

iExplore 1

New words

freshman /'freʃmən/ n. [C] (AmE) a student in the first year of high school or university (高中或大学的) 一年级学生

A year later I was ready to go back to college, and I started over as a freshman.

text /tekst/ vt. to send a written message to sb. using a mobile phone (用手机) 给...发短信
Laura didn't call or text me all day.

roommate /'ru:m,meɪt/ n. [C] (尤指大学里的) 室友
Your roommate told me that you had moved out.

intimidating /ɪn'tɪmɪdeɪtɪŋ/ a. making you feel worried and not confident 令人紧张不安的; 令人胆怯的
Speaking in public can be intimidating for a lot of people including me.

unknown /ʌn'nəʊn/ a. (~ to sb.) without sb. knowing 不为某人所知的

As recently as three months ago, his name was almost unknown to people in this country.

scared /skeəd/ a. frightened of sth., or nervous about sth. 害怕...的; 对...感到恐惧(或紧张)的
She was scared that she might fall on the ice.

terrify /'terəfaɪ/ vt. to make sb. extremely afraid 使害怕; 使恐惧
The robbers terrified him into handing over the key to the safe.

laundry /'ləʊndri/ n. [U] clothes, sheets, etc. that need to be washed or have just been washed 待洗的衣物; 刚洗过的衣物
How much laundry can you fit into the washer?

lean /li:n/ vi.

1 to support yourself in a sloping position against a wall or other surface 倚; 靠

He was leaning on the tree, watching the cars go by.

2 to move or bend your body in a particular direction 屈身

The manager leaned over the desk and read the report.

vent /vent/

v. to express a negative emotion in a forceful and often unfair way 发泄, 表达(负面的情绪)

It's not fair to vent your anger on me.

n. [C] 通风孔; 排气道

How often do I have to clean the gas vent?

mate /meɪt/ n. [C] sb. you work with, do an activity with, or share sth. with 同事; 同伴

I am looking for my soul mate to share my life and dreams with.

poke /pəʊk/ vt.

1 to move or push sth. through a space or opening 插; 伸出; 探出

Don't let your boy poke his head out of the train window; it's dangerous!

2 to quickly push your finger or some other pointed object into sth. or sb. 戳; 捅; 刺

The boy sat down and began to poke little holes in the sand.

shell /ʃel/ n. [C] (坚果、禽蛋、种子及某些动物的) 壳

surroundings /sə'raʊndɪŋz/ n. [pl.] the objects, buildings, natural things, etc. that are around a person or thing at a particular time 环境; 周围的事物
It took me nearly one month to get used to my new surroundings.

flaw /flɔ:/ n. [C] a mistake or problem in an argument, plan, set of ideas, etc. (论点、计划、思想等中的) 错误, 缺陷

They finally found a flaw in my argument.

logic /'lɒdʒɪk/ n. [U] a way of thinking about sth. that seems correct and reasonable, or a set of sensible reasons for doing sth. 逻辑; (做某事的) 道理; 合理的想法
The logic of her argument is easy to be understood.

mass /mæs/ n. [C] (the ~es) the ordinary people 群众; 民众

The chef wants to cater to the masses with his new cookbook.

lengthy /'lenθi/ a. long, often lasting for longer than you want or expect 长的; 过长的; 冗长的

To be a professional, a lengthy period of training is a must.



random /'rændəm/ a. happening or chosen without any definite plan, aim, or pattern 随意的; 任意的; 随机的
We looked at a random sample of 200 people in their 20s.

bump /bʌmp/ v. to hit or knock against sth. 猛碰; 撞
I bumped my knee against the chair.

bachelor /'bætʃələ/ n. [C] a man who has never been married 未婚男子; 单身汉
Bell got shot on the way home from his bachelor party.

immerse /ɪ'mɜːs/ vt.
1 (~ yourself in sth.) to become completely involved in an activity 潜心于某事; 专心于某事

The advantage is that you get to immerse yourself in the activities and feel a real sense of achievement when you see the results.

2 to put sb. or sth. deep into a liquid so that they are completely covered 使浸没 (于液体中)
I immersed my clothes in the water.

vigorously /'vɪg(ə)rəsli/ ad. in a way that is very active, determined or full of energy 充满活力地; 果断地; 精力充沛地

Though there was only a little time left, he threw himself vigorously into the work in hand.

Phrases and expressions

take care of to do the necessary things for sb. who needs help or protection 照顾

We need to take care of ourselves in order to be able to take care of others.

among other things used to say that you are only mentioning one or two people or things out of a much larger group 除了其他东西
At the meeting they discussed, among other things, recent events in the city.

lean on to depend on sb. for support and encouragement, esp. at a difficult time (尤指在困难时刻) 依靠, 依赖 (某人)

You can lean on me when you have trouble.

pick up to buy sth. or get it from a shop, etc. 买到
He picked up a newspaper on the way home.

cut sb. / sth. off (from sb. / sth.) to prevent sb. or sth. from leaving or reaching a place or communicating with people outside a place 切断...的去路 (或来路); 使...与外界隔绝

He tried to cut himself off from all human contact on the island.

run into to meet sb. by chance 偶然遇见
I ran into a high school classmate the other day.

get caught up in sth. to get involved in sth., esp. sth. bad 被卷入某事, 陷入某事 (尤指坏事)

I decided to leave the room because I didn't want to get caught up in endless arguments.

bump into to meet sb. unexpectedly 邂逅; 碰见
I often bump into him in the library, but I don't know his name.

open up (to sb.) to talk about what you feel and think; to become less shy and more willing to communicate 直抒胸臆; 畅所欲言

I find it hard to open up to other people though it helps to solve my problem.

learn (sth.) the hard way to find out how to behave by learning from your mistakes or from unpleasant experiences, rather than from being told 经历挫折才懂得

I felt grateful that it was not too late for me to learn it, though I learned it the hard way.

hold fast to sth.

1 stick to sth. firmly 紧紧抓住某物

Fix your eyes upon the shore, hold fast to the wood and kick your legs as I showed you when I taught you to swim.

2 (fml.) to refuse to stop believing in sth. 坚信某事
It seems that the "core brand values" that car makers used to hold fast to have been changed.

amount to (sth.)

1 to be equal to or the same as sth. 等于; 相当于

Their ideas practically amount to the same thing.

2 to add up to sth.; to make sth. as a total 总计; 共计
His earnings are said to amount to more than one million dollars per year.

Proper names

The Bachelor 《单身汉》 (美国电视节目)



扫描全能王 创建

iExplore 2

New words

parasite /'pærəsaɪt/ *n.* [C] 寄生植物; 寄生动物; 寄生虫

confident /'kɒnfɪd(ə)nt/ *a.* sure that you can do sth. or deal with a situation successfully 自信的; 有信心的
They are quite confident about this game.

empower /ɪm'paʊə/ *vt.* to give sb. more control over their own life or situation 使自主; 使控制局面
It's important that girls are empowered and can be in control of what happens to them.

tornado /tɔ:'nɛrdəʊ/ *n.* [C] (pl. ~es / ~s) 龙卷风

undiagnosed /,ʌn'daɪəgnəʊzd/ *a.* (of a medical condition, a problem, etc.) not having been identified 未确诊的; 尚未找出原因的
The disease might be underreported as many cases are thought to be undiagnosed.

spiral /'spaɪrəl/ *vi.*

1 if a situation spirals, it gets worse, more violent, etc. in a way that cannot be controlled (形势) 急剧恶化
The economic crisis could spiral into a disaster of the whole society.

2 to move in a continuous curve that gets nearer to or further from its central point as it goes round 螺旋形上升 (或下降)

A leaf spiraled to the ground.

downward /'daʊnwəd/ *ad.* (also **downwards**) toward a lower level or position 向下; 往下; 朝下

He looked downward and was shocked by what he saw.

ultimately /'ʌltɪmətli/ *ad.* finally, after everything else has been done or considered 最后; 最终

Ultimately, they decided to close the mine for a better environment.

spring break *n.* [C] 春假 (学校的春季假期, 通常为一或两周)

uncertainty /ʌn'sɜ:tnti/ *n.* [U] when you feel doubt about what will happen 犹豫; 迟疑; 无把握

He had an air of uncertainty about his new partner.

diagnosis /,daɪəg'nəʊsɪs/ *n.* [C, U] (pl. **diagnoses**) the process or result of diagnosing sb. or sth. 诊断 (结果)
Remember, early diagnosis and treatment is often the key to long-term health.

blame /bleɪm/ *vt.* to say or think that sb. or sth. is responsible for sth. bad 责怪; 指责; 把...归咎于

Don't blame him. It's not his fault.

whisper /'wɪspə/ *n.* [C] a very quiet way of saying sth. so that other people cannot hear you 低语; 耳语
I heard whispers outside my room.

understandably /,ʌndə'stændəbli/ *ad.* in a way that seems normal and reasonable in a particular situation 可理解地; 正常地; 合情理地

Mr. Murry was understandably upset when no one returned his call.

react /ri'ækt/ *vi.* to act in a particular way as a direct result of sth. else 反应; 作出回应

The government was quick to react to the problem and won high praise in the international community.

mentor /'mentɔ:/ *n.* [C] an experienced person who advises and helps a less experienced person 导师; 指导者

Talking your plans over with a mentor may help you make a right decision.

overcome /,əʊvə'kʌm/ *v.* (**overcame**, **overcome**) to defeat or succeed in controlling or dealing with sth. 克服; 战胜; 攻克; 解决

She eventually managed to overcome her shyness in class.

lodge /lɒdʒ/ *vt.* to give or find sb. a place to stay for a short time 供...寄住; 给...找寄住处

This building was used to lodge refugees of the war.

intestine /ɪn'testɪn/ *n.* [C, usu. pl.] 肠

hesitate /'hezɪteɪt/ *vi.* to pause before saying or doing sth. because you are nervous or not sure 犹豫; 踌躇; 迟疑

He hesitated a moment, and then opened the door.

reevaluate /,ri:'væljuet/ *v.* to think about sth. again, esp. in order to form a new opinion about it 重新考虑; 再评价; 再评估

Once a year, reevaluate each of your life's values and ask yourself whether they match your life now.

regardless /rɪ'gɑ:dləs/ *ad.* (~ of) without being affected or influenced by sth. 不管; 不顾

This job is open to all, regardless of previous experience.

takeaway /'teɪkəweɪ/ *n.* [C]

1 a main message or piece of information that you learn from sth. you hear or read 从听到的或读到的...中了解到的主要信息

At the end of the class, the teacher gives us the takeaway points.

2 (AmE **takeout**) a meal that you buy at a shop or restaurant to eat at home (商店或餐馆的) 外卖食品



empathy /'empəθi/ n. [U] the ability to understand other people's feelings and problems 同情; 同感; 共鸣
We have a lot of empathy for those who are having hard times.

sympathetic /,sɪmpə'tetɪk/ a. kind to sb. who has a problem and willing to understand how they feel 同情的; 有同情心的; 表示同情的
Sophie is a sympathetic girl and she chose the major of social work in order to help people in need after graduation.

joy /dʒɔɪ/ n. [U] great happiness and pleasure 欢欣; 愉快; 喜悦
They were filled with joy when their first child was born.

sympathy /'sɪmpəθi/ n. [pl., U] the feeling of being sorry for sb. who is in a bad situation 同情; 同情心
I think it's his own fault, so I don't have much sympathy for him.

obstacle /'ɒbstəkl/ n. [C] sth. that makes it difficult to achieve sth. 障碍; 阻碍; 妨碍
They believed that there was no obstacle for the audience to understand the all-English performance.

empathetic /'empəθetɪk/ a. having the ability to imagine how sb. else feels 表示同情的; 有同感的; 产生共鸣的
We should try to be patient and empathetic with others.

vulnerable /'vʌln(ə)rəbl/ a. weak and easily hurt physically or emotionally (身体上或感情上) 脆弱的, 易受伤害的
Old people and children are vulnerable members of our society.

resistant /rɪ'zɪst(ə)nt/ a.
1 opposed to sth. and wanting to prevent it from happening 抵制的; 反抗的; 抗拒的
Elderly people are not always resistant to change.
2 not damaged or affected by sth. 有抵抗力的; 抵抗...的
Those resistant trees survived and ensured the survival of that species of tree.

stress /stres/ n. [C, U] pressure or worry caused by the problems in sb.'s life 精神压力; 心理负担; 紧张
The doctor said my illness was caused by stress.

anxiety /æŋ'zaɪəti/ n. [U] the state of feeling nervous or worried that sth. bad is going to happen 焦虑; 忧虑
People's anxiety about the low employment rate is increasing.

assumption /ə'sʌmpʃn/ n. [C] sth. that you think is true although you have no proof 假定; 假设; 臆断

There is an assumption that all the people who live in this area are rich.

gut /gʌt/ n. [C, usu. pl.] the place where your natural feelings that make you react in a particular way are thought to be 内心; 直觉; 本能
My head said that I should go but my gut said I should stay.

perception /pə'sepʃn/ n. [C, U] a particular way of understanding or thinking about sth. 理解; 看法; 认识
The public perception of him changed slowly.

incredibly /ɪn'kredəbli/ ad. extremely 极端地; 非常地
I'm incredibly lucky to realize my dream.

belt /belt/ n. [C] 腰带; 裤带
He stood up and fastened his belt.

grateful /'ɡreɪtfl/ a. feeling that you want to thank sb. because they have given you sth. or done sth. for you 感激的; 表示感激的
I'm really grateful for your consideration.

lecture /'lektʃə/ n. [C] a talk to a group of people about a particular subject, esp. at a college or university 讲座; 讲课; 演讲

Phrases and expressions

take on to agree to do some work or be responsible for sth. 接受(工作); 承担(责任)

She took on too much work which did harm to her health.

in the wake of happening after an event or as a result of it 随着...而来; 作为...的结果

Outbreaks of diseases occurred in the wake of the flood.

pick up (informal) to get an illness 患(病); 染(病)
She seemed to have picked up a terrible flu from somewhere.

little by little gradually 逐渐地

Little by little he came to understand why the teacher had said those words.

stick with

1 to stay close to sb. 紧跟; 跟...在一起; 不离开...

When he lost the election, his team still stuck with him.

2 to remain in sb.'s memory 留在...的记忆里

Grandpa's words will stick with me for the rest of my life.

in sb.'s shoes in sb. else's situation, esp. a bad one 处于某人的境地(尤指恶劣处境)

What would you do if you were in my shoes?

deep down felt strongly and often hidden from other people 在内心深处

We knew deep down that we could do it.



other than apart from a particular person or thing;
except 除了

*During the break of the lecture, we chatted about
anything other than the subject we were dealing with.*

have sth. under your belt to have achieved sth.
useful or important 获得某物

*Mary is a teacher having several years' experience under
her belt.*

Proper names

Guatemala /,gwa:tə'ma:lə/ 危地马拉 (中美洲国家)

