**高中英语必修第一册 Unit 1 School Life**

**Reading B**

**I. Text Focus**

|  |  |
| --- | --- |
| 1.为高中第一天做准备 |  |
| 2.给自己施加压力 |  |
| 3.世事无完美。 |  |
| 4.可以/适合重复 |  |
| 5.面对新期许，新压力 |  |
| 6.在某个时刻 |  |
| 7.从中寻得慰藉 |  |
| 8.对某人友好 |  |
| 9.回想某人对你的恶语 |  |
| 10.不友善的目光 |  |
| 11.……的缺乏 |  |
| 12.开启人生新篇章 |  |
| 13.限制 |  |
| 14.自我局限 |  |
| 15.忍不住说 |  |

**II. Language Points**

1. ★★ bear vt.

a. 承受，忍受

他无法忍受遭人嘲笑。

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b. The plan won’t bear close inspection.

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他遭受的苦难不堪回首。

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c. 负责

为……负责 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

d. 心怀（感情，尤指坏心情）

She bore him no ill will.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

e. 支撑

承受你的重量 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

f. 显示，带有

The document bore her signature.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. ★ expectation n.

a. 预料，预期

普遍认为他会获胜。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. 希望，盼望

满怀希望地 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

达到预期 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. ★ comfort n.

a. 舒适，安逸（n.u.）

You can watch the latest movies in the comfort of your own home.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. 安慰，慰藉（n.u.）

几句安慰的话 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c. 令人感到安慰的人或事务（n.c.）

孩子们一直是我的一个巨大安慰。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

vt. 安慰，抚慰

用玩具抚慰婴儿 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. ★ throughout prep.

a. 各处，遍及

世界各地 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. 自始至终

一年到头 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. ★ reflect

vt. a. 反映，映出（影像）

她在他的眼中看到了自己的样子。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. 反射（声，光，热等）

反射着午后明媚的阳光 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c. 显示，表明，表达

表达当地人民的心声 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

vi. 认真思考，沉思

认真考虑孩子的未来 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. nasty adj.

a. 极差的，令人厌恶的

严重事故 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. 不友好的，恶意的

脾气坏 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c. 无礼的，污秽的

思想肮脏 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. ★ comment

n. 评论，解释

对我的工作提出有益的意见 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

vi. 表达意见

他拒绝对他们的决策作任何评论。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. ★ glance

n. 匆匆一看；一瞥

匆匆看一眼报纸的大标题 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

乍一看 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

vi. 匆匆一看，扫视

环视了一下房间 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9. ★ behaviour n.

a. 行为；举止

犯罪行为 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. 表现方式，活动方式

研究海豚的习性 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

➷ v. \_\_\_\_\_\_\_\_\_\_

表现得体；有礼貌 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

表现好的孩子 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10. ★ shortage n. 缺少，短缺

资金不足 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10. ★ genuine adj.

a. 真诚的，诚实的

对他人真诚的关心 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. 真的，名副其实的

真皮 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

11. ★★ limitation n.

a. 限制，控制

对进口加以限制 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. 局限，限度

这种技术实用，但也有局限性。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

➷ v. \_\_\_\_\_\_\_\_\_\_

为了减肥，我限定自己每天摄入1 000卡的热量。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

12. ★★ tempt vt.

a. 引诱，诱惑

我很想休一天假。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. 鼓动，怂恿

吸引我留下来 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

➷ n. \_\_\_\_\_\_\_\_\_\_

我抵制不住好奇心把信打开了。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**III. Translation**

1. 你或许给自己施加了太大的压力，希望开学第一天的一切都是完美的，但我希望你能明白，世界上没有所谓的完美。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. 希望你记住，这并不代表你有什么问题，而是说明做出这些举动的人是有问题的，生活中从不缺少善良的人和真诚的微笑。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. 有的父母对孩子的指望不切实际。（expectation）

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4. 总会有办法能安排好我们忙碌的生活，这样就能过得舒服一点，同时还能达到内心的平静。（comfort）

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. 花些时间来反思你的失误，并努力找寻补救措施。（reflect）

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6. 这家公司拒绝对此事故进行评论，并指出他们对于这项技术的未来发展持乐观态度。（comment）

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. 淡水的短缺以及上升的气温使得扩大世界粮食产量愈发困难。（shortage）

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. 经过进一步的调查发现签名不是真的。（genuine）

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9. 由于我们水平有限, 本论文少不了会有过失和错误。（limitation）

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10. 面对困难她从未想过放弃。（tempt）

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**IV. Additional Reading**

**First Day of School**

By Edmondo De Amicis

Monday, 17th.

TODAY is the first day of school. These three months of vacation in the country have passed like a dream. I was thinking of the country and went to school unwillingly.

All the streets were **swarming** with boys: the two book-shops were **thronged** with fathers and mothers who were purchasing bags, **portfolios**, and copy-books. Near the door, I felt myself touched on the shoulder: it was my **master** of the second class, cheerful, as usual, and with his red hair **ruffled**, and he said to me: “So we are separated forever, Enrico?” I knew it perfectly well, yet these words pained me. We made our way in with difficulty. Ladies, gentlemen, women of the people, workmen, officials, **nuns**, servants, all leading boys with one hand, and holding the promotion books in the other, filled the **anteroom** and the stairs, making such a buzzing, that it seemed as though one were entering a theatre.

I **beheld** again with pleasure that large room on the ground floor, with the doors leading to the seven classes, where I had passed nearly every day for three years. There was a throng; the teachers were going and coming. My **schoolmistress** of the first upper class greeted me from the door of the classroom, and said: "Enrico, you are going to the floor above this year. I shall never see you pass by anymore!” and she gazed sadly at me. The director was surrounded by women in **distress** because there was no room for their sons, and it struck me that his beard was a little whiter than it had been last year. I found the boys had grown taller and **stouter**. On the ground floor, where the divisions had already been made, there were little children of the first and lowest section, who did not want to enter the classrooms, and who resisted like donkeys: it was necessary to drag them in by force, and some escaped from the benches; others, when they saw their parents depart, began to cry, and the parents had to go back and comfort and **reprimand** them, and the teachers were in despair.

At ten o’clock we were all in our classes: fifty-four of us; only fifteen or sixteen of my companions of the second class, among them, Derossi, the one who always gets the first prize. The school seemed to me so small and **gloomy** when I thought of the woods and the mountains where I had passed the summer! I thought again, too, of my master in the second class, who was so good, and who always smiled at us, and was so small that he seemed to be one of us, and I **grieved** that I should no longer see him there, with his **tumbled** red hair. Our teacher is tall; he has no beard; his hair is gray and long,; and he has a **perpendicular** wrinkle on his forehead: he has a big voice, and he looks at us **fixedly**, one after the other, as though he were reading our **inmost** thoughts; and he never smiles. I said to myself: “This is my first day. There are nine months more. What **toil**, what monthly examinations, what **fatigue**!”

I really needed to see my mother when I came out, and I ran to kiss her hand. She said to me: “Courage, Enrico! We will study together.” And I returned home content.

Excerpted from *Cuore*

**Food for thought**

1. What was the general scene of the first day of school like?

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2. What kind of feelings did the author experience on his very first day of school?

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3. How did you feel on your first day of school?

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**Word List**

1. swarm v. 成群地来回移动 11. stout adj. 肥壮的

2. throng v. 群集，拥塞 12. reprimand v. 训斥，斥责

3. portfolio n. 文件夹，公文包 13. gloomy adj. 抑郁的，沮丧的

4. master n. （尤指私立学校的）男教师 14. grieve v. 悲伤，悲痛

5. ruffle v. 弄皱，弄乱，使不平整 15. tumble v. 翻滚，翻腾

6. nun n. 修女 16. perpendicular adj. 垂直的

7. anteroom n. 接待室 17. fixedly adv. 目不转睛地

8. behold v. 看，看见 18. inmost adj. 最深的，最秘密的

9. schoolmistress n. 女教师 19. toil n. 苦工，劳累的工作

10. distress n. 忧虑，悲伤 20. fatigue n. 疲劳，劳累

**V. Useful Words And Expressions**

**A. Vocabulary Related to the People Involved in the Educational Circle and at School**

|  |  |
| --- | --- |
| 1. adolescence n. 青春期 | 16. lecturer n. 讲师，授课老师 |
| 2. adolescent n. 青少年 | 17. mentor n. 导师，良师益友 |
| 3. boarding students 住读生 | 18. monitor/captain n. 班长 |
| 4. day students 走读生 | 19. associate professor 副教授 |
| 5. dean n. 系主任，学监 | 20. role model 榜样 |
| 6. dropout n. 辍学者，退学的人 | 21. senior n. 大学四年级学生，学长 |
| 7. ❊ eager beaver 勤奋的学生 | 22. sophomore n. 大学二年级学生 |
| 8. ❊ faculty n. 全体教职工，院系 | 23. straight-A student 优等生，学霸 |
| 9. freshman n. 大学一年级学生，新生 | 24. student leader 学生干部，学生领袖 |
| 10. graduate/school leaver 毕业生 | 25. president of student union 学生会主席 |
| 11. head teacher/class advisor 班主任 | 26. supervisor n. 导师，监督者 |
| 12. headmaster/principal n. 校长 | 27. teaching assistant 助教 |
| 13. high/under-achiever 优秀生/后进生 | 28. teenager n. 青少年 |
| 14. honors/top student 尖子生 | 29. tutor n. 家教 |
| 15. instructor n. 教师，指导者 |  |

**B. Vocabulary Related to Education and School Life**

|  |  |
| --- | --- |
| 1. academic achievement 学业成绩，学术成就 | 13. required/compulsory course 必修课 |
| 2. a new approach to learning 新的学习方法 | 14. qualification n. 资历，资格 |
| 3. award n./v. 奖项，奖状；得奖 | 15. quality-oriented education 素质教育 |
| 4. campus n. 校园 | 16. peer pressure 同辈压力 |
| 5. cafeteria n. 餐厅，食堂 | 17. resourceful a. 足智多谋的，资源丰富的 |
| 6. credit n. 学分，信用 | 18. score report 成绩单 |
| 7. bachelor’s/master’s degree 本科/硕士学位 | 19. scholarship n. 奖学金 |
| 8. diploma n. 文凭，毕业证书 | 20. student society/association 学生社团/协会 |
| 9. dormitory n. 宿舍 | 21. school uniform 校服 |
| 10. extra-curricular/after-school activities课后活动 | 22. well-trained/highly professional 训练有素的 |
| 11. in-class performance 课堂表现 | 23. graduate with honors 以优秀成绩毕业 |
| 12. optional/selective subject(course) 选修课 |  |