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Be yourself, be happy

Vocabulary and collocations

1 Complete the following sentences with the proper form of the words in brackets.

- 1 Driven by ongoing economic challenges, many people have an _____ feeling that the worst is yet to come. (underlie)
- 2 Have you ever praised someone after they've done something for you? If so, you have used positive _____. (reinforce)
- 3 How dare he act as though she were the _____ party when it was all his own fault? (guilt)
- 4 A _____ rule, condition, or responsibility is the one that you have made yourself accept without being asked by anyone. (self-impose)
- 5 She respects Frank for his integrity, and each passing day only _____ that respect. (solid)
- 6 The _____ of Independence continues to inspire the American people to fight for freedom and equality. (declare)
- 7 He clenched his great, bony fist in _____ agony at the thought of the terrible pain he had suffered. (speak)
- 8 Winning battles is _____ unless you can win hearts and minds as well. (worth)

- 2 Match the words in Column A with the words in Column B to form idiomatic expressions. Then complete the following sentences with the proper form of these expressions.

Column A

take
go
let go
manifest
suck
keep
speak
show

Column B

of sth.
to yourself
the happiness out of sb.
itself
volumes
up
one's mind off sth.
hand in hand

- 1 Their frustration will _____ in crying and screaming.
- 2 He finally _____ the rope and fell into the water.
- 3 A range of emotions flickered across Kelly's expressive face, _____ without saying a word.
- 4 Life is too short, so avoid spending time with people who _____ you.
- 5 Going for a walk helped him _____ the upcoming exam.
- 6 If you want to make friends, you can't _____ all the time. Go out and meet people!
- 7 Poverty tends to _____ with disease, and raising people's incomes usually helps improve their health.
- 8 We were expecting 30 guests, but half of them did not _____.

- 3 Complete the following sentences by choosing suitable words in brackets.

- 1 Some parents still *cling* (with / to) the idea that the academic achievement is the most important factor in raising kids.
- 2 Firefighting is *an* (internally / inherently) *dangerous* but essential occupation.
- 3 The frequent mutations of the virus greatly increase the cost of making vaccines, especially *in the* (case / event) of the flu.

- 4 I am (below / under) *no obligation* to tell you my name.
- 5 The smell is quite (familiar / similar) *to* everyone who lives near a bakery.
- 6 He devoted all his waking hours to the single-minded (attempt / pursuit) *of his goal*.
- 7 He became even more (resolute / absolute) *in* his opposition to the plan.
- 8 What I want *most of* (whole / all) is to spend more time with my little girl.

4 A word or phrase could have different meanings when it collocates with different words. Read the sentences and match the underlined parts with their meaning.

- 1) 1) Take your cue from me at the party when it is time to express your appreciation.
 2) Just as we're leaving, right on cue, the kids begin to cry.
 A. to copy what sb. else does, esp. in order to behave in the right way
 B. happening or done at exactly the right moment
- 2) 1) I must admit I had a hard time sitting through this movie.
 2) Most people are sitting on their hands, and that is the sensible reaction at this time.
 A. to delay taking action when you should do sth.
 B. to stay until the end of sth., esp. if you are not enjoying it
- 3) 1) They live in a third-floor flat with a great view of the park.
 2) She played a B flat instead of a B, which changed the sound of the melody.
 A. a musical note that is one semitone lower than a particular note
 B. a set of rooms for living in
- 4) 1) Instead of constantly sucking up to your boss, it's better to focus on doing your own job well.
 2) I don't want to get sucked in the quarrel.
 A. to try to please by flattery, offers of service, etc.
 B. to be unable to stop yourself from getting involved in sth. bad

5 Complete the passage with suitable words from the word bank. You may not use any of the words more than once.

replace	hopelessness	personal	rise	born
conquer	desire	spark	realized	evaluated
way	decisive	underlying	discord	inclined

Each step upward is not just a motion forward but an assertion of our will against the naysaying voices within. Few of us will ever have the strong 1) _____ to set ourselves as tough a challenge as conquering Mt. Qomolangma, but most of us do set smaller 2) _____ challenges for ourselves along our life's journey. Facing my 40th birthday, I was determined to avoid a midlife crisis and 3) _____ it with the experience of climbing the highest mountain in Africa, Mt. Kilimanjaro, nearly 6,000 meters high.

I realized that most people are not 4) _____ to risk their lives climbing mountains but we all have those figurative mountains in our everyday lives; sometimes seeming like insurmountable challenges looming large above us at the time. But, whether we're on a mountain or off, we still need to 5) _____ to those challenges in the same 6) _____ one climbs a mountain, one step at a time. When I'd climbed Kilimanjaro, I also 7) _____ that unlike the cliché, life does not begin at 40. It begins the day we're 8) _____, and it's not as important that we celebrate our actual birth dates as it is to take the time to celebrate the miracle of each and every day in between. Even on those days when we're trying to climb out of 9) _____, the New Zealand explorer and mountaineer Sir Edmund Hillary's words still ring true to those who never have any strong wish to climb a mountain: "It's not the mountain we 10) _____, but ourselves."

Grammar and structure

1 Scan the QR code in Grammar and structure in the Student's Book to learn about the sentence patterns "if not" and "now that." Complete the following sentences by translating the Chinese in brackets into English according to what you have learned.

- 1 Many, _____ (如果不是大多数), scientific papers are presented orally at scientific meetings.
- 2 The heavy snow this winter has made driving incredibly difficult, _____ (即便不是彻头彻尾的危险).
- 3 Obtaining internships is important for gaining practical experience _____ (如果暂时不打算继续深造的话).
- 4 _____ (既然你来了), you might as well stay for dinner.
- 5 _____ (既然你升职了), what are you going to do first?
- 6 Tim doesn't feel lonely or depressed _____ (由于他有一只狗陪伴着他).

2 Read the following tips. Then complete the sentences by translating the Chinese in brackets into English using "that-clauses."

that 引导的表语从句

that 引导的表语从句位于系动词 be、remain 等后面，其中，that 在非正式语体中可以省略。例如：

- [1] The problem with guilt is that it's largely worthless in terms of getting you to do anything. (Para. 3, iExplore 1)
- [2] What was surprising, however, was that the cocoon would be made of books. (Para. 2, iExplore 2)
- [3] The truth remains that he never lied.

- 1 The reason why he was dismissed is _____ (他很马虎，不负责任).
- 2 What surprised me was _____ (她对人性有这么深的了解).

- 3 My idea is _____ (我们应该马上开始做准备工作).
- 4 The problem remains _____ (我们没有足够的资源).
- 5 He may not have meant it, but the fact remains _____
(他犯罪了).

3 Read the following tips. Then correct the mistakes in the sentences of parallel structure.

排比结构

排比结构用类似的语法形式来表达并列的概念，通常是为了表达意思上的顺序先后、程度轻重、范围大小等，其目的在于逐层深入，以获得良好的修辞效果。无论是主语排比、谓语排比、宾语排比、定语排比、表语排比、分词排比、不定式短语排比、介词短语排比，还是并列分句排比，都以三项式最为常见。例如：

- [1] Now you feel bad about yourself for not going to the gym, so you pour a glass of drink, have a comforting snack, and turn on the TV to take your
(1) (2) (3)
mind off feeling bad about yourself. (Para. 2, iExplore 1)
- [2] But guilt doesn't get you to do the big things like find a job that makes you
(1)
happy, leave a relationship that sucks the life out of you, or manifest
(2)
your dreams in love, life, and the pursuit of happiness. (Para. 3, iExplore 1)
(3)
- [3] ... they were here, ready for me to see and feel and experience. (Para. 5,
(1) (2) (3)
iExplore 2)
- [4] Studies serve for delight, for ornament, and for ability.
(1) (2) (3)

- 1 The doctor suggested plenty of food, rest, and exercising.
-

- 2 The award was for a combination of scholarship, being a good leader, and ability in athletics.
-

- 3 Mary likes hiking, biking, and to go running.
-

- 4 John wanted to make sure that he made his presentation creatively, effectively, and persuaded others.
-

- 5 Tim was considered to be a good employee because he was always on time, he was very motivated, and led the team well.
-

Reading

Section 1

Read a passage with ten statements attached to it. 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.

- A** Every time we open our mouths, we unwittingly reveal our personalities. If you overheard a conversation on a bus, do you think you could tell the personality of the people chatting just from the words they used and the topics they discussed? What about if I showed you a short story? Could you glean (搜集) something about the character of the author from their language?
- B** We're often reminded to "choose your words carefully" – well, it turns out the words themselves may reveal far more than what we're actually trying to say. Mounting evidence suggests that our personality is written, quite literally, in

the language that we use, from the text messages we send to our choice of email address. Not all findings are particularly surprising. Those who score highly on extroversion really are a lot louder and chattier than their more introverted peers. They also tend to speak more quickly.

C But introverts and extroverts also use language very differently. A few years ago, a group of researchers led by Camiel Beukeboom at Vrije Universiteit Amsterdam, asked a group of 40 volunteers to look at photos of different social situations and describe out loud what was going on. They found that extroverts tended to use more abstract and “loose” language, while introverts spoke in more concrete terms.

- Extroverts say: “This article is excellent.”
- Introverts say: “This article is very informative.”

D In line with this, other research has found that introverts tend to use more articles (“the,” “a”) – which, by definition, refer to individual objects or events. They also tend to be more cautious in their language; that is, they use more hedging terms (“perhaps,” “maybe”) and more quantifiable expressions, such as referring to specific numbers.

- Extroverts say: “Let’s get some food!”
- Introverts say: “Perhaps we could go for a sandwich.”

E All of this makes psychological sense. Most extroverts enjoy a fast-paced life, and are more likely to drink and take risks than introverts. They also tend to take greater risks with the accuracy, spontaneity (自发性) and reach of their words every time they open their mouths.

F The links between personality and language also extend to the written word. When Jacob Hirsh and Jordan Peterson from the University of Toronto asked students to write about past experiences and future goals, they found that those who scored higher in extroversion tended to make more mention of words relating to relationships, which makes sense, the researchers said, as extroverts are “active social explorers.”

G But it’s not just about extroversion vs. introversion. Their language also revealed other aspects of their personalities – including how open-minded they were (the

liberal used more words relating to the senses), how neurotic (the highly strung [高度紧张的人] referred more often to emotional anxiety) and how conscientious (more diligent students used more achievement and work-related words).

- The open-minded say: “You just need to be heard.”
- The neurotic say: “I carry around a monstrous sadness.”
- The conscientious say: “We can work on it.”

- H** Personality also shines through in creative writing. In 2010, a team of German psychologists gave over 100 student participants 5 expressions or words as prompts (“plane crash,” “parlourmaid,” “fireworks,” “Middle Ages,” and “supermarket”) and then asked them to write a short story that included each of these words. This time more open-minded participants produced more creative stories, while more agreeable participants wrote more pro-social stories.
- I** Most of these studies have looked at the language we use in isolation. But what happens in real conversations? One study found that if you put a bunch of introverts in a room together, they’ll probably end up talking about problem-solving (“I’ve got to look for an apartment because my roommates are driving me nuts”). In contrast, when extroverts talk to each other they cover a wider range of topics and display more “pleasure talk,” such as “I like jogging” and “Steinbeck is wonderful.” Again this is consistent with what most people already know: in life extroverts tend to be more focused on simply enjoying life.
- J** Of course, these days we also spend our days sending emails, blogging and posting updates to our social media platforms. And – you guessed it – it seems we reveal our personalities in these digital forums, too. By analyzing the content of nearly 700 blogs comprising hundreds of thousands of words, researchers at the University of Texas at Austin found that the words people used matched up to the way they reported their own personality: For instance, those who viewed themselves as more agreeable used fewer swear words. Other research has found that extroverts tend to refer to positive emotions and social situations more frequently, while high scorers in neuroticism (or emotional instability) tend to use more first-person singular pronouns, like “I” and “me.” The latter fits with the finding that those experiencing emotional turmoil use these words more liberally.

- Extroverts say: “We’re so happy!”
- Neurotics say: “I’m having a good time.”

K Incredibly, these personality associations are so consistent, the same study found that volunteers were able to accurately guess the personality of a total stranger – how neurotic and agreeable they were – just by visiting their microblogging websites. In fact, it seems we can’t help trying to decipher the personalities of the people we meet from the language they use. We’re constantly judging – right down to a person’s digital labels. Those with more numbers in their email address, for example, are seen as less conscientious.

L The idea that we reveal something fundamental about ourselves every time we speak or write, is a little disconcerting – especially if you generally prefer to keep your character profile to yourself. But it also offers an opportunity to change the way you’re seen by others. In some situations, such as in a job interview or the early stages of dating, it should be possible to adopt a desirable persona, just by changing the language you use.

M I think I’d better stop writing now before you discover what mine is.

- _____ 1 For extroverted individuals, a lively approach to life extends to their speech, which is often more daring and spontaneous.
- _____ 2 Introverts tend to be a lot more specific in using language, while extroverts tend to use more general or abstract language.
- _____ 3 Increasing evidence suggests that the language we use reveals much about our personality.
- _____ 4 The link between personality and language is also reflected in creative writing.
- _____ 5 If you want to present a personality that you prefer, you just need to change the words you use.
- _____ 6 Verbal expressions unintentionally expose one’s character, as an overheard conversation might allow someone to assess the speakers’ traits.
- _____ 7 The written reflections on past experiences and future goals by extroverted individuals reveal that sociable individuals often emphasize human connections.

- _____ 8 In real conversations, introverts tend to engage primarily in problem-solving discussions, whereas extroverts enjoy more pleasure-focused topics.
- _____ 9 Introverts typically use more hedging terms and more quantifiable expressions, reflecting a more cautious approach to communication.
- _____ 10 The choice of language can reveal various aspects of the students' personalities, including openness, neuroticism, and conscientiousness.

Section 2

Read the following two passages and choose the best answer to each of the questions after the passage.

Questions 1-5 are based on the following passage.

As college students, we all know the feeling: You're staring at the cursor blinking away on a blank document and desperately wishing you were somewhere else. But no, until the word count hits 3,000, you're staying put ... Just need to make a cup of tea first. Before you know it, "a cup of tea" has turned into a marathon, and the word count remains at zero.

Students are biologically and socially predisposed to put off until tomorrow what they should do today, says Dr. Piers Steel, author of *The Procrastination Equation*. "Aside from the cliché that students are more impulsive, in your early 20s, you're still developing your prefrontal cortex (前额叶皮层), home of the willpower."

He argues that the closer you are to the temptation of fun, the more likely you are to indulge. At university, where even the library is filled with friends and has a quality Internet connection, a "short break" can easily turn into an hour wasted.

Research has also shown that the fear of evaluation and failure corresponds with higher levels of procrastination. As for those who say they produce their best work under pressure, allow Dr. Tim Pychyl to burst your bubble: The "adrenaline rush" (肾上腺素激增) is actually relief that the task is done.

Beating procrastination takes commitment. Steel provides his top tips to increase productivity.

First, get rid of temptation. Define a space for “work” and don’t mix that with where you “play.”

Second, work with restrictions. Make a mental contract with yourself to work for 30 minutes without interruption. You’ll be amazed at how efficient you can be when you know you only need to power through a short space of time before taking a break.

Finally, don’t be hard on yourself! A recent study from Carleton University found that if you forgive yourself for procrastinating, chances are you will procrastinate less on the next task at hand.

- 1 What is the purpose of Para. 1?
 - A. To describe a common scenario of procrastination.
 - B. To tell how hard it is for students to finish a dissertation.
 - C. To indicate that a marathon is more interesting than anything.
 - D. To imply that you need to have a cup of tea when working with a document.
- 2 What factor contributes to the high levels of procrastination among college students according to Dr. Piers Steel?
 - A. The immaturity of the pre-frontal cortex.
 - B. The availability of multiple study areas.
 - C. The instinct to socialize rather than study.
 - D. The lack of serious academic consequences.
- 3 What is Dr. Tim Pychyl’s attitude toward those who say that “They produce their best work under pressure”?

A. Critical.	B. Puzzled.
C. Amazed.	D. Disappointed.
- 4 What is a crucial step in managing procrastination?
 - A. Using social media while studying.
 - B. Working continuously without breaks.
 - C. Increasing the number of study breaks.
 - D. Separating work and leisure environments.

- 5 What approach does Steel recommend to minimize procrastination effectively?
- A. Combining work and relaxation areas.
 - B. Scheduling regular social activities to reduce study time.
 - C. Setting defined work periods and creating a specific workspace.
 - D. Ignoring past procrastination behaviors without any form of self-regulation.

Questions 6-10 are based on the following passage.

Each of us has a set of messages that play over and over in our minds. This internal dialogue or personal commentary frames our reactions to life and its circumstances. One of the ways to recognize, promote, and sustain optimism, hope, and joy is to intentionally fill our thoughts with positive self-talk.

You may have a negative message that replays in your head every time you make a mistake. As a child you were told, “You’ll never amount to anything” or “You can’t do anything right.” When you make a mistake – and you will because we all do – you can choose to overwrite that message with a positive one, such as “I choose to accept and grow from my mistakes” or “As I learn from my mistakes, I am becoming a better person.” During this exercise, mistakes become opportunities to replace negative views of who you are with positive options for personal enhancement.

Positive self-talk is not self-deception. It is not mentally looking at circumstances with eyes that see only what you want to see. Rather, positive self-talk is about recognizing the truth, both in situations and in yourself. One of the fundamental truths is that you will make mistakes. It is unrealistic to expect perfection in yourself or anyone else, or to expect no difficulties in life, whether through your own actions or sheer circumstances.

When negative events or mistakes happen, positive self-talk seeks to bring the positive out of the negative to help you do better, go further, or just keep moving forward. The practice of positive self-talk is often the process that allows you to discover the obscured optimism, hope, and joy in any given situation.

- 6 What does the passage imply about the role of positive self-talk in managing mistakes and failures?
- A. It is irrelevant in handling one's errors.
 - B. It contributes to a false sense of perfection.
 - C. It encourages ignoring the reality of mistakes.
 - D. It helps transform mistakes into opportunities for personal growth.
- 7 How does the passage depict mistakes in relation to personal growth?
- A. Mistakes should be avoided to maintain positivity.
 - B. Only repeated mistakes contribute to personal growth.
 - C. Mistakes are a sign of incompetence and lack of knowledge.
 - D. Mistakes are inevitable and are stepping stones to improvement.
- 8 What effect does embracing positive self-talk have during challenging situations?
- A. It can perpetuate self-deception.
 - B. It creates unrealistic expectations of oneself.
 - C. It eliminates all negative outcomes of such situations.
 - D. It uncovers hidden optimism and helps progress forward.
- 9 What can we learn from the passage?
- A. It is unrealistic to expect no difficulties in life.
 - B. Intentional positive self-talk should be avoided.
 - C. Don't worry about what others think of you at all.
 - D. Negative reactions from others may show us the truth of life.
- 10 What topic is most effectively covered through this passage?
- A. The inevitability of human error.
 - B. The necessity of overcoming challenges.
 - C. The importance of self-acceptance and resilience.
 - D. The impact of positive self-talk on personal development.

Translation

1 Translate the English paragraph into Chinese.

Are you always anxious? Do you worry about being a loser? Do you fret over whether you're behind the times or keeping up with your peers? In today's fast-paced world, almost everyone wants to succeed as quickly as possible. But going so fast isn't always the best option. You can make your dreams come true at almost any age. But if your anxiety is out of control, it will become an insurmountable obstacle. In order to make your dream come true, the key is to identify what you want and to go at your own pace. Find your own "time zone," where you're never late or early, and where the only thing that matters is you.

2 Translate the Chinese paragraph into English.

中国民众对于政企合作的信任值连续数年保持第一，这说明中国政府和企业推动技术发展、赋能产业升级等方面采取了积极行动，并与公众坦诚沟通，从而赢得民众的广泛信任与支持。中国政府和企业及各机构将继续把公众关注的议题与切身利益纳入每一项与创新相关的决策中，为全球经济社会发展赋予更多机遇和可能。

Writing

- 1 Write an English summary of the text "I'm an introvert." You should write no more than 100 words.
- 2 Introvert and extrovert are the names given to two of the basic personality types based upon their characteristics. In fact, it is more of a continuum than two separate, exclusive personality types. However, for the purpose of convenience, people are divided into these two categories. Knowing the differences between extroverts and introverts is a good way for them to communicate and understand each other.
If you think you are (more) introverted, write to extroverts, giving them some illustrations of what is in introverts' heads; if you think you are (more) extroverted, write to introverts, giving them some illustrations of what is in extroverts' heads. You should write at least 120 words. An introductory paragraph has been given to you.

(1)

Dear Extroverts,

We love your _____ and your _____. But as introverts, we sometimes feel misunderstood. We wish you could visualize what's going on inside our brains – you might be surprised!

...

Sincerely,

Introverts

(2)

Dear Introverts,

We love your _____ and your _____. But as extroverts, we sometimes feel misunderstood. We wish you could visualize what's going on inside our brains – you might be surprised!

...

Sincerely,

Extroverts