

高校英语教育融合创新系列教材

大学英语辅导与自测 1

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PREFACE

语言是文化的载体,也是沟通心灵的桥梁。在全球化的今天,英语不仅是一种交流工具,更是探索世界、理解不同文化的钥匙。本大学英语系列教材共8册,含《大学英语综合教程》4册、《大学英语辅导与自测》4册。本系列教材专为本科生设计,以学生为中心,融合了语言学习与思政教育,旨在培养学生的英语应用能力,同时引导他们深刻理解中国故事,增强文化自信。

1. 学生为本,激发学习潜能

本系列教材以学生为中心,充分考虑本科学生的特点和需求,设计了一系列富有创意和趣味性的学习活动,比如角色扮演、情景模拟、人物采访、时间规划等。我们相信,通过这些活动,学生不仅能够提升语言技能,更能在轻松愉悦的氛围中,激发学习潜能,培养创新思维,同时提升他们的团队协作和问题解决能力。从日常生活的点滴到专业技能的培养,每一章节都紧密联系学生的实际需求,鼓励学生在真实语境中运用英语,实现学以致用。

2. 课程思政,讲好中国故事

在传授英语知识的同时,我们注重培养学生的家国情怀和社会责任感。本系列教材精选有中国特色同时语言地道的阅读材料,词汇与句子练习部分也能体现出中国的发展成就、璀璨文化。本系列教材在培养学生学习语言本身的基础技能外,还意在引导学生通过语言学习加深对中国、对世界的理解,深入理解中国传统文化和现代发展,讲好中国故事,增强民族自信心和自豪感。此外,教材致力于引导学生培养更有利于自身全方面发展和有利于社会大众的价值观、世界观。

3. 全人教育,促进学生全面发展

本书从日常生活的点滴出发,通过精心设计的活动和练习,引导学生学习并掌握实用的英语表达。从自我介绍、时间管理到友谊的价值,每一章节都紧扣大学生的实际生活,帮助他们在真实的语境中运用英语,提升语言技能。

在 Unit 1 A Fresh Start 中,我们鼓励学生以积极的态度迎接新的开始,通过学习中文智慧和英文表达,理解文化差异与共通性。Unit 2 Time Management 则教授学生如何高效管理时间,这是他们未来职业生涯

中不可或缺的技能。Unit 3 Friendship 探讨了友谊的意义，通过丰富的听力和口语练习，帮助学生在交流中建立和维护人际关系。Unit 4 Overcoming Obstacles 和 Unit 5 Communication and Cooperation 进一步提供了面对困难时的解决策略并强调了沟通协作的重要性。Unit 6 Education 则深入讨论了教育的力量，以及如何通过教育促进个人成长和社会进步。这些章节不仅提供了语言学习的方法更是生活智慧的传授。希望使用教材的学生不仅在语言上受益，还能从书中得到启发和力量。

4. 选材考究，紧跟时代脉搏

本系列教材的编写团队深知大学英语教育的特点，我们在内容上注重实用性和时代性，确保学生所学能够紧跟行业发展和社会需求，为学生的职业生涯和个人发展打下坚实的基础。在选材上，我们力求紧跟时代发展，选取与现代社会紧密相关的材料，确保学生所学内容的前瞻性和应用性。无论是国际视野的拓展，还是职业技能的提升，学生都能在本系列教材中找到有用的资源。

5. 配套资源，助力教学相长

为了更好地服务于教学和学习，本系列教材配备了辅导与自测和教师用书。辅导与自测提供了丰富的练习题和活动指导，帮助学生巩固知识点和提高实践能力。教师用书则为教师提供了教学指导和参考，确保教学活动的顺利进行。

本系列教材是我们对大学英语教学的一次深入探索和创新实践。本系列教材的编写团队深知教育的责任和使命，我们期待这一系列教材能够成为学生英语学习道路上的良师益友，助力学生实现个人梦想，贡献社会力量，成为具有全球竞争力的高素质技术技能人才。让我们一起开启这段充满挑战与机遇的学习之旅。

编者

2024 年 5 月



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Unit 1

A Fresh Start

Vocabulary

Section A

Activity 1

 Choose the best answer.

1. Which word best describes something from a very old time period?
 - Ⓐ Comfort
 - Ⓑ Powerful
 - Ⓒ Ancient
 - Ⓓ Manageable
2. What do you call a wise thinker who studies and imparts knowledge on life and existence?
 - Ⓐ Quote
 - Ⓑ Explorer
 - Ⓒ Philosopher
 - Ⓓ Chapter
3. What do you call a significant event or turning point in a process or journey?
 - Ⓐ Milestone
 - Ⓑ Accomplishment
 - Ⓒ Setback
 - Ⓓ Comfort
4. When you are facing a fear and deciding to take action, what are you doing?
 - Ⓐ Stepping out
 - Ⓑ Breaking down



- Ⓐ Celebrating
- Ⓑ Maintaining

5. If you are making a difficult task easier by dividing it into smaller parts, what are you doing?

- Ⓐ Comforting
- Ⓑ Exploring
- Ⓒ Breaking down
- Ⓓ Appreciating

6. What do you call a feeling of encouragement that drives you to achieve your goals?

- Ⓐ Motivation
- Ⓑ Victory
- Ⓒ Quote
- Ⓓ Manageable

7. When you accept and welcome a new challenge or change, what are you doing?

- Ⓐ Embrace
- Ⓑ Reject
- Ⓒ Ignore
- Ⓓ Avoid

8. If you are making a statement that you agree with, what are you doing?

- Ⓐ Criticize
- Ⓑ Acknowledge
- Ⓒ Punish
- Ⓓ Deny

9. What do you call a famous saying that often contains a deep truth or wisdom?

- Ⓐ Actionable
- Ⓑ Quote
- Ⓒ Comfort
- Ⓓ Bouncing back

10. When you continue to go ahead despite difficulties, what are you doing?

- Ⓐ Moving forward
- Ⓑ Stepping back
- Ⓒ Standing still
- Ⓓ Turning around





Activity 2

Fill in the blanks with the words or the phrase below. Change the form when necessary.

setback	chapter	crucial	celebrate	step out of
philosopher	scary	appreciate	symbol	victory

- Confucius, a famous _____, has influenced the Chinese nation for thousands of years.
- Time management is _____ for students preparing for exams.
- Learning to _____ your comfort zone is a key part of personal growth.
- The Great Wall is a powerful _____ of China's historical strength.
- The thought of speaking in front of a large audience can be _____.
- Each _____ of the book tells a different story of the character.
- Chinese New Year is a time to _____ with family and friends.
- Many international friends _____ the beauty of Chinese art.
- Overcoming _____ is part of the journey to success.
- The _____ of the dragon boat race brings great joy to the team.

Section B

Vocabulary About Jobs

teacher	receptionist	office worker	police officer	nurse	hairdresser
artist	lawyer	flight attendant	pilot waitress	reporter	handyman
mechanic	carpenter	manager	scientist	programmer	v-logger

Activity 1

Write the words about jobs to complete the sentences.

- A _____ keeps an office, school or hotel clean.
- A _____ helps students learn.
- A _____ can help people with the law.
- A _____ cuts or styles people's hair.
- A _____ protects us and makes us follow the law.
- A _____ meets visitors and answers the phone.
- A _____ brings us drinks on an aeroplane.
- A _____ flies a plane. On many planes there are at least two.
- If you have an animal that is sick, a _____ can help you.
- If you like working in the kitchen, you might want to work as a _____.

11. My car isn't running well so I will take it to the _____.
12. A _____ used wood to make our table.

Activity 2

True or False

1. Cleaners often use computers and phones to do their work.

True
False

2. Engineers can repair engines.

True
False

3. Hairdressers only cut women's hair.

True
False

4. Many lawyers work in court.

True
False

5. Some nurses work in hospitals.

True
False

6. Many office workers use computers and telephones at work.

True
False

7. Police officers can stop you if they want to talk to you.

True
False

8. A receptionist usually repairs machines.

True
False

9. A shop assistant can help you in a shop.

True
False

10. Teachers work in schools or universities.

True
False

Grammar

英语词性表

感叹词 interjection	代词 pronoun	连词 conjunction	限定词 determiner	形容词 adjective
名词 noun	动词 verb	介词 preposition	副词 adverb	

Activity 1

 Choose the correct answer.

1. She went to the market and bought some eggs. Here “went” is a ...
 - Ⓐ verb
 - Ⓑ adverb
 - Ⓒ noun
2. I want to go now. Here “now” is a/an ...
 - Ⓐ verb
 - Ⓑ adjective
 - Ⓒ adverb
3. What are you doing there? Here “there” is a/an ...
 - Ⓐ adjective
 - Ⓑ adverb
 - Ⓒ verb
4. There is a mouse underneath the piano. Here “underneath” is a/an ...
 - Ⓐ conjunction
 - Ⓑ preposition
 - Ⓒ adverb
5. Masons build houses. Here “Masons” is a/an ...
 - Ⓐ verb
 - Ⓑ adverb
 - Ⓒ noun
6. John is my best friend. Here “best” is a/an ...
 - Ⓐ verb



Ⓐ adjective

Ⓑ adverb

7. She looked up but didn't see anything. Here "up" is a/an ...

Ⓐ verb

Ⓑ adverb

Ⓒ conjunction

8. That was a difficult question. Here "difficult" is a/an ...

Ⓐ adjective

Ⓑ adverb

Ⓒ preposition

9. She was very impressed with her results. Here "very" is a/an ...

Ⓐ adjective

Ⓑ adverb

Ⓒ verb

10. Although she is poor, she is happy. Here "Although" is a/an ...

Ⓐ conjunction

Ⓑ preposition

Ⓒ verb

11. The policeman didn't run fast enough to catch the thief. Here "fast" is a/an ...

Ⓐ adjective

Ⓑ adverb

Ⓒ verb

12. Have we bought enough chairs? Here "enough" is a/an ...

Ⓐ adverb

Ⓑ adjective

Ⓒ preposition



Activity 2

 Please write the part of speech of the bold words in the following sentences.

The sun **rises** in the east. _____



She **reads** a book every night. _____

He plays **soccer** on weekends. _____

I love eating ice cream. _____

He eats **slowly**. _____

They watch movies **together**. _____

We walk our dog **in** the park. _____

You **should** study for the test. _____

Cats often **chase** mice. _____

The flowers bloom in **spring**. _____

Reading

Intensive Reading

Study Skills Tips

Read the study skills tips to practise and improve your reading skills. You'll learn some great study tips at the same time!

Do the preparation task first. Then read the text and do the exercises.

Many studies about language learning ask the question: What makes a good language learner? There are some things that good language learners do and some things they don't do. Here are some of the most useful suggestions from studies.

- ◆ Don't be afraid of making mistakes. People often get things wrong. Good language learners notice their mistakes and learn from them.
- ◆ Do group activities. People use language to communicate with other people. A good language learner always looks for opportunities to talk with other students.
- ◆ Make notes during every class. Notes help you to remember new language. Look at your notes when you do your homework.
- ◆ Use a dictionary. Good language learners often use dictionaries to check the meaning of words they don't know. They also make their own vocabulary lists.
- ◆ Think in the language you're learning outside the classroom. When you're shopping or walking down the street, remember useful words and phrases. Sometimes, when you're at home, say new words to practise your pronunciation.
- ◆ Do extra practice. Test and improve your language, reading and listening skills with self-study material. You can find a lot of this online.
- ◆ Imagine yourself speaking in the language. Many good language learners can see and hear themselves speaking in the language. This helps their motivation.

◆ Enjoy the process. Good language learners have fun with the language. Watch a TV series or film, listen to songs, play video games or read a book. It's never too late to become a good language learner.

Activity 1

 According to the text, are the sentences True or False?

1. Good language learners don't make mistakes.

True

False

2. It's a good idea to talk with other students.

True

False

3. Take notes only before an exam.

True

False

4. Good language learners write down the words and expressions they learn.

True

False

5. Think of language you know when you are outside the classroom.

True


False

6. Don't take tests outside of class — it's very stressful.

True

False

Activity 2

 Write the noun forms of the verbs. For example, "imagination" is the noun form of the verb "imagine".

1. learn

2. suggest

3. communicate

4. mean

5. pronounce

6. motivate



Activity 3

What other tips do you have for learning a new language?

Extensive Reading

An End of Term Report

Read an end of term report to practise and improve your reading skills.

Southwestern University

Candidate's surname: Martella

Candidate's first name: Javier

Student number: 15604088-B

Academic year: 2019–2020

Course: English Basics 2

Term: 3 (final)

Mark Breakdown

Skills/Area	Maximum Mark	Pass Mark	Mark Obtained	Pass/Fail
Reading	20	10	15	P
Listening	20	10	8	F
Writing	20	10	14	P
Speaking	20	10	17	P
Grammar/Vocabulary	20	10	11	P
TOTAL	100	50	65	P

Comments

Well done, Javier, on all your hard work this term. You are always active in speaking activities, and this is great. I always enjoy reading your writing too; you have very good ideas. You can see from your marks that reading is not a problem for you.

Sometimes you still make small grammar mistakes, and I think you can improve your vocabulary. I recommend you review many of the language points we studied this term. There is extra language practice in your online workbook.

The area you need to work on the most is listening. I know this is difficult for you. I recommend more practice at home. Listen to English TV shows, podcasts and radio as much as possible. I can give you a list of things to listen to.

I've enjoyed working with you. Have a nice holiday, and good luck for next term!

Instructor's name: Erin Gibbs

Signed: *Erin Gibbs*



Circle the correct answer.

1. What is the teacher's name?
 - Ⓐ Erin Gibbs
 - Ⓑ Javier Martella
 - Ⓒ We don't know.
2. What was the worst area or skill for Javier?
 - Ⓐ Grammar/Vocabulary
 - Ⓑ Listening
 - Ⓒ Reading
3. Is this the first English level?
 - Ⓐ Yes
 - Ⓑ No
 - Ⓒ We don't know.
4. What mark do you need to pass the writing part of the course?
 - Ⓐ 50 per cent
 - Ⓑ 60 per cent
 - Ⓒ 75 per cent
5. What does the teacher think of Javier's writing?
 - Ⓐ She thinks he needs to work more on it.
 - Ⓑ She thinks it's difficult for him.
 - Ⓒ She likes it.



6. What does the teacher recommend to Javier?

- Ⓐ Being more active in speaking activities.
- Ⓑ Revising reading texts.
- Ⓒ Listening to lots of different things.


Translation

Activity 1

 Translate the following terms into Chinese.

1. comfort zone	
2. <i>Tao Te Ching</i>	
3. a thousand-mile journey	
4. one step at a time	
5. personal growth	
6. Lao Tzu	

Activity 2

 Read the English sentences. Study their structures and translate the Chinese sentences into English.

1. In this article, we will explore how this mindset can help our personal growth.

在这节课上，专家将教我们如何管理时间。

在最后一章中，作者将讲述他自己的故事。

2. Once you take that first step, you'll feel proud and excited to keep going.

一旦你开始学习，你会发现知识无处不在。

一旦你到访中国，你会欣赏到它丰富的历史。

3. To make the journey more manageable and achievable, you can break down large goals into smaller, actionable steps.

为了让汤更加美味，你可以往里面加一些西红柿。

为了让房间更加舒适，你可以添加一些家具。

4. It's important to celebrate your progress along the way.

当别人在说话时聆听是很重要的。

尊重他人的观点是很重要的。

5. Moreover, celebrating small wins allows us to enjoy the journey itself, rather than just focusing on the end goal.

在家做饭让你可以吃到更健康的饭，而不是吃垃圾食品。

读书可以让你增长知识，而不只是看电视。

Writing

Practical Writing

Smart Plan

Activity

 The following is Rose's smart plan. Please finish the plan for her.

Rose's goal: I want to improve my fluency in French.

S.M.A.R.T. Goal: I will become more comfortable speaking the French language after finding a one-on-one tutor.

Specific: I want to develop my French skills in preparation for my summer holiday.

Measurable: I will navigate the French language basics for traveling with ease — asking for directions, introducing myself, etc.

Achievable: I will meet with a French tutor every week to help me focus on the areas that need improvement.

Relevant: Better understanding a foreign language will be helpful for my holiday, so I don't get lost and know how to pay for transactions properly. It will also open doors for more travel in the future.

Time-Bound: I have eight months before my holiday, leaving me enough time to meet with a tutor regularly. I can also determine whether I need tutoring more than once a week to continue improving.

Rose's goal: Improve Focus

Specific: I want to be able to focus during classes

Measurable: Before class I will ensure the following, and I will check them after each class.

✓ My phone is in my bag;

✓ I'm sitting on my own;

✓ I have my water bottle.

Achievable: I will meet up with my teachers each week to help me on problems that I don't understand.

Relevant: _____

Time-Bound: I have six weeks until winter break, which gives me plenty of time to work on my focus.

Academic Writing

Activity 1

英语中有五种基本句子结构：

主语—谓语

主语—谓语—宾语

主语—谓语—形容词

主语—谓语—副词

主语—谓语—名词

1) 请把下列句子和句子结构连接起来。

主语—谓语	Jenny is happy; Linda is pretty
主语—谓语—宾语	My father was a chemist; You are a student
主语—谓语—形容词	I like apples; Mary reads novels
主语—谓语—副词	She speaks fluently; These flowers are everywhere
主语—谓语—名词	John smiles; My friend is playing

2) 请为每个句型结构造两个句子。

主语—谓语

主语—谓语—宾语



请写一段英文的自我介绍，邀请同学、老师阅读并给出评价。

[illegible]



Time for Relaxation

1. Why did the teacher wear sunglasses to school?
2. Why did the teacher draw on the window?
3. Why are fish so smart?
4. What do you need to go to high school?
5. Why did the student eat his homework?





Unit 2

Time Management

Vocabulary

Section A

Activity 1

 Choose the best answer.

1. What does the phrase “all sorts of” mean?
 - Ⓐ Only one type
 - Ⓑ A limited variety
 - Ⓒ Many different types
 - Ⓓ None of the above
2. If something is “special”, what does it mean?
 - Ⓐ Common and ordinary
 - Ⓑ Unique and important
 - Ⓒ Difficult to use
 - Ⓓ Easily forgotten
3. When you “express” something, what are you doing?
 - Ⓐ Hiding your feelings
 - Ⓑ Showing or communicating your thoughts
 - Ⓒ Ignoring the subject
 - Ⓓ Changing your mind
4. What does “gratitude” represent?
 - Ⓐ Anger and sadness
 - Ⓑ Thankfulness and appreciation



- Ⓐ Calmness
- Ⓑ Disrespect

5. When you “look forward to” an event, what is your attitude?

- Ⓐ Anxiety
- Ⓑ Excitement
- Ⓒ Boredom
- Ⓓ Fear

6. If you “hear of” something, what have you done?

- Ⓐ Removed it completely
- Ⓑ Learned about it or become aware of it
- Ⓒ Forgotten it
- Ⓓ Created or invented it

7. The word “wonderful” describes something that is:

- Ⓐ Terrible and awful
- Ⓑ Amazing and delightful
- Ⓒ Ordinary and dull
- Ⓓ Unimportant and tiny

8. “Magnificent” is used to describe something that is:

- Ⓐ Small and cute
- Ⓑ Grand and splendid
- Ⓒ Broken and damaged
- Ⓓ Common and typical

9. When something is “superb”, it is:

- Ⓐ Common
- Ⓑ Excellent
- Ⓒ Poor
- Ⓓ Boring

10. “Take care of” means to:

- Ⓐ Damage
- Ⓑ Look after
- Ⓒ Destroy
- Ⓓ Borrow or steal

11. When you “go off to” a place, you:

- Ⓐ Stay in the same location
- Ⓑ Travel or depart to that place
- Ⓒ Avoid or run away from it
- Ⓓ Lose it

12. To “breathe” involves taking both an:

- Ⓐ In-breath and out-breath
- Ⓑ In-breath only
- Ⓒ Out-breath only
- Ⓓ Neither in-breath nor out-breath

13. When you feel “content,” you feel:

- Ⓐ Anxious and worried
- Ⓑ Satisfied and at ease
- Ⓒ Angry and upset
- Ⓓ Bored and uninterested

14. “Reality” refers to:

- Ⓐ Illusions and fantasies
- Ⓑ Dreams and aspirations
- Ⓒ The actual state of things
- Ⓓ Fiction and make-believe

Activity 2

 Fill in the blanks with the words or the phrase below. Change the form when necessary.

gratitude	alive	aware	appreciate	magnificent
instead of	available	peaceful	power	amazing

1. She _____ the beauty of nature when she goes hiking.
2. Knowledge is _____, as it helps us make informed decisions.
3. _____ eating out, we decided to cook dinner at home.
4. Be _____ of your surroundings when walking in a new area.
5. The _____ view from the mountaintop was breathtaking.
6. The book you requested is now _____ at the library.
7. The garden is a _____ place where I can relax and think.



8. She has an _____ ability to solve complex problems quickly.
9. After the surgery, he was glad to be _____ and recovering.
10. I feel immense _____ for the support I received during tough times.

Section B

Vocabulary About Time

Activity 1

 Match the words and phrases with their Chinese meanings.

postpone	延迟, 落后于计划
short notice	取消
notify/inform	通知 / 告知
on time	在……之内
cancel	按计划进行
ahead of schedule	准时
on schedule	推迟
in time	及时
behind schedule	提前
within	临时通知

Activity 2

 Fill in the gaps with the expressions from the box.

postponed	short notice	notify/inform	on time	cancel
ahead of schedule	on schedule	in time	behind schedule	within

1. I always try to keep my appointments _____ to respect others' schedules.
2. The meeting will be _____ to a later date.
3. You must finish this report _____ Friday.
4. Please _____ me if there are any changes so I can adjust my plans.
5. The class was _____, so we had a free period.
6. The package was delivered _____, which made us feel excited.
7. The train is running _____ today, so we should arrive at our destination without any delays.
8. We managed to complete the task _____, just before the deadline.
9. The team was _____, which made her worry about the project's completion.
10. I had to leave the party on _____ because of an urgent work call.

Grammar

Activity 1

 Fill in the blanks with “When” or “Who”.

1. _____ will they release a new song?
2. _____ is the boy in the picture?
3. _____ is your birthday?
4. _____ cooked the food?
5. _____ will the group start their business?
6. _____ played basketball this morning?
7. _____ will they go to the garage?

Activity 2

 Fill in the blanks with “Which” or “How”.

1. _____ one do you prefer?
2. _____ do you go?
3. _____ author do you like?
4. _____ did my car get scratched?
5. _____ one is the most beautiful flower?
6. _____ did Coy meet his friends?

Activity 3

 Fill in the blanks with “Where” or “Why”.

1. _____ is the pool?
2. _____ is James only eating fruits?
3. _____ is my cat?
4. _____ did Mark swim in the middle of the night?
5. _____ is the nearest restaurant?
6. _____ does my father sleep loudly?



Activity 4

Fill in the blanks with “W-” words.

Insert the right question word, and match up with the answer.

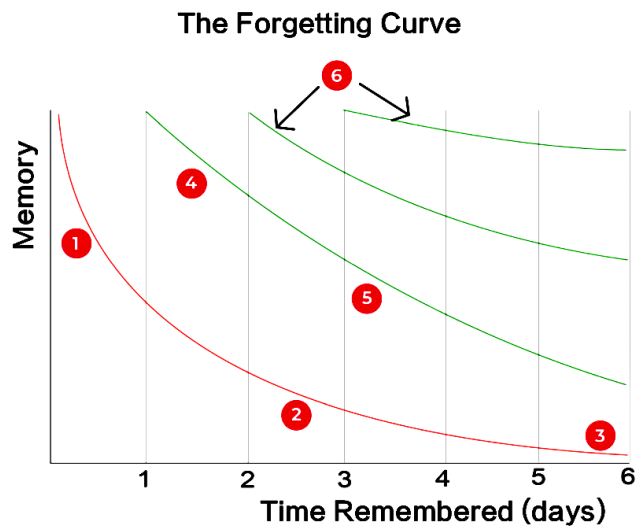
1) _____ do you live?	a) It's Harry. He's banging on the table! I wish he would stop!
2) _____ many brothers has Paul got?	b) I live in London.
3) _____ time does the film finish?	c) It's Joe's! He never writes his name!
4) _____ gloves are these?	d) Don't panic! They're on the table, by the door.
5) _____ are you late?	e) To sunny Spain.
6) _____ tall are you?	f) They go by bus.
7) _____ is your favorite color?	g) Pizza. I love it!
8) _____ are you coming to visit me? I haven't seen you for such a long time.	h) He turned left and went up the hill.
9) _____ is that, making such a loud noise?	i) Two, but he has no sisters.
10) _____ is your favourite food?	j) You are right! They come from Africa and India.
11) _____ date is your birthday?	k) At 9:30, then we can have dinner.
12) _____ one of those twins is Jack?	l) Because I am upset.
13) _____ do they travel to school?	m) Brown, like my girlfriend's eyes.
14) _____ did I put my keys? I think I have lost them!	n) Because I missed the bus! Sorry!
15) _____ much is that box of chocolates?	o) They are Mrs Green's. She will need them because it is getting cold.
16) “_____ homework is this? There is no name on it!” the teacher exclaimed angrily.	p) I'm 5'2 and that is about 157 cm.
17) _____ direction did he take?	q) I'll come as soon as I can get away, and that will probably be next week.
18) _____ are leaves green?	r) Because they contain chlorophyll.
19) _____ do elephants come from? I hear there are two main places.	s) He's the one on the left. He is a bit shorter than his brother Joe.
20) _____ are you going to for your holiday?	t) At 8:30 every weekday.
21) _____ are you crying?	u) £4.50.
22) _____ does school start?	v) March 7th.

Reading

Intensive Reading

An Infographic on the Forgetting Curve

In 1885, Hermann Ebbinghaus studied his own memory. He wanted to know how quickly he forgot new information. He gave himself tests after different periods of time to see how much he forgot each time. The result is called “The Forgetting Curve”.



[1] We forget the fastest in the first 24 hours.

[2] And then we forget more and more but the speed slows down over time.

[3] After about six days, we have forgotten most of the new information.

[4] If we revise the information ...

[5] ... we make the memory stronger and we slow down the speed of forgetting.

[6] If we revise again and again, we can leave longer and longer periods of time between revisions.

Time is not the only thing that makes us forget something. If we are tired or under stress, we forget faster. If the information was difficult to understand we will forget it faster, too. But things that are very important or meaningful to us are easier to remember.

Activity 1

Are the sentences True or False?

1. Ebbinghaus studied lots of different people.

True
False

2. We forget the most information in the first day after learning it.

True
False

3. We forget things more slowly after the first day.

True
False

4. We remember nothing after six days.

True
False

5. We remember more when we are feeling stressed.

True

False

6. Important things are easy to forget.

True

False

Activity 2

Complete the sentences.

1. Ebbinghaus used _____ to understand when he forgot things.
2. We _____ faster in the first 24 hours.
3. The _____ of forgetting is slower on the third day than on the first day.
4. The best way to stop forgetting is to _____ the information.
5. Revision makes a _____ stronger.
6. _____ information is easier to remember.

Activity 3

Match the words and the phrases with the definitions.

a memory	something you remember
to slow down	an amount of time
revision	how fast something moves or changes
speed	to become slower
stressed	to study again
a period	the activity of studying again
meaningful	so worried that you cannot relax
to revise	important to you personally

Activity 4

Discussion

What do you do to remember things?

Extensive Reading

Why Distance Learning Is So Hard

Distance learning offers students many possibilities and new methods of studying, such as Zoom conferences and various online study platforms. What do you think about distance learning? Is it as effective as traditional, in-person study? Many students find distance learning challenging. Why do they find it so? One might think that the ability to set one's own schedule would make it easier. Well, here are the challenges that students often encounter.

Being Strict with Yourself

To stick to your schedule, you need to be strict with yourself.

The story from personal experience of a student:

“When distance learning started I thought that it would be so easy and calmed down. After two months of just breezing through my course and getting by with an average of 55%, I decided it was time to put some effort in. Due to procrastinating, I had four papers left to write and couldn't manage them by myself. I realized that I need someone to write a paper for me because I wanted to have good marks on both of them. Working so hard to finish last semester I decided to be stricter with myself this semester.”

Time Management Is a Must

Time management is essential when distance learning. I knew that before, students have to have good time management skills. Not everyone has the time management skills. It doesn't come naturally to all, and it's one that I believe is quite difficult to learn (although not impossible).

You need to set up a schedule to do well with distance learning. But setting a schedule is relatively easy. Sticking to it is the hard part. Life and work get in the way, you want to spend time with family, and before you know it a whole week has gone and you haven't once opened the books.

Distance learning is so hard, and it isn't an easy method of studying. It's not the thing to do because you want to use up some of your spare time. You need the skills to manage your time and be strict with yourself. Otherwise, you're going to struggle. (351 words)



Circle the correct answer.

- According to the passage, what is one reason distance learning might seem easier than it actually is?
 - Ⓐ The variety of study methods available.
 - Ⓑ The ability to set one's own schedule.
 - Ⓒ The lack of in-person class requirements.
- In the passage, what personal experience does the student share to illustrate the challenges of distance learning?
 - Ⓐ Struggling to find a quiet place to study at home.
 - Ⓑ Procrastinating and falling behind on assignments.
 - Ⓒ Difficulty accessing online study platforms.
- Why does the passage emphasize the importance of time management for distance learning?
 - Ⓐ To show that distance learning is only for highly organized individuals.



- Ⓒ To highlight the need for discipline and planning in a self-directed learning environment.
- Ⓓ To argue that distance learning is not a legitimate form of education.

4. What is the main message the author conveys about the difficulties of distance learning?

- Ⓒ It requires more self-discipline than traditional learning.
- Ⓓ It is not effective for long-term education.
- Ⓔ It is too reliant on technology.

5. What does the author think is necessary for success in distance learning?

- Ⓒ Access to high-speed internet.
- Ⓓ The ability to be strict with oneself and manage time effectively.
- Ⓔ A flexible work schedule to accommodate study time.


Translation

Activity 1

 Translate the following terms into Chinese.

1. Father's Day	
2. Earth Day	
3. Peace Day	
4. live in the present moment	
5. Mother's Day	
6. loving kindness	

Activity 2

 Read the English sentences. Study their structures and translate the Chinese sentences into English.

1. We have all sorts of special days.

商店里有各种各样的铅笔。

我们要完成各种各样的作业。

2. There is a special day to express gratitude to fathers, which we call Father's Day.

有一个庆祝爱的传统节日，我们把它称为情人节。

有一个促进国家间团结的活动，我们把它称为奥运会。

3. We all look forward to those special moments.

他对他的 18 岁生日充满期待。

她对去云南旅游充满期待。

4. Instead of waiting for exciting days to come, we can celebrate "Today's Day"!

你可以看书增长知识，而不是看电视。

你可以省钱买一件重要的东西，而不是买一个新手机。

5. This is an amazing way to begin a day.

这是保持健康饮食的一种好方式。


这是学习一种新语言的好方式。

Writing

Practical Writing

Time Management Matrix

Activity

 Please put the following four items (Q1、Q2、Q3、Q4) into the correct space in the form.

Q1: Urgent and Important

Q2: Important but Not Urgent

Q3: Urgent but Not Important



Q4: Neither Urgent Nor Important

Category	Urgent	Not Urgent
Important		
Not Important		

Academic Writing

Use Pronouns Correctly

Activity 1

 Correct the follow sentences:

Me and Harriet visited the Grand Canyon last summer.

I have a good feeling about Janice and I.

Yours book is fantastic!

The teacher gave the book to her and he.

Its Mary's book.

The dog chased the cat, and it ran up the tree.

John talked to his friend about his new job.

Activity 2

 Distinguish which sentences are correct.

- ◆ Psoria and Davide decided they would go to the zoo.
- ◆ Bob and Carlos went to the store, and he bought a fruit drink.
- ◆ Sophia decided she would love to be a dancer.

- ◆ When Darth and Luke were battling with their enemies, he became angry.
- ◆ The children were unsure about who would help them.
- ◆ Cain and Abel took a walk to the river, and Cain came back alone.
- ◆ During the Olympics, the Jamaican and British runners competed, and she won.
- ◆ Several firefighters felt they were unfairly paid.
- ◆ Jack and Jill went up the hill, and Jack left his purse there.

Time for Relaxation

1. Why was 6 afraid of 7?
2. Which U.S. state has the most math teachers?
3. Why did the student throw her watch out of the school window?
4. What's a frog's favorite year?
5. Why is history a sweet subject?

