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 lesion 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 our with nursing care.

Excellence in sports requires both talent and hard training.