College English

目录

[Grade 3 3](#_Toc109811316)

[Unit 1 3](#_Toc109811317)

[Text 1 3](#_Toc109811318)

[Text 2 6](#_Toc109811319)

[Text 3 7](#_Toc109811320)

[Unit 2 8](#_Toc109811321)

[Text 1 8](#_Toc109811322)

[Text 2 11](#_Toc109811323)

[Text 3 12](#_Toc109811324)

[Unit 3 13](#_Toc109811325)

[Text 1 13](#_Toc109811326)

[Text 2 15](#_Toc109811327)

[Unit 4 16](#_Toc109811328)

[Text 1 16](#_Toc109811329)

[Text 2 17](#_Toc109811330)

[Text 3 18](#_Toc109811331)

[Unit 5 19](#_Toc109811332)

[Text 1 19](#_Toc109811333)

[Text 2 21](#_Toc109811334)

[Unit 6 22](#_Toc109811335)

[Text 1 22](#_Toc109811336)

[Unit 7 24](#_Toc109811337)

[Text 1 24](#_Toc109811338)

[Grade 2 24](#_Toc109811339)

[Unit 1 24](#_Toc109811340)

[Text 1 24](#_Toc109811341)

[Text 2 26](#_Toc109811342)

[text 3 26](#_Toc109811343)

[Unit 2 27](#_Toc109811344)

[Text 1 27](#_Toc109811345)

[Text 2 28](#_Toc109811346)

[Text 3 28](#_Toc109811347)

[Unit 3 29](#_Toc109811348)

[Text 1 29](#_Toc109811349)

[text 2 30](#_Toc109811350)

[text 3 31](#_Toc109811351)

[Unit 4 32](#_Toc109811352)

[text 1 32](#_Toc109811353)

[text 2 33](#_Toc109811354)

[text 3 34](#_Toc109811355)

[Unit 5 34](#_Toc109811356)

[text 1 34](#_Toc109811357)

[text 2 36](#_Toc109811358)

[text 3 36](#_Toc109811359)

[Unit 6 37](#_Toc109811360)

[text 1 37](#_Toc109811361)

[text 2 38](#_Toc109811362)

[text 3 39](#_Toc109811363)

[Unit 7 39](#_Toc109811364)

[text 1 39](#_Toc109811365)

[text 2 41](#_Toc109811366)

[text 3 42](#_Toc109811367)

[Unit 8 42](#_Toc109811368)

[text 1 42](#_Toc109811369)

[text 2 43](#_Toc109811370)

[text 3 43](#_Toc109811371)

[Grade 1 44](#_Toc109811372)

[Unit 1 44](#_Toc109811373)

[Text 1 44](#_Toc109811374)

# Grade 3

## Unit 1

### Text 1

in salt water 在海水中, in fresh water 在淡水中

My hand shot up == I raised my hand without hesitation

All at once 突然间

Flash a smile 露出笑容

**Quick as a flash** 快如闪电般

Shake my head in disbelief

I casually went up to her 走上前去，靠近某人

Love at first sight 一见钟情 Puppy love 早恋 lovebirds 爱侣，鸳鸯

Have a crush on sb 爱上某人 be head over heels in love 坠入爱河

The salary was beyond my widest dreams

File into the building

Seal n海豹，印章; vt 盖章于，密封

Sturdy 强壮的

**Absorb** vt. Take sth in 吸收；hold the attention or interest of sb fully **吸引（某人）的注意**

**Beam** n 光束，**笑容**；vi 笑容满面，照耀

Ground n 地面；声地；（建筑物周围的）场地，庭院，花园；**adj 磨碎的**

The ground is rocky

**Spot** vt 看见，注意到，发现；n 斑点，污迹，场所，**（皮肤上的）疱疹，粉刺，脓疱**；少量

I spotted Debbie sitting at a table

Gulf 巨大的差距, 海湾

bridge the gulf

Narrow the differences

Relish vt. Get pleasure out of, enjoy greatly 享受，从…获得乐趣；n 享受

People relish it and make it’s a special occasion 人们享受这一过程，并将其看作一种特殊场合

Debbie seemed to **relish our little conversations** and hung on my every word

Bob relishes risk and danger, he would be bored in a safe and steady job

**Erudition** [ˌeruˈdɪʃn] 博学，学问 assiduous [əˈsɪdjuəs] 刻苦的

His erudition comes from his assiduous study

Absentee [ˌæbsənˈtiː] 缺席者 a person who stays away

Joyous 充满欢乐的

A joyous song

Hear the news with a joyful heart

**Sneak** 偷偷地做，溜，偷拿

Sneak a chocolate from the box

I sneak a look at Debbie and gave her a big wink (使眼色), **she beamed proudly and winked back**

**Stump** 把…难住

The question has stumped philosophers since the beginning of time

We are all completely stumped – we can’t work out how he escaped

Formidable [ˈfɔːrmɪdəbl] 令人生畏的

may look rather formidable to students

Apprehension 忧虑，担心

to remove their apprehension **in this regard** (在这一点上), it is advisable to help them group the words into several grades

Whisper [ˈwɪspər] v 耳语，秘密告诉；n耳语（声），传言，谣传

Scheme: make plans in a deceitful way 谋划

Look at those three **whispering** in the corner again- they are **scheming** something, I just don’t know what

I schemed desperately to bridge that gulf

Summer programs 暑期课程

we try to find summer programs for youngster who haven’t done well during their year in school

Make a pass at sb 对…调情，对某人作越轨举动

I tried to make a pass at her, but she wasn’t interested 我试着跟她眉目传情，但她似乎不感兴趣

Did she ever make a pass at you 她有没有你表示好感？

Get sth in 挤出时间做

John talks so much that it is impossible to **get a word in**.

Step up

The police are **stepping up their efforts** to fight crimes

The pace of the reforms is being stepped up

If only 哪怕只是为了

I think you should get a job if only to stop yourself being so bored at home

Hand on sb’s words 倾听

Ann **hands on every word** of her history teacher and takes notes very carefully

In time 及时，最终

Fred and Jim didn’t like each other at first, but in time they became good friends.

The apple of sb’s eye 掌上明珠

That car means the apple of Chris’s eye

On the run 逃跑

The escapee was recaptured after five days on the run.

Play into sb’s hands 干对某人有利的事

By leading his army into the valley, the general **played into his enemy’s hands**

Go steady with 与…经常约会

Lilly has been going steady with Richard for three years now. I think it is true love

Sweep v 打扫；迅猛地吹走

The owner of the store was **sweeping his floor** when I walked in .

Sweep sb off his feet 使某人立刻迷上自己，使某人对自己一见倾心

The first time he met her, **he was completely swept off his feet**. 他对她一见倾心

Sweep the board （在比赛中）囊括所有奖项

Make a clean sweep 大获全胜；全部撤换

Spain **occupies** about 85 percent of …Spain is bordered on the west by Portugal, **in the northeast it borders France**.

His tendency to exaggerate is well known

Her face **radiates** confidence

Rather than cause trouble, he left.

She had to shout to make herself heard above the sound of the music.

Men discuss their **attitudes toward** loving and being love

Many men **recalled** an exciting experience

His feelings for her **motivated** him to pay attention to learning

By learning everything in it he could **impress** Debbie

If he could work in a library, **it would be a dream come true**

What I failed to perceive was that Debbie **all this while** was going steady with a junior from neighboring school

Do you think that making music and art compulsory subjects in schools would reduce some children’s enjoyment of them?

I am sorry you are in trouble, as you made your decision **on your own** you will just have to face the consequence.

If I had money, I would invest it all in Internet Company

The photos he took at the conference are so **blurred/out of focus** that I can’t tell who’s who

Most of the waitress you meet in restaurant have gone there **in hopes of** becoming successful actress

Having too many people on the team slows our work down rather than speeding it up.

Body language refers to communication through the way you are rather than to speech

He preferred to sit quietly in class rather than risk giving an answer that might be wrong.

The person who started the fire by carelessly throwing away a lit cigarette must be punished, if only to warn others how dangerous it is to be so careless.

You should try to learn enough of the local language to make yourself understood in everyday situations.

Child prodigy 神童 Bookworm 书呆子 Sharpener 卷笔器

Campfire 篝火 Encyclopedia 百科全书 Asteroid 小行星

Shellfish 贝壳 Asthma 哮喘

### Text 2

Youthful 青春的 hair-raising 使人毛发直坚的

Bystander 旁观者

Coach 长途公共汽车 van 面包车

Shaving cream 剃须膏

To our fold = to our group 具有共同目标（或志趣）的人

Flashy： excessively showy 花哨的

Play-off 季后赛 Eliminate （比赛中）淘汰(某人)

Blaze 火焰，烈火

Settle on my punishment: agree on 决定

Pick up 收听到

Convey his ideas

Opt to ride 选择骑车

Win any matches

**Stand out 突出**

We had lots of applicants for the job, but two girls stood out from the rest.

Spread out 分散开

The detective ordered the officers to spread out and search the surrounding fields

Lose my cool: lose my calm 失去自制

I couldn’t help it; I just **lost my cool** and started shouting at him.

Collide with 碰撞 the collision with

Crumple 撞瘪

The collision with a school bus full of seven-years-old **crumpled** the front of my car

**Go beyond** people’s expectations and surprise them with the results 超越

The car was beyond repair

My parents **retired** the old red family car and passed it on to me

**Before long**, that car and I had become **the best of friends**: soon the car and I had become very close companions

I **rushed over** and opened it to find him lying there motionless, I gasped

The car was far from a beauty, but she was mine

**In the eyes of** the little boys: as far as the little boys were concerned

That summer, **once school was out**: as soon as school was over

Car stereos that could rattle (格格作响) windows **a block way**: some distance away

She **braked** hard to avoid hitting the child

I am trying to lose weight, but I just can’t **curb my appetite** 约束

There are many options open to someone who is willing to work hard

Do you need a license to fish in the lake?

The police officer asked several bystanders about the car accident

The car mechanic **phoned to say** your car was ready for **collection** 取

### Text 3

Storm 暴风雨，攻占 they decided to **storm** the aircraft

Overlook: 忽略，俯瞰 windows overlook the playground

Desolate: 无人居住的； 忧伤的

I **walked** him to his car 陪…走

He would walk me home

I walked up to him and touched his arm. He turned around and when he saw me he jumped up and embraced me, **tears streaming down his face**. When he hugged me, it was as if time stood still 沿着…流下

**Hold on**: stay in or keep one’s position in spite of difficulties 原地不动，坚守阵地

He held on and at last met with success

Rebuff: 拒绝

But Betty rebuffed him several times.

His suggestion was very **sharply rebuffed**

With sharp rebuff 断然拒绝

**Menial** work 卑微的工作

He found menial job manufacturing leather [ˈleðə(r)] goods

Step away 走开

Sometimes, you just need to **step away**, so when you get back to work, you are fresh and ready to make it happen 有时，你只需要走开一下，当你回来工作的时候，你会精神百倍

They sat there for days **in the cold and the rain**, many of them dying or going mad

The camp **smelled of** death and suffering 散发气味

For the first couple of months, she looked for him

Encourage Betty to go out and meet other people

Betty **born him three children** - two boys and a girl

As Otto rose in his profession, eventually **running a factory**

Time went by and in 1975, Betty’s mother was longing to see Hungary again

The first week she could barely **bring herself to leave the hotel**. Friends persuaded her to **go out to dinner**

He took me by the arm and marched me out of the door

**It was plain to him that** I was having a nervous breakdown 我那时神经衰弱，他是清楚的

He normally used the afternoons to **catch up on** paperwork 赶完

We are learning how to **confront** death instead of avoiding its reality 直面死亡，而非回避这一现实

It would cause a lot of hurt if they abandoned their families. **In this sense**, their so-called love is by no means sensible. But Richie’s request is understandable in that he **got through** so much hardship and torture in searching for Betty.

I would like to **keep my love for Riche deep in my heart** as a precious memory of my adolescence and go on enjoying my present life as Otto’s life. I will **cherish** my first love and don’t let it hurt my family.

Young love **may refer to** the pure passion in adolescence, which **associates with** a lot of excitement, but **has little to do with** solid life experience.

## Unit 2

### Text 1

Cargo ship 货船 ocean liner [ˈlaɪnər] 远洋大客轮 ferry 渡船 yacht [jɑːt] 快艇

chest 胸膛 two breast 乳房 Chin [tʃɪn]下巴 appendix 阑尾 brow [braʊ] 额 brows 眉毛

Jaw [dʒɔː]下巴 jaws 上下颔 cheeks [tʃiːks]面颊 elbows [ˈelbəʊ] 肘 hips 臀部

plams [plæm]手掌 More than 25 glands [ɡlænd]腺 lashes [læʃ] 睫毛

The view of the city is **breath-taking** 惊人的，激动人心的

The presence of **man-eating** sharks 吃人的

The movie Titanic is a **heart-breaking** love story – I **weep** every time I see it 令人心碎的 [wiːp]

awe-inspiring 令人惊叹的，使人敬佩的 peace-loving 爱好和平的

Egg-laying 产卵的 Movie-going 电影放映 fact-finding 实际调查的

Child-bearing 在分娩期的

Raging: extreme or painful 极端的，痛苦的

Sheer = pure完全的，十足的; very steep 陡峭的，垂直的

Stalemate 僵局

Deference [ˈdefərəns]: respect 尊敬，敬重 egg-layer 生育机器 scenario 电影剧本

Wince [wɪns] 脸部肌肉抽搐

How can one not wince when adult women are routinely classed with children?

Rumble [ˈrʌmbl] 隆隆声，打群架

In the distance 在远方

I hear the rumble of thunder in the distance 我听到远处雷声隆隆

We suddenly saw her in the distance 我们突然看到她在远处

At a distance = from a distance 保持距离，从远处

The only way I can cope with my mother is at a distance 我可以和我妈妈相处的唯一方法就是保持距离

The railway is at a distance of two miles from our school 火车站离我们学校两英里路程

The explosion was heard by startled citizens at a distance of ten miles/ten miles away

Period a 某一时代的，具有某个时代特征的；n时期，一段时间

**Period furniture 仿古家俱**

Let alone

I was too tired to walk, let alone run.

Object to = oppose, be against 反对

The embassy objects to their requests to take refuge there

Be entitled to

I am entitled to know how my own money is being spent

Fend for = look after

It is time you left home and fended for yourself

Attach … to

The panel of scientists attaches great importance to his research on genes

Gun down = shoot 枪杀

Go down = sink （船等）下沉

Hand out: distribute 分发

Make a list of names, see if they are all present, and hand out the books

Would you hand out the cake while I **pour the coffee**? [pɔːr]

**Reduce sb. to** – bring sb to a specified state or condition 沦为

We were reduced to selling the car to pay the rent

Perpetuate the species 延续种族

Such a social system will only perpetuate poverty and inequality

**Condition 训练**，使习惯于，使适应于，对…具有重要影响

She has conditioned the child to see me as the enemy

All that = what

All that matters to me is the work, without that, my brain rots, 我在乎的东西只有工作，没有工作大脑就会生锈

Withstand hard usage 经得起剧烈使用

Its advocates

Don’t cry, be a big boy

Conceal their feelings of sadness

An open-ended activity 开放性活动

Biologically speaking: from a biological point of view

Roughly speaking

Technically speaking

Get the door open

Stare at me with a look of total confusion on his face

Need a hand from another human being

Given his age, he is a remarkably fast runner

Given that there was so little time, I think they have done a good job

Given one more chance to go to college, I would choose to study engineering rather than mathematics

No further discussions arising, the meeting was brought to a close

Weather permitting, we will start tomorrow

The way things are now 现在的情况

The Titanic **took the lives** of some 1,500 men, many movies were shot about this event, but the one that came out in 1998 were the biggest hit

He has won numerous awards for his writings

How was he supposed to know you wouldn’t bite his head off for offering help? A lot of women get mad nowadays when a guy offers to help them with something. Men just don’t know how to act anymore.

Give special consideration

Life should consist of more than just a struggle for survival

Please give the highest priority to this very urgent matter

Please make sure the students understand that this exercise is an opportunity for them to practice their English

### Text 2

My unattached female friends 未结婚的

Tight-fisted 吝啬的 Sexist 性别歧视的

**Takeaway 外卖**

Identify 鉴别，识别

Whisk sb away飞快地将某人带走

In question 正在讨论的

We all agree that **in this instance**, patience is the best policy 在这种情况下

The majority of working women in this country is **in low-paid jobs** 工资低的

I have booked a table for eight at *your favorite restaurant*

Treat me for dinner

Take me to a fancy restaurant

He seemed fairly pleased himself

Carry on = continue to 接着

Pull out his credit card, **hand me the bill**

Take on the writer’s point of view

It didn’t occur to me 我没想到

Refer to 提到，查阅

We are referring to females

Serial 电视连续剧

I loved this serial when I was little

With a flourish 大张旗鼓

Pay the bill with a flourish

Put in = spend 花费，投入

They have put in time and effort to keep the strike going 他们花费了很多时间和精力…

Effectively 实际上，事实上

This effectively means that we have no chance of finishing the job on time

Wildly 失控地，extremely极度

I wildly offered to pay for the entire meal = I impetuously rushed to suggest that I pay for the whole dinner

Is considered wildly naughty

Address = make a speech to = speak to

I had addressed him in a foreign language

Not at all 一点也不 by no means 决不

Whip out one’s wallet == take out one’s wallet

Just desert 罪有应得

Dessert 点心

On a date 约会

“does this affect your attitude in any way?” – “absolutely not”

Seek equal rights for women

Distinct limits on women’s participation in the workplace endure

It didn’t occur to me to offer to split the bill = I didn’t even think of saying that I would pay my half of the bill

Hurt the dignity of women

Keep women in a low social position

If I had carried on assuming … = if I had continued to believe that …

Spend entire meals wondering

When my house burned down 焚毁

### Text 3

Muster [ˈmʌstər] 集合，激起（支持，勇气等）；集结（部队）；赶拢（牛、羊）

Try to muster up courage to ask you out

Blurt out 脱口而出

Agonize [ˈæɡənaɪz] 苦苦思索；焦虑不已

After years of agnozing 经过多年的苦苦思索之后

Whip [wɪp] n 鞭子 v鞭打，抽出

If …at all 如果有的话

If I want to date at all 如果我真的想约会的话

He will arrive very late, if he indeed comes at all 如果他真的来的话

Take turns paying for their dinners out

Going out with a girlfriend

Offend you

I haven’t a car, or a fine house

During our after-dinner stroll 散步，闲逛

As I had addressed him in a foreign language = speak to

Sliding into your desk, you tap my shoulder and say, “hi, Laura, what’s up?”

When I get up in the morning, you are in my first thoughts

I was wrong to treat you the way I did

## Unit 3

### Text 1

Cleary-eyed 视力好的 unseeing 看不见的，视而不见的 laypeople 外行

Heat -> thermal 保暖的，防寒的

Nose -> nasal [ˈneɪzl] 鼻音的 night -> nocturnal [nɑːkˈtɜːrnl] 夜行的

Parent -> paternal [pəˈtɜːrnl] 慈父般的 mother -> maternal [məˈtɜːrnl] 母亲般的

Brother -> fraternal [frəˈtɜːrnl] 亲如手足的

She didn’t have any maternal instincts 她没有一点做母亲的天性

day -> diurnal [daɪˈɜːrnl] 白天的

Most snakes are diurnal animals, they sleep at night and are active during the day

Self-defeat 自认失败

Chorus 合唱曲，合唱队

Disuse 停止使用

Loop about, look around 扫视四周

Dim my memory

Weary [ˈwɪəri] 疲倦的

He managed a weary smile 他勉强挤出了一丝疲倦的笑容

Keen on/to 热切的 keen 敏锐的

Dogs and wolves rely on their keen senses of smell to find food and recognize danger

Preside: direct 负责，主持

As the director is away on a business trip, I will preside over the meeting this afternoon

Open up 打开，开放

**Open up** the disused channels of your senses

Recent research has opened up new possibilities available for the treatment for cancer

Pave the way for 为…铺平道路，为…作准备

It is more important to **pave the way for children’s desire to know** than to **put them on a diet of facts** they are not ready to assimilate

Ponder: consider

Look up at the sky, gaze at the star and **ponder** the mysteries of life

Mary **pondered** bitterly the meaning of life

He sat back in his chair for a few minutes to ponder his next chess move.

Contemplate 苦思冥想

She stood there contemplating the paints for quite some time

Dispose of : get rid of 清除

Even if you feel you have little knowledge of nature **at your disposal**

Having sold the house, Jim had a large sum of money at his disposal

I would take you if I could, but I don’t have a car at my disposal this week.

Before we reach adulthood. If I had **influence with** the angels

My influence with her is not very strong

When confronted with …

After she left the court, she was **confronted** by angry crowds who tried to block her way.

Death is often a welcome release from pain

If any questions do occur to you, then don’t hesitate …

If your roommate has a high fever and her throat hurts, then she might have the flu.

If you care about her feelings, then you should apologize

If you liked Titanic, then I am sure you will also enjoy Titanic II

There are no special rules as to what clothes you should wear

The text states a fact:… Based upon this fact,

Full of wonder and excitement

It is **not half** so important to know as it is to feel

In the listening

The changing seasons

In the migration of the birds, **the ebb and flow of the tides**(潮起潮落), the folded bud ready for the spring.

Dawn comes after night and spring after the winter

His son has related in a recent book

My boss’s moods change very quickly; one moment he’s light-hearted and cheerful, and the next he hates everything and everybody

Christy is bright, creative and quick to assimilate new ideas.

Doctors usually recommend annual checkup, but you should go twice a year if you have a history of health problems

Brushing your teeth after each meal is the best way to avoid dental problems

It took the local people some time to recognize the medical benefits of the thermal waters

### Text 2

Minute 微小的，精确的，详细的

Tactile memory 触觉的

Uncritical 不加批判的

Pervade: spread through 弥漫于

Frown 皱眉头 scratch your nose 抓鼻子 bow your head 低头

Pinch your arm 捏手臂 shrug your shoulders 耸肩 snap your fingers 打响指

Tug your hair 拉头发 tilt your head 把头倾斜

Flag your arms 摆动手臂 brace your muscles 把肌肉绷紧

Blink 眨眼睛

Flick: move quickly and lightly 轻快地移动

Flick your eyes back and forth

If you continue to disregard all advice, you will have no one to ask any more

**Pick out** the most striking aspects and **disregard** secondary features 不理会

: look over the obvious aspects of things and focus on their most compelling characteristics, while skipping over the rest

Substitute A for B: use A instead of B

Replace A with B: use B instead of A

We have substituted identifying and labeling, which can be done very rapidly, for the tactile sort of feel-seeing that requires much more time and concentration

He walk away in disgust 他感到厌恶，便走开了

Weed out = get rid of 清除，淘汰

Nourish our sense of “the beautiful”

She was sitting in the bow of the boat 船头

Water oils faster if you add a pinch of salt 一小撮

During that period

Go out of his way to talk with gardeners

A bicycle and a motorcycle are built on the same principle

When we allow this pressure to invade every aspect of our lives, we begin to lose touch to have a feeling that we are missing something

We delight in the openings between the leaves of a pant 我们喜爱植物叶子间的间隙

This endless exchange between form and space excite us 这种形态和空间之间的无穷无尽的交替令我们激动

We all came into this world with the doors of perception wide open

Frank was admitted to hospital for observation after complaining of chest pains

He is very experienced in solving the problem of great complexity

We will have to discuss these problems in depth before we make the final decision

## Unit 4

### Text 1

Korea [kəˈriə] career [kəˈrɪə(r)]

Instructor [ɪnˈstrʌktər] 教练，导师，（大学）讲师

She has had a number of different jobs, ranging from chef to swimming instructor.

她做过许多不同的工作，从厨师到旅游教练

Irritability [ɪrɪtəˈbɪləti] 暴躁

Please excuse my irritability, I have been under too much pressure at work lately

Grave 庄严的；（形势）严重的 Gravity 庄严；严重

Solemn 严肃的

Grip n,vt 紧握

Potent 强有力的，有权势的 achiever 成功者

Commence v. 开始，着手 commencement 开始

Reckon vt. 简单计算；认为，把…看作 reckoning n. 结账,惩罚 day of reckoning 末日审判

Sadden 使悲伤

Goal-obsessed 一心要实现目标的

A mixed bag 大杂烩

Circuitous 绕行的，曲折的 circuit 环行道，电路 circular 环行的，圆形的，循环的

Trail 小道，小径 antique 古老的

As I see it 依我之见

Fit into: be suitable for 与…相符

Be fearful of: be afraid of 惧怕

Work on: affect, influence 影响

Go forth : set out 出发

Center around

In the dead of night 夜深人静时

The professor is often seen strolling around the campus in the dead of night

Be considerate of/to/toward sb. 替某人着想，体贴某人

In a crowed dormitory it is especially important to considerate of other people’s needs and feelings

Get through 度过（时间）

Get through the rest of their lives

Conceive of: imagine

It is hard to imagine/ conceive of a culture where smell or touch are more important than sight

Bug out 烦恼，困惑

If he does not find time to relax a little, I am afraid he is going to bug out

Be bound for 开往

Bound for a different destination

All along: all the time, from the beginning 一直，始终，从一开始就

Know all along that …

Incidentally = by the way

They leave college superbly equipped to 他们离开大学，准备好

I see the tension in their eyes when exams are approaching and papers are due.

Back when I was a student …

It is the other way around 恰恰相反，反过来

Take a harder look at 仔细看看

Their piercing cries in the dead of night

The road ahead is a long one

Have a map leading directly to …

Society overvalues material success

Students compete with each other

Meet people of the same interests

Off-campus restaurants

Learning English is so much fun

### Text 2

Solitary 单独的 = single, one and only, alone

Cosmetic 装门面的，化妆用的；化妆品

Captive [ˈkæptɪv] 被监禁的; 被关起来的

Obscure adj= not well-known 无名的，默默无闻的；模糊的；难以理解的

n朦胧，黑夜

Dull 迟钝的，愚蠢的

One stop shop 一站式服务

Sit back坐等，袖手旁观

Are you going to **sit back** and let me do everything?

**None the wiser** = no wiser than before = as wise as before

和以前一样笨

Even after listening his explanation, I am none the wiser

**No one will be the wiser没有人会察觉** = with no one the wiser

Let’s go to the pub tonight and relax a bit. Tell your girlfriend that you have to work overtime and no one will be the wiser 让我们晚上去酒吧放松一下，告诉你女友你加班呢，没有人会察觉的

Cram … into 把…塞满

For many college administrators, **cramming students into classes** and lecture halls feel like all that they are supposed to do

Worse still = even worse 更糟的是

Alive and well: still living and active

Run the show 掌管一切，操纵局势

The baby is two weeks **overdue** 宝宝逾期两周了

A writer may **surprise us with** unexpected ideas

A great aid to understanding …

On the first day

Toward the middle of the semester

To my astonishment

**Glance around 东张西望**

Abandon the lecture system and turn to methods that really work

Few students **possess such skills**

Most students learn best by engaging in frequent and even heated debate

It reduce feedback to a minimum

If the lectures make so little sense

The racial killings at the weekend have **triggered off** a wave of protests throughout the country

Security at the airport has been enhanced

The feedback from the customers is very positive

He has no comprehension of the great complexity of the problem

It was getting dark and I can scarcely see in front of me

She accepted a lift in my car and then proceed to lecture me on how people should not own cars

### Text 3

**Hear about**: be told about

Such things have never been heard about before

The study draws on the surveys of = the study is based on the surveys of …

**Face up to**: deal with or satisfy the needs of students 正视

Face up to what students want

**Lead-in** n （主题、故事、表演等的）引子，介绍，开场白

The above lead-in suggests every different answers to the question

**Plunge** 暴跌

BAs in English and literature has plunged from 50,000 to 20, 000

Some schools have dropped such subjects as geology and music education to emphasize business specialties like restaurant management.

**Single out** 单独挑出

The document singles out several …

Because of his worry over the quality of higher education

**As for** what can be done 至于能做什么

Such career-oriented replies reflect the views of 90% of U.S. high school students

Only 27% of high school students see college as a place to become a more thoughtful citizen

He has **dedicated the last 13 years of** his career to the Health Group

**He was influential** not only because he headed the Company but because he had a unique ability to translate controversial ideas about education into understandable language

Relatively few have the ability to take complex ideas or abstract data and immediately get to the heart of the matter.

Right now nearly 7000 students are enrolled at the campuses and thousands more take classes off campus and online

## Unit 5

### Text 1

Jumble 杂乱的一堆

Physical fitness 身体健康

Ketchup 调味番茄酱

Mob 乌合之众

Assumption 夺取，篡夺

Traitor 卖国贼，叛徒 patriot 爱国者 patriotic 爱国的

Preach 说教 preacher 牧师，传道士

Sitcom 情景喜剧 ulcer 溃疡

Runner-up 亚军

Remote = very unlikely to happen

Original 原版

The original of this painting is in Rome

In a sense 在某种意义上 in the derogative（贬义的） sense

An American recklessness = a type of recklessness typical of America 美国式鲁莽

For better or worse 无论好坏

At the outset

Body-conscious 注重身体健康的 safety-conscious energy-conscious

Weight-conscious figure-conscious health-conscious

We have to be very safety-conscious with this sort of machine

Put out a candle

Nobody would dare ask a Frenchman to **put out** his cigarette in a restaurant.熄灭

Only to 仅仅为了，结果却

I arrived at the shop only to find I had left all my money at home

He **got to the station** only to be told the train had gone

He **hurried back to** his hotel room only to find that his luggage had arrived safe and sound

I **hurried to the shop** only to find it was closed

He spent four years getting a degree, only to learn that there were no jobs in his field for graduates

I **raced home** to tell my family the good news, only to fall down the stairs and break my leg.

On the grounds that = because of

His request was disallowed on the grounds that he was not a full member of the club

Be renowned for = be famous for = be well-known for 有名的

The region is renowned/famous for its outstanding natural beauty

Be after sth = in search of sth; with a desire for sth 追求

I **am after the boss’s job** or want to make a million dollars by the age of 30

**Catch on**: become popular 流行起来；understand 理解

The new song caught on quickly

The second time the teacher explained the problem, the boy caught on

Be a shadow of your former self (健康，力量或影响) 大不如从前

Leap around = jump about 跳来跳去

Bring up = nurture and educate a child养育

David was brought up to respect teachers

The whole text **centers on the topic of** why America seem so strange to visitors from abroad. The first two paragraphs **bring out the main focus** of the text. This implies that the point of view presented in the text is not biased.

Don’t talk like that to your mother

A number of people standing one behind another

He spent much of his career

To **enter** the United States

We have been **hurrying to** take advantage of this week’s unrepeatable offer

Europeans dream dreams too, but don’t seem to **believe in them** so much.

As our bus **passed** a health club on the way to the hotel,

It gives us **a feeling of** living dangerously

My Florida-born wife Lisa is as American as apple pie

How did the United States **come to mean** so much so fast? 美国是如何如此迅速地变得如此重要？

America can be a strange experience for a foreigner

How do you recognize the difference between **those you know only slightly** and **those who are close to and intimate with you**?

The problem with video games is that they are addictive

The teacher may either pool the resources of the whole class or form students into several groups

Many people who emigrated to America in hopes of becoming rich are surprised at how hard they have to work

He has a wide circle of acquaintance but very few close friends

To avoid confusion, you had better start by explaining the whole idea from the beginning to end in orderly way

Three army officers were charged with conspiracy to overthrow the government

I consider religion a private matter and don’t like it when people preach to me

To help foreign invertor **get a better understanding of Shanghai**, they have compiled such a little guide from the various sources they could find

He is **the sort of people** who prefers to **keep his plans to himself** until they are realized.

I came to NewYork **from far away (千里迢迢)** to see him, only to find he had gone abroad two days before.

### Text 2

Close-knit a 紧密结合在一起的

Knit v 使紧密地结合

Rear: n. the back 后部; vt 抚养 child-rearing 抚养孩子

Apron 围裙

Self-reliant 自力更生的

Aviator 飞行员 aviation 航空工业

Stiffen 1. (cause to ) less friendly; 2 become hard or firm

Watch for 密切注意

So we watch for spots that might be a potential problem

Speak out 公开表白，大胆说出

I hope people will be courageous enough to speak out against this injustice

Accommodate = take into consideration 对…予以照顾性考虑

Room and board = food and accommodation 食宿

You made your bed, now lie in it 自食其果

You chose to do it and so now you will have to face up to the consequences however unpleasant they are

Make one’s own way in life获得成功

Make one’s bed 整理床铺

Take sb/sth seriously 认真对待某人/某事

To tied to sb’s apron strings 受某人的支配

Look out for number one = look out for oneself谋求自身的利益

From across the world

Hendry is quick to acknowledge that …

Overcome severe physical disabilities

Recognize the author’s purpose

Here is merely using specific words that Americans are likely to use

Unlike the American, the British tend not to display much emotion in public

Are you so naïve as to imagine this is not taking place elsewhere

After divorcing her husband, she wished to forget everything associated with her former life

The students watched carefully how the teacher did it and then did likewise

We are very busy so much so that we can’t manage to take a holiday this year.

Americans consider the idea of individual freedom to be of great value

## Unit 6

### Text 1

Maid 保姆 niece 侄女 bride-to-be 未来的新娘 fortnight 两星期

Shatter = smash 粉碎

Defy: disobey, fight against

Soothe: calm or comfort 抚慰

The harsh reality

Despair of in honor of her friend

Resounding 响亮的

the answer is a resounding “No”

Her hair was **going grey**

The company went bankrupt during the crisis

Send in 提交，派遣

Applicants are asked to **send in** a CV and a covering letter

The United States **sent in** troops to prevent …

Winners of the prize will be notified by mail no later than 31st August.

He made no fewer than 50 mistakes

Your support can make a difference to our project

Whether he comes or not makes no difference

The fire defied all efforts to control it

The door defied all attempts to open it

Head on 迎面地，正面地

The two cars crashed **head on**

Comment on: make a remark on, give an opinion on 评论

He **commented on** my crutches

He made some remarks about my crutches

Do about doing sth: take action about doing sth

What did you do about wanting revenge?

The sudden death of her friend left a wife and four children in overwhelming grief

I lasted a fortnight, I could not stick it 干了两星期，就再也受不了

The accident resulted in the loss of his wife and the driver’s wife

The accident took the life of his wife

He escaped injury in Vietnam

Improper or careless driving, including speeding, is frequently to blame. The good driver obeys every traffic law and rule of the road.

As evening came, the coastline faded into darkness

I am terribly sorry – I **take back my thoughtless words** about your being selfish

A hundred **invitations to the wedding** were sent out

The boy **disappeared into the depths of** the yard

Strange to think that

By chance, the day before the funeral I **ran into a longtime acquaintance** while shopping

**I teased him**

He had **remained** in the hospital seven weeks

Can not **picture the future** without her

Fulfil his early promise

Climbs into an empty bed

The car will not pull up to the house

Pass/fail his university entrance exams

Exit the department store

Allow smoking, some people are against restricting smoking

Smoking is slow-motion suicide and second-hand smoke is slow-motion murder. Therefore, smoking should be banned in schools, hospitals or other public places.

The river is 50 meters in width

Admitting you are wrong is a sign of being strong

## Unit 7

### Text 1

I am a short-tempered 脾气暴躁的 hard-headed 精明冷静的 good-natured 本性善良的

Lick your lips, then blow your nose 擤鼻子

Shiver 战栗 quiver 颤抖 twist around 转身 whirl around 旋转 leap up 跳跃

Bump into somebody, then flee 撞了某人，然后逃逸

Slump over 重重地倒下

**Kind of** = somewhat, to a certain extent

Actually I felt kind of sorry for him

I kind of thought you might help me

**Give it a shot** 试一试

I know it is hard, but you should give it a shot anyway

It is my first shot at cooking 这是我第一次尝试做饭

**The other** afternoon: on the afternoon two or three days ago

The other day, the other morning

I met a friend from my hometown the other day and we had lunch together

**Tone up**

I lift weights at the gym everyday to tone up my body

Swimming is the best way to tone up your muscles

**Pull on/off = take on/off**

Pull on your gym shoes and jog around the block a couple of times

**Take up 开始从事**

I though I would take up fishing

Homework and tennis and piano lessons pretty take up all my free times

**Strike sb as = impress sb**

The plan strikes me as ridiculous

Henry strikes me as a very dull boy

**Be out to do sth, be out for sth = intend to do sth**

We weren’t out to slaughter the other team

She runs 3 miles everyday to keep herself in shape

Going dance is no longer the simple and casual pastime it used to be

It was your last chance and you blew it

Customers will be impressed by the expertise of our highly trained employees

I still see her for lunch every now and then, but not as often as I used to

Doing things seriously has gone out of style

My performance would make any serious music student weep 哭泣

I was playing the piano when my seven-year-old walked in, he stopped and listened for a while

Doing things badly has gone out of style

I overheard a ten-year-old complaining the other day

We stayed in a fancy hotel in Paris

Mislead the reader

I was a late

**Mark my words** 你听着，记住我的话

Press themselves to achieve their goals

Everyone, irrespective of age, sex or occupation

My favorite recreations are gold and tennis

End up going crazy under the pressure

We spend the afternoon fooling around on the beach

I am getting a little out of shape, so I am looking into golf.

This is all rubbish as far as I am concerned (in my opinion)

What is the author’s point in describing …

My hobbies are watercolour painting and stamp painting, what are yours?

I wonder how she squeezed herself into such tight clothes – and why! She certainly looks uncomfortable

Computer games are fine for recreation, but some kids get completely obsessed with them and neglect all their other activities

I had an accident last week and my bicycle got wrecked.

I should not keep putting off my visit to the dentist

The whole world is smiling with you

Happy people tend to be at the center of social networks

An extra chunk of money

In today’s competitive world

Attain the professional level

End her essay

She plans to take up golf and enjoy fooling around with it

Text 2

Urban -> suburban 城郊的，郊区的 suburb 郊区 merry-go-round 旋转木马

Furnish: 用家具布置 thrift shop 廉价旧货店 = secondhand

Couch 长沙发 stove 火炉 cabinet 陈列柜 dishwasher洗碟机 dryer 干燥机

Humidifier 增湿器 hairdryer 吹风机 curler 卷发夹 towel 毛巾，纸巾

Merry, happy, cheerful 欢乐的，兴高采烈的

Sift: separate, screen, distinguish 筛选

Do without

If you don’t have cigarettes, you must simply do without

Strip: take off 脱去衣服, 剥夺

Strip down to sth只剩下

lose weight 减肥 lose face 丢脸 lose sight of 看不见

Lose touch with 与…失去联系 lose one’s way 迷路

Lose one’s heart 丧失信心

lose one’s temper 生气

Lose one’s taste for … = get bored with sth. 对…失去兴趣

Jam … into … 塞进

I can’t jam another thing into bag

Cut back on 缩减

All of a piece 浑然一体

At its peak in the Thirties, Underground design and architecture was all of a piece 在30年代的顶峰时期，地铁的设计和建筑风格都一模一样

**In face of** 面临（灾难，困难） **in the face of** 面对（问题）

We must strengthen our unity in the face of powerful enemies 大敌当前，我们必须加强团结

They didn’t give up in face of difficulties 面临困难，他们没有放弃

He kept calm in face of great danger

They are all faced with the same problem 他们都面临同样的问题

Trade for 交换， 转让

The couple’s decision was to trade two full-time careers for two half-time careers

Do without: cope or survive without sth 没有…也行

Go to waste: remain unused

Keep track of 跟上…的进展，掌握…的最新消息

In return: as a return 作为回报

Wooded 长满树木的

Sanction 同意，批准，认可

Dismount: get off (a horse) 下(马) mount : get on (a horse, a bicycle,…)

I do pretty well

Feed or house herself

Foster constructive social, physical and educational activies

It is time for more practice figuring out the meanings of idiomatic expressions

Going shopping is like riding a merry-go-round

He is under the illusion that it will be easy to find a job but he will soon discover how wrong he is

The coat was a real bargain, I got it for only $20

It is wasteful the way you throw so much food away!

His house is furnished with things he has collected on his travels round the world.

If we don’t cut down on expenditure, the company will be faced with serious difficulties.

# Grade 2

## Unit 1

### Text 1

The Admiralty 海军部

Retreat 隐居处；撤退

Contemplate 注视；考虑

Beloved 深爱的

**Entry 参赛者；参赛作品**；进入

Revive 复苏，重振活力

He **was knocked** unconscious by a stone. After I **revived him**, he didn’t recognize me.

Retire: go away; leave a group of people, so as to be one’s own

The guests retired to the living room after dinner.

**A glow of satisfaction 喜悦**

Plunge into 投身于，一头扎入

Awaken to 使意识到

**Come to my rescue 救了我**

The muse of painting came to my rescue

I was embarrassed as I couldn’t remember his name; fortunately Mary **came to my rescue**.

Chance upon 偶然碰见

One day when he was **wandering** in the garden, he **chanced upon** his sister-in-law sketching with watercolours.

I chanced upon an old schoolmate in the street yesterday

Try one’s hand at sth 尝试

He first tried his hand at oil painting

He **tried his hand at repairing the bicycle**; but without much success.

Rush off 着急

Clementine **rushed off** to buy whatever paints and materials she could find

**Company 陪伴**

Keep me company 陪伴某人

I enjoy the company of animals more than people

The old couple was grateful for Jean’s company on their long journey up to Edinburgh

I will keep you company until you fully recover

Fall upon 猛扑

The robbers fell upon him from behind the trees

Fall from office 下台

Painting was like a friend who never betrayed or abandoned him. This seems to suggest that..

I have always envied painters and poets, I have no **artistic ability** at all.

He is struggling to overcome his fear of flying, but he still **panics** sometimes when he has to board a plane.

The city is planning a public campaign to **awaken people to** the problem of noise pollution.

When you feel overwhelmed by the complication of life in the big city, it is good to retreat to the countryside for a few days.

In times of war, people usually buy and store more food as a precaution against shortages.

He struggled for many years before his effort bore fruit

If you drink any more of that wine, you will suffer in the morning

The construction workers chanced upon some ancient coins that dated from the 13th century

It is often said that **travel broadens the mind**

Exercises like this one strengthen my knowledge of English

Discussion with your classmates will deepen your understanding of the course material

She was born into a wealthy family

The heavy meal and the dull speeches made everybody sleepy

Tired to our own cooking, we have decided to go to a restaurant for a change.

“I hear you had quarrel with your parents yesterday.” “so I did, but we have already made up”

### Text 2

Summon 召唤，传唤

Toll 鸣钟

Transcend: go or be above or beyond the limits of … 超越…的范围

Adopt 采取，选…为移居地

Stun 使震惊；把…打昏

**Calling: vocation, career** 职业；使命感，天职

Slum 贫民窟

Order 宗教团体

Hostel 招待所

Pilgrim 朝圣者

Domestic 家庭的；家用的；国内的

Lavish 浪费 的

Prizewinner 获奖人

**Uneasy： worried, anxiou**s心神不安的，忧虑的

Range over 论及，涉及

Minister to 照料；援助

Be identified with 与…合成一体

Close my mind to sth: be unwilling to think about sth. Seriously

He **complained of** a headache

If the service was so bad why didn’t you complain to the manager?

The soccer star was hospitalized with a broken leg

There was a large crowd in the square protesting the war in Iraq

He is a graduate of the Fudan University

### text 3

An army of servants

**Music meant nothing to me**; I am virtually tone-deaf. So **I did what I always do when trapped**: I sat down and closed my ears

After a while, becoming aware that the people around me were applauding I concluded it was safe to unplug my ears.

**It isn’t that** I don’t want to like Bach, **it is just that** I am tone-deaf

I protested that it didn’t really prove anything. Suppose, at your very first contact with numbers, your teacher had ordered you to work out a problem in fractions.

## Unit 2

### Text 1

Costly 昂贵的

Sage 圣贤

Teachings 教义，学说

Spring from = originate from

Misplace 落在某个地方了

I have **misplaced** my umbrella

Grind 书呆子, 碾碎，折磨

In the old society, the peasants **were ground by poverty**

The little boy **resents being** called a fool by his friends.

He **resented being** excluded from discussions that directly concerned his future

Mother gave the cake to my sister **in the hope that** she’d stop crying

Despite the heavy rain, she **made it to** the airport just in time to catch her plane.

**As time was running out**, we drove even faster **in the hope that we could** **make it to** the airport in time

The cracks (裂缝) in the wall **show up** in the sunlight

Today we know that each immigrant’s worth is best judged by his or her personal qualities and skills.

The library has been rearranged, and I can’t find any of the books I need.

You have **misunderstood** me, let me **rephrase** what I said.

**As I recal**l, it was you who suggested this idea in the first place.

Eventually **reach** the United States = finally **made it to** the US

On **a battery of** math tests

Through hard work we can **get ahead** in life 获得成功

A good education will make it easier for you to **get ahead**

I don’t think Rebecca **has what it takes** to be a ballet dancer.

**Through effort we can perfect ourselves**

Work for **the honor of** the family, not just for themselves. One can never **repay one’s parents**, …

During the 15 years I lived in China, I noticed that Asian parents **establish a closer physical tie to** their infants than most parents in the United States. When I left my baby **crawl on the floor**, for example, my Chinese friends were horrified and rushed to pick her up.

Please label all the boxes clearly so that we will know which ones are ours and which belongs to you

The sight of the animals’ suffering so horrified him that he vowed never to visit the zoo again.

Thousands of striking workers **surged into** the city square

Research carried out at Berkely shows that Asian children are motivated by a sense of guilt.

Ted finally **showed up a little** after eleven, he said he had overslept.

When I first saw my test results I was shocked, but they motivated me to study harder.

The position of manager involves training and supervising all the clerks in the office.

During springtime, many people go hiking in the forests and mountains.

### Text 2

An elementary school

In exactly the same way

Find answers on their own and **come up with** individual solutions

I didn’t care much for his speech: for one thing, the subject was not particularly interesting, for another, his **delivery** was awful.

I think I would like to stay at home rather than go out

Why don’t you take the initiative and ask her out to dinner?

### Text 3

Buckle up 系好安全带 buckle down 全力以赴

**Get so uptight紧张不安的**

Resort to tricks and deceptions 采取欺骗

Let’s turn from you and translate it into someone else.

This letter may ramble a bit 漫谈闲聊

They wind up/end up trying to relive their own youth

This is not my intention or desire.

After she turned herself in (自首) for smoothing , Reagan wrote to her about, among other things, the virtues of truth telling.

## Unit 3

### Text 1

**Nonassertive 谦虚的**

Mat 席子，垫子

Personnel 人事部门

By name 名叫

At times = sometimes, once in a while 有时

Somehow or other = in one way or another 以某种方式

The other way around = in the opposite way 相反地

Leave in sb’s hands 交给某人管理

Escalate into

The directors’ disagreement rapidly **escalated into** a flight

If we surrendered on this small issue, they will undoubtedly **escalate their demands**

Get into the habit of 养成…的习惯

I **got into the habit** of studying in the library when I was in college.

Come to an end = stop, finish结束

And here the story **comes to an end**.

Pick up = acquire without effort 学会

Rosemary **picked up** the basics of Chinese very quickly because she used the language at every opportunity

At all hours = at any time, all the time

The restaurant serves meals **at all hours**

Go along with = accept 同意，接受

You don’t have to **go along with** his plan if you think it’s crazy

We will go along with your suggestion, although they are not exactly what we want.

Smooth over 缓和

Seeing that he had nothing to say after a brief greeting, I tried my best to **smooth over** the awkwardness of the first meeting

Bill tried to smooth over his argument with Mary.

Storm = move or walk quickly and noisily in anger

After the argument she stormed off.

Multitudes of football fans crowed round the entrance to the hotel in an effort to see the world-famous star in person.

I don’t understand how you can justify spending money on space exploration when there are hungry children in the world.

David **was fed up with his job** in London so he asked for a transfer to the Paris Office.

Raise the questions listed below

Offer some suggestions aimed at solving the problem

Sum up the students’ solutions

She wanted to be an excellent student, she would study at the library until it closed. But she had a problem, they would simple walk into her room, sit down on her bed, sometimes they would stay up very late. She attempted many times to get them to leave

All of these factors play a part

Joint ventures involving Western and Japanese companies often run into conflicts – a multitude of little things that escalate into big emotional battles

George’s solid understanding of the equipment, its installation and use made him the best-qualified employee for the job. George was so naturally nonassertive that no one could see him as a threat to their careers. So they felt comfortable asking his advices on a wide range of matters. Engineers throughout the company appreciated George’s expertise and his friendly and capable help.

they got into the habit of turning into him whenever they had a problem

sooner than anyone expected, the Japanese engineers has surpassed George in their knowledge of the rapidly-changing technology.

### text 2

Salespeople = salesperson 销售人员

Pan-European 泛欧的

Seek out

It took me several weeks to seek out the reference material that I needed for my paper

Not for a moment = not at all

Similarly, don’t think for a moment that …

I didn’t believe for a moment that he was an actor

Fall for = be attracted to, be tricked by

Don’t fall for that old trick, he is trying to persuade you to buy this goods.

At that = besides, in addition

It is a new idea, and a good one at that.

Right and left = everywhere, in every way

Make the call = make the decision

Forge these relations = create and strength these relations

Wind up doing = end up doing, do in the end

In nine cases out of ten, it is careless driving that causes an accident

I need to see you, right away if possible

I made a mistake, and a very serious mistake at that

And don’t fall for the myth that

I knew it was just a trick, and I just wasn’t going to fall for it

Are you still in touch with your school friends?

No, But I am going to get in touch with them soon

Responsibility and reliability are necessary qualifications, as well as a friendly and outgoing personality.

The management decided that Hendry was the ideal person to take over the job

You cannot motivate anyone, especially someone of another culture, until that person has accepted you.

No one likes foreigners who are arrogant about their own culture.

Foreigners sense monocultural arrogance at once

For 20-odd years, I’ve run an executive-search firm

I start by asking them to specify the qualifications their ideal candidate would have. Most often they list the same qualities

Of course it is far more difficult to determine candidates’ multiculturalism than it is to check their language skills.

### text 3

Lie in what = hide and wait for sb

The gunmen were lying in wait when Mr. Smith came out of the hotel.

The key to good management **lay in** raw brainpower. I graded students on how smart they were, expecting the ones with the highest marks to be the biggest successes in the business world.

My thinking **gradually changed**, over years of living and working outside the United States.

As I **gained real-life, first-hand experience** with the multitudes of difficulties

Good oral and written communication skills are absolutely essential to effective management.

To be a good leader you must be sensitive to people and be able to inspire them toward the achievement of common goals.

Recognize what is right and wrong and then **stick to** what is right

If you have to decide whether or not to close the AI lab, whose interests should prevail? Those of the owners? Of the employees? **It is a tough nut to crack**.

You must **possess the ability** to make positive things happen.

## Unit 4

### text 1

Shield from 保护，庇护

Preclude from

Be bound for /to ：一定的，注定的

In the long run

A world of = a lot of

Count on 依靠

Turn down 拒绝

**Tumble down: collapse , fall suddenly. 突然摔下，倒塌**

Loaf 游荡，闲逛

Haste -> hastily 急忙，匆忙

Consolation prize 安慰奖

Ill-chosen 选择不恰当的

Whither : where 无论去哪里

Foster (培养) very extensive listening

A flop: a failure 失败者

He is a failure as a teacher

Be prone to: be likely to

He is prone to lose temper when others disagree with him

Prompt: inspire, cause

What prompted you to do such a silly thing?

**Branch out into 扩大范围**

The bookstore has decided to branch out into selling records and tapes

Stock 库存物，储备物

**Take stock 作出判断，进行评估**

At the age of 25, I began to take stock of my career so far.

Be best at sth: be brilliant at sth 在某一方面极为出色

Obviously no one can be brilliant at everything. In fact success in one area often precludes success in another.

The young need to learn that no one can be best at everything no one can win all the time.

Our society **places so much emphasis on** “making it” 强调

The article puts a lot of emphasis on the value of failure as a learning experience

Is your son university material?

They looked as if the world had come to an end

The children ran away as if they had seen a ghost

She suffered a complete nervous breakdown 精神崩溃

She was simple not suited for a job dealing with people all the time.

Success that comes too easily is also damaging.

Success is also bad when it is achieved at the cost of the total quality of an experience.

Failure is never pleasant, it hurts adults and children alike.

Success in one area is frequently accompanied by failure in another

Success encourages repetition of old behavior, whereas failure can motivate us to try something different.

After Hendry lost his job, he couldn’t even afford the necessities of life

Prolonged exposure to the sun can cause skin cancer

Ninety percent of all plane accidents occur within five minutes of takeoff or landing.

He got into a panic about his upcoming final examinations

### text 2

Setback 挫折

Stroller 折叠式小推车

Stroll 散步，溜达

The bottom falls out 出现垮台或暴跌的局面

**Come off: take place发生，举行**

He only pulled the knob lightly and it immediately came off in his hand

Follow sb’s lead 以某人为榜样

Suddenly a man stood up, and soon others followed his lead

He turned up his nose at the idea of doing manual labor

Work on sb: 试着影响某人

Can you work on the manager?

I smiled my best smile

I smiled a bitter smile

Then the clock struck three, I grabbed my advertising samples and flew out of the door to drive to my appointments （约会）.

Every time I had tried to approach him in the past, he had refused to see me.

Everyone respects your opinion

I poured out my story to her,

That conversation was the turning point

The plumber is coming this afternoon to install the new washing machine

The front row was occupied by some rather noisy school children

I respect her judgement and I will follow any advice she gives me

Recession is a downward trend

I would always earn enough money to cover our house payments

### text 3

Revelation 天启

Life is not about finding yourself, it is about creating yourself.

take a moment right now and write out some of the goals

vision will ignite the fire of passion

it evoked deep emotion

## Unit 5

### text 1

Eligible 合格的

Prospective: potential, 预期的，可能的

Dependent 依赖他人生活者

Employment: paid work 职业， 工作 -> unemployment 失业

**Diversion: amusement 消遣，娱乐**

Rent-free (副词或形容词) 不收租金

Gallery 美术馆 gallery exhibit 美术展览

Hold onto 坚持，抓住

We should **hold onto** the house and sell it later when prices are higher

Come up with: find or produce; suggest a plan or a way

You have no choice but to **come up with the $2,000** you owe me.

If you can not **come up with an answer** to the question in ten seconds, you are out of the game.

Get by : manage to survive勉强对付; reach a standard that is acceptable but not very good过得去

When I was a student I used to be able to **get by on 200 yuan** a month.

Make enough money to **get by**, but not enough to pay

You work gets by, but only barely

Families with both husband and wife laid off are finding it difficult to make ends meet.

Restaurant job just didn’t pay enough for her to **make ends meet** 勉强维持生计

Take time off from sth 休假

Take a semester off from school

I explained to my boss that I had to **take two days off** the next week.

Sign up for 签约从事

What made you decide to **sign up for** the art course?

As of : from … 自…起

**As of** next week, I will be working at home.

The new timetable will come into effect **as of tomorrow**.

I was staying up late studying 熬夜

I will be home late, but you don’t have to stay up for me.

Move into 迁入

Work one’s way through school 靠做工挣钱完成学业

Can not take sth = can not bear or deal with 不能经受

**Test out** her interest in the subject

He conducted experiments to **test out his ideas**

Threw herself into the work 积极从事，投身于

Looks back on her years of struggle to **make her dream come true**

If you get **put down** once, just get back up there and keep fighting 被击败

To attend college

Pursue a BME major

She pursued the study of music for four years.

He finished his working day at 6:30 = **he got off at 6:30**

She was so small, she almost had to run in order to stay **next to** me (**alongside** me)

Hearing this, I was totally stunned

It was a hard lifestyle to adjust to

A long commute to school

Not having to work so many hours allowed her to make school her priority

Run into barriers and distractions and delays

I don’t claim to be an expert on modern art, but I do know this painting is ugly

Overseas students are **eligible** to enroll in all the regular courses, provided they have the necessary qualifications.

Having been **on his own** for so long, he found it difficult to **adjust to** married life

I am **tired of** sitting around the house, let’s go out somewhere

### text 2

Get even : get revenge 打击报复

Get back at

He certainly made me look like a fool, **I will get even with him one day**

The only way you can **get back at him**…

Knock everyone dead

Suspect sb of = double, distrust 怀疑

Let pass放过

Bob may have **overheard** what was said about him, but he decided to let it pass 无意中听到

Jack and Jane have **patched up their differences** and become friends again.

Spending money in anger is a very expensive form of hostility. My advice to you is to think it over for a few days. Try to **patch up** your differences. Buying a new suit won’t save your marriage.

How did you talk your daughter out of quitting school?

But in a week she will be grateful I **talked her out of** it. 说服某人放弃…

Many students coming out of college are more interested in a customer’s motivation than they are in closing a sale, they also have a tendency to be too honest, which can **play havoc** in the retail business. 大破坏

The essence of his argument was that education should continue throughout life.

There is a growing tendency to regard money more highly than quality of life.

I try not to step in and sort out (解决) the children’s arguments, but sometimes I just have to

### text 3

- Can you lend me some money, Robert?

- Sorry, **I am broke**, I haven’t a penny to spare.

Entry-level jobs: Jobs suitable for one who is not experienced

**Shine a positive light on** your application

Make it tough to find work

But don’t stop there

Keep their ears open for opportunities

Make you **stand out**

Include any awards you have won and special activities **you have been involved in**

Computer **know-how**

Make a list of references –people who can vouch for your abilities experience and good character.

If you **turn up** looking sloppy 邋遢的

Provided detailed answers

## Unit 6

### text 1

Dub 给…起绰号

Hawking has been dubbed Einstein’s heir

His ground-breaking theories on black holes

For the remainder of his life he would be forced to depend upon a wheelchair in order to retain his mobility.

Receive awards

Make several significant contributions to modern scientific thought

Laid the foundation of physical optics

The doctors are trying every possible means to keep him alive.

We went to a restaurant that specialized in Indian food.

She inherits her blue eyes from her father

Elite 精英

Relate 讲述故事 ，联系

Briefly retell the life of Stephen Hawking and his personality

Peer at/through 仔细看

Lisp 口齿不清

Gap 峡谷

Grim 无情的，阴森的

Cosmology 宇宙学

Peel off 剥皮

Peel some potatoes for salad

Far and wide 广泛 地

Oxford Univ. was well known far and wide for its academic excellence.

Since he retired, he has traveled far and wide

Dream of 梦想

In a sense = to a certain extent

You are right, in a sense, but you don’t know all the facts

Hang around with 和某人厮混

Away = all the time, continuously

Struggle **away** with 努力做某事

She worked away at her job

The young people chatted away like old friends

Bother to do sth 费心去做某事

Have one’s share of sth 享有自己应得的一份

Virtually unheard-of success for a science book

Overcome these incredible obstacles and achieved far more than most people ever dream of?

The brightest of the bright students.

While I would be struggling away with a complicated problem

Pose the question

While the rest of the class struggled over how to even begin approaching the problem, Hawking almost instantly announced the correct answer

An American computer programmer came to Hawking’s rescue by designing a vocalizing computer specially for him. with its help, …

Hawking jokes about the computer: the only trouble is that it gives me an American accent.

Fear of making mistakes is one of the main obstacles to mastering spoken English.

The storms are predicted to reach the North of the country tomorrow morning

The government must take some measures to narrow the gap between the rich and the poor

Each of us has to work out the problems posed by life in our own way

This year is the one 100th aniversity of the founding of our university.

Asked what kind of student Stephen was at college. Prof. White, the chair of Physics department, recalls: he impressed me was a very bright student with an instinctive insight into physics.

Many of their questions concern the origin of the universe.

The students await the reply in concentrated silence.

### text 2

Invent and perfect many of the technologies

Edison’s best-known saying is “ Genius is one percent inspiration and 99 percent perspiration”

He arrived in city with nothing

Edison found himself out on the street. He ended up sleeping in the **cellar** of a company 地下室

Edison offered to fix the problem and within minutes had the equipment working again.

Plenty of time

Edison improved the range and clarity of the instrument so that it could be put to practical use by ordinary people.

Edison never restricted himself

Our table-tennis team will again be going for all the four gold medals at the Olympic Games

Cut down on environmental pollution

The 74-year-old mayor is given the credit for helping make Los Angeles the financial capital of the West coast

Gordon started the discussion off by telling us about his experience in India

You should now be able to put your experience in electronics to use in your new job.

### text 3

Go forward and reverse, turn right and left, there are a lot of options

As the driver took his place on the stage, everybody clapped.

## Unit 7

### text 1

Spine 脊椎 spineless 无脊椎的，没有骨气的

Regulate 调节 -> regulator 调节器 -> regulation 规章

Charitable 慈善的 humane 仁慈的

Shun 回避 = keep away from, avoid

PTA: Parent-Teacher Association 家长教师联谊会

Mow the lawn 割草

Sneak off to 偷偷溜往

Prop up 支撑，支持

Vaguely: slightly, not precisely

I vaguely remembered having met him before.

Prop up 架起，支起

He is responsible for all the stage props and lighting 舞台道具和灯光

In deep trouble

Observe the traffic laws, or you will get in trouble.

Believe in : have faith in, trust in

Do you believe in ghosts?

He is going to move the sofa out to make room for this new desk.

Will you clear out the bookshelf to make room for these new books?

To oneself: alone

With my parents away I have got the house to myself.

What if I got stuck in traffic and miss the plane?

You seem to be quite certain that I will accept your offer. What if I say no?

The deadline for this job is the end of the month. What if we can’t get it done on time?

When asked why they helped the flood victims so generously, they just answered: what if this were to happen on us someday?

He turned round just in time to catch Mary sneaking off in the middle of the party

How did he sneak off in the middle of the lecture without the professor’s knowledge?

A brilliant idea flashed into his mind

Her mind flashed back to her childhood days

Anyone can enter for the competition regardless of age, race, or profession

The manager gave every appearance of being a very dedicated employee, so no one felt distrust when money started disappearing from the company account.

Regardless of what you may think of him, there is no reason to suspect him of bringing out this horrible accident deliberately

His sharp words reminded me of the strong resentment he feels toward his soccer coach.

A professor in the field of education

Run out of money

But possibly the problem lies not so much in our institutions as in our attitudes

We place no value on intellectual activity

Certainly we make room for though

More recently I heard a professor remark that when his friends catch him in the act of reading a book

I find myself feeling vaguely guilty whenever I sneak to the library to read

Through our words and our actions

Prejudice against thinking

Those of us who are less intelligent find it a struggle to conceive even a moderately good idea, let alone a brilliant one.

Consequently, we worry about people who like to think

Our concern is misplaced.

It is commonly believed that exercising is beneficial to one’s health

It is expected that **the monitor(班长)** will take the lead

### text 2

Pun 双关语: amusing use of a word or phrase that has two meaning.

Reflective: thinking seriously and quietly

Thought-provoking: 令人深思的，发人深省的

Bubble with: express a lot of good feeling 激动，变得兴致勃勃

Plus and minus: advantage and disadvantage

Appropriate for/to: 适当的

Dumb: unwilling to speak

Look at all sides: view things from different perspectives; observe from every angle

By the minute 每时每刻

For that matter 而且

Ben is not interested in basketball, or in any other ball game for that matter

Throw out 提出

I threw out a hint, but he failed to catch it.

Give and take 有来有往的交流

During the meeting there were a lot of give and take about plans for the company’s future.

Bring out 引出

A crisis can bring out the best and the worst in people

Note down: write down

The police officer noted down every word I said

Nothing could be more untrue. -- this is completely contrary to fact

You would be surprised at the thoughts that bubble up.

But how many of us devote any time to nurturing habits of serious, critical thought in our children

Placing too much value on quick thinking just promotes intellectual laziness

By ignoring them, we are overlooking our greatest intellectual resources.

Throw out questions

Dinner talk about the events of the day can provide excellent opportunities for instruction.

Could you clarify last point please? I don’t understand it completely

There are various pluses for us in going to this school – it is near our house, for one

His family immigrated to the United States

### text 3

To all appearance: judging from what can be seen; outwardly

To all appearance she is not only thinking, but …

I can’t wait to get home to : I am very eager to get home to …

The evidence is absolutely convincing.

So you are bound to have acquired some bad habits and attitudes.

## Unit 8

### text 1

Hum 连接低沉的声音 Hang over 笼罩

A steady **hum** of conversation **hung over** the room, people spoke with each other and worked on their meals.

Wander away from 离开，从旁边走开

Please don’t **wander away from** your seats during the performance 演出期间请未随意走动

Not to wander away from me in public places

It would be remarkably easy to wander away from a meal without paying at the end.

Make good on one’s debt 偿付，支付（债务）

Walk out on sth/sb 不管，不支付

People automatically **make good on their debts**. They would be no sooner **walk out on a bill** than start screaming.

Raise/lower one’s voice == speak more loudly/quietly

At the top of one’s voice/lungs == as loudly as possible

The boys are **yelling at the top of their lungs**, I know their team must have scored a goal

Disintegrate == fall apart 解体

The box was so old it just disintegrated when I picked it up

Custom （个人）习惯

Headlight 车前灯

Extend -> extension extend the time remaining

Precise -> precision this is precisely why I want to see you

Explode -> explosion

Diner ： person eating dinner 就餐者

Live by 遵循

In itself 本身，实质上

More often than not 往往，多半= quite frequently

People suffer stresses of life and work

Nobody wants to miss the opening ceremony

The novel **made** the young writer

In such difficult economic circumstances, it is a certainty that **prices will go up** again soon

I recommend the duck at this restaurant – it is one of their **specialties**.

After three days on the boat, I am quite bored and restless and eager for any sort of fun.

The police were suspicious at first, but finally declared the young man’s death accidental.

Translating is like any other art: **the more you practice it, the more skillful you become**

With the pressures of our modern world you would almost expect to **run into such things on a regular basis.**

At major athletic events, it is not uncommon to find a lot of people **sitting in the stands**

### text 2

Brainless 没有头脑的

Conversationalist 健谈者

**Veteran** 经验丰富的人

In spirit 在精神上 in form 在形式上

Run a red light 闯红灯

Quiet frankly, I think that suggestion is utterly ridiculous

An accident involving eight vehicles occurred early this morning on the highway

I thought you handled that problem uniquely

I have been subjected to unjust treatment for too long.

You are sixty-six, it is time you slowed down a bit

### text 3

I came to a crossroads with a traffic light. As I **approached the light**, it turned red and I **came to a halt**.

Go through the light

You have no other evidences to go upon?

# Grade 1

## Unit 1

### Text 1

Knowing how to **make the most of** one’s abilities **counts for much** more

Hard work isn’t the whole story.

Some of these high-achieving students actually **put in/spend** (花费) fewer hours than their lower-scoring classmates.

I kept everything just where I could **get my hands on** it. （把…弄到手）

Paul keeps two-folders for each subject –one for the day’s assignments, the other for homework completed and ready to **hand in**（提交）.

“Next Monday is the deadline for **handing in** this essay, be sure to meet it.”

A drawer keeps essentials together and **cuts down on** (减少) time-wasting searches.

Taking his doctor’s advice, my uncle has **cut down on** smoking as the first step to quitting.

Amanda **stuck to** (坚持) a study schedule that included breaks every two hours

Alex bought a map of the world and **stuck** it on his bedroom wall

In spite of the new difficulties, we’ve decided to **stuck to** our plan.

I write my notes in the wider part, and **put down/write down** (写下) the main ideas on the left.

Just before the end of lesson bell rings, most students close their books, **put away** (把..收拾在合适的地方)papers, talk to friends and get ready to leave.

Alex has the habit of reading a newspaper while taking breakfast.

The most important key to getting good grades at college is …

Unit 1 – text 2

Subtly 微妙地，巧妙地

Underclass 低年级的 -> senior 高年级的

Abhor 憎恶

Being out of high school meant I was finally **coming of age**. (成年). Soon I would be **on my own**(独自一人), making my own decision, doing what I wanted without someone **looking over my shoulder**(监视某)

Their concern **shifted from** whether I was going away **to** how far.

But which college I would attend was just one of what seemed like a never ending list of unkowns.

Would I miss my family so much that I wouldn’t be able to stand it?

Being an A student in high school seemed to offer little assurance I would be able to survive college.

Then panic **set in**(开始). Tears **welled up**(涌上) uncontrollably in my eyes, and I was **consumed by a rush of sadness**.

On the actual graduation day, she was overcome by a sudden rush of sorrow.

I **rose from my seat** when I heard my name called.

As I **reached out**(伸出) my hand, I knew that I was reaching not just for a piece of paper but for a brand-new life.

My years there **turned out to be** some of the best years of my life.

In spite of the passage of time, …

With graduation day drawing near/approaching, …

**If I am not back by the time you arrive**, get a key from the people next door

Unit 1 – text 3

Hard work is also the basic building block of every kind of achievement, without it, everything else is **pointless** (无意义的)

This may **sound old-fashioned in this age of instant gratification** (及时行乐)

There is no mystery as to how these things of wonder were created. They were created by people who worked incredibly **hard over a long period of time**

If you look closely at all great organizations, all great teams, all great people, the one common characteristic that **runs through** them is a **second-to-none** (首屈一指的) work ethic (职业操守).

When it comes to (当提到…) the work ethic there can be no compromises.

We try to **live up to** it every day

That is our **edge**(优势). We believe that all our hard work, all the long hours and all the perspiration will enable us to **come out on top** (获得胜利).

**Outwork** (比…工作勤快) everybody in sight. Go the extra mile (付出超出常人的努力). But whatever it takes, put your heart and soul into everything you do. **Leave it all out** (全力以赴)

Success is not **a lucky break** (幸运的机缘), it is not **a** **divine right**(神赐的权利), it is not **an accident of birt**h (天生的运气).

All you have to do is follow some simple directions and your problems will disappear

Unit 2 – text 1

Mastering **a great range of words** will help you understand and express complex ideas.

Words are the primary building blocks of language

After I was married and had lived in Japan for a while, my Japanese gradually improved to the point where I could take part in simple conversations with my husband, his friends and family. And I began to notice that often, when I joined in, the others would look startled and the conversion would **come to a halt** (停止)

After everyone is sure that you are done, …

Everyone just stands back and watches it fall. No one hits it back, everyone waits until I call on someone to take a turn.

This person does not **refer to** (提及) what the previous speaker has said.

I have no objection to your becoming a teacher if that’s what you want to be.

The Foreign Language School has now expanded to three times its original size.

He could not **endure the pain** in his stomach

I was quite startled to see two old men tossing a baseball **back and forth** in the park

Christmas is very important in Western countries, just as Spring Festival is very special to the Chinese people.

Their marriage **fell apart** when she **found out** that her husband was having an affair with another woman.

What did you said in reply/response to his suggestion?

The hospital is asking/calling upon volunteers to help us with nursing care.

Excellence in sports requires both talent and hard training.

Unit 2 – text 2

Why learn fancy words that you won’t use?

The main reasons for developing a better vocabulary is to receive and **send out** (表达) thoughts better.

**Get across** (讲清楚) and understand complex thoughts

Those thoughts **come out** (讲出) **garbled** (混乱不堪) and too simple because of a small vocabulary

A good vocabulary is the only trait common to successful people.

Have a direct impact upon our daily lives

Well-spoken 很会说话的

Unit 2 – text 3

Whether you are still in school or you **head up** a corporation

Imagine what we are missing

Imagine you run across the world “manacle”

Let’s find out exactly what the word means

The root gives the basic clue to the meaning of a word.

Here are five pieces of advice

Under you belt (掌握) = in one’s possession

It depends on the situation

You are one up on (略胜一筹) him

Elate 得意的

Unit 3 – text 1

Brilliant scientists, powerful politicians, …

Stop us from leading rich lives

No matter what job you take in the future, success is up to you. Success is determined largely by your self-image, success depends on finding yourself and trying to become the best, most genuine version of yourself.

Harmonica 口琴 rock and roll music 摇滚乐 audition 试唱

Porch 门廊 charts 排行榜 fame 名望

Shook their heads

Broke into tears

In her widest dreams, Mrs. Morris **could never have imagined that** …

At the time, **all she could do was pray** and worry

When Stevie’s mother **got tired of** her tables being used for drums, she bought him a toy set. He played so hard that he had actually **worn the toy out** within a few weeks.

They performed on the front porch of Stevie’s apartment building, **drawing crowds of neighbors to watch and listen**.

Promptly took him down to his recording company

They watched little Stevie **dart** (飞奔) from one instrument to the next, playing each one with ease.

Over the following years, …

Stevie began to get tired of the way the company controlled **all aspects of his career**.

We must consider all aspects of the plan before deciding.

When he **turn** 21, Stevie finally got his freedom

Just after his success, however, tragedy struck. In August of 1973, Stevie **was involved in** a serious car accident.

He recorded song urging racial harmony and raised money to end world hunger.

He has not only conquered his own darkness, but through his music and his social activities he has been able to bring sunshine to the shadows of many other lives.

made a great deal of money

make up his mind to …

the job turned out to be harder than we had thought

you have to conquer your nervousness if you want to become a good speaker

Susan said that she would not get married until she had made a name for herself (成名) in Hollywood.

When young Stevie discovered music, he amazed his family with his talent.

As far as I know, all they want to do is come and see the child they want to adopt and fill out the form

As he learned more and more about the world, he got tired of going after fame and wealth.

People came one after another to …

All the people present (在场的所有人) were amazed that …

His goals in life 人生目标

The students broke into loud cheers when they heard that their teacher had fought back from the shadow of death.

It is often more effective to show …

Instead, the text makes this important point by giving specific examples of how Stevie’s musical talent was expressed.

It looked as though …

His music and songs reflect his ability to …

Its popularity can be traced to the mid-1950s

Rock and roll has gained worldwide popularity among teens

Jazz is a kid of music

One of the key elements of jazz is improvisation (即兴创作)

These musicians drew on (凭借) a strong musical culture

The girl **broke into** (开始) run at the sight of the school bus.

Stevie was content with his disadvantaged condition

I faintly remember that I have read this article somewhere

Mary resembles her mother in many ways.

The child actress had a winning smile that drew everyone to her.

Cheating involved the student in a lot of trouble.

Heated argument

Unit 3 – text 2

It can take a lifetime to figure it out

**Break out of** (摆脱) your comfort zone and **take some chances** (冒险) that will scare the crap out of you.

At a Fudan University commencement speech (毕业演讲)

Don’t let the noise of other’s opinion **drown out** (淹没) your own inner voice.

If you can’t tell people exactly what to do and how to do it, it **falls on deaf ears** (不被理睬).

Two things, focus and discipline, that are very hard to **come by** (获得)

To put it bluntly, 直率地说

That is why engaging yourself in mindless distraction is not worth your time.

We **revel in** (陶醉于) the natural beauty of …, we **marvel at** the great works of others

Persona 表面形象 crap 屎 commencement 毕业典礼

Gut 直觉 resonate 共鸣 quick-fix 草率应付的

enthrall 迷住

Embark on开始进行

engage in 从事 = take part in

at colleage she engaged in various sports

take on / accept a job 接受一份工作

firemen face dangerous situation each and every day.

when you choose one course of action, you **miss out on** (错失) all the other opportunities

it won’t be easy, but we will get across the river **somehow**.

The film was an **instant suceess** (一炮走红) though some of the actors were not well-known.

People who like to stay in their comfort zone are less likely to **take chances**.

You studied computer science in college and we are depending on you to **take on** (承担) this import task

She scared the crap out of me

My sister warmed me not to trust him.

Don’t trust everything you read

A good job is hard to come by these days.

I asked him how he came by the money, but he wouldn’t tell me.

Scholarship means different thing in different contexts. It can refer to a grant of financial aid awarded to a student. It can also stand for ...

unit 3 – text 3

one day after she retired, she went to the bank and discovered, **to her great surprise**, that her **meager** (少量的) monthly savings had grown to over $150, 000.

Recipient 接收者 be eligible for有资格的

I had my heart set on going to USM

One Sunday I **came across** the story in the paper

I was ecstatic about it

I and he talk on the phone regularly and do **errands (办事；买东西) together**, and he joins us for family functions (重大聚会)

Once we **got around to** (抽时间) talking about ice cream,

I used to **drive right by** (开车经过) her house every day on my way to school

Unit 4 – text 1

Laundry 付洗衣物 penniless 身无分文的 fingernail 指甲 fingertip指尖

Running water自来水 drying晾干 hang on **clotheslines** 晾在绳上

At the steps 在台阶上 **A small puff of** steam 一阵水汽

Competent manager 合格的经理 a spirited discussion 热烈的讨论

A home for the aged 养老院

Tooth paste 牙膏 market place 市场 moonlight 月光

Count me out 不要算上我 count me in算我一个

**Silly** father, silly George

She flushed as soon as/the moment she realized that she had asked a **silly** question

Unflagging 不减弱的，持续不断的

He **was sustained by the unflagging support** of his family

eye sight 视力

reading in the sunlight does harm to your eyesight

Lean on/against

All the old women in our street had **bent backs** (驼背) and **leaned on sticks** when they walked

I saw a young man **lean** his bicycle **against** a tree and **rushed off** (仓促离开) without locking it

Collapse 昏倒，倒塌

Nearly **collapsing** (晕倒) under the pain, the wounded soldier staggered across the road.

Many banks **collapsed** during the financial crisis.

Speak of 表明

These hands **spoke of** the stubbornness of mankind.

Everything at the party spoke of the hostess’s thoughtfulness.

She bears the burden

She **had a premonition that** ..

She was already **past** (超过) 70, she was **over** 70 years of age, You will **live to be** a hundred

Be able to stand on her feet

He was possessed of a large fortune.

Come to the meeting if you feel you have something to contribute.

There is no way to **reason with** (讲道理) such as shameless fellow

I **was somewhat disappointed with** the meal. It was not bad, but not as good as I have expected it to be.

Have you **informed** your parents **of** your plan for the winter vacation?

Mother **reacted that way** because she had never thought of seeing the old woman again.

Prices are **going up** so fast that the elderly can’t afford the food, clothing and housing they need.

What good would be such a long life? The work becomes harder and harder, and **my strength is leaving me**…

She would then **lift the bundle**, put it on her narrow shoulders and carry it the long way home.

The old woman sat on a kitchen chair trembling and shaking, and warmed her hands against the teapot.

They took a long time to **mend the roof**.

I ran toward the old woman and helped her **unload her bundle**.

She could not **utter a clear word**, but **mumbled something with** ..

Someone had called a doctor, and the doctor had **sent for** a priest. Someone had informed the son.

With a history of over 100 years, the little town possesses a unique glamour. (魅力)

Judging by their cheerful look, I can say for sure that …

Cheerful people as well as colorful banners lined both sides of streets…

**The delightful scenery of the area** attracts thousands upon thousands of visitors all the year around.

Slow as it was, the boat **offered** its passengers **very good service**.

Sickly and weak as Grandma is, she **has taken on** all the housework in the family

Unit 4 – text 2

Stand behind the **register** 收银机

**Weathered** man 饱经风霜的

Give me a **cynical** look

Nod in a **neighborly** way neighborhood 街坊，四邻

Compromise 损害，危及

Wedlock 已婚状态 unwed 未婚的

Portray 描述

The writer portrays life in a working-class community at the turn of the century.

The painting portrays a beautiful young woman in a blue dress.

Open the door to

Learning English will open the door to a better job.

These discussions may well **open the door to** a peaceful solution

Everyone is entitled to a decent standard of living.

I **think of him as** a decent person who always keeps his word.

Profanity 使用亵渎语言

Uphold 维护

The law upholds everybody’s right to be fairly treated

When you **come across** a word or expression you are unfamiliar with, don’t immediately reach for your dictionary.

The teacher has managed to **sustain** the children’s interest in English by telling them a humorous story **every now and then** (时而)

A good education in Beijing University **paved the way for** his success as a …

Mary’s mother advised her to **think twice** before deciding to marry a police officer

One summer day my father **sent me to** buy …

Get behind the …

We have a **stake** (利害关系) in one another

We became good **out of habit**

The desire to keep the respect of a good name **propelled** me to become the first in our family to go to college. Eventually it gave me the motivation to start …

They decided to buy the car on credit.

John is good for the rent, I am sure.

The farmer showed respect for and trust in me

Phone home, otherwise your parents will start to worry.

What was the motivation for the attack?

Unit 5 – text 1

Hiker 徒步旅行者

Hiking is the sport of walking for pleasures or exercise.

Ted could take hikers in the mountains.

A recent quarrel settle an argument

The most respected and influential figure

Different opinions about

**Go off/set off** (离开,出发) for long walks in the mountains

They compromised over everything

An actor **with a high opinion of** himself

Take the middle course 采取折中办法

Call at: make a short visit

**Sort out** (整理) these papers

Take that advice

Lie in the sun

Skim the first paragraph to find out …

Can you think of any situations in which …

You can program a computer to paint, play games and so on.

Tom is the captain of our football team

I could see he was not telling me all he had in mind

Business occupies his mind most of his time

The way you talked to her was most improper, considering you didn’t know her

Look at the bread left over on the table, what a pity to waste food

What a pity we can only die once for our country

Some people waste a lot of food while others haven’t got enough to eat

We judge ourselves by what we feel capable of doing while others judge us by what we have already done.

If you need John’s help, just ask for it, that is how friends are for

The most important thing in a relationship is the ability to compromise.

A problem arose when the time came for the couple to name their first son.

All I want to say is that as individual we enjoy many different rights, but we have not right to do anything harmful to society.

Ted wants to celebrate the occasion eating out at Mary’s favorite restaurant.

People sometimes decide something by throwing a coin into the air and guessing which side of it. Heads I win, tails you lose.

I am afraid I am a bit of a snob where wine is concerned

Other women quit their jobs and become housewives soon after getting married

Unit 5 – text 2

Taxpayer 纳税人

At last she called our number, …

I was **tempted**/inclined to **let loose** (释放) /say with “well, excuse me, …”

**Hold my tongue** : remain silent 保持沉默

**On the brink** (边缘) of an argument

The two countries are on the brink of war

Her hostility melted. It’s been **nonstop** (不断的) since this morning. I’m all alone and I was supposed to **get off** (下班) at one o’clock, but…” she continued to **unburdened** (倾诉) herself…

**Take offense**: be made angry 生气

What a jerk! But **blurting out** (脱口说出) how you feel will only make matters worse.

Poke/make fun at 取笑

It is typical of Jack to poke fun at people’s shortcoming

**Come across as** : appear to be 看上去似乎是

He comes across as being rather nervous.

Launch into: start doing or saying in a very enthusiastic way

The caller **launches into** a complaint.

The high way construction was **stalled/put off** again

I spend over an hour each way commuting to work.

Stand up and walk away

Direct the conversation to something else

You and your wife **disagree about how to discipline your teenager** and your discussion is **turning into** an argument. Just because you are not **seeing eye to eye** (意见完全一致) doesn’t mean you are enemies. Saying “hey, we both want the same thing” can get you out of the **quarrelsome** (喜欢争吵的) mode.

This sort of hot and spicy food is very typical of the food in the south of the country.

Unit 5 – text 3

When I get on No. 151 bus, …

Papers rattle (悉悉作响), necks crane (伸长)

Repeat after me

Our voices are weak, timid (胆怯的)

Pull off : succeed in doing or achieving sth difficult

It’s a clever plan and if he pulls it off he’ll earn a lot of money.

Four other buses have **pulled up** at the same stop.

They keep each other at a cautious distance

A busload of innocent school children

The bus gradually comes alive with friendly conversation

Unit 6 – text 1

Freak 怪人 outcast 被遗弃者

Professorship 教授职位 afloat （在经济上）应付裕如的

Import 进口商品 impoverished 穷困的

Be held up as 被推举为 Do away with 废除

Ballplayers get popularity and earn huge salaries

Insights **derived from** his experience

What is your favorite **leisure pursuit**?

**The answers to** the chemistry or math homework

**Keep up** their grades

Bite off咬掉

The word “geek” refers to a street performer who shocks the public by biting off the heads of live chickens

Idle away their time浪费时间

Children who prefer to read books rather than play football, prefer to build model airplane rather than **idle away their time** at parties with their classmates, become social outcasts.

When questioned, the children admitted that their homework remained untouched, as they had **idled away their time** doing nothing.

Not least of all = particularly 尤其 least of all = especially not 尤其不

To ease the tension, I told a joke but nobody seemed amused, **least of all** my father

Put …over… = value…rather than

How long can America remain a world-class power if we constantly **put** social skills and physical strength **over** academic achievement and intellectual ability?

How long can America remain a world-class power if we **value** social skills and physical abilities **rather than** intelligence and hard work?

Many people seem to value money over anything else.

Our government has decided to **put a lot more money into education** than before.

Stand a chance = have a chance 有希望

Our team still stands a chance of winning the game

Lie with 应由…承担责任 lie in 在于

Many people believed that the responsibility for the team’s loss **lay with** the coach rather than with the players

The problem **lies in** how people look at those students dedicated to the pursuit of knowledge

Look down on/upon

Nerds are looked down upon while athletes are made heroes of.

They look down upon us because we live **in a poor area** of the city

Be dedicated/devoted to

Someone **dedicated to** the pursuit of knowledge is compared to such a freak

That famous professor **has devoted/dedicated her entire life to** the improvement of our educational system

In the U.S. today, not enough respect is given to people who **are truly dedicated to** the pursuit of knowledge

Webster’s New World Dictionary, is a well-known dictionary of the American language **intended for** college students.

More and more college students **prefer to** work part-time **rather than** depend entirely on their parents

He **conformed to his parents’ wishes** and became a lawyer.

America’s culture has not adapted to our demands of our times.

A good life depends on exercising one’s mind and pursuing knowledge **to the full extent of one’s abilities**.

What comparison does the author make between the U.S. and other industrialized countries **in terms of** how professors and serious students are treated?

He has **made up his mind** to pursue his studies abroad

If you need further qualification for the job, check out how and where you can acquire them

As they were unable to make the rent payments, their landlord took back the house, leaving the couple and their 7-year-old son homeless.

He **forecasts** that it will lead to a downtown in the US economy

If you are to make your child **a person of knowledge**, you must encourage him to spend more time studying

Do you really expect to improve your English without spending more time studying it?

Unit 6 – text 2

Celebrity 名人，名流

Pasta 意大利面

Cockroach 蟑螂

Groovy 顶刮刮的 = wonderful

In-group 小团体

Aerobic dancing 有氧操

Lisbon 里斯本（葡萄牙首都） Stockholm 斯德哥尔摩(瑞典首都) Athens 雅典（希腊首都）

An **additional reason** for …

Go mountain climbing

Situated in

Spectacular growth

Urban renewal

Fifteen people were killed yesterday **in a car accident**

When the right opportunity **comes along**, be sure to seize it

Clothing and hairstyle are in style one year and out of date the next

They **jog** several miles a day.

Almost noting in modern life **escapes** the influence of fashion

It is almost impossible to **write about** specific fads because these interests that people follow can change very quickly.

Americans enjoy following the lives of **celebrities**: movie stars, sports heroes, and the like.

An unknown elderly woman **appeared** in a TV commercial

They simply want to be part of something new and creative, and they feel good when they are part of an in-group.

The cultural **borders** between countries began to break down

They were **worried about** the environment, **concerned more about** the rain forests

Paul is so similar to his brother **in appearance** that it is very difficult to **tell them apart**.

If your TV set has **any basic defect** (毛病), you should complain to the manufacturer

Athens is generally considered the birthplace of western civilization

You don’t expect to make much profit within the first couple of years of setting up a company.

I have never noticed that about her till you pointed it out to me

Unit 6 – text 3

Concentrate on details

Boil down to a single word (归结为)

a little fiddle 小提琴

ordinary music lovers

What they could do, however, was monitor my commitment to the instrument by listening for the sound of music coming from my room.

Over the years, I have passed on this little but crucial world of advice to my own students.

Genius is one percent inspiration and ninety-nine percent perspiration.

Come on stage

Get on stage

Walk across the stage

Undo the clasps 解开扣子

Bend down and pick up弯腰捡起

Proceed to play

We figured that …

Close his eyes

He played from where he had left off

People rose and cheered

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

Unit 7 – text 1

Spoil 损坏， 宠坏

**Nasty** 凶恶的： unkind and unpleasant towards other people

Deplore 谴责

Gulp 喘不过气

**Bungle** 把…搞遭

Back up 支持，证明

**Hunk** 一大片，一厚块

Roar大笑，狂笑

Battle one’s way 一路奋战

Move in/into 搬进

Venture an answer 大胆说

Whenever I take on a difficult task, I say to myself, “Nothing venture, nothing gain”

**Come of** : 产生，是…的结果 = result from

Do you think any good will come out of talking with him again?

His success comes from his hard training.

Nothing came of his suggestion

**Ease in** 使逐步适应

Part of his work in the company is to ease in new employees

Go at : rush at 向…冲来

Skim the second paragraph to find out, how do you think you’d have felt in his position?

Our high school English teacher was a bit **strict** with us.

Mr. Smith was viewed as a very **liberal** (开明的) person

As I was a newcomer to that school, I felt lonely and friendless for a time

I later came to know that …

Many of our new neighbors weren’t very welcoming. The children sometimes threw stones at me or chased me home from school.

The window panes are gone, but otherwise the house is in good condition

I **am quite ignorant about** politics

The minister voiced the prevailing wisdom about the need to conserve energy

After years of chasing her dreams, she finally got a part in a film

The reporters **shot question after question** at the mayor

The same problems keep coming up day after day

Unit 7 – text 2

**Wintry** 冬天的，寒冷的 **Melancholy** 忧郁的 **Berate** 痛斥

**Relate** 讲述，叙述 Audible 听得见的, perceptible 可感知的

Muffle 裹住

Ale 麦芽啤酒 Windowpane 窗玻璃

Woeful 悲惨的，悲伤的 Rueful 悲哀的，悔恨的

Sly 狡诈的 Grim 令人不快的，沮丧的 Sip 小口喝 Marital 婚姻的

Toss 扔，抛

Chew the cud 反复思考

Let … go by 错过，错失

In trouble 处于困境中

**Get somewhere**: make progress **In a way**: to some extent

Strike out 划掉，删去

Work miracles: achieve very good results 创造奇迹

Because of several miscalculations **on my part** (我做的), a project of considerable importance had **fallen through**. I sat there **frowning** (皱眉) at the **tablecloth** (桌布), chewing the bitter cud of **hindsight** (事后知道).

There is a **perverse** (有意作对的) **streak** (性格特征) in all of us that makes us like to **hash over** (详细讨论, 回顾) old mistakes. 不好的倾向

Class dismissed. 下课

The trouble with if only is that it doesn’t change anything. It keeps the person facing the wrong way – backward instead of forward. In the end, if you let it become a habit, it can become a real roadblock, and excuse for not trying anymore. Now take your own case: your plans didn’t work out. Why? Because you made certain mistakes. Well, that is all right: everyone makes mistakes. Mistakes are what we learn from. But when you were telling me about them, lamenting this, regretting that, you weren’t really learning from them.

We will have a **get-together** next Saturday, I do hope our plan won’t fall through.

I am sure we’d certainly get somewhere as long as we could all work **with redoubled efforts**

The woman went into her bedroom, lay down on the bed, and fell asleep promptly

My attitude has changed for the better, I am more positive now

If you are locked into a situation, you can not **get out of** it.

They picked up their friendship without the slightest difficulty

A chill rain was beginning to fall outside

Unit 7 – text 3

Be expelled 开除

Parole 假释

Why do we have to learn all this dumb stuff? (没用的东西)

They were given a menial (卑下的) task that made no sense to them at all

I lost touch with him for five years

Unit 8 – text 1

Foreword 序言

Gimmick (骗人的)玩意儿

Treatise 专著，专题论文

Upcoming 即将来临的 = forthcoming

Look to 展望

Run into 遭遇（困难等）， 偶然碰见

Pore over 钻研

To prepare his term paper, Jack spent many hours in the library **poring over** old documents

Go beyond = exceed, surpass

The level of inflation has **gone beyond** 10%

Get around to 抽出时间去做

Perhaps when I have retired I will **get around to** writing that book, this book looks primarily to the future.

Tall order 难以完成的任务，过高要求

It is a bit of a **tall order** to expect the students to practice oral English in their dormitories

Misgiving 疑虑，担忧

Many teachers expressed serious **misgivings about** the new exams

Turn out

“how did the party turn out?” “it turned out very well, thanks”

Take advantage of

The tennis player knows how to take advantage of his opponent’s weaknesses.

The computer has brought about many changes in our lives.

There is a children’s party going on next door.

During my second year as a student, …

The PC revolution has changed the way millions and millions of people around the world live and work.

This new communications revolution will **take place** over many years

The information revolution is already underway and it is up to all of us to make the most of it.

Help you to **take in** information more efficiently

I **stood in** …

Touch even more lives

The benefits and problems **arising from** …

The amount of misunderstanding about technology and its possible dangers surprises me.

A broad set of people participate in the debate about how this technology should be shaped.

It will gain broad acceptance

It is freezing cold. My hands have gone numb (僵) and I can barely feel my toes.

Whether the eggs comes before the chicken or **the other way round** will turn out to be an endless debate with no answer ever to be found.

It is painful to memorize large numbers of words without knowing exactly how to use them. And what is more, I can’t see what purpose this could serve

Dr. Wilson wrote the book **in the hope of** stimulating discussion of the problem of global warming

The student felt bad about being late so he tried **to slip (溜) into the classroom unnoticed**.

Over the last 20 years, there have been **incredible changes** in the computer industry. When the personal computer was first introduced, the only people interested in it were technologists. But over time, the PC has **become an essential part of** our modern society. Today, reliable computer applications are crucial to international business. And everyday people use the PC to go on-line and communicate with millions of other Internet users around the world.

Now a new resolution is beginning. Once again we are **heading into unexplored territory**. We can only speculate about all the changes which new technology will bring about in the coming years. The purpose of The Road Ahead is to make sure that common people are able to take part in debates about these new technologies. This book is intended to stimulate discussion about what the new technologies should do and how they should operate. Making the right decisions now –or at least asking the right questions – is necessary in order to ensure that electronic needs are met in the future.

Unit 8 – text 2

Twentysomething 二十几岁的人

Darn 极其，非常 extremely, very

Personify 象征，体现

Boomer 生育高峰期出生的人

Well-meaning 本意良好的，出于善意的

Be referred to as 被称为

At times 有时候

Settle into 适应

This was my favorite bit of advice. There is plenty of time to **settle into** middle age and that in the meantime, one should travel as much as possible.

I asked colleagues what advice they would give their peers just entering the professional workforce. What I heard **applies to** all of us.

Having graduated from a **prestigious college**, she managed to **break into middle management** before the age of 30.

After listening to the “kids” in the office, I spoke with our “seniors”.

Too many people accept restrictions **placed upon them** by others

Young career starters tend to have fewer restrictions on their job search than those who have family responsibilities.

As teenagers break away from their parents, the opinions of their peers count much in their decision-making.

Do not isolate yourself when depressed and let things go from bad to worse; seek professional help immediately.

The current economy **puts a lot of pressure on** twentysomethings and thirtysomethings who hope to start their own families.

Unit 8 – text 3

She began suffering from **stomach pains and vomiting**. Her hair began to fall out.

They **turned to** the Internet.