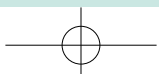




UNIT **1**

Spreading your wings





Warm-up

Directions: You will listen to someone talking about what it is like to start university and be a fresher. After listening, complete the exercises in “What did you hear?” and “How would you respond?”

1 What did you hear?

Decide whether the following statements are true (T) or false (F) according to what you have heard.

- 1) (T/F) Becoming a new college student can be frightening.
- 2) (T/F) It is exciting to be far from home.
- 3) (T/F) You hope your friends are having a lot of fun.
- 4) (T/F) University provides opportunities to meet interesting students.
- 5) (T/F) You should try to find roast beef and Yorkshire pudding at university.
- 6) (T/F) You may miss your mum’s cooking but you should try new food.

2 How would you respond?

Please give your personal opinion by answering the following questions.

- 1) How do you feel about becoming a college student?

frightened

excited

- 2) What makes you feel excited at college?

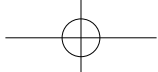
famous professors

new friends

- 3) What makes you feel worried about your new life at college?

being homesick

living alone



Audio script



Starting university and being a fresher can be frightening and lonely, especially if your university is far from home. You may miss your friends and fear they are having fun without you now. Don't worry. With available technology, you will realise that you are never really out of touch with them. When you meet up together with them again, it will be like you had never left. University is an opportunity to meet new people, so joining clubs and attending socials can expose you to many interesting students. These students may become part of new and lifelong friendships. Freshers also often find themselves homesick for food, such as Mum's roast beef and Yorkshire pudding. Though you can probably find similar food as back home, why not try something new? Take this time at university to explore new friendships and new tastes. University is about exploring your mind and your world.

1

KEY

1) T 2) F 3) F 4) T 5) F 6) T

2

KEY FOR REFERENCE

- 1) • I feel very excited about starting university and becoming a university student.
• I have mixed feelings about going to college. Of course, I'm excited about going to college. On the other hand, I feel a little bit scared because the new environment is so different.
- 2) I'm excited because my dream has come true. This is my dream university; I worked very hard to make this happen. I'm looking forward to learning from famous professors and making new friends here.
- 3) I feel worried about college because I have always lived at home with my family. Now I'm away from my family and I'm very homesick. There are many things I have to learn, and I have to take care of myself. It's not easy because this is my first time leaving home and living alone.



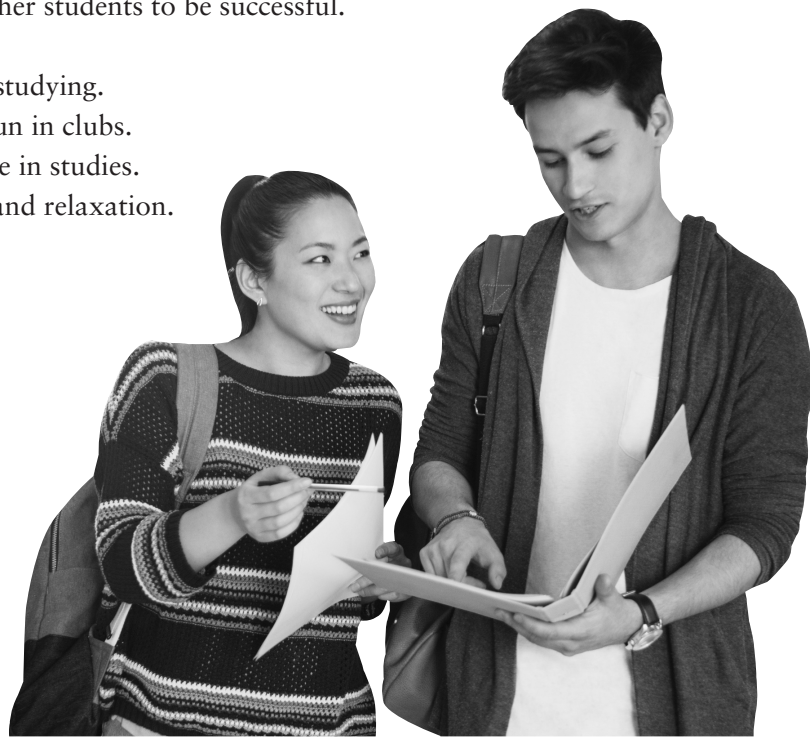
Listening

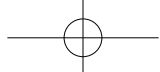
Understanding a conversation

Directions: Listen to a conversation and choose the best answer from the four choices provided for each question.

The following questions are based on what you have just heard.

- 1 A) What the purposes of support services are.
B) What issues new college students will face.
C) What the purposes of the freshman introduction are.
D) What new college students should know before they arrive.
- 2 A) She finds the information a little confusing.
B) She finds the information a little frightening.
C) She considers it as a chance to make new friends.
D) She considers it as an exciting meeting for students.
- 3 A) He will join a club outside his major.
B) He will take as many courses as he can.
C) He will use the campus support services.
D) He will help other students to be successful.
- 4 A) Focus only on studying.
B) Have a lot of fun in clubs.
C) Enjoy their time in studies.
D) Balance study and relaxation.





Audio script



W: It's exciting to start our first year in college next week!

M: Yes, but it's also a little frightening to be away from home and family.

W: I think so too, but it's also a good opportunity to meet new people.

M: That's true, just like we are right now.

W: So how do you like this freshman introduction so far?

M: I like it. I'm getting a lot of useful information.

W: Me too! It's a little confusing though.

M: I agree. I'm not sure if I'll remember everything they've told us.

W: How many courses are you taking for your first semester?

M: My advisor recommended taking only three courses, so I can get used to college without too much stress.

W: Yes, my advisor said that college work is challenging.

M: I know. I'm concerned that I'm not prepared enough.

W: The campus has many support services to help students be successful.

M: I definitely plan to take advantage of them if I need help.

W: Do you think you'll join a club on campus?

M: Maybe. I'll probably find a club in my major so I can meet people with similar interests.

W: That's a good idea because club members can help you with your studies.

M: That's a good point. It'll be a great way to balance studying and having fun.

W: Yes, we need to balance our school life with some relaxation.

M: For sure. I'm ready to study and enjoy my time in college!

KEY

- 1 What is the conversation mainly about? **B**
- 2 What does the woman think about the freshman introduction? **A**
- 3 What will the man do? **C**
- 4 At the end of the conversation, what do the two speakers plan to do? **D**



Understanding a passage

Directions: Listen to a passage and choose the best answer from the four choices provided for each question.

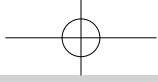
The following questions are based on what you have just heard.

- 1 A) Canada is more secure.
B) Canada is more modern.
C) Canadian people are friendlier.
D) Canadian places are more beautiful.

- 2 A) Canada is much colder in winter than the UK.
B) The UK is much colder in winter than Canada.
C) Products sold in Canada will have a sales tax added to the price.
D) Products sold in the UK are often more expensive than in Canada.

- 3 A) Sales taxes are lower.
B) The price of wine is lower.
C) The cost of beer is higher.
D) The cost of petrol is higher.

- 4 A) They don't bite people.
B) They come out in winter.
C) They are in small numbers.
D) They can survive cold winters.



Audio script



Many Americans and people from the UK are thinking about moving to Canada. These people are unhappy about the situation in their countries, so they want to move to a country that gives people a secure life.

They choose Canada because it's like their own country. The language is the same and the culture is very similar too. People in Canada are also very friendly, and there are many beautiful places in the country.

For Americans, living in Canada wouldn't be very difficult or different because the countries are almost the same. However, people from the UK may find some surprising differences.

People from the UK may not feel a lot of differences in the cold winter, but they may find a lot of differences in daily expenses. For example, the British will find that things are more expensive to buy than they first think. In Canada, the price of the item isn't the final price. Just like in the US, a sales tax will be added. In the UK, the price you see on the item is the final price.

Also, beer and wine cost more in Canada as well; however, the good news is that petrol is cheaper.

The British may also not realise that Canada has a lot of insects. They may think it's a cold country where insects cannot live. They are wrong. Canada has many strong insects that will live through the cold winter months and will come out and bite people when the weather's warm.

Americans and people from the UK may not really be serious about moving to Canada. But if they do, they should know what differences there are.

KEY

- 1 What is the major reason for American and British people to move to Canada? **A**
- 2 What is the main difference in daily life between the UK and Canada? **C**
- 3 Which is true about the cost of living in Canada? **C**
- 4 What do we learn about insects in Canada? **D**



Speaking

Practicing conversational skills

Useful expressions: Greetings and introductions

Greetings and introductions

Good morning/afternoon/evening!

Hello. / Hi. / Hey. How are you? / How are you doing?

Nice/Glad/Pleased/Good to meet you.

How's everything? / How's it going? / How are things going?

Hi, I'm Sarah. I'm from London.

Responses

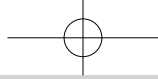
Good morning/afternoon/evening!

Hello. I'm good/fine. / Good. / Great. / Couldn't be better.

Nice to meet you, too. / Me, too. / Same here.

Everything is good/fine. / Pretty good. / Not bad. / Things are great/all right.

Hi, Sarah. I'm Nick. I come from Hawaii. It's nice to meet you.



Notes for teachers



1. “How’s everything?” “How’s it going?” and “How are things going?” are all similar to “How are you?” In the US, many people say “How are you doing?” instead of “How are you?” to greet people. Another very common greeting especially with young adults in the US is “Hey, what’s up?”
2. When Americans say, “How is everything going?” (or any of the other possible greetings), most times they really don’t want to know details about the person’s current activities when they greet each other in passing. In this case, “How is everything going?” is like saying, “Hi” and there should simply be a reply such as “Great! How are you?” Additionally, Americans often say automatically that they are “good” or “great” because they know that this isn’t the time to discuss problems; it’s just a “hello” greeting, not an actual conversation. Of course, with close friends, this is not the case.



Model dialogues

Dialogue 1

- A: Good morning. I'm Angela.
B: Good morning. I'm Susan.
A: Nice to meet you, Susan.
B: Nice to meet you, too. Where are you from?
A: Rome. How about you?
B: I'm from Paris. Have you been to Paris?
A: No, not yet. But I'd like to go there.
B: You really should. It's a very lovely city.

Dialogue 2

- A: Hey, Larry. How are you?
B: Pretty good. Yourself?
A: Couldn't be better.
B: Great! Nice to hear that.
A: Are you from New York?
B: Yes. It's my hometown. Where are you from?
A: The West Coast, where there is a lot of sunshine.
B: Guess you're from Los Angeles.
A: You got it.

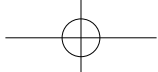
Now, it's your turn!

Situational dialogue 1

“ Work in pairs. You are roommates and just met today. Greet your partner and introduce your hometown. ”

Situational dialogue 2

“ Work in pairs. You are high school friends and you are talking on the phone about your majors. ”



Now, it's your turn!

KEY FOR REFERENCE



Situational dialogue 1

- A: Hello. My name is Mark.
B: Hi Mark. I'm Keith. Nice to meet you.
A: Nice to meet you, too. Where do you come from?
B: I'm from here. How about you?
A: I'm from Auburn. It's a city close to Seattle.
B: It should be a lovely city. Hope I'll have a chance to visit it.
A: You definitely need to go. The weather is nice and pleasant.
B: How about the people there?
A: Believe me. They are so friendly and helpful.
B: Cool!

Situational dialogue 2

- A: Hey, Shannon!
B: Hi George! Haven't talked to you for a long time!
A: I know. It's so nice to hear your voice. How're things going?
B: Things are going pretty well. I've decided to major in chemistry.
A: I thought you wanted to major in finance.
B: I did. But now I've fallen in love with chemistry. How about you?
A: I'm still thinking. Perhaps I'll choose psychology.
B: Psychology sounds great. I know you're interested in people.



Notes for teachers



Ask students to work in pairs and role-play the dialogue. Then you may ask a few pairs to perform their dialogues to the class.



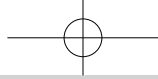
Listening and speaking: Conversation

Task 1 Listen to a conversation. Fill in the blanks with the information you have heard.

- 1) Michael was travelling to an island, spending most of the days _____.
- 2) Michael was surprised at how green and rich the area was and he was amazed at the _____ of the water.
- 3) One day, Michael walked and crawled through small caves. At the end of the day, he was completely _____, but he thought it was _____ it.

the Virgin Islands:
英属维尔京群岛





Audio script



W: Michael! It's been ages since I saw you last time. Where've you been?

M: I just returned from holiday.

W: Where did you go?

M: I spent a month in the Virgin Islands.

W: That sounds great! Did you have a nice time?

M: Yes, it was quite lovely.

W: The weather must've been wonderful.

M: It was. We stayed at a seaside hotel, so we spent most of the days relaxing near the water.

W: I've never been there. Is it beautiful?

M: I was shocked at how green and rich the area was, and the water was just amazing. I've never seen such a beautiful blue colour in my life!

W: What else did you do while you were there?

M: Well, it's not very exciting if you prefer going to pubs or dancing, but we had some amazing trips to different places. There's a place called "The Baths", which was just brilliant!

W: What's that?

M: There are these enormous rocks at the water's edge that create these small caves to walk or crawl through.

W: Sounds quite challenging.

M: It was. I was completely tired out at the end of the day, but it was worth it. It's the most beautiful place I've ever been!

W: The food any good there?

M: There's a lot of seafood, but I'm not too keen on fish, so it was just OK for me.

W: I really envy you. I wish I could go there.

M: I highly recommend it if you can.

Task 1

KEY FOR REFERENCE

- 1) relaxing near the water
- 2) beautiful blue colour
- 3) tired out; worth

the Virgin Islands: a British overseas territory located in the Caribbean to the east of Puerto Rico, comprising approximately 60 islands and cays 英属维尔京群岛



Task 2 Listen to the conversation again. Decide whether the following statements are true (T) or false (F).

- 1) (T/F) Michael just came back from a historic place.
- 2) (T/F) He just returned, fully relaxed, from taking a vacation at a seaside place.
- 3) (T/F) He was very excited about going to pubs or dancing there.
- 4) (T/F) He enjoyed walking and crawling through the caves created by huge rocks.
- 5) (T/F) He enjoyed the local seafood there.

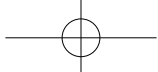
Speak out!

Work in a small group and discuss the following questions.



1. Do you like travelling? Why do you like travelling? Please explain.
2. Where do you prefer to go, big cities like Beijing or New York, or quiet places like what Michael chose?
3. When was the last time you travelled? Where did you go? How did you like it?





Task 2

KEY

- 1) F 2) T 3) F 4) T 5) F

Speak out!

KEY FOR REFERENCE



1. I like travelling because there are many benefits of travelling. It can make us relaxed. We may disconnect ourselves from our regular life or work, and we will feel refreshed and happy to be back in our day-to-day routine when we return. Travelling can also build up our knowledge about new customs, new cultures, and different ways of living. Besides, if we travel with friends or family, it will create memories for a lifetime.
2.
 - I prefer big cities. I find big cities amazing because there is a lot of history about big cities, and they offer many places you can visit and many activities you can do.
 - I prefer quiet places like the Virgin Islands. If I have a chance, I will go to a quiet island or a beach or a mountain where there are not many people. I enjoy quietness and hope to relax myself without doing much.
3. I just took a trip to Yunnan this past summer. Both Kunming and Dali are very beautiful. The temperatures in summer are comfortable; the food is delicious; the scenery is fantastic; the customs of the local people are so amazing. I had a wonderful time there.

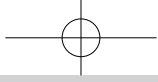




Listening and speaking: Passage

Task 1 Listen to a passage. Fill in the blanks with the information about what the Freshman 15 is and what causes it.

- 1) The passage discusses the Freshman 15. It represents the amount of _____ that a freshman gains during his/her first year of college.
- 2) If the Freshman 15 is true, this means that freshmen gain 15 pounds on average due to changes in their _____ and _____.
- 3) Thrown into a demanding environment, students may have difficulty _____ the stress, and then they may turn to _____ even when they are not hungry. When people eat to reduce stress, it is called _____.
- 4) When they have busy schedules, students often eat _____ and eat unhealthy food with a lot of fat and _____.
- 5) There is also a change in students' lifestyle. They may become less active. For example, they may get stuck in their rooms or the library studying instead of _____ in sports or other activities.



Audio script



College freshmen in the US learn about the Freshman 15. What is this event and is it real? The Freshman 15 represents the amount of weight that a freshman gains during the first year of college. If true, this means that freshmen add 15 pounds of weight on average due to changes in their environment and lifestyle.

Generally, these changes result in what's called emotional eating, when people eat to reduce stress. College students are thrown into a demanding environment. Because they have difficulty managing the stress, students turn to eating even when they are not hungry. With their busy schedules, students also often eat irregularly and eat unhealthy food with a lot of fat and sugar.

Student lifestyle also becomes less active as well. Instead of participating in sports or other activities, freshmen are stuck in their rooms or the library studying.

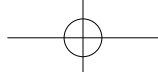
However, avoiding the Freshman 15 is possible if students include regular exercising into their schedule. In fact, many campuses offer sports classes like basketball that students can take and receive credit for. Students must also make better choices when it comes to eating. It is always easier to select unhealthy food like pizza and fried chicken, but salads or sandwiches are healthier choices.

The good news is that the Freshman 15 is inaccurate. It's true that freshmen tend to gain weight, but the amount of weight gain is much less, around three to five pounds. In any case, exercising and eating healthier food are good habits for college and beyond.

Task 1

KEY FOR REFERENCE

- 1) weight
- 2) environment; lifestyle
- 3) managing; eating; emotional eating
- 4) irregularly; sugar
- 5) participating



Task 2 Listen to the passage again. Decide whether the following statements are true (T) or false (F).

- 1) (T/F) Students may be able to avoid the Freshman 15 if they include regular exercising into their schedule.
- 2) (T/F) Many universities have sports classes for students to take and receive credit for.
- 3) (T/F) Students should make better choices when it comes to eating. They should not eat pizzas or sandwiches.
- 4) (T/F) The good news is that the Freshman 15 is not true at all. No freshman gains any weight.

Speak out!

Work in a small group and discuss the following questions.



1. Do you think you will gain some weight or lose some weight during the first year? Why?

Reasons for gaining weight:

- have a lot of junk food and drink: pizza, fried chicken, Coke
- sit in front of the computer all day, not having enough exercises

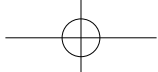
Reasons for losing weight:

- dislike the food at the school cafeteria
- have too much pressure from course work

2. In the passage, the speaker suggests exercising and eating healthier food to reduce stress. What do you usually do when you have stress?

- talk to family and friends
- listen to music
- go jogging





Task 2

KEY

- 1) T 2) T 3) F 4) F

Speak out!

KEY FOR REFERENCE



1.
 - I think I will gain some weight because I can go to eat fast food such as pizza and fried chicken as often as I like and drink Coke and Sprite as much as I wish. Another reason is I will be busy with classes and assignments and will sit in front of the computer all day long. And I may not be able to have enough exercise.
 - I will certainly lose some weight. Honestly, I don't like the food at the school cafeteria. I don't eat much these days. Besides, I have a lot of pressure from my course work, which is quite challenging. When I'm under pressure, I lose my appetite.
2. When I have stress, I like to talk to my family or friends. They understand me and know what kind of person I am. I feel comfortable and relaxed when I talk with them. They always encourage me to face challenges in life and study. Besides, I listen to music to relax myself. Music can take away my anxiety. Doing sports is also my favorite way to deal with stress. When I feel stressed, I may go jogging for an hour or so. After that, I feel much better and ready to deal with difficulties.

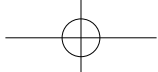




UNIT REPORT

To many freshman students, starting college means facing a great number of big and small changes. What changes are you experiencing now? Make a list. Then work in a group and compare your list with your partners'.

- living in a very different environment
- having to do my own laundry
-
-
-
-
-



KEY FOR REFERENCE

- living in a very different environment
- having to do my own laundry
- having to clean my own room
- having to take care of my own meals
- remembering to set my alarm clock
- making ends meet
- having to make decisions on my own



Homework

Section A: Understanding news reports

News report 1

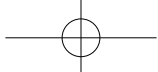
Directions: Now you will hear a news report. At the end of the report, you will hear some questions. After you hear a question, choose the best answer from the four choices.

The following questions are based on what you have just heard.

- 1
 - A) Long-time exposure to ear pressure.
 - B) Long-time exposure to loud sounds.
 - C) Listening to music without wearing fashionable earphones.
 - D) Listening to music without wearing specially-made earplugs.

- 2
 - A) Wear your earphones wherever you go.
 - B) Follow the fashion of wearing earplugs.
 - C) Wear earplugs in case of high-volume sounds.
 - D) Buy expensive earplugs to protect your hearing.





Audio script



It's not surprising that loud sounds can damage our hearing. But we still go to concerts and listen to our music at high volumes, without realising that we're causing long-lasting damage. In fact, it can take as little as 66 seconds at a concert or 8 minutes with earphones on to harm our ears. This dangerous exposure can cause ringing in the ears that doesn't go away due to serious nerve damage. Unfortunately, nothing can return hearing, so we must avoid permanent damage through prevention. Stay back far from speakers at a performance or wear earplugs. Earplugs are placed in your ears and protect them. It may not be fashionable to wear them, but neither is hearing loss. Earplugs are cheap or often free at concerts. There are also specially-made earplugs that cost a few hundred pounds if you prefer. Turn down the volume of your music to protect your precious gift of hearing. Once lost, you'll never get it back.

KEY

- 1 What can cause hearing loss? **B**
- 2 What is the advice from the news report? **C**

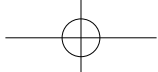


News report 2

Directions: Now you will hear a news report. At the end of the report, you will hear some questions. After you hear a question, choose the best answer from the four choices.

The following questions are based on what you have just heard.

- 1 A) Study programmes.
B) Outdoor programmes.
C) Socialising programmes.
D) Typical sports programmes.
- 2 A) To let students have fun.
B) To teach students to do those sports well.
C) To let students enjoy climbing mountains.
D) To show students how to jump out of an aeroplane.
- 3 A) Students will receive transport and equipment.
B) Students will feel excited with outdoor activities.
C) Students will have special experiences to enrich their lives.
D) Students will form close relationships with their classmates.



Audio script



These days, going to university doesn't mean just studying or socialising. Many universities in the UK offer programmes for students who enjoy being outdoors. There are opportunities to participate in non-typical and exciting sports, such as climbing up mountains or jumping out of an aeroplane. The goal is to have a good time, so it doesn't matter how well you can do these sports. It's easy to participate in these activities because university societies provide transport and equipment for these outdoor trips. These sports help students to feel less pressured from all their studies whilst they exercise. Being in a natural environment is a healthy way to reduce stress. They are also a brilliant way to meet new people, and students form close relationships with each other through these societies. Most importantly, students who participate in these programmes are able to have unique experiences to enrich their lives.

KEY

- 1 What programmes do many UK universities offer to students? **B**
- 2 What is the main goal of the programmes? **A**
- 3 What is the most important reason for students to participate in these programmes? **C**



Section B: Understanding passages

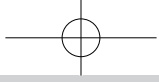
Directions: Now you will hear a passage. At the end of the passage, you will hear some questions. After you hear a question, choose the best answer from the four choices.

The following questions are based on what you have just heard.

- 1 A) She considers herself very special.
B) She considers herself the same as others.
C) She considers herself a confident woman.
D) She considers herself an experienced doctor.
- 2 A) She lost an arm and a leg.
B) She began to live a normal life.
C) She moved to China with her family.
D) She almost died from a serious disease.
- 3 A) Because she wanted to save people's lives.
B) Because she got excellent scores on exams.
C) Because she was so confident in herself.
D) Because her mother was born blind.
- 4 A) Because she had strong anxiety to help patients.
B) Because she would not let others see her missing limbs.
C) Because an admissions officer thought she couldn't be a doctor.
D) Because admissions officers refused to give reasons to reject her.



UCLA: University of California, Los Angeles (加利福尼亚大学洛杉矶分校)的简称, 是位于美国加利福尼亚州洛杉矶市的一所著名的公立研究型大学。



Audio script



Kellie Young is a doctor in the Los Angeles area. She graduated from UCLA and is an experienced doctor. She's also missing both of her legs, her right hand and some fingers on her left hand. However, Dr. Young doesn't think she's special.

Dr. Young was born in Michigan and lived a normal life until she turned 11. At this time, she had a very serious disease. To prevent her from dying, doctors had to remove both of her legs below the knee. They also removed her right arm and three of her fingers on her left hand.

After this severe operation, Dr. Young had only a 15% chance of living, but she made it with the help of her parents, who had moved from China, even though her mother was blind. Through their support, Dr. Young decided to be like the doctors who saved her life.

She received excellent scores on her college exams, but she wondered if medical schools would accept her condition. One university admissions officer told her that they did not believe she could do what doctors are supposed to do.

This made Dr. Young angry because she never believed she was different from others. She demanded that they explain their opinion. They apologized for the misunderstanding and accepted her. Five other medical schools also accepted her, but she eventually chose UCLA.

Today, Dr. Young's strong spirit remains with her while she helps patients who don't even notice that she's missing limbs. To them, she's simply an amazing doctor.

KEY

- 1 What does Dr. Young think about herself? **B**
- 2 What happened when Dr. Young turned 11? **D**
- 3 Why did Dr. Young want to become a doctor? **A**
- 4 Why was Dr. Young angry with one of the medical schools? **C**

