

前言

党的二十大报告明确提出“加快建设教育强国”，“加快建设高质量教育体系”，为中国式现代化建设提供坚实的人才和智力支撑。《教育强国建设规划纲要（2024—2035年）》进一步要求“加快推进地方高校应用型转型”，以适应新时代经济社会发展需求，培养更多高素质应用型人才。

“新应用大学英语（智慧版）”系列教材正是在此背景下应运而生。本系列教材严格贯彻党的教育方针，落实立德树人根本任务，依据《大学英语教学指南（2020版）》编写，旨在培养兼具扎实语言能力、良好职业素养、创新思维能力和国际视野的高素质应用型人才，为教育强国建设贡献力量。

编写宗旨

“新应用大学英语（智慧版）”系列教材立足新时代高等教育发展要求，秉承高校大学英语课程的人文性，强化育人功能。教材有机融入课程思政元素、现代职业教育理念和终身学习理念，充分激发大学英语课程的潜能与活力，致力于实现价值塑造、知识传授和能力培养三者的有机统一。本系列教材旨在服务国家经济社会转型升级战略，助力“中国制造”向“中国创造”迈进，满足培养高素质应用型人才的迫切需求。

编写理念

《大学英语教学指南（2020版）》指出，大学英语课程是高等学校人文教育的一部分，兼有工具性和人文性双重性质。就工具性而言，大学英语课程的工具性既体现在提升和拓展基础教育阶段的英语教学，进一步提高学生听、说、读、写、译能力上，也体现在专门用途英语上，学生通过学习与专业或未来工作有关的学术英语或职业英语，提升在学术或职业领域进行交流的能力。就人文性而言，大学英语课程的重要任务之一是开展跨文化教育，强调语言学习中文化认同与人文素养的融合，着力培养学生的批判性思维与人文关怀意识。

大学英语课程不仅是语言知识和技能的学习过程，更是培养学生跨文化交际能力、国际视野和全球责任感的重要途径，是进行思政教育的重要阵地。在英语教学中融入思政元素，有助于引导学生树立正确的世界观、人生观和价值观，增强国家认同感和民族自豪感。

高校学生正处于从“校园学习者”向“社会参与者”和“职场从业者”转变的关键阶段。为此，本系列教材借鉴以帕森斯（T. Parsons）为代表的结构功能主义社会理论、英克尔斯

(A. Inkeles) 的人的现代化理论, 以及社会心理学家施恩 (E. H. Schein) 的职业生涯发展理论, 确定了“人文性与工具性有机融合”的编写理念。教材融入了现代应用型人才培养的核心思想和课程思政元素, 致力于培养兼具跨文化交际能力、国际视野、全球责任感的高素质应用型人才, 帮助学生顺利实现社会化与职业化的转变。

编写特色

“新应用大学英语 (智慧版)”系列教材根据国家及地方经济社会发展需求与学生个性化成长需要, 遵循培养“重实践、强实战、求实用、尚实干”的应用型人才的原则。教材聚焦培养集社会责任担当与专业职业素养于一体的高素质应用型人才。

教材以语言知识与技能模块为根基, 通过“四个结合”实现多维能力培养与素质提升: 内容设计上注重语言知识与社会知识的有机融合, 技能训练中强调语言技能与职场技能的双向衔接, 素质培养上追求人文素养与职场素质的协同发展, 实践环节中注重社会实践与职业发展的贯通衔接。此外, 教材鲜明地融入了中国智慧与文化元素, 致力于培养兼具深厚家国情怀与开阔国际视野的时代新人。

教材结构

“新应用大学英语 (智慧版)”系列教材分为 1—4 级, 供两个学年使用。每一级别包含综合教程 (配教师用书) 和拓展训练。综合教程选取视角多元、内涵丰富的阅读篇章和听力材料, 设计多样的练习和活动, 帮助学生提高各项语言技能, 锤炼思维品质, 提升综合素养; 拓展训练则旨在提供更多素材和训练机会, 巩固与提升学生的语言综合应用能力。

◎ 综合教程 (新形态教材)

综合教程每册包括六个单元。单元结构清晰, 每单元精选三篇课文: 第一篇为核心学习内容, 展示单元主题下的前沿热点话题; 第二篇为辅助拓展, 进一步探讨主题内容; 第三篇聚焦中国智慧与中国文化主题, 旨在深化学生对社会主义先进文化、革命文化及中华优秀传统文化的理解, 增强文化自信, 提升用英语讲好中国故事的能力。教材注重听、说、读、写、译能力的均衡发展, 每单元均设计有预热练习、课文理解、强化练习、实用听说、写作提升、语法聚焦、团队项目、中国智慧等板块。这些板块相互支撑, 力求输入与输出并重, 全方位提升学生的语言应用能力、社会适应力与职业发展潜力。

综合教程 1—2 册侧重人文素质培养。单元主题涵盖社会、经济、文化、科技、环境等领域, 帮助学生认识自我, 理解社会规范, 内化行为准则, 为步入职场奠定基础。

综合教程 3—4 册侧重职场意识与技能培养。单元主题设计以学生的职业发展路径为参照, 结合人生不同阶段面临的核心问题与职业任务, 在强化语言输入的同时, 系统呈现职场知识与技能, 提升学生的职业化素养, 助力其顺利进入社会、融入职场。

教材选篇遵循以下原则:

- **主题:** 紧密对接国家及地方经济社会发展对人才的需求, 与学生全面发展和未来职业发展高度相关。1—2 册以人文话题为主, 兼顾应用导向; 3—4 册以职场话题为主, 突出应用特

色，同时蕴含人文价值。中国智慧主题贯穿始终。

• **体裁：**为体现应用技术型高校大学英语课程的应用性与实用性，课文体裁以说明文、议论文为主，兼顾多样性。选材注意普适性、导向性和时代感，同时契合应用技术型高校学生的英语水平与学习需求，并符合教材的编写宗旨。

• **题材：**1—2 册题材侧重人文素养培育，引导学生形成正确的世界观、人生观和价值观，走近职场；3—4 册题材紧扣学生未来就业与职场交际需求，助力学生走进职场，提升语言应用能力、跨文化交际能力与职场竞争力。

• **来源：**选材力求与时俱进，主要选自权威英语学习平台、主流英文报刊及专业商务网站，兼顾语言的地道性与题材的多样性。

◎ 教师用书（电子教案）

教师用书是学生用书不可或缺的配套资源，是辅助教学实践的有效工具。它通过系统梳理单元知识框架、精准提炼教学重难点，帮助教师明晰教学目标，科学设计教学流程，有效减轻备课负担，最终实现从“教教材”向“用教材教”的转变。教师用书在提供清晰指导的同时，注重保留适当的弹性空间，鼓励教师根据实际学情与自身教学风格进行灵活调整，充分发挥其主观能动性与创造性，实现个性化、创新性的教学实践。这种“指导性”与“开放性”相结合的设计，既保证了教学质量的基本标准，也为教师的专业发展提供了广阔空间。

◎ 拓展训练（数字资源）

拓展训练是主教材的必要补充与有效延伸，是学生自主学习和效果评估的重要工具。其功能在于：深化主教材所学内容，提供丰富的自主学习素材与实践机会，引导学生进行学习效果检测、反思学习过程、调整学习策略、总结经验教训、提高学习兴趣、体验进步与成功，从而逐步培养系统化的良好学习习惯。同时，学生的自我评估结果也为教师提供了宝贵的学情反馈，有助于教师精准把握教学重难点，动态调整教学进度，实施更具针对性和目的性的教学，进而提升整体教学质量。

拓展训练的内容紧密围绕主教材单元主题，词汇练习与主教材核心词汇对应，题型设计对接最新的全国大学英语四、六级考试要求，涵盖听、读、写、译等技能。训练内容由词汇、句子到篇章纵深展开，有针对性地强化主教材涉及的重点知识与技能。每册包含六套单元拓展训练材料，并配有期中与期末测试题，旨在通过科学有效的训练，以练促学、以练促教、以练促考，切实助力学生语言应用能力与未来职业能力的协同发展。

教材特点

► 定位精准

教材立足新时代高等教育引领高质量教育体系建设的定位，服务国家从制造业大国向制造业强国转型的战略需求，致力于深化教学改革、提升教学质量，助力培养经济社会建设亟需的，兼具语言技能与职场技能、人文素养与职场素质的应用型高端人才。

► 价值引领

通过精选主题、创新练习设计等方式，深入挖掘课程思政元素，将价值引领自然融入语言教学全过程，展现社会主义先进文化，弘扬革命文化，传承中华优秀传统文化，着力增强学生的民族自豪感、文化自信与社会责任感。

► 理念创新

教材借鉴现代职业教育理念、人的现代化理论和职业生涯发展理论，秉承大学英语“人文性与工具性有机融合”的核心教学理念，聚焦学生国际视野、人文素养与职场素质的培养，助力其实现社会化与职业化的顺利转变。

► 实践导向

教学内容与活动设计着力提升学生英语综合能力、跨文化交际能力、职场竞争力与职业发展潜力，紧密连接课堂与社会、职场及职业发展场景，引导学生认识自我、理解世界、走进社会，并逐步融入职场实践。

► 资源多样

本系列教材为新形态教材，配套提供音频、教师用书、拓展训练等丰富资源，并依托互联网技术及 U 校园智慧教学云平台 AI 版提供多样化教学资源支持，助力创新语言学习环境与教学模式。

教材选用

“新应用大学英语（智慧版）”系列教材 1—4 级内容衔接紧密，体系完整，可整套选用，也可按需分级选用。鉴于多数院校大学英语教学分四个学期实施，1—2 级教材适用于基础阶段，供第一、二学期选用；3—4 级教材适用于提高阶段，供第三、四学期选用。对于安排两至三个学期英语教学的院校，可根据学生的英语基础及学校的教学目标与要求，从中灵活选择进行教学。

在编写过程中，本系列教材参考了大量国内外相关文献和资料。在此，谨向所有相关作者与出版机构致以诚挚的谢意！编写此类大学英语教材是一次探索性尝试，疏漏和不足之处在所难免，恳请各位专家、学者和同仁不吝赐教，提出宝贵意见。

编者
2025 年 6 月

内容简介

“新应用大学英语（智慧版）”系列教材以《大学英语教学指南（2020版）》为先导，以培养“重实践、强实战、求实用、尚实干”的应用型人才为目标，秉承高校大学英语课程的人文性，强化应用性和实用性，融入现代职业教育理念和终身学习理念，旨在提高大学生的英语应用能力和职场竞争力，致力于推动应用技术型高校培养高素质应用型人才。

《新应用大学英语1（智慧版）》包括六个单元，每单元包含三篇课文，建议学习时以第一篇课文为主，第二篇课文为辅，第三篇课文作为延伸性、趣味性的思政教学材料，帮助学生了解社会主义先进文化、革命文化和中华优秀传统文化，增强文化自信。

本册各单元内容紧密围绕校园生活、人物楷模、诚实守信、多元文化、太空探索和自然环境等主题展开，旨在帮助学生认识自我、了解社会、走近职场，引导学生适应社会环境、参与社会生活、学习社会规范、履行社会角色、获得社会认可，从而成为社会化的人。

针对重点知识和技能，每单元均设计有预热练习、课文理解、强化练习、实用听说、写作提升、语法聚焦、团队项目、中国智慧等板块。这些板块相互支撑，力求输入与输出并重，全面提升学生听、说、读、写、译的能力。

本书可供普通本科及职业院校，尤其是应用技术型高校所有学习大学英语基础课程的学生使用。

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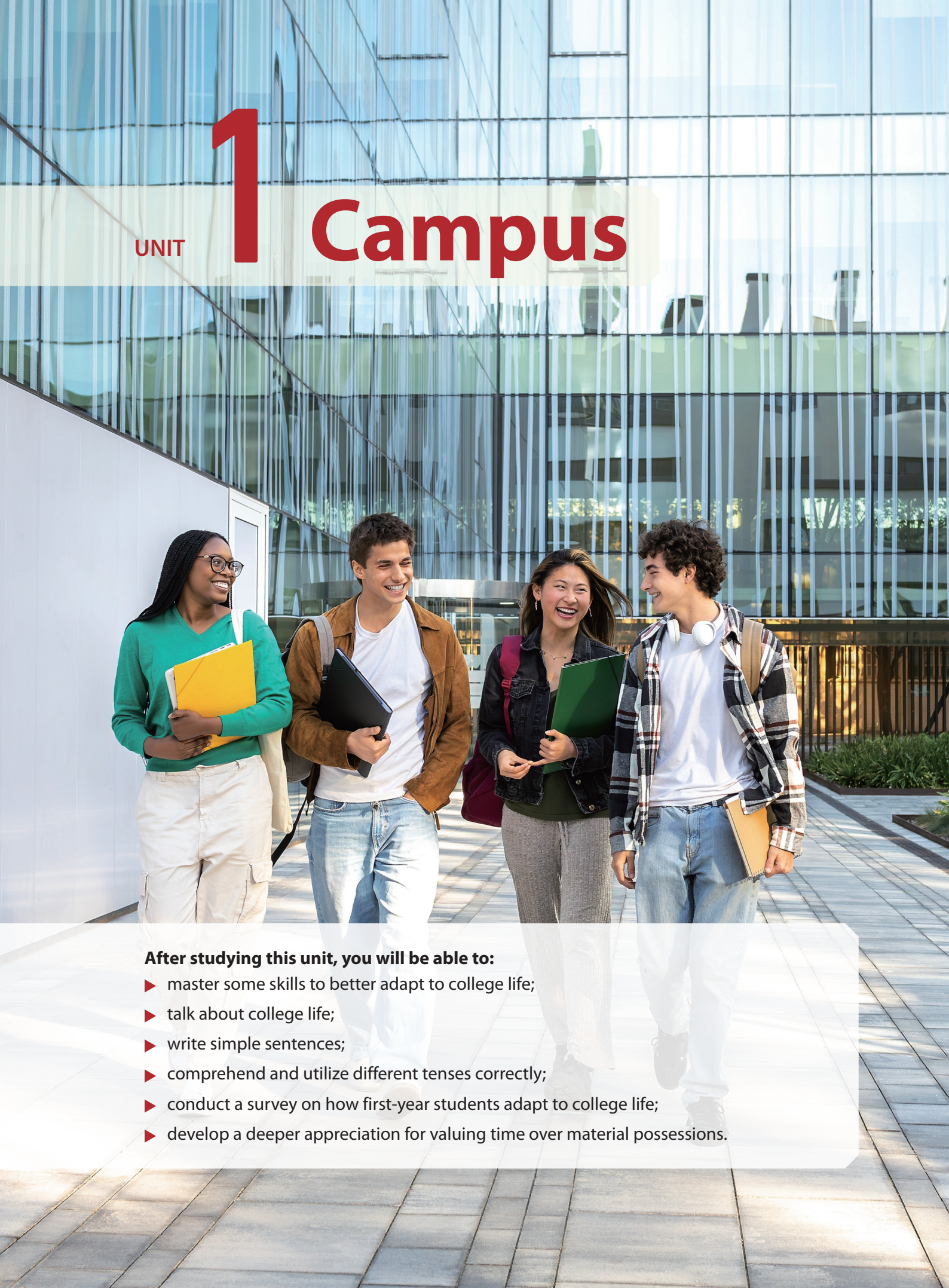
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UNIT

1 Campus

After studying this unit, you will be able to:

- ▶ master some skills to better adapt to college life;
- ▶ talk about college life;
- ▶ write simple sentences;
- ▶ comprehend and utilize different tenses correctly;
- ▶ conduct a survey on how first-year students adapt to college life;
- ▶ develop a deeper appreciation for valuing time over material possessions.

Warm-up

Task 1 Read the following descriptions of college life and summarize what it can be like.

Johnson

College life is thrilling! I can meet different people and take part in many interesting activities, such as clubs, communities and parties.

Elizabeth

For me, college life is full of adventures and possibilities. I can indulge myself in the library for a whole day. But this is my first time being away from home, so sometimes I feel lonely and homesick.

Andrew

It's hard to define my college life. I am busy with academic assignments and various activities. But people around me are so excellent that I sometimes feel lost.

Summary

Task 2 Make a brief description of your ideal college life.



Academic Growth: _____

Personal Development: _____

Social Life: _____

Career Preparation: _____

In-depth Reading

Topic Preview:

The first several months in college can be difficult for most first-year students. Perhaps for the first time in life, you move away from everything familiar and begin to make your way as a young adult, entirely surrounded by strangers, in a new setting. Being nervous about college life is probably the most normal thing any new college student will experience.



What I Wish Someone Had Told Me

- 1 As a **freshman**, you may feel that everyone has his or her college life figured out—except you. But you're not alone.
- 2 Now that I have entered my final year of college, I **suppose** I am expected to look at the thousands of bright-eyed freshmen who have moved into their **dorm** rooms for the first time with a certain degree of **nostalgia** and **envy**.
- 3 I'm supposed to tell them, "These will be the best years of your life" and "You have nothing to worry about" and "You are so lucky. I wish I could go back."
- 4 The whole August before I moved away to college, which feels both like yesterday and **cons** ago, those were the things everyone told me.
- 5 No one had ever said my first year would be difficult to **adjust** to, or that sometimes I would feel lost or anxious or lonely or **homesick**.
- 6 So, when I did **inevitably** feel all of those emotions, I kept them locked up inside me like deep, dark secrets I was **terrified** of letting out. I felt **guilty** and **defective**.
- 7 I put on a smile during that first month of college. When friends or family from home asked how I was doing, I told them, "I love it!" I went out to parties and laughed and pretended I was having the time of my life.

- 8 In reality, I felt like everyone around me somehow knew each other, and I would never find a group of close friends. I **achingly** missed my boyfriend who was three hours away. I was unsure about my major, and it caused a great amount of **anxiety**. And the feelings only **intensified** because I felt like I was walking around acting like a false, **giddy version** of myself. I didn't know who I was anymore, and I wouldn't let anyone else find out either.
- 9 Then one morning after returning to school from a weekend at home, I finally told one of my roommates, "I'm really unhappy here." I felt like a **giant** weight had been lifted from my chest.
- 10 She lay in bed while everyone else was asleep. "Me too," she whispered.
- 11 And just like that, I suddenly wasn't alone. I came to understand that many others were also connected by the same feelings.
- 12 Over the next few weeks we had long talks about how we had been feeling. She felt lonely and lost, too, in our big university. Later, I found myself in my dorm hall while another friend cried in front of me about how homesick she was. Little by little I realized it was **egotistical** of me to think that my feelings were entirely my own. A lot of people felt a little bit like I did.
- 13 I finally stopped worrying that my **peers** would look at me strangely if I was having a bad day. I didn't **mope** around in bed anymore, and I would be honest with the people around me and was able to build stronger, more **genuine** friendships.
- 14 Looking back now, I can **sigh** with **relief** that things did get better. I hardly recognize the **scared**, anxious girl who sat in her first college class three years ago. But I didn't get "happy" **overnight**. It was a slow **process** of learning to be who I was when I was away from everything I knew, and learning to make choices and be content with them.
- 15 Freshmen, I'm not trying to scare you. For many, if not most of you, this will indeed be a great, worry-free year. But if you are like me and you hit some **hurdles** along the way, please remember: You are not alone. Don't expect everything to be shiny and picture-perfect the second you walk onto **campus**. It takes time. And if you end up feeling sad, don't feel guilty.
- 16 That's what I wish I could have told my 18-year-old self. And finally, everything, eventually, will be OK.

(658 words)

Words

freshman /'freʃmən/ *n.* a student in the first year of college (大学) 一年级新生

suppose /sə'pəʊz/ *v.* think or believe that sth. is true or possible (based on the knowledge that you have) (根据所知) 认为, 推断, 料想

dorm /dɔ:m/ *n.* (*fml.* **dormitory**) a building for students to live in 学生宿舍

nostalgia /nə'stældʒə/ *n.* thoughts about happy times in the past 怀旧, 恋旧

envy /'envi/ *n.* the desire for some advantage, quality, etc. that sb. else has 羡慕, 嫉妒

v. wish that you had sb. else's possessions, abilities, etc. 羡慕, 妒忌

eon /'i:ən/ *n.* (*BrE* **aeon**) an extremely long period of time 极漫长的时间

adjust /ə'dʒʌst/ *v.* 1. get used to a new situation by changing the way you behave or think 适应, 习惯; 2. change sth. slightly to make it better or more effective, etc. 调整, 调节

homesick /'həʊm,sɪk/ *a.* feeling sad and alone because you are away from home 思乡的, 想家的

inevitably /'nevɪtəbli/ *ad.* used for saying that sth. is certain to happen 无法避免地, 必然地

terrified /'terɪfaɪd/ *a.* very frightened 恐惧的, 很害怕的

guilty /'ɡɪlti/ *a.* feeling ashamed and sorry because you have done sth. wrong 愧疚的, 负疚的

defective /dɪ'fektɪv/ *a.* not made properly, or not working properly 有缺陷的, 有毛病的

achingly /'eɪkɪŋli/ *ad.* used for emphasis when you are referring to things that create feelings of wanting sth. very much, but of not being able to have it (因无法得偿所愿而) 心痛地

anxiety /æŋ'zaɪəti/ *n.* the state of feeling nervous or worried that sth. bad might happen 焦虑, 忧虑

intensify /ɪn'tensɪfaɪ/ *v.* (make sth.) increase in degree or strength (使) 加强, 加剧

giddy /'ɡɪdi/ *a.* feeling that everything is moving and that you are going to fall 眩晕的

version /'vɜːʃən/ *n.* a particular form or variation of sth. 变体, 版本

giant /'dʒaɪənt/ *a.* of great size, strength, etc. 巨大的, 伟大的

n. 1. a very large and successful company 大型公司; 2. a very large, strong person in stories 巨人; 3. a person who is very good at sth. 伟人, 卓越人物

egotistical /ɪ'gɒ'tɪstɪkəl, ɪg-/ *a.* having a strong sense of self-importance 以自我为中心的, 自大的

peer /pɪə/ *n.* a person who is of the same age or has the same social status as you 同辈, 身份(或地位)相同的人

v. look closely or carefully at sth. 仔细看, 端详

mope /məʊp/ *v.* 1. move around a place in a sad slow way, especially because you feel unhappy about the situation you are in [尤因对所处境遇

不满] (在某处) 没精打采地闲荡, 忧郁地徘徊; 2. spend your time doing nothing and feeling sorry for yourself 闷闷不乐, 自怨自艾

genuine /'dʒenjuɪn/ *a.* 1. honest, friendly and sincere 真诚的, 诚挚的; 2. real, rather than pretended or false 真正的, 非伪造的

sigh /saɪ/ *v.* take and then let out a long deep breath that can be heard, which shows you are disappointed, sad, tired, etc. 叹气, 叹息

relief /rɪ'liːf/ *n.* the feeling of happiness that you have when sth. unpleasant stops or does not happen 宽慰, 解脱

scared /skeəd/ *a.* frightened of sth. or nervous about sth. 害怕的, 恐惧的

overnight /'əʊvə'nait/ *ad.* suddenly or quickly 突然, 一夜之间

process /'prəʊses/ *n.* a series of things that happen and have a particular result 过程, 进程

hurdle /'hɜːdl/ *n.* a problem or difficulty that must be solved before you can achieve sth. 难关, 障碍

campus /'kæmpəs/ *n.* the buildings of a college or university and the land around them (学院、大学的) 校园, 校区

Phrases and Expressions

figure out think about sb. or sth. until you understand them 弄懂, 弄清楚

be supposed to be expected or required to do or be sth. according to a rule, a custom, an arrangement, etc. (按规定、习惯、安排等) 应当, 应该

lock up put sth. in a safe place that can be locked 把...锁起来

let out express or release sth. 表达, 释放(情感等)

be unsure about be uncertain of or have doubt about 没把握, 不确定, 犹豫

find out get some information about sb. or sth. 查明, 弄清楚

look back think about sb. or sth. in the past 回首, 回顾, 回忆

end up find yourself in a place or situation that you did not expect to be in 最终成为, 最后处于

Comprehension

Task 1 Complete the following summary according to the passage. Write no more than three words in each blank.

Summary
False expectations College years would be 1) _____ of one's life. College students would have 2) _____ to worry about.
Realities and reactions The first year was difficult to 3) _____. Sometimes I felt 4) _____ or homesick. I kept these emotions 5) _____ and pretended to be happy and enjoy the day.
The turning point I told a roommate my feelings and found she was unhappy, too. Then, I found more people were sharing 6) _____ with me.
Changes I stopped 7) _____ showing negative emotions would be a problem, and stopped moping around in bed. I was honest with people and built stronger, 8) _____ friendships.
Suggestions It is a(n) 9) _____ process of adjusting to college life. It is normal for freshmen to face challenges and feel sad. Don't expect perfection and keep in mind you are 10) _____. Don't feel guilty about feeling sad and everything will be fine.

Task 2 The author mentions that adjusting to college life is a slow process. Can you make it faster, or does it just take time naturally? Give reasons to support your view.

Follow-up Exercises

I Vocabulary

Task 1 Match the following words in Column A with their meanings in Column B.

Column A

- 1 giant
- 2 nostalgia
- 3 peer
- 4 scare
- 5 anxiety
- 6 overnight
- 7 intensify
- 8 genuine

Column B

- A become greater, stronger or more extreme
- B someone of the same age or status as another person
- C sincere and honest
- D very large
- E a worried feeling caused by something bad that might happen
- F make someone feel frightened
- G in a very short time
- H a feeling of sadness mixed with pleasure when thinking of happy times in the past

Task 2 Complete the following sentences with the words given below. Change the form if necessary.

guilty	intensify	emotion	sigh
relief	envy	scare	anxiety

- 1 Instead of being _____ of her friend's success, she felt motivated to work toward her own goals.
- 2 After hearing the news, he lost control of his _____.
- 3 Some freshmen experience deep _____ in college.
- 4 She looked out of the window, _____ for her lost youth.
- 5 I felt _____ about not visiting my grandmother more often.
- 6 It was a(n) _____ to hear the news of their safety.
- 7 The loud thunder _____ the little girl, so she ran to hug her mother for comfort.
- 8 The conflict is going to _____ if the company cannot handle it successfully.

Task 3 Fill in the blanks in the following passage by selecting suitable words from the word bank. You may not use any of the words more than once.

Coming to college is a big step. It's one of life's 1) _____ transition points. Leaving your family to move into a(n) 2) _____ and become a college 3) _____ is something that you might be looking forward to or you might be afraid of. For most students, 4) _____ to

college life is a combination of both.

If you are feeling upset and 5) _____, it is important to know that you are not alone. Remember that it is 6) _____ to feel sad and scared during the first several weeks, and give yourself some time to adjust to college life.

You are in a new, demanding environment and everything is different. You may feel like you are 7) _____ to “grow up” all at once, and this idea may depress you. You may feel far away from the people who are usually there to love and support you. If you suffer from 8) _____, it can be helpful to let others know what you’re experiencing. Talking to your parents or friends, or letting someone know what you’re going through can make you feel better.

- | | | | |
|-------------|------------|-----------------|--------------|
| A) freshman | B) anxious | C) homesickness | D) supposed |
| E) normal | F) dorm | G) major | H) adjusting |

II Sentence Structure

Task 1 Combine the two short sentences into a longer one after the model using “now that”.

Model:

I have entered my final year of college. I suppose I am expected to look at the thousands of bright-eyed freshmen who have moved into their dorm rooms for the first time with a certain degree of nostalgia and envy.

Now that I have entered my final year of college, I suppose I am expected to look at the thousands of bright-eyed freshmen who have moved into their dorm rooms for the first time with a certain degree of nostalgia and envy.

- 1 John has arrived. We can start our meeting.

- 2 The rain has stopped. Let’s go out for a picnic.

- 3 The kids have left home. We have got a lot of free time.

Task 2 Rewrite the following sentences after the model using “end up”.

Model:

And if you feel sad in the end, don't feel guilty.

And if you end up feeling sad, don't feel guilty.

- 1 If you go on like this, you'll fail the exam in the end.

- 2 At first he refused to admit his mistake but apologized in the end.

- 3 I tried to fix my laptop myself, but asked a professional for help in the end.

III Translation

Task 1 Translate the following sentences from Chinese into English.

- 1 适应寝室生活对许多新生来说并不容易。（adjust to）

- 2 友谊不是顷刻间就能建立的。（overnight）

- 3 我昨晚把这个软件的最新版本发送给你了。（version）

- 4 最令我害怕的事情就是离开父母，独自在大学里生活。（scare）

Task 2 Translate the following sentences from English into Chinese.

- 1 If you keep a diary to write down all your expenses, it's easy to figure out where you overspent.

- 2 After hearing the sad news, she went to her room to let out her grief in private.

- 3 Accomplishing something each day helps you feel like you're making progress.

- 4 They like to look back on those unforgettable years in university.

Further Reading



The First Year in College

- 1 Those of us who are college **veterans** will never forget our freshman year. Some of us may like to forget our freshman year, but in general it is a time filled with **anticipation** and wonderful discoveries.
- 2 College is a lot different from high school. Even if you decide to **commute** from your home to a **local** campus, your freshman experience will **definitely** make an **impression** on you. Without doubt, though, the most **dramatic** freshman year is for those living away from home. What can you expect as you head for the wonderful world of higher education?
- 3 The first thing you'll notice is the **workload**. It will be heavier and more **intense** than you have ever experienced before. The major **challenges** of college work are the large **volume** of reading, the short **deadlines**, and the writing, writing, writing. A **related** effect that can be brought on by the workload is doubt, **frustration** and possibly loneliness. You'll be away from the comforts and friendships your home **provided** for you over the **previous** years.
- 4 On some of those long, **seemingly** endless nights of reading and writing, it will be only natural for you to long for the good old days. Hang in there. These down periods will pass. Whatever you do, don't make major decisions about your major, your courses, or even your roommate during one of these blue periods. Things always look better in the morning.

- 5 You'll be making a lot of new friends. Continue to be yourself. Don't strike a **pose** or play the role of someone you're not. **Select** your friends with the same care and **patience** you have always used. Believe it or not, your college friendships will be among the most satisfying and long-term of your life. It's always exciting to discover how wonderfully **diverse** college relationships can be.
- 6 You'll also be on your own, your own boss (more or less) 24 hours a day. Be careful here. Don't go flying off the end of the **pier**. Enjoy your new-found freedom. Stay up until dawn talking about your ideals and **ambitions** with your dorm's regular bull **session buddies**. Sleep in until afternoon on a light class day. **Explore** the local town or **suburbs** with one or two of your new friends. Remember, though, with freedom comes **responsibility**. Even though your parents won't be around to follow up on your **loose** ends, you shouldn't let things go completely. Just find your own style.
- 7 You may even start to think about your future. Be on the lookout for role models. Maybe a certain professor is especially **inspiring**. Perhaps your school has some groundbreaking research going on. If some area of study attracts you, find out all you can do about it. It might be the beginning of your **self-definition** process. Going to college is as much about finding out who you really are as it is about getting that degree.

(485 words)

Words

veteran /'vetərən/ *n.* a person who has a lot of experience in a particular area or activity 老手, 经验丰富的人

anticipation /æn,tɪsɪ'peɪʃən/ *n.* 1. a feeling of excitement about sth. (usually sth. good) to happen 期盼, 期望; 2. the fact of seeing that sth. might happen in the future 预料, 预期

commute /kə'mju:t/ *v.* travel regularly by bus, train, car, etc. between your place of work or study and your home 经常往返(于两地), (乘车)上下班(学)往返

local /'ləʊkəl/ *a.* belonging to or connected with the particular place or area that you are talking about or where you live 本地的, 当地的

definitely /'defɪnɪtli, 'defənɪtli/ *ad.* in a way that is certain 确切地, 明确地

impression /ɪm'preʃən/ *n.* an idea, a feeling or an opinion that you get about sb. or sth. 印象, 感想

dramatic /drə'mætɪk/ *a.* 1. exciting and impressive

激动人心的, 令人印象深刻的; 2. sudden and often surprising 突然的, 令人吃惊的

workload /'wɜ:kləʊd/ *n.* the amount of work that a person or organization has to do 工作量, 工作负担

intense /ɪn'tens/ *a.* 1. very serious, using a lot of effort, and often involving doing a great deal in a very short time (活动) 紧张的, 认真的, 激烈的; 2. very great or extreme 强烈的, 剧烈的, 极度的

challenge /'tʃælɪndʒ/ *n.* a new or difficult task that tests sb.'s ability and skill 挑战, 艰巨任务

v. 1. invite sb. to enter a competition, fight, etc. 向...挑战; 2. question whether sth. is right, legal, etc. 质疑, 怀疑

volume /'vɒljʊ:m/ *n.* 1. the amount of sth. 量, 额; 2. the amount of sound that is produced by a television, radio, etc. 音量, 响度

deadline /'dedlaɪn/ *n.* a point in time by which sth. must be done 最后期限, 截止日期

related /rɪ'leɪtɪd/ *a.* connected with sb. or sth. in some way 相关的, 有联系的

frustration /frʌ'streɪʃən/ *n.* 1. the feeling of being upset or annoyed 懊恼, 沮丧; 2. the fact that sth. is preventing sb. or sth. from succeeding 受阻, 挫败

provide /prə'vaɪd/ *v.* give sth. to sb. or make it available for them to use 提供, 供应, 给予

previous /'pri:vɪəs/ *a.* happening or existing before the event or object that you are talking about 先前的, 以往的

seemingly /'si:mɪŋli/ *ad.* in a way that appears to be true but may in fact not 看似, 貌似, 表面上

pose /pəʊz/ *n.* 1. a way of behaving that is not sincere and is only intended to impress others 故作姿态; 2. a particular position in which sb. stands, sits, etc. 姿势

v. cause a problem 引起问题

select /sɪ'lekt/ *v.* choose or pick out from among others 选择, 挑选, 选拔

patience /'peɪʃəns/ *n.* the will or ability to wait or endure without complaint 耐心, 忍耐力

diverse /daɪ'vɜ:s/ *a.* very different from each other and of various kinds 不同的, 多样的

pier /pɪə/ *n.* a long low structure built in a lake, river or the sea and joined to the land at one end, used by boats to allow passengers to get on and off (突入湖、河、海中的) 码头

ambition /æm'bɪʃən/ *n.* 1. a strong desire to achieve sth. 追求, 理想; 2. determination to be successful, rich, etc. 雄心, 抱负

session /'seʃən/ *n.* a period of time spent doing a particular activity 一段时间, 一场

buddy /'bʌdi/ *n.* a friend 朋友, 同伴

explore /ɪk'splɔ:/ *v.* travel to or around an area in order to learn about it 考察, 探索

suburb /'sʌbɜ:b/ *n.* an area where people live that is outside the center of a city 郊区, 城外

responsibility /rɪ'spɒnsə'bɪləti/ *n.* a duty to deal with or take care of sb. or sth. 责任, 负责

loose /lu:s/ *a.* free to move around without

control 不受约束的, 自由的

inspiring /ɪn'spaɪərɪŋ/ *a.* exciting and encouraging you to do or feel sth. 鼓舞人心的, 激励的

self-definition /,self defɪ'nɪʃən/ *n.* the process or act of describing or showing your own features or qualities 自我定义

Phrases and Expressions

in general usually, mainly 通常, 大体上

head for go in a particular direction 朝 (特定方向) 行进

bring on make sth. (usually sth. unpleasant) develop (使) 发展, 导致 (常指坏事)

long for want sth. very much, especially when it does not seem to happen soon 渴望

hang in there remain determined to succeed even when the situation is difficult 保持信心, 坚持下去, 不气馁

fly off go away quickly or suddenly; hurry off 突然跑掉, 飞出

stay up go to bed later than usual 深夜不睡, 熬夜

bull session an occasion when people meet and talk in an informal way 闲谈, 聊天

sleep in sleep until after the time you usually get up 睡过头, 迟起

even though despite the fact or belief that; no matter whether 即使, 纵然, 虽然

follow up find out more about sth. or do sth. more to deal with it 追查

loose ends unfinished or incomplete parts of a task, project or situation that still need to be dealt with 未完成任务, 尚待处理的问题

be on the lookout for watch carefully for sb. or sth. in order to find sth. you want 寻找

role model a person that you admire and try to copy 楷模, 行为榜样

Comprehension

Task Decide on the best choice for each of the following questions or unfinished statements according to the passage.

- 1 The freshman year would be more exciting and impressive for those who _____.
A. live at home B. live on campus
C. commute every day D. are good at learning
- 2 Freshmen would probably feel _____ with a heavy workload.
A. busy but happy B. cheerful and fulfilled
C. frustrated but satisfied D. doubtful and lonely
- 3 When you feel upset and downhearted, you'd better _____.
A. have a walk instead of going on with your writing
B. make a lot of new friends and talk to them
C. not make important decisions
D. not turn to food for comfort
- 4 Make new friends in college, but remember not to _____.
A. trust them B. disguise yourself
C. behave sincerely D. impose your ideas on them
- 5 Which of the following statements is NOT true?
A. Students will enjoy more freedom and take more responsibility in college.
B. The academic workload is unmanageable for all college students.
C. Finding out who you are is as important as getting a degree in college.
D. You might make a wrong decision when you are in low spirits.

Level-up Exercises

Task Make a comparison between high school life and college life and then write down the differences.

High School Life

- Time is more structured.

College Life

- Time tends to be more flexible.

Applied Listening and Speaking

Task 1 Listen to five short conversations and choose the best answer to each question you have just heard.

- 1 A. Most of her schoolmates are smarter than she is.
B. She has no idea which school to transfer to.
C. There is too much homework for her.
D. She worries she won't fit in as a transfer student.
- 2 A. Classmates.
B. Roommates.
C. Teacher and student.
D. Interviewer and interviewee.
- 3 A. Prepare a study guide.
B. Consult his teachers.
C. Go over his notes regularly.
D. Seek help from parents.
- 4 A. Confident. B. Successful.
C. Concerned. D. Dissatisfied.
- 5 A. The man wants to test himself with the previous exam questions.
B. The woman refuses to lend the man the previous exam questions.
C. Professor Adam always uses new questions in exams.
D. The students always borrow previous exam questions before taking exams.

Word Bank

transfer /ˈtrænsfɜː/ **student** 转学学生
night owl /aʊl/ 惯于熬夜的人, 夜猫子
semester /sɪˈmestə/ *n.* 学期

Task 2 Listen to two long conversations and choose the best answer to each question you have just heard.

Conversation One

- 1 A. She is a freshman.
B. She is a sophomore.
C. She is a junior.
D. She is a senior.
- 2 A. College life is always exciting.
B. College life is full of fun.
C. Teachers are always demanding and strict.
D. Students have a lot of homework to do.
- 3 A. She traveled to China after visiting Japan.
B. She traveled to Japan with her parents.
C. She enjoyed traveling with her parents.
D. When she visited Japan, the man showed her around.

Conversation Two

- 4 A. Three exams. B. More than three.
C. One exam. D. Less than three.
- 5 A. This morning. B. This Friday.
C. This Saturday. D. This weekend.
- 6 A. She will cram hard for the exam.
B. She will have lunch with the man on Saturday.
C. She will write a report for the man.
D. She will help the man with his chemistry exam.

Word Bank

sophomore /ˈsɒfəmoʊ/ *n.* 大学二年级学生
junior /ˈdʒuːniə/ *n.* 大学三年级学生
senior /ˈsiːniə/ *n.* 大学四年级学生
cram /kræm/ *v.* 死记硬背, 临时学
due /djuː/ *a.* 到期的

Task 3 Listen to a passage and choose the best answer to each question you have just heard.

- 1 A. Changes. B. Cultures.
C. Languages. D. New teachers.
- 2 A. Teachers remind students of assignments regularly.
B. Students are given a syllabus and expected to manage their own time.
C. Students don't have to turn in their work on time.
D. Tests and assignments are optional.
- 3 A. College life is generally easier and less stressful than high school life.
B. College requires students to adapt and take on more responsibility.
C. Teachers in college are stricter and give fewer reminders to students.
D. Adjusting to college life is mainly about building new friendships.

Word Bank

norm /nɔ:m/ *n.* 规范, 基准

syllabus /ˈsɪləbəs/ *n.* 教学大纲

in addition 另外, 加之

passive /ˈpæsiʋ/ *a.* 被动的, 消极的

Task 4 Work in pairs to make a conversation according to the situation given below, using the expressions given in the box if necessary.

Situation: Jane has just been at college for a few days. Not familiar with the campus, she is eager to ask some veterans about their first-year experiences. One day in the cafeteria, she meets Bob, a sophomore at the same college, and asks him some questions about the campus, dorm life and activities in the college.

Useful Expressions

Asking about the major or courses:

- What do you major in?
- What courses are you taking?

Talking about places:

- Where's the best place to study / hang out?
- Any quicker way to get to the library?
- Could you show me around the main buildings?
- The easiest way to the library is to head past... and turn left...
- ... is the best hangout. Everyone goes there on weekends.

Talking about dorm life:

- Are you living in the dorm?
- Yes, I live in the dorm. / No, I'm commuting from home to campus.

Talking about activities:

- Could you recommend some associations or entertainment activities on campus?
- What clubs or activities would you suggest for campus life?
- English Club is the best choice.

Sentence Writing

简单句

英语句子可分为简单句、并列句和复合句。

简单句是指只包含一个主谓结构的句子，大体可以分为以下五种类型：

1 主语 + 谓语动词 (SV)

在SV结构中，谓语动词通常是不及物动词，如go、come、arrive等。例如：

- ① The guests arrived.
- ② The little baby laughs suddenly.

2 主语 + 谓语动词 + 宾语 (SVO)

在SVO结构中，谓语动词通常是及物动词，如do、buy、eat等。例如：

- ① Ricky bought a new car yesterday.
- ② He ate it.

3 主语 + 谓语动词 + 表语 (SVP)

在SVP结构中，谓语动词通常是系动词，如be动词、taste、sound、remain、seem等。例如：

- ① The cake tastes delicious.
- ② The stranger remains silent.

4 主语 + 谓语动词 + 间接宾语 + 直接宾语 (SVoO)

在SVoO结构中，谓语动词为及物动词，如send、show、teach、tell等，后面接双宾语（间接宾语和直接宾语）。直接宾语是谓语动作的承受者，间接宾语表示谓语动作实施的方向或目标。间接宾语通常紧接在谓语动词之后，但是它一般不能单独存在。例如：

- ① We send our foreign friend some presents.
- ② The teacher told the children an interesting story.

5 主语 + 谓语动词 + 宾语 + 宾语补语 (SVOC)

在SVOC结构中，谓语动词为及物动词，后面接宾语和宾语补语。常见的宾语补语有名词（词组）、动词不定式、现在分词、过去分词等。例如：

- ① I find driving an important skill nowadays.
- ② My mother told me to return home earlier today.

Task 1 Rearrange the following words and phrases to make simple sentences.

Model:

for, time, starting college life, exciting, most students, is, an

Starting college life is an exciting time for most students.

1 my family, I, miss, from time to time

2 expect to have, arising, questions and problems, didn't, I, every day

3 to play, in various activities, I, a more active role, have chances

4 in university, we, educational and social, will get, opportunities, equal

5 of my parents, I am, independent, now, much more

6 universities, in modern society, an, important role, play, increasingly

7 for students, it is helpful, get involved in, beyond the classroom, campus life, to

8 around, there are, excellent, the campus, so many, restaurants

9 the schedule, I, more flexible and unpredictable, have found

10 from high school to college, experience, is, making the transition, in my life, the most challenging

Task 2 How do you feel about your college life now? Write down the words that come to your mind when recalling the early days in college and then make some simple sentences with those words.

Grammar Focus

时态

时态 (tense) 是一种语法范畴, 它通过动词形式的变化来表明一个动作或状态发生或存在的时间以及其状态。英语中主要有 12 种基本时态, 根据动作发生的时间 (过去、现在、将来) 以及动作状态 (完成、进行、完成进行) 来分类。以下是常见的 8 种时态:

1 一般现在时

表示习惯性动作、长期固定的状态或普遍真理。常与一般现在时连用的时间状语有: often、usually、always、never、every day、once a week、sometimes、seldom 等。
例句:

- ① Suzy studies English every day.
- ② China lies in the east of Asia.

在时间、条件等状语从句中用一般现在时表示将要发生的动作。例句:
We won't start the conference until our senior executive arrives.

2 一般过去时

表示过去某个时间发生的动作或过去经常性、反复性的动作或状态。常与一般过去时连用的时间状语有: yesterday、last night、the other day、at that moment 等。例句:

- ① The boys played basketball yesterday.
- ② We played together last night.

3 一般将来时

表示将来要发生的动作或说话者的打算。常与一般将来时连用的时间状语有: next time、tomorrow evening、before long、in the future 等。例句:

- ① I will visit my grandparents next week.
- ② I'm going to have dinner with my new neighbors this evening.

4 现在进行时

表示现在正在进行的动作或存在的情况。常与现在进行时连用的时间状语有: now、at this moment、at present 等。例句:

- ① It's raining heavily now.
- ② I am reading a mathematics book this month.

注意: come、go、arrive、leave、start、begin 等词的现在进行时可以表示将来, 即计划或安排好要做的事情。例句:

The train is leaving at eight tonight.

5 过去进行时

表示过去某一时刻正在进行的动作或重复发生的动作，构成形式为“was / were + doing”。常与过去进行时连用的时间状语有：at that time、this time yesterday、at three yesterday、the whole morning 等。例句：

- ① They were studying at the library at 3 p.m. yesterday.
- ② We were working the whole morning.

6 将来进行时

表示将来某一时刻正在进行的动作，其构成形式为“will / shall + be + doing”。常与将来进行时连用的时间状语有：this evening、this time tomorrow、next Sunday evening 等。例句：

- ① This time next year, I will be studying for my exams.
- ② We will be having a meeting next Monday morning.

此外，将来进行时与 when 引导的时间状语从句连用，描述将来某个动作发生时另一个动作正在进行。例句：

When you arrive, I will be tidying up my bedroom.

7 现在完成时

表示从过去某一时间开始一直持续到现在的动作或状态，或表示过去某一时间已完成的动作对现在有影响，其构成形式为“have / has + done”。常与现在完成时连用的时间状语有：all day、for a month、since 2013、so far、up to now 等。例句：

- ① I have lived in this city for five years.
- ② The volunteers have been here for nearly two months.

8 过去完成时

表示“过去的过去”发生的动作，其构成形式为“had + done”。常与过去完成时连用的时间状语有：by + 过去时间点、by the end of + 过去时间段、before + 过去时间点等。例句：

- ① By the time we got to the cinema, the film had started.
- ② Jason had worked in the company for four years before I came here.

Task 1 Decide on the best choice to complete each of the following sentences.

- 1 By the end of last term, we _____ five English novels.
A. has read B. read C. had read D. are reading
- 2 If you don't hurry, you _____ the last bus, and then you'll have to walk home.
A. miss B. will miss C. are missing D. have missed
- 3 How time flies! I _____ a senior high school this September.
A. enter B. entered C. will enter D. have entered
- 4 He _____ the novel for three days before I borrowed it from the library.
A. had read B. has read C. read D. was reading
- 5 They will not start the project until the board chairman _____ back from South Africa.
A. will come B. is coming C. came D. comes
- 6 By the time he _____ the phone, it _____ twice.
A. answered; had rung B. was answering; rang
C. had answered; rang D. answered; has rung
- 7 – What _____ you _____ when the phone rang?
– I _____ TV.
A. were; doing; was watching B. did; do; watched
C. are; doing; am watching D. have; done; have watched
- 8 The new library _____ for two years and it has become a popular place for students to study.
A. had been open B. has opened C. was open D. has been open

Task 2 Complete the following sentences with the proper form of the words given in brackets.

- 1 The government _____ (implement) new policies in our city next year, aiming to improve public transportation.
- 2 At 8 o'clock tonight, we _____ (watch) the final episode of our favorite TV series.
- 3 Look at those dark clouds! It _____ (rain) soon. We should take an umbrella.
- 4 He _____ (study) English for five years before he came to the U.K. for further study.
- 5 The book _____ (translate) into many languages since its publication.

Team Project



Work in groups to conduct a survey on how first-year students adapt to college life. Each member of the group is supposed to invite five freshmen to complete the following questionnaire. After finishing that, analyze all the answers and then give a report on your findings.

QUESTIONNAIRE

PERSONAL DETAILS

Gender ☐ Male ☐ Female

Hometown _____

Age _____

Major _____

QUESTIONS

(Please mark the degree of agreement on a 5-point Likert scale.)

1 Strongly disagree	2 Disagree	3 Neutral	4 Agree	5 Strongly agree	
1. I have set clear academic goals in college.	☐	☐	☐	☐	☐
2. I think the courses are useful and helpful for my future.	☐	☐	☐	☐	☐
3. I have established a consistent study schedule for my subjects.	☐	☐	☐	☐	☐
4. I feel confident about handling college coursework.	☐	☐	☐	☐	☐
5. I actively seek out academic resources (e.g., libraries, tutoring centers).	☐	☐	☐	☐	☐
6. I prioritize tasks effectively to meet deadlines (e.g., assignments, exams).	☐	☐	☐	☐	☐
7. I regularly join campus clubs and organizations, and attend social events on campus.	☐	☐	☐	☐	☐
8. I have built meaningful connections with classmates or roommates.	☐	☐	☐	☐	☐
9. I manage to balance my academic workload with leisure activities.	☐	☐	☐	☐	☐
10. I utilize campus support services (e.g., counseling, medical services).	☐	☐	☐	☐	☐
11. I feel homesick or isolated more than three times a week.	☐	☐	☐	☐	☐
12. I maintain a balanced diet and regular exercise routine.	☐	☐	☐	☐	☐

Requirements for your report

1. Length: 100-120 words.

2. Structure:

Introduction: Purpose of the survey.

Method: How the survey was conducted.

Results: Present findings using numbers for each question. Use charts or graphs if possible.

Analysis: Point out possible reasons for the results.

Conclusions: Draw meaningful conclusions and give practical advice for freshmen.

Chinese Wisdom

The Golden Dress

If you could make a time travel to a particular age in your life, what would you pick? Different people might have different answers, but more often than not, it's youth that people want to revisit. When asked the question, an international student in China said, "I like 23 because I figured some things out then." Another student answered, "I would go back to 16 to rethink my life decisions."



Youth means vitality, energy and ambition. Setbacks rarely crush young spirits, for optimism courses through their veins. Yet time flies and before you know it, you're an adult. Life keeps moving forward, taking you to new experiences.

The Tang Dynasty poem *The Golden Dress* (《金缕衣》), written by an anonymous poet, echoes this sentiment, urging readers to cherish youth and treasure every moment. The poem drives home a timeless truth: Time is far more valuable than material things. The opening lines—"Love not your golden dress, I pray, / More than your youthful golden hours," (trans. Xu Yuanchong)—warn against focusing too much on possessions, reminding us that some treasures outshine gold. The closing lines—"Gather sweet blossoms while you may, / And not the twig devoid of flowers!"—offer a powerful metaphor: Embrace every opportunity with purpose, and let your youth blossom into a meaningful journey.

Task 1 Read the passage and fill in the blanks.

Title of the poem	1)
Dynasty when the poem was written	2)
Main theme of the poem	3)
Opening lines	4)
Closing lines	5)

Task 2 Read the passage and answer the following questions.

- 1 What does the poem compare youth to, and why?
- 2 What does the poem encourage young people to do?