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 …

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