

WORDS

单词（有重音标记） n.（英语解释）

音标	中文释义
<p>1. <i>the</i> 定冠词，表示特指。</p> <p>2. <i>the</i> 定冠词，表示一类事物。</p> <p>3. <i>the</i> 定冠词，表示最高级。</p>	<p>1. 定冠词，表示特指。</p> <p>2. 定冠词，表示一类事物。</p> <p>3. 定冠词，表示最高级。</p>

(如果有) 第二条词性.
英语解释

(如果有) 第二条中文
释义

第一条例句，如果该单词超过一种释义请在出现单词的后面跟上（它的中文释义）
有几种释义就有几个类似的例句

- 该单词的派生词（或其他形式）（词性）。
（中文释义）
 - 该派生词的例句
- 同理，有几个派生词就有几个类似的结构

a'bility n. the capacity to do something; talent, skill, or proficiency.

/ə 能力；才能

'bɪləti/

His ability to solve complex problems is remarkable.

他解决复杂问题的能力非常出色。

She has a natural ability for languages.

她有学习语言的天赋。

- **able** (adj.) 能够的，有能力的
 - She is able to finish the task on her own.
她能够独自完成任务。
- **disable** (v.) 使失去能力，使残废
 - The accident disabled him temporarily.
那次事故使他暂时残疾了。

abuse n. the improper use of something; cruel and violent treatment of a person or animal.

/ə 滥用；虐待

'bju:s/

v. to use improperly; to treat with cruelty or violence.

滥用；虐待

Drug abuse (n.) is a serious social problem.

药物滥用是一个严重的社会问题。

The investigation revealed systemic abuse (n.) of power.

调查揭示了系统性的权力滥用。

He was accused of abusing (v.) his authority.

他被指控滥用职权。

We must protect children from being abused (v.).

我们必须保护儿童免受虐待。

- **abusive** (adj.) 辱骂的；虐待的
 - He used abusive language during the argument.
他在争论中使用了辱骂性语言。

access n. the means or opportunity to approach or enter a place; the right or ability to use or benefit from something.

/ 进入，通道；使用权，接触机会

'ækses/

v. to obtain, retrieve, or make use of (data or a resource).

访问，获取

The building provides wheelchair access (n.).

该建筑设有轮椅通道。

Students have free access (n.) to the online library.

学生可以免费使用在线图书馆。

You can access (v.) your account from

any device.

你可以从任何设备访问你的账户。

- **accessible** (adj.) 可进入的；易理解的
 - The museum is easily accessible by public transport.
博物馆乘公共交通很容易到达。
- **accessibility** (n.) 可达性；易用性
 - The software's accessibility features are excellent.
该软件的辅助功能非常出色。

accident n. an unfortunate incident that happens unexpectedly and unintentionally, typically resulting in damage or injury.

/ 事故，意外

'æksɪdənt

/

He was late due to a traffic accident.

他因为一场交通事故迟到了。

The discovery was made almost by accident.

这个发现几乎是偶然的。

- **accidental** (adj.) 意外的，偶然的
 - The fire was determined to be accidental.
经调查，火灾是意外发生的。

- **accidentally** (adv.) 意外地，偶然地
- ◦ I accidentally deleted the important file.
我不小心删除了重要文件。

accommodate v. to provide lodging or space for; to fit in with the wishes or needs of.

/ə'kɑ:mədeɪt/ 容纳；为...提供住宿；顺应，适应

This hotel can accommodate 500 guests.

这家酒店可容纳500位客人。

We try to accommodate the special dietary needs of our customers.

我们尽力满足顾客的特殊饮食需求。

- **accommodation** (n.) 住宿，住所
- ◦ The university offers on-campus accommodation for international students.
大学为国际学生提供校内住宿。
- **accommodating** (adj.) 乐于助人的，通融的
- ◦ The staff were very accommodating when we requested a late checkout.
当我们要求延迟退房时，工作人员非常通融。

ac'count n. a report or description of an event or experience; a record of financial transactions; a banking arrangement.

/ə'kaʊnt/ 描述，叙述；账户；账目

v. to consider or regard in a specified way.

解释，说明

He gave a detailed account (n.) of the incident.

他对事件做了详细的描述。

I need to check my bank account (n.) balance.

我需要查一下我的银行账户余额。

His illness accounts for (v.) his recent absence.

他生病是他最近缺席的原因。

- **accountable** (adj.) 负有责任的
 - Managers are held accountable for their team's performance.
经理要对团队的业绩负责。
- **accountant** (n.) 会计师
 - We hired an accountant to do our taxes.
我们雇了一名会计师来报税。

ac'custom v. to make someone or oneself accept something as normal or usual.

/ə'kʌstəm/ 使习惯于

It took him a while to accustom himself to the cold climate.

他花了一段时间才适应寒冷的气候。

- **accustomed** (adj.) 习惯于...的
 - I am accustomed to getting up early.
我习惯了早起。

addictive adj. causing or characterized by addiction.

/ə'dɪktɪv/ 使人上瘾的

The game is highly addictive.

这款游戏非常容易让人上瘾。

- **addict** (n.) 上瘾者
 - He is a recovering drug addict.
他是一位正在康复的吸毒者。
- **addiction** (n.) 瘾，沉迷
 - She sought help for her gambling addiction.
她因赌瘾寻求帮助。

ado'lescence n. the period of life between childhood and adulthood.

/,ædə'lesns/ 青春期

Adolescence is often a time of emotional turmoil.

青春期常常是情绪动荡的时期。

- **adolescent** (n./adj.) 青少年（的）
 - Adolescent behavior can be challenging for parents.
青少年的行为对父母来说可能是一种挑战。

'advertise v. to present or describe (a product, service, or event) in a public medium to promote sales or attendance.

/ 'ædvɜːtaɪz/ 为...做广告，宣传

The company spent millions to advertise its new smartphone.

该公司花费数百万为其新智能手机做广告。

- **advertisement/ad** (n.) 广告
 - I saw an advertisement for the job in the newspaper.

我在报纸上看到了这份工作的广告。

- **advertising** (n.) 广告业, 广告活动
 - She works in advertising.
她在广告业工作。

aes'thetic adj. concerned with beauty or the appreciation of beauty.

/es'θetik/ 美学的, 审美的

The building's aesthetic design won several awards.

这座建筑的审美设计赢得了数个奖项。

The aesthetic appeal of the painting is undeniable.

这幅画的美感是无可否认的。

- **aesthetics** (n.) 美学
 - He studied the aesthetics of Japanese garden design.
他研究过日本园林设计的美学。

ag'gressive adj. ready or likely to attack or confront; pursuing one's aims with determination and force.

/ə'gresiv/ 好斗的, 有攻击性的; 有闯劲的, 积极进取的

The dog became aggressive when approached.

这只狗在被靠近时变得有攻击性。

The company has an aggressive expansion plan.

公司有一个积极的扩张计划。

- **aggression** (n.) 侵略，攻击行为
 - The act was seen as an act of aggression.
该行为被视为一种侵略行为。

'airline n. an organization providing a regular public service of air transport.

/ˈeɪraɪn/ 航空公司

Which airline are you flying with?
你乘坐哪家航空公司的航班？

- **airliner** (n.) 大型客机
 - The new airliner is more fuel-efficient.
这种新式大型客机更省油。

'anecdote n. a short, amusing or interesting story about a real incident or person.

/ˈænɪkdoʊt/ 轶事，趣闻

'ænikdoʊt/

He began his speech with a humorous anecdote.

他以一个幽默的轶事开始了他的演讲。

- **anecdotal (adj.)** 轶事一样的，传闻的
- ◦ The evidence is largely anecdotal, not scientific.
这些证据大多是传闻，而非科学的。

'annually adv. once a year; every year.

/ˈænjuəli/ 每年，一年一次地

The festival is held annually in July.

这个节日每年七月举行。

- **annual (adj.)** 每年的，年度的
- ◦ The company publishes its annual report in March.
公司在三月份发布年度报告。

an'ticipate v. regard as probable; expect or predict.

/æn'tɪsɪpeɪt/ 预料，预期；期盼

The organizers anticipate a large crowd at the event.

组织者预计这次活动会有大量人群。

We eagerly anticipate your arrival.

我们热切期待您的到来。

- **anticipation** (n.) 预期，期待
- ◦ The children waited with great anticipation for the show to start.
孩子们满怀期待地等待演出开始。

appre'ciation n. recognition and enjoyment of the good qualities of someone or something; gratitude; increase in monetary value.

/əˌpriːʃi'eɪʃn/ 欣赏，鉴赏；感激；升值

She has a deep appreciation for classical music.

她对古典音乐有很深的鉴赏力。

I would like to express my appreciation for your help.

我想对您的帮助表达感激之情。

The rapid appreciation of the currency affected exports.

货币的快速升值影响了出口。

- **appreciate** (v.) 欣赏；感激；升值
- ◦ I really appreciate your kindness.
我真的很感激你的好意。
- **appreciative** (adj.) 表示赞赏的，感激的
- ◦ The audience was very appreciative of the performance.
观众对演出非常赞赏。

ap'pliance n. a device or piece of equipment designed to perform a specific task, typically a domestic one.

/ə'plaɪəns/ 家用电器，器具

Modern kitchens are filled with electrical appliances.

现代厨房里摆满了各种电器。

- **household appliance** (n.) 家用电器
- ◦ Refrigerators and washing machines are common household appliances.
冰箱和洗衣机是常见的家用电器。

appli'cation n. a formal request; the action of putting something into operation; a program or piece of software.

/ˌæplɪ'keɪʃn/ 申请；应用；应用程序

His application for the scholarship was successful.

他的奖学金申请成功了。

The application of this theory to real-world problems is complex.

将这一理论应用于现实世界的问题很复杂。

I downloaded a new fitness application

on my phone.

我在手机上下载了一个新的健身应用。

- **apply** (v.) 申请；应用
- ◦ You need to apply for a visa before traveling.
旅行前你需要申请签证。

ap'ply v. to make a formal request; to put into operation or use; to be relevant.

/ə 申请；应用；适用
'plai/

She applied for several jobs after graduation.

她毕业后申请了好几份工作。

Apply the cream gently to the affected area.

将药膏轻轻涂在患处。

This rule does not apply to international students.

此规定不适用于国际学生。

- **applicant** (n.) 申请人
- ◦ There were over a hundred applicants for the position.
这个职位有一百多名申请人。
- **applicable** (adj.) 适用的，合适的

- ○ Is this discount applicable to all items?
这个折扣适用于所有商品吗？

as'sess v. to evaluate or estimate the nature, ability, or quality of.

/ə'ses/ 评估，评定

The teacher will assess the students' projects based on creativity and accuracy.

老师将根据创造性和准确性来评估学生的项目。

Damages from the storm are still being assessed.

风暴造成的损失仍在评估中。

- **assessment** (n.) 评估，评定
 - The final grade includes continuous assessment.
最终成绩包括持续评估。
- **assessor** (n.) 评审员，估价员
 - The tax assessor determined the value of the property.
税务估价员确定了该房产的价值。

as'sociate v. to connect (someone or something) with something else in one's mind.

/ə'souʃieɪt/ 将...联系起来

as'sociate v. to connect (someone or something) with something else in one's mind.

n. a partner or colleague in business or work.

合伙人；同事

adj. having a secondary or subordinate status.

副的；非正式的

People often associate (v.) the smell of rain with fresh beginnings.

人们常将雨的气味与新的开始联系起来。

She is a business associate (n.) of my father.

她是我父亲的一个生意伙伴。

He holds an associate (adj.) professor position.

他担任副教授职位。

- **association** (n.) 协会；关联，联系
- ◦ She is a member of the local residents' association.
她是当地居民协会的成员。

at'tend v. to be present at; to go regularly to (a place such as a school or church).

/ə'tend/ 出席，参加；定期去

All employees are required to attend the meeting.

所有员工都必须参加会议。

She attends a local high school.

她在当地一所高中上学。

- **attendance** (n.) 出席，出席人数
 - Attendance at the lecture was mandatory.
那次讲座的出席是强制性的。
- **attendant** (n.) 服务员，侍者
 - A flight attendant demonstrated the safety procedures.
一名空乘人员演示了安全程序。

'auditory adj. relating to the sense of hearing.

/ˈɔːdətɔːri/ 听觉的

The auditory experience of a live concert is unique.

现场音乐会的听觉体验是独一无二的。

He is an auditory learner, preferring to listen to information.

他是一个听觉型学习者，更喜欢听信息。

- **audio** (adj./n.) 声音的；音频
 - The audio quality of the recording is poor.
录音的音频质量很差。

au'thentic adj. of undisputed origin;
genuine; made or done in the
traditional or original way.

/ɔ:'θentɪk/ 真正的；真实的；正宗的

Is that an authentic Picasso painting?

那是一幅毕加索的真迹吗？

This restaurant serves authentic
Italian cuisine.

这家餐厅提供正宗的意大利菜。

- **authenticity** (n.) 真实性；可靠性
- ◦ The authenticity of the document was verified by experts.
文件的真实性经专家验证。
- **authenticate** (v.) 证明...是真的，鉴定
- ◦ The system uses fingerprints to authenticate users.
该系统使用指纹来验证用户身份。

a'ward n. a prize or other mark of
recognition given in honor of an
achievement.

/ə 奖，奖品，奖金

'wɔ:rd/

v. to give (a prize or award) to
someone.

授予，给予（奖项）

She won the "Employee of the Year" award (n.).

她赢得了“年度最佳员工”奖。

The judge awarded (v.) him \$10,000 in damages.

法官判给他一万美元的损害赔偿金。

- **award-winning** (adj.) 获奖的
 - The film was made by an award-winning director.
这部电影是由一位获奖导演制作的。

'awkward adj. causing or feeling embarrassment or inconvenience; not smooth or graceful.

/ˈɔːkwəd/ 令人尴尬的，难堪的；笨拙的

There was an awkward silence after he made the joke.

他开了那个玩笑后，出现了一阵尴尬的沉默。

He felt awkward at the formal dinner party.

在正式的晚宴上他感到很不自在。

She is still awkward with the new software.

她对这款新软件还不熟练。

'bachelor n. a man who is not and has never been married; a person who holds a first degree from a university or college.

/ˈbætʃələr/ 单身汉；学士

He remained a bachelor all his life.

他终生未娶。

She earned a Bachelor of Arts degree.

她获得了文学学士学位。

- **bachelor's degree** (n.) 学士学位
- ◦ A bachelor's degree is usually required for this position.
这个职位通常要求拥有学士学位。

be'have v. to act or conduct oneself in a specified way, especially toward others.

/bi'heɪv/ 表现，行为

The children behaved very well at the restaurant.

孩子们在餐厅表现得很好。

How is the new software behaving?

新软件运行得怎么样？

- **behavior** (n.) 行为，举止
- ◦ His aggressive behavior caused concern.

他的攻击性行为引起了担忧。

- **well-behaved** (adj.) 行为端正的
- ◦ The class was full of well-behaved students.

这个班的学生都很守规矩。

'benefit n. an advantage or profit gained from something; a payment made by the state or an employer under certain circumstances.

/ˈbenɪfɪt/ 好处，益处；救济金，福利

v. to receive an advantage; to be useful or profitable to.

获益，受益；对...有益

The main benefit (n.) of regular exercise is better health.

经常锻炼的主要好处是更健康。

Employees receive health insurance benefits (n.).

员工享有健康保险福利。

Both sides will benefit (v.) from the agreement.

双方都将从协议中受益。

The new policy benefits (对...有益) small businesses.

新政策对小企业有利。

- **beneficial** (adj.) 有益的，有利的

- ◦ Sunshine is beneficial to plants.
阳光对植物有益。
- **beneficiary (n.)** 受益人
- ◦ She is the sole beneficiary of her uncle's will.
她是她叔叔遗嘱的唯一受益人。

boost v. to help or encourage to increase or improve.

/bu:st 提高，增强；推动
/

n. an increase or improvement.
提高，推动

The tax cut aims to boost (v.) consumer spending.

减税旨在刺激消费支出。

Winning the award gave her confidence a real boost (n.).

赢得这个奖项让她的信心大增。

- **booster (n.)** 推动者；助推器
- ◦ The advertising campaign was a great sales booster.
这次广告活动极大地促进了销售。

booth n. a small temporary tent or structure used for selling goods, exhibiting, or providing information.

/bu:θ/ 售货摊，展位；电话亭

We stopped by the food booth for a snack.

我们在小吃摊停下来买了点零食。

She made a call from the telephone booth.

她从电话亭打了个电话。

'budget n. an estimate of income and expenditure for a set period of time.

/'bʌdʒɪt/ 预算

v. to allow or provide for in a budget.

编预算，规划

adj. inexpensive.

廉价的

We need to stick to our monthly budget (n.).

我们需要坚持我们的月度预算。

The government has budgeted (v.) billions for education.

政府已经为教育编制了数十亿的预算。

They offer budget (adj.) flights to several European cities.

他们提供飞往几个欧洲城市的廉价航班。

- **budgetary** (adj.) 预算的
 - The project faces budgetary constraints.
该项目面临预算限制。

'bully n. a person who uses strength or power to harm or intimidate those who are weaker.

/ 恃强凌弱者

'buli/

v. to use superior strength or influence to intimidate (someone), typically to force them to do something.

欺负，恐吓

He was a notorious bully (n.) in school.

他是学校里出了名的恶霸。

She was bullied (v.) for being different.

她因为与众不同而受到欺负。

- **bullying** (n.) 霸凌行为
 - The school has a strict policy against bullying.
学校有严格的反霸凌政策。

certifi'cate n. an official document attesting to a fact, in particular birth, marriage, death, or the completion of a course of study.

/sər'tɪfɪkət/ 证书, 证明

She received a certificate of completion for the training course.

她获得了培训课程的结业证书。

Please bring your birth certificate.

请带上你的出生证明。

- **certification** (n.) 认证; 证明
 - He holds a professional certification in project management.
他持有项目管理的专业认证。
- **certify** (v.) 证明, 证实
 - The doctor certified him fit to return to work.
医生证明他已适合重返工作岗位。

'character n. the mental and moral qualities distinctive to an individual; a person in a novel, play, or movie.

/'kærəktər/ 性格, 品质; 人物, 角色

Integrity is an important aspect of his character.

正直是他性格的一个重要方面。

The main character in the story is a young detective.

故事的主角是一个年轻的侦探。

- **characteristic** (n./adj.) 特征（的），特性（的）
 - A sense of humor is one of her characteristics.
幽默感是她的一个特点。

'circulate v. to move or cause to move continuously or freely through a closed system or area; to pass from place to place or person to person.

/ 循环；流传，传播

'sɜːrkjələɪt/

Blood circulates throughout the body.

血液在全身循环。

Rumors about the merger began to circulate.

关于合并的谣言开始流传。

- **circulation** (n.) 循环；发行量
 - This newspaper has a wide circulation.

这份报纸发行量很大。

combi'nation n. a joining or merging of different parts or qualities to form a whole.

/ˌkɑːmbɪ
'neɪʃn/ 结合，组合；组合物

A combination of factors led to the economic crisis.

多种因素的结合导致了经济危机。

The safe's lock requires a four-digit combination.

保险箱的锁需要一个四位数密码。

- **combine** (v.) 结合，联合
- ◦ We need to combine our efforts to succeed.
 我们需要合力才能成功。

'comment n. a verbal or written remark expressing an opinion or reaction.

/ˈkɑːment/ 评论，意见

v. to express an opinion or reaction.

评论，发表意见

The professor made an insightful comment on my thesis proposal.

教授对我的论文提案提出了有见地的评论。

He commented that the new curriculum was more practical.

他评论说新课程更加实用。

Please comment on the draft by the end of the week.

请在本周末前对草案提出意见。

- **commentary** (n.) 实况报道；评论性文章
 - The sports commentary made the game even more exciting.
体育解说让比赛更加精彩。
- **commentator** (n.) 评论员；解说员
 - She is a well-known political commentator for the news network.
她是该新闻网络知名的政治评论员。

'commerce n. the activity of buying and selling, especially on a large scale.

/ˈkɑ:mɜ:rs/ 商业，贸易

E-commerce has revolutionized the way we shop.

电子商务彻底改变了我们的购物方式。

- **commercial** (adj./n.) 商业的；商业广告
- ◦ The project is not commercially viable.

这个项目在商业上不可行。

'competency n. the ability to do something successfully or efficiently.

/ˈkɑ:mpɪtənsi/ 能力，胜任

The job requires strong communication competencies.

这份工作需要很强的沟通能力。

- **competent** (adj.) 有能力的，能胜任的
- ◦ She is a highly competent manager.
她是一位非常有能力的经理。
- **competence** (n.) 能力，胜任（与 competency 常可互换）
- ◦ His professional competence is unquestionable.
他的专业能力毋庸置疑。

compre'hensive adj. including or dealing with all or nearly all elements or aspects of something.

/ˌkɑ:mpri'hensɪv/ 全面的，综合的，详尽的

The school offers a comprehensive arts program.

学校提供全面的艺术课程。

We need a comprehensive plan to address the issue.

我们需要一个全面的计划来解决这个问题。

- **comprehension** (n.) 理解，理解力
- ◦ The reading comprehension section was difficult.
阅读理解部分很难。

con'front v. to meet (someone) face to face with hostile or argumentative intent; to face up to and deal with (a problem or difficult situation).

/kən'frʌnt/ 直面，对抗；正视，处理

He was confronted by an angry neighbor.

他面对着一个愤怒的邻居。

You must confront your fears to overcome them.

你必须正视你的恐惧才能克服它们。

- **confrontation** (n.) 对抗，冲突
- ◦ The debate led to a heated confrontation.

辩论导致了一场激烈的对抗。

con'gestion n. the state of being
overcrowded, especially with
traffic or people.

/kən 拥挤，堵塞

'dʒestʃən/

Traffic congestion is a major problem
in the city center.

交通堵塞是市中心的一个主要问题。

Nasal congestion is a common cold
symptom.

鼻塞是感冒的常见症状。

- **congest** (v.) 使拥挤，堵塞
- ◦ The roads are often congested
 during rush hour.
 高峰时段道路经常拥堵。
- **congested** (adj.) 拥挤的，堵塞的
- ◦ We avoided the congested
 downtown area.
 我们避开了拥堵的市中心。

con'nect v. to bring together or into
contact so that a link is
established; to associate or
relate.

/kə'nekt/ 连接；联想，联系

Please connect the printer to the computer.

请将打印机连接到电脑。

I can't connect the name to a face.

我无法把名字和人脸对上号。

- **connection** (n.) 连接；关系，联系
 - We have a fast internet connection.
我们有快速的网络连接。
- **disconnect** (v.) 断开连接
 - He disconnected the power before repairing the socket.
他在修理插座前断开了电源。

'console v. to comfort (someone) at a time of grief or disappointment.

/kən 安慰，抚慰

'soul/

n. a panel or unit housing the controls of electronic equipment; a cabinet for television or radio equipment.

控制台，仪表板；游戏机

She tried to console (v.) her crying child.

她试图安慰她哭泣的孩子。

The flight engineer monitored the console (n.).

飞行工程师监控着控制台。

He bought the latest gaming console (n.).

他买了最新的游戏机。

- **consolation** (n.) 安慰, 慰藉
 - Coming in third place was little consolation to him.
获得第三名对他来说是微不足道的安慰。

con'sume v. to eat, drink, or ingest (food or drink); to use up (a resource); to completely absorb the attention of.

/kən
'su:m/ 消耗, 消费; 吃, 喝; 使着迷

The factory consumes a huge amount of electricity.

这家工厂消耗大量电力。

He consumes very little alcohol.

他很少喝酒。

She was consumed by guilt.

她深感内疚。

- **consumer** (n.) 消费者, 顾客
 - Consumer confidence is rising.
消费者信心正在上升。
- **consumption** (n.) 消耗, 消费; 食用

- ◦ The fuel consumption of this car is very low.
这辆车的油耗很低。

con'sumption n. the act of using up a resource; the using of goods or services; the eating or drinking of something.

/kən'sʌmpʃən/ 消耗，消费；食用

The government is trying to reduce energy consumption.

政府正试图减少能源消耗。

The meat is not fit for human consumption.

这种肉不适合人类食用。

- **consumptive** (adj.) 消耗性的；肺结核的（古义）

con'sultant n. a person who provides expert advice professionally.

/kən'sʌltənt/ 顾问

The company hired a management consultant to improve efficiency.

公司聘请了一名管理顾问来提高效率。

- **consult** (v.) 咨询，请教

- You should consult a doctor about that pain.
关于那种疼痛，你应该咨询医生。
- **consultation** (n.) 咨询，磋商
- The policy was changed after public consultation.
政策在公众咨询后作出了修改。

'context n. the circumstances that form the setting for an event, statement, or idea, and in terms of which it can be fully understood.

/ 背景，环境；上下文

'ka:ntekst

/

To understand his decision, you need to know the historical context.

要理解他的决定，你需要了解历史背景。

The meaning of a word can change depending on its context.

一个词的意思会根据上下文而改变。

- **contextual** (adj.) 与上下文有关的，根据上下文的
- A contextual analysis is necessary.
进行上下文分析是必要的。

con'vince v. to cause (someone) to believe firmly in the truth of something.

/kən'vins/ 使确信，说服

He tried to convince me to join the team.

他试图说服我加入团队。

I am convinced of his innocence.

我确信他是无辜的。

- **convincing** (adj.) 有说服力的，令人信服的
 - She gave a convincing performance.
她的表演很有说服力。
- **conviction** (n.) 确信，信念
 - She spoke with great conviction.
她讲话时充满了信念。

core n. the central or most important part of something.

/kɔ:r/ 核心，中心

/

adj. central or fundamental.

核心的，最重要的

The core of the issue is a lack of funding.

问题的核心是缺乏资金。

English and math are core subjects in the curriculum.

英语和数学是课程中的核心科目。

- **hard core** (n./adj.) 中坚力量；顽固的
- ◦ Hard-core fans waited outside the stadium all night.
铁杆粉丝们在体育场外等了一整夜。

'counselor n. a person trained to give guidance on personal, social, or psychological problems.

/ 顾问，咨询师；辅导员

'kaʊnsələr/

She sought help from a school counselor.

她向学校辅导员寻求帮助。

The camp counselor organized activities for the children.

夏令营辅导员为孩子们组织了活动。

- **counsel** (v./n.) 提供专业建议；劝告
- ◦ His lawyer counseled him to remain silent.
他的律师建议他保持沉默。

course n. the route or direction followed by a ship, aircraft, road, or river; a series of lessons or lectures on a particular subject; a dish or a set of dishes served together during a meal.

/kɔ:rs/ 路线；课程；一道菜

The plane changed course to avoid the storm.

飞机改变航向以避开风暴。

I'm taking a course in digital marketing.

我正在上一门数字营销课程。

We had a three-course meal.

我们吃了一顿三道菜的大餐。

- **elective course (n.)** 选修课
 - You can choose an elective course in your second year.
你可以在第二年选择一门选修课。
- **required/compulsory course (n.)** 必修课
 - This is a compulsory course for all engineering students.
这是所有工程专业学生的必修课。

crea'tivity n. the use of imagination or original ideas to create something; inventiveness.

/,kri:ei
'tɪvəti/ 创造力，创造性

The project encourages creativity and independent thinking.

这个项目鼓励创造力和独立思考。

- **creative** (adj./n.) 创造（性）的；创意人员
 - She works in a very creative environment.
她在一个非常有创造性的环境中工作。
- **create** (v.) 创造，创作
 - The artist created a beautiful sculpture.
这位艺术家创作了一件美丽的雕塑。

crime n. an action or omission that constitutes an offense and is punishable by law.

/kraɪm 犯罪，罪行

/

The police are working to reduce crime in the area.

警方正在努力减少该地区的犯罪。

It's a crime to waste such talent.

浪费这样的才能简直是犯罪。

- **criminal** (n./adj.) 罪犯；犯罪的

- He was charged with criminal damage.
他被指控犯有刑事损害罪。

cue n. a signal for someone to do something; a hint or indication.

/kju: 提示，暗示；线索

/

The actor missed his cue to enter the stage.

演员错过了他上场的提示。

His yawn was a cue that he was tired.

他打哈欠暗示他累了。

Take your cue from the host on when to start eating.

看主人什么时候开始吃你再吃。

'culminate v. to reach the highest point or final stage of development.

/ 达到顶点，以...告终

'kʌlmɪneɪt/

Years of hard work culminated in her promotion to CEO.

多年的辛勤工作最终使她晋升为首席执行官。

- **culmination** (n.) 顶点，高潮

- The concert was the culmination of months of preparation.
这场音乐会是几个月准备工作的顶点。

'currency n. a system of money in general use in a particular country; the state of being current or up-to-date.

/ˈkɜːrənsi/ 货币；流通，流行

The Euro is the official currency of many European countries.

欧元是许多欧洲国家的官方货币。

That idea gained currency in the 1990s.
那个观点在20世纪90年代开始流行。

cur'riculum n. the subjects comprising a course of study in a school or university.

/kə 课程：（全部）课程设置

ˈrɪkjələm/

The school is reforming its mathematics curriculum to include more applied topics.

学校正在改革其数学课程，以纳入更多应用性主题。

- **curricula** (n.) curriculum的复数形式

- ◦ Universities offer diverse curricula to meet different career goals.
大学提供多样化的课程以满足不同的职业目标。
- **core curriculum (n.)** 核心课程
- ◦ All students must complete the core curriculum in their first two years.
所有学生必须在头两年完成核心课程。

'customize v. to modify (something) to suit a particular individual or task.

/ 定制，定做

'kʌstəmaɪz/

You can customize the phone case with your own photo.

你可以用自己的照片定制手机壳。

- **custom (n.)** 风俗，习惯
- ◦ It is a local custom to celebrate with a feast.
以盛宴庆祝是当地的风俗。
- **custom-made (adj.)** 定制的
- ◦ He wears custom-made suits.
他穿定制的西装。

cut v. to make an opening, incision, or wound in (something) with a sharp tool.

/kʌt 切，割，剪

/

n. a wound made by cutting; a reduction.

切口，伤口；削减

He cut (v.) his finger while chopping vegetables.

他切菜时割伤了手指。

The government announced cuts (n.) in public spending.

政府宣布削减公共开支。

- **cutting-edge** (adj.) 尖端的，前沿的
- ◦ The lab is working on cutting-edge technology.
 该实验室正在研究尖端技术。

damage n. physical harm that impairs the value, usefulness, or normal function of something.

/

损害，损坏

'dæmɪdʒ

/

v. to inflict damage on.

损害，损坏

The storm caused extensive damage (n.) to the crops.

暴风雨对庄稼造成了广泛的损害。

Smoking can damage (v.) your health.

吸烟会损害你的健康。

- **damages** (n.) 损害赔偿金
 - The court ordered him to pay damages to the victim.
法院命令他向受害者支付损害赔偿金。

'deadline n. the latest time or date by which something should be completed.

/ˈdedlaɪn/ 最后期限，截止日期

The deadline for applications is next Friday.

申请截止日期是下周五。

We're working hard to meet the deadline.

我们正在努力赶在截止日期前完成。

de'fine v. to state or describe exactly the nature, scope, or meaning of something; to mark out the boundary or limits of.

/dɪˈfaɪn/ 给...下定义；阐明；使明确

The contract clearly defines the responsibilities of each party.

合同明确界定了各方的责任。

Her leadership during the crisis defined her career.

她在危机期间的领导力确立了她的事业。

The sharp ridge of the mountain was clearly defined against the sky.

山脉陡峭的山脊在天空的映衬下轮廓分明。

- **definition** (n.) 定义
 - What's your definition of success?
你对成功的定义是什么？
- **redefine** (v.) 重新定义
 - The internet has redefined how we communicate.
互联网重新定义了我们沟通的方式。

de'ficiency n. a lack or shortage of something essential; an imperfection or weakness.

/dɪ'fɪʃnsi/ 缺乏，不足；缺陷

The test revealed a vitamin D deficiency in his system.

检测显示他体内缺乏维生素D。

The report pointed out several

deficiencies in the current safety protocol.

报告指出了当前安全协议中的几个缺陷。

- **deficient** (adj.) 缺乏的，不足的
 - His diet is deficient in essential nutrients.
他的饮食缺乏必需的营养素。
- **efficiency** (n.) 效率（反义词关联）
 - Improving energy efficiency can compensate for resource deficiencies.
提高能源效率可以弥补资源不足。

'demonstrate v. to show clearly by giving proof or evidence; to show and explain how something works.

/ˈdemənstreɪt/ 证明，论证；演示，示范

The study demonstrates a clear link between diet and health.

这项研究证明了饮食与健康之间的明确联系。

The salesperson demonstrated how to use the new vacuum cleaner.

销售人员演示了如何使用新吸尘器。

- **demonstration** (n.) 证明；示威；演示

- The teacher gave a demonstration of the experiment.
老师演示了实验。
- **demonstrative** (adj.) 感情外露的
- He is not a very demonstrative person.
他不是一个很善于表露感情的人。

de'posit n. a sum of money placed or kept in a bank account; a sum payable as a first installment on an item being bought.

/dɪ 存款；定金，押金

'pa:zɪt/

v. to put (money) into a bank account; to put or set down (something) in a specific place.

存款；放置，沉积

You need to pay a deposit (n.) to secure the apartment.

你需要付定金来租下这套公寓。

I'd like to make a deposit (n.) into my savings account.

我想往我的储蓄账户里存一笔钱。

Please deposit (v.) the check at the bank.

请把支票存入银行。

Sediment is deposited (v.) at the mouth of the river.

沉积物沉积在河口。

- **depositor** (n.) 储户
- ◦ The bank guarantees the safety of depositors' funds.
银行保障储户资金的安全。

depri'vation n. the lack or denial of something considered to be a necessity.

/,deprɪ'veɪʃn/ 剥夺，匮乏

Sleep deprivation can affect your judgment.

睡眠不足会影响你的判断力。

The children suffered from severe nutritional deprivation.

这些儿童严重营养不良。

- **deprive** (v.) 剥夺，使丧失
- ◦ No one should be deprived of a basic education.
任何人都不应被剥夺基础教育的权利。

'destiny n. the events that will necessarily happen to a particular person or thing in the future; fate.

/ 命运，天命

'destəni/

He felt it was his destiny to become a great leader.

他觉得成为一名伟大的领袖是他的命运。

- **destined** (adj.) 注定的，命定的
 - She seemed destined for a career in music.
- 她似乎注定要从事音乐事业。

determi'nation n. firmness of purpose; resoluteness; the process of establishing something exactly.

/dɪ,tʃ:rmi'neɪʃn/ 决心，果断；确定，测定

Her determination to succeed is inspiring.

她成功的决心令人鼓舞。

The determination of the cause of death took several weeks.

确定死因花了好几周时间。

- **determine** (v.) 决定；查明，确定

- ◦ Your performance will determine your final grade.
你的表现将决定你的最终成绩。
- **determined** (adj.) 坚决的，有决心的
- ◦ He was determined to finish the marathon.
他决心要跑完马拉松。

dis'tracted adj. unable to concentrate because one's mind is preoccupied.

/dɪ'stræktɪd/ 注意力分散的，分心的

The noisy classroom made the students distracted.

嘈杂的教室让学生们分心。

He seemed distracted during the meeting.

开会时他似乎心不在焉。

- **distract** (v.) 使分心，分散注意力
- ◦ Don't distract the driver while he's operating the vehicle.
司机开车时不要分散他的注意力。
- **distraction** (n.) 使人分心的事
- ◦ The TV is a distraction when I'm trying to study.
当我想学习时，电视是一种干扰。

dome n. a rounded vault forming the roof of a building or structure.

/doʊm 圆屋顶，穹顶

/

The cathedral's dome is an architectural masterpiece.

大教堂的圆顶是一个建筑杰作。

drift v. to be carried slowly by a current of air or water; to move passively or without clear purpose.

/drɪft 漂流，漂移；随意移动，漫无目的

/

The boat drifted out to sea.

小船漂向大海。

The conversation drifted from one topic to another.

谈话从一个话题漫无目的地转到另一个话题。

- **drift towards (phr.)** 逐渐趋向于
- ◦ The company is drifting towards bankruptcy.
 公司正逐渐走向破产。

effective adj. successful in producing a desired or intended result; in operation, active.

/ɪ'fektɪv/ 有效的，产生预期效果的；生效的，实施的

The new drug has been proven effective against the virus.

这种新药已被证明对病毒有效。

The new law becomes effective next month.

新法律下个月生效。

- **effect** (n.) 效果，影响
 - The medicine had a positive effect.
这种药有积极的效果。
- **effectively** (adv.) 有效地；实际上
 - He managed the team very effectively.
他非常有效地管理着团队。
- **ineffective** (adj.) 无效的
 - The old treatment was largely ineffective.
旧疗法基本无效。

elect v. to choose (someone) to hold public office or some other position by voting.

/ɪ 选举，推选

'lekt/

adj. (of a person) chosen or singled out.

当选而尚未就职的

The people will elect a new president next year.

人民将在明年选举新总统。

She is the president-elect (adj.).

她是候任总统。

- **election** (n.) 选举
- ◦ The general election will be held in November.
 大选将在十一月举行。
- **elective** (adj.) 选举的；选修的
- ◦ The surgery is an elective procedure.
 这个手术是一个择期手术。

e'laborate v. to develop or present (a theory, policy, or system) in detail.

/ɪ'ləbeɪreɪt/ 详尽阐述，详细说明

e'laborate v. to develop or present (a theory, policy, or system) in detail.

adj. involving many carefully arranged parts or details; detailed and complicated.

复杂的；精心制作的

Could you elaborate (v.) on your proposal?

你能详细说明一下你的提议吗？

She wore an elaborate (adj.) costume for the party.

她为聚会穿了一套精致的服装。

The plan was too elaborate (adj.) to be practical.

这个计划太复杂，不切实际。

- **elaboration** (n.) 详尽阐述，细节
- ◦ His argument needed further elaboration.
他的论点需要进一步阐述。

em'brace v. to accept or support (a belief, theory, or change) willingly and enthusiastically; to hold someone closely in one's arms.

/ɪm'breɪs/ 欣然接受，拥抱；拥抱（身体动作）

The company has embraced new technologies to improve efficiency.

该公司已欣然接受新技术以提高效率。

They embraced warmly when they met at the airport.

他们在机场见面时热情相拥。

- **embrace of (n.)** 接受，信奉
 - The country's rapid embrace of digital payment is remarkable.
该国对数字支付的快速接受引人注目。

e'motion n. a strong feeling deriving from one's circumstances, mood, or relationships with others.

/ɪ'moʊʃn/ 情感，情绪

Her voice was full of emotion as she spoke about her childhood.

当她谈起童年时，她的声音充满了感情。

- **emotional (adj.)** 情感的，情绪上的
 - He made an emotional appeal for help.
他动情地恳求帮助。
- **emotionally (adv.)** 感情上地，情绪化地
 - She is emotionally attached to the old house.
她在感情上依恋那所老房子。

em'ploy v. to give work to (someone) and pay them for it; to make use of.

/ɪm'plɔɪ/ 雇用；使用，利用

The factory employs over a thousand workers.

这家工厂雇用了上千名工人。

The detective employed various techniques to solve the case.

侦探运用了各种技术来破案。

- **employee** (n.) 雇员，员工
- ◦ All employees must attend the safety training.
所有员工都必须参加安全培训。
- **employment** (n.) 就业，工作；使用
- ◦ He found employment as a teacher.
他找到了一份教师工作。

en'courage v. to give support, confidence, or hope to (someone); to stimulate the development of (an activity, state, or belief).

/ɪn'kʊrɪdʒ/ 鼓励，激励；促进，助长

My parents always encouraged me to pursue my dreams.

我的父母总是鼓励我追求梦想。

The government's policies encourage

investment.

政府的政策鼓励投资。

- **encouragement** (n.) 鼓励, 支持
 - Thank you for your words of encouragement.
谢谢你的鼓励。
- **encouraging** (adj.) 令人鼓舞的
 - The early test results are very encouraging.
早期的测试结果非常令人鼓舞。

en'gage v. to occupy or attract (someone's interest or attention); to participate or become involved in.

/ɪn
'geɪdʒ/
吸引, 占用; 从事, 参与

The puzzle engaged his mind for hours.
这个谜题占用了他的头脑好几个小时。

She actively engages in community service.

她积极参与社区服务。

The two armies engaged in battle.
两军交战。

- **engaged** (adj.) 已订婚的; 忙于...的
 - They got engaged last month.
他们上个月订婚了。
- **engagement** (n.) 订婚; 参与; 约定

- ○ Thank you for your active engagement in the discussion.
感谢你积极参与讨论。

en'hance v. to intensify, increase, or further improve the quality, value, or extent of.

/ɪn'hæns/ 提高，增强，增进

Good lighting can enhance the appearance of a room.

良好的照明可以改善房间的外观。

The software update will enhance system performance.

软件更新将提高系统性能。

- **enhancement** (n.) 增强，提高
- ○ The new model includes several safety enhancements.
新车型包含多项安全增强功能。

en'roll v. to officially register or recruit as a member or student.

/ɪn
'roul/ 招收，使入学；注册，登记

She enrolled in a French course at the university.

她在大学注册了一门法语课程。

The school enrolls about 500 new

students each year.

该校每年招收约500名新生。

- **enrollment** (n.) 注册，入学人数
 - Enrollment for the fall semester has begun.
秋季学期的注册已经开始了。

enter'tainment n. the action of providing or being provided with amusement or enjoyment.

/,entər'teɪnmənt/ 娱乐，文娱活动；招待

The city offers a wide variety of entertainment options.

这座城市提供各种各样的娱乐选择。

He is in the entertainment industry.

他在娱乐行业工作。

entrepre'neur n. a person who sets up a business or businesses, taking on financial risks in the hope of profit.

/,ɑ:ntɹəprə'nɜ:r/ 企业家，创业者

She is a successful entrepreneur who started her own tech company.

她是一位成功的企业家，创办了自己的科技公司。

- **entrepreneurial** (adj.) 企业家的，创业的
- ◦ The country has a strong entrepreneurial spirit.
这个国家有很强的创业精神。

'entry n. an act of going or coming in; an item written or included in a list, account, or reference book.

/ˈentri/ 进入；条目，词条

The thieves gained entry through a window.

窃贼是通过窗户进入的。

Look up the word in the dictionary entry.

在词典的词条中查找这个词。

e'quate v. to consider (one thing) as equal or equivalent to another.

/ɪˈkweɪt/ 等同，使相等

You shouldn't equate money with happiness.

你不应该把钱和幸福等同起来。

The report equates violence in movies with real-world aggression.

报告将电影中的暴力与现实中的攻击行为等同起来。

- **equation** (n.) 等式；等同

- ◦ The equation of wealth with success is common.
将财富等同于成功是很普遍的看法。

es'sential adj. absolutely necessary; extremely important; fundamental.

/ɪ'senʃl/ 必不可少的，非常重要的；本质的，基本的

Good communication is essential for a healthy relationship.

良好的沟通对健康的关系至关重要。

There is an essential difference between the two approaches.

这两种方法有本质的区别。

||n. (usually essentials) a thing that is absolutely necessary.|

||必需品，要素|

We only packed the essentials for the trip.

我们只打包了旅行的必需品。

- **essentially** (adv.) 本质上，基本上
- ◦ The two systems are essentially the same.
这两个系统本质上是相同的。

'execute v. to carry out or put into effect (a plan, order, or course of action); to carry out a sentence of death on (a legally condemned person).

/ 执行，实施；处决

'eksɪkju:t/

The project was carefully planned and well executed.

该项目经过精心规划和良好执行。

The prisoner was executed at dawn.

囚犯在黎明时被处决。

- **execution (n.)** 执行；处决
 - The execution of the plan will begin next week.
计划的执行将于下周开始。
- **executive (n./adj.)** 行政主管；执行的，管理的
 - She is a senior executive in the company.
她是公司的高级主管。

ex'ert v. to apply or bring to bear (a force, influence, or quality).

/ɪg 运用，施加；尽力，努力

'zɜ:rt/

He exerted all his strength to move the rock.

他使出全身力气去搬动那块石头。

Parents exert a great influence on their children's development.

父母对孩子的成长有很大影响。

You need to exert yourself more if you want to pass the exam.

如果你想通过考试，就需要更加努力。

- **exertion** (n.) 努力，费力；行使，运用
- ◦ He was panting from the exertion of climbing the hill.
他因费力爬山而气喘吁吁。

expendi'ture n. the action of spending funds; an amount of money spent.

/ɪk'spendɪtʃər/ 花费，支出；经费，费用

The government plans to increase expenditure on education.

政府计划增加教育支出。

Keeping a record of your daily expenditure is a good habit.

记录每日开支是个好习惯。

- **expend** (v.) 花费，消耗
- ◦ They expended considerable energy on the project.

他们在这个项目上耗费了大量精力。

ex'ploit v. to make full use of and derive benefit from (a resource); to make use of (a situation) in a way considered unfair or underhand.

/ɪk
'splɔɪt/ 开发利用；剥削，利用

We need to exploit solar energy more effectively.

我们需要更有效地利用太阳能。

The company was accused of exploiting cheap labor.

该公司被指控剥削廉价劳动力。

||n. a bold or daring feat.||

||功绩，英勇行为||

His wartime exploits were legendary.

他的战时功绩是个传奇。

- **exploitation** (n.) 开发；剥削
- ◦ The exploitation of natural resources must be sustainable.
自然资源的开发必须是可持续的。

explo'sion n. a sudden and violent release of energy, typically with the generation of high temperature and the release of gases; a sudden great increase.

/ɪk 爆炸；激增，迅猛扩大

'spləʊʒn/

The explosion damaged several buildings.

爆炸损坏了几栋建筑物。

There has been an explosion in the popularity of online courses.

在线课程的受欢迎程度激增。

- **explosive** (adj./n.) 易爆炸的；炸药

- ◦ The situation is politically explosive.

这个局面在政治上一触即发。

ex'pose v. to make (something) visible by uncovering it; to reveal the true, typically objectionable, nature of; to subject (someone) to something beneficial or harmful.

/ɪk 暴露，揭露；使接触，使体验

'spəʊz/

The investigation exposed widespread corruption.

调查揭露了普遍的腐败现象。

Traveling exposes you to different cultures.

旅行让你接触不同的文化。

Do not expose the film to light.

不要将胶卷暴露在光线下。

- **exposure (n.)** 暴露；揭露；接触；曝光
- ◦ Prolonged exposure to the sun can cause skin damage.
长时间暴露在阳光下会损害皮肤。

extracur'ricular adj. (of an activity at a school or college) pursued in addition to the normal course of study.

/ˌɛkstrəkə'ɹɪkjələr/ 课外的

Extracurricular activities are an important part of campus life.

课外活动是校园生活的重要组成部分。

- **extracurricular activity (n.)** 课外活动
- ◦ He participates in several extracurricular activities, such as debate club and basketball.
他参加了几项课外活动，如辩论社和篮球。

fair adj. treating people equally without favoritism or discrimination; moderately good; (of weather) fine and dry.

/fer 公平的，公正的；尚可的；晴朗的
/

Everyone deserves a fair trial.

每个人都应得到公正的审判。

His English is fair, but he needs more practice.

他的英语尚可，但需要更多练习。

We hope for fair weather on the day of the picnic.

我们希望野餐那天天气晴朗。

||adv. in a fair manner. |

||公平地，公正地 |

You must play fair.

你必须公平竞争。

- **fairly** (adv.) 公平地；相当地
- ◦ The profits were divided fairly among the partners.
 利润在合伙人之间公平分配。
- **unfair** (adj.) 不公平的
- ◦ The decision was unfair to the younger players.
 这个决定对年轻选手不公平。

fear n. an unpleasant emotion caused by the threat of danger, pain, or harm.

/fɪr/ 恐惧，害怕

v. to be afraid of (someone or something) as likely to be dangerous, painful, or harmful.

害怕，畏惧

Her fear of heights kept her from climbing the tower.

她对高处的恐惧使她无法爬上塔楼。

Many people fear public speaking.

许多人害怕公开演讲。

- **fearful** (adj.) 可怕的；害怕的
 - The child was fearful of the dark.
这个孩子怕黑。
- **fearless** (adj.) 无畏的，勇敢的
 - The fearless reporter went into the war zone.
这位无畏的记者进入了战区。

fill v. to cause (a space or container) to become full or almost full.

/fɪl/ 装满，填满

/

Please fill the bottle with water.

请把瓶子装满水。

The room quickly filled with smoke.

房间里很快就充满了烟。

- **fill in/out (phr.)** 填写（表格等）
 - Please fill out this application form.
请填写这张申请表。
- **fill one's leisure time (phr.)** 填充某人的闲暇时间
 - He fills his leisure time with reading and gardening.
他用阅读和园艺来填充闲暇时间。

'flex v. to bend a limb or joint; to demonstrate (one's abilities or resources).

/fleks 弯曲（关节）；显示（力量、能力）
/

He flexed his arm to show his muscle.

他弯曲手臂展示肌肉。

The company is flexing its financial muscles with this new acquisition.

公司正通过这项新收购来展示其财务实力。

- **flexible (adj.)** 灵活的；易弯曲的

- ○ We need a flexible schedule to accommodate everyone.
我们需要一个灵活的时间表来适应所有人。

'flexible adj. capable of bending easily without breaking; able to be easily modified to respond to altered circumstances.

/ 易弯曲的，柔韧的；灵活的，可变的
'fleksəbl/ 通的

Rubber is a flexible material.

橡胶是一种柔韧的材料。

Our plans are flexible, so we can change them if needed.

我们的计划很灵活，如果需要可以改变。

- **flexibility** (n.) 灵活性；柔韧性
- ○ Yoga improves your flexibility.
瑜伽能提高你的柔韧性。

found v. to establish or originate (an institution or organization).

/faʊnd 建立，创立

/

The university was founded in 1890.

这所大学成立于1890年。

- **founder** (n.) 创立者，创始人
 - He is the founder and CEO of the company.
他是公司的创始人兼首席执行官。
- **foundation** (n.) 基础；基金会
 - The report has no foundation in fact.
这份报告没有事实依据。

freeze v. to become hardened into ice or another solid as a result of extreme cold.

/fri:z/ 结冰，冻结

The lake freezes over in winter.

冬天湖面会结冰。

The government decided to freeze prices.

政府决定冻结物价。

- **freezer** (n.) 冰柜，冷冻室
 - Put the ice cream in the freezer.
把冰淇淋放进冷冻室。

'frighten v. to make (someone) afraid or anxious.

/'fraɪtn/ 使害怕，使惊吓

The loud noise frightened the baby.

巨大的响声吓到了婴儿。

She was frightened by the strange sound in the dark.

她被黑暗中的怪声吓到了。

- **fright** (n.) 惊吓，恐怖
 - The sudden appearance of the dog gave me a fright.
那只狗的突然出现吓了我一跳。
- **frightening** (adj.) 令人害怕的，吓人的
 - It was a frightening experience to be lost in the forest.
在森林里迷路是一次可怕的经历。

fund n. a sum of money saved or made available for a particular purpose.

/fʌnd 基金，资金

/

v. to provide with money for a particular purpose.

为...提供资金，资助

The school set up a fund to help students in need.

学校设立了一个基金来帮助有困难的学生。

The research is funded by a government grant.

这项研究由政府拨款资助。

- **funding** (n.) 资金，资助

- ◦ The project lost its funding and had to be canceled.
项目失去了资金，不得不取消。

'funding n. money provided, especially by an organization or government, for a particular purpose.

/ˈfʌndɪŋ/ 资金，拨款

They are seeking additional funding for their startup.

他们正在为他们的初创公司寻求额外资金。

Lack of funding is the main obstacle.
缺乏资金是主要障碍。

'gadget n. a small mechanical or electronic device or tool, especially an ingenious or novel one.

/ 小器具，小装置

ˈgædʒɪt/

He loves buying the latest kitchen gadgets.

他喜欢购买最新的厨房小工具。

This gadget can open cans, bottles, and jars.

这个小装置可以开罐头、瓶子和罐子。

'garbage n. waste material or unwanted things that are thrown away; nonsense.

/ 垃圾；废话

'ga:rbɪdʒ/

Please take out the garbage.

请把垃圾拿出去。

Don't talk garbage!

别胡说八道！

- **garbage can** (n.) 垃圾桶
- ◦ Throw it in the garbage can.
把它扔进垃圾桶。

'garment n. an item of clothing.

/'ga:rmənt/ (一件) 衣服

The garment industry employs many people in this region.

服装业在该地区雇佣了许多人。

gene'ration n. all of the people born and living at about the same time, regarded collectively; the production of something.

/,dʒenə 一代（人）；产生

'reɪʃn/

There is often a communication gap between different generations.

不同代人之间常常存在沟通代沟。

The generation of electricity from wind power is increasing.

风力发电正在增加。

- **generational** (adj.) 一代的，代际的
- ◦ This is a generational shift in attitudes.
这是态度上的代际转变。

get v. to come to have or hold (something); receive; to become.

/ 得到，获得；变得

get/

I need to get some sleep.

我需要睡会儿觉。

It's getting dark outside.

外面天渐渐黑了。

- **get sucked into** (phr.) 被卷入，沉迷于
- ◦ He got sucked into the world of online gaming and spent all his time on it.
他沉迷于网络游戏的世界，把所有时间都花在上面了。

give v. to freely transfer the possession of (something) to (someone).

/ 给, 给予

gɪv/

She gave him a book for his birthday.

她给了他一本书作为生日礼物。

- **give sb. access to...** (phr.) 给予某人使用...的权利/机会
 - **The library card gives you access to millions of books and online resources.**
借书卡让你能使用数百万本书籍和在线资源。

go v. to move from one place to another; to leave.

/ 去, 走; 离开

ɡoʊ/

I go to work by bus.

我坐公交车上班。

It's time to go.

该走了。

- **go on** (phr.) 继续; 发生
 - **Please go on with your story.**
请继续讲你的故事。

'gossip n. casual or unconstrained conversation or reports about other people, typically involving details that are not confirmed as true.

/ 闲话，流言蜚语

'ga:sɪp/

v. to engage in gossip.

说闲话，传播流言

Office gossip (n.) can be harmful.

办公室闲话可能有害。

She loves to gossip (v.) about her neighbors.

她喜欢说邻居的闲话。

'governance n. the action or manner of governing a state, organization, etc.

/'gʌvərnəns/ 治理，管理

The company needs to improve its corporate governance.

公司需要改善其企业治理。

- **govern** (v.) 统治，管理
- ◦ The party that wins the election will govern the country for the next four years.

赢得选举的政党将在未来四年治理国家。

- **government** (n.) 政府
- ◦ The local government approved the new housing project.
地方政府批准了新的住房项目。

grasp v. to seize and hold firmly; to understand (something) fully.

/ 抓紧，抓牢；理解，领会

græsp/

The baby grasped my finger tightly.

婴儿紧紧抓住我的手指。

I couldn't grasp the meaning of his words.

我无法理解他话中的含义。

||n. a firm hold; understanding.|

||紧握；理解|

Keep a firm grasp on the rope.

抓紧绳子。

She has a good grasp of the subject.

她对这个学科有很好的理解。

grid n. a network of lines that cross each other to form a series of squares or rectangles; a system for distributing electric power.

/ 网格，格子；输电网

grid/

The city streets are laid out in a grid pattern.

城市街道呈网格状布局。

A power failure blacked out the entire grid.

一次停电使整个电网陷入瘫痪。

har'assment n. aggressive pressure or intimidation.

/hə'ræsmənt/ 骚扰，烦扰

The company has a zero-tolerance policy for sexual harassment.

公司对性骚扰实行零容忍政策。

- **harass (v.)** 骚扰，烦扰
- ◦ She accused him of harassing her with constant phone calls.
她指控他用不断的电话骚扰她。

hard adj. solid, firm, and resistant to pressure; requiring a great deal of endurance or effort.

/hɑ:r d/ 坚硬的；困难的，艰苦的

The ground was too hard to dig.

地面太硬，挖不动。

It's a hard decision to make.

这是一个艰难的决定。

- **hard work** (n.) 辛勤工作，努力
- ◦ Success is the result of hard work and dedication.
成功是辛勤工作和奉献的结果。

'harness v. to control and make use of (natural resources), especially to produce energy.

/ˈhɑːrnɪs/ 利用，控制（以产生能量等）

We need to harness the power of the wind and sun.

我们需要利用风能和太阳能。

Technology can be harnessed for educational purposes.

技术可以被用于教育目的。

help v. to make it easier or possible for (someone) to do something by offering one's services or resources.

/help 帮助，援助

/

Can you help me move this table?

你能帮我搬一下这张桌子吗？

- **help sb. go through a tough time** (phr.) 帮助某人度过艰难时期
- ◦ Her friends helped her go through the tough time after

her loss.

她的朋友们帮助她度过了失去亲人后的艰难时期。

hone v. to refine or perfect (something) over a period of time.

/hoʊn/ 磨练，训练（技能）

/

She honed her public speaking skills through practice.

她通过练习磨练了她的公开演讲技巧。

The team is honing its strategy for the finals.

该队正在为决赛磨练策略。

'household n. a house and its occupants regarded as a unit.

/ 家庭，户

'haʊshəʊld/

adj. used or found in homes.

家庭的，家用的

The average household size has decreased.

平均家庭规模已经缩小。

Refrigerators and washing machines are common household (adj.) appliances.

冰箱和洗衣机是常见的家用电器。

- **household appliance** (n.) 家用电器
- ◦ Modern households rely on many electrical appliances.
现代家庭依赖许多电器。

hy'giene n. conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.

/ 卫生

'haɪdʒi:n/

Personal hygiene is important for good health.

个人卫生对健康很重要。

- **hygienic** (adj.) 卫生的，清洁的
- ◦ It's important to keep kitchen surfaces hygienic.
保持厨房台面清洁卫生很重要。

identity n. the fact of being who or what a person or thing is.

/aɪ 身份；个性，特性

'dentəti/

The police are trying to establish the identity of the victim.

警方正试图确认受害者的身份。

She is exploring her cultural identity.
她正在探索自己的文化身份。

- **identify** (v.) 识别，认出；确定
- ◦ Can you identify the man in this photo?
你能认出这张照片里的男人吗？

im'merse v. to involve oneself deeply in a particular activity or interest; to dip or submerge in a liquid.

/ɪ'mɜ:rs/ 使沉浸；使深陷于；浸没

She immersed herself in her studies.
她埋头于学习。

Immerse the vegetables in boiling water for two minutes.
将蔬菜浸入沸水中两分钟。

- **immersion** (n.) 沉浸；浸入
- ◦ Language immersion is an effective way to learn a foreign language.
语言沉浸是学习外语的有效方法。

im'mune adj. resistant to a particular infection or toxin owing to the presence of specific antibodies or sensitized white blood cells; not affected or influenced by something.

/ɪ'mju:n/ 有免疫力的；不受影响的

After recovering from the disease, he became immune to it.

从这种疾病康复后，他对其有了免疫力。

He seems immune to criticism.

他似乎不受批评的影响。

- **immunity** (n.) 免疫力；豁免权
 - The vaccine provides immunity against the virus.
疫苗提供针对该病毒的免疫力。

'incident n. an event or occurrence, especially one that is unusual, noteworthy, or violent.

/ 事件，事变；（不愉快的）事情

'ɪnsɪdənt/

The police are investigating the incident.

警方正在调查该事件。

There was an embarrassing incident at

the office party.

办公室聚会上发生了一件尴尬的事。

- **incidental (adj.)** 附带的，次要的
- ◦ The cost of travel is incidental to the main expense of the course.
旅费是课程主要费用之外的附带费用。

in'credible adj. impossible to believe;
extraordinary, amazing.

/ɪn'kredəbl/ 难以置信的；极好的，惊人的

His story sounds incredible.

他的故事听起来令人难以置信。

We had an incredible time on vacation.

我们假期过得非常愉快。

- **incredibly (adv.)** 难以置信地；非常
- ◦ The car was incredibly expensive.
这辆车贵得惊人。

infra'structure n. the basic physical and organizational structures and facilities (e.g., buildings, roads, power supplies) needed for the operation of a society or enterprise.

/ˈɪnfəstrʌktʃər/ 基础设施

The country needs to invest more in its infrastructure, such as bridges and railways.

该国需要在其基础设施（如桥梁和铁路）上投入更多。

Reliable IT infrastructure is crucial for modern businesses.

可靠的IT基础设施对现代企业至关重要。

in'gredient n. any of the foods or substances that are combined to make a particular dish; a component part of something.

/ɪn
'ɡriːdiənt/ （烹调的）原料；（构成）要素，因素

Flour, eggs, and sugar are the main ingredients of a cake.

面粉、鸡蛋和糖是蛋糕的主要原料。

Trust is a key ingredient in a successful

relationship.

信任是成功关系的关键要素。

'innovate v. to make changes in something established, especially by introducing new methods, ideas, or products.

/ˈɪnəveɪt/ 革新，创新

Companies must constantly innovate to stay competitive.

公司必须不断创新以保持竞争力。

- **innovation** (n.) 创新，革新；新事物
- ◦ Technological innovation drives economic growth.
技术创新推动经济增长。
- **innovative** (adj.) 革新的，创新的
- ◦ They came up with an innovative solution to the problem.
他们想出了一个创新的解决方案。

in'sensitive adj. showing or feeling no concern for others' feelings; not sensitive to physical stimuli.

/ɪn'sensətɪv/ 麻木不仁的，不顾及他人感受的；不敏感的

It was insensitive of him to make jokes about her weight.

他拿她的体重开玩笑，太不顾及他人感受了。

The material is insensitive to heat.

这种材料对热不敏感。

- **insensitivity** (n.) 麻木不仁，不敏感
 - His insensitivity caused a lot of hurt.
他的麻木不仁造成了很大伤害。

inspi'ration n. the process of being mentally stimulated to do or feel something, especially to do something creative; a person or thing that inspires.

/,ɪnspə
'reɪʃn/ 灵感；鼓舞人心的人（或事物）

She draws inspiration from nature for her paintings.

她从大自然中汲取绘画的灵感。

His teacher was a great inspiration to him.

他的老师给了他巨大的鼓舞。

- **inspire** (v.) 鼓舞，激励；赋予灵感
 - His speech inspired the audience.
他的演讲鼓舞了听众。

'interact v. to act in such a way as to have an effect on another; to communicate or be involved directly.

/,ɪntər
'ækt/ 互动，相互作用；交流

The chemicals interact to produce heat.

这些化学物质相互作用产生热量。

The teacher encourages students to interact with each other in class.

老师鼓励学生在课堂上相互交流。

- **interaction** (n.) 互动，相互作用
 - There is a lot of social interaction at these events.
在这些活动中有很多社交互动。
- **interactive** (adj.) 互动的，交互式的
 - The museum has many interactive exhibits for children.
博物馆有许多供儿童互动的展品。

'interface n. a point where two systems, subjects, organizations, etc., meet and interact; a device or program enabling a user to communicate with a computer.

/'ɪntərfeɪs/ 界面；接口；交接处

The user interface of the app is very intuitive.

这个应用程序的用户界面非常直观。

At the interface of art and technology, new forms emerge.

在艺术与技术的交汇处，新的形式出现了。

||v. to interact or coordinate smoothly.|

||连接，接合|

The new software must interface with our existing system.

新软件必须与我们现有的系统连接。

'isolate v. to cause (a person or place) to be or remain alone or apart from others; to identify and separate (something) from other things.

/ 使隔离，使孤立；分离，隔离

'aɪsəleɪt/

Patients with the contagious disease were isolated.

患有传染病的病人被隔离了。

Scientists managed to isolate the gene responsible for the condition.

科学家设法分离出了导致这种状况的基因。

- **isolated** (adj.) 孤立的，隔离的；偏僻的

- He felt isolated in his new school.
他在新学校感到孤立。
- **isolation** (n.) 隔离，孤立
- The prisoner was kept in solitary isolation.
这名囚犯被单独隔离。

league n. a collection of people, countries, or groups that combine for a particular purpose, typically mutual protection or cooperation; a level of quality or ability.

/li:g/ 联盟，联合会；级别，水平

Several local teams formed a football league.

几支地方球队组成了一个足球联盟。

As a pianist, he is in a different league from the rest of us.

作为一名钢琴家，他的水平和我们其他人不在一个级别。

left adj., adv., n. on, toward, or relating to the side of a human body or of a thing that is to the west when the person or thing is facing north.

/left/ 左边的（地）；左派（的）

/

Turn left at the traffic lights.

在交通信号灯处左转。

He writes with his left hand.

他用左手写字。

- **be left out (phr.)** 被忽略，被排斥在外
- ◦ No child should be left out of the game.
不应该把任何孩子排除在游戏之外。

'lengthen v. to make or become longer.

/ˈleŋθən/ (使)变长，延长

Can you lengthen the sleeves of this dress?

你能把这条裙子的袖子改长吗？

The days lengthen in the spring.

春天白昼变长。

- **length (n.)** 长度
- ◦ What is the length of the room?
房间的长度是多少？

'linger v. to stay in a place longer than necessary because of a reluctance to leave; to be slow to disappear or die.

/ 留恋，徘徊；缓慢消失

ˈlɪŋgər/

They lingered over coffee and conversation.

他们边喝咖啡边聊天，久久不愿离去。

The smell of her perfume lingered in the air.

她的香水味在空中久久不散。

- **linger over** (phr.) 慢慢做，细品
 - He likes to linger over his breakfast on weekends.
他喜欢在周末慢慢享用早餐。

'logistics n. the detailed organization and implementation of a complex operation; the commercial activity of transporting goods to customers.

/lə 后勤，物流

'dʒɪstɪks/

The logistics of moving the entire office were complicated.

搬迁整个办公室的后勤工作很复杂。

- **logistical** (adj.) 后勤的，物流的
 - We faced some logistical problems during the trip.
我们在旅途中遇到了一些后勤问题。

log v. to enter (an incident, fact, or detail) in a log; to achieve (a certain distance, speed, or time).

/lɒ:
g/ 记录；达到（距离、速度等）

/lɑ:
g/ （美式）

The captain logged the ship's position every hour.

船长每小时记录一次船的位置。

The pilot has logged over 5,000 flying hours.

这位飞行员累计飞行时间已超过5000小时。

||n. a part of the trunk or a large branch of a tree that has fallen or been cut off.|

||原木，木材|

They sat on a log by the campfire.

他们坐在篝火旁的一根原木上。

'lower v. to move (someone or something) in a downward direction; to reduce the amount, level, or strength of something.

/ 降低，放低；减少

'ləʊər/

He lowered his voice to a whisper.
他把声音压低到耳语。

The company lowered its prices to
attract more customers.

公司降低了价格以吸引更多顾客。

||adj. comparative of low; less high in
position or status.|

||较低的；下级的|

He suffered from pain in his lower
back.

他下背部疼痛。

The lower house of parliament
approved the bill.

议会下院通过了该法案。

main'stream n. the ideas, attitudes, or
activities that are regarded
as normal or conventional by
most people.

/'meɪnstri:m/ 主流

adj. belonging to or
characteristic of the
mainstream.

主流的

This style of music is now part of the
mainstream (n.).

这种音乐风格现在已成为主流的一部分。

Mainstream (adj.) media often ignore

these issues.

主流媒体经常忽视这些问题。

||v. to bring into the mainstream.|

||使主流化|

The goal is to mainstream
environmental education in all schools.

目标是在所有学校将环境教育主流化。

make v. to form (something) by putting
parts together or combining
substances; to cause to be or
become.

/meɪk 制造，做；使成为

/

She made a cake for the party.

她为聚会做了一个蛋糕。

The news made him very happy.

这个消息让他非常高兴。

- **made-up** (adj.) 编造的，虚构的；化过妆的
 - He told a made-up story to explain his absence.
他编造了一个故事来解释他的缺席。
- **make up** (phr.) 编造；补上；组成；化妆
 - He had to make up an excuse for being late.
他不得不为迟到编造一个借口。

maxi'mize v. to make as large or great as possible.

/ 使最大化，使增至最大

'mæksimaɪz/

We need to maximize our use of space in the small apartment.

我们需要在这间小公寓里最大限度地利用空间。

The company aims to maximize profits.
公司的目标是利润最大化。

- **maximum** (n./adj.) 最大值（的）
 - The maximum speed limit is 70 mph.
最高限速为每小时70英里。

'mental adj. relating to the mind; done by or occurring in the mind.

/'mentl/ 精神的，心理的；智力的

He is suffering from mental exhaustion.

他正遭受精神衰竭。

Solving puzzles is a good mental exercise.

解谜是很好的智力锻炼。

- **mentally** (adv.) 精神上，心理上

- ○ He is mentally prepared for the challenge.

他在心理上已准备好迎接挑战。

'milestone n. a significant stage or event in the development of something.

/ 里程碑，重大事件

'maɪlstəʊn/

Graduating from college was a major milestone in her life.

大学毕业是她人生的一个重大里程碑。

The project reached its first milestone ahead of schedule.

项目提前达到了第一个里程碑。

mini'mize v. to reduce (something, especially something undesirable) to the smallest possible amount or degree; to represent or estimate at less than the true value or importance.

/ 使最小化，使减少到最低；低估，

'mɪnɪmaɪz/ 轻视

We must minimize the risk of accidents.

我们必须将事故风险降至最低。

He minimized his role in the success of

the project.

他低估了自己在项目成功中的作用。

- **minimum (n./adj.)** 最小值 (的)
- ◦ We need a minimum of ten people to run the tour.
我们至少需要十个人才能进行这次旅行。

miss v. to fail to hit, reach, or come into contact with (something aimed at); to fail to notice, hear, or understand; to feel regret or sadness at no longer being able to enjoy the presence of.

/mis 未击中；未看到/听到；错过；想念
/

He missed the target with his first shot.

他第一枪没打中靶子。

I think you missed the main point of his argument.

我想你遗漏了他论点的主要部分。

She misses her family back home.

她想念家乡的家人。

- **miss out (phr.)** 错过 (机会)；被遗漏
- ◦ Don't miss out on this great opportunity.
不要错过这个好机会。

mo'bility n. the ability to move or be moved freely and easily.

/moʊ
'bɪləti/
移动性，流动性；机动性

This injury has reduced the mobility of his arm.

这次受伤降低了他手臂的活动能力。

Social mobility refers to the movement of people between different social classes.

社会流动性指的是人们在不同社会阶层之间的流动。

'movement n. an act of moving; a group of people working together to advance their shared political, social, or artistic ideas.

/
'mu:vmənt/
移动，运动；社会/政治运动

He made a sudden movement that startled the bird.

他做了一个突然的动作，吓到了那只鸟。

She was involved in the civil rights movement.

她参与了民权运动。

'navigate v. to plan and direct the route or course of a ship, aircraft, or other form of transport; to find one's way.

/ 导航，引航；设法穿越，处理
'nævigeɪt/

The captain navigated the ship through the storm.

船长驾驶轮船穿过了风暴。

It's difficult to navigate the city without a map.

没有地图很难在这个城市里找路。

You need to navigate the complexities of the legal system.

你需要设法应对法律体系的复杂性。

- **navigation** (n.) 导航，航行
- ◦ The navigation system in the car is very accurate.
车里的导航系统非常精确。

'network n. an interconnected system; a group of people who exchange information, contacts, and experience for professional or social purposes.

/ 网络；人际网，关系网
'netwɜ:k/

The office is connected to a computer network.

办公室连接着计算机网络。

Building a strong professional network is important for career development.

建立强大的专业人脉对职业发展很重要。

||v. to interact with others to exchange information and develop professional or social contacts.|

||建立关系网, networking|

She spent the evening networking with potential clients.

她整晚都在与潜在客户建立联系。

non'verbal adj. not involving or using words or speech.

/,nɑ:n
'vɜ:rbəl/ 非语言的, 非文字的

Nonverbal communication includes gestures and facial expressions.

非语言沟通包括手势和面部表情。

- **verbally** (adv.) 口头上地
- ◦ He agreed to the terms verbally.
他口头上同意了这些条款。

numb adj. deprived of the power of sensation.

/nʌm 麻木的，失去感觉的

/

v. to make (someone) numb.

使麻木

My fingers were numb with cold.

我的手指冻得麻木了。

She was numbed by the shock of the bad news.

她被坏消息震惊得麻木了。

- **numbness** (n.) 麻木
- ◦ **He felt a numbness in his leg after sitting for so long.**
坐了这么久之后，他感到腿麻木了。

'object n. a material thing that can be seen and touched.

/ 物体，物品

'ɑ:bdʒɪkt/

v. to express or feel disapproval, opposition, or dislike.

反对，不赞成

There was a strange object on the table.

桌子上有一个奇怪的物体。

Many local residents object to the construction of the new highway.

许多当地居民反对修建新的高速公路。

- **objection** (n.) 反对，异议
- ◦ Do you have any objection to this plan?
你对这个计划有什么异议吗？

'offline adj., adv. not connected to or served by a computer or the internet.

/ˌɔ:f
'laɪn/
离线的（地），脱机的（地）

I prefer to work on the document offline and then upload it.

我更喜欢离线处理文档，然后再上传。

The game can be played offline.

这个游戏可以离线玩。

- **online** (adj., adv.) 在线的（地）
- ◦ You can apply for the job online.
你可以在线申请这份工作。

once and for all completely and finally.

一劳永逸地，彻底地

Let's settle this argument once and for all.

让我们彻底解决这个争论。

The new law aims to ban the practice once and for all.

新法律旨在彻底禁止这种做法。

one-of-a-kind adj. unique; the only one of its kind.

/ˌwʌn əv ə
'kaɪnd/ 独一无二的

This handmade necklace is one-of-a-kind.

这条手工项链是独一无二的。

His talent is truly one-of-a-kind.

他的才华 truly 是独一无二的。

op'portunity n. a set of circumstances that makes it possible to do something; a chance for employment or promotion.

/ˌɑ:pər
'tu:nəti/ 机会，时机

This internship is a great opportunity to gain work experience.

这次实习是获得工作经验的绝佳机会。

I'd like to take this opportunity to

thank you all for coming.

我想借此机会感谢大家的到来。

'optimize v. to make the best or most effective use of (a situation or resource).

/ 使最优化，使尽可能有效

'ɑ:ptɪmaɪz/

We need to optimize the website for mobile users.

我们需要为移动用户优化网站。

The engine is optimized for fuel efficiency.

这款发动机针对燃油效率进行了优化。

- **optimal** (adj.) 最佳的，最优的
- ◦ What is the optimal temperature for storing wine?
储存葡萄酒的最佳温度是多少？

'optional adj. available to be chosen but not obligatory.

/'ɑ:pʃənl/ 可选择的，非强制的

The field trip is optional for students.

这次实地考察对学生来说是自愿的。

This car comes with several optional extras.

这款车有几个可供选择的额外配置。

- **option** (n.) 选择, 选项
- ◦ We have several options to consider.
我们有几个选项需要考虑。

over'take v. to catch up with and pass while traveling in the same direction; to become greater or more successful than.

/,oʊvər
'teɪk/ 超过, 赶上; 超越

The car overtook us on the highway.
那辆车在高速公路上超过了我们。
Digital camera sales have overtaken those of film cameras.
数码相机的销量已经超过了胶卷相机。

partici'pate v. to take part in an activity or event.

/pɑ:r'tɪsɪpeɪt/ 参加, 参与

All students are encouraged to participate in class discussions.
鼓励所有学生参与课堂讨论。

- **participation** (n.) 参加, 参与
- ◦ Your active participation is appreciated.
感谢你的积极参与。

- **participant** (n.) 参加者，参与者
- ◦ Each participant will receive a certificate.
每位参与者都将获得一份证书。

'password n. a secret word or phrase that must be used to gain admission to something.

/ 密码，口令

'pæswɜ:rd/

Don't share your password with anyone.
不要与任何人分享你的密码。

You need to enter your username and password to log in.
你需要输入用户名和密码才能登录。

per'sistent adj. continuing firmly or obstinately in an opinion or course of action in spite of difficulty or opposition; continuing to exist or endure over a prolonged period.

/pər'sistənt/ 坚持不懈的，执意的；持续的，反复出现的

Her persistent efforts finally paid off.
她坚持不懈的努力终于得到了回报。
He has been suffering from a

persistent cough.
他一直咳嗽不止。

- **persist (v.)** 坚持；持续
 - If you persist in breaking the rules, you will be punished.
如果你坚持违反规定，将会受到惩罚。
- **persistence (n.)** 坚持；持续
 - Success requires talent and persistence.
成功需要天赋和坚持。

'personal adj. belonging to or affecting a particular person rather than anyone else; of or concerning one's private life, relationships, and emotions rather than one's career or public life.

/ˈpɜːrsənəl/ 个人的，私人的；涉及隐私的

This is my personal opinion.
这是我个人的意见。

Please do not ask personal questions.
请不要询问私人问题。

- **personalize (v.)** 使个性化，为个人特制
- ◦ You can personalize the greeting card with a message.

你可以在贺卡上写上信息使其个性化。

per'spective n. a particular attitude towards or way of regarding something; a point of view.

/pər'spektɪv/ 视角，观点；透视法

Traveling gives you a new perspective on life.

旅行给你一个全新的人生视角。

From a historical perspective, this event was very significant.

从历史的角度看，这件事意义重大。

pho'netics n. the study and classification of speech sounds.

/fə'netɪks/ 语音学

She is taking a course in phonetics.

她正在上语音学课程。

- **phonetic** (adj.) 语音的，发音的
 - The dictionary gives the phonetic transcription of each word.
这本词典给出了每个单词的音标。
- **phonetic symbol** (n.) 音标
 - Learning phonetic symbols can help with pronunciation.
学习音标有助于发音。

'physical adj. relating to the body as opposed to the mind; relating to things perceived through the senses as opposed to the mind; relating to physics or the operation of natural forces.

/ˈfɪzɪkl/ 身体的，肉体的；物质的，有形的；物理的

Regular physical exercise is important for health.

定期的体育锻炼对健康很重要。

The physical evidence supported his claim.

物证支持了他的说法。

It's a physical impossibility.

这在物理上是不可能的。

- **physically** (adv.) 身体上； **physically** (adv.) 按自然法则
- ◦ He is physically fit.
他身体健康。

plug n. a device for making an electrical connection, consisting of an insulated casing with metal pins that fit into holes in a socket.

/plʌg/ 插头；塞子

plug n. a device for making an electrical connection, consisting of an insulated casing with metal pins that fit into holes in a socket.
v. to block or fill in (a hole or cavity).
塞住，堵塞

The plug doesn't fit this socket.

这个插头不适合这个插座。

He plugged the leak with a piece of cloth.

他用一块布堵住了漏洞。

- **plug in** (phr.) 插上电源
- ◦ Don't forget to plug in your laptop.
别忘了给你的笔记本电脑插上电源。

point-by-point adj., adv. dealing with each item in a sequence separately and in detail.

/ˌpɔɪnt baɪ
'pɔɪnt/ 逐点（的/地）

She gave a point-by-point rebuttal to the criticism.

她对批评进行了逐点反驳。

Let's go through the contract point-by-

point.

让我们逐点检查这份合同。

- **step-by-step** (adj., adv.) 一步一步的/地
 - The manual provides step-by-step instructions for assembly.
手册提供了组装的逐步说明。

'popular adj. liked, admired, or enjoyed by many people or by a particular person or group.

/ 受欢迎的，流行的；大众的，通俗的
'pɑ:pjələr
/

This song is very popular among teenagers.

这首歌在青少年中很受欢迎。

He writes popular science books.
他写科普书籍。

- **popularity** (n.) 受欢迎，普及，流行
 - The popularity of social media continues to grow.
社交媒体的普及度持续增长。

popu'larity n. the state or condition of being liked, admired, or supported by many people.

/ˌpɑːpjə
'lærəti/
受欢迎，流行，普及

The app gained popularity very quickly.

这个应用程序迅速流行起来。

His popularity with voters has increased.

他在选民中的受欢迎程度提高了。

pro'active adj. creating or controlling a situation by causing something to happen rather than responding to it after it has happened.

/ˌprɒu
'æktɪv/
积极主动的，先发制人的

A proactive approach to maintenance can prevent major problems.

积极主动的维护方法可以防止重大问题。

We need to be more proactive in finding new customers.

我们需要更积极地寻找新客户。

- **react** (v.) 反应，回应
- ◦ How did he react to the news?
他对这个消息有何反应？

'process n. a series of actions or steps taken to achieve a particular end.

/ˈpraːses/ 过程，进程；工序

v. to perform a series of mechanical or chemical operations on (something) to change or preserve it; to deal with (someone or something) using an official procedure.

加工；处理，办理

Learning a language is a long process.

学习一门语言是一个漫长的过程。

The factory processes raw materials into finished goods.

工厂将原材料加工成成品。

Your application is being processed.

你的申请正在处理中。

- **processor (n.)** 处理器；加工者

- ◦ This computer has a fast processor.

这台电脑的处理器速度很快。

pro'ficiency n. a high degree of skill; expertise.

/prəˈfɪjnsi/ 熟练，精通

She has achieved a high level of proficiency in French.

她的法语已经达到很高的熟练程度。

The job requires proficiency in several software programs.

这份工作需要熟练使用几种软件程序。

- **proficient** (adj.) 熟练的，精通的
 - He is proficient in using spreadsheets.
他精通使用电子表格。

pro'posal n. a plan or suggestion, especially a formal or written one, put forward for consideration by others; an offer of marriage.

/prə
'pouzl/
提议，建议；求婚

The committee rejected his proposal for a new park.

委员会否决了他关于新建公园的提议。

She accepted his marriage proposal.

她接受了他的求婚。

- **propose** (v.) 提议，建议；求婚
 - He proposed a new method to solve the problem.
他提出了一个解决问题的新方法。

'resume n. a brief account of a person's education, qualifications, and previous experience, typically sent with a job application.

/ 简历

'rezu:meɪ

/

Please send your resume and a cover letter to the email address below.

请将你的简历和求职信发送到下面的电子邮件地址。

||v. to begin again or continue after an interruption.|

||重新开始，继续|

The meeting will resume after lunch.

会议将在午饭后继续。

re'venue n. income, especially when of a company or organization and of a substantial nature.

/ 收入，收益；税收

'revənju:/

The company's annual revenue exceeded one billion dollars.

公司的年收入超过十亿美元。

Tax revenue is used to fund public

services.

税收用于为公共服务提供资金。

re'ward n. a thing given in recognition of service, effort, or achievement.

/rɪ 奖赏，报酬；报答

'wɔːrd/

v. to give something to (someone) in recognition of their services, efforts, or achievements.

奖赏，酬谢，报答

A financial reward was offered for information leading to an arrest.

为提供导致逮捕的信息提供了金钱奖励。

The reward for all his hard work was a promotion.

对他所有辛勤工作的回报是升职。

The company rewarded its employees with a bonus.

公司用奖金奖励员工。

His efforts were rewarded with success.

他的努力换来了成功。

- **rewarding** (adj.) 值得做的，有意义的
- ◦ Nursing is a very rewarding career.
 护理是一份非常有意义的职业。

scroll v. to move displayed text or graphics on a screen in a particular direction in order to view different parts of them.

/skrou 滚动（屏幕）

1/

Scroll down to see more comments.

向下滚动查看更多评论。

He spent hours scrolling through social media.

他花了几个小时浏览社交媒体。

'sensor n. a device which detects or measures a physical property and records, indicates, or otherwise responds to it.

/ 传感器，感应装置

'sensər/

The lights turn on automatically thanks to a motion sensor.

多亏了运动传感器，灯会自动打开。

The car is equipped with multiple sensors for parking assistance.

这辆车配备了多个传感器用于停车辅助。

'shaper n. a person or thing that shapes something.

/ˈʃeɪpər/ 塑造者，形成者

Parents are the primary shapers of a child's character.

父母是孩子性格的主要塑造者。

- **shape** (v./n.) 塑造；形状
- ◦ Early experiences shape our personality.
早期的经历塑造我们的个性。

share v. to have a portion of (something) with another or others; to use, occupy, or enjoy (something) jointly with others; to tell someone about (something).

/ʃer/ 分享，分担；共用；告知

We shared a pizza.

我们分享了一个披萨。

The two rooms share a bathroom.

这两个房间共用一间浴室。

He shared the news with his family.

他把这个消息告诉了家人。

- **share sth. with** (phr.) 与...分享某物
- ◦ She shared her concerns with her best friend.

她向最好的朋友倾诉了她的担忧。

'shorten v. to make or become shorter.

/ˈʃɔːrtən/ (使) 变短, 缩短

Can you shorten these pants for me?

你能帮我把这条裤子改短吗?

The days shorten in the autumn.

秋天白昼变短。

'shooter n. a person who shoots with a gun in a specified way; a video game genre centered around shooting.

/ˈʃuːtər/ 射手, 枪手; 射击类游戏

He is an excellent marksman and a keen shooter.

他是一名优秀的神枪手和狂热的射击爱好者。

First-person shooter games are very popular.

第一人称射击游戏非常流行。

- **shoot** (v.) 射击, 开枪
- ◦ He was taught how to shoot a rifle.
他学过如何射击步枪。

side n. a position to the left or right of an object, place, or central point; either of the two halves of something.

/saɪd/ 边，侧；方面
/

Write on one side of the paper only.

只写在纸的一面。

There are two sides to every argument.

每个争论都有两个方面。

- **on sb's side** (phr.) 站在某人一边，支持某人
- ◦ Don't worry, I'm on your side.
别担心，我支持你。

'silly adj. having or showing a lack of common sense or judgment; absurd and foolish.

/ 愚蠢的，傻的；可笑的
'sɪli/

It was silly of me to forget my keys.

我真傻，忘了带钥匙。

We played some silly games at the party.

我们在聚会上玩了一些傻乎乎的游戏。

'simulate v. to imitate the appearance or character of; to produce a computer model of.

/ 模仿，模拟

'simjələit/

The flight simulator can simulate various weather conditions.

飞行模拟器可以模拟各种天气条件。

The test is designed to simulate real-life situations.

该测试旨在模拟现实生活中的情况。

- **simulation** (n.) 模拟，仿真
- ◦ The pilots trained using a flight simulation.
飞行员使用飞行模拟进行训练。

site n. an area of ground on which something is located or on which a town or building stood, stands, or will stand; a website.

/saɪt 地点，位置；网站

/

This is the site of the ancient castle.
这里是古城堡的遗址。

I found the information on their official site.

我在他们的官方网站上找到了这个信息。

'society n. the aggregate of people living together in a more or less ordered community; an organization or club formed for a particular purpose or activity.

/sə 社会；协会，社团

'saɪəti/

We live in a multicultural society.

我们生活在一个多元文化的社会。

She is a member of the local historical society.

她是当地历史学会的成员。

- **social** (adj.) 社会的；社交的
- ◦ Social media has changed how we communicate.
 社交媒体改变了我们的沟通方式。

spell v. to write or name the letters that form (a word) in correct sequence.

/spel 拼写

/

How do you spell your last name?

你的姓怎么拼写？

Children learn to spell in elementary school.

孩子们在小学学习拼写。

||n. a form of words used as a magical

charm or incantation.|

||咒语，符咒|

The witch cast a spell on the prince.

女巫对王子施了咒语。

'spirit n. the non-physical part of a person which is the seat of emotions and character; the prevailing mood; courage, energy, and determination.

/ 精神，心灵；情绪；勇气，活力

'spirit/

He is troubled in spirit.

他内心很烦恼。

The team showed great team spirit.

该队展现了极大的团队精神。

Even after the injury, he never lost his fighting spirit.

即使受伤后，他也从未失去斗志。

- **spiritual** (adj.) 精神的，心灵的
- ◦ She finds comfort in her spiritual beliefs.
她从她的精神信仰中找到慰藉。

state n. the particular condition that someone or something is in at a specific time; a nation or territory considered as an organized political community under one government.

/steɪt/ 状态，状况；国家；州

The building is in a poor state of repair.
这栋建筑年久失修。

Greece is a member state of the European Union.

希腊是欧盟的成员国。

California is a state in the western US.
加利福尼亚是美国西部的一个州。

||v. to express something definitely or clearly in speech or writing.|

||陈述，说明|

Please state your name and address.
请说明你的姓名和地址。

- **statement** (n.) 陈述，声明
- ◦ The president will make a statement to the press.
总统将向新闻界发表声明。

state-of-the-art adj. incorporating the newest ideas and most up-to-date features.

/ˌsteɪt əv ði 'ɑ:rt/ 最先进的，顶尖的

The hospital is equipped with state-of-the-art medical technology.

这家医院配备了最先进的医疗技术。

They conducted the research in a state-of-the-art laboratory.

他们在一间顶尖的实验室进行了这项研究。

'status n. the relative social, professional, or other standing of someone or something; the situation at a particular time during a process.

/ 地位，身份；状况，状态

'steɪtəs/

The job brings with it a certain status.

这份工作带来一定的地位。

What is the current status of the project?

项目的当前状况如何？

He updated his relationship status on social media.

他在社交媒体上更新了他的恋爱状态。

stay v. to remain in the same place or condition.

/steɪ 停留，保持

/

Stay here until I come back.

待在这儿直到我回来。

I hope the weather stays fine.

我希望天气保持晴朗。

- **stay connected with...** (phr.) 与...保持联系
 - Social media helps us stay connected with friends and family far away.
社交媒体帮助我们与远方的朋友和家人保持联系。

sub'mit v. to present (a proposal, application, or other document) to a person or body for consideration or judgment; to accept or yield to a superior force or to the authority or will of another person.

/səb
'mit/ 提交，呈递；服从，顺从

Please submit your assignment by Friday.

请在周五前提交作业。

He refused to submit to their demands.

他拒绝服从他们的要求。

- **submission** (n.) 提交；服从

- ○ The deadline for submission is tomorrow.
提交截止日期是明天。

sub'scribe v. to arrange to receive something regularly, typically a publication, by paying in advance; to express or feel agreement with (an idea or proposal).

/səb'skraɪb/ 订阅；同意，赞成

I subscribe to two monthly magazines.

我订阅了两本月刊。

I don't subscribe to the theory that money brings happiness.

我不赞成金钱带来幸福的理论。

- **subscriber** (n.) 订阅者，用户
- ○ The newspaper has thousands of subscribers.
这份报纸有成千上万的订阅者。
- **subscription** (n.) 订阅，订阅费
- ○ My Netflix subscription renews automatically.
我的Netflix订阅会自动续订。

succeed v. to achieve the desired aim or result; to take over a throne, office, or other position from someone.

/sək 成功；接替，继任

'si:d/

He succeeded in getting a promotion.

他成功获得了晋升。

Queen Elizabeth II succeeded her father, King George VI.

女王伊丽莎白二世继承了其父乔治六世国王的王位。

- **success** (n.) 成功，成就
 - Hard work is the key to success.
努力工作是成功的关键。
- **successful** (adj.) 成功的
 - The event was very successful.
活动非常成功。

'suffer v. to experience or be subjected to (something bad or unpleasant).

/'sʌfər/ 遭受，经历；受痛苦，患病

The company suffered heavy losses last year.

公司去年遭受了严重亏损。

He suffers from asthma.

他患有哮喘。

- **suffering** (n.) 痛苦，苦难
- ◦ The war caused widespread suffering.
战争造成了广泛的苦难。

sur'pass v. to exceed; to be greater than.

/sər'pæs/ 超过，胜过

The results surpassed all our expectations.

结果超出了我们所有的预期。

Her beauty surpasses that of any other actress.

她的美貌胜过其他任何女演员。

sus'tain v. to strengthen or support physically or mentally; to undergo or suffer (something unpleasant, especially an injury); to cause to continue for an extended period or without interruption.

/sə'steɪn/ 支撑，维持；遭受，经受；保持，使持续

Hope sustained him during his difficult times.

希望在他困难时期支撑着他。

He sustained minor injuries in the accident.

他在事故中受了轻伤。

The runner could not sustain his early pace.

那位跑步者无法保持他早期的速度。

- **sustainable** (adj.) 可持续的；能长期维持的
 - We need to find sustainable sources of energy.
我们需要找到可持续的能源。

'symptom n. a physical or mental feature that is regarded as indicating a condition of disease, particularly such a feature that is apparent to the patient.

/ˈsɪmptəm/ 症状；征兆

A fever is a common symptom of infection.

发烧是感染的常见症状。

The protests are a symptom of deeper social problems.

抗议是更深层社会问题的征兆。

take v. to lay hold of (something) with one's hands; to carry or bring with one; to require or use up (a specified amount of time).

/teɪk 拿，取；带走；花费（时间）

/

She took a book from the shelf.

她从书架上拿了一本书。

It takes about an hour to drive there.

开车到那里大约需要一个小时。

- **take the time to do sth. (phr.)** 花时间做某事
 - He always takes the time to listen to his students' concerns.
他总是花时间倾听学生的关切。

te'nacity n. the quality or fact of being very determined; determination.

/tə 坚韧，顽强，固执

'næsəti/

She succeeded through sheer tenacity and hard work.

她完全是凭借坚韧和努力工作取得了成功。

The weed grows with incredible tenacity.

这种杂草长得异常顽强。

- **tenacious (adj.)** 坚韧的，顽强的
 - He is a tenacious defender of human rights.
他是人权的坚定捍卫者。

text n. the main body of a book or other piece of writing, as distinct from other material such as notes, illustrations, or appendices; a written work.

/teks/ 正文，文本；文稿
t/

The book has both pictures and text.

这本书既有图片又有文字。

We will analyze a literary text in class.

我们将在课堂上分析一篇文学作品。

||v. to send a text message to.||

||给...发短信||

I'll text you the address.

我会把地址发短信给你。

thrive v. to grow or develop well or vigorously; to prosper.

/θraɪv/ 茁壮成长；繁荣，兴旺

Plants thrive in this rich soil.

植物在这肥沃的土壤里茁壮成长。

The business is thriving under her leadership.

在她的领导下，业务蒸蒸日上。

'tough adj. strong enough to withstand adverse conditions or rough handling; (of a person) able to endure hardship or pain; strict and uncompromising.

/tʌf/ 坚韧的，牢固的；坚强的，顽强的；严厉的，强硬的

This leather is very tough.

这种皮革非常坚韧。

She's a tough competitor.

她是一个顽强的竞争者。

The school has a tough policy on bullying.

学校对霸凌有严厉的政策。

- **tough time** (n.) 艰难时期
- ◦ They went through a tough time when he lost his job.
他失业时，他们经历了一段艰难时期。

tour'nament n. a series of contests between a number of competitors, competing for an overall prize.

/'tɔrnəmənt/ 锦标赛，联赛

He won the tennis tournament last year.

他去年赢得了网球锦标赛。

The World Cup is a major international football tournament.

世界杯是一项重要的国际足球赛事。

trans' action n. an instance of buying or selling something; the process of carrying out a business deal.

/træn'zækʃn/ 交易，业务

All financial transactions are recorded.

所有的金融交易都有记录。

The transaction was completed online.

这笔交易是在线完成的。

- **transact** (v.) 办理，处理（业务）
- ◦ Most banking can now be transacted over the phone.
现在大多数银行业务都可以通过电话办理。

'transcript n. a written or printed version of material originally presented in another medium; an official record of a student's academic work.

/'trænskript/ 文字记录，抄本；成绩单

A transcript of the interview is available on the website.

采访的文字记录可在网站上获取。

You need to submit your high school transcript with your college application.

你需要将高中成绩单与大学申请一起提交。

'trend n. a general direction in which something is developing or changing; a fashion.

/trend/ 趋势，倾向；时尚，潮流

There is a growing trend towards working from home.

在家工作的趋势日益增长。

This style is the latest trend in fashion.

这种款式是时尚界的最新潮流。

- **trendy** (adj.) 时髦的，流行的

- ◦ That's a very trendy neighborhood.
那是一个很时髦的街区。

trust n. firm belief in the reliability, truth, ability, or strength of someone or something.

/trʌst 信任，信赖

/

trust n. firm belief in the reliability, truth, ability, or strength of someone or something.

v. to believe in the reliability, truth, ability, or strength of.

信任，信赖

You have to have trust in your team.

你必须信任你的团队。

I trust his judgment completely.

我完全信任他的判断。

- **trustworthy** (adj.) 值得信赖的，可靠的
- ◦ He is a trustworthy friend.
他是一个值得信赖的朋友。

tu'ition n. teaching or instruction, especially of individuals or small groups; a sum of money charged for teaching by a college or university.

/tu'ɪʃn/ 教学，讲授；学费

She receives private tuition in mathematics.

她接受数学的私人辅导。

University tuition has increased significantly in recent years.

近年来大学学费大幅上涨。

un'fortunate adj. having or marked by bad fortune; unlucky; regrettable or inappropriate.

/ʌn'fɔ:rtʃənət/ 不幸的，倒霉的；令人遗憾的

It was unfortunate that the train was delayed.

很不幸，火车晚点了。

He made an unfortunate remark that offended many people.

他说了一句令人遗憾的话，冒犯了许多人。

- **unfortunately** (adv.) 不幸地；遗憾地
 - Unfortunately, we cannot accept your offer.
- 很遗憾，我们不能接受你的提议。

'unique adj. being the only one of its kind; unlike anything else.

/ju 独一无二的，独特的

'ni:k/

Each person's fingerprints are unique.

每个人的指纹都是独一无二的。

The city has a unique blend of old and new architecture.

这座城市拥有新旧建筑的独特融合。

'unit n. an individual thing or person regarded as single and complete but which can also form an individual component of a larger or more complex whole; a standard quantity in measuring.

/ 单位；单元；部件

'ju:nɪ

t/

The apartment building has 20 residential units.

这栋公寓楼有20个住宅单元。

The meter is a unit of length.

米是长度单位。

- **credit unit system** (n.) 学分制
- ◦ The university operates on a credit unit system.
 这所大学实行学分制。

'universe n. all existing matter and space considered as a whole; the cosmos.

/ 宇宙，天地万物

'ju:nɪvɜ:rs/

The universe is constantly expanding.

宇宙在不断膨胀。

In his universe, money is the most

important thing.

在他的世界里，钱是最重要的东西。

univer'sity n. a high-level educational institution where students study for degrees and academic research is done.

/ˌjuːnɪ 大学

'vɜːrsəti/

She hopes to go to university after high school.

她希望高中毕业后上大学。

- **comprehensive university (n.)** 综合性大学
- ◦ It is a large comprehensive university offering a wide range of programs.
 这是一所大型综合性大学，提供广泛的课程。
- **university of liberal arts (n.)** 文理学院/文科大学
- ◦ He chose a small university of liberal arts for its focus on undergraduate teaching.
 他选择了一所小型文理学院，因为它注重本科教学。
- **university of science and technology (n.)** 科技大学

- The university of science and technology is renowned for its engineering programs.
这所科技大学以其工程课程而闻名。

up'date v. to make (something) more modern or up to date; to give (someone) the latest information.

/,ʌp
'deɪt/ 更新；为...提供最新信息

We need to update the software regularly.

我们需要定期更新软件。

Can you update me on the progress of the project?

你能向我更新一下项目的进展吗？

||n. an act of updating something or someone; a new version.|

||更新；最新消息；新版|

I'll give you an update at the meeting.

我会在会议上给你最新消息。

The app received a major update yesterday.

该应用程序昨天收到了一个重大更新。

up'load v. to transfer (data or a file) from one computer to another, typically to one that is larger or remote from the user or functioning as a server.

/,ʌp
'loʊd/ 上传

You can upload your photos to the cloud.

你可以将照片上传到云端。

The video takes a long time to upload.
这个视频上传需要很长时间。

- **download (v.)** 下载
- ◦ You can download the form from the website.
你可以从网站上下载表格。

'username n. an identification used by a person with access to a computer, network, or online service.

/
'ju:zərneɪm/ 用户名

Enter your username and password to log in.
输入用户名和密码登录。

'verbal adj. relating to or in the form of words; spoken rather than written.

/ 词语的，言语的；口头的

'vɜ:rbəl/

They had a verbal agreement, but nothing in writing.

他们有口头协议，但没有书面文件。

Both verbal and nonverbal communication are important.

语言和非语言沟通都很重要。

- **verbally** (adv.) 口头上地
- ◦ He agreed to the terms verbally.
他口头上同意了这些条款。

view n. the ability to see something or to be seen from a particular place; a sight or prospect; a personal opinion or attitude.

/vju: 视力，视野；景色，风景；观点，见解

/

The house has a beautiful view of the ocean.

这所房子可以看到美丽的海景。

In my view, he is the best candidate for the job.

在我看来，他是这份工作的最佳人选。

- **viewership** (n.) 观众人数
- ◦ The show's viewership has been declining.
该节目的观众人数一直在下降。

'visual adj. relating to seeing or sight.

/ˈvɪʒuəl/ 视觉的，视力的

The film has stunning visual effects.

这部电影有令人惊叹的视觉效果。

He is a visual learner, preferring diagrams and charts.

他是一个视觉型学习者，更喜欢图表。

- **visualize** (v.) 想象，使形象化
- ◦ Try to visualize yourself achieving your goal.
试着想象自己实现了目标。

voca'tional adj. relating to an occupation or employment; providing skills and education that prepare you for a job.

/vov 职业的，行业的

'keɪʃənəl/

He is enrolled in a vocational training program to become a mechanic.

他参加了一个职业培训项目，想成为一名机械师。

The school offers both academic and vocational courses.

学校提供学术和职业课程。

- **vocational education** (n.) 职业教育
 - Vocational education is essential for developing a skilled workforce.
职业教育对于培养熟练劳动力至关重要。

weed n. a wild plant growing where it is not wanted and in competition with cultivated plants.

/wi:d 杂草

/

v. to remove unwanted plants from (an area of ground).

给...除杂草

The garden is full of weeds.

花园里长满了杂草。

I spent the afternoon weeding the flower beds.

我花了一下午时间给花坛除草。

- **weed out** (phr.) 淘汰，清除
 - The first round of tests is designed to weed out weaker candidates.

第一轮测试旨在淘汰较弱的候选人。

with'draw v. to remove or take away (something) from a particular place or position; to take (money) out of an account; to discontinue or no longer provide (something previously offered).

/wið'drɔ:/ 取出，拿出；提款；撤回，退出

He withdrew his hand quickly from the hot stove.

他迅速把手从热炉子上缩了回来。

I need to withdraw some cash from the ATM.

我需要从自动取款机取些现金。

The company decided to withdraw its support for the event.

公司决定撤销对该活动的支持。

- **withdrawal (n.)** 取出；提款；撤退；戒断症状
- ◦ She made a withdrawal from her savings account.
她从储蓄账户中取了一笔钱。

work n. activity involving mental or physical effort done in order to achieve a purpose or result; a task or tasks to be undertaken.

/wɜːr
k/ 工作，劳动；职业

v. to be engaged in physical or mental activity in order to achieve a purpose or result.

工作，劳动；运转，起作用

Hard work is the key to success.

辛勤工作是成功的关键。

Where do you work?

你在哪里工作？

This machine doesn't work properly.

这台机器运转不正常。

- **work part-time** (phr.) 做兼职
- ◦ She works part-time while studying at university.
她在大学学习期间做兼职。

youth n. the period between childhood and adult age; young people considered as a group.

/juːθ/ 青年时期；青春；青年人（总称）

He spent his youth in the countryside.
他在农村度过了青年时期。

The program is aimed at the youth of today.

该计划面向当今的青年人。

- **youthful (adj.)** 年轻的，有朝气的
- ◦ She has a youthful appearance.
她看起来年轻。

待定 | **abroad** | adv. in
or to a foreign
country or countries. |

|---|:---|

|/ə'brɔ:d/ | 在国外；到国外 |

She plans to study **abroad** next year.
她计划明年出国留学。

- **abroad** adj. (用于名词后) 海外的
- ◦ He has many friends from **abroad**.
他有许多来自海外的朋友。

absent adj. not present in a place, at an
occasion, or as part of something.

/ 缺席的；不在场的

'æbsənt/

He was **absent** from school due to
illness.

他因病缺席了学校课程。

- **absence** n. 缺席；不在
- ◦ His **absence** from the meeting was noted.
他缺席会议被记录了下来。
- **absently** adv. 心不在焉地
- ◦ She stared **absently** out the window.
她心不在焉地望着窗外。

abuse n. the improper use of something.

/ə 滥用；虐待

'bju:s/

v. to use something wrongly or improperly.

滥用；虐待

Drug **abuse** is a serious social problem.

药物滥用是一个严重的社会问题。

He was accused of **abusing** his power.

他被指控滥用权力。

- **abusive** adj. 虐待的；辱骂的
- ◦ She left an **abusive** relationship.
她离开了一段虐待性的关系。

academic year n. the period of the year during which students attend school or university.

学年

The **academic year** usually starts in September.

学年通常从九月开始。

- **semester** n. 学期
- ◦ We have exams at the end of each **semester**.

我们在每学期末有考试。

access n. the means or opportunity to approach or enter a place.

/ 通道；使用权

'ækses/

v. to obtain or retrieve (computer data or a file).

访问；获取

The building provides **access** for wheelchair users.

这栋建筑为轮椅使用者提供了通道。

You can **access** the report online.

你可以在线访问这份报告。

- **accessible** adj. 可进入的；可理解的

- ○ The website is **accessible** to all users.

该网站对所有用户都可访问。

accommodation n. a place where someone may live or stay.

/əˌkɒməˈdeɪʃn/ 住宿；住处

The university offers **accommodation** to first-year students.

大学为一年级学生提供住宿。

- **accommodate** v. 容纳；提供住宿
- ○ The hotel can **accommodate** up to 300 guests.

这家酒店可容纳多达300位客人。

account n. a report or description of an event or experience.

/əˈkaʊnt/ 账户；描述

v. to consider or regard in a specified way.

解释；导致

He gave a detailed **account** of the incident.

他对事件做了详细描述。

His laziness **accounts** for his failure.
他的懒惰导致了他的失败。

- **accountable** adj. 有责任的
 - Managers are **accountable** for their team's performance.
经理应对其团队的表现负责。

accurate adj. correct in all details; exact.
/'ækjərət/ 准确的；精确的

The witness provided an **accurate** description of the suspect.
目击者提供了对嫌疑人的准确描述。

- **accuracy** n. 准确性
 - The **accuracy** of the data is crucial.
数据的准确性至关重要。

addictive adj. causing or likely to cause addiction.
/ə'dɪktɪv/ 使人上瘾的

The game is highly **addictive**.
这个游戏非常容易上瘾。

- **addict** n. 上瘾者
 - He is a recovering drug **addict**.
他是一位正在康复的吸毒者。

- **addiction** n. 上瘾
- ◦ She sought help for her **addiction** to gambling.
她寻求帮助以戒除赌瘾。

affect v. to have an effect on; make a difference to.

/ə'fekt/ 影响

The bad weather **affected** our travel plans.
糟糕的天气影响了我们的旅行计划。

- **affection** n. 喜爱；感情
- ◦ She has a deep **affection** for her grandchildren.
她对孙辈有着深厚的感情。

aggressive adj. ready or likely to attack or confront; assertive.

/ə'gresɪv/ 侵略性的；有进取心的

The dog became **aggressive** when provoked.
狗被激怒时变得具有攻击性。
He is an **aggressive** businessman.
他是一个有进取心的商人。

- **aggression** n. 侵略；攻击性

- ○ The invasion was an act of **aggression**.

这次入侵是一种侵略行为。

airline n. an organization providing a regular public service of air transport.

/ 航空公司

'eəlaɪn/

I prefer to fly with this **airline** because of its good service.

我更喜欢乘坐这家航空公司的航班，因为其服务好。

- **airliner** n. 大型客机
- ○ The new **airliner** is more fuel-efficient.

这种新的大型客机更省油。

anecdotally adv. based on or consisting of reports or observations of usually unscientific observers.

/,ænɪk 轶事地；传闻地

'dɒtəli/

Anecdotally, many people claim this remedy works, but there's no scientific proof.

据传闻，许多人声称这种疗法有效，但没有科学证据。

- **anecdote** n. 轶事；趣闻
- ◦ He shared an amusing **anecdote** from his trip.
他分享了旅行中的一个有趣轶事。

annually adv. once a year; every year.

/ˈænjuəli/ 每年；一年一次

The conference is held **annually** in June.

该会议每年六月举行。

- **annual** adj. 每年的
- ◦ The company publishes its **annual** report in March.
公司在三月发布年度报告。

anticipate v. regard as probable; expect or predict.

/æn 预期；预料

ˈtɪsɪpeɪt/

We **anticipate** a large crowd at the event.

我们预料活动会有大量人群。

- **anticipation** n. 预期；期望

- ◦ The children waited with **anticipation** for the show to start.
孩子们期待着演出开始。

anxiety n. a feeling of worry, nervousness, or unease about something with an uncertain outcome.

/æŋ 焦虑；担心
'zaɪəti/

She felt **anxiety** before her job interview.
她在工作面试前感到焦虑。

- **anxious** adj. 焦虑的
- ◦ He is **anxious** about the test results.
他对测试结果感到焦虑。

applause n. approval or praise expressed by clapping the hands.

/ə'plɔ:z/ 鼓掌；喝彩

The performance received thunderous **applause**.
表演获得了雷鸣般的掌声。

- **applaud** v. 鼓掌；称赞

- ◦ The audience **applauded** loudly at the end of the play.
观众在戏剧结束时大声鼓掌。

apply n. (可能为“application”的变体) a formal request for something.

/ 申请（可能为“application”）

'æplɪkət/

Please submit your **apply** by the deadline.

请截止日期前提交您的申请。

- **application** n. 申请；应用
- ◦ The **application** process can take several weeks.
申请过程可能需要几周时间。
- **applicant** n. 申请人
- ◦ There were many **applicants** for the job.
这份工作有许多申请人。

appreciation n. recognition and enjoyment of the good qualities of someone or something.

/əˌpriːʃi'eɪʃn/ 欣赏；感激

I express my sincere **appreciation** for your help.

我对您的帮助表示衷心的感谢。

- **appreciate** v. 欣赏；感激
- ◦ I really **appreciate** your support.
我真的很感激你的支持。

associate v. connect (someone or something) with something else in one's mind.

/ə 联系；联想

'səʊʃieɪt/

n. a partner or colleague in business or work.

同事；伙伴

People often **associate** the color red with danger.

人们常将红色与危险联系起来。

He is a business **associate** of mine.

他是我的一個商业伙伴。

- **association** n. 协会；联系
- ◦ She is a member of the teachers' **association**.
她是教师协会的成员。

at home and abroad phrase. both domestically and internationally.

国内外

The product is popular **at home and abroad**.

该产品在国内外都很受欢迎。

- **domestic and international** 国内外的
 - The company has **domestic and international** markets.
公司拥有国内外市场。

attendance n. the action or state of being present at a place or event.

/ə'tendəns/ 出席；参加

Attendance at the meeting is mandatory.

会议必须出席。

- **attend** v. 出席；参加
 - Will you **attend** the conference?
你会参加这次会议吗？

audio adj. relating to sound or the sense of hearing.

/ 音频的；声音的

'ɔ:diəʊ/

The **audio** quality of the recording is excellent.

录音的音频质量很好。

- **auditory** adj. 听觉的
- ◦ The **auditory** system processes sound.
听觉系统处理声音。

auditory adj. relating to the sense of hearing.

/ˈɔːdətri/ 听觉的

Auditory learning involves listening to information.

听觉学习涉及听信息。

- **audio** (见上文)

award n. a prize or other mark of recognition given for an achievement.

/ə 奖项；奖品

ˈwɔːd/

v. to give something as a prize or recognition.

授予；颁奖

She won an **award** for her research.

她因研究而获奖。

The jury will **award** the prize tomorrow.

评审团明天将颁奖。

- **awardee** n. 获奖者
- ◦ The **awardee** gave a speech of thanks.
获奖者发表了感谢演讲。

awkward adj. causing difficulty; hard to deal with.

/ˈɔːkwəd/ 尴尬的；笨拙的

There was an **awkward** silence after his remark.

他的话之后是一阵尴尬的沉默。

He felt **awkward** dancing in public.

他在公共场合跳舞感到笨拙。

- **awkwardly** adv. 尴尬地；笨拙地
- ◦ She smiled **awkwardly**.
她尴尬地笑了笑。

bachelor's degree n. an academic degree conferred upon completion of undergraduate studies.
学士学位

He earned a **bachelor's degree** in computer science.

他获得了计算机科学学士学位。

- **master's degree** n. 硕士学位

- ○ She plans to pursue a **master's degree**.

她计划攻读硕士学位。

be able to... phrase. (可能为"be able to")
have the ability or
opportunity to do something.
能够...

You will **be able to** access the system
soon.

你将很快能够访问该系统。

- **can** v. 能
- ○ I **can** speak three languages.
我能说三种语言。

ban v. officially or legally prohibit.

/bæn/ 禁止

n. an official prohibition.

禁令

The government decided to **ban**
smoking in public places.

政府决定禁止在公共场所吸烟。

There is a **ban** on plastic bags in this
city.

这个城市有塑料袋禁令。

- **banned** adj. 被禁止的
- ◦ The **banned** substance was found in his bag.
在他包里发现了违禁物质。

be addicted to... phrase. physically and mentally dependent on a particular substance or activity.
对...上瘾

He is **addicted to** video games.
他对电子游戏上瘾。

- **addiction** (见上文)

be left out phrase. excluded from a group or activity.
被排除在外；被忽略

No one wants to **be left out** of the fun.
没有人想被排除在乐趣之外。

- **exclude** v. 排除
- ◦ They **excluded** him from the team.
他们把他排除在团队之外。

behave v. act or conduct oneself in a specified way.

/bɪ 表现； 举止

'heɪv/

The children **behaved** well at the party.
孩子们在聚会上表现良好。

- **behavior** n. 行为
- ◦ His **behavior** was unacceptable.
 他的行为是不可接受的。

border n. a line separating two countries or areas; a frontier.

/ 边界； 边境

'bɔːdə(r)/

They crossed the **border** into Canada.
他们越过边境进入加拿大。

- **borderline** adj. 边界上的； 模糊的
- ◦ His score was **borderline** for admission.
 他的分数在录取边界上。

boost v. help or encourage to increase or improve.

/buːst 促进； 提高

/

boost v. help or encourage to increase or improve.

n. an increase or improvement.

推动；增长

The new campaign aims to **boost** sales.
新活动旨在促进销售。

The tax cut gave the economy a **boost**.
减税给经济带来了推动。

- **booster** n. 助推器；支持者
- ◦ He is a great **booster** for the project.
他是该项目的坚定支持者。

booth n. a small temporary structure used for selling goods or displaying things.

/bu:ð/ 摊位；小隔间

She set up a **booth** at the fair to sell crafts.

她在集市上设立了一个摊位出售手工艺品。

- **voting booth** n. 投票亭
- ◦ He entered the **voting booth** to cast his ballot.
他进入投票亭投票。

break down phrase. to stop functioning; to decompose or analyze.

故障；崩溃；分解

The car **broke down** on the highway.

汽车在高速公路上抛锚了。

Let's **break down** the problem into smaller parts.

让我们把问题分解成更小的部分。

- **breakup** n. 分手；分裂
 - The **breakup** of the company was sudden.
公司的分裂很突然。

bring in phrase. to introduce or earn.

引入；赚取

The company decided to **bring in** new management.

公司决定引入新的管理层。

The project **brought in** substantial revenue.

该项目带来了可观的收入。

- **bring about** 导致
 - The reforms **brought about** significant changes.
改革带来了重大变化。

budget n. an estimate of income and expenditure for a set period.

/ 预算

'bʌdʒɪt/

v. to allow or provide for in a budget.

编制预算

We need to stick to our **budget** this month.

这个月我们需要坚持预算。

The project is **budgeted** at \$10,000.

该项目预算为1万美元。

- **budgetary** adj. 预算的
- ◦ There are **budgetary** constraints this year.
今年有预算限制。

bully n. a person who uses strength or influence to harm or intimidate others.

/ 欺凌者

'bʊli/

v. to use strength or influence to harm or intimidate.

欺负；欺凌

He was a **bully** in school, always picking on smaller kids.

他在学校是个欺凌者，总是欺负较小的孩子。

Don't **bully** others; it's not right.

不要欺负别人，这是不对的。

- **bullying** n. 欺凌行为
- ◦ **Bullying** in schools is a serious issue.
校园欺凌是一个严重的问题。

capable adj. having the ability or quality necessary to do something.

/ 有能力的

'keɪpəbl/

She is **capable** of handling difficult situations.

她有能力处理困难情况。

- **capability** n. 能力；才能
- ◦ The team has the **capability** to complete the project on time.
团队有能力按时完成项目。

career n. an occupation undertaken for a significant period of a person's life.

/kə
'rɪə(r)/ 职业；生涯

He had a successful **career** in medicine.
他在医学领域有成功的职业生涯。

- **careerist** n. 追求事业成功的人
 - He is often seen as a **careerist**.
他常被视为一个追求事业成功的人。

caregiver n. a person who provides care for someone who is sick or disabled.

/
'keəgɪvə(r)/ 看护者；护理员

Caregivers often work long hours to support their patients.
看护者常常长时间工作以支持病人。

- **caregiving** n. 看护工作
 - **Caregiving** can be emotionally demanding.
看护工作可能在情感上要求很高。

cause n. a person or thing that gives rise to an action or condition.

/kɔ:z/ 原因；事业

v. to make something happen.

导致；引起

The **cause** of the fire is still unknown.

火灾的原因仍未知。

Smoking can **cause** lung cancer.

吸烟可能导致肺癌。

- **causal** adj. 因果的
- ◦ There is a **causal** relationship between diet and health.
饮食与健康之间有因果关系。

certain adj. known for sure; established beyond doubt.

/'sɜ:tn/ 确定的；某个

I am **certain** that I locked the door.

我确定我锁了门。

A **certain** person called you today.

今天有个人给你打了电话。

- **certainty** n. 确定性
- ◦ There is no **certainty** in life.
生活中没有确定性。

charity n. an organization set up to help those in need.

/ 慈善；慈善机构

'tʃærəti/

She donates to **charity** every year.

她每年都向慈善机构捐款。

- **charitable** adj. 慈善的；仁慈的
- ◦ He is known for his **charitable** work.
他以慈善工作闻名。

cigarette n. a thin cylinder of finely cut tobacco rolled in paper for smoking.

/,sɪgə'ret/ 香烟

He quit smoking **cigarettes** last year.

他去年戒了香烟。

- **cigar** n. 雪茄
- ◦ He enjoys smoking a **cigar** after dinner.
他喜欢饭后抽一支雪茄。

clear up phrase. to make tidy; to solve or explain.

清理；澄清

Please **clear up** your room.

请清理你的房间。

The mystery was **cleared up** by the detective.

侦探澄清了这个谜团。

- **clearance** n. 清除；许可
- ◦ The **clearance** sale starts tomorrow.
清仓大甩卖明天开始。

cognitive adj. relating to cognition; concerned with the act or process of knowing.

/ 认知的

'kɒgnətɪv/

Cognitive development is important in early childhood.

认知发展在幼儿期很重要。

- **cognition** n. 认知
- ◦ The study focuses on human **cognition**.
这项研究专注于人类认知。

combination n. a joining or merging of different parts or qualities.

/,kɒmbɪ 结合；组合

'neɪʃn/

The dish is a **combination** of sweet and sour flavors.

这道菜是甜味和酸味的结合。

- **combine** v. 结合
- ◦ **Combine** the flour and eggs to make a dough.
将面粉和鸡蛋混合成面团。

comment n. a remark expressing an opinion or reaction.

/ˈkɒment/ 评论

v. to express an opinion or reaction.

评论

He made a positive **comment** about her work.

她对她的工作做了积极的评论。

She **commented** that the plan was feasible.

她评论说该计划是可行的。

- **commentary** n. 解说；评论
- ◦ The sports **commentary** was exciting.
体育解说很激动人心。

commerce n. the activity of buying and selling, especially on a large scale.

/ˈkɒmɜːs/ 商业；贸易

E-commerce has grown rapidly in recent years.

电子商务近年来增长迅速。

- **commercial** adj. 商业的
 - The **commercial** success of the product was unexpected.
该产品的商业成功出乎意料。

company n. a commercial business; the fact of being with someone.

/ 公司；陪伴

ˈkʌmpəni/

He works for a software **company**.

他在一家软件公司工作。

I enjoy your **company**.

我喜欢你的陪伴。

- **companion** n. 同伴
 - She traveled with a **companion**.
她和同伴一起旅行。

competitive adj. relating to or
characterized by competition.

/kəm
'petətɪv/
竞争的；好竞争的

The job market is highly **competitive**.
就业市场竞争激烈。

- **compete** v. 竞争
- ◦ Athletes **compete** for gold medals.
运动员争夺金牌。

comprehensive university n. a university
that offers a
wide range of
academic
programs.
综合性大学

He chose to attend a **comprehensive university** to explore different fields.
他选择上一所综合性大学以探索不同领域。

- **liberal arts college** n. 文理学院
- ◦ She prefers the intimate setting of a **liberal arts college**.
她更喜欢文理学院亲密的环境。

compulsory course n. a course that must be taken as part of a program of study.

必修课

Mathematics is a **compulsory course** for engineering students.

数学是工程专业学生的必修课。

- **optional course** n. 选修课
 - You can choose an **optional course** in your second year.<br你可以在第二年选择一门选修课。

concern n. worry or anxiety about something important.

/kən 担心；关切

'sɜ:n/

v. to relate to; to worry about.

涉及；使担心

There is growing **concern** about climate change.

对气候变化的担忧日益增长。

This issue **concerns** all of us.

这个问题涉及我们所有人。

- **concerned** adj. 担心的；有关的

- ○ The **concerned** parents met with the teacher.
担心的家长们与老师会面。

conflict n. a serious disagreement or argument.

/ 冲突；矛盾

'kɒnflɪkt/

v. to be incompatible or at variance.

冲突；抵触

The **conflict** between the two countries lasted for years.

两国之间的冲突持续了多年。

His schedule **conflicts** with the meeting time.

他的日程与会议时间冲突。

- **conflicting** adj. 矛盾的
- ○ There are **conflicting** reports about the incident.
关于事件有矛盾的报道。

confront v. to meet or face a difficult situation or person boldly.

/kən 面对； confront

'frʌnt/

She decided to **confront** him about the issue.

她决定就这个问题面对他。

- **confrontation** n. 对抗
- ◦ The debate led to a heated **confrontation**.
辩论导致了激烈的对抗。

connect v. to bring together or into contact so that a link is established.

/kə
'nekt/ 连接；联系

The bridge **connects** the two cities.
这座桥连接了两座城市。

- **connection** n. 连接；关系
- ◦ There is a strong **connection** between diet and health.
饮食与健康之间有紧密联系。

console v. to comfort someone at a time of grief or disappointment.

/kən
'səʊl/ 安慰

n. a panel or unit for controlling electronic equipment.

console v. to comfort someone at a time of grief or disappointment.

控制台

She tried to **console** her friend after the loss.

她试图在朋友失去后安慰她。

The game **console** is popular among teenagers.

游戏控制台在青少年中很受欢迎。

- **consolation** n. 安慰
- ◦ Your kind words were a **consolation** to me.
你善意的话对我是种安慰。

consultant n. a person who provides expert advice professionally.

/kən
'sʌltənt/ 顾问；咨询师

The company hired a **consultant** to improve efficiency.

公司雇佣了一名顾问来提高效率。

- **consult** v. 咨询
- ◦ You should **consult** a doctor if symptoms persist.
如果症状持续，你应该咨询医生。

consumption n. the act of using up a resource; the purchase and use of goods.

/kən'sʌmpʃn/ 消费；消耗

The **consumption** of energy has increased this year.
能源消耗今年增加了。

- **consume** v. 消耗；消费
 - The car **consumes** a lot of fuel.
这辆车消耗大量燃料。

contact n. the state of touching or communicating with someone.

/ 接触；联系

'kɒntækt/

v. to get in touch with someone.
联系

Keep in **contact** with your friends.
与你的朋友保持联系。

Please **contact** me if you have any questions.

如有任何问题，请与我联系。

- **contactless** adj. 非接触的
 - **Contactless** payments are becoming more common.

非接触支付正变得越来越普遍。

cope with phrase. to deal effectively with something difficult.

应对；处理

She learned to **cope with** stress through meditation.

她通过冥想学会应对压力。

- **deal with** 处理
 - He knows how to **deal with** difficult customers.
他知道如何应对难缠的顾客。

corporate adj. relating to a large company or group.

/ˈkɔːpərət/ 公司的；企业的

The **corporate** headquarters are in New York.

公司总部在纽约。

- **corporation** n. 公司
 - He works for a multinational **corporation**.
他在一家跨国公司工作。

correspond v. to communicate by exchanging letters; to be similar or equivalent.

/ˌkɒrɪ
'spɒnd/ 通信；符合

They **correspond** regularly via email.

他们定期通过电子邮件通信。

His actions do not **correspond** with his words.

他的行动与他的言论不符。

- **correspondence** n. 信件；对应
- ◦ There is a **correspondence** between the two sets of data.
两组数据之间有对应关系。

counsellor n. a person trained to give guidance on personal or psychological problems.

/ 顾问；咨询师

'kaʊnsələ(r)

/

The school **counsellor** helped students with career choices.

学校顾问帮助学生进行职业选择。

- **counsel** v. 建议；劝告

- ◦ He **counselled** patience during the crisis.
他建议在危机期间耐心等待。

credit unit system n. an educational system where courses are assigned credit units.
学分制

The university uses a **credit unit system** to track student progress.
大学使用学分制来跟踪学生进度。

- **credit hour** n. 学分时
- ◦ Each course is worth three **credit hours**.
每门课程值三个学分时。

crime n. an action that constitutes an offense and is punishable by law.

/kraɪm 犯罪；罪行
/

The police are working to reduce **crime** in the area.
警方正在努力减少该地区的犯罪。

- **criminal** n. 罪犯

- ○ The **criminal** was arrested last night.
罪犯昨晚被逮捕。

culminate in phrase. to reach the highest point or final stage in something.

以...告终；达到顶点

Years of hard work **culminated in** a successful product launch.

多年的努力以成功的产品发布告终。

- **culmination** n. 顶点；高潮
- ○ The concert was the **culmination** of months of preparation.
音乐会为数月准备的高潮。

curriculum n. the subjects comprising a course of study in a school or college.

/kə 课程； curriculum

'rɪkjələm/

The school is revising its **curriculum** to include more technology.

学校正在修订课程以包含更多技术。

- **extracurricular** adj. 课外的

- ○ He participates in many **extracurricular** activities.
他参加许多课外活动。

cutting-edge adj. at the forefront of technological or other developments.

尖端的；前沿的

The company is known for its **cutting-edge** research.

该公司以其前沿研究而闻名。

- **innovative** adj. 创新的
- ○ She has many **innovative** ideas.
她有许多创新的想法。

damage n. physical harm that impairs the value or usefulness of something.

/ 损害；破坏

'dæmɪdʒ/

v. to cause damage to.

损害

The storm caused extensive **damage** to the crops.

风暴对庄稼造成了广泛损害。

Be careful not to **damage** the furniture.

小心不要损坏家具。

- **damaging** adj. 有害的
- ◦ Smoking is **damaging** to your health.
吸烟对健康有害。

dedicate v. to devote (time or effort) to a particular task or purpose.

/ 奉献; **dedicate**
'dedɪkeɪt/

She **dedicated** her life to helping the poor.
她一生致力于帮助穷人。

- **dedicated** adj. dedicated的; 专用的
- ◦ He is a **dedicated** teacher.
他是一位 **dedicated**的老师。

define v. to state or describe exactly the nature, scope, or meaning of.

/dɪ 定义; 界定
'faɪn/

Can you **define** the term "democracy"?
你能定义“民主”一词吗?

- **definition** n. 定义
- ◦ The **definition** of success varies from person to person.
成功的定义因人而异。

demonstrate v. to show clearly by giving proof or evidence.

/ˈdemonstreɪt/ 证明；演示

The experiment **demonstrated** the theory effectively.

实验有效地证明了该理论。

- **demonstration** n. 演示；示威
 - She gave a **demonstration** of how to use the software.
她演示了如何使用该软件。

deposit money phrase. to put money into a bank account or as a security.

存钱； deposit

You need to **deposit money** into your account before you can withdraw.

你需要先存钱到账户才能取款。

- **withdrawal** n. 取款
 - He made a **withdrawal** from the ATM.
他从ATM机取款。

depression n. a state of feeling sad; a medical condition.

/dɪ'preʃn/ 抑郁；沮丧

He suffered from **depression** after losing his job.

他失业后患上了抑郁症。

- **depress** v. 使沮丧
- ◦ The news **depressed** everyone.
这个消息使每个人都很沮丧。

deprivation n. the lack or denial of something considered essential.

/ˌdeprɪ
'veɪʃn/ 剥夺；匮乏

Sleep **deprivation** can affect your health.

睡眠剥夺会影响你的健康。

- **deprive** v. 剥夺
- ◦ The war **deprived** them of their homes.
战争剥夺了他们的家园。

destiny n. the events that will necessarily happen to a particular person or thing.

/ 命运

'destəni/

He believes that **destiny** brought them together.

他相信命运使他们在了一起。

- **destined** adj. 注定的
- ◦ She felt **destined** to become a musician.
她感到注定要成为音乐家。

determination n. the quality of being determined; firmness of purpose.

/dɪˌtɜːmɪˈneɪʃn/ 决心; determination

Her **determination** to succeed is inspiring.

她成功的决心令人鼓舞。

- **determine** v. 决定; 确定
- ◦ We need to **determine** the cause of the problem.
我们需要确定问题的原因。

divide v. to separate or be separated into parts.

/dɪ 划分； 分开

'vaɪd/

The river **divides** the city into two parts.

河流将城市划分为两部分。

- **division** n. division; 分割
- ◦ The **division** of labor improved efficiency.
labor 分工提高了效率。

domestic adj. relating to the home or family; within a country.

/də 家庭的； 国内的

'mestɪk/

Domestic chores can be time-consuming.

家庭杂事可能耗时。

The **domestic** market is growing.

国内市场正在增长。

- **domesticate** v. 驯养
- ◦ Humans **domesticated** dogs thousands of years ago.
人类数千年前驯养了狗。

dome n. a rounded vault forming the roof of a building.

/dəʊm 圆屋顶

/

The **dome** of the cathedral is a famous landmark.

大教堂的圆屋顶是一个著名的地标。

- **domed** adj. 圆顶的
 - The building has a **domed** ceiling.
该建筑有圆顶天花板。

drift towards phrase. to move slowly or gradually towards something.

漂向；倾向于

The conversation **drifted towards** politics.

conversation 逐渐转向政治。

- **drift apart** 疏远
 - Over time, they **drifted apart**.
随着时间的推移，他们疏远了。

drop v. to let or make something fall vertically.

/drɒp 掉落；下降

drop v. to let or make something fall vertically.

/

n. a small round mass of liquid.

滴；下降

Be careful not to **drop** the glass.

小心不要掉落玻璃杯。

A **drop** of rain fell on her nose.

一滴雨落在她的鼻子上。

- **dropout** n. 辍学者
- ◦ He became a **dropout** after high school.
他高中后成了辍学者。

effective adj. successful in producing a desired or intended result.

/ɪ'fektɪv/ 有效的

The new policy is **effective** in reducing pollution.

新政策在减少污染方面有效。

- **effectiveness** n. 有效性
- ◦ The **effectiveness** of the treatment is being studied.
治疗的有效性正在研究中。

elaborate adj. involving many carefully arranged parts; detailed.

/ɪˈlæbəreɪt/ 精心制作的；详细的

v. to develop or present in detail.

详尽阐述

She wore an **elaborate** costume to the party.

她穿了一套精心制作的服装去派对。

Can you **elaborate** on your plan?

你能详细阐述你的计划吗？

- **elaboration** n. 详尽阐述
- ◦ His **elaboration** of the theory was impressive.
他对理论的详尽阐述令人印象深刻。

elective course n. a course that students can choose to take, as opposed to a required one.

选修课

I chose an **elective course** in art history.

我选择了一门艺术史选修课。

- **required course** n. 必修课

- Mathematics is a **required course** for science majors.
数学是理科专业的必修课。

embrace v. to hold closely in one's arms; to accept willingly.

/ɪm
'breɪs/
拥抱；接受

They **embraced** each other warmly.

他们热情地拥抱彼此。

She **embraced** the opportunity to study abroad.

她接受了出国留学的机会。

- **embrace** n. 拥抱
- He gave her a tight **embrace**.
他给了她一个紧紧的拥抱。

emotion n. a strong feeling such as joy, anger, or sadness.

/ɪ
'məʊʃn/
情感；情绪

She struggled to control her **emotions**.

她努力控制自己的情绪。

- **emotional** adj. 情感的；情绪化的
- The movie was very **emotional**.
这部电影非常 emotional。

employ v. to give someone a job; to make use of.

/ɪm 雇佣； 使用

'plɔɪ/

The company plans to **employ** more staff next year.

公司计划明年雇佣更多员工。

She **employs** various techniques in her artwork.

她在 artwork 中使用各种技巧。

- **employee** n. 雇员
- ○ The **employee** received a promotion.
雇员获得了晋升。

encourage sb. to go on phrase. to give support or confidence to someone to continue.

鼓励某人继续

His teacher **encouraged him to go on** despite the difficulties.

他的老师鼓励他尽管困难也要继续。

- **discourage** v. 使气馁

- ○ Don't let failure **discourage** you.
不要让失败使你气馁。

end up phrase. to eventually reach or become something.

最终成为；以...告终

If you don't study, you might **end up** failing the exam.

如果你不学习，你可能最终会考试不及格。

- **end result** n. 最终结果
- ○ The **end result** was satisfactory.
最终结果是令人满意的。

engage v. to occupy or attract someone's interest; to participate.

/ɪn 吸引；参与

'geɪdʒ/

The teacher used games to **engage** the students.

老师用游戏来吸引学生。

He decided to **engage** in community service.

他决定参与社区服务。

- **engagement** n. 参与；订婚

- ○ Her **engagement** in the project was crucial.
她参与该项目至关重要。

engross v. to absorb all the attention or interest of.

/ɪn
'grəʊs/
使全神贯注

The book **engrossed** him for hours.
这本书使他全神贯注了几个小时。

- **engrossing** adj. 引人入胜的
- ○ The movie was an **engrossing** experience.
这部电影是一次引人入胜的体验。

enhance v. to intensify or improve in quality or value.

/ɪn
'hɑ:ns/
增强；提高

Exercise can **enhance** your physical health.
锻炼可以增强你的身体健康。

- **enhancement** n. 增强
- ○ The software includes several **enhancements**.
该软件包含 **several**增强功能。

enormous adj. very large in size or amount.

/ɪˈnɔːməs/ 巨大的

The project required an **enormous** amount of work.

该项目需要巨大的工作量。

- **enormously** adv. 非常；巨大地
- ◦ He is **enormously** talented.
他非常有才华。

enroll in phrase. to officially register or enter in a list for a course or school.

注册参加；入学

She decided to **enroll in** a Spanish class.

她决定注册参加西班牙语课程。

- **enrollment** n. 注册；入学
- ◦ **Enrollment** has increased this semester.
本学期入学人数增加了。

entertainment n. the action of providing or being provided with amusement or enjoyment.

/ˌentəˈteɪnmənt/ 娱乐

The city offers a variety of **entertainment** options.

该市提供多种娱乐选择。

- **entertain** v. 娱乐；招待
- ◦ He **entertained** the guests with stories.
他用故事招待客人。

entrepreneur n. a person who sets up a business, taking on financial risks.

/ˌɒnrəprə
'nɜ:(r)/ 企业家

The young **entrepreneur** started her own company at age 25.

这位年轻企业家在25岁时创办了自己的公司。

- **entrepreneurial** adj. 企业家的
- ◦ She has an **entrepreneurial** spirit.
她有企业家精神。

entree n. the main course of a meal; the right to enter.

/
'ɒntrei/ 主菜；入场权

For **entree**, I ordered steak.

主菜我点了牛排。

His membership gives him **entree** to the club.

他的会员身份给予他进入俱乐部的权利。

- **entrance** n. 入口
 - The **entrance** is on the left side.
入口在左侧。

equate v. to consider one thing as equal or equivalent to another.

/ɪ 等同；使相等

'kweɪt/

Some people **equate** wealth with happiness.

有些人将财富等同于幸福。

- **equation** n. 方程；等同
 - The **equation** of money and success is not always true.
金钱与成功的等同并非总是成立。

equipment n. the necessary items for a particular purpose.

/ɪ 设备；器材

'kwɪpmənt/

The laboratory has modern **equipment**.
实验室有现代设备。

- **equip** v. 装备；配备
- ◦ The car is **equipped** with a GPS system.
这辆车配备了GPS系统。

escort v. to accompany someone
somewhere for protection or
courtesy.

/ 护送；陪同
'eskɔ:t/

n. a person or group accompanying
another.
护送者

The bodyguard **escorted** her to the car.
保镖护送她到车上。

The president arrived with an **escort** of
security agents.

总统 arrived with an 护送的安全
agents。

- **escort service** n. 护送服务
- ◦ The hotel provides an **escort service** for guests.
酒店为客人提供护送服务。

essential adj. absolutely necessary;
extremely important.

/ɪ'senʃl/ 必不可少的；基本的

Water is **essential** for life.

水对生命是必不可少的。

- **essence** n. 本质；精髓
- ◦ The **essence** of his argument is that we need change.
他 **argument** 的本质是我们需要改变。

evaluate v. to form an idea of the amount, number, or value of; assess.

/ɪ
'væljueɪt/ 评估；评价

The teacher will **evaluate** students' performance based on exams.

老师将基于考试评估学生的表现。

- **evaluation** n. 评估
- ◦ The **evaluation** of the project will take place next month.
项目评估将在下个月进行。

ever-increasing adj. continuously growing
or becoming larger.

不断增长的

The **ever-increasing** population poses
challenges for resources.

不断增长的人口对资源构成挑战。

- **increasingly** adv. 越来越多地
- ◦ It is **increasingly** difficult to
find parking in the city.
在城市里找停车位越来越难。

excute v. (可能为“execute”) to carry out
or put into effect.

/ 执行；实行（可能为“execute”）

'eksɪkjʊ:t

/

The plan was **excuted** flawlessly.

该计划被完美执行。

- **execution** n. 执行
- ◦ The **execution** of the project
required teamwork.
项目的执行需要团队合作。

exertion n. physical or mental effort.

/ɪg'zɜːʃn/ 努力； exertion

After the climb, he was exhausted from the **exertion**.

攀登后，他因努力而筋疲力尽。

- **exert** v. 施加；尽力
- ◦ He **exerted** all his energy to finish the race.
他竭尽全力完成比赛。

expenditure n. the action of spending funds; an amount of money spent.

/ɪk 支出；花费

'spendɪtʃə(r)/

The government plans to reduce public **expenditure**.

政府计划减少公共支出。

- **expend** v. 花费；消耗
- ◦ They **expended** a lot of effort on the project.
他们在项目上花费了很多 **effort**。

explosion n. a sudden and violent bursting; a rapid increase.

/ɪk 爆炸；激增

'spləʊʒn/

The **explosion** was heard miles away.

爆炸声在数英里外都能听到。

There has been an **explosion** in the use of smartphones.

智能手机的使用出现了激增。

- **explode** v. 爆炸
- ◦ The bomb **exploded** without warning.
炸弹在没有 warning 的情况下爆炸了。

expose v. to make something visible or known; to leave unprotected.

/ɪk 暴露；揭露

'spəʊz/

The investigation **exposed** corruption in the company.

调查揭露了公司中的腐败。

Don't **expose** your skin to the sun for too long.

不要将皮肤暴露在阳光下太久。

- **exposure** n. 暴露；曝光
- ◦ Prolonged **exposure** to loud noise can damage hearing.
长时间暴露于 loud noise 会损害听力。

extracurricular activity n. an activity performed by students that falls outside the normal curriculum.
课外活动

Participating in **extracurricular activities** can enhance your resume.
参加课外活动可以增强你的简历。

- **co-curricular** adj. 辅助课程的
- ◦ The school offers **co-curricular** programs in music and art.
学校提供音乐和艺术的辅助课程项目。

fairly adv. to a moderate degree; in a just manner.
/ 相当；公平地
'feəli/

The test was **fairly** easy.
测试相当容易。
He treated everyone **fairly**.
他公平地对待每个人。

- **fair** adj. 公平的
- ◦ It was a **fair** decision.
这是一个公平的决定。

fear of phrase. an unpleasant emotion caused by the belief that something is dangerous.

对...的恐惧

She has a **fear of** heights.

她有恐高症。

- **fearful** adj. 害怕的
- ◦ He was **fearful** of failing the exam.
他害怕考试不及格。

feature n. a distinctive attribute or aspect of something.

/ 特征；特色

'fi:tʃə(r)/

v. to have as a prominent attribute.

以...为特色

The phone's key **feature** is its long battery life.

这款手机的关键特征是其长电池寿命。

The movie **features** a famous actor.

这部电影以一位著名演员为特色。

- **featured** adj. featured的；特色的

- The **featured** article in the magazine is about climate change.
杂志的特色文章是关于气候变化的。

figure n. a number or shape; a person of a particular kind.

/ 数字；人物

'figə(r)/

v. to think or estimate.

认为；计算

The **figure** on the graph shows an increase.

图上的数字显示增长。

He is a prominent **figure** in the industry.

他是行业中的重要人物。

I **figure** it will take about an hour.

我认为这将花费大约一小时。

- **figurine** n. 小雕像
- She collects ceramic **figurines**.
她收集陶瓷小雕像。

fill one's leisure time phrase. to occupy one's free time with activities.

填充某人的闲暇时间

He fills his leisure time with reading and gardening.

他用阅读和园艺填充闲暇时间。

- **leisure activity** n. 休闲活动
- ◦ Hiking is a popular **leisure activity**.

徒步是流行的休闲活动。

find a part-time job phrase. to obtain employment for part of the usual working day.

找到一份兼职工作

She wants to find a part-time job to earn extra money.

她想找到一份兼职工作来赚 **extra** 钱。

- **full-time job** n. 全职工作
- ◦ He is looking for a **full-time job** after graduation.

他毕业后正在寻找一份全职工作。

flexible adj. able to be easily modified;
willing to change.

/ 灵活的；柔韧的

'fleksəbl/

Our schedule is **flexible**, so we can
adjust as needed.

我们的日程是灵活的，所以我们可以根据
需要调整。

- **flexibility** n. 灵活性
- ◦ The job requires **flexibility** in
working hours.
这份工作要求工作时间的灵活性。

flight n. the action of flying; a journey
made by air.

/flaɪt/ 飞行；航班

The **flight** from New York to London
takes about seven hours.

从纽约到伦敦的航班大约需要七小时。

- **flight attendant** n. 空乘人员
- ◦ The **flight attendant** served
drinks during the flight.
空乘人员在飞行期间提供饮料。

frightening adj. making someone afraid or anxious.

/ˈfraɪtnɪŋ/ 令人恐惧的

The horror movie was **frightening**.
这部恐怖电影令人恐惧。

- **frighten** v. 使害怕
 - Loud noises **frighten** the dog.
loud noises使狗害怕。

frustration n. the feeling of being upset or annoyed as a result of being unable to change or achieve something.

/frʌˈstreɪʃn/ 挫败感；懊恼

n. something that causes this feeling.

令人沮丧的事物

His inability to solve the math problem filled him with **frustration**.

他解不出这道数学题，内心充满了挫败感。

Dealing with constant technical errors is a major **frustration** (令人沮丧的事物) for the team.

处理持续不断的技术故障是团队一个主要的烦恼来源。

- **frustrate** v. 使沮丧；挫败
 - The bad weather **frustrated** our plans for a picnic.
糟糕的天气挫败了我们野餐的计划。
- **frustrating** adj. 令人沮丧的
 - It's so **frustrating** when you forget someone's name.
忘记别人的名字真是让人尴尬。
- **frustrated** adj. 感到沮丧的
 - She felt **frustrated** by the lack of progress.
她对进展缓慢感到沮丧。

funding n. money provided for a particular purpose.

/ 资金；资助
'fʌndɪŋ/

The research project received **funding** from the government.

该研究项目获得了政府资助。

- **fund** v. 资助
 - The program is **funded** by private donations.
该项目由私人捐款资助。

further adj. additional; more distant.

/ 进一步的；更远的

'fɜːðə(r)/

adv. to a greater degree or extent.

进一步地

We need **further** information to make a decision.

我们需要进一步信息来做决定。

The village is **further** away than I thought.

村庄比我想象的更远。

We will discuss this **further** tomorrow.

我们明天将进一步讨论此事。

- **furthermore** adv. 此外
- ◦ **Furthermore**, the data supports our hypothesis.
此外，数据支持我们的假设。

garbage n. waste material; worthless or meaningless stuff.

/ 垃圾；废物

'gɑːbɪdʒ/

Take out the **garbage** before it smells.

在发臭前把垃圾拿出去。

- **garbage can** n. 垃圾桶
- ◦ Throw the wrapper in the **garbage can**.
把包装纸扔进垃圾桶。

garment n. an item of clothing.
/'gɑ:mənt/ 衣服；服装

The factory produces high-quality **garments**.
该工厂生产高质量的服装。

- **garment industry** n. 服装业
- ◦ She works in the **garment industry**.
她在服装业工作。

generation n. all the people born and living
 at about the same time.
/,dʒenə 一代; generation
'reɪʃn/

The younger **generation** is more tech-savvy.
年轻一代更懂科技。

- **generational** adj. generational的
- ◦ There is a **generational** gap in music preferences.
音乐偏好存在 **generational** 差距。

get sucked into phrase. to become deeply involved in something, often unwillingly.

被卷入；沉迷于

He **got sucked into** an online debate and lost track of time.

他被卷入一场在线辩论，忘记了时间。

- **suck in** 吸入；卷入
 - The vacuum cleaner **sucks in** dust.
vacuum cleaner吸入灰尘。

give sb. access to... phrase. to provide someone with the means to use or enter something.

给某人...的 access

The password **gives you access to** the database.

密码给你数据库的 access。

- **accessible** (见上文)

gorgeous adj. beautiful; very attractive.

/'gɔ:dʒəs/ 华丽的；极好的

She wore a **gorgeous** dress to the party.

她穿了一件华丽的连衣裙去派对。

The view from the top is **gorgeous**.

从顶部看 view是极好的。

- **gorgeously** adv. 华丽地
- ◦ The room was **gorgeously** decorated.
房间装饰得华丽。

gossip n. casual or unconstrained conversation about other people.

/ 流言蜚语；闲话

'gɒsɪp/

v. to engage in gossip.

说闲话

Don't believe the **gossip** you hear.

不要相信你听到的流言蜚语。

They **gossiped** about their neighbors for hours.

他们说了几个小时邻居的闲话。

- **gossipy** adj. 爱说闲话的
- ◦ She is known for being **gossipy**.
她以爱说闲话闻名。

governance n. the action or manner of governing.

/ˈɡʌvənəns/ 治理；管理

Good **governance** is essential for a company's success.

良好的治理对公司成功至关重要。

- **govern** v. 统治；管理
 - The president **governs** the country.
总统统治国家。

gown n. a long dress worn on formal occasions; a loose robe.

/ 礼服；长袍

gaʊn/

She wore a wedding **gown**.

她穿了 wedding 礼服。

The judge wore a black **gown**.

法官穿了黑色长袍。

- **nightgown** n. 睡衣
 - She changed into her **nightgown** before bed.
她睡前换上了睡衣。

grasp v. to seize and hold firmly; to understand.

/ 抓住；理解

gra:sp/

n. a firm hold; understanding.

抓；理解

He **grasped** the rope to pull himself up.
他抓住绳子把自己拉起来。

She quickly **grasped** the concept.
她 quickly 理解了概念。

He has a good **grasp** of the subject.
他对该主题有很好的理解。

- **grasping** adj. 贪婪的
- ◦ He is **grasping** for power.
他贪婪地追求权力。

grid n. a network of lines that cross each other to form a series of squares.

/ 网格； grid

grid/

The city streets are laid out in a **grid** pattern.
城市街道以网格模式布置。

- **gridlock** n. 交通堵塞

- ◦ The accident caused **gridlock** downtown.
事故导致 downtown 交通堵塞。

grow up with phrase. to spend one's childhood with someone or something.
与...一起长大

I **grew up with** two brothers.
我与两个兄弟一起长大。

- **grow out of** 因长大而不再...
- ◦ He **grew out of** his shyness.
他因长大而不再害羞。

hands on adj. involving active participation or practical experience.
动手的；实践的

The course provides **hands on** training in coding.
该课程提供 coding 的动手培训。

- **hands-off** adj. 不干涉的
- ◦ The manager has a **hands-off** approach.
经理有不干涉的方式。

harassment n. aggressive pressure or intimidation.

/ˈhærəsmənt/ 骚扰

She filed a complaint about workplace **harassment**.

她就 workplace 骚扰提出了投诉。

- **harass** v. 骚扰
 - He was accused of **harassing** his colleagues.
他被指控骚扰同事。

hardwork n. (可能为“hard work”) a great deal of effort or labor.

努力工作

Success comes from **hardwork** and dedication.

成功来自努力工作和 dedication。

- **hardworking** adj. 努力工作的
 - She is a **hardworking** student.
她是一个努力工作的学生。

have a gift for phrase. to have a natural talent for something.

对...有天赋

She **has a gift for** languages and speaks five fluently.

她对语言有天赋，能流利地说五种。

- **gifted** adj. 有天赋的
- ◦ He is a **gifted** musician.
他是有天赋的音乐家。

help sb. go through a tough time phrase.
to
assist
someone
during
a
difficult
period.
帮助某人度过
艰难时期

Friends **helped her go through a tough time** after the loss.

朋友们在失去后帮助她度过艰难时期。

- **support** v. 支持
- ◦ Family **supported** him during his recovery.
家庭在他 **recovery** 期间支持他。

homesickness n. a feeling of longing for one's home during a period of absence.

/ˈhəʊmsɪknəs/ 思乡病

She experienced **homesickness** during her first year at college.

她在大学第一年经历了思乡病。

- **homesick** adj. 思乡的
- ◦ He felt **homesick** and called his family every day.
他感到思乡，每天给家人打电话。

hone v. to refine or perfect something over time.

/həʊn 磨练; honing

/

She **honed** her skills through years of practice.

她通过多年实践磨练了技能。

- **honing** n. 磨练
- ◦ Continuous **honing** of your craft is important.
持续磨练你的 craft 很重要。

honesty n. the quality of being honest;
truthfulness.

/'ɒnəsti/ 诚实

Honesty is the best policy.

诚实是最好的策略。

- **honest** adj. 诚实的
- ◦ He gave an **honest** answer.
他给出了诚实的答案。

host n. a person who receives or
entertains guests.

/həʊst 主人; host

/

v. to act as host for.

主持; host

The **host** welcomed everyone to the
party.

主人欢迎每个人来派对。

She will **host** the conference next year.

她明年将主持会议。

- **hostess** n. 女主人
- ◦ The **hostess** served drinks to the
guests.
女主人 为客人提供饮料。

household appliance n. a device or machine used in the home for domestic tasks.

家用电器

Modern **household appliances** make chores easier.

现代家用电器使杂事更容易。

- **appliance** n. 器具
- ◦ The store sells kitchen **appliances**.
该店出售厨房器具。

hygiene n. conditions or practices conducive to maintaining health.

/ 卫生

'haɪdʒiːn/

Good personal **hygiene** is important to prevent illness.

良好的个人卫生对预防疾病很重要。

- **hygienic** adj. 卫生的
- ◦ Make sure the kitchen is **hygienic**.
确保厨房是卫生的。

identity n. the fact of being who or what a person or thing is.

/aɪ 身份；特性

'dentəti/

She struggled with her cultural

identity after moving abroad.

她移居国外后 **struggle with her**文化身份。

- **identify** v. 识别；确定
- ◦ Can you **identify** the suspect?
你能识别嫌疑人吗？

immune adj. resistant to a particular infection or toxin.

/ɪ 免疫的

'mju:n/

After vaccination, she became **immune** to the disease.

疫苗接种后，她对疾病免疫。

- **immunity** n. 免疫力
- ◦ The vaccine provides **immunity** against the virus.
疫苗提供针对病毒的免疫力。

immersive adj. providing deep involvement in an activity or environment.

/ɪ'mɜːsɪv/ 沉浸式的

The video game offers an **immersive** experience.

该视频游戏提供沉浸式体验。

- **immerse** v. 沉浸；使陷入
 - He **immersed** himself in his studies.
他沉浸于学习中。

impress v. to make someone feel admiration or respect.

/ɪm'pres/ 给...留下深刻印象

Her presentation **impressed** the entire team.

她的 **presentation** 给整个团队留下了深刻印象。

- **impression** n. 印象
 - He made a good **impression** at the interview.
他在面试中留下了好印象。

in real time phrase. happening immediately without any delay.

实时

The data is updated **in real time**.

数据实时更新。

- **live** adj. 直播的
- ◦ We watched a **live** broadcast of the event.
我们观看了事件的直播。

in support of phrase. backing or advocating for something.

支持

Many people rallied **in support of** the cause.

许多人集会支持该事业。

- **supportive** adj. 支持的
- ◦ She has been very **supportive** of my decision.
她一直非常支持我的决定。

in terms of phrase. with regard to; concerning.

在...方面

The project is successful **in terms of** budget and timeline.

该项目在预算和时间线方面是成功的。

- **regarding** prep. 关于
- ◦ **Regarding** your question, I will need to check.
关于你的问题，我需要核实。

incredibly adv. to a great degree;
extremely.

/ɪn 难以置信地；非常
'kredəbli/

The movie was **incredibly** boring.
这部电影非常无聊。

- **incredible** adj. 难以置信的
- ◦ She has an **incredible** talent for singing.
她有难以置信的唱歌天赋。

incident n. an event or occurrence, often of minor importance.

/ 事件； incident
'ɪnsɪdənt/

The **incident** was reported to the authorities.

该事件已向 **authorities** 报告。

- **incidental** adj. 附带的；偶然的
- ◦ The cost includes **incidental expenses**.
成本包括附带费用。

indifferent adj. having no particular interest or sympathy; unconcerned.

/ɪnˈdɪfrənt/ 漠不关心的； **indifferent**的

He was **indifferent** to the outcome of the game.
他对游戏结果漠不关心。

- **indifference** n. 漠不关心
- ◦ Her **indifference** to the issue surprised everyone.
她对问题的漠不关心令每个人惊讶。

infer v. to deduce or conclude information from evidence and reasoning.

/ɪn
'fɜ:(r)/ 推断；推论

From his smile, I **inferred** that he was happy.
从他的微笑，我推断他很高兴。

- **component** n. 组件；成分
- ◦ Each **component** of the machine is essential.
机器的每个组件都必不可少。

inherently adv. in a way that exists as a natural or basic part of something.

/ɪn 内在地；固有地
'herəntli/

This approach is **inherently** flawed.
这种方法固有地 flawed。

- **inherent** adj. 固有的
- ◦ There is an **inherent** risk in this activity.
该活动有固有风险。

innovative adj. featuring new methods; advanced and original.

/'ɪnəveɪtɪv/ 创新的

The company is known for its **innovative** products.
该公司以其创新产品而闻名。

- **innovate** v. 创新
- ◦ They constantly **innovate** to stay ahead.

他们 **constantly** 创新以保持领先。

insensitive adj. showing or feeling no concern for others' feelings.

/ɪn
'sensətɪv/ 不敏感的; insensitive 的

His **insensitive** remark hurt her feelings.

他不敏感的言论 **hurt** 了她的感情。

- **sensitive** adj. 敏感的
 - She is very **sensitive** to criticism.
她对批评非常敏感。

inspiration n. the process of being mentally stimulated to do or feel something.

/ˌɪnspə
'reɪʃn/ 灵感; 鼓舞

Nature is a source of **inspiration** for many artists.

自然是许多艺术家的灵感来源。

- **inspire** v. 鼓舞; 激发
 - His speech **inspired** the audience.
他的演讲鼓舞了 audience。

instant adj. happening immediately;
prepared quickly.

/ 立即的；速食的

'ɪnstənt/

n. a precise moment.

瞬间

The **instant** coffee was ready in seconds.

速溶咖啡几秒内就准备好了。

At that **instant**, the phone rang.

在那一瞬间，电话响了。

- **instantly** adv. 立即
- ◦ He **instantly** recognized her.
他立即认出了她。

interact v. to communicate or be involved
with others.

/,ɪntər 互动；相互作用

'ækt/

Children learn to **interact** with peers at school.

孩子们在学校学习与 **peers** 互动。

- **interaction** n. 互动
- ◦ The **interaction** between the two characters was intense.

两个角色之间的互动 **intense**。

interculture adj. (可能为“intercultural”)
relating to or involving
different cultures.

跨文化的

Interculture communication skills are
important in today's globalized world.
跨文化沟通技能在当今全球化世界中很重要。

- **intercultural** adj. 跨文化的
- ◦ The program promotes
 intercultural understanding.
 该项目促进跨文化理解。

interface n. a point where two systems
meet and interact.

/ˈɪntəfeɪs/ 界面；接口

v. to interact or coordinate
smoothly.

连接； interface

The user **interface** of the app is
intuitive.

该 app 的用户界面 intuitive。

The two departments need to **interface**

effectively.

两个部门需要有效连接。

- **interfacial** adj. 界面的
- ◦ **Interfacial** tension affects the mixture.
界面张力影响混合物。

investment n. the action of investing money for profit; a thing worth buying.

/ɪn 投资
'vestmənt/

Real estate is a popular **investment**.
real estate是 popular投资。

- **invest** v. 投资
- ◦ They decided to **invest** in stocks.
他们决定投资 **stocks**。

isolated adj. far away from other places or people; alone.

/ 孤立的；隔离的
'aɪsəleɪtɪd/

The village is **isolated** from the city by mountains.
该村庄因 **mountains**与城市隔离。

- **isolate** v. 隔离；孤立
- ◦ Patients with the disease were **isolated**.
患病的病人被隔离。

keep in touch with phrase. to maintain
contact with someone.
与...保持联系

We **keep in touch with** each other via
social media.
我们通过社交媒体保持联系。

- **lose touch with** 失去联系
- ◦ They **lost touch with** after
college.
他们大学后失去了联系。

keep up with phrase. to move at the same
speed as; to stay informed
about.
跟上；保持同步

It's hard to **keep up with** the latest
trends.
很难跟上最新 trends。

- **catch up with** 赶上
- ◦ He walked faster to **catch up**
with her.

他走得更快以赶上她。

kinaesthetic adj. relating to the sense of bodily position and movement.

/ˌkɪniːs'tetɪk/ 动觉的

Kinaesthetic learners prefer hands-on activities.

动觉学习者 **prefer** 动手活动。

- **kinesthetic** (同义词)

league n. a collection of people, countries, or groups that combine for a purpose.

/li:g/ 联盟; league

He plays in a professional football **league**.

他在 professional football 联盟中比赛。

- **leaguer** n. 联盟成员
- ◦ The **leaguers** met to discuss the rules.
联盟成员会面讨论规则。

lecture n. an educational talk to an audience.

/ 讲座; 讲课

'lektʃə(r)/

lecture n. an educational talk to an audience.

v. to give a lecture.

讲课；训诫

The professor gave a **lecture** on ancient history.

教授 gave 关于古代史的讲座。

She **lectured** the students about punctuality.

她训诫学生关于 punctuality。

- **lecturer** n. 讲师

- ◦ He works as a **lecturer** at the university.

他在大学担任讲师。

leisure n. free time when one is not working or occupied.

/ 闲暇；休闲

'leɪʒə(r)/

I enjoy reading in my **leisure** time.

我喜欢在闲暇时间阅读。

- **leisurely** adv. 悠闲地

- ◦ We walked **leisurely** through the park.

我们悠闲地穿过公园。

legit adj. (informal) legitimate;
conforming to the rules.

/lə
'dʒɪt/
合法的; legitimate的

The business is completely **legit**.
该业务完全合法。

- **legitimate** adj. 合法的
- ◦ He has a **legitimate** reason for being late.
他有合法的理由迟到。

lengthen v. to make or become longer.

/ˈleŋθən/ 延长; lengthen

The tailor **lengthened** the dress.
裁缝 **lengthened** 了连衣裙。

- **length** n. 长度
- ◦ The **length** of the river is impressive.
河流的长度 impressive。

linger over phrase. to spend a long time
over something.

慢慢做; lingering over

She **lingered over** her coffee, enjoying
the morning.

她 **lingering over** 她的咖啡，享受早晨。

- **linger** v. 徘徊；逗留
- ◦ The smell **lingered** in the air.
 气味在空中 **lingering**。

loan n. a sum of money that is borrowed and expected to be paid back.

/ləʊn 贷款

/

v. to lend.

借出

He took out a **loan** to buy a car.

他 **took out** 贷款买车。

Can you **loan** me some money?

你能借我一些钱吗？

- **borrow** v. 借入
- ◦ I need to **borrow** a book from the library.
 我需要从图书馆借一本书。

log n. a part of a tree; a record of events.

/lɒg/ 原木；日志

v. to record in a log.

记录；登录

The cabin was built from **logs**.

小屋由原木 **built**。

Keep a **log** of your daily activities.

保持你日常活动的日志。

You need to **log in** to access the system.

你需要登录以访问系统。

- **logger** n. 伐木工
 - The **logger** cut down trees for timber.
伐木工 cut down 树木获取 timber。

|**logistics**|n. the detailed organization and implementation of a complex operation.|

|---|::---|

|/lə'dʒɪstɪks/|物流; **logistics**|

The **logistics** of the event were handled by a professional team.

事件的 **logistics** 由专业团队处理。

- **logistical** adj. logistics 的
 - There were **logistical** challenges during the move.
移动期间有 **logistics** 挑战。

lonely adj. sad because one has no friends or company.

/ 孤独的

'ləʊnli/

He felt **lonely** after moving to a new city.

他搬到新城市后感到孤独。

- **loneliness** n. 孤独
- ◦ **Loneliness** can affect mental health.
孤独会影响 mental 健康。

lower v. to move something down; to reduce.

/ 降低；放下

'ləʊə(r)/

adj. less high in position or status.

较低的

Lower your voice, please.

请降低你的声音。

The **lower** floor is occupied.

较低楼层 occupied.

- **lowercase** n. 小写字母
- ◦ Use **lowercase** letters for the password.

密码使用小写字母。

mainstream n. the ideas, attitudes, or activities that are regarded as normal.

/'meɪnstri:m/ 主流

adj. belonging to the mainstream.

主流的

The film has entered the **mainstream** of popular culture.

该电影已进入 popular 文化的主流。

Mainstream media often influences public opinion.

主流媒体 often 影响 public opinion。

- **mainstreaming** n. 主流化
- ◦ The **mainstreaming** of environmental issues is important.
环境问题的主流化很重要。

make efforts to phrase. to try hard to do something.

努力做...

We must **make efforts to** reduce pollution.

我们必须努力减少污染。

- **effort** n. 努力
- ◦ His **effort** was appreciated by everyone.
他的努力受到每个人 appreciated。

make up phrase. to form or constitute; to invent; to reconcile.

组成；编造；和解

Women **make up** 50% of the workforce.
女性组成劳动力的50%。

He **made up** an excuse for being late.
他编造了迟到的借口。

They **made up** after the argument.
他们 argument后和解了。

- **makeup** n. 化妆品；组成
- ◦ She wears **makeup** every day.
她每天 wear化妆品。

manufacture v. to make goods on a large scale using machinery.

/ˌmænju

制造

'fæktʃə(r)/

n. the process of manufacturing.

manufacture v. to make goods on a large scale using machinery.

制造

The company **manufactures** electronic devices.

该公司制造 **electronic** 设备。

The **manufacture** of cars involves many steps.

汽车的制造涉及许多步骤。

- **manufacturer** n. 制造商
 - The **manufacturer** issued a recall for the product.
制造商 **issued** 该产品的召回。

marry v. to become the legally recognized spouse of someone.

/ 结婚

'mæri/

They plan to **marry** next year.

他们计划明年结婚。

- **marriage** n. 婚姻
 - Their **marriage** lasted for fifty years.
他们的婚姻 **lasted** 五十年。

maximize v. to make as large or great as possible.

/ 最大化

'mæksɪmaɪz/

We need to **maximize** our resources to achieve the goal.

我们需要最大化资源以实现目标。

- **maximum** n. 最大值
- ◦ The **maximum** speed limit is 70 mph.
最大速度限制是70 mph。

memorize v. to commit to memory; learn by heart.

/ memorizing; 记住

'meməraɪz/

She **memorized** all the formulas for the exam.

她 **memorized**所有公式为考试。

- **memory** n. 记忆
- ◦ He has a good **memory** for names.
他对名字有 good记忆。

mental adj. relating to the mind.

/ˈmentl/ 精神的; mental的

Mental health is as important as physical health.

mental健康与 physical健康一样重要。

- **mentally** adv. 精神上
- ◦ He is **mentally** prepared for the challenge.
他精神上为挑战 prepared。

milestone n. a significant stage or event in the development of something.

/ 里程碑

ˈmaɪlstəʊn/

Graduating from college was a **milestone** in her life.

大学毕业是她 life的里程碑。

- **landmark** n. 地标; 里程碑
- ◦ The agreement is a **landmark** in international relations.
该 agreement是国际关系的里程碑。

minimize v. to reduce to the smallest possible amount or degree.

/ 最小化

'minimaɪz/

We should **minimize** waste to protect the environment.

我们应该最小化 waste 以保护环境。

- **minimum** n. 最小值
- ◦ The **minimum** age for voting is 18.
投票的最小年龄是18。

misunderstand v. to fail to understand correctly.

/,mɪsʌndə 误解

'stænd/

I think you **misunderstand** my intentions.

我认为你误解了我的 intentions。

- **misunderstanding** n. 误解
- ◦ There was a **misunderstanding** about the meeting time.
关于会议时间有误解。

mobility n. the ability to move or be moved freely.

/məʊ
'bɪləti/
流动性；移动性

The new wheelchair improves **mobility** for disabled people.

新 wheelchair improves 残疾人的移动性。

- **mobile** adj. 移动的
- ◦ **Mobile** phones have become essential.
移动 phones 已变得必不可少。

modify v. to make partial changes to something.

/
'mɒdɪfaɪ/
修改；修饰

The recipe was **modified** to be healthier.

食谱被修改为更健康。

- **modification** n. 修改
- ◦ The **modification** of the plan was necessary.
计划的修改是必要的。

movement n. an act of moving; a group of people working for a cause.

/ 运动；移动

'mu:vmənt/

The **movement** of the stars fascinates astronomers.

stars的运动 fascinates天文学家。

She joined the environmental **movement**.

她加入了环境运动。

- **move** v. 移动
- ◦ Please **move** your car from the driveway.
请移动你的车从 driveway。

navigate v. to plan and direct the route of a journey.

/ 导航；navigate

'nævigeɪt/

He used a map to **navigate** through the city.

他用地图 navigate through城市。

- **navigation** n. 导航
- ◦ The **navigation** system in the car is accurate.
车中的导航系统 accurate。

neglect v. to fail to care for properly.

/nɪ'glekt/ **neglect**; 忽视

n. the state of being neglected.

忽视

He **neglected** his duties and was fired.

他忽视了他的职责并被 fired。

The building showed signs of **neglect**.

该建筑显示出忽视的迹象。

- **negligent** adj. 疏忽的

- - The driver was **negligent** and caused the accident.

司机疏忽并 caused 事故。

network n. a system of interconnected people or things.

/ 网络

'netwɜ:k/

v. to interact with others to exchange information.

networking

The computer **network** is down.

计算机网络 down。

She likes to **network** at professional events.

她喜欢在 professional events networking。

- **networking** n. networking
- ◦ **Networking** can help you find job opportunities.
networking可以帮助你找到 job机会。

neutral adj. not supporting either side in a conflict; unbiased.

/ 中立的; **neutral**的
'nju:trəl/

The country remained **neutral** during the war.

该国在战争期间保持中立。

- **neutrality** n. 中立
- ◦ The **neutrality** of the judge is crucial.
法官的中立至关重要。

nonverbal adj. not involving words or speech.

/,nɒn 非言语的
'vɜ:bl/

Nonverbal communication includes gestures and facial expressions.
非言语沟通包括 **gestures**和 **facial expressions**。

- **verbal** adj. 言语的
- ◦ **Verbal skills** are important for presentations.
言语技能对 presentations 很重要。

numb adj. deprived of the power of sensation.

/nʌm 麻木的

/

v. to make numb.

使麻木

His fingers were **numb** from the cold.

他的手指因寒冷麻木。

The shock **numbed** her emotions.

冲击使她的 emotions 麻木。

- **numbness** n. 麻木
- ◦ The **numbness** in his leg was concerning.
他腿中的麻木 concerning。

object n. a material thing that can be seen and touched.

/

物体；对象

'ɒbdʒɪkt/

v. to express disapproval or opposition.

object n. a material thing that can be seen and touched.

反对

The **object** on the table is a vase.

桌上的物体是 vase。

Many people **object** to the new law.

许多人反对新法律。

- **objection** n. 反对
- ◦ He raised an **objection** during the meeting.
他在会议期间提出了反对。

obtain v. to get or acquire something.

/əb'teɪn/ 获得；获取

She managed to **obtain** a copy of the report.

她设法获得了报告的副本。

- **obtainable** adj. 可获得的
- ◦ The product is **obtainable** online.
该产品可在线获得。

offline adj. not connected to the internet.

/ˌɒfˈlaɪn/ 离线的

You can read the article **offline** after downloading it.

你下载后可以离线阅读文章。

- **online** adj. 在线的
- ◦ **Online** shopping is convenient.
在线购物 convenient。

once and for all phrase. finally and conclusively.

一劳永逸地；彻底地

Let's solve this problem **once and for all**.

让我们一劳永逸地解决这个问题。

- **for good** 永久地
- ◦ He left the city **for good**.
他永久离开了城市。

on sb's side phrase. supporting or favoring someone.

在某人一边；支持某人

Don't worry; I'm **on your side**.

别担心；我在你一边。

- **side with** 支持
- ◦ She always **sides with** her brother in arguments.
她总是在 arguments 中支持她兄弟。

opportunities n. (plural of opportunity) a set of circumstances that makes it possible to do something.

/ˌɒpə'tju:nətiz/ 机会

The program provides **opportunities** for students to study abroad.

该项目为学生提供出国留学的机会。

- **opportunity** n. 机会
 - This is a great **opportunity** to learn new skills.
这是学习新技能的 **great**机会。

optimistic adj. hopeful and confident about the future.

/ˌɒptɪ'mɪstɪk/ 乐观的

She is **optimistic** about her chances of success.

她对她成功的机会乐观。

- **optimism** n. 乐观
 - His **optimism** is contagious.
他的乐观 **contagious**。

optimize v. to make the best or most effective use of.

/ 优化

'ɒptimaɪz/

We need to **optimize** our website for search engines.

我们需要为 **search engines** 优化我们的网站。

- **optimal** adj. 最佳的
 - The **optimal** temperature for storage is 4°C.
存储的最佳温度是4°C。

optional course n. a course that students can choose to take, but is not required.

选修课

I took an **optional course** in photography.

我选了一门摄影选修课。

- **compulsory course** n. 必修课
 - English is a **compulsory course** for all students.
英语是所有学生的必修课。

original adj. present or existing from the beginning; innovative.

/ə 最初的；原创的

'rɪdʒənəl/

n. the earliest form of something.

原件； original

The **original** plan was changed due to weather.

原计划因天气改变。

Keep a copy of the **original** document.

保留原文件的副本。

- **originally** adv. 最初
- ◦ The building was **originally** a school.
该建筑最初是学校。

overdo v. to do something to an excessive degree.

/,əʊvə 做得过火； overdo

'du:/

Don't **overdo** the salt in the soup.

不要在汤中 overdo盐。

- **overdone** adj. 煮过头的；过分的
- ◦ The steak was **overdone** and tough.

牛排煮过头且 tough。

overwhelming adj. very great in amount;
overpowering.

/ˌəʊvə
'welmiŋ/ 压倒性的； overwhelming的

The response to the campaign was
overwhelming.

对活动的 response overwhelming。

- **overwhelm** v. 压倒；使不知所措
- ◦ She was **overwhelmed** by the workload.
她被 workload压倒。

overtake v. to catch up with and pass while
traveling in the same direction.

/ˌəʊvə
'teɪk/ 超过； overtake

The car **overtook** us on the highway.

汽车在高速公路上超过我们。

- **takeover** n. 接管
- ◦ The company faced a hostile **takeover**.
公司 faced hostile接管。

participate v. to take part in an activity or event.

/pɑ:'tɪsɪpeɪt/ 参与；参加

Everyone is encouraged to **participate** in the discussion.

鼓励每个人参与讨论。

- **participant** n. 参与者
- ◦ Each **participant** received a certificate.
每个参与者 **received** 证书。

password n. a secret word or phrase used to gain access to something.

/ 密码

'pɑ:swɜ:d/

Make sure your **password** is strong and unique.

确保你的密码 **strong** 且 **unique**。

- **passcode** n. 密码
- ◦ Enter the **passcode** to unlock the phone.
输入密码以解锁手机。

persistent adj. continuing firmly in spite of obstacles.

/pə'sɪstənt/ 坚持不懈的；持续的

Her **persistent** efforts led to success.
她坚持不懈的努力 led to 成功。

- **persist** v. 坚持；持续
- ◦ The rain **persisted** throughout the day.
雨持续了一整天。

personalized adj. designed or tailored to individual needs.

/ 个性化的

'pɜːsənəlaɪzd/

The service offers **personalized** recommendations.
该服务提供个性化推荐。

- **personalize** v. 个性化
- ◦ You can **personalize** your phone with a custom case.
你可以用 custom case 个性化你的手机。

perspective n. a particular attitude towards something; the art of drawing in perspective.

/pə'spektɪv/ 视角；观点

From a historical **perspective**, this event was significant.

从历史视角，该事件 significant。

- **perspectival** adj. 透视的
 - The painting uses **perspectival** techniques.
该 painting 使用透视技巧。

phonetic symbol n. a written character used in phonetic transcription.

音标

Learning **phonetic symbols** can help with pronunciation.

学习音标可以帮助 pronunciation。

- **phonetics** n. 语音学
 - She studies **phonetics** at university.
她在大学研究语音学。

physical adj. relating to the body as
opposed to the mind; tangible.

/ˈfɪzɪkl/ 身体的；物理的

Physical exercise is important for
health.

身体锻炼对健康很重要。

- **physically** adv. 身体上
- ◦ He is **physically** fit.
他身体上 fit。

pick up phrase. to lift; to learn; to collect.

捡起；学会；接

Can you **pick up** the book from the
floor?

你能从地板捡起书吗？

She **picked up** Spanish quickly while
living in Spain.

她在西班牙生活时 **quickly** 学会了西班牙
语。

I'll **pick up** the kids from school.

我将从学校接孩子。

- **pickup** n. pickup 卡车；收集
- ◦ He drives a **pickup** truck.
他开 pickup 卡车。

plug n. a device for making an electrical connection.

/plʌg 插头

/

v. to block or fill a hole.

塞住；插上

The **plug** is not fitting into the socket.

插头不适合插座。

He used a rag to **plug** the leak.

他用 rag 塞住泄漏。

- **plug-in** n. 插件
- ◦ The software requires a **plug-in** to run.
该软件需要插件运行。

point-by-point adv. dealing with each point in order.

逐点地

She explained the plan **point-by-point**.

她逐点解释了计划。

- **step-by-step** adv. 逐步地
- ◦ Follow the **step-by-step** instructions.
follow 逐步说明。

popularity n. the state of being liked or supported by many people.

/ˌpɒpjʊ
'lærəti/ 流行；受欢迎

The band's **popularity** has grown internationally.

乐队的流行在国际上增长。

- **popular** adj. 流行的
- ◦ This is a **popular** restaurant among locals.
这是当地人中流行的餐厅。

position n. a place where someone or something is located.

/pə'zɪʃn/ 位置；职位

The house has a favorable **position** near the lake.

房子在湖附近有 favorable 位置。

He applied for a managerial **position**.

他申请了 managerial 职位。

- **positional** adj. 位置的
- ◦ **Positional** accuracy is important in surveying.
位置准确性在 surveying 中重要。

precise adj. marked by exactness and accuracy.

/pri
'saɪs/
精确的；准确的

Give me the **precise** time of the meeting.

给我会议 **precise**时间。

- **precision** n. 精确
- ◦ The machine operates with high **precision**.
该机器以高精确度 **operates**。

present v. to give or award formally; to introduce.

/pri
'zent/
呈现；介绍

adj. existing or occurring now.

现在的

n. a gift.

礼物

She will **present** her research at the conference.

她将在会议上呈现她的研究。

The **present** situation requires immediate action.

现在情况 **requires**立即行动。

He gave her a birthday **present**.
他给了她生日礼物。

- **presentation** n. presentation; 介绍
- ◦ His **presentation** was well-received.
他的 presentation well-received。

prioritize v. to treat something as more important than others.

/praɪ
'prɒtaɪz/
优先考虑

You need to **prioritize** your tasks to meet the deadline.
你需要优先考虑你的任务以 **meet**截止日期。

- **priority** n. 优先事项
- ◦ **Safety is our top priority.**
安全是我们的 **top**优先事项。

proactive adj. creating or controlling a situation by taking action.

/ˌprəʊ
'æktɪv/
主动的; proactive的

A **proactive** approach can prevent problems.

主动方法可以 **prevent** 问题。

- **reactive** adj. reactive 的
- ◦ The government's response was **reactive** rather than proactive.
政府的 response 是 reactive 而非主动的。

process n. a series of actions to achieve a result.

/ 过程；流程

'prəʊses/

v. to perform operations on something.

处理；加工

The manufacturing **process** is automated.

制造过程 automated。

We need to **process** the applications quickly.

我们需要 quickly 处理申请。

- **processing** n. 处理
- ◦ Data **processing** takes time.
数据处理 takes 时间。

professor n. a teacher of the highest rank in a college or university.

/prə
'fesə(r)/ 教授

The **professor** gave an inspiring lecture.
教授 gave 鼓舞人心的讲座。

- **professorial** adj. 教授的
- ◦ He has a **professorial** demeanor.
他有教授的 demeanor。

program n. a planned series of events or activities.

/
'prəʊgræm/ 节目；程序

v. to provide with a program.

编程；安排

The TV **program** starts at 8 PM.

电视节目在晚上8点 starts。

She knows how to **program** in Python.

她知道如何用 Python 编程。

- **programmer** n. 程序员
- ◦ He works as a software **programmer**.
他担任软件程序员。

pronunciation n. the way in which a word is pronounced.

/prəˌnʌnsi
'eɪʃn/ 发音

Correct **pronunciation** is important for language learners.

正确发音对语言学习者重要。

- **pronounce** v. 发音
- ◦ How do you **pronounce** this word?
你如何发音这个词?

proper adj. correct or suitable; respectable.

/
'prɒpə(r)/ 适当的; proper的

Use the **proper** tools for the job.
使用适当的工具工作。

- **properly** adv. 适当地
- ◦ Make sure the device is **properly** installed.
确保设备适当地 installed。

proposal n. a plan or suggestion put forward for consideration.

/prə
'pəʊzl/
提议; proposal

The committee reviewed the **proposal** for the new park.

委员会 **reviewed** 新公园的提议。

- **propose** v. 提议; 求婚
- ◦ He **proposed** a new strategy.
他提议了新策略。

prosper v. to succeed in material terms; to flourish.

/
'prɒspə(r)/
繁荣; 成功

The business **prospered** under his leadership.

业务在他的领导下繁荣。

- **prosperity** n. 繁荣
- ◦ Economic **prosperity** benefits everyone.
经济繁荣 **benefits** 每个人。

psychological adj. relating to the mind or mental processes.

/ˌsaɪkə
'lɒdʒɪkl/ 心理的

The film explores the **psychological** effects of isolation.

该电影探索 isolation 的心理 effects。

- **psychology** n. 心理学
- ◦ She has a degree in **psychology**.
她有心理学学位。

qualification n. a quality or accomplishment that makes someone suitable.

/ˌkwɒlɪfɪ
'keɪʃn/ 资格; qualification

She has the necessary **qualifications** for the job.

她有工作的必要资格。

- **qualify** v. 使合格; 取得资格
- ◦ This course will **qualify** you as a teacher.
该课程将使你合格为教师。

rack up phrase. to accumulate or score.

累积; rack up

He **racked up** a lot of debt during college.

他在大学期间 **racked up** 许多债务。

- **rack** n. 架子
 - Put the books on the **rack**.
把书放在架子上。

rapid adj. happening in a short time; fast.

/ˈræpɪd/ 迅速的

The city has seen **rapid** growth in population.

该市 **seen** 人口的迅速增长。

- **rapidly** adv. 迅速地
 - Technology is changing **rapidly**.
技术正在迅速改变。

recall v. to remember; to call back.

/rɪˈkɔ:l/ 回忆；召回

I can't **recall** his name.

我无法回忆他的名字。

The company **recalled** the defective products.

公司召回了 **defective** 产品。

- **recallable** adj. 可回忆的；可召回的

- ○ The memory is **recallable** with a cue.
记忆可因 cue 回忆。

recite v. to repeat aloud from memory.

/rɪ'saɪt/ 背诵; recite

The students **recited** the poem in class.
学生们在课堂上背诵了诗歌。

- **recitation** n. 背诵
- ○ Her **recitation** was flawless.
她的背诵 flawless。

recreational adj. relating to recreation;
done for enjoyment.

/ˌrɪ:kri'eɪʃənəl/ 娱乐的; recreational 的

The park offers **recreational** facilities like tennis courts.
该公园提供如 tennis courts 的娱乐设施。

- **recreation** n. 娱乐
- ○ Hiking is a popular form of **recreation**.
徒步是 popular 娱乐形式。

redefine v. to define again or differently.

/ˌrɪ:di'faɪn/ 重新定义

The company aims to **redefine** the industry standards.

公司 **aims** 重新定义行业标准。

- **redefinition** n. 重新定义
- ◦ The **redefinition** of the term caused confusion.
该术语的重新定义 **caused** 混乱。

refer v. to mention or allude to; to direct to a source.

/rɪ 提到；参考

'fɜ:(r)/

He **referred** to the previous study in his paper.

他在论文中提到了 **previous** 研究。

Please **refer** to the manual for instructions.

请参考手册获取说明。

- **reference** n. 参考；reference
- ◦ The book includes a **reference** section.
该书包括 **reference** 部分。

refugee n. a person who has been forced to leave their country to escape war or persecution.

/ˌrefju
'dʒiː/ 难民

The camp provides shelter for **refugees**.

营地为难民提供 shelter。

- **refuge** n. 避难所
- ◦ They sought **refuge** from the storm.
他们寻求风暴的避难所。

regard v. to consider or think of in a specified way.

/rɪ
'gɑːd/ 认为; regards

n. attention or consideration.

regard; 方面

I **regard** him as a friend.

我认为他是朋友。

He has no **regard** for the rules.

他对规则没有 regard。

- **regarding** prep. 关于

- ○ **Regarding** your email, I will reply soon.
关于你的电子邮件，我将 soon 回复。

reject v. to refuse to accept or consider.

/rɪ'dʒekt/ 拒绝; reject

The proposal was **rejected** by the committee.

提议被委员会拒绝。

- **rejection** n. 拒绝
- ○ She faced **rejection** from several universities.
她 faced 几所大学的拒绝。

remain v. to continue to exist; to stay in the same place.

/rɪ
'meɪn/ 保持; 剩余

Please **remain** seated until the plane stops.

请保持 seated 直到飞机 stops。

Only a few apples remain.

只有几个苹果剩余。

- **remainder** n. 剩余部分

- ○ The **remainder** of the food was saved for later.
食物的剩余部分 saved for later。

remote adj. far away; distant.
/rɪ'məʊt/ 遥远的; remote的

They live in a **remote** village in the mountains.
他们生活在山中的遥远村庄。

- **remotely** adv. 遥远地
- ○ The device can be controlled **remotely**.
该设备可被遥远地 controlled。

repeat v. to say or do again.
/rɪ'pi:t/ 重复

Could you **repeat** the question?
你能重复问题吗?

- **repetition** n. 重复
- ○ **Repetition** helps in memorization.
重复帮助 memorization。

reply v. to respond in words or action.
/rɪ'plai/ 回复
n. a response.

reply v. to respond in words or action.

回复

He didn't **reply** to my email.

他没有回复我的电子邮件。

I am waiting for your **reply**.

我正在等待你的回复。

- **respond** v. 回应
- ◦ She **responded** quickly to the request.
她 **quickly**回应了请求。

required course n. a course that must be taken as part of a program.

必修课

Mathematics is a **required course** for engineering majors.

数学是工程专业的必修课。

- **elective course** n. 选修课
- ◦ You can choose an **elective course** in your third year.
你可以在第三年选择一门选修课。

research n. the systematic investigation into materials to establish facts.

/rɪ'sɜ:tʃ/ 研究

v. to investigate systematically.

研究

His **research** focuses on climate change.

他的研究 **focuses** 气候变化。

She **researched** the topic for her thesis.

她为论文研究了主题。

- **researcher** n. 研究员
- ◦ The **researcher** published her findings.
研究员 **published** 她的发现。

resilient adj. able to withstand or recover quickly from difficulties.

/rɪ resilient的；有弹性的

'zɪliənt/

Children are often **resilient** and adapt to changes.

孩子们 often **resilient** 并 **adapt** 变化。

- **resilience** n. resilience

- ○ The community showed great **resilience** after the disaster.
社区在灾难后 showed great resilience。

resourceful adj. having the ability to find quick and clever ways to overcome difficulties.

/rɪ'sɔ:sfl/ 足智多谋的

She is **resourceful** and can solve any problem.

她足智多谋，可以解决任何问题。

- **resource** n. 资源
- ○ We need to manage our **resources** wisely.
我们需要 wisely 管理资源。

respondent n. a person who responds to a survey or questionnaire.

/rɪ
'spɒndənt/ 受访者； respondent

The **respondents** in the study were anonymous.

研究中的受访者 anonymous。

- **respond** v. 回应

- ○ Please **respond** by Friday.
请周五前回应。

responsibility n. the state of being responsible; a duty.

/rɪˈspɒnsə
'bɪləti/ 责任；职责

It is your **responsibility** to complete the task.

完成任务是你的责任。

- **responsible** adj. 负责的
- ○ Who is **responsible** for this decision?
谁负责这个决定？

restrict v. to limit the size, amount, or range of something.

/rɪ
'strikt/ 限制；约束

The law **restricts** smoking in public places.

法律限制在公共场所吸烟。

- **restriction** n. 限制
- ○ There are no **restrictions** on entry.
进入没有限制。

resume n. a brief account of a person's education and experience.

/ 简历

'rezjumeɪ

/

v. to begin again.

恢复

She updated her **resume** before applying for jobs.

她申请工作前 updated 她的简历。

The meeting will **resume** after lunch.

会议将在午餐后恢复。

- **resumption** n. 恢复
- ◦ The **resumption** of talks is scheduled for next week.
talks 的恢复 scheduled for 下周。

reveal v. to make known something that was previously secret.

/rɪ 揭示；透露

'vi:l/

The investigation **revealed** new evidence.

调查揭示了新证据。

- **revelation** n. 启示；揭露

- ○ The book contains shocking **revelations**.
该书包含 shocking 启示。

revenue n. income, especially of a company or organization.

/ 收入; revenue

'revənju:/'

The company's **revenue** increased by 10% this year.

公司收入今年增加了10%。

- **profit** n. 利润
- ○ The **profit** margin is slim.
利润率 slim。

reward n. a thing given in recognition of service or achievement.

/rɪ 奖励; 报酬

'wɔ:d/'

v. to give a reward to.

奖励

The **reward** for finding the lost dog was \$100.

找到丢失狗的奖励是100美元。

He was **rewarded** for his hard work

with a promotion.

他因努力工作被奖励晋升。

- **rewarding** adj. rewarding的
- ◦ Teaching is a **rewarding** profession.
教学是 **rewarding** 职业。

route n. a way or course taken in getting from a starting point to a destination.

/ru:t/ 路线；路径

We took a scenic **route** to the coast.

我们 took scenic 路线到海岸。

- **routine** n. routine; 常规
- ◦ His daily **routine** includes exercise.
他的 **daily routine** 包括锻炼。

scholarship n. a grant or payment made to support a student's education.

/'skɒləʃɪp/ 奖学金

She won a **scholarship** to study at Harvard.

她 won 奖学金在哈佛学习。

- **scholar** n. 学者

- ○ He is a renowned **scholar** in history.
他是 **renowned** 历史学者。

scroll v. to move displayed text or graphics on a screen.

/skrəʊl 滚动

/

n. a roll of parchment or paper for writing.

卷轴

Scroll down to see more comments.

滚动向下 **see** 更多评论。

The ancient **scroll** was carefully preserved.

古代卷轴 **carefully preserved**。

- **scrolling** n. 滚动
- ○ Continuous **scrolling** can be tiring.
连续滚动可能 **tiring**。

sensor n. a device that detects or measures a physical property.

/ 传感器

'sensə(r)

/

The **sensor** detects motion and turns on the light.

传感器 detects运动并 turns on灯。

- **sensory** adj. sensory的
- ◦ The room provides a **sensory** experience.
房间提供 sensory体验。

serve v. to perform duties or services for;
to present food.

/sɜːv/ 服务; serve

The waiter will **serve** us soon.

服务员将 soon服务我们。

This dish **serves** four people.

这道菜 serve四个人。

- **service** n. 服务
- ◦ The **service** at the restaurant was excellent.
餐厅的服务 excellent。

shaper n. a person or thing that shapes something.

/ 塑造者; shaper

ˈʃeɪpə(r)/

Teachers are **shapers** of young minds.

教师是年轻思想的塑造者。

- **shape** v. 塑造
- ◦ Experiences **shape** our personality.
经历塑造我们的 personality。

share sth. with phrase. to have or use something jointly with others.
与...分享某物

I **shared** my ideas **with** the team.
我与团队分享了我的想法。

- **shareholder** n. 股东
- ◦ The **shareholders** voted on the proposal.
股东 voted on提议。

shorten v. to make or become shorter.
/'ʃɔ:tn/ 缩短

Can you **shorten** this essay to 500 words?
你能缩短这篇文章到500词吗？

- **short** adj. 短的
- ◦ The meeting was **short** and productive.
会议 short且 productive。

showcase v. to display; to present favorably.

/ˈʃəʊkeɪs/ 展示

n. a setting for displaying something.

展示柜

The exhibition **showcases** local artists' work.

展览展示当地艺术家的作品。

The **showcase** in the museum is well-lit.
博物馆的展示柜 well-lit。

- **show** v. 显示
- ◦ He **showed** me the photos.
他显示了照片给我。

sibling n. a brother or sister.

/ˈsɪblɪŋ/ 兄弟姐妹

She has three **siblings**: two brothers and a sister.

她有 **three** 兄弟姐妹：两个兄弟和一个姐妹。

- **sibling rivalry** n. 兄弟姐妹间的竞争
- ◦ **Sibling rivalry** is common in many families.

兄弟姐妹间的竞争在许多家庭
common。

signal n. a gesture, sound, or action used
to convey information.

/ 信号

'signəl/

v. to transmit a signal.

发出信号

The traffic **signal** turned green.

交通信号 turned green。

He **signaled** to turn left.

他发出信号左转。

- **signaler** n. 信号员
- ◦ The **signaler** directed the train.
信号员 directed 火车。

silly adj. having or showing a lack of
common sense; foolish.

/ 愚蠢的; silly的

'sɪli/

Don't be **silly**; that's not going to work.

别愚蠢; 那不会工作。

- **silliness** n. 愚蠢

- ○ His **silliness** made everyone laugh.
他的愚蠢 made 每个人 laugh。

simulate v. to imitate the appearance or character of.

/ 模拟

'simjuleit/

The flight simulator **simulates** real flying conditions.

飞行模拟器模拟真实飞行条件。

- **simulation** n. 模拟
- ○ The **simulation** helped in training pilots.
模拟帮助训练飞行员。

site n. a location where something is or was located.

/saɪt 地点; **site**

/

This is the **site** of the ancient city.
这是古代城市的地点。

- **website** n. 网站
- ○ Visit our **website** for more information.
访问我们的网站获取更多信息。

skip v. to move along lightly; to omit.

/skɪp/ 跳过；略过

The children **skipped** down the path.

孩子们 **skipped** down 小径。

You can **skip** the introduction if you're in a hurry.

如果你匆忙，可以跳过介绍。

- **skipper** n. 船长；队长
- ◦ The **skipper** guided the boat safely.
船长 **guided** 船 safely。

society n. the aggregate of people living together in a community.

/sə 社会

'saɪəti/

Technology has changed modern **society**.

技术改变了现代社会。

- **social** adj. 社会的
- ◦ She is interested in **social** issues.
她对 **social** 问题感兴趣。

spell v. to write or name the letters that form a word.

/spel 拼写

/

n. a form of words used as a magical charm.

咒语

How do you **spell** your name?

你如何拼写你的名字？

The witch cast a **spell** on the prince.

女巫 cast 咒语于王子。

- **spelling** n. 拼写
- ◦ Correct **spelling** is important in writing.
正确拼写在写作中重要。

spirit n. the non-physical part of a person; a mood or attitude.

/ 精神; **spirit**

'spirit/

Team **spirit** is high after the win.

团队精神在胜利后 high。

- **spiritual** adj. 精神的
- ◦ She finds **spiritual** peace in nature.

她在自然中找到精神和平。

split v. to break or cause to break into parts.

/split 分裂；分开
/

They decided to **split** the bill equally.
他们决定平等 **split** 账单。

- **split-up** n. 分裂；分手
- ◦ The **split-up** of the band disappointed fans.
乐队的分裂 disappointed 粉丝。

stage n. a point or period in a process or development.

/steɪdʒ 阶段；舞台
/

The project is in its early **stage**.
项目在其 **early** 阶段。

The actors performed on **stage**.
演员在舞台上 performed。

- **stagecraft** n. 舞台技巧
- ◦ His **stagecraft** is impressive.
他的舞台技巧 impressive。

state n. the particular condition that someone or something is in.

/steɪt/ 状态；国家

v. to express something definitely in speech or writing.

陈述

The building is in a poor **state** of repair.
建筑处于 poor 维修状态。

She **stated** her opinion clearly.
她 clearly 陈述了她的意见。

- **statement** n. 陈述
- ◦ The **statement** was issued by the government.
陈述由政府 issued。

state-of-the-art adj. incorporating the latest technology; very modern.

最先进的； state-of-the-art 的

The laboratory is equipped with **state-of-the-art** equipment.
实验室配备了最先进的设备。

- **cutting-edge** (同义词)

station n. a place where a particular activity or service is based.

/'steɪʃn/ 车站；站

The train **station** is busy during rush hour.

火车站在高峰时间 **busy**。

- **stationary** adj. 静止的
 - Please remain **stationary** during the scan.
请保持静止在扫描期间。

status n. the relative social or professional position of someone.

/ 地位；状态

'steɪtəs/

His **status** as a leader is unquestioned.

他作为领导者的地位 **unquestioned**。

Check the **status** of your application online.

在线检查你的申请状态。

- **status quo** n. 现状
 - They want to maintain the **status quo**.
他们想维持现状。

strategic adj. relating to the
identification of long-term aims.

/strə 战略的

'ti:dʒɪk/

The company made a **strategic** decision
to expand overseas.

公司做出了战略决定扩张海外。

- **strategy** n. 战略
- ◦ The **strategy** proved successful.
 战略 proved成功。

submit v. to present for consideration or
judgment.

/səb 提交; submit

'mit/

Please **submit** your assignment by
Friday.

请周五前提交你的作业。

- **submission** n. 提交; submission
- ◦ The **submission** deadline is
 approaching.
 提交截止日期 approaching。

suffer v. to experience or be subjected to something bad.

/ 遭受；受苦

'sʌfə(r)/

Many people **suffer** from allergies in spring.

许多人在春天遭受过敏。

- **suffering** n. suffering
- ◦ The war caused immense **suffering**.
战争 caused immense suffering。

suitcase n. a case with a handle for carrying clothes and personal items.

/ 行李箱

'su:tkeɪs/

She packed her **suitcase** for the trip.

她为旅行 packed 行李箱。

- **luggage** n. 行李
- ◦ The **luggage** will be checked in at the airport.
行李将在机场 checked in。

surpass v. to exceed; to be greater than.

/sə'paɪs/ 超过; surpass

The results **surpassed** our expectations.

结果超过了我们的 expectations。

- **surpassing** adj. 非凡的
- ◦ His talent is **surpassing**.
他的 talent 非凡。

surround v. to be all around; to encircle.

/sə'raʊnd/ 包围; 围绕

The garden is **surrounded** by a fence.
花园被 fence 包围。

- **surroundings** n. 环境
- ◦ The hotel is set in beautiful **surroundings**.
酒店设在美丽的环境中。

sustain v. to strengthen or support physically or mentally.

/sə
'steɪn/ 维持; sustain

The food supply is enough to **sustain** the population.

食物供应足够维持人口。

- **sustainable** adj. 可持续的
- ◦ We need **sustainable** energy sources.
我们需要可持续的能源来源。

syllable n. a unit of pronunciation having one vowel sound.

/ˈsɪləbl/ 音节

The word "water" has two **syllables**.
单词"water"有两个音节。

- **syllabic** adj. 音节的
- ◦ The **syllabic** structure varies between languages.
音节结构在语言之间 **varies**。

symptom n. a physical or mental feature indicating a condition.

/ˈsɪmptəm/ 症状

Fever is a common **symptom** of the flu.
发烧是流感的常见症状。

- **symptomatic** adj. 症状的
- ◦ The rash is **symptomatic** of an allergy.
皮疹是过敏的症状。

take the time to do sth. phrase. to make the effort to do something, especially when busy.
花时间做某事

Please **take the time to** read the instructions carefully.
请花时间仔细阅读说明。

- **make time for** 为...腾出时间
- ◦ He **makes time for** exercise every day.
他每天为锻炼腾出时间。

technique n. a way of carrying out a particular task.

/tek'ni:k/ 技巧；技术

She uses a special **technique** to paint.
她使用特殊技巧绘画。

- **technical** adj. 技术的
- ◦ The **technical** details are complex.
技术细节 complex。

teen n. a teenager.

/ti:n/ 青少年

Teens often face peer pressure.

青少年 often face 同伴压力。

- **teenage** adj. 青少年的
- ◦ She has two **teenage** sons.
她有两个青少年儿子。

tenacity n. the quality of being tenacious;
persistence.

/tə 坚韧; tenacity
'næsəti/

Her **tenacity** helped her overcome
many obstacles.

她的坚韧帮助她 overcome 许多障碍。

- **tenacious** adj. 坚韧的
- ◦ He is a **tenacious** negotiator.
他是坚韧的谈判者。

text n. written or printed words.

/tekst/ 文本; 课文

v. to send a text message.

发短信

The **text** of the book is available online.
书的文本可在线获得。

I'll **text** you the address.
我将发短信给你地址。

- **textbook** n. 教科书
- ◦ The **textbook** covers all the topics.
教科书 **covers** 所有主题。

threaten v. to state one's intention to harm.

/ˈθreɪn/ 威胁

He **threatened** to resign if his demands were not met.
他威胁辞职如果他的要求不被满足。

- **threat** n. 威胁
- ◦ The **threat** of war loomed over the region.
战争的威胁 **loomed over** 该地区。

thrive v. to grow or develop well; to prosper.

/θraɪv/ 茁壮成长；繁荣

Plants **thrive** in sunlight.
植物在阳光下茁壮成长。
The business **thrived** under new

management.

业务在新管理下繁荣。

- **thriving** adj. 繁荣的
- ◦ The city has a **thriving** arts scene.
该市有繁荣的艺术场景。

tough adj. strong enough to withstand hardship; difficult.

/tʌf/ 坚韧的；困难的

The material is **tough** and durable.
材料坚韧且 durable。

It was a **tough** decision to make.
这是困难的决策。

- **toughen** v. 使坚韧
- ◦ The training will **toughen** you up.
训练将使你坚韧。

tract n. a large area of land; a system of organs.

/trækt/ 大片土地； tract
/

They own a **tract** of forest in the mountains.
他们拥有山中的大片森林。

- **tract housing** n. tract housing
- ◦ The suburb consists of **tract housing**.
郊区由 tract housing 组成。

traffic n. vehicles moving on a road or in a area.

/ 交通

'træfik/

The **traffic** was heavy during rush hour.
交通在高峰时间 heavy。

- **traffic jam** n. 交通堵塞
- ◦ We were stuck in a **traffic jam** for an hour.
我们被困在交通堵塞一小时。

transcript n. a written or printed version of material originally presented in another medium.

/ transcript; 成绩单

'trænskript/

The **transcript** of the interview was published.

采访的 transcript published.

She requested her academic **transcript**.

她 requested 她的学术成绩单。

- **transcribe** v. 转录
- ◦ He **transcribed** the audio recording.
他转录了音频录音。

transaction n. an instance of buying or selling; the process of performing an action.

/træn'zækʃn/ 交易

The bank charges a fee for each **transaction**.

银行对每笔交易收费。

- **transact** v. 办理；交易
- ◦ They **transacted** business over the phone.
他们通过电话办理业务。

trend n. a general direction in which something is developing.

/trend 趋势

/

There is a **trend** towards healthier eating.

有向更健康饮食的趋势。

- **trendy** adj. 流行的

- ○ That café is very **trendy** among young people.
那家咖啡馆在年轻人中非常流行。

trustworthy adj. able to be relied on as honest or truthful.

/ˈtrʌstwɜːði/ 值得信赖的

He is a **trustworthy** friend who always keeps his promises.

他是值得信赖的朋友，总是 **keeps** 他的承诺。

- **trust** n. 信任
- ○ **Mutual trust** is important in a relationship.
相互信任在关系中重要。

tuition n. teaching or instruction; a fee for teaching.

/tjuː 学费；教学
'tʃn/

The **tuition** fees have increased this year.

学费今年增加了。

She receives private **tuition** in math.
她 **receives** 私人数学教学。

- **tutor** n. 导师

- ○ The **tutor** helped him prepare for the exam.
导师帮助他 prepare for 考试。

tournament n. a series of contests between competitors.

/ˈtʊənəmənt/ 锦标赛

He won the tennis **tournament** last year.

他去年赢了网球锦标赛。

- **tourney** n. (非正式) 锦标赛
- ○ The chess **tourney** attracted many players.
国际象棋锦标赛 attracted 许多玩家。

unfamiliar adj. not known or recognized; not within one's knowledge.

/ˌʌnfəˈmiliə(r)/ 不熟悉的

The area is **unfamiliar** to me, so I need a map.

该地区对我不熟悉，所以我需要地图。

- **familiar** adj. 熟悉的
- ○ The face looked **familiar**.
脸看起来熟悉。

unfortunate adj. having or marked by bad fortune; unlucky.

/ʌn'fɔ:tʃənət/ 不幸的

It was **unfortunate** that it rained on the day of the picnic.

不幸的是，野餐那天下雨了。

- **fortunately** adv. 幸运地
- ◦ **Fortunately**, no one was hurt in the accident.
幸运地，事故中无人受伤。

unimaginable adj. difficult or impossible to imagine.

/,ʌnɪ
'mædʒɪnəbl/ 难以想象的

The scale of the disaster was **unimaginable**.

灾难的规模难以想象。

- **imaginable** adj. 可想象的
- ◦ We tried every **imaginable** solution.
我们尝试了每个可想象的解决方案。

unique adj. being the only one of its kind;
unlike anything else.

/ju 独特的
'ni:k/

Each person's fingerprints are **unique**.
每个人的指纹独特。

- **uniqueness** n. 独特性
- ◦ The **uniqueness** of the product
 makes it stand out.
 产品的独特性使其 stand out。

university of liberal arts n. a university
that emphasizes
liberal arts
education.
文科大学

She attends a **university of liberal
arts** to study literature and philosophy.
她上文科大学学习文学和哲学。

- **liberal arts** n. 文科
- ◦ **Liberal arts** include subjects like
 history and art.
 文科包括如历史和艺术的主题。

university of science and technology n. a university that focuses on science and technology.
科技大学

He enrolled in a **university of science and technology** to pursue engineering.
他入读科技大学以 pursue 工程。

- **STEM** n. 科学、技术、工程和数学
- ◦ **STEM** fields are in high demand.
STEM 领域需求高。

update v. to make something more modern or up to date.

/,ʌp
'deɪt/
更新

n. an act of updating.

update v. to make something more modern or up to date.

更新

Please **update** your contact information.

请更新你的联系信息。

The software **update** fixed several bugs.

软件更新 **fixed** 几个错误。

- **up-to-date** adj. 最新的
- ◦ **Keep your skills up-to-date.**
保持你的技能最新。

upload v. to transfer data to a larger computer system.

/,ʌp

上传

'lɒd/

You can **upload** your photos to the cloud.

你可以上传你的照片到云。

- **download** v. 下载
- ◦ **Download the file from the website.**
从网站下载文件。

username n. an identification used by a person with access to a computer.

/ 用户名

'ju:zəneɪm/

Enter your **username** and password to log in.

输入你的用户名和密码登录。

- **user ID** n. 用户ID
- ◦ Your **user ID** is usually your email address.
你的用户ID通常是你的电子邮件地址。

verbal adj. relating to or in the form of words.

/ 言语的

'vɜ:bl/

Verbal communication is essential in teamwork.

言语沟通在团队合作中 **essential**。

- **nonverbal** (见上文)

viewership n. the audience for a particular television program or channel.

/ˈvjʊ:əʃɪp/ 收视率; viewership

The show's **viewership** has declined over the years.

该节目的收视率多年来 declined。

- **viewer** n. 观众
- ◦ The **viewer** complained about the content.
观众 complained about 内容。

violence n. behavior involving physical force intended to hurt or kill.

/ 暴力

ˈvaɪələns/

The movie contains scenes of **violence**.
电影包含暴力场景。

- **violent** adj. 暴力的
- ◦ He was a victim of a **violent** crime.
他是暴力犯罪的 victim。

visual adj. relating to seeing or sight.

/ˈvɪʒuəl/ 视觉的

The **visual** effects in the movie are **stunning**.

电影中的视觉效果 **stunning**。

- **visualize** v. visualize; 想象
- ◦ Try to **visualize** your success.
尝试想象你的成功。

vocational education n. education that prepares people for specific trades or careers.

职业教育

Vocational education can lead to well-paying jobs.

职业教育可以 **lead to** 高薪工作。

- **vocational school** n. 职业学校
- ◦ He attended a **vocational school** to become a mechanic.
他上职业学校以成为 **mechanic**。

volunteer n. a person who freely offers to do something.

/ˌvɒlən
'tɪə(r)/ 志愿者

v. to offer to do something freely.

volunteer n. a person who freely offers to do something.

自愿

She works as a **volunteer** at the local hospital.

她在当地医院担任志愿者。

He **volunteered** to help clean up the park.

他自愿帮助清理公园。

- **voluntary** adj. 自愿的
- ◦ Participation is **voluntary**.
参与是自愿的。

weed out phrase. to remove inferior or unwanted items or people.

剔除；淘汰

The competition will **weed out** the weaker candidates.

竞争将淘汰较弱的候选人。

- **weed** n. 杂草
- ◦ The garden is full of **weeds**.
花园满是杂草。

withdraw cash phrase. to take money out of a bank account.

取现

You can **withdraw cash** from an **ATM**.
你可以从**ATM**取现。

- **withdrawal** (见上文)

youth n. the period between childhood and adult age.

/ju:θ/ 青年; youth

He spent his **youth** in the countryside.
他在 **countryside**度过了青年时期。

- **youthful** adj. 年轻的
 - She has a **youthful** appearance.
她有年轻的外表。

Each year new innovative video games make the experience even more immersive, and with virtual reality just around the corner, games will become even more addictive. But have you ever stopped to think, "Are video games bad for you?" Let's find out on today's episode of Colossal Questions.

每年，新的创新电子游戏都让体验变得更具沉浸感；而随着虚拟现实即将来临，游戏会变得更加令人上瘾。但你是否曾停下来思考过：“电子游戏对你有害吗？”今天的《巨型问题》节目，就让我们来弄清楚答案。

Well I've got good news and bad news on this one. Let's start by getting the bad news out of the way. Things like muscle pain, lack of vitamin D, and sleep deprivation are just some of the problems you can develop by overplaying console or PC games.

好吧，关于这个问题，我有好消息也有坏消息。我们先把坏消息说完吧。肌肉酸痛、维生素 D 缺乏以及睡眠不足这类问题，只是你过度玩主机或电脑游戏可能会出现的部分问题。

Okay, so playing tons of video games has negative consequences, but now for the good news. There're some surprising benefits too.

That's right. Studies show that playing the recommended amount of video games can improve your vision, social skills, and even help slow the aging process.

好吧，所以玩大量电子游戏会产生负面影响，但现在来说说好消息。电子游戏也有一些令人意想不到的益处。没错。研究表明，玩推荐时长的电子游戏能够改善你的视力、社交能力，甚至有助于延缓衰老过程。

So once and for all, are video games bad for you? No, they aren't, as long as you aren't overdoing it.

所以，归根结底，电子游戏对你有害吗？不，并非如此，只要你不过度沉迷就好。

freshman;skip;dedicate;showcase;prioritize;overwhelming;rack
up;anticipate;respondent;consultant;username

;homesickness;password;define;comment;inherently;point-by-point;threaten;deficiency;weed out;embrace;curriculum;bachelor's degree;credit unit system;find a part-time job;academic year;accommodation;vocational education;extracurricular activity;university of liberal arts;university of science and technology;society;tuition;comprehensive university;scholarship;lecture;budget;professor;expenditure;associate;account;undergraduate;withdraw cash;required/compulsory course;deposit money;elective/optional course;loan;make up;auditory;effective;kinaesthetic;assessment;hands on;distracted;combination;drift

towards;redefine;attendance;upload;personali
zed;unimaginable;log;visual;auditory;recite;me
morize;phonetic

symbol;syllable;spell;pronunciation;object;audi
o;movement;break down;get sucked

into;silly;shooter;made-

up;frustration;character;identity;simulate;eno
rmous;elaborate;exertion;recreational;explosi
on;viewership;competitive;aplenty;legit;ever-
increasing;mainstream;annually;league;tourna
ment;popularity;bring

in;overtake;innovative;console;age;addictive;o
nce and for

all;deprivation;overdo;aggressive;expose;repe
at;violence;behave;youth;crime;numb;insensiti
ve;confront;recall;airline;immerse;navigate;th

rive;appreciation;engross;unfamiliar;verbal;mi
nimize;enhance;nonverbal;process;hone;interc
ulture;refugee;hygiene;applicate;state;award;
certificate;qualification;reject;confirm;resea
rch;proposal;resume;refer;enrollment;proficie
ncy;submit;funding;transcript;boost;shorten;i
mmune;cigarette;lower;connect;caregiver;leng
then;mental;garbage;unfortunate;physical;isol
ated;network;site;incident;accident;abuse;esc
ort;bully;harassment;frightening;teen;access;
generation;tough;adolesence;incredibly;awkwa
rd;fairly;statement;text;anecdotaly;entertai
nment;keep up with;gossip;trend;be addicted
to...;employ;opportunities;give sb. access
to...;fill one's leisure time;share sth. with;in
real time;update;status;stay connected

with...;scroll;fear of;miss out;be left

out;damage;subscribe;comment;interact;ident

ity;counsellor;clear up;misunderstanding;take

the time to do

sth.;empathy;perspective;encourage sb. to go

on;spirit;help sb. go through a tough time;on

sb's

side;creativity;automotive;convince;garment;a

dvertise;demonstrate;maximize;equate;essent

ial;unique;linger

over;inspiration;entree;sibling;ingredient;dete

rmination;excute;surpass;tenacity;revenue;co

mmerce;culminate in;one-of-a-

kind;milestone;logistics;destiny;competency;s

haper;engage;reward;flexible;hardwork;proac

tive;persistent;trustworthy;resilient;resource

ful;ba able

to...;grid;infrastructure;dome;congestion;gove
rnance;mobility;grasp;exploit;sensor;pulse;opt
imize;entrepreneur;plug;symptom;ban;particip
ate;offline;transaction;consumption;booth;cur
rency;gadget;state-of-the-
art;appliance;household appliance;cutting-
edge;sustain;outdate;interface

U1

Further Exploration / News Report

Online classes are now widely popular across US higher education. According to federal education data, more than a third of students took at least one online course in fall 2018. By the numbers, that's more than 20 million online learners.

在线课程如今在美国高等教育中广泛普及。根据联邦教育数据，**2018**年秋季超过三分之一的学生至少修了一门在线课程，数量上超过**2000**万在线学习者。

"Online learners need to ensure that they understand the need for creating a space and a structure to learning," Casey Evans, senior director of Strategic Learner Program at Arizona State University, wrote via email.

"Flexibility means that you can do it on your own time, but you need to plan for your own success."

亚利桑那州立大学战略学习者项目高级主任凯西·埃文斯通过邮件写道：“在线学习者需要明白，构建学习的空间和体系十分必要。灵活性意味着你可以按自己的时间学习，但仍需为自身的成功做好规划。”

Casey notes that a dedicated space, the appropriate technologies, and specific goals are all invaluable to student success.

凯西指出，专属的学习空间、合适的技术设备以及明确的目标，对学生的学习成功

都至关重要。

I. Questions:

1. What do we learn about online learning in the US?

1. 关于美国的在线学习，我们能了解到什么？

2. What does "flexibility" in online learning mean according to Casey Evans?

2. 根据凯西·埃文斯的说法，在线学习中的“灵活性”指的是什么？

3. Which of the following is NOT one of the important factors to student success in online learning?

3. 以下哪一项不是在线学习中学生取得成功的重要因素？

Further Exploration / Conversation

M: Hi, Jennifer, how are you doing?

男：嗨，詹妮弗，你最近怎么样？

W: Pretty good.

女：挺好的。

M: How do you like your college life here in
China?

男：你觉得你在中国的大学生活怎么样？

W: I've been studying here for two
semesters and sometimes I feel a little
homesick, but the campus is so beautiful, my
courses are interesting, and most importantly,
my teachers and friends have been very

helpful, so I would say, I enjoy my life here a lot.

女：我已经在这里学习两个学期了，有时候会有点想家，但校园很美，课程也很有趣，最重要的是，我的老师和朋友都很热心，所以我得说，我非常喜欢这里的生活。

M: Why did you choose to study in China?

男：你为什么选择来中国学习？

W: My major is international relations.

Studying in China deepens my understanding of this country, its culture and its people. The scholarship I got also makes my life here much easier. And, you know, I love Chinese food!

女：我的专业是国际关系，在中国学习能加深我对这个国家、其文化和人民的了解。我获得的奖学金也让我在这里的生活

轻松了很多。而且，你知道的，我超爱中国菜！

M: I'm also a big fan of Chinese food. It's so delicious, cheap, and extremely diverse. Have you met any problems so far?

男：我也是中国菜的忠实爱好者，它美味、实惠，而且种类极其丰富。到目前为止你遇到什么问题了吗？

W: Sure. The biggest challenge is the language barrier. The first month here was tough. I got really nervous when I went grocery shopping, because I got to interact with the locals in Chinese. But I've made much progress through learning Chinese at the language centre twice a week. It's time-consuming but it's worth the effort.

女：当然有。最大的挑战是语言障碍，刚来的第一个月很难熬。我去杂货店购物时

会特别紧张，因为得用中文和当地人交流。但我每周去语言中心学两次中文，已经进步很多了，虽然费时间，但很值得。

M: Wow, if language is no longer a problem, you should explore the country when you are free.

男：哇，如果语言不再是问题，你有空的时候应该去这个国家到处看看。

W: I've got the travel bug, you know. Kunming will be my next destination.

女：你知道的，我已经迷上旅行了，昆明会是我的下一个目的地。

I. Questions:

1. How long has the woman been studying in China?

1. 这位女士在中国学习多久了？

2. Which of the following is NOT one of the reasons for the woman to study in China?

2. 以下哪一项不是这位女士来中国学习的原因？

3. Why did the woman get nervous when she went grocery shopping?

3. 这位女士去杂货店购物时为什么会紧张？

4. What do we learn about the woman's language learning experience?

4. 关于这位女士的语言学习经历，我们能了解到什么？

Further Exploration / Passage

The college years are full of new experiences, growth and preparation for the rest of your

life. They will also go by in the blink of an eye, so enjoy them as much as possible. Make the most of them with the following tips for how to be successful in college.

大学时光充满了新的经历、成长，也是为余生做准备的阶段。这段时光也会转瞬即逝，所以要尽情享受。可以遵循以下建议，在大学里收获成功。

First and foremost, you should engage actively in class, which means asking thoughtful questions, actively participating in discussions, and showing with your body language that you are there to learn and grow. Another useful tip is to go to office hours. Office hours can be a game-changer when it comes to succeeding in a class. Your professor will be sitting there whether anyone shows up

or not. They will definitely appreciate having someone to talk to! Don't wait until you're behind or confused by the coursework to stop by, and feel free to attend more than once. Finally, I think you should learn to form your own opinions. At the end of the day, you're accountable for your choices and actions, so make sure you behave in a way that matches your values.

首先，你要在课堂上积极参与，这意味着提出有深度的问题、主动参与讨论，并用肢体语言表明你是来学习和成长的。另一个实用的建议是去参加教授的办公时间，这对课程学习的成功可能会起到关键作用。无论有没有人来，教授都会在办公室，他们肯定会很乐意有人交流！不要等到功课落后或感到困惑时才去，也可以多去几次。最后，我认为你应该学会形成自己的观点。归根结底，你要为自己的选择和行为负责，所以要确保你的行为与自己的价值观相符。

I. Questions:

1. How can students engage actively in class according to the passage?

1. 根据文章，学生如何在课堂上积极参与？

2. What do we learn about office hours?

2. 关于教授的办公时间，我们能了解到什么？

3. Why should you learn to form your own opinions?

3. 为什么你应该学会形成自己的观点？

U2

Further Exploration / News Report

Teachers say the digital age has had a good influence — and a not-so-good influence — on this generation of American teenagers. More than 2,000 middle and high school teachers took an online survey.

教师们表示，数字时代对这一代美国青少年产生了积极和消极的双重影响。超过2000名初高中教师参与了一项在线调查。

Three-quarters of the teachers said the Internet and digital search tools have had a "mostly positive" effect on their students'

research habits and skills. But 87% agreed that these technologies are creating an "easily distracted generation with short attention spans". And 64% said the technologies "do more to distract students than to help them academically". Many students think "doing research" now means just doing a quick search on Google.

四分之三的教师认为，互联网和数字搜索工具对学生的研究习惯和技能产生了“大体积极”的影响。但**87%**的教师认为，这些技术造就了“注意力持续时间短、容易分心的一代”。**64%**的教师表示，这些技术“对学生的干扰大于学业上的帮助”。许多学生认为现在“做研究”就是在谷歌上快速搜索一下。

Teachers say the result is their students' unwillingness to work hard to find answers and not enough use of printed books.

教师们表示，其结果是学生不愿努力寻找答案，也较少使用纸质书籍。

I. Questions:

1. What do teachers say about the digital age?

1. 教师们对数字时代有何评价？

2. What does "doing research" mean to many students?

2. 对许多学生来说，“做研究”意味着什么？

3. Which of the following is NOT the result of the influence of the digital age?

3. 以下哪一项不是数字时代影响带来的结果？

Further Exploration / Conversation

W: How are you getting on with your studies?

How many hours do you study every day?

女：你学习进展如何？每天学习几个小时？

M: After the 2nd term final, I have not yet started studying. I just do whatever I like because it is free time just after the exam.

男：第二学期期末考试后，我还没开始学习呢，刚考完试有空闲时间，我就想做什么就做什么。

W: What did you just say? Don't you have daily routine?

女：你刚才说什么？你没有日常作息吗？

M: A daily routine? Is that necessary?

男：日常作息？有必要吗？

W: Definitely. A daily routine regulates your timetable in a disciplined way so that you can make the best use of your valuable time.

女：当然有。日常作息能有条理地规划你的时间，让你充分利用宝贵的时间。

M: Don't I study enough and get good marks in my exams? So why should I keep to a daily routine?

男：我学习时间不够吗？考试不也拿了好成绩？那我为什么还要遵守日常作息？

W: Well, it's good to know that you did well in your exams. But by keeping a daily routine you can make sure you spend your time in a balanced way.

女：嗯，很高兴你考试考得好，但遵守日常作息能确保你合理分配时间。

M: Hmm, how would I start? Would you set a balanced daily routine for me?

男：嗯，那我该怎么开始呢？你能帮我制定一个均衡的日常作息吗？

W: Ok, I'll certainly do that if you like.

女：好的，如果你愿意，我当然可以帮你。

M: Thanks! That's very good of you.

男：谢谢！你真是太好了。

I. Questions:

1. Why hasn't the man started studying?

1. 这位男士为什么还没开始学习？

2. What is the man's attitude towards study?

2. 这位男士对学习的态度是怎样的？

3. What will the woman do to help the man?

3. 这位女士会怎样帮助男士?

4. What is the conversation mainly about?

4. 这段对话主要讲了什么?

Further Exploration / Passage

Learning to read is a time-consuming and complex task for many kids, and for deaf children, it's even more difficult.

对许多孩子来说，学习阅读是一项耗时且复杂的任务，而对失聪儿童来说，难度更是加倍。

Chinese mobile giant Huawei has recently launched StorySign, a free mobile app that translates children's books into sign language, so as to enrich family story time and enhance

learning experiences for deaf kids. When users open the app, an animated girl named Star pops out, and when you hold the smartphone over the page, she will start to recognize and sign the text on screen in real time. Each printed word is highlighted as she goes.

中国手机巨头华为最近推出了一款免费移动应用**StorySign**，它可将儿童书籍翻译成手语，以此丰富失聪儿童的家庭故事时间，提升他们的学习体验。用户打开应用后，一个名叫星宝的卡通女孩会出现，将智能手机对准书页时，她会实时识别并在屏幕上手语展示文本内容，同时会高亮显示每一个印刷文字。

By using a combination of augmented reality and AI technologies, the app is designed to provide more opportunities for deaf children who lack reading resources in early years. It

is noted that children with deafness should be given the opportunity to learn sign language along with their families. However, few people know sign language outside the deaf community as 90% of the deaf children are born to hearing parents.

这款应用结合了增强现实和人工智能技术，旨在为早年缺乏阅读资源的失聪儿童提供更多机会。值得注意的是，失聪儿童应该有机会和家人一起学习手语。但在失聪群体之外，很少有人懂手语，因为90%的失聪儿童出生在听力正常的家庭。

StorySign is an example of AI technologies to bridge the gap between the hearing and non-hearing. Hopefully, it will make a significant impact in the deaf community, helping more deaf children learn how to read at the same level as hearing children.

StorySign是人工智能技术弥补听障与非听障人群之间差距的一个范例。希望它能对失聪群体产生重大影响，帮助更多失聪儿童达到与听力正常儿童相同的阅读水平。

I. Questions:

1. Which of the following is NOT the purpose of the mobile app StorySign?

1. 以下哪一项不是移动应用**StorySign**的开发目的？

2. What kind of technologies does the app use?

2. 这款应用使用了哪些技术？

3. Why do few people know sign language outside the deaf community?

3. 为什么在失聪群体之外很少有人懂手语？

U3

Further Exploration / News Report

The World Health Organization (WHO) has said that too much gaming is officially a mental health problem named gaming disorder. It happens when people cannot stop playing and gaming becomes more important than other interests in life. This must happen for at least a year for a doctor to say someone has gaming disorder. Doctors should be aware that addiction to gaming is a clear and present danger to people's health

because it has "serious" consequences. A WHO spokesman said: "Most people who play video games don't have a disorder, just like most people who drink alcohol don't have a disorder either. However, in certain circumstances, overuse can lead to adverse effects."

世界卫生组织（WHO）表示，过度游戏已正式被列为一种名为游戏障碍的心理健康问题。当人们无法停止游戏，且游戏变得比生活中其他兴趣更重要时，就会出现这种情况。医生判定某人患有游戏障碍，这种情况必须持续至少一年。医生应意识到，游戏成瘾对人们的健康构成明确且当下的威胁，因为它会带来“严重”的后果。世卫组织发言人称：“大多数玩电子游戏的人并没有患上这种障碍，就像大多数饮酒的人也没有相关障碍一样。但在某些情况下，过度使用会产生不良影响。”

I. Questions:

1. What is the news report mainly about?

1. 这篇新闻报道主要讲了什么？

2. According to WHO, when can a doctor say someone has a gaming disorder?

2. 根据世卫组织的说法，医生在什么情况下可以判定某人患有游戏障碍？

3. What does the WHO spokesman imply by mentioning people drinking alcohol?

3. 世卫组织发言人提及饮酒人群，意在暗示什么？

Further Exploration / Conversation

W: Xiaohu, thank you for accepting our interview invitation. You're the captain of RNG. When did you start playing video games?

女：小虎，感谢你接受我们的采访邀请。
你是**RNG**战队的队长，你什么时候开始玩电子游戏的？

M: I started gaming when I was very little.

No matter what game it was, I could get a better score than others.

男：我很小的时候就开始玩游戏了，不管什么游戏，我都能比别人拿到更好的分数。

W: When did you realize you could be a pro gamer?

女：你什么时候意识到自己能成为职业电竞选手的？

M: In 2012, I began to play League of Legends. In 2013, I became one of the game's top players in China. It was then I realized I could make a living out of gaming.

男：2012年我开始玩《英雄联盟》，2013年我成为这款游戏在中国的顶尖选手之一，也就是在那时，我意识到可以靠游戏谋生。

W: There is an issue with the public view towards eSports. Many people, especially a few years ago, still said playing games is a waste of time. Now it seems that more people can view the industry more objectively. What do you think of the change?

女：公众对电竞的看法一直是个问题，尤其是几年前，很多人还说玩游戏是浪费时间。现在似乎更多人能更客观地看待这个行业，你怎么看待这种变化？

M: I believe it's still a minority who will ever become a pro video gamer. Video games are still very addictive. But I don't think we should force children not to play games.

Instead, we should teach them how to arrange their time properly, because they might be more rebellious if you totally forbid them to play games.

男：我认为能成为职业电竞选手的人仍然是少数，电子游戏依然很容易让人上瘾。但我觉得我们不应该强迫孩子不玩游戏，相反，应该教他们合理安排时间，因为如果完全禁止他们玩游戏，他们可能会更叛逆。

W: What do you think of the future of the eSports industry in China?

女：你如何看待中国电竞行业的未来？

M: In my view, eSports has become a trend, and it will get more developed and diversified in the future.

男：在我看来，电竞已经成为一种趋势，未来会发展得更成熟、更多元化。

I. Questions:

1. What does the man do?

1. 这位男士是做什么的?

2. When did the man realize that he could make a living out of gaming?

2. 这位男士什么时候意识到可以靠游戏谋生的?

3. According to the man, what shall we do with children playing video games?

3. 根据这位男士的观点，我们应该如何对待玩电子游戏的孩子?

4. What does the man think of the future of the eSports industry in China?

4. 这位男士如何看待中国电竞行业的未来?

Further Exploration / Passage

Video games provide fun escape from reality, though they're often viewed as violent and a waste of time by some. The debate has raged on for years. So are there any positive effects? Can video games actually make you smarter?

电子游戏能让人从现实中获得有趣的解脱，尽管有些人认为它充满暴力且浪费时间。这场争论已经持续多年，那么电子游戏有积极影响吗？它真的能让人变得更聪明吗？

Many studies have shown increases in cognitive function after playing video games. One study, in particular, had participants play Super Mario 64 for 30 minutes a day over 2 months. Afterwards, the brains of these

participants saw increase in gray matter in areas that are associated with memory, strategic planning and fine motor skills of the hands compared to those who had not played.

许多研究表明，玩电子游戏后认知能力会有所提升。其中一项研究让参与者连续两个月每天玩30分钟《超级马里奥64》，之后发现，与未玩游戏的人相比，这些参与者大脑中与记忆、战略规划和手部精细运动技能相关的区域灰质有所增加。

Video games can also be incredibly educational. They may even help kids who suffer from dyslexia read more effectively. In a small study, dyslexic children who play regular video games end up reading faster and more accurately thanks to improved attention skills.

电子游戏也具有很强的教育意义，甚至能帮助诵读困难的孩子更有效地阅读。一项小型研究发现，经常玩电子游戏的诵读困难儿童，因注意力技能提升，阅读速度更快、准确率更高。

All of these skills are only useful if you use them, which you can't if all you do is play video games, so enjoy your downtime and relax with your games in moderation, but get out there and keep your life diverse as well, because that's how you win at the game of life.

所有这些技能只有在实际运用中才有价值，如果你只玩电子游戏，就无法运用它们。所以，闲暇时可以适度玩游戏放松，但也要走出家门，丰富自己的生活，这才是赢得人生这场游戏的方式。

I. Questions:

1. What is the main idea of the passage?

1. 这篇文章的主旨是什么？

2. What do we learn about the dyslexic

children playing regular video games?

2. 关于经常玩电子游戏的诵读困难儿童，我们能了解到什么？

3. What suggestion does the speaker offer to

gamers at the end of the passage?

3. 在文章末尾，说话者给游戏玩家提出了什么建议？

U4

Further Exploration / News Report

According to the latest figures, nearly 490,000 international students were enrolled in Chinese mainland's universities in 2017.

China seems certain of meeting its target of hosting 500,000 foreign students by 2020.

Leading sending countries include South Korea, Thailand, Pakistan, the United States, India, Russia, Japan and Indonesia.

根据最新数据，2017年有近49万名国际学生在中国大陆的大学入学。中国似乎肯定能在2020年前实现接待50万名外国学生

的目标，主要生源国包括韩国、泰国、巴基斯坦、美国、印度、俄罗斯、日本和印度尼西亚。

These improved numbers are likely, partly thanks to the Chinese government's improved scholarship plan. Nearly 59,000 foreign students received a scholarship in 2017.

Another powerful draw for international students is the increasing number of English-taught programs, with the number available increasing by 63% in the last five years.

这些数字的增长可能部分得益于中国政府完善的奖学金计划，2017年有近5.9万名外国学生获得了奖学金。对国际学生来说，另一个重要吸引力是英语授课项目的数量不断增加，过去五年里这类项目的数量增长了63%。

I. Questions:

1. How many international students were enrolled in Chinese mainland's universities in 2017?

1. 2017年有多少国际学生在中国大陆的大学入学?

2. Which country is NOT one of the leading sending countries according to the news report?

2. 根据这篇新闻报道，哪个国家不是主要生源国之一?

3. According to the news report, why is there an improved number of international students in China?

3. 根据这篇新闻报道，中国的国际学生数量为何有所增加?

Further Exploration / Conversation

M: I think women and girls have equal access to education in most parts of the world.

男：我认为在世界大部分地区，女性和女孩都有平等的受教育机会。

W: In some parts of the world, that's true. Sadly, this is not true for other parts of the world. Especially in developing countries, there are more boys in primary school than girls.

女：在世界上的一些地区确实是这样，但遗憾的是，其他地区并非如此。尤其是在发展中国家，小学里的男孩数量比女孩多。

M: More boys in primary school than girls?

男：小学里的男孩比女孩多？

W: Yes. And there's a gap between girls and boys in terms of literacy. There are more illiterate girls than boys.

女：是的，而且在识字率方面，女孩和男孩之间存在差距，不识字的女孩比男孩多。

M: That's depressing. I don't understand why girls aren't being educated in the same numbers as boys, everywhere in the world.

男：这太令人沮丧了，我不明白为什么在世界各地，女孩的受教育人数都不如男孩多。

W: There are a lot of factors that contribute to girls dropping out of school.

女：有很多因素导致女孩辍学。

M: Such as?

男：比如呢？

W: Such as early marriages and childbirth, trafficking and diseases.

女：比如早婚早育、人口贩卖和疾病。

M: Communities really ought to do more to help to get more girls in school. Educated girls help boost the economic future of a country.

男：社区真的应该做更多的事情来帮助更多女孩入学，受过教育的女孩有助于推动一个国家的经济发展。

W: Absolutely. Education is the key to a better future, for everyone, for every country.

女：完全正确，教育是每个人、每个国家拥有更美好未来的关键。

I. Questions:

1. What are the two speakers talking about?

1. 两位说话者在谈论什么？

2. Which of the following factors does NOT contribute to girls dropping out of school?

2. 以下哪一项不是导致女孩辍学的因素？

3. Who should help to get more girls in school?

3. 谁应该帮助更多女孩入学？

4. What is the key to a better future?

4. 更美好未来的关键是什么？

Further Exploration / Passage

Studying abroad is challenging. You need to be prepared to face various difficulties that may

arise.

出国留学具有挑战性，你需要准备好面对可能出现的各种困难。

First, the jet lag is horrible. Especially when you travel across many different time zones, it can affect you strongly. It can cause an unwell feeling and difficulty falling asleep. You may feel very tired and not feel like doing anything. Remember, having enough sleep before your flight and drinking more water during the flight will help to reduce the uncomfortable feelings.

首先，时差反应很糟糕，尤其是当你穿越多个时区时，它会对你产生强烈影响，让你感到不适、难以入睡，可能还会极度疲惫，什么都不想做。记住，航班前保证充足睡眠，飞行中多喝水，有助于减轻这种不适感。

Another concern about studying abroad is homesickness, which is sometimes unavoidable. Being away from your family and friends can be a lonely experience as you try to navigate a foreign destination on your own. This can result in sadness and anxiety. However, there is one thing for sure. Everyone back home misses you just as much as you miss them. But they'd probably want you to enjoy yourself as much as possible.

出国留学的另一个顾虑是思乡之情，这有时是不可避免的。当你独自在异国他乡生活时，远离家人和朋友会让你感到孤独，这可能导致悲伤和焦虑。但有一点可以肯定，国内的每个人都和你想念他们一样想念你，而且他们可能更希望你能尽情享受生活。

Finally, money. Flights, daily grocery, plus tuition fees can all add up pretty quickly. Even if you do budget well, you're probably going to end up blowing all of your savings. However, don't let that stop you. Ask about scholarships and other forms of free money to cut costs where needed.

最后是资金问题，机票、日常杂货以及学费，开销会迅速累积。即使你做好了预算，也可能最终花光所有积蓄。但不要因此却步，可以申请奖学金和其他形式的资助，在需要的地方削减开支。

I. Questions:

1. What can jet lag cause?

1. 时差反应会导致什么？

2. What can homesickness result in?

2. 思乡之情会导致什么？

3. According to the passage, how can you cut costs when studying abroad?

3. 根据文章，出国留学时如何削减开支？

U5

Further Exploration / News Report

As the coronavirus pandemic threatens all of humanity both physically and psychologically, many mental health counsellors reach out online to help those affected by it. Some leading Internet companies in China have also made efforts to provide mental health care. JD Health, the health care organization of [JD.com](https://www.jd.com/), offered its nationwide free online counselling service to overseas users last week, making it bilingual. Alibaba Group's

health care unit Alibaba Health, Baidu's online doctor consultation platform, and Tencent-backed WeDoctor have all made their online mental health care services available free of charge to Chinese at home and abroad.

随着新冠疫情从生理和心理两方面威胁全人类，许多心理健康咨询师通过线上渠道帮助受疫情影响的人。中国一些头部互联网企业也努力提供心理健康服务，京东旗下的医疗健康机构京东健康上周向海外用户推出了全国范围的免费在线咨询服务，且该服务为双语形式。阿里巴巴集团的医疗健康部门阿里健康、百度的在线医生咨询平台，以及腾讯投资的微医，都向国内外的华人免费开放了各自的在线心理健康服务。

I. Questions:

1. What do many mental health counsellors do during the coronavirus pandemic?

1. 新冠疫情期间，许多心理健康咨询师做了什么？

2. Which company offered bilingual counselling services last week?

2. 上周哪家公司提供了双语咨询服务？

3. Which of the following CANNOT be inferred from this news report?

3. 以下哪一项无法从这篇新闻报道中推断出来？

Further Exploration / Conversation

W: Our topic today is about loneliness. Do you think that people can be lonely with people all

around?

女：我们今天的主题是孤独，你觉得身边有人的时候，人还会感到孤独吗？

M: Ah, good question. Can you be lonely in a crowd? Yes, of course, I think you can be lonely anywhere if you feel that you are disconnected from the world around you, if you feel that no one understands you.

男：啊，好问题。在人群中会感到孤独吗？当然会，我觉得如果你觉得自己和周围的世界脱节，觉得没人理解你，那无论在哪里都会感到孤独。

W: Yes, indeed. Loneliness is becoming more and more of a big problem in today's society. Do you know which age group suffers most from loneliness?

女：确实如此，孤独在当今社会正越来越成为一个大问题，你知道哪个年龄段的人

受孤独影响最大吗？

M: Maybe older people?

男：可能是老年人？

W: This might be a surprise, but it's 16 to 24-year-olds.

女：这可能有点出乎意料，但其实是16到24岁的人群。

M: How come?

男：为什么会这样？

W: Well, a lot of people think that only old people get lonely. They do, but a recent study shows that loneliness is felt throughout life. People aged between 16 and 24 experience loneliness more often and more strongly than any other age group.

女：嗯，很多人认为只有老年人才会感到孤独，老年人确实会，但最近的一项研究表明，人生的各个阶段都会有孤独感，16到24岁的人群比其他任何年龄段的人更频繁、更强烈地感受到孤独。

M: I am surprised by that. But why are young people getting lonely these days?

男：这让我很惊讶，那现在的年轻人为什么会感到孤独呢？

W: The research says this may be because at that age we are trying to understand the world and what we are supposed to do with our lives. Also it suggests that younger people have not yet learned how to control their emotions.

女：研究表明，这可能是因为在那个年龄段，我们正试图理解这个世界以及自己的人生该如何规划，研究还指出，年轻人还没有学会如何控制自己的情绪。

M: That makes sense. Well, that's the end of the programme. Hopefully you won't feel too lonely without us. Remember we are always here on the air every Sunday night.

男：这说得通。好了，本期节目到此结束，希望没有我们的陪伴，你们不会感到太孤独。记住，我们每周日晚上都会在这里广播。

I. Questions:

1. What are the man and woman talking about?

1. 男士和女士在谈论什么？

2. Which age group suffers most from loneliness?

2. 哪个年龄段的人受孤独影响最大？

3. Which of the following is NOT mentioned as a reason why young people are getting lonely these days?

3. 以下哪一项不是文中提到的现在年轻人感到孤独的原因？

4. What is the possible relationship between the man and the woman?

4. 男士和女士之间可能是什么关系？

Further Exploration / Passage

In college, it may seem as though there is never enough time to finish what needs to be done. But maintaining your social life and expanding your social circle is very important and should not be neglected. Not only is socializing beneficial for your health,

happiness, and your self-confidence, but it's also a great way to learn outside of the classroom. Here's why it's important to have a college social life.

在大学里，似乎永远没有足够的时间完成需要做的事，但维持社交生活、扩大社交圈非常重要，不应被忽视。社交不仅有益于你的健康、幸福感和自信心，也是课堂之外学习的好方法。接下来就说说大学生社交生活的重要性。

First, your social life can make studying easier. It isn't fun studying alone, and it's often easier to study if someone is there to help you. Study buddies can not only teach you new studying techniques, but they can also keep you on track. Second, exposing yourself to a variety of social situations, whether it be joining a club, going to a party,

or eating dinner with your friends, allows you to develop relationships with people from different backgrounds and cultures.

首先，社交生活能让学习更轻松，独自学习毫无乐趣，有人帮忙的话学习往往会更顺利。学习伙伴不仅能教你新的学习技巧，还能督促你保持学习进度。其次，让自己置身于各种社交场景中——无论是加入社团、参加派对，还是和朋友一起吃晚餐——能让你和不同背景、不同文化的人建立联系。

This will help you develop a greater world perspective. Last but not the least, the social life you choose to have in college can greatly affect your future career. The friends you make in college may become your co-workers in the work force. So start building your professional network now.

这会帮助你形成更广阔的世界观。最后但同样重要的是，你在大学里选择的社交生活会极大地影响你未来的职业发展，你在大学结交的朋友可能会成为你职场上的同事，所以现在就开始搭建你的职业人脉吧。

I. Questions:

1. What is this passage mainly about?

1. 这篇文章主要讲了什么？

2. What can we learn about college social life?

2. 关于大学生的社交生活，我们能了解到什么？

3. Which of the following is NOT mentioned as a possible social situation in college?

3. 以下哪一项不是文中提到的大学里可能的社交场景？

U6

Further Exploration / News Report

World Hearing Day is an annual event held on March 3 to raise awareness on hearing loss prevention and hearing care. It was started by the World Health Organization (WHO) in 2007. The theme of 2020 is "Hearing for Life", which is intended to remind the public that timely interventions can help people with hearing loss reach their full potential.

世界听力日是每年3月3日举办的年度活动，旨在提高人们对听力损失预防和听力护理的认知，由世界卫生组织（WHO）

于2007年发起。2020年的主题是“听力赋能生活”，旨在提醒公众，及时干预能帮助听力损失人群充分发挥自身潜能。

Many hearing health-focused organizations will hold their own events in support of the WHO's initiative. For example, The Ida Institute has compiled educational resources such as the "Questions for People with Hearing Loss," a Q & A for people curious about the day-to-day impact of hearing loss.

许多专注于听力健康的组织会举办各类活动支持世卫组织的这一倡议，例如艾达研究所整理了《听力损失人群相关问题》等教育资源，这是一份面向对听力损失日常影响感到好奇的人群的问答资料。

I. Questions:

1. On what day is World Hearing Day held?

1. 世界听力日在每年的哪一天举办？

2. What is the theme for World Hearing Day 2020?

2. 2020年世界听力日的主题是什么？

3. Who are the target audience of "Questions for People with Hearing Loss"?

3. 《听力损失人群相关问题》的目标受众是谁？

Further Exploration / Conversation

M: Do you know that I just got a call from Xiao Jie, the guy who used to cram for exams when we were in college.

男：你知道吗，我刚接到小杰的电话，就是我们大学时那个考前临时抱佛脚的家伙。

W: That's nice! It's amazing that you're keeping in touch with each other for so many years after graduating from college.

女：挺好的呀！大学毕业这么多年你们还保持联系，真不容易。

M: Yes, we are always in contact with each other. But I haven't seen him for ages.

男：是啊，我们一直有联系，但我好久没见他了。

W: What did he say?

女：他说什么了？

M: He said his family was moving to Shenzhen next month. Oh, one more thing, he has got a promotion recently. Now, he is a sales director.

男：他说他家下个月要搬到深圳，哦，还有一件事，他最近升职了，现在是销售总监。

W: Really? Wait a minute. Are you talking about Xiao Jie, the guy who sometimes skipped classes?

女：真的吗？等一下，你说的是那个有时候会翘课的小杰吗？

M: Yes, the Xiao Jie. Come on, every dog has its day. You know, he does have a gift for selling and he works extremely hard in his work. What's more, his son is going to Shanghai Jiao Tong University.

男：对，就是他。哎呀，风水轮流转嘛。你知道的，他确实有销售天赋，工作也特别努力，而且他儿子要去上海交通大学上学了。

W: Ah! It's the university you graduated from, isn't it?

女：啊！那是你毕业的大学，对吧？

M: Absolutely right. I thought of my college life when I heard of that. Well, we also talked about having a get-together with some of our old friends from college.

男：没错，听到这个消息我想起了我的大学生活。对了，我们还聊到要和一些大学老同学聚一聚。

W: Really? That's good news. To be frank, I've been out of touch with most of my old friends. Only one or two keep me informed about what they are doing.

女：真的吗？那真是个好消息。说实话，我和大部分老朋友都失联了，只有一两个会告诉我他们的近况。

M: I know. It's really hard to maintain contact when everybody is in a hurry.

男：我懂，大家都忙忙碌碌的，确实很难保持联系。

I. Questions:

1. Where is Xiao Jie's family moving to?

1. 小杰的家要搬到哪里？

2. What does Xiao Jie do now?

2. 小杰现在从事什么工作？

3. What do we learn about the man?

3. 关于这位男士，我们能了解到什么？

4. Which of the following statements is true according to the conversation?

4. 根据这段对话，下列哪项陈述是正确的？

Further Exploration / Passage

Listening looks easy, yet hard to master.

Don't worry. Here we've collected three books to help you to be a good listener.

倾听看似简单，却难以掌握。别担心，我们收集了三本书来帮你成为一名优秀的倾听者。

Just Listen by Mark Goulston

This book is about listening and giving responses. Just Listen is a good how-to guide to becoming a better face-to-face communicator. It reveals how to make a powerful first impression, how to respond positively and more. If you deal with difficult

people around you, this is a must-read for you to not only understand them but also make them feel understood.

马克·古尔斯顿的《好好听着》：这本书围绕倾听与回应展开，是帮助你成为更优秀的面对面沟通者的实用指南。它揭示了如何留下深刻的第一印象、如何积极回应等内容。如果你需要和身边难相处的人打交道，这本书是必读之选，它不仅能帮你理解他们，还能让他们感受到被理解。

Power Listening by Bernard T. Ferrari

Poor listening can lead to poor business decisions. The book focuses on corporate listening. It's great for anyone who leads groups through decision and design. The author offers a step-by-step guide to turn readers into active listeners.

伯纳德·T·费拉里的《高效倾听》：倾听不佳会导致糟糕的商业决策，这本书聚焦企

业倾听，对任何带领团队做决策和设计的人来说都极具价值。作者提供了循序渐进的指导，帮助读者成为积极的倾听者。

The Lost Art of Listening by Michael P.

Nichols

What is it that keeps so many of us from really listening? Nichols answers the question.

The book is filled with real-world examples that show easy-to-learn techniques for becoming a better listener. The techniques enable us to break through misunderstandings and conflicts in our relationships.

迈克尔·P·尼科尔斯的《倾听的艺术》：是什么让我们中的很多人无法真正倾听？尼科尔斯解答了这个问题。书中包含大量真实案例，展示了易于掌握的倾听技巧，这些技巧能帮助我们打破人际关系中的误解和冲突。

I. Questions:

1. Which book gives helpful tips on becoming a better face-to-face communicator?

1. 哪本书提供了成为更优秀的面对面沟通者的实用技巧?

2. Whose book is useful to a general manager of a company?

2. 哪位作者的书对公司总经理有帮助?

3. What do we learn about the three books?

3. 关于这三本书，我们能了解到什么?

U7

Further Exploration / News Report

A new driverless bullet train connecting the Chinese cities of Beijing and Zhangjiakou is capable of reaching a top speed of up to 350 km/h, making it the world's fastest autonomous train in operation.

一列连接中国北京和张家口的新型无人驾驶高铁，最高时速可达**350**公里，成为全球运营速度最快的自动驾驶列车。

The new service, launched in the build-up to the Beijing 2022 Winter Olympic and Paralympic games, will reduce travel time

between the capital and Zhangjiakou, which will stage most of the skiing events, from three hours to less than one. Some trains will complete the 108-mile route in 45 minutes. The original Beijing-Zhangjiakou line opened in 1909, when the same journey took around eight hours.

这项新服务是为**2022**年北京冬奥会和冬残奥会筹备推出的，它将把首都北京和承办大部分滑雪赛事的张家口之间的行程时间从**3**小时缩短到不到**1**小时，部分列车仅需**45**分钟就能完成这段**108**英里的行程。最初的京张铁路于**1909**年通车，当时这段行程大约需要**8**小时。

The trains will start and stop at stations automatically to a precise timetable, and change speed depending on limits between

stations. However, a monitoring attendant will still be on board in case of emergencies.

列车将按照精准的时刻表自动启停，并根据站间限速调整速度。不过，为应对紧急情况，列车上仍会配备监控乘务员。

I. Questions:

1. What is the outstanding feature of the new driverless bullet train?

1. 这款新型无人驾驶高铁的突出特点是什么？

2. Why has the new train service been launched?

2. 这项新的列车服务为何推出？

3. What measure will be taken in case of emergencies?

3. 遇到紧急情况时会采取什么措施？

Further Exploration / Conversation

W: So Tom, I hear you and Jack share a job.

女：汤姆，我听说你和杰克共享一份工作。

M: Yes. We've shared a sales job for over 3 years.

男：是的，我们已经共享一份销售工作三年多了。

W: Well, how do you divide up your schedule?

女：那你们是怎么分配工作时间的？

M: It was really a problem at the very beginning. Both of us worked all day Monday. Then I worked Tuesday and Thursday while

Jack worked Wednesday and Friday.

Sometimes I would talk to people when I was in office on Tuesday, then they would call back on Wednesday with a question. Their questions couldn't be answered since I was not there. People usually felt unhappy to wait until the next day to have their questions answered.

男：一开始这确实是个问题。我们周一都全天工作，然后我周二、周四上班，杰克周三、周五上班。有时候我周二在办公室和客户沟通，他们周三打电话来问问题，因为我不在，问题没法及时解答，人们通常会因为要等第二天才能得到回复而感到不满。

W: Then how did you manage to solve the problem?

女：那你们是怎么解决这个问题的？

M: Finally we decided that Jack would work in the mornings and I would work in the afternoons. Now even if someone calls with a question for me in the morning and they can't find me, they can call me in the afternoon. So their questions get answered the same day.

男：最后我们决定杰克上午工作，我下午工作。现在就算有人早上打电话找我问问题没找到，下午还能打过来，这样他们的问题当天就能得到解答。

W: What about holidays?

女：那假期呢？

M: Well, full-time employees usually have two weeks off annually. For Jack and me, we divide the holiday equally.

男：全职员工通常每年有两周假期，我和杰克会平均分配这些假期。

W: Wow, it has worked out well for you.

女：哇，这样安排对你们来说效果很不错。

M: Yes, both of us are pleased with it.

男：是啊，我们俩都很满意。

I. Questions:

1. What does "share a job" mean according to the conversation?

1. 根据对话，“共享一份工作”是什么意思？

2. Why were some people unhappy about their work performance?

2. 为什么有些人对他们的工作表现感到不满？

3. How did they solve the problem?

3. 他们是如何解决这个问题的？

4. What do we learn about their holidays?

4. 关于他们的假期，我们能了解到什么？

Further Exploration / Passage

In this competitive society it is essential to know how to sell yourself in order to get the job you want. That means you must be able to market your best features and present yourself in the best light. After all, you never get a second chance to make a first impression. There are several things you can do to project a good image in an interview. First of all, look like a winner. Dress conservatively and well, and you'll look like you're going to the top. Second, communicate

clearly. Consider each question carefully and respond with total honesty. Remember to make eye contact and maintain good posture. You need to look attentive but also at ease. Third, have a positive and assertive attitude. It's important to appear confident of your ability and optimistic about your future. Finally, be prepared. Present a professional resume and be ready to explain everything in detail.

在这个竞争激烈的社会，要想得到心仪的工作，学会自我推销至关重要。这意味着你必须能够展示自己的优势，以最佳状态展现自我。毕竟，第一印象的机会只有一次。在面试中，你可以通过几件事来塑造良好形象：首先，展现出成功者的姿态，穿着保守且得体，会让你看起来前程似锦；其次，表达清晰，仔细思考每个问题并坦诚回答，记得进行眼神交流、保持良好姿势，要看起来专注又从容；第三，保持积极果断的态度，展现出对自身能力的

自信和对未来的乐观很重要；最后，做好充分准备，准备一份专业的简历，并随时准备详细解释所有内容。

By following the advice above, you are bound to make a good impression on potential employers. Then you will be able to choose the best opportunity for you and take that first step towards success.

遵循以上建议，你一定能给潜在雇主留下良好印象，进而选择最适合自己的机会，迈出走向成功的第一步。

I. Questions:

1. Why is it essential to know how to sell yourself?

1. 为什么学会自我推销至关重要？

2. What kind of clothing is suitable for a job interview?

2. 什么样的着装适合求职面试?

3. What do you need to do to look attentive in a job interview?

3. 在求职面试中，要想看起来专注，你需要做什么？

U8

Further Exploration / News Report

Big data continues to grow in importance in China. For example, in Guizhou province, a really promising industry is beginning to grow. An industry that has both attracted well-established foreign companies and encouraged local start-ups.

大数据在中国的重要性持续提升，例如在贵州省，一个极具发展前景的产业正在兴起，该产业既吸引了知名外企，也扶持了本土初创企业。

PIX Moving is a start-up specialized in driverless vehicles and particularly vehicles used for delivery service. They modify traditional cars into self-driving cars by adding a 5G receiver. It receives the 5G signal and supports the remote control for the self-driving vehicle. Here in Guizhou Science City, self-driving cars are no longer something that only exists in science fiction.

PIX Moving是一家专注于无人驾驶车辆（尤其是配送服务用车）的初创企业，他们通过加装**5G**接收器将传统汽车改装为自动驾驶汽车，该接收器能接收**5G**信号并支持对自动驾驶车辆的远程控制。在贵州科学城，自动驾驶汽车不再只是科幻作品中的事物。

I. Questions:

1. What do we learn about PIX Moving?

1. 关于PIX Moving，我们能了解到什么？

2. What can we infer from the news report?

2. 从这篇新闻报道中我们能推断出什么？

3. What is the news report mainly about?

3. 这篇新闻报道主要讲了什么？

Further Exploration / Conversation

M: Have you noticed how many new words and phrases have been created or have changed their meanings thanks to the development of the Internet?

男：你有没有注意到，随着互联网的发展，出现了很多新的单词和短语，还有一些词汇的意思发生了变化？

W: Absolutely. For example, the verb "to post" and the noun "post" have gained new meanings. If you write an opinion on a social media website — you "post" a comment — your comment is ... well, "a post"! Before, you had to go to the post office to ... post your letters.

女：当然注意到了。比如动词“**post**”和名词“**post**”就有了新的含义。如果你在社交媒体网站上发表观点——也就是“发布（**post**）”——一条评论——你的评论就是一个“帖子（**post**）”！而在以前，你得去邮局“邮寄（**post**）”信件。

M: Let me see. This website's all about how popular it is to wear fur. I don't like it at all. I think I'll post a comment! Mary has a blog about food and she publishes new posts every day. Am I using the word "post" correctly?

男：我看看，这个网站全是关于穿皮草有多流行的内容，我一点也不喜欢，我想发表一条评论！玛丽有个美食博客，她每天都发新帖子。我用“**post**”这个词用对了吗？

W: Exactly! Another example is hard copy.

Your "hard copy" is ... guess what?

女：完全正确！再举个例子，“**hard copy**”，你猜猜“**hard copy**”是什么意思？

M: Not hard at all!

男：一点也不难猜！

W: Yes! "Hard copy" is what we call the paper version of a document you write on your computer or of a digital picture you take.

女：没错！“**hard copy**”指的是你在电脑上写的文档或拍摄的数码照片的纸质版本。

M: Paper is flexible, but the paper document is called "hard copy".

男：纸是柔软的，但纸质文档却被称为“硬拷贝（hard copy）”。

W: There you go.

女：就是这样。

M: "A post", "to post" and "hard copy", all come about because of computers and the Internet!

男：“帖子（a post）”、“发布（to post）”和“硬拷贝（hard copy）”，这些都是因为电脑和互联网才出现的！

W: New words and phrases are appearing every day and we have to keep up.

女：新的单词和短语每天都在出现，我们得跟上节奏。

I. Questions:

1. What are the two speakers talking about?

1. 两位说话者在谈论什么？

2. What does "post" mean in the sentence "I think I'll post a comment"?

2. 在句子“我想发表一条评论（I think I'll post a comment）”中，“post”是什么意思？

3. What does "hard copy" mean?

3. “hard copy”是什么意思？

4. What does the woman suggest we should do?

4. 这位女士建议我们应该做什么？

Further Exploration / Passage

Students can be easily distracted by their phones during class. School officials, teachers and parents are all trying to find out the best

way to supervise students' use of mobile or cellphones.

学生在课堂上很容易被手机分心，学校管理人员、教师和家长都在努力寻找监督学生使用手机的最佳方式。

In Ontario, officials are restricting phone use during teaching time. France passed a law in 2018 banning the use of cellphones in schools for students up to age 15. California turned to technology for answers. High schools now lock up cellphones during the day in a special container. Each student must put their phone away in a small bag with a magnetic lock. The cost for the equipment is around

20,000 a year for a school, or 20,000 a year for a school, or 12 for each student.

安大略省的官员限制学生在教学时间使用手机；法国在**2018**年通过法律，禁止**15**岁及以下学生在学校使用手机；加利福尼亚州则借助技术手段解决问题，当地高中如今会在白天将学生手机锁在特殊容器里，每个学生都要把手机放进带磁力锁的小袋子中。学校购置这套设备的年度成本约为**2**万美元，分摊到每个学生身上约**12**美元。

Brian Toth is the superintendent of a small district where cellphones are welcomed. Toth said students have grown up with cellphones, and "it is our responsibility to teach them proper use for tools within the classroom." He added that schools are teaching about cellphones and how to use them with social media and the Internet. "It is part of changing education for kids," he said. "The technology is here, schools should use it to help students, and not fear it".

布莱恩·托斯是一个对手机持开放态度的小学区的负责人，他表示学生们伴随着手机长大，“我们有责任教他们在课堂上正确使用这类工具”。他还说，学校正在教学生关于手机的知识，以及如何结合社交媒体和互联网使用手机。“这是为孩子们改革教育的一部分，技术已经到来，学校应该利用它帮助学生，而不是惧怕它。”

I. Questions:

1. What is the passage mainly about?

1. 这篇文章主要讲了什么？

2. How much does the cellphone lock-up equipment cost?

2. 手机锁存设备的成本是多少？

3. Who is Brian Toth?

3. 布莱恩·托斯是谁？

图片1：积极倾听的四个技巧

When someone reaches out to you, you want to be able to support them and help them through whatever they're facing.

当有人向你求助时，你会希望能够支持他们，帮助他们度过所面临的一切。

Listening well is a skill so what we're going to discuss today is how to actively listen and help a friend going through a tough time. The following are 4 tips we've put together.

善于倾听是一种技能，所以今天我们要讨论的是如何积极倾听，以及如何帮助正经历艰难时期的朋友。以下是我们整理的4个技巧。

Ask open questions. Instead of asking yes or no questions, try and keep them open-ended. These are the how, what, where, who and why questions. For example, ask "How long has this been going on?" rather than say "Has this been going on for a long time?"

提出开放式问题。不要问只能用“是”或“否”回答的问题，尽量让问题是开放式的。这类问题通常以“如何”“什么”“哪里”“谁”“为什么”开头。比如，问“这种情况持续多久了？”而不是“这种情况已经持续很长时间了吗？”

Summarize. Summarize what they've said and say it back to them. This helps to show the person that you've been listening attentively and that you understand their situation.

总结。把对方说的话总结一下，再反馈给他们。这能让对方知道你一直在认真倾听，并且理解他们的处境。

Reflect. Repeating back a word or phrase can encourage people to go on and expand their thoughts. If someone says "It's been really difficult recently", you can keep the conversation going by simply repeating a word they used in their sentence. This really helps people to open up.

反馈。重复对方说过的一个词或短语，可以鼓励他们继续说下去，进一步拓展思路。如果有人说“最近真的很难熬”，你可以只重复他们句子里的一个词，就能让对话继续下去，这真的能帮助人们敞开心扉。

Clarify. Sometimes a friend can gloss over an important point. Saying something as simple as "Tell me more about that" can not only clarify the point for you but for them as well.

澄清。有时朋友会一笔带过某个重要的点。说一句简单的“再多跟我说说这一点”，不仅能让你弄清楚问题，也能帮他们自己理清思路。

OK, my friend, I hope you'll find the tips useful. Remember to put them into practice and you'll become an active listener and a helpful friend.

好了，朋友，希望这些技巧对你有用。记得把它们付诸实践，你就能成为一个积极的倾听者和乐于助人的朋友。

图片2：社交联系的重要性

Think of the last time you spent with your family or friends or people you care about.

How did this make you feel? Being connected with people in your life helps you feel like you belong.

回想一下你上次和家人、朋友或你在乎的人在一起的时光。那时候你感觉如何？与生活中的人保持联系会让你有归属感。

It even helps reduce stress, boosts your immune system, lowers blood pressure and can lengthen your life.

它甚至有助于减轻压力、增强免疫系统、降低血压，还能延长寿命。

In fact, people with strong social support are usually happier, have better mental health and feel a stronger sense of belonging in their community.

事实上，拥有强大社会支持的人通常更快乐，心理健康状况更好，在社区中也能感受到更强的归属感。

Unfortunately people who feel alone or isolated often have poor health. In fact, new research shows that not having social relationships can shorten our lives as much as smoking over 100 cigarettes per week.

遗憾的是，感到孤独或孤立的人往往健康状况不佳。事实上，新的研究表明，没有社交关系对寿命的负面影响，相当于每周抽100多支烟。

But the good news is that we can all do things to change this and to help ourselves and others feel more connected.

但好消息是，我们都可以采取行动来改变这一点，帮助自己 and 他人感受到更多的联系。

Try to think about something you can do to make your connections stronger. Are there

people in your life or groups that you could reach out to?

试着想想你可以做些什么来加强你的社交联系。你的生活中有没有可以主动联系的人或群体？

How about others in your community who would benefit from more connections? Could you offer to make a meal for a new parent or caregiver, or maybe a neighbour who is having a tough time?

你社区里有没有其他人会从更多的联系中受益？你可以主动为新手父母、照顾者，或者正经历困难的邻居做一顿饭吗？

Write all of your ideas down and pick one thing you can do this week to get more connected or help others get more connected.

把你所有的想法写下来，选一件这周就能做的事，让自己或他人获得更多的联系。

Even small things like holding the door for someone, taking out the garbage for your neighbour, bringing food to someone in need. These can all lead to big changes that can improve your connections, your physical health and your mental health.

即使是小事，比如为别人开门、帮邻居倒垃圾、给有需要的人送食物，都能带来巨大的改变，改善你的社交联系、身体健康和心理健康。

图片3：找到适合自己的学习方式

Here's Jonathan studying for a test, and studying and studying and studying. And here

he is getting his test results. All that studying and he still got an F, why?

乔纳森正在为考试复习，一遍又一遍地学。现在他拿到了考试成绩，这么努力复习，结果还是得了F，为什么呢？

The thing is there's no one right way to study — some methods might work great for one person and not at all for others. Everybody learns differently.

问题在于，没有一种放之四海而皆准的学习方法——有些方法对一个人非常有效，对另一个人可能完全没用。每个人的学习方式都不同。

In order to find a study method that's best for you, it's important to know your learning style. The four most popular learning styles are visual, auditory, reading/writing, and kinaesthetic or hands-on.

为了找到最适合你的学习方法，了解自己的学习风格很重要。四种最常见的学习风格是视觉型、听觉型、读写型和动觉型（或实操型）。

For most people, one of these methods will work best but it's also possible for a combination of different styles to be effective.

对大多数人来说，其中一种方法最有效，但不同风格的组合也可能有效。

To discover your learning style, you can complete an online assessment. There's a wide variety of them available consisting of multiple-choice questions. However, you can also observe yourself and your previous learning experiences to get an idea of how you learn best.

要发现你的学习风格，你可以完成一个在线评估。这类评估有很多种，通常包含选择题。不过，你也可以通过观察自己和过去的学习经历，来了解自己最适合的学习方式。

Let's circle back to Jonathan. When he's in class and his teacher is lecturing, he gets distracted pretty easily — words tend to go in one ear and out the other. But when his teacher starts using visuals, Jonathan finds it easier to focus and understand the material so he might be a visual learner.

让我们回到乔纳森的例子。当他在课堂上听老师讲课时，很容易分心——左耳进右耳出。但当老师开始使用视觉材料时，乔纳森发现自己更容易集中注意力、理解内容，所以他可能是视觉型学习者。

Now think about your history: How have you enjoyed learning in the past? Do you prefer

watching over listening? Do you enjoy reading instead? Or maybe you learn best by doing with hands-on experience.

现在想想你自己：过去你喜欢什么样的学习方式？你更喜欢看而不是听吗？你喜欢阅读吗？或者你通过实际操作学得最好？

If none of these seem to grab you, give them each a try and see which one you tend to drift towards.

如果这些都不适合你，不妨每种都试试，看看你更倾向于哪一种。

图片4：大学的意义

The point of college isn't to prove your intelligence, but to grow your intelligence.

And our intelligence can only grow when we are challenged.

大学的意义不是证明你的聪明，而是让你变得更聪明。只有当我们面临挑战时，我们的智力才能得到成长。

We shouldn't fear tests or teacher comments or grades. None of those things define us. They are not even about us. They are all about the work.

我们不应该害怕考试、老师的评价或分数。这些都不能定义我们，甚至与我们无关，它们只和学业有关。

They tell us this is where you are right now, not this is where you'll always be or this is who you inherently are.

它们只能告诉我们你现在的位置，而不是你永远的位置，也不是你本来的样子。

If we get As in a class but learn nothing, we are not smarter than if we didn't take the class at all. Because when we struggle, that's when we learn.

如果我们在一门课上得了A却什么都没学到，那我们并不比没选这门课的人更聪明。因为只有当我们挣扎、努力时，我们才会学习。

And in the end, the grades don't tell you how successful you'll be. And they can't measure your worth. What matters is whether you are learning.

最终，分数不能告诉你你会有多成功，也不能衡量你的价值。重要的是你是否在学习。

So, celebrate the learning, celebrate the growth, take the challenging class, read the

comments, embrace the process, grow your intelligence.

所以，为学习庆祝，为成长庆祝，选有挑战的课，看老师的反馈，拥抱这个过程，让自己变得更聪明。