

# 2018 年全国高等教育自学考试统一命题考试

## 《英语（二）》重难点讲义资料

课程代码：00015

### 课程介绍

#### 一、基本内容

《英语（二）》在完成“英语（一）”课程内容基础上，培养考生掌握系统的英语语言知识，包括正确的英语语音知识、系统的英语语法知识和一定的词汇量(4500)，并熟悉英语语言的表达方式。

#### 二、命题相关

《英语（二）》命题按照标准化测试要求设计。命题的广度和难度依据本大纲规定的知识范围和能力要求确定。部分命题素材取自《英语（二）自学教程》。统考以阅读和写作为主，听、说不做统考要求。

考试题包括客观性试题和主观性试题，分别占卷面总分的55%和45%。试卷由七部分组成，包括：阅读判断、阅读选择、概括段落大意和补全句子、填句补文、填词补文、完形补文以及短文写作。现对试卷内容及结构分别说明如下：

#### 第一部分 阅读判断

本题型要求考生能够理解文中明确表达的概念或细节，推断隐含表达的内容，理解全文主旨和作者所持观点态度；能够根据上下文推测生词意义，理解句间关系和语篇结构。本题型短文选自英语国家大众读物及旅游手册、操作说明等真实语料，根据语言难度作适当调整，对无法猜测而又影响理解的关键词，用汉语注明词义。所选短文题材覆盖广泛，涉及叙述、说明、议论等不同体裁。

本题型要求考生在读懂 1 篇 350 词左右短文的基础上，对给出的 10 个句子所表达的信息作出判断，有的信息是正确的，有的是错误的，有的文中没有提到。

本题型共 10 小题。每小题 1 分，共计 10 分。

特别提示：与以往《英语（二）》的阅读理解设题形式相比，该题更注重文章中的细节。与四、六级06年改革后的新题型中快速阅读的最初形式类似（Yes, No, Notgiven）。

#### 第二部分 阅读选择

本题型要求考生：理解文章主旨和要义；把握文章的基本结构；理解文中说明要点的事实和细节；作出简单推理和判断；根据上下文推断生词的释义；领会作者的意图、观点和态度。

本题型选用 1 篇长度 350 词左右的短文，题材包括人文、科技、经济、环境、卫生等热点话题，文中会适当给出个别生词的中文释义。短文后设有 5 个题目，要求考生从每题后 4 个备选项中选出最佳选项。

本题型共 5 小题。每小题 2 分，共计 10 分。

特别提示：与以往《英语（二）》的阅读理解设题形式基本相同。

#### 第三部分 概括段落大意和补全句子

本题型包括 1 篇短文（400 词左右）和 2 项任务：概括段落大意和补全句子。其中概括段落大意部分旨在考查考生宏观把握文章结构、概括段落大意和提取关键信息的能力。任务设有 5 或 6 个概括句或小标题，这些标题或文字分别是对文章各段落的概括和阐述，其中 1 个为干扰项，要求考生根据文章内容选出最恰当的段落大意或小标题。补全句子部分主要考查考生定位查找关键信息的能力。该任务设有 5 或 6 个不完整的句子和 6 或 7 个备选项（1 个干扰项），所填内容一般为名词短语、动宾短语、形容词结构、非谓语形式或简短的从句等，要

求考生把符合题意的选项填入空格，完成每个句子。

本题型共 10 小题。每小题 1 分，共计 10 分。

特别提示：与以往《英语（二）》的阅读理解设题形式，更注重读者的概括总结能力。补全句子部分需特别关注句子的结构特征。

#### 第四部分 填句补文

本题型主要考查考生对文章语段特征（如连贯性和一致性等）的识辨能力以及把握文章结构的能力。要求考生从整体上把握文章的逻辑结构和内容上的联系，理解句子之间、段落之间的关系，并具备运用语法知识分析理解长难句的能力。

本题型选用 1 篇总长度约 400 词的短文，所选材料多是观点鲜明、条理清楚的说明文或议论文。要求考生在理解文章整体结构以及段落之间、单句之间关系的基础上，从所给的 6 个备选项中选出对应的 5 项（1 个干扰项）。

本题型共 5 小题。每小题 2 分，共计 10 分。

特别提示：所需填的句子起着承上启下的作用，故应特别关注空格处的句子与前后句之间的衔接关系。

#### 第五部分 填词补文

本题型考查考生对文章及语篇中词汇的理解能力。所选短文一般为 250~300 词，题材涉及科普知识、社会热点等。短文中留出 10 个词汇的空格，要求考生从所给 12 个备选单词中选择符合上下文语境的词汇填入相应空白处，使短文意思通顺、表达正确，2 个非正确选项具有强干扰性。考查的词汇主要涉及名词、动词、形容词、副词等。短文首句不设置空格，两个空格之间会有一定间隔，以保证考生对篇章的正确理解。

本题型共 10 小题。每小题 1.5 分，共计 15 分。

特别提示：类似于四六级考试中的阅读理解的第一部分选词填空（即15选10），更注重句子结构的分析。

#### 第六部分 完形补文

本题型考查考生综合理解和运用语言的能力。要求考生准确掌握词语拼写，熟练掌握派生、屈折变化等构词方法；具备语篇分析能力，能够通过上下文意义和文章结构对具体词语的意义、词性、时体和情态等方面的应用作出有效分析。短文选自英语国家大众报纸杂志，内容涉及传记、社会文化、日常知识、科普常识等常见话题。

本题型要求考生在通读 1 篇约 150 词短文（被删除 10 个单词）的基础上，将与空白处对应的提示词转换成适当的词汇形式填入文中，使短文意义完整、语法正确。

本题型共 10 小题。每小题 1.5 分，共计 15 分。

特别提示：类似于以往考试中的词性转换的形式，注重句子成分的分析，同时注意上下文的连贯性。

#### 第七部分 短文写作

本题型考查考生的书面表达能力。要求考生根据所给情境写出不少于 150 词（不计算标点符号）的文章。提供情境的形式有图画、图表、文字等。考生需要就具体或一般性抽象话题进行描述、阐释或说明，用词恰当，表达通顺；能正确反映客观情况，表达自己的观点；能准确使用所学语言知识，根据写作要求清楚、有条理、连贯地表达自己的意思。

本题型 1 个题目，30 分。

特别提示：新增考项。特别注重考生的词汇的应用能力和基本句型表达能力。特别关注各种体裁作文的格式及常用句型，全面提高语言表达能力。

#### 三、考试分值

《英语（二）》的考试采用闭卷方式，统考采用笔试。考试时间为 150 分钟。试卷满分为 100 分，60 分及格。《英语（二）》考试采用统一设计的答题卡。考生必须将所有试题的答案按要求填涂和书写在答题卡对应的位置。

#### 四、教材要求

《英语（二）》考试为英语水平考试，主要按照设定的标准考查考生的语言能力。必读书目为全国高等教育自学考试公共课《英语（二）自学教程》。考试命题虽不完全基于该教材，但它提供了《英语（二）》考试的内容和要求，是学习者和考生掌握英语和通过本考试的重要载体。

## Unit 1 The Power of Language

### 自考赢家整理

#### 1. New words and expressions

##### New words

1. critical adj. 有判断力的；判断公正（或审慎）的

2. non-fiction n. 纪实文学

3. position n. 观点；态度；立场

4. statement n. 说明；说法；表态

5. question v. 表示疑问；怀疑

out of question / out of the question

6. evaluate v. 估计；评价；评估

7. context n. 事情发生的背景，环境，来龙去脉

8. value n. values [pl.] 是非标准；价值观

valuable

invaluable = priceless

valueless

9. represent v. 描述；表现

representative adj. / n.

10. assertion n. 明确肯定；断言

11. sufficient adj. 足够的；充足的

sufficiency

insufficient

12. statistic n. statistics [pl.] 统计数字；统计资料

13. integrate v. （使）合并，成为一体

14. authority n. 专家；学术权威；泰斗

an / the authority on sth.

authorize

15. compare v. 比较；对比

compare A with B

compare A to B

16. subject n. 主题；题目；题材

17. consistent adj. 相符的；符合的

18. inconsistency n. 不一致

19. assumption n. 假定；假设

20. case n. 具体情况；事例

in case

in case of fire

in case that...

a case in point

confirmed / suspected cases

21. directly adv. 直接地；径直地

22. identifyv. 找到; 发现  
 23. validadj. 符合逻辑的; 合理的; 确凿的  
 validity n. 有效性, 正确(性)  
 invalid  
 24. credibleadj. 可信的; 可靠的  
 incredible=unbelievable  
 25. landmarkn. (标志重要阶段的) 里程碑  
 26. relevantadj. 紧密相关的; 切题的  
 relevancy n. 关联; 恰当  
 irrelevant  
 27. currentadj. 现时发生的; 当前的  
 28. appropriateadj. 合适的; 恰当的  
 inappropriate  
 It's (not) appropriate that ...  
 29. biasn. 偏见; 偏心; 偏向  
 30. considerablyadv. 非常; 很; 相当多地

consider  
 considering  
 considerable  
 considerate  
 consideration

31. Democratern. (美国) 民主党党员, 民主党支持者  
 32. Republicann. (美国) 共和党党员, 共和党支持者  
 33. reflectv. 显示; 表明; 表达  
 34. informedadj. 有学问的; 有见识的

well-informed  
 ill-informed

#### Phrases and Expressions

1. applyto 使用; 应用
2. putforth 提出; 产生
3. take ... intoaccount 考虑到; 顾及
4. accept/take ... atfacevalue 相信表面; 信以为真
5. withagrainofsalt 有保留地; 持怀疑态度地

#### II. Text Learning

##### CriticalReading

① (1)Criticalreadingappliestonon-fictionwritinginwhichtheauthorputs forthapositionorseekstomakeastatement. Criticalreadingisactivereading. Itinvolvesmorethanjust (不只是, 不仅仅是) understandingwhatauthorissaying. Criticalreadinginvolvesquestioningandevaluatingwhattheauthorissaying, and formingyourownopinionsaboutwhattheauthorissaying. Herearethethingsyou shoulddotobeacriticalreader. (启下句)

##### 【本部分重难点】

1. Criticalreadingappliestonon-fictionwritinginwhichtheauthorputsforth a position or seeks to make a statement.

apply to sb./sth.= be applicable to sb./sth.

apply 的派生词: application, applicant, applicable

② Consider the context of what is written. You may be reading something that was written by an author from a different cultural context than yours. (2) Or, you may be reading something written some time ago in a different time context than yours.

(3) In either case, you must recognize and take into account any differences between your values and attitudes and those represented by the author.

### 【本部分重难点】

2. Or, you may be reading something written some time ago in a different time context than yours.

some time

注意区分: sometime / sometimes / some times

3. In either case, you must recognize and take into account any differences between your values and attitudes and those represented by the author.

不论哪种情况,你必须注意并考虑你的价值观和态度与作者所述的价值观和态度有何不同。

those 是代词,代替前面的复数名词 values and attitudes。代替可数名词单数或不可数名词用 that。例如:

The students in your class are more hard-working than those in his class.

The values of the young people differ from those of their elders.

Your voice is more beautiful than that of your classmates.

The price of that book is higher than that of this one.

请认真答题,答题结果将记入知识点测评的成绩!【单选题】1. The necklace her sister is wearing is much more beautiful than \_\_\_\_\_ worn by Mary. A. this B. that C. these D. those

【答案】B

【解析】本题考查指代词 those/that 的用法。英语句子中为了避免重复常使用代词代替前面出现过的名词。代替前面的复数名词用 those; 代替可数名词单数或不可数名词用 that。本句中空格处要填的词代替单数可数名词 necklace, 故选 A。此处 that 也可以换成 the one。【知识点】指代词 those/that 的用法

③ Question assertions made by the author. Don't accept what is written at face value. Before accepting what is written, be certain that the author provides sufficient support for any assertions made. Look for facts, examples, and statistics that provide support. (承上句) Also, look to see if the author has integrated the work of authorities.

④ Compare what is written with other written work on the subject. (4) Look to see that what is written is consistent with what others have written about the subject. If there are inconsistencies, carefully evaluate the support the author provides for the inconsistencies. (承上句)

### 【本部分重难点】

4. Look to see that what is written is consistent with what others have written about the subject.

be consistent with 与……一致

consist vi. 组成 (of); 在于 (in); 符合 (with)

The United Kingdom consists of Great Britain and Northern Ireland. The beauty of the plan consists in its simplicity.

This doesn't consist with what you told me earlier. 这和你先前告诉我的不符合。

consist 的派生词: consistent, inconsistent, consistency, inconsistency

请认真答题,答题结果将记入知识点测评的成绩!【单选题】2. To tell you the truth,

I really hope that your actions will consist \_\_\_\_\_ your words this time. A. of B. in C. at D.

with 【答案】D

【解析】本题考查 consist 的用法。consist of 意为“由……组成”；consist in 意为“在于”；consist

with 意为“与……一致”，故选 D。consistat 不存在。该句的意思是“说实话，我真希望这次你的言行能一致”。【知识点】consist 的用法

⑤ Analyze assumptions made by the author. (5) Assumptions are whatever the author must believe is true in order to make assertions. In many cases, the author's assumptions are not directly stated. This means you must read carefully in order to identify any assumptions. (承上启下句) Once you identify an assumption, you must decide whether or not the assumption is valid.

⑥ Evaluate the sources the author uses. In doing this, be certain that the sources are credible. For example, Einstein is a credible source if the author is writing about landmark achievements in physics. Also be certain that the sources are relevant. Einstein is not a relevant source when the subject is poetry. (承上句) Finally if the author is writing about a subject in its current state, be sure that the sources are current (启下句). For example, studies done by Einstein in the early 20th century may not be appropriate if the writer is discussing the current state of knowledge in physics.

⑦ Identify any possible author bias. (6) A written discussion of American politics will likely look considerably different depending on whether the writer is a Democrat or a Republican. (7) What is written may very well reflect a biased position. You need to take this possible bias into account when reading what the author has written with “a grain of salt.”

⑧ By being a critical reader, you will become better informed and may change your views as appropriate.

### 【本部分重难点】

5. Assumptions are whatever the author must believe is true in order to make assertions.

whatever 引导的是表语从句，不能换成 no matter what。名词性从句（主语，宾语，表语，同位语从句）中，“疑问词 ever”不能换成“no

matter+疑问词”，状语从句中可以换用。例如：

Whoever comes to our party is welcome. (不能换成 no matter who...)

He will lend a helping hand to whoever needs his help. (不能换)

He will buy whatever his son wants. (不能换)

Whatever you do, I will support you. (能换成 no matter what...)

6. A written discussion of American politics will likely look considerably different depending on whether the writer is a Democrat or a Republican.

likely 在该句中是副词

likely adj. / adv.

be likely to do sth.

It's likely that...

a likely result

Profit will most likely have risen by about \$2 million. 利润极可能增加 200 万英镑左右。(副词)

likely 的派生词: unlikely, likelihood。例如:

The likelihood of infection is minimal. 感染的可能性极小。

7. What is written may very well reflect a biased position.

a biased position be biased to/toward(s)/against

反义词: unbiased

### III. 部分练习讲解

P111 Bridging the Gap

Directions: Fill in the blanks with a word or a phrase that best completes the passage. You may choose a suitable one from the list given.

解题方法: 把词分类

动词	名词	形容词	副词
define	action	powerful	internally
express	tears	personal	
shape	shape	good	
respond	to		

Language is one of the things that sets us apart as beings, one of the things that essentially defines us as humans. When language is used well it can elicit very deep feeling in others, motivate others to 2 action and define the nature of our relationships. Sometimes in poetry the juxtaposition (并列) of two words or a certain phrase can bring 3 tears to the eyes, call up a whole host of imagery and move us deeply. We have seen language recently used in the politics of persuasion, used for 4 good or ill - depending on your viewpoint. When we use language to 5 express our true feelings to someone it can open and deepen the connection between us. Language is a very 6 powerful tool. How we use language shapes our world both 7 internally and externally. How you use self-talk - what you say to yourself about yourself and about the world directly 8 shapes (塑造, 使成形) your experience of both yourself and the world. How you deliver communication shapes the way the world 9 responds to you. We can use language more effectively

in both spheres: internal and external and directly influence the health and power of our 10 personal relationships and our business relationships.

#### 1. New words and expressions

New words

1. confidence n. 自信心; 把握

相关词: confident

be confident of sb. / sth.

have / lose confidence in sb. / sth.

注意比较: confident / confidential

2. program v. 训练; 培养

3. mastery n. 控制; 驾驭

4. destiny n. 命运; 天命; 天数

5. dramatically adv. 巨大地; 惊人地; 显著地

6. quality n. 质量; 品质

7. subconscious adj. 下意识的; 潜意识的

8. please v. 使满意; 使愉快

9. command n. (给人或动物的) 命令

10. knowingly adv. 故意地; 蓄意地

11. impactn. 巨大影响；强大作用
  12. matterv. 事关紧要；有重大影响
  13. confidentadj. 自信的；有自信心的
  14. sensen. (对重大事情的) 感觉，意识
  15. eliminatenv. 排除；清除；消除  
eliminate all grammatical mistakes  
be eliminated in the firstround
  16. disempowerv. 剥夺；使失去权利；剥夺力量  
注意构词法：dis (表示否定) +em (使，赋予) +power  
en- / em-常见的动词前缀，如：enable, enrich, endanger, enlarge 等。  
empower v. 授权，赋予权利
  17. self-esteemn. 自尊 (心)
  18. limitv. 限制；限定  
区分两个名词 limit 和 limitation。  
There is a limit / are limits to one's life.  
There is no limit / are no limits to knowledge.  
Everyone has his own limitations.
  19. infiniteadj. 极大的；无法衡量的  
相关词：finite, finitely, infinitely
  20. stiflev. 压制；扼杀；阻止
  21. creativityn. 创造力  
相关词：create, creation, creator, creative, creatively
  22. internaladj. 内心的；头脑中的
  23. insignificantadj. 微不足道的；无足轻重的  
相关词：significant, significance, significantly, insignificance
  24. commonlyadv. 通常；常常
  25. alternativen. 可供选择的事物，替代物  
havenoalternativebuttodosth. Isthereanyalternativetogoingtothecinema?
  26. fabulousadj. 极好的；绝妙的
- Phrases andExpressions
1. carryout 完成 (任务)
  2. beupto 取决于
  3. haveanimpacton/upon 对...产生巨大影响
  4. rub ... out 用橡皮擦掉 (字迹等)
  5. beincontrol of 掌管；管理；控制

## 11. TextLearning

### The Language of Confidence

1 Thelanguageweuseprogramsourbrains. Masteringourlanguagegivesusagreat degreeofmasteryoverourlivesandourdestinies. Itisimportanttouse the language in the best way possible in order to dramatically improve our quality oflife.

2 Eventhesmallestofwordscanhavethedeepesteffectonoursubconsciousmind, whichislikeachild, anditdoesn't reallyunderstandthedifferencebetweenwhat reallyhappensandwhatyouimagine. (1) Itiseagertopleaseandwillingtocarry outanycommandsthatyougiveit—whetheryoudothisknowinglyornotisentirely



up to you.

"Try"

3 It is a small word yet it has a amazing impact upon us. If someone says, "I'll try to do that" you know that they are not going to be putting their whole heart into it, and may not even do it at all. (2) How often do you use the word try when talking about the things that matter to you? Do you say "I'll try to be more confident" or "I'll try to do that" or "I'll try to call"?

4 Think about something that you would like to achieve, and say it to yourself in two different ways. Firstly say, "I'll try to..." and notice how you feel. Next say, "I will do..." and see how you feel.

5 (3) The latter makes you feel better than the first one, doesn't it? It gives you a sense of determination, a feeling that it will be done. Listen to the people around you and when they say they will try notice if it gets done or not. Eliminate the word try from your dictionary and see how your life improves. (承上句)

### 【本部分重难点】

1. It is eager to please and willing to carry out any command that you give it - whether you do this knowingly or not is entirely up to you. 它渴望取悦，乐意听从你给它的任何命令，而你是有意还是无意地做这些完全取决于你。

(1) carry out commands 执行命令

(2) be up to sb. 取决于某人

例如: It's up to you whether we go there or not.

2. How often do you use the word try when talking about the things that matter to you?

matter v. be important

例如: As long as staff are smart, it doesn't matter how long their hair is. 员工只要聪明，头发留多长没什么关系。

It matters a lot whether you come to my birthday party or not.

3. The latter makes you feel better than the first one, doesn't it?

the former...the latter...

"Can't"

6 This is another small word with a big impact. It disempowers us, makes us feel weak and helpless, and damages our self-esteem. (4) It limits our infinite abilities and stifles creativity. Rub it out from your internal dictionary and replace it with something that makes you feel great.

### 【本部分重难点】

4. It limits our infinite abilities and stifles creativity.

(1) infinite 的词根是 finite, 其它相关词: finitely, infinitely, finiteness/finity, infiniteness/infinity.

(2) creativity 的词根是 create. 注意区分两个名词: creation/creativity.

7 Instead of saying you can't, why not say something like "I choose (愿意) ... "or" I choose not to ...". Using words like this allows you to take back your power and to be in control of your life.

8 Words may appear small and insignificant, yet they can have a deep and lasting effect on us. (5) Mastering your language gives you the power to live whatever life you desire.

9 What words do you use a lot that disempower you? Make a list of words you commonly use and then write next to them some alternatives you can use. (承上句) (6) Make these alternative words that make you feel fabulous, not only about yourself, but about life and what you are doing! (承上句)

### 【本部分重难点】

5. Mastering your language gives you the power to live whatever life you desire. give ... the power 相当于 empower, 该句等于 Mastering your language empowers you to live whatever life you desire.

6. Make these alternative words that make you feel fabulous, not only about yourself, but about life and what you are doing! 让这些替代词不仅使你对自己感觉良好, 而且使你对生活、对你所做的事情感觉无限美好吧!

(1) make 在这里接名词作宾补, 即 makesb. /sth. sth., 再如: We made him our monitor.

(2) make you feel fabulous, make 接 do sth. 作宾补。

(3) not only...but (also)...

## Unit 2 Mistakes to Success

### 1. New words and expressions

New words

1. spill v. (使) 洒出, 泼出, 溢出

2. respond v. 作出反应; 响应

respond to ...

response

3. interview v. (媒体) 采访, 访问

4. creative adj. 创作的

5. occur v. 发生; 出现 It

occurred to me that ...

6. remove v. 拿开; 去掉

7. refrigerator n. 冰箱

8. grip n. 紧握; 紧抓

9. slippery adj. 滑的; 滑得抓不住 (或站不稳、难以行走)

10. contentn. 所容纳之物; 所含之物
11. veritableadj. 十足的; 名副其实的; 不折不扣的
12. yellv. 叫喊; 大喊; 吼叫
13. lecturen. (冗长的) 教训, 训斥, 谴责
14. messn. 肮脏; 杂乱; 不整洁
15. rarelyadv. 罕有; 很少; 不常

rare animals /stamps

Rarely is he late for class.

16. puddlen. 水洼; 小水坑
17. eventually 最后; 终于
18. restorev. 使复原; 使复位; 使复职
19. spongen. 海绵块
20. effectivelyadv. 有效地

effective

ineffective

注意区分: effective / efficient

21. tinyadj. 极小的; 微小的
22. discoverv. 了解到; 认识到; 查明
- discovery
23. graspv. 抓紧; 抓牢
24. lipn. (容器或凹陷地方的) 边, 边沿
25. renownedadj. 有名的; 闻名的; 受尊敬的
26. remarkv. 谈论; 评论
27. opportunityn. 机会; 时机
28. scientificadj. 科学(上)的; 关于科学的

science

scientist

例如:

The medical science is making great progress in the treatment of cancer.  
You should provide scientific evidence instead of subjective evidence to prove this theory holds water.

Several world-renowned scientists will be invited to attend the forum.

29. valuableadj. 很有用的; 很重要的; 宝贵的

Phrases and Expressions

1. in this manner 用这种方式
2. set...apart from 区别; 使与众不同

## 11. Text Learning

Spilt Milk

① Have you heard of the story about split milk? (1) Well, we all know there is a mouse crying over split milk. But this story is different. I would hope all parents would respond in this manner.

② I recently heard a story about a famous research scientist (研究科学家, 高级研究员) who had made several very important medical breakthroughs. (2) He was interviewed by a newspaper reporter who asked him why he was so much more creative than the average person; what set him so far apart from others?

③ He responded that, in his opinion, it all came from an experience with his

mother that occurred when he was about two years old. (3) He had been trying to remove a bottle of milk from the refrigerator when he lost his grip on the slippery bottle and it fell, spilling its contents all over the kitchen floor - a veritable sea of milk!

④ When his mother came into the kitchen, instead of yelling at him, giving him a lecture, or punishing him, she said, " (4) Robert, what a great and wonderful mess you have made! I have rarely seen such a huge puddle of milk. Well, the damage has already been done. Would you like to get down and play in the milk for a few minutes before we clean it up?"

⑤ Indeed, he did. After a few minutes, his mother said, "You know, Robert, whenever you make a mess like this, eventually you have to clean it up and restore everything to its proper order. So, how would you like to do that? We could use a sponge, a towel, or a mop. Which do you prefer?" he chose the sponge and together they cleaned up the spilt milk.

⑥ His mother then said, "You know, what we have here is a failed experiment in how to effectively carry a big milk bottle with two tiny hands. Let's go out in the backyard and fill the bottle with water and see if you can discover a way to carry it without dropping it." (5) The little boy learned that if he grasped the bottle at the top near the lip with both hands, he could carry it without dropping it. What a wonderful lesson! (承上总结句)

⑦ (6) The renowned scientist remarked that it was at that moment that he knew he didn't need to be afraid to make mistakes. (7) Instead, he learned that mistakes were just opportunities for learning something new, which is, after all, what scientific experiments are all about. Even if the experiment "doesn't work," we usually learn something valuable from it.

⑧ (8) Wouldn't it be great if all parents would respond the way Robert's mother responded to him?

本文重点及难点:

1. Well, we all know there is no use crying over spilt milk.

There/ It is no use crying over spilt milk. 覆水难收。

2. He was interviewed by a newspaper reporter who asked him why he was so much more creative than the average person; what set him so far apart from others?

(1) who asked why ... from others 定语从句, 修饰先行词 a newspaper reporter.

(2) why he was so much more creative than the average person 和 what set him so far apart from others 都是 ask 的直接宾语。

(3) the average person 普通人

(4) set him so far apart from others 使他特别有别于他人, 使他和别人有很大不同。far 在这里是副词, 加强程度。

注意区分: so far 迄今为止, 到目前为止。相当于 by now, up to now, as yet.

So far he has mastered five foreign languages.

3. He had been trying to remove a bottle of milk from the refrigerator when he lost his grip on the slippery bottle and it fell, spilling its contents all over the kitchen floor - a veritable sea of milk! 他试图从冰箱里取出一瓶牛奶, 却没有抓住光滑的瓶子, 瓶子掉了, 牛奶洒得厨房满地都是一白花花的一片。

4. Robert, what a great and wonderful mess you have made! 感叹句。注意 what 和 how 的区别:

What a slower walker he is!

How slowly he is walking!

5. The little boy learned that if he grasped the bottle at the top near the lip with both hands, he could carry it without dropping it.

(1) grasp the bottle at the top

v. + sb./sth. + 介词 + the + 身体部位/衣服

(2) without dropping it 作状语。再如:

Tom left without saying good-bye.

He ran out (without) saying a good.

6. The renowned scientist remarked that it was at that moment that he knew he didn't need to be afraid to make mistakes.

宾语从句是强调结构 it was...that...。注意区分强调结构和 it 作形式主语或普通代词的结构。例如:

It was in this park that they first met each other.

It was this park where/in which they first met each other.

It is important that we learn a foreign language well.

7. Instead, he learned that mistakes were just opportunities for learning something new, which is, after all, what scientific experiments are all about. 相反, 他认识到错误正是学习新东西的机会, 毕竟任何科学实验都是如此。

8. Wouldn't it be great if all parents would respond the way Robert's mother responded to him?

该句是个反问句, 相当于语气很强烈的肯定句。

(1) the way Robert's mother responded to him 作状语, 相当于 in the way ...。再如:

He learned money was not everything the hard way.

(2) the way sb. does/did sth. 某人做某事的方式 I

like the way she dresses herself.

People don't the way he talks.

### III. 部分练习讲解

P128 Bridging the Gap

Directions: Fill in the blanks with a word or a phrase that best completes the passage. You may choose a suitable one from the list given.

解题方法: 把词分类

动词	名词	形容词	副词	介词	连词
fear	fear	unavoidable	wisely	without	so that
reach	success			under	as long as
reach				between	

Lots of people don't dare to make mistakes. They fear that they will be ridiculed or blamed by others. They fear that they will lose their money and belongings or be 2 under a lot of stress. But risks are 3 unavoidable and they do pave the way you must tread (踩, 踏) upon towards 4 success. Have you ever heard of someone who achieves success 5 without making any mistakes before?

So it is only natural that making mistakes in your effort to 6 reach your dreams is considered a must, and you shouldn't worry about that as you may get a lot of advantages out of your mistakes. By making mistakes at least you then can distinguish 7 between the correct and the incorrect portions of what you did. Anthony D'Angelo

said: "Inordertosucceedyoumustfail,  
8sothatyouknowwhattodothenexttime", andRobertLouisStevensonevenwenttotheextremeast  
osay: "Ourbusinessinlifeisnottosucceed, buttocontinuetofailingoodspirits (精神抖  
擞, 情绪高昂)."

Youneedn'tworryaboutanything9aslongasyoukeepongoingby10wiselylearning from your  
mistakes and trying evenharder.

#### 1. New words and expressions

##### Newwords

1. glance n. 瞥一眼; 匆匆一看; 扫视
2. touch n. 修饰; 润色; 装点
3. frost n. 给(糕饼)覆上糖霜
4. aesthetic adj. 审美的; 有审美观点的; 美学的
5. triumph n. 巨大成功; 伟大胜利
6. lumpy adj. 多块状物的; 为块状物覆盖的
7. frosting n. 糖霜(用以装饰糕饼等)
8. blender n. (电动)食物搅拌机
9. fixings n. [pl.] (菜肴的)配料
10. requisite adj. 必需的; 必备的; 必不可少的
11. utensil n. (家庭)用具, 器皿
12. phoenix n. (传说中的)凤凰, 长生鸟
13. clutter n. 杂乱的东西(尤指不需要的或无用的); 杂乱
14. present v. 把...交给; 颁发; 授予

注意作为动词和名词时的发音差别。再如: import, export, record, produce 等。

15. anniversary n. 周年纪念日
  16. flash n. 闪光; 闪耀
  17. position v. 安装; 安置; 使处于
  18. slide v. (使)快捷而悄声地移动
  19. explode v. 突然爆发, 迸发(感情)
- explosion
- explosive n. 炸药 adj. 爆炸性的
20. slip v. 悄悄疾行; 溜
  21. flip v. (开); 按(按钮)
  22. trumpet v. 发出喇叭声
  23. gesture v. 做手势; 用手势表示
  24. grandly adv. 骄傲地; 自负地
  25. slightly adv. 略微; 稍微
  26. off-balance adj. 不平衡的; 不稳定的
  27. layer n. 层; 表层
  28. inspection n. 检查; 查看; 审视
  29. moan v. 抱怨
  30. interject v. 打断(别人的讲话); 插话
  31. gently adv. 温柔地; 温和地; 和缓地
  32. disaster n. 灾难; 不幸; 彻底失败
  33. storm v. 气呼呼地疾走
  34. slam v. (使...)砰地关上
- slam the door shut
35. silently adv. 悄悄地; 静静地

silent

silence v. / n.

36. moistadj. 微湿的; 湿润的

moisturen.

37. sufferv. (因疾病、痛苦、悲伤等) 受苦, 受难, 受折磨

suffer pain(s) / torture(s) / losses / failures

suffer from a splitting headache

38. occasionaladj. 偶然的; 临时的

occasion

occasionally

39. issuen. 重要议题; 争论的问题

40. significancen. (尤指对将来有影响的) 重要性, 意义

significant

significantly

41. stuffn. (事物名称不详、无关紧要或所指事物明显时用) 东西, 物品, 玩意儿

42. awfullyadv. 非常; 极其

43. troublesomeadj. 令人烦恼的; 令人痛苦的

44. deservev. 值得; 应得; 应受

45. frustrationn. 令人懊丧 (或懊恼、沮丧) 的事物

frustratev.

frustratedadj.

46. carpetn. 地毯

47. emergev. 露头; 显现

区分两个名词: emergence / emergency

48. dignityn. 自豪; 自尊; 自重

indignityn. 侮辱, 轻蔑, 无礼举动

49. sanitationn. 环境卫生

50. sacrificen. 牺牲; 舍弃

sacrifice A forB

make self-sacrifice

51. tenderadj. 易损坏的; 纤弱的; 脆弱的

52. responsibilityn. 责任; 负责

responsible (to sb. / for sth.)

irresponsible

responsibly

53. occasionallyadv. 偶然; 偶尔; 有时候

54. consequencen. 结果; 后果

Phrases andExpressions

1. fromscratch 从头开始, 从零开始

2. runoutof 用完, 耗尽

3. stayup 熬夜

11. Text Learning

TheCake

1 Cindyglancednervouslyattheclockonthekitchenwall.Fiveminutesbefore midnight.

2 "Theyshouldbetimeanytimenow,"shethoughtassheputthefinishingtouches

(最后润色, 收尾工作) on the chocolate cake she was frosting. (1) It was the first time in her 12 years she had tried to make a cake from scratch, and to be honest, it wasn't exactly a aesthetic triumph. The cake was ... well, lumpy. And the frosting was bitter, as if she had run out of sugar or something, which, of course, she had.

### 【本部分重难点】

1. It was the first time in her 12 years she had tried to make a cake from scratch, ...

注意本句的时态。

It / This / That will be the first time they have met each other.

It / This / That is the third time he has seen an English film.

It / This / That was the last time he had done such a strange thing.

3 And then there was the way the kitchen looked. Imagine a huge blender filled with all the fixings for chocolate cake - including the requisite bowls, pans and utensils. Now imagine that the blender is turned on. High speed. With the lid off. Do you get the idea?

4 But Cindy wasn't thinking about the mess. She had created something, a veritable phoenix of flour and sugar rising out of the kitchen clutter. (2) She was anxious for her parents to return home from their dates so she could present her anniversary gift to them. She turned off the kitchen lights and waited excitedly in the darkness. When at last she saw the flash of the car headlights, she positioned herself in the kitchen doorway. (3) By the time she heard the keys sliding into the front door, she was THIS CLOSE to exploding.

5 (4) Her parents tried to slip in quietly, but Cindy would have none of that. She flipped on the lights dramatically and trumpeted: "Ta-daaa!" She gestured grandly toward the kitchen table, where a slightly off-balance two-layer chocolate cake awaited their inspection.

6 But her mother's eyes never made it all the way to the table. "Just look at this mess!" she moaned. "How many times have I talked to you about cleaning up after yourself?"

7 "But Mom, I was only..."

8 "I should make you clean this up right now, but I'm too tired to stay up with you to make sure you get it done right," her mother said. (5) "So you'll do it first thing in the morning."

### 【本部分重难点】

2. She was anxious for her parents to return home from their dates so she could present her anniversary gift to them.

be anxious for sb. to do sth. 渴望某人做某事

3. By the time she heard the keys sliding into the front door, she was THIS CLOSE to exploding.  
当听到钥匙插进门锁的声音时, 她的心几乎要蹦出来了!

4. Her parents tried to slip in quietly, but Cindy would have none of that.  
would have none of it 不接受, 不允许

5. "So you'll do it first thing in the morning."  
first thing in the morning 早上第一件事

He brushes his teeth first thing in the morning every day.

9 "Honey," Cindy's father interjected gently, "take a look at the table."



10 "I know-it's messy," his wife said coldly. "The whole kitchen is a disaster. I can't stand to look at it." She stormed up the stairs and into her room, slamming the door shut behind her.

11 (6) For a few moments Cindy and her father stood silently, neither one knowing what to say. At last she looked up at him, her eyes moist and red. "She never saw the cake," she said.

### 【本部分重难点】

6. For a few moments Cindy and her father stood silently, neither one knowing what to say. At last she looked up at him, her eyes moist and red..

neither one knowing what to say 以及 her eyes moist and red 都是独立主格结构，  
即：名词/代词+分词/形容词/介词短语/不定式。再如：

The teacher came in, (with) (a) book in (his) hand.

The monitor being ill, we have to postpone the meeting.

His homework (having been) finished, he decided to go to see a film.

The workers having finished all their tasks ahead of time, the boss decided to give them a day off.

Weather permitting, we will go for a spring outing.

So many people (being) absent, the meeting has to be canceled.

12 Unfortunately, Cindy's mother isn't the only parent who suffers from Situational Timbercular Glaucoma (青光眼) - the occasional inability to see the forest for the trees. (7) From time to time we all allow ourselves to be blinded to issues of long-term significance by stuff that seems awfully important right now, but isn't. Muddy shoes, lost lunch money and messy kitchens are troublesome, and they deserve their place among life's frustrations. But what's a little mud - even on new carpet - compared to a child's self-esteem? Is a lost dollar more valuable than a youngster's lingering dignity? And while kitchen sanitation is important, is it worth the sacrifice of tender feelings and relationships?

13 I'm not saying that our children don't need to learn responsibility, or to occasionally suffer the painful consequences of their own bad choices. Those lessons are vital, and need to be carefully taught. But as parents, we must never forget that we're not just teaching lessons - we're teaching children. (承上启下句) That means there are times when we really need to see the mess in the kitchen, and times when we only need to see the cake.

### 【本部分重难点】

7. From time to time we all allow ourselves to be blinded to issues of long-term significance by stuff that seems awfully important right now, but isn't.

由于那些眼下貌似极其重要但并非重要的事情，我们有时会对具有长远重要的事情视而不见。(分别指的是故事中的 mess 和 cake)

## Unit 3 Friendship and Loyalty

### 自考赢家整理

#### 1. New words and expressions

##### New words

1. reflectionn. (关于某主题的) 思考, 回忆
2. loyalty n. 忠诚; 忠实; 忠心耿耿

3. recognizev. 承认; 意识到
  4. betrayv. 辜负; 对...不忠
  5. indeedadv. 其实; 实际上
  6. virtuen. 高尚的道德; 正直的品性; 德行
  7. trendn. 趋势; 趋向; 倾向; 动态; 动向
  8. befriendv. 做(尤指需要帮助者的)朋友; 友善相待
  9. requestv. (礼貌或正式地)请求, 要求
  10. trendyadj. 时髦的; 赶时髦的
  11. multituden. 众多; 大量
  12. mutualadj. 共有的; 共同的  
mutual respect / understanding
- 辨析: mutual / manual / manure / mature / menu / mental
13. termn. 词语; 术语; 措辞
  14. siten. 网站; 站点
  15. acronymn. 首字母缩略词
  16. perishv. 丧失; 湮灭; 毁灭
  17. thoughtn. 想法; 看法; 主意; 记忆
  18. gossipn. 流言蜚语
  19. challengev. 考查...的能力; 考验...的技巧
  20. akinadj. 相似的; 类似的
  21. depositn. 存款
  22. accountn. 账户  
accountant  
current account  
deposit account
  23. interestn. 利息
  24. well-beingn. 健康; 安乐; 康乐
  25. welfaren. (个体或群体的)幸福, 安全与健康
  26. essencen. 本质; 实质; 精髓
  27. seekv. 寻找
  28. notoriety. 恶名; 坏名声  
notorious 相当于 infamous
  29. premisen. 前提; 假定 ;
  30. exploitv. 利用(...为自己谋利)
  31. reconnectv. 再联系; 再联络
  32. virtualadj. (通过计算机软件, 如在因特网上)模拟的, 虚拟的
  33. assurev. 使确信; 向...保证  
assure sb. ofsth.  
assure sb. that...
  34. cautionn. 警告; 告诫
  35. lyricn. 歌词
  36. undisputedadj. 不容置疑的; 毫无疑问的; 不可争辩的
  37. generationn. (统称)一代人, 同代人, 同辈人  
generationgap  
four generations living under the same roof
- Phrases and Expressions

1. stickby 坚持忠于; 不离不弃 (某人)
2. throughthickandthin 不畏艰难险阻go  
through thick andthin
3. leadto 导致, 造成 (后果)
4. amultitudeof 众多的; 大量的
5. perishthethought 甬想了; 但愿不会如此
6. engagein (使) 从事, 参加
7. inessence 本质上
8. assure...of... 使放心; 向...保证
9. payattentionto 注意
10. warn...of... 警告某人某事

## 11. TextLearning

### Reflections: Friendship and loyalty

① Howmany ofusrecognize trueloyaltyinafriend? Loyaltyconsistsof (参考 Unit1, TextA ) afriend, whowillstickbyyou, throughthickandthin. Afriend whoisalwayshonestwithyouandneverbetraysthefriendshipwithliesisaloyal friend. Ifyouhavealoyalfriend, youhaveindeedfoundatruevirtueinthatfriend.

(承上句)

② The current trend on the internet is befriending anyone who requests to be yourfriend. However, thisnewtrendmayleadtodisasters. (承上句) Itmaybepopular andtrendytohaveanetworkfilledwithamultitudeofmutualfriends. However, one true loyal friend may be the only friend youneed.

③ A term used on the popular Facebook site is B.F.F. This acronym means best friends forever. Are they really your best friends forever? You might ask yourself thisquestion, "WilltheysharemyprivatematterswithothersonthepagesofFacebook, or perish the thought, engage in gossip about me with others?" (1)If the answer to thatis, "Idon'tknow", morethanlikely, theywillnotbeyourbestfriendsforever. Maybe not, even for aday.

### 【本部分重难点】

1. Iftheanswertothatis, "Idon'tknow", morethanlikely (很有可能), they will not be your best friendsforever.

more than likely: very likely

more than happy: very happy

more than pleased: verypleased

④ IchoosetohaveaB.L.F., abestloyalfriend, forthoseofyouwhomaybe challenged by the use of acronyms during this age of technology andfast-talking.

⑤ (2)Loyaltyfoundinafriendisakintomakingadepositinabankaccount. Moreoftenthannot, yourdepositsgaininternet, aninternetinyourwell-beingand welfare. Aloyalfriendattractsanotherloyalfriend. (3)Inessence, waterdoesseek itsownlevel.

(承上、总结的句子)

⑥ (4)IfyouwereaB.L.F. waybeforeFacebookgainednotoriety, thenI'msure youunderstandthepriiseofloyaltyinafriend. YoushouldneverexploityourB.L.F. to gain more friends or make yourself sei more important to others. These are not thetraitsofabestloyalfriend. (承上句)

⑦ Abestloyalfrienddoesnotcarewhoisinvitedtoyourparty. Theywillattend your party and celebrate you, just in the way a best loyal friend shoulddo.

⑧ Reconnecting with a best loyal friend is easier to do on the pages of Facebook. However, a virtual friend does not assure you of his loyalty. My caution to you is that you'd better pay attention to the smiling faces on the Facebook pages. In the eighties we were warned of smiling faces in a song, which contained these lyrics, "A smile is just a frown turned upside down, my friend." Now, that is the undisputed truth for my generation.

**【本部分重难点】**

2. Loyalty found in a friend is akin to making a deposit in a bank account.

(1) akin to: similar to

(2) make a deposit in a bank account 往银行账户存款  
make withdrawals from a bank account

3. In essence, water does seek its own level. 本质上，水自然会向下流——朋友间总是惺惺相惜。

4. If you were a B. L. F. way before Facebook gained notoriety, then I'm sure you understand the price of loyalty in a friend.

way (与介词或副词连用，加强程度) very far 很远

如: She finished the race way ahead of the other runners. 她第一个跑到终点，远远领先于其他选手。

The shot was way off target. 这次射的远离目标。

The price is way above what we can afford. 价格高得我们绝对付不起。

way back: a long time ago 很久以前

I first met him way back. 我和他初次见面时很久以前的事了。

**III. 部分练习讲解**

P149 Bridging the Gap

Directions: Fill in the blanks with a word or phrase that best completes the passage. You may choose a suitable one from the list given.

解题方法: 把词分类

while (连词) share (动词/名词) on (介词) unique (形容词) whatever (连接词)

that (关系代词/ 指示代词/ 连接词) opposites (名词) a couple of (数词) personalities (名词) wisely (副词)

In the daily drama and comedy of our life, it's nice to have friends. \_\_\_\_\_ 1 While \_\_\_\_\_ family is extremely important, friends are a different support system of you're choosing. As the saying goes, you can't choose your family, but you can choose your friends." Choosing them \_\_\_\_\_ 2 wisely \_\_\_\_\_ can make your life more exciting and inspiring.

Deciding whom you choose as your friends says as much about you as it does them. You may choose your friends based \_\_\_\_\_ 3 on similar interests. You may choose them because you're both polar \_\_\_\_\_ 4 opposites of each other and find this interesting and intriguing. Often, friends become "friends" because they naturally gravitate (被吸引) towards each other because of similar \_\_\_\_\_ 5 personalities \_\_\_\_\_ and temperaments. Sometimes it's just circumstances \_\_\_\_\_ 6 that bring two individuals together who then become friends.

7 Whatever prompts a friendship, developing one is a very rewarding experience. This is especially true when, before you know it, a certain friendship turns into a \_\_\_\_\_ 8 unique lifelong close friendship. Again, it's been said that a person normally has only \_\_\_\_\_ 9 a couple of very close friends in their life. Think

ofwhomyoudeemastrulyclosefriends. Thesearethoseselectindividualsyoucan confidein  
(信赖, 吐露秘密) andIsharedeephoughtsandconcernswith,without anyreservations.

#### 1. New words and expressions

Newwords

1. tributen. (尤指对死者的)致敬; 悼念; 吊唁礼物

2. rearv. 抚养; 养育; 培养

比较: rear/rare

3. ungratefuladj. 不领情的; 忘恩负义的

比较: ungrateful / disgraceful

4. traitorn. 背叛者; 叛徒; 卖国贼

5. faithn. 信任; 相信; 信心

6. reputationn. 名誉; 名声

7. proneadj. 易于发生某事的; 很可能…的

8. malicen. 恶意; 怨恨

malicious

9. settlev. 把…放好; 安放

10. absoluteadj. 肯定的; 无疑的; 明确的

11. unselfishadj. 无私的; 忘我的; 不谋私利的

selfless

12. selfishadj. 自私的

13. desertv. 抛弃, 离弃, 遗弃(某人)

dessert

14. treacherousadj. 不可信任的; 背叛的; 奸诈的

15. prosperityn. 兴旺; 繁荣; 成功; 昌盛

prosper v.

prosperous adj.

16. povertyn. 贫穷; 贫困

poor

poverty-stricken

conscience-stricken

grief-stricken

panic-stricken

17. sicknessn. 疾病; 不健康

18. wintryadj. 冬天的; 寒冷的

19. fiercelyadv. 猛烈地

20. lick v. 舔

21. soren. 痛处; 伤处; 疮

22. woundn. (心灵上的)伤, 创伤

23. roughnessn. 艰辛; 艰难

24. guardn./v. 警卫; 守卫; 保卫

security guard

lifeguard

bodyguard

blackguard

25. paupern. 穷人; 贫民; 乞丐

26. constantadj. 不变的; 固定的; 恒定的

27. journeyn. (尤指长途) 旅行, 行程

28. heavenn. (theheavens [pl.]) 天空

29. outcastn. 被抛弃者; 被排斥者

30. friendlessadj. 没有朋友的

31. homelessadj. 无家的

32. faithfuladj. 忠实的; 忠诚的

33. privilegen. 特殊利益; 优惠待遇

34. accompanyv. 陪同; 陪伴

accompany sb. to the airport

accompany sb. on thepiano

35. scenen. 事件; 场面; 情景

36. embracen. 拥抱

37. pursuev. 追求; 致力于

pursuit

in hot pursuit of sb. / sth.

in pursuit of the sun

38. pawn. (动物的) 爪

39. alertadj. 警觉的; 警惕的; 戒备的

40. watchfulnessn. 警惕

Phrases andExpressions

1. turnagainst 背叛

2. beproneto 易于

3. standby 支持; 帮助; 忠于

4. takewings 飞走

5. falltopieces 崩溃; 倒塌; 解体

II. TextLearning

A Tribute to the Dog

1 The best friend a man has in this world may turn against him and become his enemy. (主题句) His son or daughter whom he has reared with loving care may prove ungrateful. (1) Those who are nearest and dearest to us, those whom we trust with our happiness and our good name, may become traitors to their faith.

2 The money that a man has may lose. It flies away from him, perhaps when he needs it most. (承上句) (2) A man's reputation may be sacrificed in a moment of ill-considered action. (3) The people who are prone to fall on their knees to do us honor when success is with us may be the first to throw the stone of malice when failure settles its cloud upon our heads. The one absolute, unselfish friend a man may have in this selfish world, the one that never deserts him, the one that never proves ungrateful or treacherous, is his dog.

### 【本部分重难点】

1. Those who are nearest and dearest to us, those whom we trust with our happiness and our good name, may become traitors to their faith

(1) ... those whom we trust with our happiness and our good name, 定语从句中 whom 是 trust 的宾语, 即 trust whom with our happiness and our good name 我们把自己的幸福和名誉都寄托在他们身上

(2) trust sb. with sth. 信得过, 托付, 寄托

I'd trust him with my life. 我把命交给他都放心。

1. Aman's reputation may be sacrificed in a moment of ill-considered (欠考虑的, 考虑不周的) action.

ill-considered 欠考虑的 (结合 Unit 1 讲过的 ill-informed)

ill-humored / good-humored

ill-bred / well-bred

ill-intentioned / well-intentioned

ill-informed / well-informed

3. The people who are prone to fall on their knees to do honor when success is with us may be the first to throw the stone of malice when failure settles its cloud upon our heads.

(1) be prone to do sth. 容易, 倾向于

(2) fall on one's knees 下跪

(3) do sb. honor 向某人表示敬意

(4) 译文: 当我们功成名就, 一些人卑躬屈膝极力讨好; 当失败的阴云笼罩在我们的头顶, 那些人又可能最先对我们落井下石。

3 Aman's dog stands by him in prosperity and in poverty, in health and in sickness.

(主题句) Hewill sleep on the cold ground when the wintry winds blow and the snow drives fiercely, if only he can be near his master's side. Hewill kiss the hand that has no food to offer.

Hewill lick the sores and wounds that come in the encounter with the roughness of the world. Heguard the sleep of his pauper master as if he were a prince.

(承上、总结的句子)

4 When all other friends desert, he remains. (4) When riches take wings and reputation falls to pieces,

he is as constant in his love as the sun in its journey through the heavens. (5) If fortune drives the master forth, an outcast in the world,

friendless and homeless, the faithful dog asks no higher privilege than that of accompanying him to guard him against danger, to fight against his enemies. And when the last scene of all comes and death takes its master in its embrace and the body is laid away in the cold ground, no matter if all other friends pursue their way, thereby his graveside will then noble dog be found, his head between his paws, his eyes sad but open in alert watchfulness (独立主格) faithful and true even to death.

#### 【本部分重难点】

4. When riches take wings and reputation falls to pieces, he is as constant in his love as the sun in its journey through the heavens. 当主人家财四散、名誉扫地, 它对主人的忠诚热爱仍宛如日升日落, 亘古不变。

5. If fortune drives the master forth, an outcast in the world, friendless and homeless, the faithful dog asks no higher privilege than that of accompanying him to guard him against danger, to fight against his enemies.

(1) the faithful dog asks no higher privilege than that of accompanying him to guard him against danger, that 代替前面的 privilege, 具体参考 Unit 1

(2) “否定词+比较级”, 表示最高级。(到 Unit 6 再详细讲) 例如:

He loves nothing better than sweet food. 相当于 He loves sweet food best.

## Unit 4 The Joy of Work

### New words

### and expressions

资料时时更新 购买资料后 加陈老师微信 475914439

New words

1. blessingn. 好事; 有益之事
2. subsistencen. 勉强维持生活; 生计
3. sugarcane n. 甘蔗
4. cornn. 玉米
5. hog n. 猪
6. cashn. 现金
7. dairyadj. 乳品业的; 生产乳品的 n. 牛奶场; 乳制品  
区分: dairy /diary

8. complainv. 抱怨; 埋怨; 发牢骚  
complaint

complain to sb. about sth.

complain of a splitting headache

9. carpentern. 木工; 木匠
10. committedadj. 尽心尽力的; 坚信的; 坚定的

commit anerror

commit a crime

commit suicide

commit oneself to (doing) sth.

be committed to (doing) sth.

commitment

11. brickn. 砖; 砖块
12. hammern. 锤子; 榔头
13. escortn. 护送者; 护卫队
14. remindv. 提醒; 使想起
15. victimn. 受害者; 牺牲品

fall victim tosth.

16. ideologyn. 意识形态; 观念形态

17. terrorismn. 恐怖主义

18. depressionn. 萧条期; 经济衰退; 不景气

depress

depressed 沮丧的; 萧条的

19. unrestn. 动荡; 动乱; 骚动
20. illegaladj. 不合法的; 非法的; 违法的  
il 是 in 的变体, 否定前缀, 再如: illogical  
ir, im 都是 in 的变体, 如: irregular, irresponsible, imbalanced, impossible,

immobile

21. immigrantn. (外来) 移民; 外侨
22. traffickingn. 非法交易; 非法买卖

c结尾的词变形时先加k, 如trafficker, panicker, picnicker, trafficking, panicking

23. dealern. 贩毒者; 毒品贩子

deal insth.

car / drug dealer

deal with sth.

24. gangn. 一帮, 一群, 一伙 (闹事、斗殴的年轻人)
25. contributev. 增加; 增进; 添加 (到某物)



26. quit v. 停止; 戒掉

Phrases and Expressions

1. bring in 赚得; 挣
2. eke out a living 竭力维持生计; 勉强度日
3. sink in 被完全理解; 被充分意识到
4. look forward to (高兴地) 盼望, 期待
5. over and over again 多次; 反复地; 一再
6. be prepared for 准备好; 有所准备
7. believe in 认为某事好 (对、可接受)

## 11. Text Learning

Work Is a Blessing

① I grew up in Lakeland, Louisiana, one of 12 children. We all lived on my parents' subsistence farm (自给自足的农场). We grew cotton, sugarcane, corn, hogs, chickens and had a large garden, but it didn't bring in much cash. So when I was 12, I got a part-time job on a dairy farm down the road, helping to milk cows. We milked 65 cows at 5 in the morning, and again at 2 in the afternoon, seven days a week.

② In the kitchen one Saturday before daylight, I remember complaining to my father and grandfather about having to go milk those cows. My father said, "Yaknow, boy, to work is a blessing."

③ I looked at those two women who'd worked harder than I ever had — my father eking out a living on that farm, and my grandfather farming and working as a carpenter during the Depression. (1) I had a feeling I had been told something really important, but it took many years before it sank in. (承上、总结的话)

④ Going to college was a rare privilege for a kid from Lakeland, Louisiana. My father told me if I picked something to study that I liked doing, I'd always look forward to my work. But he also added, "Even having a job you hate is better than not having a job at all." I wanted to be a farmer, but I joined the ROTC (美) 后备军官训练队, 预备役军官训练营 (Reserve Officers' Training Corps) program to help pay for college. (2) And what started out as an obligation to the Army became a way of life that I stayed committed to for 37 years, three months and three days.

### 【本部分重难点】

1. I had a feeling I had been told something really important, but it took many years before it sank in. 我有种感觉——父亲跟我说了一些确实重要的东西, 但许多年后我才真正理解。

sink in: be understood

It took many years for the teachers' words to sink in.

2. And what started out as an obligation to the Army became a way of life that I stayed committed to for 37 years, three months and three days.

(1) an obligation to the Army 对于部队的义务

(2) away of life 生活方式

(3) stay/becommitted to 致力于

He has been committed to working for the people heart and soul for more than twenty years.

(4) 译文: 当时的“义务”从军便成为了我的生活方式——我在部队服役长达 37 年三个月零三天。

⑤ In the late 1980s, during a visit to Bangladesh, I saw a woman with her baby

on her back, breaking bricks with a hammer. I asked a Bangladesh military escort why they weren't using a machine, which would have been a lot easier. He told me a machine would put that lady out of work. Breaking those bricks meant she'd earn enough money to feed herself and her baby that day. (3) And as bad as that woman's job was, it was enough to keep a small family alive. I tried to find the meaning of my father's words: to work is a blessing. (承上、总结的句子)

### 【本部分重难点】

3. And as bad as that woman's job was, it was enough to keep a small family alive. 此处疑似错句，应省略前面的as，即改为：And bad as that woman's job was, it was enough to keep a small family alive. 虽然她的工作实在很糟糕，但那却足够养活一个小家庭。

as 意为“虽然”，用于倒装，句式如下：

Though he is very young, he is very learned. = Young as he is, he is very learned.

Though he is an old man, he is very energetic. = Old man as he is, he is very energetic.

Though I like him very much, I won't do his homework for him.

= Much as I like him, I won't do his homework for him.

Though he tried, he failed again. = Try as he did, he failed again.

⑥ Serving in the United States Army overseas, I saw a lot of people like that woman in Bangladesh. And I've come to believe that people without jobs are not free. They're victims of crime, the ideology of terrorism, poor health, depression and social unrest. These victims become the illegal immigrants, the slaves of human trafficking, the drug dealers, and the street gang members. I've seen it over and over again on the U.S. border, in Somalia, the Congo, Afghanistan and in New Orleans. People who have jobs can have a home, send their kids to school, develop a sense of pride, contribute to the good of the community and even help others. When we can work, we are free. (总结概括的句子) We are blessed.

⑦ I don't think I'll ever quit working. I'm retired from the Army, but I'm still working to help people be prepared for disasters. And I may get to do a little farming someday, too. I'm not going to stop. I believe in my father's words. I believe in the blessing of work.

### III. 部分练习讲解

P168 Bridging the Gap

Directions: Fill in the blanks with a word or phrase that best completes the passage. You may choose a suitable one from the list given.

解题方法：把词分类

动词	名词	形容词
improve	weight	stressed
check out	priority	different
clearing away	routine	routine
arrive	route	

We all get the Monday blues from time to time, but there are ways to improve your working life and be happy at work. If you're going through a rough patch (经历难关，经历一段困难时期) at work or are lacking job satisfaction, 2 check out these ways to boost your mood and have a happier workday.

If your workday often leaves you feeling 3 stressed and overwhelmed, it is time

to calm things down by getting more organized. Firstly, make sure you arrive a few minutes early for work to give you time to organize your tasks for the day and get mentally prepared. Secondly, organize your space by clearing away any clutter and streamlining your workspace. Finally, make a list of everything that you need to do that day in order of priority. If you can, try taking care of the more difficult things first to help take a weight off your mind.

Variety is the spice of life, and this is never truer than when it comes to your working day. Following the same routine day in, day out can quickly cause boredom and dissatisfaction to set in, so try making every day a little different in any way you can. Try doing routine tasks in a different order, talking to someone new or taking a different route to work. If you really can't shake up (重组) your workday itself, instead try organizing something fun and different to do on your lunch break every so often.

#### 1. New words and expressions

New words

1. paradox n. 矛盾的人(或事情、情况)
2. simultaneous adj. 同时发生(或进行)的; 同步的
3. reward n. 奖励; 回报; 报酬
4. entrepreneur n. 创业者; 企业家
5. exclude v. 把...排斥在外; 防止...进入; 阻止...参加
6. tragic adj. 悲惨的; 悲痛的; 可悲的

tragedy

tragedian 悲剧演员, 悲剧作家

comedy

7. passion n. 强烈情感; 激情

passionate

8. sound adj. 明智的; 合理的; 正确的; 可靠的
9. process n. (为达到某一目标的)过程; 进程
10. crucial adj. 至关重要的; 关键的
11. privileged adj. 荣幸的; 幸运的
12. motivation n. 动机; 原因
13. prioritize v. 按重要性排列; 划分优先顺序

prior

priority

-r (+ity构成名词), 再如: regularity, similarity, familiarity, popularity

14. pattern n. 模式; 方式
15. strategy n. 策划; 规划; 部署; 统筹安排
16. routine n. 常规; 正常顺序
17. sight n. 视力范围; 视野
18. solely adv. 仅; 只; 惟; 单独地
19. logistics n. 后勤; 物流; 组织工作
20. locally adv. 在本地
21. competitor n. (尤指商业方面的)竞争者, 对手

compete with/against sb. for sth.

competitive

competitor

competition

22. roomn. 可能性; 机会

There is still a lot of room for progress.

23. nichen. (商品的) 商机; 市场定位

24. uniqueadj. 独特的; 罕见的

25. survivev. 生存; 存活; 继续存在

survive a fire / a war / a flood / an accident / an earthquake

survive a person

survivor

survival

He is one of the lucky survivors in this accident.

Darwin's Theory of Evolution can be characterized as survival of the fittest.

26. clientn. 客户; 顾客

27. financen. (个人、组织、国家的) 财力, 财源, 财务管理

28. purchasen. 购买; 采购

29. obligationn. (已承诺的或法律等规定的) 义务, 责任

30. downpaymentn. (分期付款的) 首期付款; 预付金; 定金

31. mortgagen. 按揭; 按揭贷款

32. trashcann. 垃圾桶

33. garagen. 停车房; 车库

34. fixturen. 固定设施

35. landscapenv. 对...做景观美化; 美化...的环境

36. exceedv. 超过 (数量)

37. boundaryn. 边界; 界限; 分界线

38. exhaustiveadj. 详尽的; 彻底的

39. viability. 可行性

40. run (使) 运转, 运行; 操作

41. assumev. 假定; 假设; 认为

assumption

42. alleviatev. 减轻; 缓和; 缓解

43. seasonedadj. 富有经验的; 老于此道的

44. offerv. 主动提出; 愿给予

45. aspirev. 渴望 (成就); 有志 (成为)

aspiration

inspiration

perspiration

respiration

Edisononcesaidgeniusis1%inspirationand99%perspiration.

46. variousadj. 各种不同的; 各种各样的

vary

variety

47. counseln. 劝告; 忠告; 建议

48. makeshiftadj. 临时替代的; 权宜的

49. licensen. 许可证; 许可证; 执照

50. presencen. 存在; 出现

51. unparalleledadj. 无比的; 无双的; 空前的; 绝无仅有的

52. professionaladj. 职业的；专业的  
 53. careern. 生涯；职业  
 54. feedv. 满足（希望、愿望、欲望等）

#### Phrases and Expressions

1. liein 存在；在于
2. bargainfor 预料到；料想到
3. be/feelobligedtodosth. 荣幸地做某事
4. bring...tothetable 带来（好处）
5. at/in/totheforefrontof... 处在最前列；进入重要地位
6. inplainsight 显而易见
7. get...up 安排；组织
8. seekout 寻求
9. inplace 在工作；准备就绪
10. applyfor（通常以书面形式）申请，请求

#### II. Text Learning

##### How to Start Your Own Business

1 Theparadoxofstartingyourownbusinessliesinthesimultaneuschallenge andreward, makingitanexperienceunlikeanyother. Somanymanybusinessesfail, and mostentrepreneursexcludethiselvesfromthepossibility. Thetragicrealityisthat whenbusinesses fail, thepassionoften dies withit. （承上句） Byfollowingsome soundadviceandbeingpreparedforthe process, youwilldecreaseyourchancesof losingalotmorethanyoubargainedfor. Ihaverecentlystartedabusinessandhave learnedsomecruciallessons intheprocess thatIfeelprivileged tosharewithyou.

（承上启下句）

2 1. Identify your motivation. Why do you want to start your ownbusiness? Tohave more time? To make more money? To be your own boss? To havecreativecontrolover what you love to do? Write out all of your motivating factorsandprioritize them. （承上启下句） Whenyouseeethilisted, youmightseeapattern inthatyou'rejust unhappy at your current job and starting your own business isn'ttheanswer. 3 2. Identify your passion. What do you love to do? What skills andknowledge doyouuniquelybringtothetable? Whatgetsyouexcitedaboutyourwork? Keepthat passionattheforefrontofyourbusinessplan, yourmarketingstrategies, andyour dailyroutine. (1) Ifyoukeepyourpassioninplainsight, youwillstayfocusedon the purpose of your business and not solely on thelogistics.

4 3. Identifyyourmarket. Ifyouarestartingyourbusinesslocally, research yourcompetitors. Determineifthereisroominthemarketforyourbusiness. What will you do differently to draw in customers? What niche market are the other businessesmissing? IfyouarestartinganInternetcompany, researchtherequirients for your own unique Web presence. Your business cannot survive without customers, so do enough research on the front end to determine if there are enough potential clients to keep your businessalive.

5 4. Identifyyourfinances. Ifyouhaveeverpurchasedanewhome, youknowthat thefinancialobligations （ 债 务 ） extendbeyondthedownpaymentandthemortgage. Youhavetobuyfurniture, trashcans, agaragedooropener（车库门遥控开关）， light fixturesandlandscapingequipment（景观美化设备）， andbeforeyouknowit, you've farexceededyourfinancialboundaries. Thatcanhappenjustaseasilyinabusiness.

Do exhaustive (详尽的) financial planning. Meet with a financial advisor (财政顾问) or someone at your bank to examine the financial viability of your business and the process of getting it up and running. Plan wisely and do not assume the best about your business. Be prepared for financial loss and get advice on how to alleviate that burden in the future.

6 5. Identify your support system. Seek out advice from seasoned business owners, even those in your own field. Develop relationships with people who can offer sound advice and criticism that you might not see. If there is a business owner in your community or in your network that you aspire to model, examine his or her business practices and how they handle various situations. Ask for counsel before big decisions, and even create your own makeshift Board of Directors to help guide you in the planning and start-up process.

7 Once you have all of these elements in place, you are prepared to start the process of developing a business plan, applying for a license, establishing a marketing presence (营销实体), etc. (2) Owning your own business can be unparalleled in the professional world, and if you surround yourself with wise counsel, you can have a career that daily feeds your passion.

本文重点及难点:

1. If you keep your passion in plain sight, you will stay focused on the purpose of your business and not solely on the logistics.

(1) keep sth. in plain sight 显而易见, 一览无余

(2) stay focused on 关注于

2. Owning your own business can be unparalleled in the professional world, and if you surround yourself with wise counsel, you can have a career that daily feeds your passion.

(1) unparalleled 无双的, 无与伦比的, 空前的

(2) surround yourself with wise counsel 征求他人的建议

(3) a career that feeds your passion 满足你的热情的事业, 充满激情的事业

## Unit 5 Keeping Your Dreams Alive

### 自考赢家整理

#### 1. New words and expressions

New words

1. transcend v. 超出, 超越 (通常的界限)

2. incessantly adv. 不停地; 持续不断地

3. noisily adv. 喧闹地

noise

noisy

4. subtly adv. 不易察觉地; 不明显地; 微妙地

5. enormity n. 巨大; 深远影响; 严重性

enormous

6. burden n. (义务、责任等的) 重担, 负担

7. belief n. 相信; 信心

believe

believable

unbelievable

disbelief

8. uniqueadj. 唯一的; 独一无二的; 独特的

9. afflictionn. 折磨; 痛苦

10. especiallyadv. 尤其; 特别; 格外

11. triben. 部落

12. speciesn. 种, 物种 (分类上小于属)

13. disciplinen. 自制力; 遵守纪律

14. confrontv. 处理, 解决 (问题或困境)

15. evokev. 引起, 唤起 (感情、记忆或形象)

16. griefn. (尤指因某人去世引起的) 悲伤, 悲痛, 伤心

17. guilt. 内疚; 悔恨

guilty

be guilty of

be / feel guilty about

18. anxietyn. 焦虑; 忧虑

anxious

19. anguishn. 剧痛; 极度痛苦; 苦恼

20. despairn. 绝望

21. uncomfortableadj. (使) 焦虑的, 尴尬的, 害怕的, 不自在的

22. physicaladj. 身体的; 肉体的; 躯体的

23. equalv. 比得上; 敌得过

24. conflict. 冲突; 争执; 争论

25. engenderv. 产生, 引起 (某种感觉或情况)

26. posev. 造成 (威胁、问题等); 引起; 产生

27. distinguishv. 区分; 辨别; 分清

28. wisdomn. 智慧; 才智; 精明

29. mentallyadv. 精神上; 智力上; 思想上

30. spirituallyadv. 精神上; 心灵上

31. desirev. 渴望; 期望

32. deliberatelyadv. 故意; 蓄意; 存心

33. instructv. 教授; 指导

34. dreadv. 非常害怕; 极为担心

Phrases andExpressions

1. moanabout 抱怨

2. aseriesof 系列; 连续

3. becauseof 因为

4. aswellas 除...之外

5. cuttingedge (处于某事物发展的) 尖端, 最前沿, 领先阶段

6. callforth 引起; 使产生

11. Text Learning

Life IsDifficult

① Life Is Difficult.

② Thisisagreattruth, oneofthegreatesttruths. Itisagreattruthbecause once we truly see this truth we transcend it. Once we truly know that life is difficult-once we truly understand and accept it-then life is no longer difficult.

Because once it is accepted, the fact that life is difficult no longer matters. (承

上句)

③ Most people do not fully see this truth that life is difficult.

④ Instead they moan more or less incessantly, noisily or subtly, about the enormity of their problems, their burdens, and their difficulties as if life were generally easy, as if life should be easy. (1) They voice their belief, noisily or subtly, that their difficulties represent a unique kind of affliction that should not be and that has somehow been especially visited upon them, or else upon their families, their tribe, their class, their nation, their race or even their species, and not upon others. I know about this moaning because I have done my share. (承上、总结的句子)

### 【本部分重难点】

1. They voice their belief, noisily or subtly, that their difficulties represent a unique kind of affliction that should not be and that has somehow been especially visited upon them, or else upon their families, their tribe, their class, their nation, their race or even their species, and not upon others.

visit sth. on/upon sb./sth. (古) inflict (造成, 使遭受) punishment on sb./sth. 对某人/某物进行惩罚

visit the sin of the parents upon their children 相当于 make the children suffer for their parents' failings 使子女因父母之过错而受惩罚

⑤ Life is a series of problems. Do we want to moan about them or solve them? Do we want to teach our children to solve them?

⑥ Discipline is the basic set of tools we require to solve life's problems. (主题句) Without discipline we can solve nothing. With only some discipline we can solve only some problems. With total discipline we can solve all problems.

⑦ What makes life difficult is that the process of confronting and solving problems is a painful one. Problems, depending upon their nature, evoke in us frustration of grief, sadness, loneliness, guilt, regret, anger, fear, anxiety, anguish, despair. These are uncomfortable feelings, often very uncomfortable, often as painful as any kind of physical pain, sometimes equaling the very worst kind of physical pain. (2) Indeed, it is because of the pain that events or conflicts engender in us all that we call them problems. (承上启下句) (3) And since life poses an endless series of problems, life is always difficult and is full of pain as well as joy.

### 【本部分重难点】

2. Indeed, it is because of the pain that events or conflicts engender in us all that we call them problems. 强调句。去掉 it is...that...剩下的部分成立。

3. And since life poses an endless series of problems, life is always difficult and is full of pain as well as joy.

pose an endless series of problems

pose a threat

pose a danger

pose for a picture

⑧ (4) Yet it is in this whole process of meeting and solving problems that life has its meaning. Problems are the cutting edge that distinguishes between success and failure. Problems call for our courage and our wisdom; indeed, they create our courage and our wisdom. It is only because of problems that we grow mentally and spiritually. When we desire to encourage the growth of the human spirit, we challenge



and encourage the human capacity to solve problems, just as in school we deliberately set problems for our children to solve. It is through the pain of confronting and resolving problems that we learn. (承上启下句) As Benjamin Franklin said, "Those things that hurt, instruct." It is for this reason that wise people learn not to dread but actually to welcome problems and actually to welcome the pain of problems.

### 【本部分重难点】

4. (Paragraph 8) Yet it is in this whole process of meeting and solving problems that life has its meaning. Problems are the cutting edge that distinguishes between success and failure. Problems call forth our courage and our wisdom; indeed, they create our courage and our wisdom. It is only because of problems that we grow mentally and spiritually. When we desire to encourage the growth of the human spirit, we challenge and encourage the human capacity to solve problems, just as in school we deliberately set problems for our children to solve. It is through the pain of confronting and resolving problems that we learn. (承上启下句) As Benjamin Franklin said, "Those things that hurt, instruct." It is for this reason that wise people learn not to dread but actually to welcome problems and actually to welcome the pain of problems.

本文出现最多的结构是强调结构。本段中的强调结构有：

(1) Yet it is in this whole process of meeting and solving problems that life has its meaning.

(2) It is only because of problems that we grow mentally and spiritually. (本句的语序要留意)

比较: Only because of problems do we grow mentally and spiritually.

类似的还有 not until...被强调时, 例如:

It was not until midnight that the party broke up.

Not until midnight did the party break up.

(3) It is through the pain of confronting and resolving problems that we learn.

(4) It is for this reason that wise people learn not to dread but actually to welcome problems and actually to welcome the pain of problems.

重点掌握: courage 的派生词

courageous

encourage ~ sb. to do sth.

discourage ~ sb. from doing sth.

encouraging

discouraging

encouragement

discouragement

### III. 部分练习讲解

P201 Bridging the Gap

Directions: Fill in the blanks with a word or phrase that best completes the passage. You may choose a suitable one from the list given.

解题方法: 把词分类

动词	名词	形容词	连词	介词
focus on	the middle	inner	but	than
fit	sense			
satisfy				

thinking of  
sense  
challenged

The purpose of life is to 1 satisfy the soul, and though acknowledging your accomplishments can help in this effort, it cannot take you the full distance (全程). The only thing that can satisfy your soul is an answer to the question, who am I? You are an individualized expression of life, of greater consequence and magnitude 2 than anything you will ever accomplish.

When we 3 focus on the fact that we are enough now, the beginning, 4 the middle and the end of every journey - whether it's finding a mate or getting a better job - is filled with a 5 sense of well-being (幸福感). We may complete an experience and even be thrilled by the outcome, 6 but we know that we are no more complete than when we started out.

You see, we are either enough right now or we're not; and if we are, then we're 7 challenged by our enoughness to live that way.

The problem is, most of us don't listen to the 8 inner voice that says, "You're enough because you exist." We ignore it because being enough doesn't 9 fit the image we have of ourselves. We have spent so much time 10 thinking of ourselves as not being enough that enoughness seems very far away. We may have a sense of being surrounded by the Life Force (生命的力量), but we forget that the Life Force is also within us. And if the Life Force is within us, we are enough.

#### 1. New words and expressions

##### New words

1. lately adv. 最近; 新近; 近来; 不久前
2. insurmountable adj. (困难、问题等) 无法克服的, 难以解决的, 不可逾越的
3. challenge n. 挑战; 艰巨任务
4. battle v. (与...) 搏斗; , (与...) 斗争
5. desperation n. 绝望; 拼命; 铤而走险
6. value v. 重视; 珍视
7. wand n. 魔杖
8. cheerfully adv. 快乐地; 高兴地; 兴高采烈地
9. quote v. 引用; 引述
10. unreceptive adj. 对新观点、建议等) 不愿倾听的, 不愿接受的
11. inspiration n. 鼓舞人心的人(或事物)

##### inspire

inspire sb. to (make) more efforts

inspire confidence in sb.

##### inspiring

12. contact v. 联系, 联络 (如用电话或信件)

contact sb.

contact lens

13. imagine v. 料想; 认为

imaginative

imaginary

imaginable

unimaginable

imagination

请看下面的填空练习:

Fairy tales are all imaginary.

One has to be very imaginative to be a science-fiction writer.

We have encountered unimaginable difficulties in carrying out that policy.

He is very rich in imagination.

14. uncaringadj. 冷漠的; 无同情心的

15. life-threateningadj. 可能致命的; 威胁着生命的

16. recoveryn. 恢复; 痊愈

recover fromsth.

make a quick recovery from sth.

Phrases and Expressions

1. startover 重新开始

2. onone'sfeet (困境后) 恢复, 完全复原; (病后) 痊愈

3. strugglewith 斗争; 抗争

4. walkouton 遗弃, 抛弃, 离开 (某人)

5. bringabout 导致; 引起

6. fightback 奋力抵抗; 还击

11. Text Learning

BeginAgain

(1)To begin again means that you won't give up.

To begin again means you'retrying.

You can either start over and live your life

Or spend the rest of your life slowly dying.

It is never the falling that makes us fail.

It is never the pain or thecrying.

You can never fail in life, my friend,

(2)Unless you give up trying.

---- Bob Perks

### 【本部分重难点】

1. To begin again means that you won't giveup.

mean doing sth./ mean that/ mean sth. 意味着, 意思是, 指的是

mean to do sth. 打算做某事, 想要做某事

例如:

Loving a person doesn't mean dying for him or her.

This result doesn't mean that you haven't worked hard.

Love means mutualrespect.

I didn't mean to hurt your feelings.

2. Unless you give up trying.

give up doingsth.

give up smoking / trying

注意区分: give in

give in to the enemy / money

It seems lately that more and more of my friends are facing some seemingly insurmountablechallengesintheirives. Afewhavelosttheirjobsandsomehave failed marriages. All too many have health issues or are battlingcancer.

(3) I don't know if it is desperation that causes them to turn to me for advice or whether they have come to value our friendship. But it is difficult, to say the least, to offer words of hope when all they feel is hopelessness. They expect answers, some magic waving of a wand, or a roadmap to get them back on their feet again.

I have often struggled with what to say. Mostly because I have faced many of the same challenges in my own life. I remember how empty I felt after someone cheerfully offered words like, "Keep your chin up!" "Things will get better!" "Hang in there!" "It's always darkest..." etc.

Yes, even those who were quick to quote the Bible to me found me quite unreceptive at the time.

Now, as an inspiration writer, being thought of as a source of hope or a good (or bad) example of what to do in life, I have even more people contacting me.

So, what do I say?

"What can I do, Bob? I've lost my job. What do you suggest?" "Begin again."

(4) "He walked out on me. My whole world just ended. What should I do?" "Begin again."

"Bob, I know both your son and your wife had cancer. I found out my wife does, too. What did you tell them?"

"Begin again."

It almost sounds too simple. I imagine in the darkest hours of one's life, those words would seem useless or uncaring. But it is indeed the answer.

All life challenges bring about an ending - and the chance for a beginning. A job loss presents an opportunity to start over somewhere else and maybe even in another career.

(5) A failed marriage does not mean you are through loving or being loved. It means there are others just like you needing to be loved. Find them.

A life-threatening disease does not mean giving up. It means starting a new path to recovery and discovering within yourself the ability to fight back and win.

And if you are a person of faith, even death does not mean it's over. It means, "to begin again."

### 【本部分重难点】

3. I don't know if it is desperation that causes them to turn to me for advice or whether they have come to value our friendship.

turn to sb. for sth.

turn to sb. for comfort

turn to sb. for help / advice

4. "He walked out on me..."

He walked out on me. = He deserted / abandoned / dumped me.

5. A failed marriage does not mean you are through loving or being loved.

be through loving or being loved

be through (with) 完成; 结束

例如:

When will you be through with your work?

Mary and Tom are through.

be through with sb. 与某人断绝关系

be through with drinking / smoking 不再喝酒/吸烟

## Unit 6 The Value of Money

### 自考赢家整理

#### II. Text Learning

##### Teaching Children to Spend Pocket Money Wisely

① School-going children need pocket money for food, stationery and bus fares. Parents give pocket money to their children in different ways. Some give a lump sum at the beginning of a month or a week. Others prefer to give pocket money on a daily basis. (1) The way in which pocket money is given affects how money is spent or saved.

(承上启下的句子) On the other hand, the children's spending habits may affect how pocket money is given.

② (2) Pocket money given on a daily basis is sometimes termed as "food money". Children usually use the pocket money to buy food during recess and also at lunch hour if they have school activities in the afternoon. They learn how to manage small sums of money. As the money is limited, they have to control their spending. (承上启下的句子) (3) Some parents choose this method of allocating pocket money in order to prevent their children from overspending, hoping that in time they can be trusted with larger sums of money. Parents who earn daily wages may also opt for this due to financial constraints. (承上句)

#### 【本部分重难点】

1. The way in which pocket money is given affects how money is spent or saved.

(1) the way (in which / that) sb. does sth. (参考 Unit 2, Text A) the way (in which / that) sth. is done

(2) 句子的主干是: The way affects how money is spent or saved.

2. Pocket money given on a daily basis is sometimes termed as "food money".

(1) given on a daily basis 过去分词短语作定语

(2) be termed as 被称为...

3. Some parents choose this method of allocating pocket money in order to prevent their children from overspending, hoping that in time they can be trusted with larger sums of money.

(1) 句子的主干是 Some parents choose this method in order to prevent their children from overspending.

prevents sb. from doing sth. 与 keeps sb. from doing sth. 相同, 但前者 from 可以省略, 后者不能省略。

(2) hoping that... 伴随状语, 相当于 in the hope that... "怀着.....的希望"

(3) in time: sooner or later, eventually 迟早, 最后

You will learn how to do it in time. 你迟早会能学会做这件事的。

(4) trust ...with... 把.....托付给..... (参考 Unit 3, Text B)

③ Giving pocket money on a daily basis places responsibilities of budgeting on the parents, instead of the child. (4) The child may spend every single cent of the daily pocket money by overindulging in junk food as they know they will get another sum of money the next day. This results in children being shortsighted in their spending.

The thought of saving money never crossed their minds. (承上启下的句子)

They may develop the mentality that money is meant to be spent. (承上句) Others spend more than they are given. They borrow from their siblings or their classmates when

they feel like indulging themselves. Then they may ask for money to pay off their debts. (5) This habit of borrowing causes them to depend on others to solve their problems. (承上启下的句子) In such instances, the purpose of rationing is defeated.

### 【本部分重难点】

4. The child may spend every single cent of the daily pocket money by overindulging in junk food as they know they will get another sum of money the next day. 孩子知道第二天还能得到一笔零花钱，因而会花光每一分钱，暴食垃圾食品。

5. This habit of borrowing causes them to depend on others to solve their problems.

(1) cause sb. to do sth.

(2) depend / rely on sb. to do sth.

注意 depend 的派生词: dependent (on/upon)

dependence (on/upon)

independent (of)

Independence Day

类似用法的结构: wait for sb. to do sth.

call on sb. to do sth.

look to sb. to do sth. / for sth. 指望某人做某事

④ Children need to learn how to budget their money. Some parents go by the "learning by doing" principle and give their children lump sums at the beginning of the month, and by the third week of the month their account is already dry.

⑤ On the other hand, some learn to budget their pocket money very well and even have savings at the end of the month. They do not borrow money unnecessarily. In other words, they learn to spend within their means. (6) The key to doing this is to differentiate between needs and wants. (7) Buy the necessary first, and indulge ourselves only if there is money left. (承上启下的句子) (8) This habit, when inculcated since young, stands them in good stead when they start working and earning their own money. It enables them to resist the temptation of "buy now and pay later" schemes. (承上总结的句子)

本部分重点及难点

6. The key to doing this is to differentiate between needs and wants. 做到这一点的关键是区分必须的和想要的。

(1) the key to (doing) sth.

(2) differentiate between A and B 和 differ from... 的不同: 前者意为“区分A和B”后者意为“与……不同”

注意同根词: differ A differs from B ...

different A is different from B

difference the difference between A and B

differentiate differentiate between A and B

7. Buy the necessary first, and indulge ourselves only if there is money left.

(1) only if 只有在……的情况下

注意区分 if only 要是……就好了 If only I were a free bird flying in the sky.

(2) there is money left. 钱有剩余。

8. This habit, when inculcated since young, stands them in good stead when they start working and earning their own money. 当他们开始工作赚钱，年幼时受到谆谆教诲而养成的习惯就会使他们受益。

(1) inculcate sth. in/into sb. / inculcate sb. with sth. 向某人灌输……，用……

教育某人

inculcate in young people a respect for the law = inculcate young people with a respect for the law 向年轻人反复灌输法制的思想

(2) stand sb. in good stead: be beneficial to sb.

补充: benefit-beneficial

influence-influential

mystery-mysterious

misery-miserable

⑥ Formation of any habit starts at a tender age (幼年). (9) There is no better way to teach children to manage money than to start with their pocket money. They need to learn the importance of budgeting right from kindergarten days. It is a good idea to start with daily pocket money and move on to monthly pocket money. (承上启下的句子) When children learn to spend within their means, they are able to manage their finances well later in their lives.

### 【本部分重难点】

9. There is no better way to teach children to manage money than to start with their pocket money.

否定词和比较级连用相当于最高级。本句相当于: To start with their pocket money is the best way to teach children to manage money.

再如: There is nothing better than having a cold drink on a hot summer afternoon. I cannot agree with you more.

I cannot care less.

His words cannot be more inspiring.

## II. Text Learning

Teaching Children to Spend Pocket Money Wisely

① School-going children need pocket money for food, stationery and bus fares. Parents give pocket money to their children in different ways. Some give a lump sum at the beginning of a month or a week. Others prefer to give pocket money on a daily basis. (1) The way in which pocket money is given affects how money is spent or saved.

(承上启下的句子) On the other hand, the children's spending habits may affect how pocket money is given.

② (2) Pocket money given on a daily basis is sometimes termed as "food money". Children usually use the pocket money to buy food during recess and also at lunch hour if they have school activities in the afternoon. They learn how to manage small sums of money. As the money is limited, they have to control their spending. (承上启下的句子) (3) Some parents choose this method of allocating pocket money in order to prevent their children from overspending, hoping that in time they can be trusted with larger sums of money. Parents who earn daily wages may also opt for this due to financial constraints. (承上句)

### 【本部分重难点】

1. The way in which pocket money is given affects how money is spent or saved.

(1) the way (in which / that) sb. does sth. (参考 Unit 2, Text A) the way (in which / that) sth. is done

(2) 句子的主干是: The way affects how money is spent or saved.

2. Pocket money given on a daily basis is sometimes termed as "food money".

(1) given on a daily basis 过去分词短语作定语

(2) be termed as 被称为...

3. Some parents choose this method of allocating pocket money in order to prevent their children from overspending, hoping that in time they can be trusted with larger sums of money.

(1) 句子的主干是 Some parents choose this method in order to prevent their children from overspending.

prevents sb. from doing sth. 与 keeps sb. from doing sth. 相同, 但前者 from 可以省略, 后者不能省略。

(2) hoping that... 伴随状语, 相当于 in the hope that... “怀着……的希望”

(3) in time: sooner or later, eventually 迟早, 最后

You will learn how to do it in time. 你迟早会能学会做这件事的。

(4) trust ... with ... 把……托付给…… (参考 Unit 3, Text B)

③ Giving pocket money on a daily basis places responsibilities of budgeting on the parents, instead of the child. (4) The child may spend every single cent of the daily pocket money by overindulging in junk food as they know they will get another sum of money the next day. This results in children being shortsighted in their spending. The thought of saving money never crossed their minds. (承上启下的句子) They may develop the mentality that money is meant to be spent. (承上句) Others spend more than they are given. They borrow from their siblings or their classmates when they feel like indulging themselves. Then they may ask for money to pay off their debts. (5) This habit of borrowing causes them to depend on others to solve their problems. (承上启下的句子) In such instances, the purpose of rationing is defeated.

#### 【本部分重难点】

4. The child may spend every single cent of the daily pocket money by overindulging in junk food as they know they will get another sum of money the next day. 孩子知道第二天还能得到一笔零花钱, 因而会花光每一分钱, 暴食垃圾食品。

5. This habit of borrowing causes them to depend on others to solve their problems.

(1) cause sb. to do sth.

(2) depend / rely on sb. to do sth.

注意 depend 的派生词: dependent (on/upon)

dependence (on/upon)

independent (of)

Independence Day

类似用法的结构: wait for sb. to do sth.

call on sb. to do sth.

look to sb. to do sth. / for sth. 指望某人做某事

④ Children need to learn how to budget their money. Some parents go by the “learning by doing” principle and give their children lump sums at the beginning of the month, and by the third week of the month their account is already dry.

⑤ On the other hand, some learn to budget their pocket money very well and even have savings at the end of the month. They do not borrow money unnecessarily. In other words, they learn to spend within their means. (6) The key to doing this is to differentiate between needs and wants. (7) Buy the necessary first, and indulge ourselves only if there is money left. (承上启下的句子) (8) This habit, when inculcated since young, stands them in good stead when they start working and earning their own money. It enables them to resist the temptation of “buy now and pay later”



schemes. (承上总结的句子)

本部分重点及难点

6. The key to doing this is to differentiate between needs and wants. 做到这一点的关键是区分必须的和想要的。

(1) the key to (doing) sth.

(2) differentiate between A and B 和 differ from...的不同: 前者意为“区分A和B”后者意为“与……不同”

注意同根词: differ A differs from B ...

different A is different from B

difference the difference between A and B

differentiate differentiate between A and B

7. Buy then necessary first, and indulge ourselves only if there is money left.

(1) only if 只有在……的情况下

注意区分 if only 要是……就好了 If only I were a free bird flying in the sky.

(2) there is money left. 钱有剩余。

8. This habit, when inculcated since young, stand them in good stead when they start working and earning their own money. 当他们开始工作赚钱, 年幼时受到谆谆教诲而养成的习惯就会使他们受益。

(1) inculcate sth. in/into sb. /inculcatesb. with sth. 向某人灌输……, 用……教育某人

inculcate in young people a respect for the law = inculcate young people with a respect for the law 向年轻人反复灌输法制的思想

(2) stand sb. in good stead: be beneficial to sb.

补充: benefit-beneficial

influence-influential

mystery-mysterious

misery-miserable

⑥ Formation of any habit starts at a tender age (幼年). (9) There is no better way to teach children to manage money than to start with their pocket money. They need to learn the importance of budgeting right from kindergarten days. It is a good idea to start with daily pocket money and move on to monthly pocket money. (承上启下的句子) When children learn to spend within their means, they are able to manage their finances well later in their lives.

### 【本部分重难点】

9. There is no better way to teach children to manage money than to start with their pocket money.

否定词和比较级连用相当于最高级。本句相当于: To start with their pocket money is the best way to teach children to manage money.

再如: There is nothing better than having a cold drink on a hot summer afternoon. I cannot agree with you more.

I cannot care less.

His words cannot be more inspiring.

### III. 部分练习讲解

P218 Bridging the Gap

Directions: Fill in the blanks with a word or phrase that best completes the passage. You may choose a suitable one from the list given.

解题方法：把词分类

动词	形容词	连词	副词
grow	basic	now that	ideally
invest	wasteful		where
called	direct		
accumulated			
direct			

Money management can actually be broken down into a very simple practice that even a fourth grader can do in his young life. The basic step to being on your wealth path is knowing how much you really do need in your life and how you can 2 invest the rest. If you are already working, arrange with your company to 3 direct a predetermined amount of your payroll (工资单) into a forced savings fund and then you will learn to live with the rest. 4 Ideally, the amount that is left for you to work with is smaller, and this particular practice is actually 5 called "learning to pay yourself first" - despite bills and other payables (其他应付款), you will come first.

The beauty of this money management practice to get you on the wealth path is that you will be forced to cut your 6 wasteful spending. You will learn to live with what you have and figure out the little avenues (渠道) in your life 7 where you can stop the financial leaks. With this, you will find that you have extra money to invest with. 8 Now that you have a sizeable amount, the next thing that you can do is to figure out where to put the extra that have 9 accumulated over time so you can generate money and make it 10 grow with very little effort from you. There are many things you can find to put your money in.

#### 1. New words and expressions

New words

1. root n. 根源; 起因
2. evil n. 邪恶; 罪恶; 恶行
3. greedy adj. 贪婪的; 贪心的  
greed
4. financially adv. 经济上  
finance  
financial  
CFO (chief financial officer)  
联想: CEO (chief executive officer)  
UFO (unidentified flying object)
5. readily adj. 快捷地; 轻而易举地; 便利地
6. available adj. 可获得的; 可购得的; 可找到的  
be available to sb.  
availability
7. abundant adj. 大量的; 丰盛的; 充裕的  
be abundant in sth.  
abundance
8. universe n. 宇宙; 天地万物; 万象
9. scared adj. 害怕的; 恐惧的; 畏惧的; 担心的
10. meditation n. 冥想; 沉思; 深思

11. donatev. (尤指向慈善机构) 捐赠, 赠送
12. favoriteadj. 最喜欢的
13. charityn. 慈善机构 (或组织)
14. abundancen. 大量; 丰盛; 充裕
15. oppositen. 对立的人 (或物); 对立面; 反面
16. subconsciousn. 潜意识
17. originallyadv. 原来; 起初

origin

original

18. stimulatev. 促进; 激发; 激励

stimulant

stimulating

19. economyn. 经济; 经济情况; 经济结构

economic economic development / growth / policies

economical an economical person

economics

economist

economize / economise economize on sth.

economically

20. versusprep. (表示两队或双方对阵) 对, 诉, 对抗

21. wherebyconj. 凭此; 藉以; 由于

22. labelv. (尤指不公正地) 把...称为

23. joyfullyadv. 快乐地

24. balancen. 均衡; 平衡; 均势

balanced

imbalanced

25. mindsetn. 观念模式; 思维倾向

Phrases and Expressions

1. deepdown 实际上; 在心底

2. openup (使某事物) 成为可能, 可得到, 可达到

## 11. Text Learning

### The Importance of Money in Life

1 What were you taught about money as you were growing up? Something like "money doesn't grow on trees", or "money is the root of all evil", or maybe "all rich people are greedy"?

2 Well, how do you expect to become a success financially if you believe these things? You attract into your life what you are thinking about and what you believe.

If you think there is not enough money in this world for everyone you will never have enough money. That is called the Law of Attraction (吸引法则).

3 First of all, believing that "money doesn't grow on trees" is an example of what's called lack or scarcity programming. Our parents taught us that there was never

enough money to go around (分配), and that it was not readily available or abundant. But in truth, the universe is very abundant, and there is a lot of money to go around for everyone.

Just think what you could do if you have as much money as your heart desires. What wonderful things you could do with it: travel to the countries you have always dreamed of, buy a house you are even scared to think about, attend meditation

classessoyoucouldspirituallygrow, donatemoneytoyourfavoritecharity, spend morequalitytime (黄金时光) withyourfamily, (1)andthelistgoeson.

4 Thekeyistostartthinkingthatyoudeservethemoneyandthatthereislots ofitavailableforyou, andthenyoucanstartattractingitintoyourlife. That's abundancethinking (充裕想法), whichistheoppositeoflackorscarcitythinking. (2)WhenyoustartthinkingabouttheabundancetheLawofAttractionwilldothrest.

(承上启下句) Youdonotneedtoknowhowitisgoingtohappen. Justmakethefirst step, first thought. Starting is alreadywinning.

5 Andwhataboutthinkingthat"moneyistherootofallevil"?Canyoureally expecttobecomeasuccessifyoubelievethatmoneyistherootofallevil?(3)Unless youhaveadesiretobeanevilperson,yoursubconsciouswillnotletyouhavemoney if you believe deep down that it is the root of allevil.

6 By the way, that quote is taken out of context in the first place. It was originallystatedas"theloveofmoneyistherootofallevil". (4)Soithasnothing todowiththemoneyitself. (承上句)

### 【本部分重难点】

1. ... the list goeson.

相当于 there are many other thing that can be put on the list.意为"还有很多其它的事情(你可以做)"

2. WhenyoustartthinkingabouttheabundancetheLawofAttractionwilldothe rest. 你开始想着充裕原则的时候,吸引力法则负责剩余的事情。即 Onceyoustartthinking about the abundance, the Law of Attraction will work with therest.

3. Unlessyouhaveadesiretobeanevilperson, yoursubconsciouswillnotlet youhavemoneyifyoubelievedeepdownthatitistherootofallevil. 如果你从心底认同金钱是万恶之源,那么除非你想当个恶人,否则,你的潜意识就不会让你有钱。

deep down: in reality, in spite of appearances 实际上,在心底

She seems indifferent, but deep down she is very pleased.她看上去无动于衷,其实心里非常高兴。

4. Soithasnothingto dowiththemoneyitself. 因此它和钱本身无关。have nothing / something / a little / little / much to dosth.

7 Nowthatyouunderstandthat,youcanstarttothinkthatmoneyisinfactgood.

Youcanhelppeoplewithmoney.Youcanstimulatetheeconomywithmoney.Eventhe mostkind-heartedspiritualperson,whosaystheydon'tneedmoney,candomoreto make the world a better place with money than withoutit.

8 Andwhataboutthinkingthat"allrichpeoplearegreedy"?Well,thatcreates usversusthem,wherebyyouhavelabeledallof"them"greedyinyourmind.You,on theotherhand,areverygivinginyourmind.That'swhyoudon'thavemoney,because you're notgreedy.

9 Sure, there must be some rich people in the world who are greedy. But there arealsopoorpeoplewhoaregreedy.Therearebothrichandpoorpeoplewhoarevery givingaswell.Theamountofmoneyyouhavehasnothingtodowiththesecharacter traits.

10 Infact,alotofrichpeoplegottherebynotbeinggreedy.Havingagiving attitudeopensupaflowofmoneythatoftenbringsthemmore.Youwillfindthesame thing: give away money joyfully to a friend, and notice that it comes back toyou

in some other form. (5) The world needs to be a balance of give and take, and being joyful both as you give and receive will ensure that you always go with the flow. (6) And changing your mind set from what you were taught as a child to a healthier view of money will allow you to become the financial success you deserve to be, to become the real you.

### 【本部分重难点】

5. The world needs to be a balance of give and take, and being joyful both as you give and receive will ensure that you always go with the flow. 在这世上，给予和接受是需要相互平衡的，只有乐于接受，同时也乐于给予，才能保证你永远不会为钱发愁。

and 连接的并列句，and 后的句子的主干是 being joyful will ensure that you always go with the flow

6. And changing your mind set from what you were taught as a child to a healthier view of money will allow you to become the financial success you deserve to be, to become the real you. 改变你儿时所学到的观念模式，树立一个更健康的金钱观，这会让你获得你本应得到的经济上的成功，做一个真实的自己。

(1) 句子的主干是：And changing your mind set will allow you to become the financial success, to become the real you.

(2) from what you were taught as a child to a healthier view of money 作定语，修饰 your mind set.

(3) you deserve to be 作定语，是省略了引导词 that 的定语从句，先行词是 the financial success

## Unit 7 Inner Voice

### 自考赢家整理

#### 1. New words and expressions

##### New words

1. inner adj. 内心的；隐藏的

2. precisely adv. 准确地；恰好地

precise

precision

联想：accurate, accuracy

比较：simply, possibly, subtly, truly / definitely, rarely, fortunately, likely / luckily, heavily

3. bombard v. 大肆抨击；连珠炮似地质问；提供过多信息，

4. dreaded adj. 令人害怕的；可怕的

5. small talk n. 寒暄；闲谈；聊天

6. hesitation n. 犹豫

hesitate

hesitant

hesitancy / hesitation

7. wonder v. 想知道；想弄明白；琢磨 n. 奇迹

wonder wh-...

do / work wonders / miracles

8. prompt v. 促使；导致；激起

9. complete adj. (用以强调)完全的，彻底的

10. upset adj. 难过的；不高兴的；沮丧的

11. rollv. (使) 翻滚, 滚动
12. despiteprep. 即使; 尽管  
despite / in spite of that fact that...
13. feebleadj. 无效的; 无力的
14. attemptn./v. 企图; 试图; 尝试  
attempted
15. wipev. (用布、手等) 擦干净, 抹掉
16. profuselyadv. 大量地; 连连地
17. addressv. 写(收信人) 姓名地址; 致函
18. receptionistn. 接待员
19. attachv. 把...固定, 把...附(在...上)  
attach ... to...  
attached 依恋的; 附加的; 附属的  
attachment 依恋; 附件
20. emotionn. 强烈的感情; 情感; 情绪  
emotional  
emotionless
21. containv. 控制, 克制, 抑制(感情)
22. apparentlyadv. 据...所知; 看来; 显然
23. overwhelmingadj. 巨大的; 压倒性的; 无法抗拒的  
overwhelmingproblems  
an overwhelmed person  
联想: surprised / surprising  
excited / exciting  
amazed / amazing  
disappointed / disappointing  
frightened /frighting  
注意: excited eyes / expressions / looks
24. screamv. 高声喊, 大声叫

#### Phrases andExpressions

1. belostinone'sthought 陷入沉思
2. breakdown 失败
3. comeupwith找到(答案等); 想出
4. drop...off(顺路)把...放下
5. takeone'sownlife 自杀
6. indesperation 在绝望中; 走投无路
7. careabouts. 关心; 关怀
8. takeachance 冒险
9. makeadifference 有作用; 产生影响

#### 11. Text Learning

##### Your InnerVoice

① (1)My day started just like all the other days for the past 15 years where Igetup, makesomecoffee, shower, getdressedandleaveforthetrainstationat precisely7:35A.M. toarriveatworkby8:30. WhileonthetrainIwouldalwayschoose aseatawayfromthecrowdsoIcanreadthenewspaperinpeaceandquiet. (2)Atwork Iamalwaysbeingbombardedwithquestionsfromcoworkers, suppliers, telephoneand

thenthosedreadedmeetings,sothelastthingIneedissomestrangertositbeside me and make smalltalk.

**【本部分重难点】**

1. Mydaystartedjustlikealltheotherdaysforthepast15yearswhereIget up,makesomecoffee,shower,getdressedandleaveforthetrainstationatprecisely 7:35 A.M. to arrive at work by8:30.

(1) where 引导定语从句,先行词为 days。

(2) makecoffee 冲咖啡,煮咖啡

(3) getdressed 穿好衣服

(4) leavefor 动身去……

2. AtworkIamalwaysbeingbombardedwithquestionsfromcoworkers, suppliers, telephoneandthenthosedreadedmeetings,sothelastthingIneedissomestranger tositbesidemeandmakesmalltalk. 工作中,我要无休止地应对同事、供应商提出的各种问题,电话总是响个不停,还有那些令人恐惧的会议,所以我最不想做的事就是和坐在身边的陌生人闲聊。

(1) bombardsb. withquestions 不断向某人提问

(2) thelastthing…最不想……的事情

He is the last person I want to work with.

Lying is the last thing he'll do.

② I don't know why but for some reason when I got on the train today it was unusuallyfull,somethingIdon'trecallhappeninginthepast.Withhesitation Isatdownintheonlyseatavailablebesideamiddle-agedmanthathadhisheaddown andseemedtobelostinhisthoughts.Iwasgladthathedidn'tnoticewhenIsat next to him as he just continued to look down towards thefloor.

③ (3)Shortlyafterthetrainleftformy30-minuteridedowntownIfoundmyself wonderingwhatthismanwasthinkingabout. Whatcouldbesoimportantthathedidn't evenseemesitnexttohim? Itriedtoforgetaboutitandstartedtoreadmypaper. (4)However, for some strange reason this inner voice kept prompting me to talk to this man. (5)I tried to ignore the voice as there was no way I was starting a conversationwithacompletestranger. (承上句)

**【本部分重难点】**

3. Shortly after the train left for my 30-minute ride downtown I found myself wondering what this man was thinkingabout.

find 在这里接现在分词短语作宾补,还可接过去分词作宾补。例如:

When he came to, he found himself lying in hospital.

The man found himself surrounded by half a dozen boys.

4. However,forsomestrangereasonthisinnervoicekeptpromptingmetotalk to thisman.

(1) keep doingsth.

(2) promptsb. todosth. 促使某人做某事,督促某人做某事

5. ItriedtoignorethevoiceastherewasnowayIwasstartingaconversation with a completestranger.

(1) ignore: pay no attention to ... onpurpose

(2) thereisnoway ... 没有办法……

④(6)AsyouprobablyguessedIeventuallybrokedownandcameupwithanexcuse toaskhimaquestion. WhenheraisedhisheadandturnedhiseyestowardsmeIcould

seethatthemusthavebeenreallyupsetashehadredeyesandstillhadsometears rollingdownthesideofhisfacedespitehisfeebleattempttowipethemaway. (7) I can't describe the sadness I felt seeing someone in so much pain.

⑤ Wetalkedforabout20minutesandintheendtheseemedtobedoingbetter. (8)Aswewereleavingthetrainhethankedmeprofuselyforbeinganangelbytaking the time to talk. (9)I never did find out what was making his heart so heavy with pain but was glad I listened to the voice thatday.

⑥ SeveralweekshadpassedwhenInoticedanenvelopeonmydeskafterreturning from lunch. It was not addressed to anyone and only had the word angel written on it. (10)Myreceptionistattachedanotesayingagentlemanandroppedittoffsayinghe didnotknowmynamebuthaddescribedmewellenoughthatthereceptionistknewit wasforme. WhenIreadthenoteinsidetheenvelopeIwassofilledwiththemotions thatIcouldn'tcontainmyself. ItwasaletterfromthemanImetonthetrainthanking meagainfortalkingto himandsavinghislifethatday. (承上句)

⑦ Apparentlyhehadsomeveryhurtfulpersonalproblemsthatweresooverwhelming thathewasplanningtotakehislifethatday. Inhisletterhewentontoexplain that he was a religious person and in desperation screamed out to God that if God really cared about him he would send someone to prevent him from taking his life. InhiseyesIwasthatsomeone, thatAngelsentbyGod. (承上句)

### 【本部分重难点】

6. As you probably guessed I eventually broke down and came up with an excuse to ask him a question.

(1) breakdown 出故障; 分解; 失败; 垮掉

(2) come up with 提出; 想出

区分: come down with 病倒, 染上

7. I can't describe the sadness I felt seeing someone in so much pain. seeingsomeoneinso much pain 作状语, 表示原因。这句话相当于 Seeingsomeonein so much pain I felt very sad, and I couldn't describe the sadness.

8. As we were leaving the train he thanked me profusely for being an angel by taking the time to talk.

(1) thank sb. for (doing)sth.

(2) bytakingthetimetotalk 作状语修饰 being an angel。

9. Ineverdidfindoutwhatwasmakinghisheartsoheavywithpainbutwasglad I listened to the voice thatday.

heavy with pain 中 with 表示原因, 类似的短语还有:

be wet with sweat

be breathless / out of breath with excitement

shake with laughter

tremble with cold / anger

10. Myreceptionistattachedanotesayingagentlemanandroppedittoffsayinghe didnotknowmynamebuthaddescribedmewellenoughthatthereceptionistknew it was forme.

本句的主干是 Myreceptionistattachedanote.。 saying...作定语修饰 anote, a gentlemandroppedittoffbuthaddescribedmewellenoughthatthereceptionistknew itwasforme 作 saying 的宾语, but 后省略了主语 agentleman。 sayinghedidn'tknowmy name 作定语修饰 agentleman。 but 后面的内容, 其中 wellenoughthat... 相当于 sowell



that...

本句话的译文为“我的接待员在信封上贴了一张便条，上面写道：这封信是一个绅士留下的，他说他不知道我的名字，但从他细致的描述可知他所说的人是我。”

⑧ (11) Not being a religious person myself I don't know what that voice was that made me take a chance and talk to a stranger but I do know that it made a difference in someone's life that day. So the next time you feel prompted for no apparent reason to talk to a friend, relative, neighbor or even a complete stranger please remember my story, you just may make a difference in someone's life when you listen to your inner voice.

### 【本部分重难点】

11. Not being a religious person myself I don't know what that voice was that made me take a chance and talk to a stranger but I do know that it made a difference in someone's life that day.

句子的主干是 I don't know what that voice was but I do know that it made a difference in someone's life that day.

(1) not being a religious person myself 是现在分词短语作状语，表示原因。这里要注意的是非谓语动词的否定形式，要在前面加 not，现分的完成形式是 not having done sth.，而不是 having not done sth.。例如：

Not having finished his homework in time, he was criticized by the teacher.

(2) what that voice was that made me take a chance and talk to a stranger 作 know 的宾语从句。切记宾语从句要用陈述句语序。再如：

Can you tell me where he comes from?

Tell me what's wrong / the matter / the trouble with you and maybe I can help you.

(3) take a chance 冒险一试，尝试一下

(4) that made me take a chance and talk to a stranger 是定语从句，先行词是 the voice，意为“让我冒险一试和陌生人说话的声音”。

(5) make a difference 有影响，有关系，有重要性

### III. 部分练习讲解

P236 Bridging the Gap

Directions: Fill in the blanks with a word or phrase that best completes the passage. You may choose a suitable one from the list given.

解题方法：把词分类

动词 名词 形容词 副词 代词 interact

night whose accordingly what view view

nonstop nonstop

end up opportunity

choose

Our words have power, and our speech has the power to set the energy or the directions we choose in our lives. If we say good and positive things, good and positive things (experiences) happen to us. These words give us the opportunity to experience life from a positive or optimistic point of view, on the other hand, we come from negativity and say negative things, accordingly negative things happen to us or we end up seeing life as one big problem or disappointment.

While we are all familiar with our external speech or voice, we also have another voice that we work with and interact with every day. This is our "inner voice". While

atfirstglanceyoumaythink:"whatisinnervoice?"Butwhenyoucomerightdown  
toit,weareallfamiliarwithourinnervoice.Ourinnervoiceisthatsmallutterance  
thatcomesfromdeepwithinus,7whosejobitistoprovideuswithguidance.This is a  
different kind of communication than 8 whatcomes from our normal waking  
consciousness, which I call our "analyzer". When our analyzer is talking, the  
communicationwereceivetendstoseemmorelikea9nonstopconversationthatgoes on inside  
our heads all day and sometimes well into the 10 night.

#### 1. New words and expressions

Newwords

1. inheritv. 继承(金钱、财物等)

inherit sth. fromsb.

inheritance

2. pleasingadj. 令人高兴的; 令人满意的

3. squanderv. 浪费, 挥霍(金钱、时间等)

4. modestadj. 些许的; 不太大的

5. fortunenn. 大笔的钱; 巨款; 运气; 命运

tell one'sfortune

fortunate

misfortune

unfortunate

unfortunately

6. sablenn. 貂皮

7. radiatev. (使品质或感)显出, 流露

8. sournessn. 阴郁; 没好气; 乖张的脾气

9. namelyadv. 即; 也就是

10. expressionn. 表情; 神色

11. wearv. 流露; 面带

12. hitn. 受欢迎的人(或事物)

13. glumadj. 忧郁的; 闷闷不乐的

14. veterinariann. 兽医

15. inoculatev. (给...)接种, 打预防针

16. kittenn. 小猫

kitty / kitten — cat

piglet — pig

duckling — duck

puppy — dog

calf — cow

pony — horse

lamb — sheep

cygnet — swan

bunny — rabbit

17. distraughtadj. 心烦意乱的; 心急如焚的

18. characteristicadj. 典型的; 独特的; 特有的 n. 特征, 特点

be characteristic ofsb./sth.

区分: Chinese characteristics / Chinese characters

19. receptionn. 接待处

20. boredomn. 厌烦; 厌倦; 无聊

bore

bored

boring

21. tensionn. (情绪上的) 紧张, 烦躁

tense

22. convertv. (使) 转变, 转换, 转化

conversion

23. pastev. 粘贴; 粘合

24. messengern. 邮递员; 信使

25. goodwilln. 友善; 友好; 善意

26. brightenv. (使) 快活起来

bright

-en 常见的动词前缀、后缀。如:

enable, enrich, endanger, enlarge 等 (请结合 Unit 1, Text B)

broaden, widen, lengthen, strengthen, shorten, deepen, weaken

联想:

long-length-lengthen

deep-depth-deepen

strong-strength-strengthen

wide-width-widen

broad-breadth-broaden

high-height-heighten

weak-weakness-weaken

short-shortness-shorten

27. frownv. 皱眉; 蹙额

28. scowlv. 怒视 (某人或某事)

Phrases and Expressions

1. make a hit 给 (某人) 留下很好的第一印象; 使 (某人) 一见钟情

2. jump out of one's skin 欢喜雀跃; 兴高采烈

3. as luck would have it 碰巧; 偶然; 幸而

4. be characteristic of 典型的; 独特的; 特有的

5. strike up (和某人) 建立友谊, 开始来往, 交谈起来

6. join in 参加, 加入 (活动)

7. convert ... into (使) 转变, 转换, 转化

II. Text Learning

Make a Good First Impression

1 At a dinner party in New York, one of the guests, a woman who had inherited money, was eager to make a pleasing impression on everyone. She had squandered a modest fortune on sables, diamonds and pearls. (1) But she hadn't done anything whatsoever about her face. (承上启下句) It radiated sourness and selfishness. (2) She didn't realize what everyone knows: namely, the expression one wears on one's face is far more important than the clothes one wears on one's back.

2 (3) Actions speak louder than words, and a smile says, "I like you. You make me happy. I am glad to see you." That is why dogs make such a hit. They are so glad to see us that they almost jump out of their skins. So, naturally, we are glad to

see them. (承上总结句)

**【本部分重难点】**

1. whatsoever (也作 whatever) adv. 用在 no+名词、nothing、none 等之后, 以加强语气。

如: There can be no doubt whatever about it. 这件事毫无疑问。

-Are there any signs of improvement? -None whatsoever. "有改进的迹象吗?" "一点儿都没有。"

2. She didn't realize what everyone knows: namely, the expression one wears on one's face is far more important than the clothes one wears on one's back.

wear: have (a certain look) on one's face 流露 (某种神态)

He wore a puzzled frown. 他皱着眉显出不悦的样子。

The house wore a neglected look. 这所房子像是无人照管的样子。

wear: 穿戴, 佩带, 蓄, 留

wear a beard / coat / hat / ring / watch

She never wears green.

She wears her hair long. / She wears long hair.

这句话的意思是"她不知道所有人都知道的道理, 那就是: 一个人脸上的表情比身上的衣服重要多了。"

3. Actions speak louder than words, and...

事实胜于雄辩; 行动胜于空谈; 行动比言语更有说服力; 百说不如一干。

3 A baby's smile has the same effect.

4 Have you ever been in a doctor's waiting room and looked around at all the glum faces waiting impatiently to be seen? (4) Dr. Stephen K. Sproul, a veterinarian in Raytown, Missouri, told of a typical spring day when his waiting room was full of clients waiting to have their pets inoculated. No one was talking to anyone else, and all were probably thinking of a dozen other things they would rather be doing than "wasting time" sitting in that office. He told one of our classes:

**【本部分重难点】**

4. Dr. Stephen K. Sproul, a veterinarian in Raytown, Missouri, told of a typical spring day when his waiting room was full of clients waiting to have their pets inoculated.

(1) tell of 讲述, 讲到

(2) have their pets inoculated 给狗接种, 给狗打预防针

have sth. done

He will have one's hair cut / dyed tomorrow.

He had his face cut while shaving.

He will have all the dishes cleared away while working as a waiter in that restaurant.

5 "There were six or seven clients waiting when a young woman came in with a nine-month-old baby and a kitten. (5) As luck would have it, she sat down next to a gentleman who was more than a little distraught about the long wait for service. The next thing he knew, the baby just looked up at him with that great big smile that is so characteristic of babies. What did that gentleman do? Just what you and I would do, of course; he smiled back at the baby. Soon he struck up a conversation with the woman about her baby and his grandchildren, and soon the entire reception room joined in, and the boredom and tension were converted into a pleasant and enjoyable

experience.”

6 (6) The ancient Chinese were a wise lot – wise in the ways of the world; and they had a proverb that you and I ought to cut out and paste inside our hats. It goes like this, “A man without a smiling face must not open a shop.”

7 Your smile is a messenger of your goodwill. (主题句) Your smile brightens the lives of all who see it. To someone who has seen a dozen people frown, a scowl or turn their faces away, your smile is like the sun breaking through the clouds. Especially when that someone is under pressure from his bosses, his customers, his teachers or parents or children, a smile can help him realize that all is not hopeless – that there is joy in the world.

### 【本部分重难点】

5. As luck would have it, she sat down next to a gentleman who was more than a little distraught about the long wait for service.

as luck would have it 碰巧; 真幸运; 幸而

more than a little distraught: very upset and anxious

6. The ancient Chinese were a wise lot – wise in the ways of the world (人情世故); and they had a proverb that you and I ought to cut out and paste inside our hats.

(1) lot: (同类人或物的) 组, 批, 群

Nobody in the first lot of applicants was suitable for the job.

(2) ways of the world 人情世故

(3) cut out and paste inside our hats

## Unit 8 The Great Minds

### 自考赢家整理

The Great Minds

名人名言部分补充 make A of B

A famous quote

A pessimist makes difficulties of his opportunities; an optimist makes opportunities of his difficulties. ----Harry S. Truman

悲观者让机会沦为困难; 乐观者把困难铸成机会。---- 杜鲁门

make A of B

make a success of one's career

make a musician of the little boy

The father exposed his son to music when he was still a little child because he wanted to make a musician of him.

expose sb. / oneself to sth.

Don't expose yourself to the strong sunlight, or you will get sunburnt.

联想: sunburnt / suntanned

gain exposure to sth.

make a footballer of Tom

make a mess of the account

1. New words and expressions

New words

1. wrap v. 用...缠绕 (或围紧)

2. scenario. 设想; 方案; 预测

3. explanationn. 解释; 说明

explain

explanatory

4. uneventfuladj. 平淡无奇的; 平凡的; 缺乏刺激的

5. pregnancyn. 怀孕; 妊娠; 孕期

6. imperfectadj. 有缺陷的; 不完全的; 不完美的

perfect

perfection

联想: impossible, impolite, imbalanced, immobile, immature (注意: unbiased, unmoving)

7. abnormaladj. 不正常的; 反常的; 变态的; 畸形的

normal

联想: typical-atypical

symmetry-asymmetry

symmetrical-asymmetrical

8. massiveadj. 巨大的; 非常严重的

9. disabilityn. (某种) 缺陷, 障碍

able

ability

unable

10. limblessadj. 无四肢的

11. inspirev. 激励; 鼓舞 (用法参考 Unit5, TextA)

inspiration (形近词参考 Unit4, TextA)

inspiring

12. adaptv. 适应 (新情况)

adapt oneself tosth.

13. accomplishv. 完成

14. limbn. 肢; 臂; 腿

15. campaign 运动 (为社会、商业或政治目的而进行的一系列有计划的活动)

16. fulfillv. 实现; 履行

fulfill one's dream / word / requirement

fulfilling 使人满足的, 令人愉快的

fulfillment 履行; 满足; 成就

17. motivationaladj. 鼓舞的

18. circumstancen. 命运; 客观环境

19. wholeheartedlyadv. 全心全意地

20. effectiveadj. 产生预期结果的; 有效的

比较: efficient

ineffective, inefficient

21. altituden. 海拔; 海拔高度

altitudesickness

区分: attitude

22. engagementn. 约定; 约会; 预约

23. congregationn. (教堂的) 会众

24. audiencen. 观众; 听众

25. visionn. 想象力; 眼力; 远见卓识

26. outreachn. 外展服务
27. perspectiven. 态度; 观点; 思考方法
28. ceasev. (使) 停止, 终止, 结束
29. obstaclen. 障碍; 阻碍; 绊脚石
30. illustratenv. (用示例、图画等) 说明, 解释
31. profoundadj. 巨大的; 深切的; 深远的
32. persistencen. 坚持; 锲而不舍  
persist (in)  
persistent
33. paralyzev. 使瘫痪; 使麻痹
34. oftentimesadv. 常常
35. trickn. 戏法; 把戏  
tricky
36. blendn. (不同事物的) 和谐结合, 融合
37. perseverancen. 毅力; 韧性; 不屈不挠的精神 (偶见 perseverance, 但很少使用)  
persevere  
perseverant (偶见 perseverent, 但很少使用)
38. definev. 阐明; 明确; 界定  
definition  
definite 明确的, 确定的
39. incredibleadj. 不能相信的; 难以置信的  
unbelievable

40. captivatev. 迷住; 使着迷

#### Phrases and Expressions

1. a walk of life 行业; 职业; 地位; 阶层  
line of work
2. major in 主修
3. stress the importance of 强调...的重要性
4. at one's disposal 任某人处理; 供某人任意使用
5. poke fun at 拿...开心; 奚落; 嘲笑
6. show off 炫耀; 卖弄

#### II. Text Learning

##### Life Without Limits

① Imagine being born without arms. No arms to wrap around someone, no hands to experience touch, or to hold another hand with. Or what about being born without legs? Having no ability to dance, walk, run, or even stand on two feet. Now put both of those scenarios (设想) together: no arms and no legs. What would you do? How would that effect your everyday life?

② Born in 1982 in Melbourne, Australia, without any medical explanation or warning, Nicholas Vujicic came into the world with neither arms nor legs. (1) Having had an uneventful pregnancy and no family history to expect this condition, imagine the shock his parents felt when they saw their firstborn, brand new baby boy, only to find he was what the world would consider imperfect and abnormal. How would their son live an normal happy life? What could he ever do or become when living with what the world would see as such a massive disability (严重残疾)? (2) Little did they or anyone know that this beautiful limbless baby would one day be someone who would

inspire and motivate people from all walks of life, touching lives all over the world.

### 【本部分重难点】

1. Having had an uneventful ( 平 凡 的 ) pregnancy and no family history to expect this condition,                    imagine the shock his parents felt when they saw their firstborn, brand new baby boy, only to find he was what the world would consider imperfect and abnormal.

(1) 悬垂分词。建议换成: Having had an uneventful pregnancy and no family history to expect this condition, his parents felt great shock when they saw ... Can you imagine the shock?

以下是可以接受的悬垂分词形式:

Strictly speaking, nobody is allowed in here.

Judging from his accent, he must be from the South.

经常这样用的分词(分词词组)有: frankly(broadly, generally, strictly...) speaking, judging from / by..., talking about..., speaking of...等。

某些句子中作状语的分词的逻辑主语虽然不是句子的主语,但可能是句中的另外某一成分,对这样的句子也可以不认为是“悬垂分词”。课文中的这个句子属于这种情况。再如:

Seeing her health sinking rapidly, alarm clutched the father's heart. 她父亲看到她健康迅速恶化,很是惊慌。

切记:该结构应慎用。

(2) only to find...不定式表示结果。不定式表结果时通常前面需要加 only,表示出乎意料的不希望看到的结果。例如:

They rushed to the cinema, only to find the tickets left at home.

They hurried back home, only to find the door locked.

They went to the hospital without any delay, only to be told their beloved grandpa                    had already passed away.

(3) what the world would consider 作插入语

(4) 译文:在经历了一段平静无事的孕期,而且没有任何家族病史预示的情况下,我们可以想象得到当时他的父母看到这个刚出生的小男孩时会是多么地震惊,只知道他就是世人所说的缺陷和不正常。

2. Little did they or anyone know that this beautiful limbless baby would one day become one who would inspire and motivate people from all walks of life, touching lives all over the world.

(1) 否定词放在句首句子倒装,如 rarely, seldom, in no case, by no means, little, hardly 等。

(2) who would inspire and motivate people from all walks of life 定语从句,先行词是 someone。

(3) touching lives all over the world 现在分词作状语,修饰 inspire and motivate people。

(4) 译文:当时他们不知道而且也没有任何一个人知道,这个漂亮的无手足的小男孩有一天会启发激励社会各阶层的人,并且感动全世界的人们。

③ As Nick grew up he learned to deal with his disability and started to be able to do more and more things on his own. He adapted to his situation and found ways to accomplish tasks that most people could only do by using their limbs, such as cleaning teeth, brushing hair, typing on a computer, swimming, playing sports, and much more. As time went by, Nick began to embrace his situation and achieve greater things.

(承上启下句) In grade seven Nick was elected captain of his school and worked



with the student council (考生会) on various fund-raising events for local charities and disability campaigns.

④ After school Nick went on with further study and obtained a double bachelor degree majoring in accounting and financial planning. By the age of 19, Nick started to fulfill his dream of encouraging others by sharing his story through motivational speaking (励志演讲). He found the purpose of his existence, and also the purpose of his circumstance. Nick wholeheartedly believes that there is a purpose in each of the struggles we encounter in our lives and that our attitude towards those struggles can be the single most effective factor in overcoming them.

⑤ Now at 27 years old, this limbless young man has accomplished more than most people even twice his age. Nick recently made the massive move from Brisbane, Australia to California, USA, where he is the president of an international non-profit organization (非盈利组织), and also has his own motivational speaking company, Attitude Is Altitude. Since his first motivational speaking engagement (演讲) back when he was 19, Nick has traveled around the world, sharing his story with millions of people, speaking to a range of different groups such as students, teachers, youth, businessmen and women, entrepreneurs, and church congregations of all sizes. People ask Nick, "How can you smile?" (3) Then they realize there's got to be something more to life than meets the eye if a guy without arms and legs is living a fuller life.

#### 【本部分重难点】

3. Then they realize there's got to be something more to life than meets the eye if a guy without arms and legs is living a fuller life.

(1) There is something to/in sth. ....有意义, 有道理

(2) live a full life 生活充实

(3) 译文: 接着他们意识到, 如果一个没有四肢的人过得比普通人更充实, 那么人生的含义必定超出了我们目光所及的范畴。

⑥ Nick shares with his audience the importance of vision and dreaming big. Using his own experiences in worldwide outreach as examples, he challenges others to examine their perspective and look beyond their circumstances. (4) He shares his view of ceasing to see obstacles as problems, but instead begin to see them as opportunities to grow and reach out to others. (5) He stresses the importance of attitude being the most powerful tool we have at our disposal and illustrates how the choices we make can have a profound effect on our lives and the lives of those around us. (6) Nick shows through his own life that the major keys in fulfilling our biggest dreams are persistence and choosing to embrace failure as a learning experience, rather than allowing the guilt and fear of failure to paralyze us.

#### 【本部分重难点】

4. He shares his view of ceasing to see obstacles as problems, but instead begin to see them as opportunities to grow and reach out to others.

(1) cease to do sth. 停止做某事, 不再做某事

(2) see...as...: look on / upon ...as, view...as, regard...as

(3) reach out to 伸手以抓到、触到或拿到某物

We must reach out to those in need. 我们应该伸出援手, 去帮助有困难的人。

本句 reach out to others 意为“求助于某人”

(4) 译文: 他与大家一起分享停止把阻碍看作是麻烦、困难, 相反, 应该把它们看作是自身成长并接触他人向他人学习的机会。

5. He stresses the importance of our attitude being the most powerful tool we have at our disposal and illustrates how the choices we make can have a profound effect on our lives and the lives of those around us.

- (1) at our disposal 任某人处理；供某人任意使用  
disposal 是 dispose 的名词形式，意为“支配，处理”。

联想：al 为名词后缀，再如：arrive-arrival, survive-survival, approve-approval, disapprove-disapproval, dismiss-dismissal, deny-denial, refuse-refusal 等。

- (2) have a profound effect on sth. 对……产生深远的影响

(3) 译文：他强调态度是我们可以支配的最强大的工具，阐明了我们作出的选择如何对我们自身乃至周围人的生活产生深远的影响。

6. Nick shows through his own life that the major keys in fulfilling our biggest dreams are persistence and choosing to embrace failure as a learning experience, rather than allowing the guilt and fear of failure to paralyze us.

(1) through his own life 作状语，修饰 show。show 的宾语是由 that 引导的宾语从句，宾语从句的主干是 the major keys are persistence and choosing to ... , rather than allowing ...。

- (2) embrace failure as a learning experience 欢迎失败，把它看成是学习的体验

- (3) rather than 相当于 instead of “而不是”

(4) rather than allowing the guilt and fear of failure to paralyze us 而不是被失败和恐惧所打倒

(5) 译文：尼克用他的人生来告诉我们实现远大梦想最关键的就是坚持不懈和选择拥抱失败，把它看作是一次学习的机会，而非容忍失败带来的内疚和恐惧使我们瘫痪、麻痹。

⑦ How does Nick Vujicic feel about his disability now? He accepts it, embraces it and often times jokes about his own circumstance as he shows off his many tricks. He meets challenges with his special blend of humor, perseverance and faith, always encouraging those around him to examine their perspective as they develop and define their vision. (7) Using those new definitions she challenges each person she meets to make changes in their lives so that they can begin the path to fulfilling their biggest dreams. (8) Through his amazing ability to connect with people from all walks of life and his incredible sense of humor that captivates children, teens and adults alike, Nick is a truly inspirational motivational speaker.

### 【本部分重难点】

7. Using those new definitions she challenges each person she meets to make changes in their lives so that they can begin the path to fulfilling their biggest dreams.

- (1) using those new definitions 分词作状语

- (2) challenges sb. to do sth. 刺激某人做某事

(3) begin the path to fulfilling their biggest dreams 开始踏上实现人生梦想的征程

(4) 译文：采用这些新的定义，尼克鼓励每个人勇于面对并改变生活，以便他们开始完成人生梦想的征程。

8. Through his amazing ability to connect with people from all walks of life and his incredible sense of humor that captivates children, teens and adults alike, Nick is a truly inspirational motivational speaker.

(1) 句子的主干是 Nick is a truly inspirational motivational speaker.。through... 作状语

- (2) alike: adv. in the same way 同样地

例如: treat everybody exactly alike 一视同仁

The climate here is always hot, summer and winter alike.

his incredible sense of humor that captivates children, teens and adults alike 他惊人的幽默感令孩子、青少年和成年人都着迷

(3) 译文: 通过与人们沟通的惊人能力和令人难以置信的幽默, 尼克深受孩子、青少年 和成年人的喜爱, 尼克成了真正的使人倍受鼓舞的演说家。

### III. 部分练习讲解

P256 Bridging the Gap

Directions: Fill in the blanks with a word or phrase that best completes the passage. You may choose a suitable one from the list given.

解题方法: 把词分类

动词	名词	形容词	副词	介词	连词
mark	mark	confused	intentionally	as opposed to	even if
confused	potential	likely			
known		potential			
called upon		natural			

Gifts are those talents and abilities that flow almost effortlessly from us. Gifts are sometimes 1 confused with skills. While skills can be developed, gifts are something we are born with—they are what we discover as we try new things and find that some things are as 2 natural to us as breathing.

When we 3 intentionally make a decision to create our life and work based on our gifts, we're not only more 4 likely to succeed, but can also more thoroughly enjoy the journey toward creating and realizing our full 5 potential.

Take inventory of (评估) your life to determine where you are utilizing learned and developed skills 6 as opposed to expressing and honoring your innate (与生俱来的) gifts. Are you operating based on what you think you "ought" to be doing or are you living an authentic life that is rich and fulfilling?

7 Even if you are not in a place to pursue a new career based on your gifts, look for ways to make your gifts 8 known to others and demonstrate them in as many areas of your life as possible. The more your gifts are 9 called upon, the more naturally you will fully accept and promote those gifts. The more you express your life through your innate gifts, the more you will excel. It's a beautifully self-perpetuating (能使自身永久存在的) process once you make the decision to begin.

Your gifts are your signature, your unique paintbrushes – use them to express your greatness and make your greatness and make your 10 mark on the world!

#### 1. New words and expressions

New words

1. revolution n. 巨变; 大变革
  2. unwed adj. 未婚的
  3. adoption n. 收养; 领养
  4. unfortunately adv. 不幸地; 遗憾地
- fortune  
misfortune  
fortunate  
unfortunate
5. relent v. 终于答应; 不再拒绝

6. recallv. 记起; 回忆起; 回想起
7. debutv. 使(新产品)面世; 首次广告推广
8. productionn. 生产; 制造; 制作  
produce  
producer  
productive  
product
9. possessionn. 具有; 拥有
10. calculatorn. 计算器
11. orchardn. 果园
12. sagv. 减弱; 减少
13. competitionn. 竞争; 角逐(参考 Unit4, TextA 相关词)  
compete  
competitor  
competitive
14. successiveadj. 连续的; 接连的; 相继的  
succeed  
succeed in (doing) sth.  
successor  
successful
15. insanelyadv. 十分; 非常; 疯狂地
16. cofoundv. 共同建立  
co-existence  
a co-ed school  
cooperate  
cohabitation
17. bitteradj. 激烈而不愉快的; 充满愤怒与仇恨的
18. recruitv. 吸收(新成员)
19. punchv. 拳打; 以拳痛击
20. publiclyadv. 公开地
21. heartbreakingadj. 令人心碎的
22. episodenn. (人生的)一段经历; (小说的)片段, 插曲
23. instantadj. 立即的; 立刻的
24. billionairen. 巨富; 亿万富翁
25. immenseadj. 极大的; 巨大的  
immensity
26. convincev. 说服, 劝说(某人做某事)  
convince sb. of sth. / that...  
convincing
27. foundationn. 基本原理; 根据; 基础  
lay a solid foundation forsth.
28. catalystrn. 催化剂
28. comebackn. 复出; 重返; 再度受欢迎
29. initiallyadv. 开始; 最初; 起初
30. interimn. 暂时的; 过渡的
31. profitabilityn. 盈利能力

profit

profitable

32. introduce v. 推行; 实施; 采用

introduction

introductory / introductory 介绍的, 引导的

33. innovate n. 创造; 创新; 改革

innovate

innovative

Phrases and Expressions

1. biological mother 生母

2. meet one's expectations 符合某人的期望

3. dropout 退学; 辍学

4. in memory of 作为对...的纪念

5. dwell on 老是想着 (尤指最好忘记的事); 一直说……

6. turn out 原来是; 证明是; 结果是

11. Text Learning

An Unwanted Baby, Steve Jobs

1 Steve Jobs is a man who has great courage and dares to take risks. He may not be perfect but he pulled together the most fantastic act by overcoming Microsoft, the movie industry and the music business. Jobs followed his dream and led a revolution in the computing world.

2 Steve Jobs was born on February 24, 1955, in San Francisco, California. His biological mother was an unwed graduate student named Joanne Simpson and decided to put him up for adoption. (1) Joanne had a college education, and she insisted that the future parents of her boy be just as well educated. Unfortunately, the candidates, Paul and Clara Jobs, did not meet her expectations: Clara didn't graduate from college and Paul only attended high school. When she found out that both his future parents had never graduated from college, she refused to sign the adoption papers. She only relented a few months later and agreed to have her baby adopted by them, under the firm condition that they would send him to college.

### 【本部分重难点】

1. Joanne had a college education, and she insisted that the future parents of her boy be just as well educated.

当谓语动词是“一坚持, 二命令, 三建议, 四要求”时, 即 insist, order, command, advise, suggest, propose, demand, request, require, ask 以及 desire, recommend, prefer, decide, urge 等词时, 从句谓语用 should+动词原形。

We suggest that he be present at the meeting in time.

His painful expression suggested that he was ill at ease.

3 Steve Jobs went to college but decided to drop out because it was too expensive. Recalling his time there he said, "I didn't have a dorm room, so I slept on the floor in friends' rooms, I returned coke bottles for the 5 cents deposit to buy food with, and I would walk the 7 miles across town every Sunday night to get one good meal a week at the Hare Krishna temple."

4 At 20, Steve Jobs and a friend (Steve Wozniak) started a company in a garage on April 1, 1976. Later that year, they debuted the Apple I and a local store offered to buy 50 machines. To finance the production, they had to sell their most expensive

possessions. Jobs sold his Volkswagen van while Wozniak sold his Hewlett-Packard scientific calculator. Steve Jobs named their company Apple, in memory of a happy summer he had spent as an orchard worker in Oregon.

5 By 1982, however, his company's sales sagged in the face of competition from IBM's new PC. (2) Not wanting to dwell on successive failures, they worked on a new machine called the Macintosh. By 1986, the Mac, which Steve Jobs promised to be "insanely great," was a huge success. After 10 years, starting from a kid working in a garage, Apple computer had grown into a \$2 billion company with over 4000 employees.

6 At 30, Steve Jobs, however, was fired from the company he co-founded with Steve Wozniak. He left the company after losing a bitter battle over control with Apple's CEO John Sculley, whom Jobs had recruited from Pepsi Cola. When Steve Jobs heard of the message he said, "You've probably had somebody punch you in the stomach and it knocks the wind out of you and you cannot breathe. (3) The harder you try to breathe, the more you cannot breathe. And you know that the only thing you can do is just relax so you can start breathing again."

### 【本部分重难点】

2. Not wanting to dwell on successive failures, they worked on a new machine called the Macintosh.

非谓语动词的否定形式为: not+非谓语动词 (具体参考 Unit 7, Text A)

dwell on: 详述; 老想着

Don't always dwell on the past, look forward.

He's dwelling on his story once again.

3. The harder you try to breathe, the more you cannot breathe.

"the+比较级, the+比较级"意为"越……就越……"

The farther a planet is from the earth, the smaller it looks/appears/seems.

试译: 你锻炼越多, 就越不大可能感冒。

你越不可能感冒: You are less likely to catch a cold.

The more exercise you take, the less likely you are to catch a cold.

You'll have less chance / few chances of catching a cold.

The more exercise you take, the less chance / the fewer chances you'll have of catching a cold.

7 Steve Jobs sold over \$20 million of his Apple stock, spent days bicycling along the beach, feeling sad and lost, toured Paris, and journeyed onto Italy. Recalling this publicly heartbreaking episode, Jobs said, "(4) I didn't see it then, but it turned out that getting fired from Apple was the best thing that could have ever happened to me. (5) The heaviness of being successful was replaced by the lightness of being a beginner again, less sure about everything. It freed me to enter one of the most creative periods of my life."

8 During the next five years she started two companies—NeXT and Pixar. NeXT didn't do as well as Jobs had dreamed for, but Pixar was a success story. Jobs became an instant billionaire. Meanwhile, his old company Apple was under immense pressure from its rival Microsoft and in 1996 posted billions of dollars in losses.

9 In December 1996, Steve Jobs convinced Apple to buy NeXT and make its software the foundation of the next-generation Mac OS. The technology he developed at NeXT became the catalyst of Apple's comeback. (6) Initially appointed as Apple's adviser, Steve Jobs was named Apple's interim CEO in 1997.

### 【本部分重难点】

4. I didn't see it then, but it turned out that getting fired from Apple was the best thing that could have ever happened to me.

(1) turn out 到头来, 结果是, 竟然是

It turned out the man standing beside me was a pickpocket.

He turned out to be one of my former classmates.

(2) happen to sb.

联想: become of sb.

(3) 译文: 我当时并没有意识到, 但结果表明, 被苹果公司开除, 是我遇到的最好的事情。

5. The heaviness of being successful was replaced by the lightness of being a beginner again, less sure about everything. 对一切都不确定, 从头再来的轻松取代了成功带来的压力。

句子的主干是 The heaviness was replaced by the lightness.

6. Initially appointed as Apple's adviser, Steve Jobs was named Apple's interim (过渡的, 临时的) CEO in 1997.

appointed as Apple's adviser 过去分词作状语。过分表示被动, 再如:

Seen from here, the valley is very beautiful.

10 (7) He had made Apple healthy again and returned it to a place where it was contributing new and innovative technologies to the computer world. (8) Under his leadership, Apple returned to profitability and introduced innovations.

### 【本部分重难点】

7. He had made Apple healthy again and returned it to a place where it was contributing new and innovative technologies to the computer world.

(1) make sth. + adj.

make the room clean / warm

(2) where it was contributing ... 定语从句, 修饰 a place

8. Under his leadership, Apple returned to profitability and introduced innovations.

under one's leadership

类似的结构还有: under one's supervision (监督, 管理) / guidance / influence

注意 under 的用法: under way / treatment / discussion / investigation

under arrest / threat

under one's guidance / leadership

注意区分: guidance, guide

## Unit 9 Facing Life's Challenges

### 自考赢家整理

#### I. New words and expressions

##### New words

1. hurdle. hurdles [pl.] 跨栏赛; 栏架, 跨栏; 难关, 障碍
2. negative. 否定词; 否定; 拒绝 adj. 坏的; 有害的
3. despair v. 绝望; 失去希望; 丧失信心
4. petty adj. 小的; 琐碎的; 次要的
5. individual adj. 一个人的; 供一个人用的
6. lane n. (比赛的) 跑道, 泳道

7. spotn. 地点; 场所; 处所

8. symbolizev. 象征; 是...的象征; 代表

symbol

-ize 常用的动词后缀: modernize, globalize, economize

9. incrediblyadv. 极端地; 极其

credible 可靠的, 可信的credibly

变副词时需省略-e 的形容词有 simple, true, credible, believable

simply, truly, (in)credibly, (un)believably

10. positiveadj. 良好的; 正面的

11. toughadj. 艰苦的; 艰难的; 棘手的

12. arisev. 发生; 产生; 出现

arise fromsth.

区分: arouse / arise

arouse one's anger / respect / sympathy

13. lostadj. 不知所措的; 一筹莫展的

14. leapv. 跳跃

15. yard n. 码

16. inchn. 英寸

17. cinchn. 很容易的事; 小菜

Phrases andExpressions

1. lineup 排成一行; 站队; 排队 (等候)

2. endup 最终成为; 最后处于

end up (in) doing sth. end up begging / being arrested

end up as a beggar / prisoner / millionaire

end up in prison / debts

3. keepupwith (与...) 齐步前进; 并驾齐驱; 跟上

4. paceoneself 调整自己的工作 (或活动) 节奏

5. fitin (与...) 合得来; 适应

6. getover 解决; 克服; 控制

7. wearout 使疲乏; 使筋疲力尽; 使厌烦

8. withease 轻而易举地

9. makeit 获得成功

10. fallover 被...绊倒; 几乎被...绊倒

11. getlost 不知所措; 一筹莫展

12. look back on 回首 (往事); 回忆; 回顾

13. inch by inch 缓慢而谨慎地; 一步一步

14. at a time 每次; 逐一; 依次

II. Text Learning

300 Hurdles

① Life may give you a negative, but don't despair - it may just develop into a beautiful picture one day. This year, I realized my theory that I have on life. Lifeislikea300mhurdlerace.SinceIrunthe300mhurdles,Iwouldknowwhatthe race islike.

② The first thing to any race is worrying about whether you are going to win ornot.Thisrelatestoworryingaboutthepettythingsinlife.Doesitreallymatter



ifyouwin?                      Isitreallygoingtobetheadoftheworld?                      Orwillyoubeupsetif  
youloseandthenforgetaboutit? (1)Inlifeworrytoomuchandliveinthemoment toolittle.  
(承上总结句)

③ (2)Nextistheliningupinourownindividuallanes. Weeachstartatdifferent spots,  
buttheraceisstillthesamedistanceforeveryone. (承上启下句) (3)This relates to our  
lives taking us to different places and putting us in different situations,  
buthopefullywewillendupinthesameplace, butmaybeatdifferent times.

④                      Nowcomesthebeginningoftherace. Wealltrytokeepupwitheveryoneand  
paceourselveswithotherpeople. (4)Thissymbolizesthatattimesineveryone'slives we  
worry, about fitting in or being the same as other people, instead of worrying  
aboutbeingunique. Ifeveryonewerethesame,theworldwouldbeincrediblyboring.

#### 【本部分重难点】

1. In life we worry too much and live in the moment too little.

生活中，我们担心得太多，而活在当下太少。

2. Next is the lining up in our own individual lanes.

接下来的一步就是在我们自己的跑道站好，也就是各就各位。

3. This relates to our lives taking us to different places and putting us in  
differentsituations, buthopefullywewillendupinthesameplace, butmaybeat  
differenttimes.

(1) relateto 涉及，有关

(2) takingustodifferent places 和 puttingusindifferentsituations 的逻辑主语都是  
ourlives, 作 relateto 的宾语。

(3) endupinthesameplace 在同一个地方结束，即有同样的结局end

up in prison / indebts

end up begging

end up as a beggar / prisoner

4. Thissymbolizesthatattimesineveryone'slivesweworry, aboutfittingin or being  
the same as other people, instead of worrying about beingunique.

(1) at times:sometimes

(2) fitin:合得来，适应

(3) instead of: ratherthan

⑤ Now comes the first hurdle. This hurdle is the easiest to get over because  
youarenotwornoutfromrunning. Weallmakeitoverthishurdlewith ease. This  
symbolizesthoseobstaclesinlifethatwestruggletogeto over, butwealwaysmanage to do so.  
You can look at that hurdle in two ways: "I can't make it over, I'm too  
tired"or"Iamonemorehurdle closetofinishingthisrace". Thisisanexample oftakinga  
negativesituationandseeingsomething positiveinit. (承上句)

⑥ Thenextpartoftheraceiseveryhurdlebetweenthefirstandlastone. (主题句)  
Thesehurdlesgettougherandtougherandyoumayfeleasthoughyoucan't go on.  
Thishappensalotinlifetoo. (承上启下句) Theremaybeasituationthatarises  
wheretheyoufeleasthoughyoucan'tmakeitandallyoucanthinkaboutisgivingup. You may fall  
over that "hurdle" or struggle getting over it, but somehow you find it in  
yourself to jump over it and move on with therace.

⑦                      Nextisthatlast100moftherace. Youfeleasthoughyoujustwanttosay,  
"NoIcan't dothis." (5)Again, youmustfinditinyourselfthatyoucandoit, and

you must finish the race stronger than when you had started it.

### 【本部分重难点】

5. Again, you must find it in yourself that you can do it, and you must finish the race stronger than when you had started it.

(1) find it in yourself that you can do it, it 是形式宾语，真正的宾语是 that 从句。

(2) you must finish the race stronger than..., stronger 是主语的补语，说明主语的状态。例如：

He died young / poor.

名词也可以作主语的补语，说明主语的状态。例如：

He died a beggar.

She came from her marriage a stronger person.

⑧ Now lastly is the last hurdle. This hurdle is the toughest out of all of them.

(6) In life we find ourselves falling and falling, and may be getting too lost in our problems that we feel like we have been through enough and there's no hope. That last hurdle symbolizes these situations. (承上句) It's one step closer to the end of the race.

⑨ Once you finish, you look back on it and you realize that you made it not by leaping, but step by step. (7) "Yard by yard, life is very hard. But inch by inch, life can be a cinch."

### 【本部分重难点】

6. In life we find ourselves falling and falling, and may be getting too lost in our problems that we feel like we have been through enough and there's no hope.

生活中，我们发现自己不断跌倒，为种种问题所困扰，感觉自己历经重重磨难，仍然看不到希望。

(1) find oneself falling and falling, 现在分词作宾补。(可参考 Unit 7, Text A) 再如：  
When he came to, he found himself lying in hospital.

He found himself surrounded by several boys.

(2) be through 经过，历经；完成，结束(可参考 Unit 5, Text B)

7. "Yard by yard, life is very hard. But inch by inch, life can be a cinch."

一码一码地，生活很困难。但是一英寸一英寸地来，生活只是小菜一碟。即生活中我们要一步一个脚印，循序渐进。(注：1 yard=0.9144 meter, 1 inch=2.54 centimeters)

⑩ (8) All it takes is one step at a time, one hurdle at a time.

### 【本部分重难点】

8. All it takes is one step at a time, one hurdle at a time.

(1) all= all that= what

(2) at a time: separately 一次，依次，每次

Take the pills two at a time.

区分：at one time: formerly 一度，从前

At one time I used to go skiing every winter.

### III. 部分练习讲解 P256

Bridging the Gap

Directions: Fill in the blanks with a word or phrase that best completes the passage. You may choose a suitable one from the list given.

解题方法：把词分类

动词	名词	形容词	副词	介词	连词
mark	mark	confused	intentionally	as opposed to	even if
confused	potential	likely			
known		potential			
called upon		natural			

Gifts are those talents and abilities that flow almost effortlessly from us. Gifts are sometimes 1 confused with skills. While skills can be developed, gifts are something we are born with—they are what we discover as we try new things and find that some things are as 2 natural to us as breathing.

When we 3 intentionally make a decision to create our life and work based on our gifts, we're not only more 4 likely to succeed, but can also more thoroughly enjoy the journey toward creating and realizing our full 5 potential.

Take inventory of ( 评 估 ) your life to determine where you are utilizing learned and developed skills 6 as opposed to expressing and honoring your innate (与生俱来的) gifts. Are you operating based on what you think you "ought" to be doing or are you living an authentic life that is rich and fulfilling?

7 Even if you are not in a place to pursue a new career based on your gifts, look for ways to make your gifts 8 known to others and demonstrate them in as many areas of your life as possible. The more your gifts are 9 called upon, the more naturally you will fully accept and promote those gifts. The more you express your life through your innate gifts, the more you will excel. It's a beautifully self-perpetuating (能使自身永久存在的) process once you make the decision to begin.

Your gifts are your signature, your unique paintbrushes – use them to express your greatness and make your greatness and make your 10 mark on the world!

#### 1. New words and expressions

##### New words

1. stricken adj. 受煎熬的；患病的；遭受挫折的

panic / grief / conscience / poverty-stricken

2. polio n. 小儿麻痹症

3. brace n. 双脚规形夹

4. aid n. (某工作所需的) 帮助，助手，辅助物

5. crutch n. 腿脚受伤病人用的) 腋杖

6. awesome adj. 令人惊叹的；令人畏惧的

7. majestically adv. 威严地；壮丽地

8. undo v. 打开；解开；拆开

unfold 展开，打开

uncover 发现，揭示，揭开 (盖子)

unload 卸货

unearth

9. clasp n. (包、皮带或首饰等的) 搭扣，扣环

10. tuck v. 把...塞进狭窄的空间；把...藏入

11. chin n. 下巴

12. conductor n. 乐队指挥

conduct

13. proceed v. 接着做；继而做

14. ritual n. 程序；仪规；礼节

15. reverentlyadv. 恭敬地；虔诚地
16. barn. (音乐) 小节
17. snapv. (使)断裂，绷断
18. figurev. 认为，认定(某事将发生或属实)
19. limpv. 瘸着走；跛行；蹒跚
20. orchestrann. 管弦乐队
21. purityn. 纯洁；纯净；纯粹

pure

purity

purify

-ify: beautify, simplify, classify

22. symphonicadj. 交响乐的
23. modulatev. 变调；转调
24. de-tunev. 使改变调子
25. outburstn. (感情的)爆发，迸发  
burst out crying / laughing / singing  
burst into tears / laughter / angry words
26. applausenn. 鼓掌；喝彩

applaud

27. auditoriumn. 礼堂；会堂

28. appreciatev. 欣赏；赏识

appreciate

appreciative (of)

29. brownn. 额头

30. bowv. 琴弓

31. boastfullyadv. 自吹自擂地；自夸地

boast

boast of / about (doing) sth.

boaster 自夸的人，吹牛者

32. pensiveadj. 沉思的；忧伤的
33. reverentadj. 非常尊敬的；深表崇敬的
34. sacredadj. 上帝的；神的；神圣的
35. shakyadj. 不稳固的；不牢靠；摇晃的；不确切的
36. bewilderingadj. 令人困惑的；使人糊涂的

Phrases and Expressions

1. with the aid of 在...的辅助下
2. make one's way 去；前往；到...地方去
3. go off 突然发出巨响
4. at one point 在某个时刻
5. all of a sudden 突然；猛地

## 11. Text Learning

### A Violin with Three Strings

1 On Nov. 18, 1995, Itzhak Perlman, the violinist, came on stage to give a concert at Avery Fisher Hall at Lincoln Center in New York City.

2 (1) If you have ever been to a Perlman concert, you know that getting on stage is no small achievement for him. He was stricken with polio as a child, and so he

has braces on both legs and walks with the aid of two crutches. To see him walk across the stage one step at a time, painfully and slowly, is an awesome sight.

3 He walks painfully, yet majestically, until here he reaches his chair. Then he sits down, slowly, puts his crutches on the floor, undoes the clasps on his legs, tucks one foot back and extends the other foot forward. Then he bends down and picks up the violin, puts it under his chin, nods to the conductor and proceeds to play.

4 By now, the audience is used to this ritual. They sit quietly while he makes his way across the stage to his chair. They remain reverently silent while he undoes the clasps on his legs. They wait until he is ready to play.

5 But this time, something went wrong. Just as he finished the first few bars, one of the strings on his violin broke. You could hear it snap - it went off like gunfire across the room. (2) There was no mistaking what that sound meant. There was no mistaking what he had to do.

6 We figured that he would have to get up, put on the clasps again, pick up the crutches and limp his way off stage - to either find another violin or else find another string for this one. But he didn't. Instead, he waited a moment, closed his eyes and then signaled the conductor to begin again.

7 The orchestra began, and he played from where he had left off. (3) And he played with such passion and such power and such purity as they had never heard before.

#### 【本部分重难点】

1. If you have ever been to a Perlman concert, you know that getting on stage is no small achievement for him.

He's no actor. / He is not an actor.

You're no writer.

no 可修饰可数名词或不可数名词，用法上相当于 not a / any，例如：

He is no student. (not a)

There are no classes on campus today. (not any)

2. There was no mistaking what that sound meant. There was no mistaking what he had to do.

There was no mistaking ... 不会弄错.....

类似的结构：There is no denying (the fact) that ...

3. And he played with such passion and such power and such purity as they had never heard before.

(1) such...as...

Such a disaster as her car being stolen had never happened before. 像她的汽车被盗之类的祸事，以前从未发生过。

Such advice as he was given proved almost worthless. 给他提的那类建议简直毫无价值。

(2) 本句译文：他的演奏那么有激情，那么有力量，那么纯粹，他们以前从来没有听到过。 8 Of course, anyone knows that it is impossible to play a symphonic work with just three strings. I know that, and you know that, but that night Itzhak Perlman refused to know that. (承上启下句) You could see him modulating, changing, re-composing the piece in his head. At one point, it sounded like he was de-tuning (调试) the strings to get new sounds from them that they had never made before.

9 When he finished, there was an awesome silence in the room. And then people rose and cheered. There was an extraordinary outburst of applause from every corner

of the auditorium. (4) We were all on our feet, screaming and cheering, doing everything we could to show how much we appreciated what he had done. He smiled, wiped the sweat from his brow, raised his bow to quiet us, and then he said - not boastfully, but in a quiet, pensive, reverent tone - (5) "You know, sometimes it is the artist's task to find out how much music you can still make with what you have left."

**【本部分重难点】**

4. We were all on our feet, screaming and cheering, doing everything we could to show how much we appreciated what he had done.

(1) on one's feet 站立

(2) screaming, cheering, doing everything we could... 现在分词作状语，表示伴随。

(3) to show how much we appreciated what he had done 不定式作状语，表示目的，修饰 doing everything we could。

(4) appreciate

I will greatly appreciate your / you keeping it a secret.

He helped me a lot. I really appreciate it.

appreciative (of)

appreciation

(5) 译文：我们都站起来，尖叫着，欢呼着，用尽一切方式来表达我们是多么欣赏帕尔曼所做的一切。

5. "You know, sometimes it is the artist's task to find out how much music you can still make with what you have left." "你们知道，有时候，艺术家的任务就是要弄清楚用自己所剩的还能创造出多少音乐"

(1) It is the artist's task to do sth.

(2) make music with what you have left 用你仅剩的资源去演奏音乐

(3) left 分词作定语

He has got only 10 dollars left for the month.

There is five minutes left for this class.

10 What a powerful line that is! It has stayed in my mind ever since I heard it. And who knows? Perhaps that is the definition of life - not just for artists, but for all of us.

11 Here is a man who has prepared all his life to make music on a violin with four strings, who, all of a sudden, in the middle of a concert, finds himself with only three strings; so he makes music with three strings, and the music he made that night with just three strings was more beautiful, more sacred, more memorable, than any that he had ever made before, when he had four strings.

译文：他是一个要把自己的一生奉献给用四根弦的小提琴演奏的人。突然有一天，在演奏中，他发现自己的琴只剩下三根弦，而那一晚他用仅剩的三根弦演奏出了比他以前用四根弦演奏地更美妙、更神圣、更难忘的音乐。

12 So, perhaps our task in this shaky, fast-changing, bewildering world in which we live is to make music, at first with all that we have, and then, when that is no longer possible, to make music with what we have left. 所以，我们有时在这个动荡不安、变数不定、眼花缭乱的世界上的任务就如同演奏音乐。开始时译文：我们倾其所有而为之，然后在不可能时，用我们所拥有的一切去创造。

**Unit 10 Ode to Public Transport**

自考赢家整理

## I. New words and expressions

补充重要单词 trans-words:

transmit / transform / transplant / transport / transfer / transit

transmit v. 传送, 传染, 传播 (热, 光, 声音等)

a disease that can be transmitted to humans

Insects can transmit disease.

Irons transmit heat. 铁能导热。

Water transmits sound better than air. 水比空气能更好的传声。

transmission n. 传送, 传染, 传播

the transmission of diseases 疾病的传播

transform v. 使改变性质, 使改观transform

sth/sb (from sth) (into sth) She

transformed the room by painting it.

The climate has transformed the area from a desert into a swamp. (沼泽)

Caterpillars can be transformed into butterflies. 毛毛虫可以变为蝴蝶。

transformation n. 改变, 改观

His character seems to have undergone a complete transformation since his marriage.

transplant v./n 移植

transplant sth from sb/sth to sb/sth

transplant a kidney (肾) from one twin to the other

transport v./n. 运输, 搬运

transport wheat from a farm to a mill (磨坊)

public transport 公共交通

transportation n. 交通, 运输

variousmeansoftransportation 各种交通方式

注意: transport和transportation都可以表示运输这个抽象概念。但是transportation更多的表示运输, 而 transport 同时能表示运输器材。

如: I need some transport to deliver the goods. 我需要某一运输工具运送这批货物

transfer v/n. 将…… 由一处转移到另一处, 调动, 转车

transfer sth/sb (from…) (to…)

His employer transferred him to another office.

The head office has been transferred from London to Paris.

She's has been transferred to our Beijing branch.

transfer one's affections (比喻) 转移爱心

transfer to another bus 转乘另外一辆公共汽车

They will be offered transfers to other locations. 他们将得到去其他地方的调动令。

It can be connected to a PC for the transfer of information. 它可以连接到个人电脑上进行信息转录。

transit v. 过渡, 通过, 横越

airplanes transiting the U.S. and Canada

transition n. 过渡, 转变, 变迁

a period of peaceful transition

the transition from childhood to adulthood

1. New words and expressions

Newwords

1. proclaimv. 宣布; 宣告; 声明
  2. sectorn. (尤指一国经济的) 部门, 领域, 行业
  3. necessityn. 必需的事物; 必需品
- necessary
- necessarily
4. arrangementn. 安排; 筹备
  5. territoryn. 领土; 版图; 领地
  6. upfrontadv. 预付地; 预交地
  7. sunburnn. 晒斑; 晒伤
  8. groceriesn. 食品杂货
  9. radiusn. 半径(长度)
  10. expensen. 费用; 价钱
  11. annuallyadv. 一年一次地
  12. householdn. 一家人; 家庭
  13. commutenn. 上下班路程
  14. switchv. (使) 改变, 转变
  15. transportn. 交通车辆; 运输工具; 旅行方式
  16. carbon n. 碳
  17. majorityn. 大部分; 大多数

major

minor

minority

18. weanv. 使逐渐戒除恶习(或避免依赖...)
19. dependencen. (生存或成功必需的) 依靠, 依赖, 依存

depend

dependent (on / upon)

independent (of)

dependently

independence Day

20. approximatelyadv. 大概; 大约; 约莫
21. petroleumn. 石油; 原油
22. exceptionn. 规则的例外; 例外的事物
23. electricaladj. 电的; 用电的; 发电的
24. economicadj. 经济的; 经济上的; 经济学的

economical

economy

economics

economist

(具体参考 Unit 6, Text B)

25. electricityn. 电; 电能

electrical

electrician

联想: -ian 作为名词后缀: musician, Italian, Asian, comedian, tragedian 等。

26. stableadj. 稳定的; 稳固的; 牢固的



stability  
unstable  
instability

27. strengthenv. 加强; 增强; 巩固

复习重要单词: (Unit7, TextB曾经讲过)

strong-strength-strengthen

long-length-lengthen

wide-width-widen

broad-breadth-broaden

deep-depth-deepen

high-height-heighten

short-shortness-shorten

weak-weakness-weaken

28. consequentlyadv. 因此; 所以

29. lessenv. (使) 变小, 变少, 减弱, 减轻

30. resourcenv. 资源; 财力

31. easenv. 舒适; 安逸; 自在 v. 减轻; 放松; 缓和

32. inhabitantn. (某地的) 居民, 栖息动物

33. limitedadj. 有限的 (具体参考 Unit1, TextB)

limit

limitation

limited

unlimited / limitless

Phrases and Expressions

1. baskin 晒太阳; 取暖

2. accountfor 数量上、比例上占

3. bereliantupon 依赖; 依靠

4. beattributedto 把...归因于, 认为...是由于

II. TextLearning

The Importance of Public Transportation

① A US Congressman once proclaimed that, "(1)There can be no doubt that the transportation sector is the most critical sector of our economy." I know exactly whathe means. (承上启下句) Inthisdayandage, accesstotransportationisconsidered anecessity.

② Public transportation is defined as a service that is available for use by thegeneralpublic. Itisacheaperandenvironmentallyfriendlyalternative. Itis notatransportationservicethatyoucanarrangeprivatelytosuityourownpersonal convenience (although you may, to a certain extent, such as paying for a cabin or suiteonatrainorship)sinceyouhavetoconsiderotherpassengerswhoareriding and making similar arrangements withyou.

③ (2)I have experienced first-hand how important public transportation is.

④ I live in Saipan, a US territory and the closest things we have to public transportationaretouristandschoolbuses. Youhavetohaveyourowncarorbike, rentacar, orpayupfrontforataxitogofrompointAtopointB. Otherwiseyou end up basked in sweat and sunburn traveling to work every day. When I first came here, I walked. I walked going to and from work. I walked to the store andlugged

my heavy groceries back to the house. I walked to church and I barely got to go to places farther than a twenty-mile radius from my house since I did not own a car then, and (3) I considered renting a car and riding a taxi such an expense for a starting single mother like I was at that time.

### 【本部分重难点】

1. "There can be no doubt that the transportation sector is the most critical sector of our economy."

毫无疑问，交通是我们经济体系最至关重要的领域。

2. I have experienced first-hand how important public transportation is. 我亲身体验过公共交通的重要性。

3. I considered renting a car and riding a taxi such an expense for a starting single mother like I was at that time.

(1) consider doing sth.

consider... (to be) such an expense

(2) a starting single mother 刚刚起步的单亲妈妈

⑤ For me, public transportation is very important because of the following reasons:

1. It saves money.

According to research done by the American Public Transportation Association (美国公交协会), individuals can save up to \$9,515 annually by parking their cars at home and using public transportation instead. In this economy, saving money has become a main concern in most households. With the rising prices of fuel and other vehicle-related expenses, doing the public commute to work and school certainly saves money.

2. It helps the environment.

When you switch from driving your car to taking public transport, you are reducing your carbon footprint (碳足迹; 碳排放量) and making a great step forward in saving the environment. The environmental costs of individuals using their cars every day have done massive damage to the environment and if the majority or all individuals like you and me use public transport instead, think of what good we could do for the environment.

3. It will wean us out of energy dependence.

According to a paper made by Dr. Jean-Paul Rodrigue and Dr. Claude Comtois, transportation accounts for approximately 25% of world energy demand and for more than 62% of all the oil used each year. Ninety-five percent of transportation is almost completely reliant upon petroleum products with the exception of railways using electrical power. (4) While the use of petroleum for other economic sectors, such as industrial and electricity generation, has remained relatively stable, the growth in oil demand is mainly attributed to the growth in transportation demand.

When we strengthen our public transportation services, we are consequently lessening this oil demand and dependence. It will also motivate us to consider alternative energy and fuel resources.

### 【本部分重难点】

4. While the use of petroleum for other economic sectors, such as industrial and electricity generation, has remained relatively stable, the growth in oil demand is mainly attributed to the growth in transportation demand.

(1) industry

No one doubted his ability, his industry or his integrity. 没有人怀疑他的能力、勤奋和正直。

区分: industrious / industrial

(2) attribute...to... 归因于, 归功于

American parents always attribute their children's success to natural talent and hard work.

注意区分: owe...to...

contribute ...to...

4. It provides ease and convenience.

Having public transportation definitely eases some of the burdens of people who do not have cars or prefer not to own one. They are provided with choices to use public transport. (5) Public transportation also provides valuable services not just to local inhabitants in the area but to tourists as well. When a tourist visits a place, which does not have public transportation, their choices are limited and the experience they get is limited, too.

⑥ All in all, public transportation improves our way of life, strengthens the community, provides new jobs for the public and gives us a cleaner environment.

### 【本部分重难点】

5. Public transportation also provides valuable services not just to local inhabitants in the area but to tourists as well.

not just / only...but ...as well 相当于 not only...but also...

### III. 部分练习讲解

P305 Bridging the Gap

Directions: Fill in the blanks with a word or phrase that best completes the passage. You may choose a suitable one from the list given.

解题方法: 把词分类

动词                      形容词                      代词/限定词

compared to              low                      another

require                      personal

running out of              economic

refer to                      positive

limited

Often referred to as green transport, sustainable transportation is the way of the future. Transport powered by gas and petrol is running on a limited time frame

(时间范围, 期限), as both these sources are unsustainable in the long run. In contrast, sustainable transportation offers an option to a world rapidly running out of renewable (可再生的) fuel sources. It refers to any kind of transport that has a low impact on the environment, such as walking, cycling, mass transit, green vehicles, and carpooling (集体用车, 拼车), among others.

Any mode of transport is deemed sustainable if it has a low environmental impact and uses little or no fuel. Walking is the best example of sustainable transportation, as it does not require any gas. However, walking can be impractical if you are travelling longer distances. Cycling is another green transport option and is a far more practical option for longer commutes.

Using public transportation, such as buses or trains, is also more sustainable

7 compared to private vehicles. The amount of fuel used to transport a bus full of people is more effective compared to a single person driving a personal car. A sustainable transport system has a positive impact on the environment, and helps to promote social and economic sustainability (可持续性) in the communities it serves. Increased mobility usually results in better socio-economic conditions:

1. New words and expressions

New words

1. advantage n. 有利条件; 有利因素; 优势

disadvantage

联想: merit, demerit

2. authentic adj. 真实的; 真正的

3. assurance n. 保证; 担保

assure

4. intentionally adv. 有意地; 故意地

intend

intention

intentional

unintentional 非故意的, 无意识的

well / ill-intentioned

5. harsh adj. 残酷的; 严酷的; 严厉的

6. respectfully adv. 恭敬地

respect

respectable

respectful

respective

练习:

We should show respect for our elders.

Each walk of life is equally respectable, no matter whether it is an engineer or a dustman.

He is very respectful to his teachers.

After school, they went back to their respective homes.

7. able-bodied adj. 健康的; 健壮的

8. warmth n. 热情; 友情

warm

-th: warmth, length, growth, strength, width, breadth 等

9. guts n. 勇气; 胆量; 决心; 毅力

10. particularly adv. 特别; 尤其

11. ferry n. 渡船

12. destination n. 目的地; 终点

13. maintenance n. 维护; 保养

maintain

14. economical adj. 节俭的; 节约的; 简洁的

economic

15. untoward adj. 异常的; 意外的; 棘手的; 不幸的

16. incident n. 发生的事情 (尤指不寻常的或讨厌的)

17. transit n. 运输; 运送; 搬运; 载运

18. aggravatev. 使严重; 使恶化

19. pushn. 矢志的追求; 坚定的努力

20. sustainv. 使保持; 使稳定持续

sustainable

sustainability

unsustainable 无法维持的, 无法支撑的

21. accumulatev. 积累; 积聚

22. heedv. 留心; 注意; 听从(劝告或警告)

23. habitatn. (动植物的) 生活环境, 栖息地

24. standn. 停车处; 站

Phrases and Expressions

1. pickup 让人乘车; 搭载

2. by and large 大体上; 总体上

3. conduct oneself 举止; 表现

4. in public 公开地; 在别人(尤指生人)面前

5. give up... to... 把...交给(或让与)...

6. save on 节省; 节约

7. keep tabs on 监视; 密切注视

8. God/Heaven/Lord forbid (that...) 但愿这事不发生

II. Text Learning

Personal Advantages of Taking Public Transportation

1 When I take public transport, I always end up seeing a balanced view of regular folks, which is different from how they're usually depicted in the profit-driven media. I meet real, authentic people who may have the same concerns as mine. Whenever I'm on a bus, or the train, or even at times in a taxi that I share with other passengers, whom the driver picks up along the way, I get assurances that most folks mean well to me, i.e., they don't mean to harm me intentionally, despite a few terrible, harsh experiences I've had with some bad people before.

2 The meaningful experience of receiving respect from and giving respect to others. People generally behave as politely and respectfully as they can whenever they take public transportation. That's how all of us were taught, by and large, by our parents, our elders and the generation before. We always need to conduct our best selves when in public. It's a great experience seeing able-bodied men giving up seats for the elderly, disabled, or pregnant women. I even see women give up seats to others. (1) I see people move a bit on their seats just to share space to those needing seats. I see people smiling and talking with each other. I feel more warmth among people when on a bus or the train. I see people behaving genuinely pleasant toward co-passengers, and I realize it takes a lot of guts to do this especially during these difficult times.

3 Save cash for other purposes

I always get the opportunity to save money, and am actually gaining pennies these days. This is particularly true when you live in a city, like New York, where subways and buses are in place. I've done the math: it's far cheaper to take the subway and the bus, plus the ferry if you live in Staten Island like me, than to keep a car and drive yourself to your usual destination. (2) You save on the parking fees, the toll fees, the insurance cost, the repair and maintenance costs, and the perceived costs

of aggravation from motorists on the road, the fuel, among other costs. On public transportation, you simply just pay the fare.

**【本部分重难点】**

1. I see people move a bit on their seats just to share space to those needing seats.

(1) see sb. do sth.

(2) those needing seats 需要座位的人

2. You save on the parking fees, the toll fees, the insurance cost, the repair and maintenance costs, and the perceived costs of aggravation from motorists on the road, the fuel, among other costs.

(1) save on sth. 节省, 节约

(2) the perceived costs of aggravation from motorists on the road 我们可以感觉到的马路上的汽车司机开车造成的环境恶化的成本

(3) among other costs 除了其他成本

Light baggage to bring with you

Just carry myself and my tiny baggage. I occupy the least space, which is actually wherever I happened to be standing or sitting, which contributes to my baggage being very economical and light to carry. (3) If ever there would be untoward incidents while in transit, I'd always be assured that I only have myself to worry about, which is unlikely when you're in your car. If an accident happens while you are in your car, you will be doubly aggravated because you will have to keep tabs on things other than yourself (who, by then, may be extremely anxious or even, may the Lord forbid, in a worst situation).

5 Strong push for long-term environmental projects

I am confident that I contribute more to efforts in sustaining and keeping a much cleaner environment. (4) Motorists always have to consider that they actually are contributing more to accumulated environmental damage when they use fossil-sourced fuel for their cars. Those who are concerned about the environment, especially policymakers, leaders and managers, might as well (不妨, 倒不如) heed this by taking the chance to take public transportation if time allows them. Their followers will eventually get the message: you'll be contributing more to saving what's left of our habitat by keeping away from using less of the natural resources.

6 Movement and exercise

I get the chance to do my exercises walking from my place to the bus stand (or the subway station, or the ferry station). (5) I actually feel a much healthier me whenever I take public transportation.

7 Come, join me and everyone else taking public transportation.

**【本部分重难点】**

3. If ever there would be untoward incidents while in transit, I'd always be assured that I only have myself to worry about, which is unlikely when you're in your car.

(1) in transit 在途中

(2) be assured that ... 确信的, 确定的

(3) I only have myself to worry about.

(4) which 引导的非限制性定语从句, 修饰 that I only have myself to worry about.

4. Motorists always have to consider that they actually are contributing more

to accumulated environmental damage when they use fossil-sourced fuel for their cars.

(1) contribute to 导致, 引起

(2) accumulated environmental damage 集聚的环境破坏

(3) fossil-sourced fuel 矿物燃料 (如煤)

5. I actually feel a much healthier me whenever I take public transportation.  
a much healthier me 作 feel 的表语。

句意: 每当我乘坐公共交通工具时, 我确实感觉自己更健康了。

## Unit 11 Cyber World

### 自考赢家整理

#### 1. New words and expressions

##### New words

1. chatline n. (消遣性的) 热线电话交谈服务

2. variety n. (同一事物的) 不同种类, 多种式样

vary vary from... to...

比较: range / shift from... to...

various

3. romance n. 恋爱; 爱情

romantic

4. bizarre adj. 极其怪诞的; 异乎寻常的

5. potential adj. 潜在的; 可能的

6. script n. 剧本; 广播 (或讲话等) 稿

7. intimacy n. 亲密; 关系密切

intimate

8. initial adj. 最初的; 开始的

9. perceive v. 将...视为; 认为

10. avalanche n. 雪崩; 山崩

11. literary adj. 文学的; 文学上的

literature

literal

literary

literate

liberal

12. verse n. 诗; 韵文

13. animated adj. 栩栩如生的; (似) 能活动的

14. inclination n. 倾向; 意愿

incline

inclined

15. sweaty adj. 满是汗的; 汗津津的

16. palm n. 手掌; 手心

17. vary v. 相异; 不同

18. convey v. 表达, 传递 (思想、感情等)

19. polish v. 修改; 润饰; 润色

20. intellect n. (尤指高等的) 智力, 思维逻辑领悟力

21. personality n. 性格; 个性; 人格

22. sequence n. 顺序; 次序

23. reversev. 颠倒；彻底转变；使完全相反
24. veilv. 掩饰；掩盖  
unveil 揭露，揭开
25. intellectualadj. 智力的；脑力的；理智的
26. familiarityn. 熟悉；通晓  
familiar  
familiarize
27. appearancen. 外貌；外表
28. intensityn. 强烈；紧张；剧烈  
intense
29. stirringn. （感情、想法或发展的）开始，出现，萌发
31. fleshn. （动物或人的）肉
32. suspectv. 疑有，觉得（尤指坏事可能属实或发生）
33. correspondencen. 通信；通信联系
34. albeitconj. 尽管；虽然
35. demonn. 恶魔；魔鬼
36. determinev. 决定  
determined  
determination
37. extractv. 选取；摘录；录
38. addictn. 对…入迷的人  
addicted  
addictive  
be / get addicted to sth.
39. hopv. 突然快速去某处
40. flirtationn. 调情
41. addictiveadj. 使人入迷的
42. confessionn. 认罪；供认；坦白
43. multipleadj. 数量多的；多种多样的
44. courtv. （男子向女子）求爱，追求

#### Phrases and Expressions

1. head over heels in love 深深地爱着某人；迷恋
2. butterflies in the stomach 心里七上八下
3. deprive...of... 剥夺；使丧失

#### II. Text Learning

##### Cyberlove

① Thank to the late 20th century technology, Maria of Denmark and Martijn of Holland met on a chat line. For months they've talked and sent letters to each other with the help of their computers as they found themselves falling head over heels in love. It was then that they decided to meet in the real, not only the virtual, world. It was not easy to arrange as the young man and his lady were separated by 700 very real kilometers, but the date was a success and Maria and Martijn have been living together happily ever since. They've created a home page to let the world know how they've found happiness via the Internet and introduce couples who've met under similar circumstances.

② Throughout history men and women had used a variety of means to find each other.



Internet romance, according to some, is a bizarre method, and to others it is a natural way for the 90's to meet potential mates.

③ Romances formed on the internet follow a characteristic script. The development of emotional intimacy is a long process, sometimes taking several months. "Love at first byte" is rare although there are examples. (1) The initial light exchanges, whether by e-mail or in chat rooms, are generally followed by increasingly self-revealing topics, and then after a while, the two strangers perceive each other as a true friend. Hearts open and an avalanche of e-mail crosses cyberspace carrying literary quality, and electronic messages are even enhanced with verses and virtual gifts (flowers, kisses, animated pictures). Could any heart with romantic inclinations resist? (2) When you reach for the mouse with sweaty palms and butterflies in the stomach to look in the in-box for new mail - there's just no way to escape the fact - love has arrived.

④ How does a cyber romance vary from a real life romance? Perhaps one significant difference is that communication plays such a large part. Words that convey feelings have enormous effect. (3) While before a real date we fix our hair and our clothes, on the internet we polish our intellect, imagination and personality. (4) In essence, this sequence is reversed - first we show our inner beauty and only after it has won victory does the veil fall off the physical vehicle of that personality at the time of that first meeting in person.

⑤ It is a popular topic in cyberspace to debate whether or not true love can develop merely on an intellectual level (智力方面, 精神方面, 即“精神恋爱”), without physical attraction or the familiarity of the other's appearance? (5) To put it another way: is the physical appearance of the man or woman a part in the relationship if, through the exchange of thoughts and feelings, they already fell in love?

#### 【本部分重难点】

1. The initial light exchanges, whether by e-mail or in chat rooms, are generally followed by increasingly self-revealing topics, and then after a while, the two strangers perceive each other as a true friend.

不管是通过电子邮件还是聊天室,最初是简单的交流,然后是越来越多自我表露的话题,过了一段时间之后,两个陌生人把彼此当成了真正的朋友。

perceive...as...把.....看成

2. When you reach for the mouse with sweaty palms and butterflies in the stomach to look in the in-box for new mail - there's just no way to escape the fact - love has arrived.

(1) reach for the mouse 伸手够鼠标

(2) in-box 收件箱

out-box 发件箱

(3) there's no way to do sth.

3. While before a real date we fix our hair and our clothes, on the internet we polish our intellect, imagination and personality.

(1) while 表示前后对比,再如:

He is hot-tempered, while his twin sister is very gentle.

(2) polish 润色

(3) 句子的译文:现实中约会前我们打理自己的头发和服饰,而在互联网上,我们依靠智慧,想象力和个人品格。

4. In essence, this sequence is reversed—first we show our inner beauty and only after it had won victory does the veil fall off the physical vehicle of that personality at the time of that first meeting in person.

(1) only after... 放在 and 后面分句的句首，故第二分句倒装。

“only+介词短语或状语从句”句子倒装，例如：

Only in this way can you succeed.

Only when you have tried hard can you taste the flavor of success.

(2) 句子的译文：其实顺序是相反的：我们先展示了内在美，只有在内在美赢得胜利之后，第一次见面，外在的东西才展露出来。

5. To put it another way: is the physical appearance of the man or woman play apart in the relationship if, through the exchange of thoughts and feelings, they already fell in love?

(1) put: state, express 表达，表述

a well-put sentence 措辞严谨的句子

(2) play a part/role in sth. 在……起作用

(3) through the exchange of thoughts and feelings 通过思想感情的交流

⑥ (6) Many say it is against the nature of love to be deprived of the sense of sight, the look, the movement, and the body language being present. (7) There are those, of course, who favor Internet relationships claiming that the intensity of the emotional relationship that develops in such a way is superior to the mere stirring of the flesh.

本部分重点及难点

6. Many say it is against the nature of love to be deprived of the sense of sight, the look, the movement, and the body language being present.

(1) It is against the nature of love... 是违背爱的本性的

(2) deprive ...of... 剥夺，使丧失

Poverty has deprived many poor children of the right to (receive) education.

区分：derive...from...

He derives great pleasure from helping others.

A lot of English words are derived from Latin and French.

7. There are those, of course, who favor Internet relationships claiming that the intensity of the emotional relationship that develops in such a way is superior to the mere stirring of the flesh.

be superior to 优于……

类似用法的词：inferior, superior, junior, senior, anterior, posterior, prior, 这些词表示比较，但之后都用 to，不用 than。例如：

The cloth is inferior to that one in quality.

Her husband is two years senior to her.

⑦ Whatever the opinion may be on cyber love – it must be said in favor of the internet that it puts people in touch with those who they otherwise would never have met. I would never have suspected that the first person I met by e-mail would be a German chimney sweeper, with whom, after a year of correspondence, albeit not romantic, a common interest still exists.

⑧ It is silly to perceive the Net as a demon, when we determine how we meet its challenges. While there are those who can use the Net to their advantage extracting useful information, there are those who become addicts losing common sense, hopping

from chat room to chat room, writing piles of e-mails full of lies to chosen victims, and whose virtual reality, the flirtations, become part of their everyday lives, as if a disease. One thing is true - the Net is very addictive. According to the confession of a multiple substance addict, it was easier to give up cocaine than the IRC (short for Internet Relay Chat 网上实时聊天).

⑨ In any case, keep your eyes open off-line as well. Turn off the machine and go to a dance or a club, because most women still expect to be courted in a real, old-fashioned, and romantic way.

### III. 部分练习讲解

#### P325 Bridging the Gap

Directions: Fill in the blanks with a word or phrase that best completes the passage. You may choose a suitable one from the list given.

解题方法：把词分类

动词	名词	形容词	副词	介词	连词
get up	daily	daily	everywhere	since	since
communicate	schedule		in touch with		while
schedule	use				
use					
enjoy					

Don't we find it irresistible? The Internet is everywhere, and it is loved and used by everyone for everything. Many of us get up in the morning, and before saying hello to anyone we live with or before even having breakfast, we sit down and use and 3 enjoy the Internet. We get our news, receive our mail, send our letters, write to our teachers, do our shopping, arrange our lives, 4 schedule our travels, meet new friends, review all the knowledge in the universe, and most of us do it 5 while we are sitting in a chair looking at the screen. Can life get any better? I think any of us who make the Internet a 6 daily companion would agree that nothing has been the same 7 since we first decided to go online.

A quick survey reveals that most people will tell you that they use the Internet to stay 8 in touch with others. Most of us say that writing or receiving e-mail is our number one 9 use of the Internet. We do this at home, at work, or wherever we sit down at a computer. We send and receive e-mails for fun, for personal reason, for daily business, and in all areas of our work. The Internet allows us to 10 communicate from room to room, city to city, or country to country for the same price and the same immediate speed. Correspondence is king of Internet use.

#### 1. New words and expressions

##### New words

1. innovative adj. 革新的；创新的

innovate

innovation

2. evolve v. (使) 逐渐形成，逐步发展

evolution

3. novelty n. 新奇的事物 (或人、环境)

4. essential n. 必不可少的东西；必需品

5. perception n. 看法；见解

perceive

6. traditionallyadv. 传统上; 照惯例  
tradition  
traditional
7. dependencyn. (尤指不正常或不必要的) 依靠, 依赖  
depend (on / upon)  
dependent (on / upon)  
independent (of)  
dependence / dependency (on / upon)  
independence (of)  
Independence Day
8. normn. 常态; 正常行为  
normal  
abnormal
9. routineadj. 常规的; 例行公事的; 日常的
10. availabilityn. 可用; 可得到  
avail v. 有用, 有利  
available
11. agencyn. (政府的) 专门机构
12. navigatev. (在因特网或网站上) 导航
13. accessn. 通道; 通路; 入径  
accessible
14. simplifyv. 使简化; 使简易  
simple  
simplicity  
-ify 动词后缀, 如: beautify, clarify, purify, simplify
15. errandn. 差使; 差事
16. processv. 数据处理
17. optionn. 可选择的事物  
optional
18. declinev. 减少; 下降; 衰退
19. impatientadj. 不耐烦的; 没有耐心的  
patient  
patience  
impatience
20. gratificationn. 满足; 满意
21. interactionn. 相互作用; 相互影响  
interact  
interactive
22. consume v. 消耗, 耗费 (燃料、能量、时间等)  
consumptive  
consumer  
consumer goods  
time / labor-consuming
23. realisticallyadv. 现实地; 实际地  
real  
reality

realistic

24. standard n. (品质的) 标准, 水平, 规格

25. tremendous adj. 巨大的; 极大的

26. evidence n. 证明; 表明

27. smartphone n. 智能手机

28. envision v. 展望; 想象

-en / en- 动词前缀 enrich, enable, endanger, encourage

动词后缀 widen, shorten, lengthen, strengthen, weaken, broaden, heighten, deepen

29. reliant adj. 依赖性的; 依靠的

rely (on / upon)

reliance

Phrases and Expressions

1. become accustomed to 习惯于

2. take up 占去

3. in this respect 在这方面

4. bring...to light 揭露; 披露; 揭发

II. Text Learning

The Impact of the Internet on Society

1 The Internet has had a profound effect on society over the last two decades. Although it began as a government operation, over time this innovative technology eventually evolved into a public novelty. Looking at society today, one may find that the situation has certainly evolved. For many, the Internet has become an essential for daily living, no longer the fun novelty it was 10 years ago. Even a decade ago if you were to think about whether or not the Internet had significant impact on society, the answer would likely have been probably not. While the Net may have been considered an neat innovation (绝妙的革新, neat 意为很棒的, 绝妙的), it was not like anyone "needed" it.

2 However, over time this perception has changed for many individuals in society. The Internet has become, for the most part, an absolute necessity, either by requirement or by desire. Going online has become as natural as doing other daily tasks people have traditionally done. (承上启下句) (1) People take it for granted that the Internet will be available, and dependency on being connected has become the norm. Both businesses and individuals alike depend upon the routine availability of the Internet. Due to the fact that many businesses, government agencies and other organizations have navigated to the online environment, generally people require consistent access, or 24/7 (24 hours a day, 7 days a week) access, if you will.

### 【本部分重难点】

1. People take it for granted that the Internet will be available, and dependency on being connected has become the norm.

take sth. for granted 认为某事理所当然, 想当然

take it for granted that... 当宾语是从句时, 要用形式宾语代替, 也可以把宾补 for granted 前移, 宾语从句后置, 即 take for granted that...

Children take (it) for granted that their parents should give them money whenever they need it.

3 In many ways the Internet has had a very positive effect on society. (主题句)  
It has improved communication, simplified handling tasks and errands, offered

huge convenience, enabled faster processing, and provided more options, all of which have freed more time to do other things.

4 Yet, interestingly enough the Internet has, in some ways, had negative effects.

(主题句) The quality of communication has declined; people are impatient because they have become accustomed to instant gratification (立即得到满足), and using the Internet also takes up a lot of time.

(2) As websites such as Facebook and other socially based interactions increase in usage, many hours a day are consumed as people keep up with their various networks, taking away from other activities.

### 【本部分重难点】

2. As websites such as Facebook and other socially based interactions (交流, 互动) increase in usage, many hours a day are consumed as people keep up with their various networks, taking away from other activities.

一些网站使用量大增, 比如脸谱和其他社交网站。人们每天花费很多时间忙于各种网络联系, 占用了其他活动的时间。

5 (3) When looking at it from the latter perspective, one may wonder whether or not the Internet has truly benefited society. (4) Realistically, as with anything else, the Internet has its pros and cons. Tools such as e-mail and instant messaging have become the standard; social networks are quickly evolving into the next level of communication, and people enjoy their constant access. In this respect the benefits of the Internet are tremendous. (承上启下句) (5) This is not only evidenced by the many activities people engage in when they connect to the Internet, but also by the continuous progression and development of mobile devices such as smartphones.

本部分重点及难点

3. When looking at it from the latter perspective, one may wonder whether or not the Internet has truly benefited society.

the former...the latter...前者..., 后者...

benefit sth. 对...有益

benefit by / from sth. 从...中受益

benefit - beneficial

联想: influence - influential

4. Realistically, as with anything else, the Internet has its pros and cons.

realistically: in reality

as with: 正如, 与...一样

pros and cons 正反两方面, 有利有弊

5. This is not only evidenced by the many activities people engage in when they connect to the Internet, but also by the continuous progression and development of mobile devices such as smartphones.

(1) not only...but also...

(2) evidence 证明

(3) 译文: 人们利用互联网所从事的种种活动, 以及移动设备如智能手机的持续进步和发展都能证明这一点。

6 Society has evolved to the point where people expect and rely on readily available information. People also expect to receive rapid responses when doing business and personal tasks. The Internet makes this possible. (承上启下句) Many of the things that society takes for granted nowadays are all made possible by the development of the Internet.

7 What kind of an impact has the Internet had on society? (6) Wrapped up in the advantages and disadvantages one thing is for certain: the Internet has had a significant effect on society. To imagine the impact all one has to do is try to envision the consequences if the Internet was suddenly removed from society. Imagine a world where the Internet was unavailable. (承上启下句) How would it affect you? Looking at it from this respect, for many it likely brings to light just how reliant and dependent society has become on the Internet and it would be extremely hard to turn back the clock (时光逆转).

### 【本部分重难点】

6. Wrapped up in the advantages and disadvantages one thing is for certain: the Internet has had a significant effect on society.

(1) wrapped up 包裹着

wrapped up in the advantages and disadvantages 意为“(网络)既有优点又有缺点”

(2) for certain/sure 肯定地

(3) have a significant effect on sth.

## Unit 12 A Break from Life

### 自考赢家整理

#### 1. New words and expressions

##### New words

1. cranky adj. 脾气坏的

2. laundry n. 要(或正在)洗的衣物; 刚洗好的衣物

3. resemble v. 看起来像; 显得像; 像

resemble: take after

resemblance

4. throb n. (强烈有规律的)跳动; 阵阵的疼痛

5. subside v. 趋于平静; 平息; 减弱; 消退

6. ache v. 疼痛; 隐痛

7. joint n. 关节

8. shuffle v. 拖着脚走

9. wiggle v. (使)扭动, 摆动, 摇动

10. sniffle n. 抽鼻子(声)

11. tissue n. (尤指用作手帕的)纸巾, 手巾纸

12. pillow n. 枕头

13. crack v. 找到解决(难题等的)方法

14. contagious adj. 患接触性传染病的

15. germ n. 微生物; 细菌; 病菌

16. resourceful adj. 机敏的; 足智多谋的; 随机应变的

17. scrounge v. 觅取; 搜寻

18. nurture v. 养育; 养护; 培养

19. chore n. 令人厌烦的任务、乏味无聊的工作

20. respite n. 暂停; 暂缓

21. manufacture v. 编造; 捏造

22. symptom n. 症状

23. pamper v. 细心照顾; 精心护理; 娇惯; 纵容

24. hermit n. 隐士; 隐修者; 遁世者

25. geln. 凝胶, 冻胶 (尤指用于头发或护肤的产品)
26. heartyadj. 大的; 丰盛的
27. chamomilen. 苹果菊; 春黄菊; 甘菊
28. vanilla-scentedadj. 香草味的
29. gingerlyadv. 谨慎地; 小心翼翼地; 轻手轻脚地
30. gratefuladj. 感激的; 表示感谢的

be grateful to sb. for sth.

ungrateful

比较: graceful

disgraceful

31. span. 水疗

32. tubn. 浴缸; 浴盆

33. drainn. 下水道; 排水管

34. refreshv. 使恢复精力; 使凉爽

35. emotionallyadv. 感情上地; 情感上地

emotion

emotional

36. empowerv. 增加 (某人的) 自主权; 使控制局势

37. permissionn. 准许; 许可; 批准

permit

38. justifyv. 对...作出解释; 为...辩解 (或辩护)

39. awarenessn. 知道; 认识; 意识

Phrases and Expressions

1. pileup 堆积; 积压

2. comedownwith 患, 得, 染上 (小病)

3. slipaway 消失; 消亡; 死去

4. respondto 作出反馈; 响应

5. carefor 照顾, 照料 (病、老、幼者等)

6. tendto 照料; 照管; 护理

## II. Text Learning

FeelingFree

① I woke up feeling cranky. I didn't want to do housework, though the laundry was piling up. I didn't want to read the work I brought home from the office. I didn't want to do anything that resembled responsible behavior. It was that kind of day.

(承上总结句)

② As I drank my morning tea, I thought I felt a headache coming on. Yes, there it was, a dull throb just behind my eyes. Maybe I should go back to bed until it subsided. As I put the dishes in the sink, it seemed that my muscles were beginning to ache. Or was the ache in my joints? That could mean I was coming down with the flu. (承上启下句) Everyone I knew had the flu this year. Why should I be the one to escape it? I absolutely should be in bed.

③ I shuffled back to bed, wiggled under the covers and shut my eyes. (1) Another couple of hours of sleep would be so nice, but I was already completely awake. I ought to get up. But no, there was that headache and the beginning of a sniffle. Better get the tissues.

**【本部分重难点】**



1. Another couple of hours of sleep would be so nice, but I was already completely awake.

be completely / wide awake

be fast / sound asleep

④ On my way back from the bathroom with a family-sized (适合全家用的) tissue box, I stopped to grab that big new novel I had bought but had no time to read. I opened the book and settled against the pillows.

⑤ The morning was moving along and so was my reading. Another twenty pages and I was stretching. I should try to crack (找到解决办法) the report I was working on. I should at least get up and do the wash. What if I was contagious? I certainly didn't want to spread any germs. The wash could wait. (2) My family was resourceful enough to scrounge clothing for the next day.

⑥ Maybe I wasn't actually getting the flu. I didn't really want to be sick. To be truthful, all I wanted was a little time off. (3) I needed to nurture myself away from people, chores, career and the outside world. Did I have to wait to be sick to do that? As a child, the only respite from school or family chores was illness. But I wasn't a child anymore. (4) Did I have to manufacture symptoms to provide myself with an excuse? No, I decided, I didn't.

### 【本部分重难点】

2. My family was resourceful enough to scrounge clothing for the next day.

家人足够有能力找到第二天能穿的衣服。

3. I needed to nurture myself away from people, chores, career and the outside world.

nurture 养育, 培养, 培育; 支持, 鼓励

Parents want to know the best way to nurture and raise their child to adulthood. 父母们想了解把他们的孩子养育成人的最好方法。

She had always nurtured great ambitions for her son. 她一直在培养她儿子的雄心壮志。

The human learns partly by nature, partly by nurture. 人的学习能力部分是先天的, 部分是后天培育的。

nature and nurture 先天与后天, 遗传与环境; 先天遗传说和后天培养说

We want to nurture the project, not destroy it. 我们要支持这个新工程, 不要破坏它。

4. Did I have to manufacture symptoms to provide myself with an excuse?

(1) manufacture 编造, 捏造

(2) provide sb. with sth. / provide sth. for sb.

⑦ I talked to myself. Okay, I said, you need a day off. Admit it. Accept it. Toss out the guilt and enjoy a mini-vacation. What would you like to do? Read? You're already doing that. Pamper yourself? Take a bubble bath. Be a hermit? Let the machine answer the phone.

⑧ I poured half the bottle of bath gel into the streaming water and added a hearty handful of chamomile bath salts. Then I lit a vanilla-scented candle and gingerly stepped into the bathtub. With a grateful sigh, I immersed myself in my homemade spa. I heard the phone ring somewhere off in the distance and smiled.

⑨ It is funny how the aches subsided in the heat of the tub. They just slipped away with the last of the bubbles down the drain. My head felt just fine, the throb

replaced by a sense of well-being.

⑩ By late afternoon, I was back at it, refreshed physically, mentally and emotionally. And rather than feeling helpless, I felt empowered. (5) I had given myself permission to listen and respond to my needs, to care for myself the way I tended to my family. (6) I didn't need the crutch of illness to justify a rest. It was such a simple awareness, but then isn't it the simple things that set us free?

### 【本部分重难点】

5. I had given myself permission to listen and respond to my needs, to care for myself the way I tended to my family.

(1) give sb. permission to do sth.

(2) respond to one's needs: meet one's needs

(3) the way sb. did sth.

(4) tend to sb. 照顾, 照料

(5) 译文: 我给了自己倾听并满足自己需求的机会, 像照顾家人一样关心一下自己。

6. I didn't need the crutch of illness to justify a rest.

(1) crutch: 拐杖; 依靠, 支持

(2) justify: prove sth. to be reasonable

The high quality of the cloth justifies its high price.

III. 部分练习讲解

P325 Bridging the Gap

Directions: Fill in the blanks with a word or phrase that best completes the passage. You may choose a suitable one from the list given.

解题方法: 把词分类

动词	形容词	副词	介词	代词
get out of	positive	physically	through	one
	free	unfortunately	in addition to	either (限定词)
			rather than	

Nothing takes its toll on the body (对身体有害) like stress. 1 In addition to the mental damage that it causes, stress is also linked to many diseases, including cancer. 2 Unfortunately, in today's world, most of us are experiencing a stressful life with no way to get out of it - or so we think.

If you are 3 one of the many people who want to alleviate your stress, you can learn some simple techniques to help you 4 get out of the vicious cycle of leading a stressful life. Your stressful life does not just affect you, but everyone around you. It affects your relationships as well as any children or co-workers. Most of all, it can actually make you 5 physically ill.

Do you really want to go 6 through the rest of your life feeling "stressed out"? Do you like the idea of feeling "out of control" and that everything in life is a trial? Perhaps it is time for you to confront this situation and seek help to restore some sort of balance in your life and break 7 free from this cycle.

There are many facets to stress. Stress manifests itself (显露) in many different ways and can be 8 either self-induced (自诱导的) or something that occurs in life. We can never eliminate stress from our lives, as stressful situations are part of life. However, we can learn to react to stress in a 9 positive manner and take control of the situation 10 rather than allowing the stress to remain in control.

I. New words and expressions

New words

1. skinnyadj. 极瘦的；干瘦的；皮包骨头的
2. curlyadj. 鬃发（或毛）的；卷曲状的
3. adjustv. 适应；习惯
4. worthwhileadj. 重要的；令人愉快的；有趣的；得花时间（或花钱、努力等）的
5. pubertyn. 青春期
6. temptingadj. 吸引人的；诱人的；有吸引力的
7. celeb. 名人（celebrity 的缩写）
8. bloomern. 完全成熟的人
9. temporaryadj. 短暂的；暂时的；临时的
10. spurtn. （速度、干劲、活动或感情的）短时激增，迸发
11. permanentlyadv. 永久地；永恒地；长久地
12. genen. 基因
13. embarrassedadj. （人或行为）（尤指在社交场合）窘迫的，尴尬的，害羞的  
embarrass  
embarrassed  
embarrassing  
embarrassment  
to one's embarrassment  
much to one's embarrassment  
to one's great embarrassment
14. maturev. 成熟；长成  
maturity  
immature
15. bulked-upadj. 胀大的；发起来的
16. influencev. 影响；对…起作用  
influential  
注意比较 benefit-beneficial
17. criticizev. 批评；批判；挑剔；指责  
critic  
critical  
criticism
18. hurtfuladj. 感情的；伤害自尊的
19. peern. 身份（或地）1 相同的人；同龄人；同辈
20. racialadj. 种族的；种族间的
21. ethnicadj. 种族的；民族的
22. prejudicen. 偏见；成见
23. ignorancen. 无知  
ignore  
ignorant
24. independentadj. 自立的；自食其力的
25. boostv. 使增长；使兴旺
26. optimisticadj. 乐观的；抱乐观看法的  
optimist  
optimism  
反义词：pessimist

pessimistic

pessimism

27. capableadj. 有能力的; 有才能的

incapable

capability

28. lifestylen. 生活方式; 工作方式

29. combinationn. 结合体; 联合体; 混合体

combine

combined 结合的, 化合的

30. verifyv. 核实; 查对; 核准

31. ultimatelyadv. 最终; 最后; 终归

32. nutritiousadj. 有营养的; 营养丰富的

nutrition

malnutrition

再如: maltreat, malfunction

Phrases and Expressions

1. put...down 使(当众)出丑; 使出洋相; 让某人现眼

2. go through 经历; 遭受

3. be linked to 与...有联系

4. fill out 膨胀; 扩张; 长胖; 长肥

5. feel good 感到愉快(或有信心等)

6. keep track of 了解...的情况(或动态)

11. Text Learning

Self-Esteem and Body Image

1 I'm fat. I'm too skinny. I'd be happy if I were taller, shorter, had curly hair, straight hair, a smaller nose, , bigger muscles, longer legs.

2 Do any of these statements sound familiar? (承上句) Are you used to putting yourself down? If so, you're not alone. As a teen, you're going through a ton of changes (大量的变化) in your body. And as your body changes, so does your image of yourself. Lots of people have trouble adjusting, and this can affect their self-esteem.

3 Why Are Self-Esteem and Body Image Important?

Self-esteem is all about how much people value themselves, the pride they feel in themselves, and how worthwhile they feel. Self-esteem is important because feeling good about yourself can affect how you act. A person who has high self-esteem will make friends easily, is more in control of his or her behavior, and will enjoy life more.

Body image is how someone feels about his or her own physical appearance. For many people, especially those in their early teens, body image can be closely linked to self-esteem. That's because as kids develop into teens, they care more about how others see them. (承上句)

4 What Influences a Person's Self-Esteem?

Puberty

Some teens struggle with their self-esteem when they begin puberty because the body goes through many changes. (1) These changes, combined with a natural desire to feel accepted, mean it can be tempting for people to compare themselves with others. They may compare themselves with the people around them or with actors and celebs

they see on TV, in movies, or in magazines.

### 【本部分重难点】

1. These changes, combined with a natural desire to feel accepted, mean it can be tempting for people to compare themselves with others.

(1) natural desire 天生的欲望

(2) it can be tempting (吸引人的, 诱惑人的) for people to compare themselves with others 中 it 是形式主语, 真正的主语是 for people to compare themselves with others, for people 作不定式的逻辑主语。

注意不定式和动名词逻辑主语的选择

It's selfish of you to think of yourself all the time (你老想着自己)。

It's important for you to master a foreign language (你掌握一门外语)。

It's + adj. + of sb. to do sth. 此类形容词包括: nice, kind, cruel, selfish, selfless, brave, wise, foolish, stupid 等。

Do you mind my/me/ Tom's / Tom opening the window (我/汤姆开窗)?

His/Tom's having left home (他/汤姆离家出走) made his parents very sad.

(2) But it's impossible to measure ourselves against others because the changes that come with puberty are different for everyone. (承上启下句、主题句) Some people start developing early; others are late bloomers. Some get a temporary layer of fat to prepare for a growth spurt (急剧增长); others fill out permanently, and still others feel like they stay skinny no matter how much they eat. (3) It all depends on how our genes have programmed our bodies to act. (承上总结句)

The changes that come with puberty can affect how both girls and guys feel about themselves. Some girls may feel uncomfortable or embarrassed about their maturing bodies. Others may wish that they were developing faster. Girls may feel pressure to be thin but guys may feel like they don't look big or muscular enough.

### 【本部分重难点】

2. But it's impossible to measure ourselves against others because the changes that come with puberty are different for everyone.

measure oneself against ... 对照……评价自己, 一较高下, 与……较量

3. It all depends on how our genes have programmed our bodies to act.

(1) depend on 取决于

It depends. 看情况吧。

(2) program 使按预定的步骤进行

our genes have programmed our bodies to act 我们的基因已经设定好了身体将如何成长

Outside Influences

It's not just development that affects self-esteem, though. Many other factors (like media images of skinny girls and bulked-up guys) can affect a person's body image too.

Family life can sometimes influence self-esteem. Some parents spend more time criticizing their kids and the way they look than praising them, which can reduce kids' ability to develop good self-esteem.

People also may experience negative comments and hurtful teasing about the way they look from classmates and peers. Sometimes racial and ethnic prejudice is the source of such comments. Although these often come from ignorance, sometimes they can affect someone's body image and self-esteem.

## 5 Healthy Self-Esteem

If you have a positive body image, you probably like and accept yourself the way you are. This healthy attitude allows you to explore other aspects of growing up, such as developing good friendships, growing more independent from your parents, and challenging yourself physically and mentally. Developing these parts of yourself can help boost your self-esteem.

A positive, optimistic attitude can help people develop strong self-esteem. For example, saying, "Hey, I'm human" instead of "Wow, I'm such a loser" when you've made a mistake, or not blaming others when things don't go as expected.

Knowing what makes you happy and how to meet your goals can help you feel capable, strong, and in control of your life. A positive attitude and a healthy lifestyle (such as exercising and eating right) are a great combination for building good self-esteem.

## 6 Tips for Improving Your Body Image

Some people think they need to change how they look or act to feel good about themselves. But actually all you need to do is change the way you see your body and how you think about yourself.

The first thing to do is recognize that your body is your own, no matter what shape, size, or color it comes in. If you're very worried about your weight or size, check with your doctor to verify that things are OK. But it's no one's business but your own what your body is like. Ultimately, you have to be happy with yourself.

Next, identify which aspects of your appearance you can realistically change and which you can't. Everyone (even the most perfect-seeming (表面上) celeb) has things about themselves that they can't change and need to accept, like their height, for example, or their shoe size.

(4) If there are things about yourself that you want to change and can (such as how fit you are), do this by making goals for yourself. For example, if you want to get fit, make a plan to exercise every day and eat nutritious foods. Then keep track of your progress until you reach your goal. Meeting a challenge you set for yourself is a great way to boost self-esteem!

### 本部分重点及难点

4. If there are things about yourself that you want to change and can (such as how fit you are), do this by making goals for yourself.

do sth. for oneself

Good students should learn to think for themselves.

do sth. by oneself

Because there was nobody else, he had to do it by himself.

live to oneself

He bought a house near his widowed mother's because he didn't want her to live to herself.

### 重点知识补充：构词法

英语单词的构成有一定的规律，这种规律称为构词法。掌握构词法知识对我们更好地理解词义、认识新词和扩大词汇量有重要意义。

构词法主要有三种：派生法、合成法和转换法。

#### 一、派生法

在一个词的词根前面或后面加上某个词缀来产生新词，这种构词法称为派生法。词缀分

##### (一) 后缀：

许多名词、形容词、副词和动词是由词根加后缀构成的。 1.

构成名词的常用后缀有：

(1) -er, -or, -ist, -ee, -ian, -ese, -ant 等用于构成表示人或物的名称。

如 :writer, translator, trainee, employee, scientist, physicist, musician, physician, Italian, Asian, Chinese, assistant 等。

(2) -ance, -ence, -(a)tion, -sion, -al, -ing, -ity, -ment, -th, -ty, -ure, -ship 等用于构成表示行为、性质、状态等的抽象名词。

如 : acceptance, assistance, dependence, confidence, repetition, preparation, discussion, division, arrival, survival, approval, disapproval, building, reality, simplicity, ability, rapidity, regularity, argument, warmth, length, growth, safety, leadership, failure, pressure, friendship 等。

(3) 其他名词后缀: -hood, -ness, -ology, -phy。

如: childhood, neighborhood (附近, 街坊), motherhood (母性, 母亲身份), kindness, happiness, sadness, biology, psychology, philosophy, geography

2. 构成形容词的常用后缀有: -able, -ible, -al, -ful, -less, -ish, -ive, -ous, -an, -ic, -ly, -y, -ant, -ent, -ary, -en 等。

如 : available, suitable, responsible, natural, national, powerful, helpful, faithful, successful, fearless, useless, helpless, selfless, selfish, childish, decisive, famous, continuous, African, American, European, scientific, historic, friendly, lively, thirsty, noisy, pleasant, dependent, consistent (一贯的), imaginary, golden, wooden 等。

3. 构成动词的常用后缀有: -ise/ize, -en, -ify 等。

如: modernize, realize, widen, strengthen, beautify, modify (修饰) 等。

4. 构成副词的后缀有: -ly, -ward(s), -wise。例如: completely, rarely, truly, simply, backward(s), forward(s), clockwise, likewise 同样地

## (二) 前缀

1. 表示相反意义的前缀有: un-, dis-, -in-, -im-, -ir-, -il-, -de 等。

如: unhappy, unreasonable, uncomfortable, uncover (揭露), unload (卸货), dislike (注意比较 unlike), dishonest, disagree, informal, inaccurate, inactive, imbalanced, impossible, immobile, irregular, irresponsible, illegal, illogical, devalue (贬值) 等。

2. 表示其他意思的前缀有:

anti-: 表示“反”, “反对” antisocial 反社会的

auto-: 表示“自己的” autobiography 自传

bi-: 表示“二” bicycle 自行车; bilingual 双语的

bio-: 表示“生物的” biology 生物学; biochemical 生化的

co-: 表示“共同” cooperate 合作; co-existence 共存, 共处

counter-: 表示“相反”, “反对” counterattack 反击

de-: 表示“除去”, 表示否定 decompose 分解; defrost 除霜

en-: 表示“使”, “使处于……状态” enable, enrich, enlarge, endanger

inter-: 表示“在……之间”, “互相” international 国际的; interpersonal 人际的

kilo-: 表示“千” kilometer 公里, kilogram 公斤

mal-: 表示“错误”, “坏” malfunction 出故障, 失灵; malnutrition 营养不良; maltreat / mistreat 虐待

mid-:表示“中间”      midnight午夜; midday中午  
mini-:表示“极小的”, “极短的”      minibus小型公共汽车, 面包车; miniskirt超短裙

裙

mis-:表示“错误的”      misunderstand误解; mistake  
non-:表示否定      nonstop不停的; non-defective没有缺陷的; non-smoker非烟民  
post-:表示“后”, “以后”      postwar战后的; postdoctor博士后  
pre-:表示“在……之前”      preview预习; predict预言  
re-:表示“再”, “重新”      rewrite重写; review复习; retell复述  
sub-:表示“在……下面”      subway地铁; submarine潜水艇marine海洋的, 海洋的;

舰队

super-:表示“超级的”      uperman; supermarket  
tele-:表示“远距离的”      telephone; telescope望远镜; telegram电报  
tri-:表示“三”      tricycle  
under-:表示“在……之下”, “不足”      underestimate; understatement

二、合成法

如: output, by-product, duty-free, undergo, overthrow 推翻

三、转换法

词形不变, 单词的词性发生转变。如: dream, look, back 等。

### 课程总结

以上是 2016 年《英语(二)》精讲重难点内容, 因为本考试七个部分基本上都是全新的题型, 考家们平时在学习教材的过程中要有意识地往新题型上靠拢, 多联想、多思考相关题型的解题方法。教材上课文可能会在考试中入选, 请考家们在认真看本重难点中的单词及语言点的基础上, 同时还要真正理解考试各题型的精髓所在, 一定要把课本上所学的理论应用于实践。同时要练习常见体裁的写作, 积累常用词汇和句型, 大致掌握常见模板, 并辅以一定的写作练习。相信在我们的共同努力下, 考家们一定会取得自己满意的成绩。

最后预祝考家们考试顺利!