare your high school life and college life. What adjustment and change do you need to make at college?
- 2 How do you cope with the stress of college life? Share your tips with your classmates.



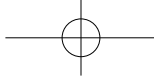
Passage B

Preview

Read the title and the subheadings of the passage in the table below. Then go through the following list of behavior for college students. Check (✓) each one that could be part of this passage.

Title of the passage	Subheadings of the passage
How to be a good college student	Be prepared for class
	Be punctual and prompt
	Be familiar with the syllabus
	Honesty really is the best policy
	Pay attention in class

- 1 listen to the teacher carefully in class
- 2 take notes in class
- 3 share ideas with classmates
- 4 do homework independently
- 5 go to class on time
- 6 speak out to teachers
- 7 get along well with teachers and classmates
- 8 preview the lesson
- 9 take part in extracurricular activities
- 10 read in the library



How to be a good college student

1 College is an exciting time for a student, and it involves lots of time, money, and dedication. What things can a student do to make sure his time, money, and hard work pay off? While there are no **guarantees**¹ for success, here are some things a student can do to prepare himself for college.

1. guarantee *n.* 保证

1 _____

2 If a professor is lecturing the class, it's not a good time to text a friend. Even if an instructor seems "boring" or "dry", chances are there's something in his lecture that a student can learn from. Paying attention and participating in class involve some of the following things:

- Turning off all electronic **devices**² including cell phones and iPods.
- Taking notes.
- Asking questions.
- Answering questions the instructor asks.
- Showing interest in general (or at least staying awake – the instructor will appreciate it).

2. device *n.* 设备

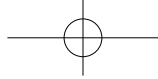
3 Chatting with a fellow student, searching the Internet, or studying for another class are poor ways of behaving in class. The instructor wants students to be there and participate, even if it means quietly sitting and simply taking notes. Students who want to hold a conversation or play a game shouldn't even bother attending class. Not only does it mean the students are not getting anything out of class, but it's also **distracting**³ for the instructor and other students.

3. distracting *adj.* 令人分心的

2 _____

4 Being late for class or leaving early is considered rude, but things happen sometimes. If a student doesn't make a habit of it, most instructors will be understanding. If a student knows he needs to leave early, he should let his professor know before class.

5 Students should also make an effort to be at every class; that is, a student should attend every class if possible. Some professors don't count absences against the student, but that doesn't mean a student can afford to miss class. Know the instructor's absence policy. Some instructors wish to be notified if a student is going to miss class and why, while others don't care. If a student knows in advance that he is going to miss class, he should let his instructor know. He may be able to turn in work early or get assignments in advance.



In this way, he is showing respect for his instructor, and the instructor will appreciate it.

3 _____

4. *strive vi.* 力求, 力争

6 Students should **strive**⁴ to be honest with instructors, whether it's telling them the real reason for missing class or with one's homework. Some students **panic**⁵ and feel that the only way to excel in college is to **engage**⁶ in plagiarism or cheating. While instructors appreciate well-written term papers, they want to know that a student is learning what he needs to. Instructors would rather read a poorly-written attempt (if a student put forth his best effort) than a well-done plagiarized paper. Instructors really do want to know what students have to say or what they have learned from the class; plagiarism won't communicate that. Instead, when a student is caught cheating, instructors will never again trust the student and will likely fail the student (if not for the entire class, certainly for the plagiarized essay). It's not worth it.

5. *panic vi.* 恐慌

6. *engage vi.* 参与

4 _____

7. *assign vt.* 分配, 分派
(任务)

7 Being prepared means more than just studying for a test. Here are some ways students can be prepared for class:

- Reading **assigned**⁷ materials.
- Doing homework.
- Being ready with questions.
- Participating in class discussions.

8 Being prepared for class not only shows respect for the instructor, it also helps the student continue to learn more about the subject. If a student hasn't read the assigned materials, for example, it's likely that he won't get much out of the class discussions because he won't know what everyone is talking about.

5 _____

8. *syllabi n.* (syllabus 的复数)
教学大纲

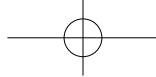
9 **Syllabi**⁸ often seem the same from one professor to another, but instructors really do spend a lot of time preparing these documents. A student should know what's in the syllabus, because usually it contains a lot of information a student needs to know. A syllabus usually lets the students know the **individual**⁹ professor's policies (for example, *are late papers accepted?*) and expectations of students, goals for the class, and some syllabi list reading and writing assignments. Some professors also include a **course calendar**¹⁰ with the syllabus, and this information is most important.

9. *individual adj.* 个人的

10. *course calendar* 课程日历

10 College is usually fun, and new students are getting used to a new environment, new friends, new ways of learning, and **newfound**¹¹ freedom. But sometimes high school doesn't prepare students for how to be a good college student. Following these tips will pay off in the long run. After all, there are usually two goals college students have. One is to get good grades,

11. *newfound adj.* 新得到的



and while these tips can't guarantee that a student will get straight A's, they can help a student have the right **approach**¹² to excelling. The second goal is to learn the material they are taught, because students will usually need the information either in another class or in their chosen **career**¹³.

12. approach *n.* 方法

13. career *n.* 职业, 事业

- 11 By following these ideas, a student will maximize his efforts both in and out of class, and he will likely get more out of college by being an active, rather than passive, student.

(853 words)

Exercises

Reading skills

1 Understanding subheadings

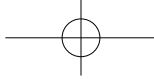
A subheading is the heading of a subdivision of a text. It allows readers to understand what a particular section of the text is about. Fill in the blanks in the passage with the following subheadings.

- a Be prepared for class
- b Be punctual and prompt
- c Be familiar with the syllabus
- d Honesty really is the best policy
- e Pay attention in class

2 Learning vocabulary in context

Using the contextual clues in the text is a good way to understand unfamiliar words and phrases. Choose the best meaning for the underlined word in each of the following sentences.

- 1 College is an exciting time for a student, and it involves lots of time, money, and dedication. (Para. 1)
 - A energy
 - B endurance
 - C devotion
 - D emotion
- 2 Some instructors wish to be notified if a student is going to miss class and why, while others don't care. (Para. 5)
 - A noticed
 - B respected
 - C understood
 - D told
- 3 He may be able to turn in work early or get assignments in advance. (Para. 5)
 - A announcements

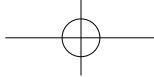


- B compliments
 - C preparations
 - D tasks
- 4 Some students panic and feel that the only way to excel in college is to engage in plagiarism or cheating. (Para. 6)
- A breaking the rules
 - B copying
 - C missing class
 - D tricking
- 5 By following these ideas, a student will maximize his efforts both in and out of class, and he will likely get more out of college by being an active, rather than passive, student. (Para. 11)
- A make the most of
 - B take the best care of
 - C take advantage of
 - D get rid of

Reading and discussion

3 Discuss the following questions with your classmates.

- 1 Besides the good qualities mentioned in the passage, what may be other necessary qualities for college students? Make a list of them and share your ideas with your classmates.
- 2 According to the passage, what are the two goals college students usually have? What are your goals at college?
- 3 Oscar Wilde said, “Education is an admirable thing, but it is well to remember from time to time that nothing that is worth knowing can be taught.” Do you agree? Why or why not?



Passage C

Preview

Read the first and last paragraphs of the passage. Tell what the passage is mainly about and the author's opinion about what he is talking about.

Some common problems students face during college

1 While time spent at college is a fond memory and a happy experience for most, college life is not without its rough **patches**¹ and problems. While each person's problems are **unique**² to their current **circumstances**³, I know that there are a few problems that almost all college students deal with at least once during their time at school. If you are on your way into college you might want to get a jump on how to deal with some common problems students face during college.

1. patch *n.* 一段(艰难)时期
2. unique *adj.* 独特的, 独有的
3. circumstance *n.* 情况, 情形

Study

2 College is challenging. For many it requires a much larger effort than high school did, and unlike most high schools, college packs about two years of classes into one. Many students take a full 15-**credit**⁴ semester, while others try to **cram**⁵ in 18 or even 21 credits. At times it seems impossible for students to stay **on top of**⁶ it all.

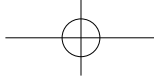
4. credit *n.* 学分
5. cram *vi.* 填满, 塞满
6. on top of ... 完全控制……

3 College students need to realize their limits. If they can't handle 18-credit semesters, it will be worth it in the long run to slow down a little and only take 15. While the purpose of college is to study and to further the education of an individual, that doesn't mean students should study all of the time. It is important to schedule time for fun outside of study, and to take study breaks to keep the mind fresh and clear.

Money

4 **Tuition**⁷ costs are rising at alarmingly high rates. The costs are coupled with eating out, shopping trips, gas for the car, and the price of textbooks, and

7. tuition *n.* 学费



8. nightmare *n.* 噩梦

9. debt-free *adj.* 无债务的

then you have a college student's worst **nightmare**⁸. College students drop out of school each year because they cannot afford it. Others are forced to juggle full schedules with part-time jobs to make ends meet. It is becoming increasingly harder for students to graduate **debt-free**⁹.

- 5 Student loans are relatively easy to get. Unfortunately, students are typically not well educated on how these loans work, how repayment of these loans works, and just how many years they may spend repaying these loans. Students can consider an on-campus job initially. This will allow them to stay on campus, cutting out potential transportation expenses and keeping them in a more academically focused environment all of the time. In addition, students can make less shopping trips, eat out less, carpool, and share or buy used books to try to save some money.

Job

10. chore *n.* 令人厌烦的事

11. susceptible *adj.* 易患病的

- 6 To combat the high price of college tuition, many students must get a job. Juggling a job, 15 to 18 credits, and sometimes a club or sports team is quite a **chore**¹⁰. Many students try to cram all of these activities into one day, and time spent sleeping suffers. Without proper rest, the student can then become **susceptible**¹¹ to different kinds of health problems.

- 7 Students must decide what is important. They must prioritize and then schedule events, games, meetings, and studies accordingly. Also, college students must be well aware of their options when getting a job. Many times the university will offer jobs to students that are flexible and fit into their schedule.

Homesickness

12. presumably *adv.* 大概, 也许

- 8 Whether they admit it or not, most students will at one point get homesick. This is especially common for students who go to a school that is more than three hours from their home. Homesickness also affects freshmen as it is **presumably**¹² their first year away from home, and most freshmen are not allowed to have a car during their first year at university.

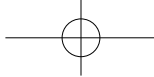
- 9 If the student lives within 3-4 hours from home (considered a comfortable day's drive) he can plan to visit home perhaps once every month or two. Care packages, emails, and phone calls to and from friends and family members can also greatly assist in reducing feelings of homesickness.

Friends / Roommates

13. get on sb.'s nerves 惹得某人心烦

14. quarters *n.* 宿舍

- 10 Friends and roommates are usually good for a good time. However, they can **get on each other's nerves**¹³ at times because these students are living together in close **quarters**¹⁴ and seeing each other each day. This is not necessarily a good thing.



11 Students must remember to take some time out for themselves. If possible, students should get away from campus for a little while and go to a coffee shop or a mall and just take some time to gather their thoughts and be themselves. If conflicts do arise, it is best to get others, such as an RA (resident assistant) or other friends, involved so that the spirit of **community**¹⁵, unity, and peace at the college can continue to be upheld.

15. community *n.* 群体, 团体

Choosing a major

12 Many students **exert**¹⁶ a lot of stress on choosing a major. Most of them think that their major will **dictate**¹⁷ their future career and how much money they will make at their future jobs.

16. exert *vt.* 施加

17. dictate *vt.* 决定

13 College majors have some importance, but they do not **chisel**¹⁸ future careers or wages in stone. Students should choose something that they like to do. If students are unsure about what major to choose, they should choose something broad and **versatile**¹⁹, such as a degree in communications. Many students who have gotten their bachelor's degree in one field have progressed to get a master's degree in a different one. Worrying about what field to major in is simply not worth it. Worrying about gaining knowledge and life skills during a college education is.

18. chisel *vt.* 凿, 雕, 刻

19. versatile *adj.* 多用途的

14 These are just six of the many problems that college students face. In the end, is college worth facing these problems and struggles? Ask college students, and probably 8 out of 10 will say it sure is. While students get stressed to the max, the good times **outweigh**²⁰ the problem times and the college experience becomes one which shapes the minds and futures of many young people worldwide.

20. outweigh *vt.* 超过

(943 words)

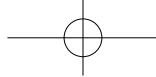
Exercises

Reading skills

1 Reading for details

Read the passage carefully to find the details. Decide whether the following statements are true (T) or false (F).

- _____ 1 College time is a happy memory for most students.
- _____ 2 College requires a much bigger effort than high school so that college students should take at least 15 credits for one semester.
- _____ 3 College education is so costly that some students are forced to drop out and others are forced to take up jobs to support it.



- _____ 4 Friends and parents can do little to help freshmen overcome homesickness.
- _____ 5 When conflicts arise between roommates, students should get out or go to a coffee shop for a rest.
- _____ 6 Many students have difficulty in choosing a major because they believe their major will shape their future.

Translation

2 Translate the following sentences into Chinese. The sentences are underlined in the passage.

- 1 If you are on your way into college you might want to get a jump on how to deal with some common problems students face during college. (Para. 1)

- 2 While the purpose of college is to study and to further the education of an individual, that doesn't mean students should study all of the time. (Para. 3)

- 3 Many times the university will offer jobs to students that are flexible and fit into their schedule. (Para. 7)

- 4 College majors have some importance, but they do not chisel future careers or wages in stone. (Para. 13)

- 5 While students get stressed to the max, the good times outweigh the problem times and the college experience becomes one which shapes the minds and futures of many young people worldwide. (Para. 14)
