

Contents

长篇阅读技能指南

XIII

1

Starting out

| | | |
|-----------|--|---|
| PASSAGE 1 | Asian-American students' culture shock | 1 |
| PASSAGE 2 | College housing | 4 |
| PASSAGE 3 | Living with a roommate | 6 |
| PASSAGE 4 | Secrets of straight-A students | 9 |

2

Food, glorious food!

| | | |
|-----------|--------------------------------|----|
| PASSAGE 1 | Five super foods for men | 13 |
| PASSAGE 2 | Thanksgiving, an American meal | 16 |
| PASSAGE 3 | Stop wasting food! | 19 |
| PASSAGE 4 | Healthy food tips for freshmen | 22 |

3

Learning to think

| | | |
|-----------|-------------------------------------|----|
| PASSAGE 1 | Can colleges teach thinking? | 25 |
| PASSAGE 2 | The power of your thought processes | 28 |
| PASSAGE 3 | Study skill – getting started | 31 |
| PASSAGE 4 | The how-not-to study guide | 33 |

4

Family affairs

| | | |
|-----------|--|----|
| PASSAGE 1 | Families need to man up | 37 |
| PASSAGE 2 | Homeschooling | 40 |
| PASSAGE 3 | I will never be my mother | 43 |
| PASSAGE 4 | Strengthening friendships with parents and in-laws | 46 |

5

News 24/7

| | | |
|-----------|---|----|
| PASSAGE 1 | Influence of the media on young people | 49 |
| PASSAGE 2 | Social media is changing our daily lives | 52 |
| PASSAGE 3 | Why do people still read newspapers? | 55 |
| PASSAGE 4 | Tips for talking with kids about the news | 58 |

6

Arrivals and departures

| | | |
|-----------|---------------------------------------|----|
| PASSAGE 1 | Overseas adventure travel guide | 61 |
| PASSAGE 2 | Your travel choice makes a difference | 64 |
| PASSAGE 3 | Things to do in Arizona with kids | 67 |
| PASSAGE 4 | Defining the experience of travel | 69 |

7

All you need is love

| | | |
|-----------|--|----|
| PASSAGE 1 | On marriage: a love letter to my husband | 73 |
| PASSAGE 2 | Is Internet dating destroying love? | 76 |
| PASSAGE 3 | Changes of marriage | 79 |
| PASSAGE 4 | What does love require of us? | 82 |

8

Body and mind

| | | |
|-----------|-------------------------------|----|
| PASSAGE 1 | An inspiration for pessimists | 85 |
| PASSAGE 2 | Stress-breaking techniques | 88 |
| PASSAGE 3 | Diet or exercise | 91 |
| PASSAGE 4 | Give your brain a boost | 94 |

Answer key