**Unit 1 College Life（unit）**

**Learning Objectives:**

After completing this unit, you will be able to

* list various challenges that college freshmen face
* offer suggestions for dealing with these challenges
* take turns appropriately in a conversation

**Scenario （section）**

You saw a poster about the first activity of the English Club in the new semester. It is a get-together with the topic “Challenges for freshmen and ways out”. You feel a little bit anxious about the challenges of college life and want to discuss them with other club members to ease the pressure and look for possible solutions. How would you talk with your partner at English Club? **（Text）**

**Try it out（section）**

1 Read the scenario and try to talk with your partner. Exchange your challenges and provide suggestions.

2 What challenges did you experience while doing the task? Think about the following aspects and list two or three major difficulties in English or in Chinese.

|  |  |  |
| --- | --- | --- |
|  | Aspects | Difficulties |
| Content | Introducing freshman challenges |  |
| Suggesting solutions to problems |  |
| Language | Vocabulary/Expression/Sentence structure/style |  |
| Structure | Organizing a conversation logically |  |
| Communication | Taking turns appropriately in a conversation |  |

**（Text）**

**Active reading（Section）**

Work in pairs and make a list of the things you thought about when you first arrived at college.

□ what to do if I’m homesick

□ how to make new friends

□ how to schedule my time

□ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

□ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

As a freshman, you are experiencing the transition from high school to college. To tell the truth, it is not always an easy journey. Figuring out what is troubling you is the first step toward solving a problem. The following diaries describe this journey of transition. Read the text and see if you have come across the same problems.**（Text）**

**Diary of a fresher**

**Sunday**

After a tiring car journey, we arrive at my halls of residence for me to get settled in. My room is five floors up, and the lift has a sign on it, “Out of order”. Finally, with my mother flushed and gasping for breath, we find the room and walk in.

After one minute, my dad climbs out. The room is barely big enough for one, and certainly not big enough for the whole family. I can stretch out full-length on the bed and touch three walls without moving a muscle.

It’s a while later and my parents have just left. I'm here alone, and can’t move, with my books and suitcase in the way. What do I do next?

**Monda**y

There's a coffee morning for freshers. I meet my tutor, a tall man with sloping shoulders, who is making a determined effort to be friendly.

"Have you come far?" he asks as he peers down at me. As he speaks, his head jerks wildly from side to side, which makes his coffee spill out.

"I live not far from Edinburgh, about six hours away," I explain.

"Splendid!" he says, and moves on to the fresher standing beside me. "Have you come far?" he asks. "Splendid!" he continues, without waiting for the answer, and moves on. He takes a sip of coffee, and looks shocked to discover the cup is empty.

My mum calls. She asks if I've met my tutor yet.

**Tuesday**

Am feeling a bit hungry, and I feel like I haven’t eaten for three days. I go downstairs and stumble across the canteen. I join a long queue of people, which is winding its way out of the door. "What's for breakfast?" I ask the guy in front of me.

"No idea. I was too late for breakfast. This is lunch."

It's self-service and today's menu includes chicken, rice, potatoes, salad, vegetables, yoghurt and fruit. The boy in front piles it all onto his plate. I seem to have lost my appetite.

My mum calls. She asks if I'm eating proper meals.

**Wednesday**

I have a lecture at 9 am. I wake up at 8.45. No one has woken me up. Strange.

I pull on some clothes, and run to the lecture hall.

The lecture takes an hour, and at the end I look at my notes. I can't read my handwriting.

The girl sitting beside me is called Sophie and she's an English literature undergraduate, like me. She looks frighteningly clever. When we talk after the lecture, she tells me she read the whole of this term's reading list during her gap year. That’s impressive! I feel so ignorant … I don’t even feel worthy of breathing the same air as her.

Mum calls. She asks if I slept OK.

**Thursday**

It's the freshers' fair today, and Sophie and I go along to see how many clubs we can join. We agree that we want to get out and meet lots of different people, so I sign up for the Dancing Club, the Artificial Intelligence Society, and the Extreme Sports Club. Sophie signs up for the Theatre Club and the Singing Club. I wonder if Sophie and I are going to stay friends.

Mum calls. My brother has tried to rent out my bedroom at home. Mum reassures me that it's mine for as long as I need it, that it's my home and that they miss me very much, especially the dog. I burst into tears.

**Friday**

In the morning, I go to the library. But it seems I need a student card, which I don’t have yet. For some reason, I also have to swear that I won’t break the library rules, and if I do, I'll be sent to prison. (What!? For speaking too loudly?) It seems that it's a very old library, and the university is inordinately proud of it.

Tonight is club night at the Students’ Union, but I've run out of clean clothes. I'm not sure what happens to my dirty clothes after putting them in the clothes basket and before finding them clean, ironed and ready to be worn again. Maybe Mum will call soon.

**Notes**：

**A coffee morning** is an informal social event in the morning where people drink coffee or tea, talk and make new acquaintances.

**A gap year** is a year usually between finishing school and starting university or college when you travel or work. Young people take a gap year in order to become more independent and gain work experience before starting at college, or if they are not sure what they want to study.

**A Freshers' Fair** is an event when all the college clubs and societies try to attract new members.

**Club Night** is an evening event, usually in a bar, where there's music and dancing until late. It provides another opportunity to meet friends and make new ones.**（Text）**

**Getting the idea（Part）**

**1 What challenges are faced by the fresher as described in her diary? Read the text and complete the following table by filling in the blanks.**

**Challenges faced by the fresher**

|  |  |
| --- | --- |
| **Sunday** | 1) The room: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Monday** | 2) The tutor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Tuesday** | 3) Food: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Wednesday** | 4) Lecture: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 5) Classmates: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Thursday** | 6) Making friends: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Friday** | 7) The library: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 8) Clothes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Keys:**

1) The room is too small.

2) Getting along with the tutor is not easy.

3) I have no appetite in the canteen.

4) I’m almost late for the lecture.

5) I feel inferior to my classmate Sophie.

6) I want to stay friends with Sophie but we join totally different clubs.

7) The strict library rules make me uneasy.

8) I don’t know how to clean and iron my clothes on my own.

**2 Check (✓) the true statements.**

(1) The author adapted very well to university life during her first week.

(2) The author takes a plane to university due to the long distance.

(3) Sophie and the author study different subjects at university.

(4) The university clubs cater for a wide variety of hobbies and interests.

(5) The university may have a long history with such an old library.

(6) Five of the six diaries ended with a call from the author’s mum, which shows that the author is homesick.

* **Keys: (1) × (2) × (3) × (4) √ (5) √ (6)√（Text）**

**Analyzing writing strategies（Part）**

Exaggeration

Exaggeration is a writing skill by which you can emphasize some features, thus to make the point impressive as intended. By using exaggeration, the writer stresses the feature to such a great extent that it can attract the readers’ attention, arouse their imagination and cause the resonance.

In “Diary of a fresher”, the author writes “I can stretch out full-length on the bed and touch three walls without moving a muscle.” She doesn’t really mean that the room is too small to the extent that she can’t move a muscle. She is making an exaggeration to stress the smallness of the room, resulting in a humorous effect.

Here are some tips for using exaggeration. First, exaggeration is built on life experience. The one which is not based on life experience is just fabrication and appears irrational. Second, exaggeration is kept in certain distance with the reality. If exaggeration is quite close to the reality, it will be difficult to tell the difference. Third, exaggeration is seldom used in expository or argumentative writing. Otherwise it will distort the facts and mislead readers.**（Text）**

**3 Read the text again and look for other examples of exaggeration. Identify the strategies used in these examples.**

**Sunday: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Monday \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Tuesday: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Wednesday: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Friday: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Keys:**

**Sunday**: After one minute, my dad climbs out.

**Monday**：As he speaks, his head jerks wildly from side to side.

**Tuesday**: I feel like I haven’t eaten for three days.

**Wednesday**: I don’t even feel worthy of breathing the same air as her.

**Friday**: I also have to swear that I won't break the library rules, and if I do, I'll be sent to prison.**（Text）**

**Building your language （Part）**

**1 Complete the paragraph with words from the box.**

self-service tutor lecture undergraduate

student card canteen fresher residence

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Many years have passed, but I still remember how I spent my first week as a (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_ at college. For the first time, I had to leave home and live in a student (2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_. The room was so small that I couldn’t even stretch out in bed. Each student was assigned a (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_, and at the coffee morning I met mine. He seemed nervous and a little strange, though he turned out to be very nice. When I went to the college (4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_, I suddenly lost my appetite after seeing someone piling too much food on his plate at the (5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_ counter. Mom wasn’t there to wake me up in the morning and I was late for my first (6) \_\_\_\_\_\_\_\_\_\_\_\_\_\_. A girl called Sophie was sitting beside me. She was also an English literature (7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_. We ended up joining the same clubs. Later, I went to take a look at the college library, but I was still waiting for my (8) \_\_\_\_\_\_\_\_\_\_\_\_\_\_ to be issued, and they wouldn’t let me in without it!

**Keys:**

(1) fresher, (2) residence, (3) tutor, (4) canteen, (5) self-service, (6) lecture,

(7) undergraduate, (8) student card

**2 Replace the underlined words with the correct form of the words below.**

settle in be worthy of run out of

sign up for burst into tears

1. I enjoyed the surroundings of King Edward's School enormously once I'd lived there several years ago.
2. The day I left my home for college, I couldn’t control myself and cried suddenly like a child.
3. If you have interest in traditional Chinese handwriting, you can join the Calligraphy Club at the freshers' fair.
4. Mary made a phone call to her Mom yesterday and said she had used up her money for the month.
5. You have made great effort in your academic work, and you deserve the first prize scholarship.

**Keys**: (1) settled in; (2) burst into tears; (3) sign up for; (4) had run out of; (5) are worthy of

**3. Translate the following sentences by using the expressions in the brackets.**

1. 该大学校史馆展示了学校在中国百年发展历程中的重要贡献，让人印象深刻。（impressive）
2. 学生食堂汇集了中国各地的美食。每当我食欲不佳的时候，我就换着菜肴吃。（lose one’s appetite）
3. 学校今年新增了诸如唐代诗歌、明清小说等校选课，吸引了不少文学爱好者。（literature）
4. 很多高校本科生担任2022年北京冬奥会志愿者，他/她们用行动表达对祖国的热爱。（undergraduate）
5. 中国大学生一般入住集体宿舍。如果不遵守宿舍规定，就会受到相应的处罚。（break the rule）

**Keys**:

(1) The university history museum has exhibited its great contribution to the development of China in the last century, which is quite impressive.

(2) The student canteen has a collection of different Chinese local food. Whenever I lose my appetite, I change from one dish to another.

(3) New courses such as Poems in the Tang Dynasty and Novels in the Ming and Qing Dynasties are offered as electives for students, and attract many fans of Chinese literature.

(4) Many university undergraduates served at the 2022 Beijing Winter Olympics as volunteers. They have shown their love for their motherland with their actions.

(5) Chinese university students usually live in dormitories. If they break the dormitory rules, they will receive certain punishment.

**Sharing your ideas**

Have you encountered any problems similar to those revealed in the diaries? What problems are not mentioned by the writer but exist in your life? Write a diary in no less than 80 words in which you describe problems you have encountered in your first week as a freshman. Try to use exaggeration to humorous effect.**（Text）**

**Further exploration（Section）**

Faced with various challenges as you transition to college life, you are probably wondering how to solve them. Students who have already experienced the transition and the professors who have witnessed them have a lot of useful advice to offer. The following section is full of their wisdom. Hopefully, after completing this section, you will be more prepared for the challenges facing you.**（Text）**

**Settling down, Sailing off**

**Tanya Zarutskaya, Moscow, Russia**

This time last year I was anxious about my new life. I didn't have any friends, and it was my first time away from home. At first, my schedule was full of learning tasks. I worked all the time, going to lectures and studying late into the night.

But then I realized I was missing out on so many other things at college. I talked to Mom and she suggested I join a club. Frankly speaking, I had no particular interest in joining any club. When I found out my roommate was in a dance club, I just went along with her. We get together to dance at regular intervals and have fun together, and I’ve gotten to know lots of interesting people there. As well as studying hard, I now enjoy myself.

**Miguel Fonseca, Guadalajara, Mexico**

When I first arrived at university, I tried to make notes about everything the professors said in their lectures. But I ended up concentrating on writing rather than listening. I'm studying chemistry, and everything seemed more complicated than what we learned at school.

But then I realized that at university, you have to listen and think more. I now appreciate how important it is to distinguish between important information and minor details. I listen to my professors attentively and only note down what is crucially important. After lectures, I spend time reorganizing my notes, which gives me time to reflect on what I heard in the lectures. If I have any questions, I note them down and seek help from my professors.

**Francine Bonnet, Lyon, France**

When I first came to university, managing my money was a complete disaster. My grant for the whole semester would arrive at the start of each term all at once, so I felt like a millionaire! I would purchase whatever I liked, spend nearly all of the money quickly, and then would only be able to afford a sandwich once a day!

I needed to change. I tried to create a budget. You cannot imagine how difficult it was in the first several months. Initially, I tried a monthly budget, but it didn’t work. Then, I resorted to a weekly budget, but my spending was always out of control. Finally, I put together a daily budget. And guess what? It worked! It’s now a habit and I’m in control of my spending. **（Text）**

**1 Read the text and complete the table.**

|  |  |  |
| --- | --- | --- |
| **Name** | **Problem** | **Solution** |
| Tanya Zarutskaya | studying all day long and (1) other things | (2) and enjoying herself |
| Miguel Fonseca | making notes about (3) rather than listening to professors | listening to professors attentively and only noting down what is (4) |
| Francine Bonnet | having a lot of trouble (5) | putting together (6) |

**Keys**:

(1) missing out on

(2) joining a club

(3) everything

(4) crucially important

(5) managing her money

(6) a daily budget

**2 Read the text again. Are these statements true (T) or false (F)?**

\_\_\_ (1) At first, Tanya didn’t really know what club to join.

\_\_\_ (2) Tanya got to know lots of interesting people at the dance club.

\_\_\_ (3) For Miguel, studying chemistry at college was less complicated than at school.

\_\_\_ (4) Miguel learned to rearrange his notes after his lectures so that he had a chance to reflect.

\_\_\_ (5) Francine was financially poor and she could only afford a sandwich once a day.

\_\_\_ (6) Francine quickly and easily solved her problem by creating a budget.

**Keys**: (1)F (2)T (3)F (4) T (5) F (6) F**（Text）**

Video

**What’s the point of college?**

From the day we were born, we are told to do well in school. We are told “Study hard.” “Get good grades. Go to college.” And somewhere along the way, we get the idea that our grades are critically important. We celebrate the As. We punish the Cs and Ds. And at some point, we learn to see ourselves as “A students” or “C students”. We let the grades define us. We think, “We are A students. We must be inherently intelligent.” “If we are C students, we must be inherently not as smart.” This affects how we school. We stop studying to learn something new. Rather, we study to maintain a GPA. We fear tests as ways to weed us out, and believe teacher comments are point-by-point reasons why we are dumb. We start looking for the easy teachers, and the easy classes, the ones that won’t threaten our GPAs. We learn that struggle is a sign of deficiency, (and) that if you have to work hard there must be something wrong with you. And we go to college with the belief that success, failure, worth are all measured by grades.

That stops today. The point of college isn’t to prove your intelligence, but to grow your intelligence. And our intelligence can only grow when we are challenged. We shouldn’t fear tests, or teacher comments or grades. None of those things define us. They are not even about us. They’re all about the work. They tell us “This is where you are right now.” Not “This is all you’ll always be” or “This is who you inherently are.” If we get As in the class but learn nothing, we’re no smarter than if we didn’t take the class at all. Because when we struggle, that’s when we learn. And struggling in college means we’re doing college right. We have to challenge ourselves. We have to take the hard classes. We have to embrace the hard work. Not as a vice, but as a virtue. We have to be open to the failure. If we try, do poorly, read the comments, and learn what didn’t work, our intelligence grows. And that’s the point of college: to grow.

The point is not to get As, but to learn from the Bs and Cs and Ds and Fs. And in the end, the grades don’t tell you how successful you’ll be. And they can’t measure your worth. What matters is whether you’re learning. So, celebrate the learning. Celebrate the growth. Take the challenging class. Read the comments. Embrace the process. Grow your intelligence. **（Text）**

1. **Watch the video and complete the sentences.**

|  |  |  |
| --- | --- | --- |
| **Aspects** | **Proving your intelligence** | **Growing your intelligence** |
| **Grade** | Somewhere along the way, we get the idea that our grades are (1)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. | None of these things (6) \_\_\_\_\_\_\_ us. They’re all about (7) \_\_\_\_\_\_\_. They tell us “This is where you are right now”, not “This is who you (8) \_\_\_\_\_\_\_ are.” |
| **Test** | We fear tests as ways to (2)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. |
| **Teacher comments** | We believe teacher comments are point-by-point reasons why we are (3)\_\_\_\_\_\_\_\_\_\_\_. |
| **Taking classes** | We start looking for the easy classes that won’t (4) \_\_\_\_\_\_\_ our GPAs. | If we get As in the class but (9) \_\_\_\_\_\_\_, we’re no smarter than if we didn’t take the class at all. |
| **Struggle** | Struggle is a sign of (5)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. | Struggling in college means we’re (10) \_\_\_\_\_\_\_. |

**Keys**:

(1) critically important

(2) weed us out

(3) dumb

(4) threaten

(5) deficiency

(6) define

(7) the work

(8) inherently

(9) learn nothing

(10) doing college right

**2 Work in pairs and discuss the following questions.**

(1) What could be the consequences if we follow the idea of proving our intelligence, according to the video?

(2) If growing our intelligence is desirable, what should we do, according to the professor?

(3) Besides intelligence, what other abilities do you think college students need to grow?

**Sharing your ideas**

In the Active reading section, you wrote a diary about challenges you face as a freshman. Exchange your diary with your partner and suggest solutions to each other.**（Text）**

# **Project（Section）**

**Talking with your partner: Challenges for freshmen and ways out**

In the Active reading section, you learned about some challenges faced by freshmen. In the Further exploration section, you learned how to grow in college. With these ideas in mind, it is time for you to participate in the English Club activity and talk about challenges you have encountered and possible solutions to them.

**Using turn-taking appropriately in a conversation**

Turn-taking concerns the distribution of speech across participants in conversation. In a conversation, you would not expect one person to speak continuously while the other listens and waits for a long time, as with a speech or monologue. Appropriate turn-taking makes the conversation interactive and allows both participants to express themselves. Here are some strategies for turn-taking in a conversation:

1. The speaker can raise a question to give someone else a turn. For example, by saying, “I felt quite uneasy in the first few days ... Was that also true for you?”, the speaker prompts the listener to speak.
2. The speaker can invite the listener to join in by directly asking his or her opinion. For example, the speaker could ask, “Do you have something to say?”
3. The listener can signal that he or she wishes to take a turn. For example, by using words like “mm” and “yes”, the listener can indicate that he or she has something to say.

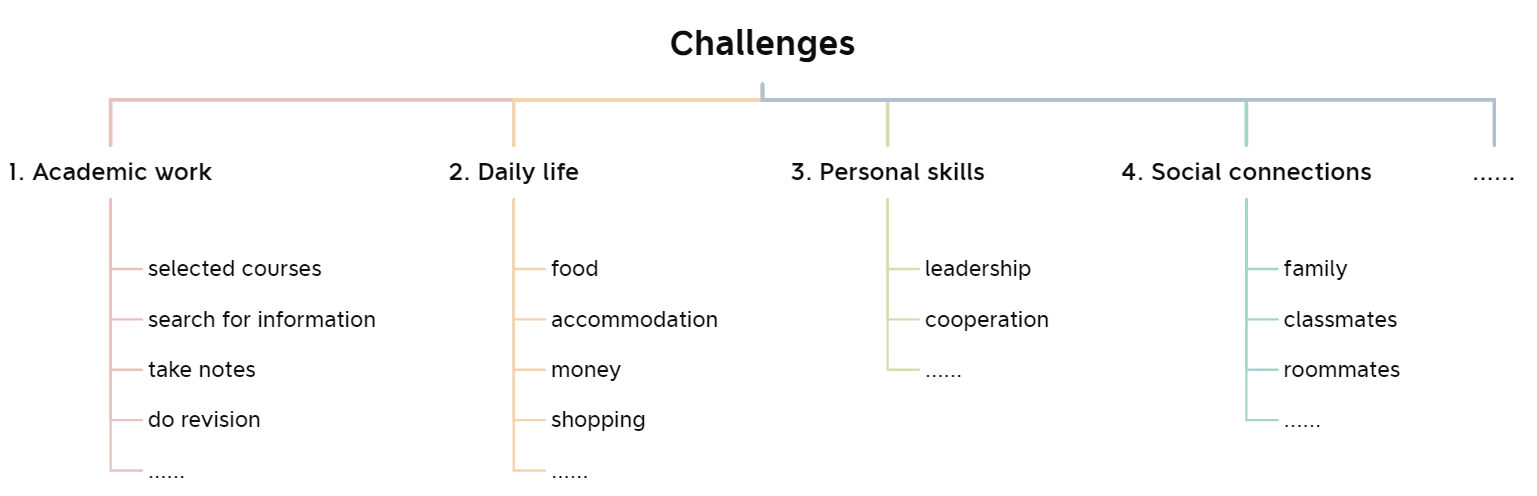
**Step 1: Brainstorm your ideas**

Mind maps can help us develop our ideas. Work in pairs and complete the following steps.

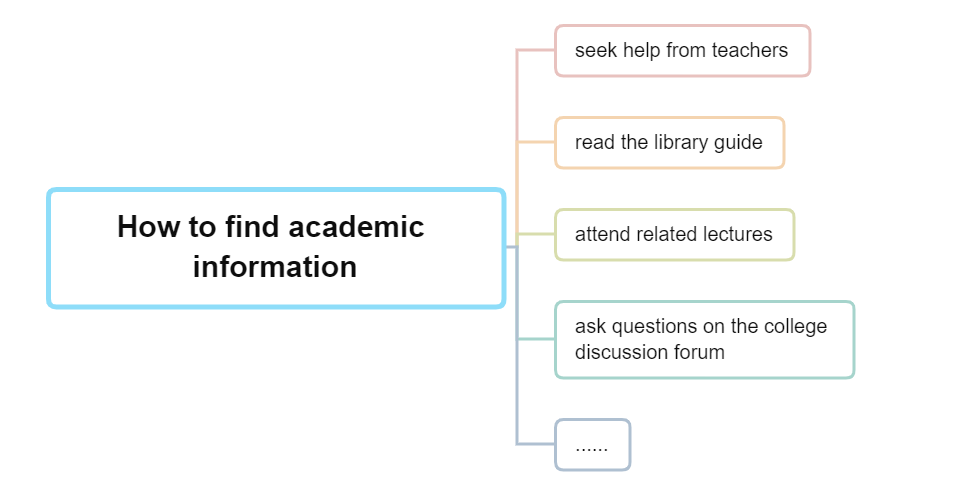
1. Draw a mind map of challenges around you at college.
2. Exchange your mind map with your partner.
3. Draw another mind map to provide solutions to your partner’s problems. You can just respond to one or two of them if the list of problems is quite long.

The following examples are for your reference.

**Example: Mind Map about Challenges**



**Example: Mind Map about Solutions**



**Step 2: Structure your conversation**

After developing your ideas, you should spend some time considering how to organize them. The following is a suggested outline for the conversation.

**Conversation structure**

**Initiate the conversation**

A & B: Exchange greetings

**Discuss the topic**

A: State your personal experience

B: Respond to A’s experience

A: Invite B to talk about his or her challenges

B: State your challenges

A: Respond to B

…

**Conclude the conversation**

A & B: Pay a compliment/Wish your partner well/Say goodbye

**Step 3: Build your language**

Read the following sentences that might be used in your conversation. Pay attention to the structures and expressions in bold. Add any more you can think of.

**— Describing your feelings as a freshman**

• **I'm here alone**, and can’t move, with my books and suitcase in the way. What do I do next?

• That’s impressive! **I feel so ignorant** ...

• I don’t even **feel worthy of** breathing the same air as her.

•… they miss me very much, especially the dog. **I burst into tears**.

• **I'm not sure** what happens to my dirty clothes after …

• This time last year I **was anxious about** my new life.

**— Describing the challenges you face**

• I seem to **have lost my appetite**.

• I didn't have any friends, and **it was my first time** away from home.

• But **I ended up** concentrating on writing rather than listening.

• I'm studying chemistry, and everything **seemed more complicated than** what we learned at school.

• When I first came to university, my attempt to manage my money was a **complete disaster**.

• Then, I resorted to a weekly budget, but my spending was always **out of control.**

**— Explaining how to overcome challenges**

• … **I’ve got to know** lots of interesting people there. As well as studying hard, I now enjoy myself.

• If I have any questions, I note them down and **seek help from** my professors.

• Finally, I **put together** a daily budget. And guess what? It **worked**!

• It’s now a habit and I’m **in control of** my spending.

• We have to **be open to failure**. If we try, do poorly, read the comments, and learn what didn’t work, our intelligence grows.

• Because when we **struggle**, that’s when we learn.

**Step 4: Demonstrate your conversation**

Rehearse your conversation and demonstrate it in front of the class. Listen to feedback and revise your conversation as needed. Now you are now fully prepared for the English Club activity.**（Text）**

**Extended reading（Section）**

Although challenging, college is worth the effort required. The following passage details several reasons why college will be the best and most interesting time of your life. Read the passage to find out how to make the most of it.

**College Is the Best Time of Your Life and Here Is Why**

1. Whether you are at the beginning of your studies or at the very end, you will have heard countless times that college is the best period of a person’s life. However, how can this be true with all that students have to deal with, from the worry of leaving your school routine and childhood friends to the stress of studying for difficult and important exams? We are going to give you some good reasons that prove that college is the best and most interesting time of your life.
2. You are finally independent. You can arrange your free time the way you please. This is something every young person dreams of. You can finally live by your own rules and not those of your parents. This could include a party, food you like and sweet treats for lunch or even a stroll at 4 am! Why not?
3. Although living away from home for the first time can be both difficult and stressful, there are few things that will contribute as much to your personal development. At first you might think you cannot survive without your mom’s cooking. But soon the idea that you can eat anything at any time becomes more appealing!
4. For those of you who have moved far away from your families to study, your self-reliance is no doubt tested even further. Without the security of your families and high-school friends close by, you slowly develop the confidence to manage your life on your own.
5. This is perhaps the one period of life when you are able to spend all your time studying a subject that you really enjoy in depth. Although you must manage a busy timetable of seminars, projects and assignments, your time is your own to explore your subject of choice. Your course may be challenging, but great satisfaction can be gained when you finally understand issues you have been struggling with in your studies. These small achievements can only add to your continued growth in self-confidence.
6. Life outside of your course can also be beneficial for your personal growth. There are numerous associations and extracurricular activities where you can develop your interests, and even gain some additional skills. Whatever your hobbies are, you can connect with like-minded people when you join a club. Even if there isn’t a club for your particular interest, you can always set one up. You can also choose to spend some of your free time working. Some students decide to volunteer at local charities to give back to the community, while others pick up part-time jobs to support themselves financially.
7. It’s also one of the most sociable times. You can meet lots of new people, some of whom will become friends for life. They may be people with similar interests to you, or even people very different to you. College is a melting pot of people – with different nationalities, religions, and points of view. It’s a unique opportunity to explore friendships with people you might not have come into contact with before. Regardless of who you are, you all find yourselves in the same situation, with shared experiences and difficulties. This can bond people for life. According to statistics, people create the largest number of lifelong friendships at college. Many students also meet their greatest loves there!
8. By navigating the ups and downs of student life, you are able to grow up and take responsibility for yourself. So at the end of your college life, do not be surprised to find you started your academic education as one person, and finished it as another – usually a better version of yourself!
9. “College days are the best days of your life,” they say. Is it a cliché? Yes! Is it true? Yes, for most people it is. So make the most of the opportunities available to you at college so that you can look back and say the same!**（Text）**

**Read the statements and identify the paragraphs from which the ideas are derived.**

1. The lack of family members and old friends provides an opportunity to manage your own life.
2. People may doubt the idea that college is the best time of your life.
3. If you make the most of college life, you will look back favorably on this period of time.
4. When you overcome challenges in your studies, you will benefit a lot.
5. You will be a completely different person after your college education.
6. A common experience binds college students together.
7. Some college students choose to work as volunteers to serve society.

**Keys**:

1.D 2.A 3.I 4.E 5.H 6.G 7.F **（Text）**

# **Self-reflection（Section）**

|  |  |  |
| --- | --- | --- |
|  | Aspects | Difficulties |
| Content | Introducing freshman challenges |  |
| Suggesting solutions to problems |  |
| Language | Vocabulary/Expression/Sentence structure/style |  |
| Structure | Organizing a conversation logically |  |
| Communication | Taking turns appropriately in a conversation |  |
| Action | Growing as a person by solving various college problems |  |

**（Text）**