




“十四五”职业教育部委级规划教材

# 新时代高职英语 (上册)

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## 内 容 提 要

本书以高等职业院校的大学生为教学对象,汲取国内外先进的教学理念与教学方法,以学生的接受能力和实际需求为依据编写。内容包括校园生活、美食文化、时尚之物、社交网络、行者轶闻、购物狂欢、中国制造2025,共七章。每章又分为主题引入、听力和口语、阅读理解、翻译技巧、文化交流、合作学习和应用文写作等小栏目,贴近学生生活,关注社会热点,反映时代节奏。同时,书中配有多媒体素材以丰富课堂教学内容,满足课堂学习与自主学习、线上学习与线下学习相结合的混合式教学需求。

本套教材分为上、下两册,兼顾多样性和典型性的原则,内容丰富、角度新颖、语言地道实用,力求达到寓教于乐、教学相长的目的。

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党的二十大报告对职业教育发展提出新的部署要求，要推动现代职业教育高质量发展。报告指出，“统筹职业教育、高等教育、继续教育协同创新，推进职普融通、产教融合、科教融汇，优化职业教育类型定位。”《新时代高职英语》上/下册以党的二十大精神为指引，适应职业教育发展的新形势、新标准、新思维的改革需求，紧密对接教育部《高职高专教育英语课程教学基本要求》，是一套国际化、网络化、立体化和人文化的高等职业英语教程。

## 一、编写依据

本书全面贯彻《高职高专教育英语课程教学基本要求》，在设计与编写中借鉴近年来高等职业英语教学的成功经验与教学成果，汲取国内外先进的教学理念与教学方法，以学生的接受能力和实际需求为依据，力求将学习内容安排得层次分明、结构紧凑、特点突出。

本书以高等职业院校的大学生为教学对象，针对此类院校的生源特点、培养目标和教学特色，充分挖掘合适的多媒体素材来丰富课堂教学内容，满足课堂学习与自主学习相结合的混合式教学需求。

## 二、教材特色

本书在广泛调研的基础上，根据目前我国高等职业院校大学生的实际英语水平和英语学习条件，突破传统教学模式的局限性，在教学理念、教学内容、教学方法等方面坚持创新，力图体现以学生为中心，“教、学、练”三个环节融为一体的新型教学模式。

### 1. 注重人本主义教育观

本书以学生为主体，以教师为主导，注重人文教育和素质教育，对学生的素质与能力进行双培养，让学生在了解和学习中西方文化差异的同时，接受思政教育、德育教育和人文熏陶。在选材和练习活动设计中也融入了对外国文化知识的介绍和中国传统价值观念的培养，旨在提升学生的综合文化素养。

### 2. 夯实语言基础，激发学习兴趣

本书通过真实的语境、生动的语料、灵活的练习，帮助学生巩固语言基础，提高学生在不同情境下的语言应用能力，综合培养学生的听、说、读、写、译等语言技能，并通过启发性、思辨性的练习设计，启发学生思考，提高其思辨能力。

### 3. 思想性、前瞻性突出

本书设置了思政部分的内容，通过中西方文化的互鉴，拓宽学生的国际视野，培养其文化自信。

4.选材具有鲜明的时代特征

本书主题贴近学生生活，与大学生关注的内容和话题密切相关，关注社会热点，反映时代节奏，每册涵盖七大内容。上册包括校园生活、美食文化、时尚之物、社交网络、行者轶闻、购物狂欢、中国制造2025；下册包括婚姻与家庭、购物与支付、人工智能、人与自然、职业规划、诗与远方、资产配置。选材兼顾多样性和典型性原则，力求内容丰富、角度新颖、语言地道实用，以期达到寓教于乐、教学相长的目的。

5.丰富的音视频资源

每个单元提供了大量与主题相关的音视频，通过鲜活、地道的语言使用情境和练习深化学生对语言内容的理解，丰富学生的语言学习体验。

三、单元模块设计

《新时代高职英语》系列教材共两册，每册设有7个主题单元，每个单元根据各自的定位和特色设置6~7个模块。《新时代高职英语（下册）》设置Translation Skills模块，着重讲解翻译方法和技巧，强化学生的翻译能力。《新时代高职英语（上册）》和《新时代高职英语（下册）》的Expanding Module增设了Soft Skills for Career模块，强调职业素养和思辨能力的培养。各册单元、模块之间环环相扣，以听、说、读、写、译等语言技能培养为基础，重点提升学生的思辨能力、职业技能和跨文化交际能力。

Lead-in	以单元主题音视频切入，引导学生进入单元学习情境，帮助学生打开职业视角，激发学生的学习兴趣。
Listening and Speaking	选取丰富的日常交际和职业沟通场景，以听力输入为基础，以口语输出为驱动。通过跟读重点单词、吟诵诗歌和广告配音等丰富多样的练习，帮助学生打通语音难关，让学生在轻松愉快的课堂氛围中提升英语表达能力。
Reading	每单元包括两篇阅读文章，主课文探索单元主题，文章主题新颖、难度适中、语言地道、趣味生动；辅助课文则围绕主题进行拓展，选材注重趣味性和实用性，帮助学生加深对主题、行业发展和职业定位进行深度思考。
Translation Skills (下册)	每单元介绍一种翻译方法与技巧，由概念讲解入手，配以例句和技巧的讲解，边学边练，及时巩固和强化学习效果，切实提升学生的翻译能力。
Soft Skills for Career (上、下册 Expanding Module)	提供职场实用小技巧，助力未来的职场新人走上职业发展的快车道。
Culture, Value and Thoughts	从单元主题入手，展示不同国家的文化与价值观，结合音视频进行思考与讨论，体现课程思政特色。
East and West (上、下册 Expanding Module)	着重展示中西方职场文化与价值观的碰撞与交融，围绕音视频材料展开思考与辨析，鼓励立足中国看世界、放眼世界观中国，是对课程思政内容的创新。
Group Work	学生围绕主题开展合作学习，同时针对职场陈述和报告环节进行模拟演练。结合参考表达，按照任务流程，分组协作，帮助学生提升在日常交际和职场情境下的语言运用能力。
Applied Writing	每单元精练一种类型的应用文写作，提供讲解、例句和参考范文，为学生提供切实的英语写作帮助的同时，也为未来职场的实际工作打下基础。

本书在编写过程中难免存在纰漏，敬请读者和相关院校在使用过程中给予关注和批评指正，以便我们及时对本书进行修订和完善，在此表示真诚的感谢！



编者  
2024年5月





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Unit 1

# *A New Start*







## Learning Objectives

In this unit, students are expected to :

1. have an in-depth understanding of higher education and college life.
2. be able to make greetings in standard English.
3. understand the two reading passages, practice reading skills, and master the new words and expressions in them.
4. be able to have a class discussion on the importance of education.
5. be able to write a request for leave in English.





## Part I / Lead-in

- I** Listen to the audio, and fill in the blanks with the correct phrase or sentence from the list below. In the audio, three international students are talking about what they can do on campus.



Janet Mwanyika (Sophomore): Everyone has a place on campus. There is a thing for someone to do. Whether it is student involvement, whether it is sport, whether it is professional development, the university has that capability. They have the resources. \_\_\_\_.

Fabio Hodo (Sophomore): The first thing I actually attended was the cross-cultural leadership retreat, so \_\_\_\_, at that point you feel like “Hey, I could totally do this.”

Mayuko Furuta (Exchange Graduate): \_\_\_\_, but I checked the website and I found it on Facebook, so I found it there and I registered on the team.

Janet Mwanyika (Sophomore): \_\_\_\_ is the first step, that was my first step. That really helped me just know a lot of people and get comfortable as could as possible, because I knew I had people behind me and I knew that \_\_\_\_.

Fabio Hodo (Sophomore): Usually \_\_\_\_\_. They usually are centered around students having fun, eating something and talking to each other ...

A. as soon as you attend an event and you really like it

B. Getting involved with a student group

C. all of these events are focused on international culture

D. They have the space to make it happen

E. I had a team that I was working in

F. I didn't know we had a table tennis club here

## II Talking.

Work in pairs. Read the following students' problems and see if you or your friends have similar problems. Discuss and decide what advice you would give them.

Students' Problems
Many students have the following problems in their first few months at college. 1. Being homesick. 2. Not knowing how to make new friends. 3. Not knowing how to make a budget. 4. Not knowing how to keep fit.
Possible Advice
Everyone needs friends. A friend can give us help and share our difficulties and happiness.
Make friends. You must be kind and friendly to others.
Be confident. People are drawn to other people who are comfortable with themselves.
You should participate in some school activities, such as singing, dancing, running and so on.
You could exercise in your spare time, like playing football or basketball.
Make a plan and keep a record of the money you spend.

## Part II / Listening and Speaking

### Dialogue 1 This Is My Friend



#### I Listen to Dialogue 1 and fill in the blanks.

- Oscar: Judy, this is my (1) Tina.
- Judy: I'm very (2) to meet you.
- Tina: It's a pleasure to meet you. I just moved to this (3).
- Judy: How do you like Seattle so far?
- Tina: It's totally (4) from what I expected.
- Judy: Take it (5). You'll get used to it in no time.





## II Listen to Dialogue 2 and number the sentences in the order you hear them.

Lily: Excuse me, are you Sara Wilson?

Sara: Yes, I am. You must be Lily. (1)

Lily: Hi, Sara! Where are you from?

Sara: I'm from China. (2)

Lily: I'm from Canada. What do you do in your spare time?

Sara: I spend a lot of time watching movies.

Lily: Well, (3) But now I'm going to the library.

Sara: I do not know where the library is. (4)

Lily: Sure, you can go with me, (5)

☐ Can you show me the way?

☐ I like watching films too.

☐ Nice to meet you.

☐ What about you?

☐ I will take you there.

## III Read the above conversation, then work in pairs to make up your own conversation according to the following situation. The following sentences are for your reference.

### Situation

A and B are college freshmen from different cities. They meet at the dorm for the first time.

Hi, how are you today?/ How are you doing?

Fine./Great./Pretty good./Not bad.

Nice/Glad/Pleased to meet you./ It's so nice to run into you.

Is this your first time being away from home?

Where are you from?

What's your major?

What do you like the best about here?

## IV Listen and repeat.

involvement	professional	development	capability
resource	cultural	leadership	retreat
table tennis	website	registered	international
Judy	Tina	Seattle	Sara Wilson





**V** Listen and notice how the speakers stress the underlined words.



Hank: Gloria, since you just arrived here last week, I'd like you to meet my girlfriend Sara.

Sara: Hi. Glad to meet you. My name is Sara.

Gloria: Nice to meet you. My name is Gloria.

Sara: What do you think of New York?

Gloria: Well, I'm still feeling a little homesick and everything is new here.

Sara: You're bound to feel that way at first, I guess.



## Part III / Reading

大学，在很多人的眼里意味着自由，意味着肆无忌惮的青春。你想上大学吗？你有自己的计划吗？或者你能否决定到底应该怎么做？本单元中的两篇文章（Text A 讲述了作者选择大学的苦恼；Text B 告诉我们如何合理地规划大学生活）将帮助你解决困惑。

高考不是结束，而是一段新航程的开始。青春千里行，梦想始于足下。让我们相信乘风破浪会有时，直挂云帆济沧海！



### Text A Intensive Reading



1. Look at the title of the passage and predict:

- (1) what the passage is about.
- (2) who wrote it.
- (3) who it was written for.
- (4) where you might read it.

Now read the passage and check your answers.

2. Work in groups to discuss the following questions.

- (1) What did you do to prepare for college life?
- (2) If you have any problems or difficulties during college, who will you turn for help?

## Is College for Me?



I always wanted to go to college, but didn't think I was good enough. My high school years were rocky. I'd been hanging out with some friends, and my grades weren't high enough for me to be accepted to college. I was falling behind, but I couldn't see how it would affect my future.

As college application deadlines drew closer, I started doing some serious thinking. I knew that college was something I wanted to experience. Most of my friends were planning on going away for college, but I was afraid my grades and lack of motivation were in danger of holding me back.

It was late to act, but better late than never. So when I got the opportunity to visit Herkimer Community College in upstate New York, I took it as a chance to get a feel for college life and help my decision-making process. I spent three days there and stayed with my cousin, who lived with four other girls in housing off campus.

While they did homework, they told me all about life in college. They had complete freedom, would stay up late at night, and still get up and go to class. They had a lot of work, but it was nothing they couldn't handle. I realized that college would give me a feeling of being on my own. But I knew I wasn't completely ready for independence. I had never been away from my family and friends for a long period, so the idea made me nervous and excited at the same time.

Although I preferred to go away for college, because of my grades, I realized that I needed a Plan B. I could live at home and attend a two-year community college in the city, and then transfer to a four-year school after raising my GPA. Another option was to take a break after high school and find a job, hoping to save up enough money to support myself through school.

In the end, I decided to go to a community college in the city for a year, improve my grades, and transfer. While I'm going to community college, I will prepare to move out. I also plan on finding a part-time job. This way I can get a feel of both college life and work before I leave home.

### Cultural Background Information

#### Community College

美国的社区大学 (Community College) 是美国教育体系的重要组成部分, 提供两年制的初级高等教育。社区大学的学费不足公立大学的一半。如果上社区大学, 学生离家较近, 食宿费用会节省许多。美国共有一千两百多所社区大学, 其中 60% 的学生边工作边读书。由于社区大学的许多学分被本州的公立大学承认, 因此许多学生选择先上社区大学, 之后转入公立大学。

#### GPA

平均学分绩点 (Grade Point Average) 是以学分与绩点作为衡量学生学习的量与质的计算单位。GPA 是根据学生的阶段性成绩单进行计算得出的平均分。这个分数是学生学习能力以及学业水平的一种体现方式。GPA 在美国以及世界许多国家是衡量学生学业水平的标准方法。美国许多大学在录取时对学生高中的 GPA 有所要求。



## Notes

1. I'd been hanging out with some friends, and my grades weren't high enough for me to be accepted to college.

had been hanging out with some friends 过去完成进行时表示过去某一段时间持续的状态，曾一直与一些朋友相处；not to be accepted to college 表示被动，成绩不够理想不会被大学接受。

2. So when I got the opportunity to visit Herkimer Community College in upstate New York, I took it as a chance to get a feel for college life and help my decision-making process.

when 引导时间状语从句，表示“当……时候”；upstate New York 意为“纽约州北部”。当我有机会参观纽约州北部的赫尔基摩社区学院时，我认为这是一个可以亲身感受大学生活的好机会，而且对我做决定也有帮助。

3. Although I preferred to go away for college, because of my grades, I realized that I needed a Plan B.

although 引导让步状语从句，表示“尽管……”；Plan B 意为“另一个选择，备用计划”。尽管我更倾向于离家去上大学，但因为我的成绩不够理想，我意识到自己需要一个备用计划。

## New Words

rocky	['rɒkɪ]	a.	障碍（或困难）重重的
grade	[greɪd]	n.	成绩等级；年级
accept	[ək'sept]	v.	接纳，接受（为成员、会员等）
affect	[ə'fekt]	v.	影响
application	[,æplɪ'keɪʃ(ə)n]	n.	申请；请求
deadline	['dedlaɪn]	n.	最后期限，截止日期
motivation	[,məʊtɪ'veɪʃn]	n.	动机；动力
opportunity	[,ɒpə'tju:nəti]	n.	机会；时机
upstate	['ʌpsteɪt]	ad.	在（或向）州的乡野地区（尤指北部）
decision	[dɪ'sɪʒ(ə)n]	n.	（作出的）决定，抉择
freedom	['fri:dəm]	n.	（权利、状态）自由
handle	['hændl]	v.	处理，应付（局势、人、工作或感情）
realize	['ri:əlaɪz]	v.	领会，意识到
independence	[,ɪndɪ'pendəns]	n.	自主；自立
prefer	[prɪ'fɜ:(r)]	v.	较喜欢，喜欢……多于……
transfer	[træns'fɜ:(r)]	v.	转学，搬迁
option	['ɒpʃn]	n.	可选择的事物；选择
community	[kə'mju:nəti]	n.	社区；社会
improve	[ɪm'pru:v]	v.	改进，改善



## 📖 Phrases & Expressions

hang out	闲逛，逗留
fall behind	落后，跟不上
plan on	有……计划，打算，想要
hold back	使退缩，阻挡，阻止
better late than never	亡羊补牢，为时不晚；迟做总比不做好
off campus	在校园外；不住校
stay up late	熬夜，迟睡
take a break	休息一下
save up	储蓄；积攒；攒钱
part-time job	非全日性工作，零星工作，兼职

## Exercises

### I Reading and understanding.

Choose the best answer to complete each of the following sentences.

1. The author always wanted to go to college, but \_\_\_\_\_.
  - A. she didn't think she could live far away from home.
  - B. she didn't think she had enough money.
  - C. she didn't think she was good enough to be accepted to college.
  - D. she didn't think she could finish all the homework.
2. As college application deadlines came closer, what did the author's friends plan on?
  - A. Most of her friends were planning on saving enough money for college.
  - B. Most of her friends were planning on going away for college.
  - C. Most of her friends were planning on buying new computers.
  - D. Most of her friends were planning on doing some serious thinking.



3. The author took the visit to Herkimer Community College as a chance to \_\_\_\_\_.
  - A. go away from home
  - B. go party
  - C. start doing some serious thinking
  - D. feel college life and help her to make the decision
4. The idea of attending college made the author feel \_\_\_\_\_.
  - A. nervous and excited
  - B. indifferent and confused
  - C. excited and happy
  - D. bored and disappointed
5. Which of the following is NOT included in the author's Plan B?
  - A. She could live at home and attend a two-year community college in the city.
  - B. She could transfer to a four-year school after raising her GPA.
  - C. She could take a gap year and earn enough money for college.
  - D. She could find a job and save up enough money for college.

**II** Replace the underlined words with the correct form of the words in the box. You may need to make other changes.

accept	opportunity	independence	improve	deadline
motivation	affect	prefer	realize	transfer

1. She was disappointed not to be allowed to get into the club. (     )
2. Climate and weather have an effect on every aspect of our lives. (     )
3. The main objective of learning includes goals, wishes, attitudes and efforts. (     )
4. I hope we can finish this before the time by which it must be done. (     )
5. I had a chance to go to New York and study. (     )
6. Freedom doesn't have to mean that you don't rely on others. (     )
7. How to get the quality of products better than before was a difficult problem to him. (     )
8. I don't think you are aware that how important this is to her. (     )
9. If you like mild flavors, reduce or leave out the chili. (     )
10. The film studio is moving to Hollywood. (     )



**III Fill in the blanks with the correct form of the phrasal verbs in the box.**

plan on	hang out	better late than never	fall behind	stay up late
---------	----------	------------------------	-------------	--------------

1. We can just \_\_\_\_\_ and have a good time.
2. If you don't come to class regularly, you will \_\_\_\_\_ in your studies.
3. They are \_\_\_\_\_ a trip to Guyana next month.
4. You are just now writing back to Grandma? Well, I guess \_\_\_\_\_.
5. With so much homework to do, I will have to \_\_\_\_\_ tonight.



**IV Choose the best Chinese translation for the following English sentences.**

1. I was falling behind, but I couldn't see how it would affect my future.  
A. 我落在了后面，因为我看不出这对我的未来会有怎样的影响。  
B. 我落在了后面，但当时我看不出这会怎样影响我的未来。  
C. 因为这会影响我的未来，所以我不能落在后面。
2. Most of my friends were planning on going away for college, but I was afraid my grades and lack of motivation were in danger of holding me back.  
A. 我的大部分朋友都计划上离家远一点的大学，而我担心自己的成绩，并且学习动力不足。  
B. 我大部分朋友都计划去上大学，但是我认为自己的成绩不够，存在拖后腿的危险。  
C. 我大部分的朋友都在计划离家去上大学，但是我担心自己的成绩和动力不足，有拖后腿的危险。
3. I could live at home and attend a two-year community college in the city, and then transfer to a four-year school after raising my GPA.  
A. 我可以先住在家里，在本市上一所两年制社区学院，提高我的在校平均分数后再转学到一所四年制学校。  
B. 我选择先住在家里，上一所两年制的社区学院，提高我的英语成绩后再转学到一所四年制学校。  
C. 我决定先住在家里，上一所两年制的社区学院，提高我的在校平均分数后再转学。



**Reading Skills: 养成良好的阅读习惯**

良好的阅读习惯可以提高英语阅读效率，使英语学习事半功倍。

首先，要培养按照意群阅读的习惯。意群阅读是指阅读者根据所掌握的语言知识，尤其是语法知识，将句子划分成几个意群进行阅读，如主语部分、谓语部分、宾语部分、各种从句、作状语或定语的介词短语、不定式短语和分词短语等，这些语言单位称作意群。利用意群法阅读可以将每一个单词都看在眼里、映入脑海，但是在大脑中反映出来的不是个别单词的词义，而是整个句子的连贯语义，这种阅读方法有助于提高阅读速度，并快速地掌握句子中的重点部分。

其次，要坚持每天阅读的习惯。每天阅读，不断让英语留在脑海中，持续接触更易于掌握这门语言，培养阅读兴趣。只有对英语产生浓厚的兴趣，才会积极主动地投入英语学习中，并乐于学习、勤于探究，逐渐养成良好的学习习惯，形成有效的学习策略。

**Back to School**

After a summer of sleeping in or doing things on your time, the alarm bell rings and you're going to go to school. Some may feel happy and can't wait to visit friends. Others are likely to be tense or worried. Here are some things you can do:

- Have breakfast. The old saying "breakfast is the most important meal of the day" is never more true than when you're going to school. You are more alert and perform better in class if you eat a good breakfast.
- Get enough sleep. Studies show that teens need at least 8.5 hours of sleep each night to feel rested. Lack of sleep can lead students to fall asleep in class (embarrassing if you're caught!) and can also make it hard to concentrate. It can be more productive to get the sleep you need than it is to stay up late.
- Plan ahead. Get a calendar. Mark the dates of midterms, finals, and other tests. Note the due dates of term papers, essays, and other projects as they are assigned. List any other activities you want to take part in, like basketball practice or cosplay.
- Stay ahead. Try not to fall behind. If you feel yourself falling behind and starting to feel upset, let your teachers know. Almost everyone struggles with a particular subject or class. If you're having trouble with a particular subject or homework project, ask your teacher for extra help after class. Taking a few minutes to speak out about the problem right away can save time later.
- Listen up and take notes. Paying attention in class can actually pay off in the long run. Sure, it's often easier said than done, but actively listening and taking notes during lectures can make recalling information easier when it comes time to study and remember things. Good lecture notes are key to studying and doing well.

## ► New Words

alert	[ə'lə:t]	<i>a.</i>	警觉的；警惕的
perform	[pə'fɔ:m]	<i>v.</i>	履行；执行
embarrassing	[ɪm'bærəsɪŋ]	<i>a.</i>	让人难堪的；令人尴尬的
concentrate	['kɒnsntreɪt]	<i>v.</i>	集中（注意力）；聚精会神
productive	[prə'dʌktɪv]	<i>a.</i>	（尤指）多产的；有效益的
calendar	['kælɪndə(r)]	<i>n.</i>	日历；日程表
midterm	[,mɪd'tɜ:m]	<i>a.</i>	中期的；学期中间的
due	[dju:]	<i>a.</i>	应有的；应得到的
essay	['eseɪ]	<i>n.</i>	（作为课程作业，学生写的）文章，短文
project	['prɒdʒekt]	<i>n.</i>	（学校的）专题研究；项目
assign	[ə'saɪn]	<i>v.</i>	分派，布置（工作、任务等）
cosplay	['kɒsplɪ]	<i>n.</i>	角色扮演；动漫真人秀
upset	[ʌp'set]	<i>a.</i>	难过的；不高兴的
struggle	['strʌg(ə)l]	<i>v.</i>	艰难行进
subject	['sʌbdʒɪkt]	<i>n.</i>	科目；课程
recall	[rɪ'kɔ:l]	<i>v.</i>	记起；回忆起



## ▣ Phrases & Expressions

take part in	参加；参与
have trouble with	在某方面有麻烦/困难
pay off	成功；付清
in the long run	从长远来看，终究
easier said than done	说时容易做时难

## Exercises

### I Practice with the new words.

Match the English words or expressions on the left with their Chinese translations on the right.

1. perform better

2. plan ahead

3. get a calendar

4. struggle with

5. pay attention in class

a. 找一本日历

b. 认真听课

c. 表现更好

d. 吃力地进行

e. 提早计划

### II Reading comprehension.

Answer the following questions based on Text B and then discuss with your partners.

1. According to the passage, how do students feel when they prepare to go back to school?
2. Is the old saying “breakfast is the most important meal of the day” true?
3. What may lack of sleep lead students to?
4. What are the author’s suggestions if you struggle with a particular subject or class?
5. What is key to studying and doing well according to the author?

### III Choose the true statement according to the passage.

1. The author gives us some suggestions on going back to school, such as planning ahead, having lunch, paying attention and taking notes.
2. The author advises to mark the dates of midterms, finals, and other tests.
3. If you feel yourself falling behind, the author advises you to let your friends know.
4. According to the author, it’s really difficult to listen actively and take notes at the same time during lectures.
5. Studies show that teenagers need more than 8 hours of sleep each night to feel rested.





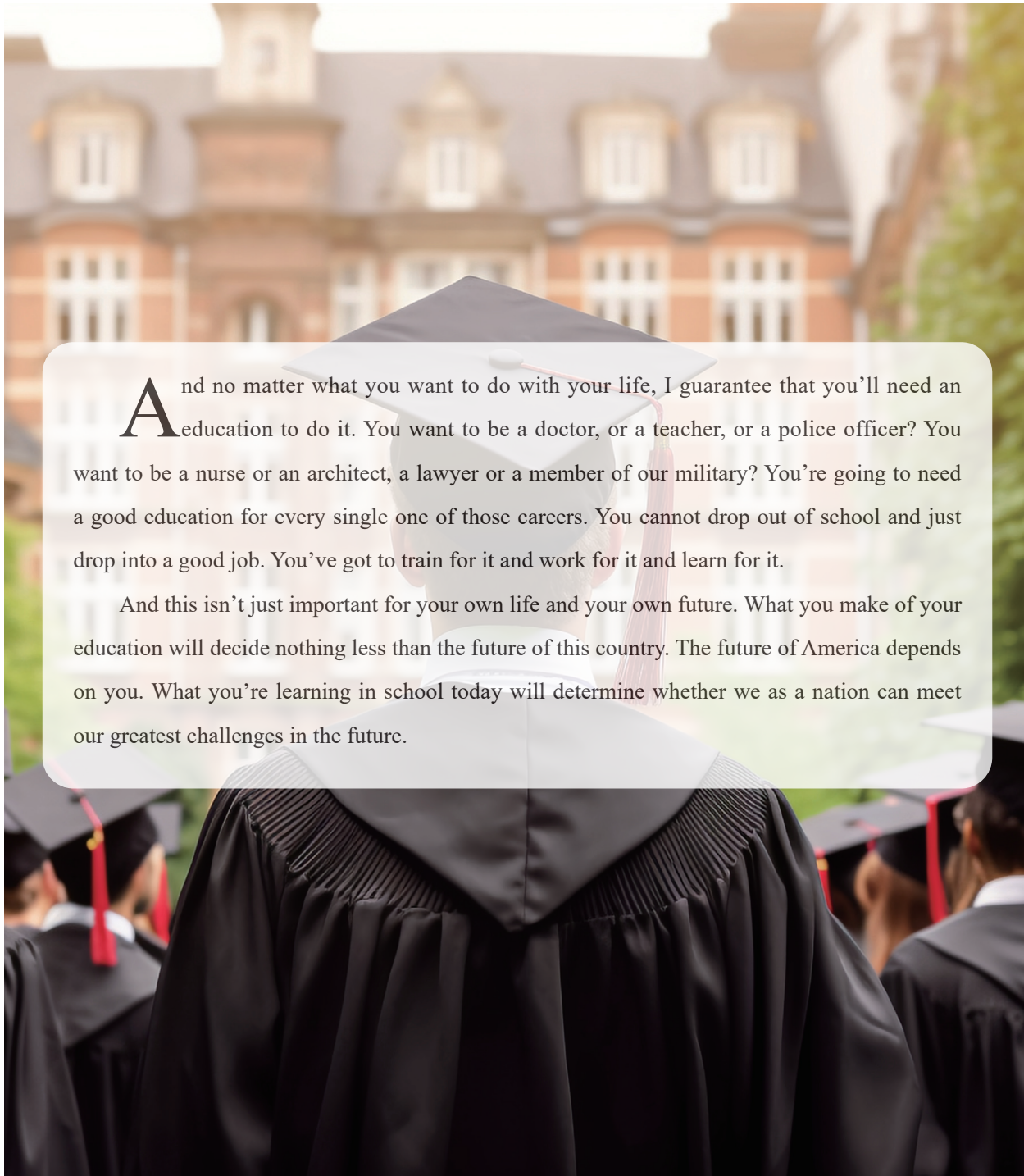


## Part IV / Culture, Value and Thoughts



The following are remarks by the former American President Obama in a national address to American schoolchildren in Wakefield High School, Virginia, in 2009.

Watch the video, then read aloud the script and try to imitate the pronunciation of the speaker.




And no matter what you want to do with your life, I guarantee that you'll need an education to do it. You want to be a doctor, or a teacher, or a police officer? You want to be a nurse or an architect, a lawyer or a member of our military? You're going to need a good education for every single one of those careers. You cannot drop out of school and just drop into a good job. You've got to train for it and work for it and learn for it.

And this isn't just important for your own life and your own future. What you make of your education will decide nothing less than the future of this country. The future of America depends on you. What you're learning in school today will determine whether we as a nation can meet our greatest challenges in the future.

## Part V / Group Work

Congratulations! Now you and your classmates are college freshmen. How will you plan for your college life? Work in groups to discuss the following tips and make a list of the top-5 important things you plan to do in college, and share with the class.

- 
- |                                       |                              |
|---------------------------------------|------------------------------|
| A. study hard                         | B. sign up for the societies |
| C. make friends                       | D. fall in love              |
| E. do physical activity               | F. go to the library         |
| G. make a budget                      | H. travel                    |
| I. learn to play a musical instrument |                              |

In my opinion/As far as I'm concerned, first, \_\_\_\_\_ is the most important of all since/because \_\_\_\_\_. Second, I hope/plan to \_\_\_\_\_, such as/for example \_\_\_\_\_. It's a good way to \_\_\_\_\_. Third, in my spare time, I want to/would like to \_\_\_\_\_. Last but not least, I'm really looking forward to \_\_\_\_\_ during my college years. Thank you.

## Part VI / Applied Writing

### 请假条 ( Request for Leave )

请假条包括请病假条和请事假条。请假条是因身体状况不好或因某事向老师请求准假的常用应用文。

英文请假条写作需注意以下三点：

1. 一般由四部分组成：时间、称呼、正文和落款。
2. 书信文体。
3. 请假条要求开门见山，内容简短，用词通俗易懂。

### Useful Expressions

- I'm writing to you to ask for a ... leave because ...
- I'm very sorry to be absent from school due to ...
- Last night I had a high fever and a bad cough.
- I'll be sure to make up for the missed lessons after I recover from the illness.
- I will attend school as soon as possible.

### Model Answer



**Request for Leave**

December 11th, 2019

称呼  
Dear Ms. Gao,

标题  
I'm sorry I can't go to class today. I had a bad cold yesterday and now I had a high fever.

日期  
I went to see a doctor. He gave me some medicine and asked me to stay in bed for two days. So, I'm sorry to ask for two days off. I will attend school as soon as possible.

正文  
Yours,  
落款  
Sam



## Writing Task

假如今天（2023年10月22日），你（John）因病不能上学，需要给姜老师写个请假条。

内容包括以下三点：

1. 请假原因：淋雨发烧。
2. 请假期限：三天。
3. 对于缺席表示抱歉，承诺一定会弥补错过的课程。