College English

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 …

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 on / accept a job 接受一份工作

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

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