

## 2C U1 Reading B Anxiety and Teens

Class: \_\_\_\_\_

Name: \_\_\_\_\_

1. from time to time = *at times*

2. say

v. to give sth. as an example or suggest 比方说; 假设

Say you lose your job: What would you do then?

假设你把工作丢了, 那怎么办呢?

n. 决定权; 发言权

have the say in the family 在家庭有发言权

3. skydive v. 作特技跳伞动作

4. tremendous adj. very great 巨大的, 极大的

a tremendous amount of work 大量工作

5. churn v.

1) 反胃, 恶心 (忧虑、厌恶或恐惧的强烈感觉)

If your stomach churns, you feel a strong, unpleasant feeling of worry, disgust or fear.

2) 猛烈翻腾; 剧烈搅动

*The water churns under the giant ship* 水在巨轮下面翻滚。

6. race

v.

1) 快速跳动; 快速转动

急速跳动的脉搏

My heart races. 我的心跳加速。

2) 比赛

race dogs 赛狗

racing car 赛车

n.

1) 赛跑

*It won the horse race.*

2) 种族, 民族

汉族 *the Han race*

racial adj. 种族歧视

*racial discrimination*

racer n. 赛跑者, 比赛者

racism 种族主义

racist n. 种族主义者/adj. 种族主义者的

7. feel a lump in your throat 感到喉咙哽住, 哽咽

8. swallow

v. to make food and drink go down your throat into your stomach 吞下; 咽下  
Always chew food well before swallowing it. 在吞下食物前要先嚼碎它。

n. 燕子

One swallow doesn't make a summer. 一燕不成夏。

9. thrilling adj. \_\_\_\_\_ and enjoyable 惊险的; 紧张的; 扣人心弦的

a thrilling experience/finish 激动人心的经历/结局

thrill

n. a strong feeling of thrill 兴奋感  
能见到我最喜欢的作者本人让我感到兴奋不已。

Seeing my favourite author made me have a strong feeling of thrill

v. to \_\_\_\_\_ sb. very much 使...兴奋, 使...激动

I'm thrilled by/at the news.

He was thrilled at the prospect of seeing them again.

能再次见到他们使他很激动。

10. perceive v.

1) to understand or think of sb./sth. in a particular way 将...理解为; 将...视为

She did not perceive herself as disabled.

The discovery was perceived as a major breakthrough.

2) to recognize 注意到; 意识到; 察觉到

I perceived a change in his behaviour. 我注意到他的举止有所改变。

perception n. 知觉; 感知; 洞察力

our perception of reality 洞察力

She showed great perception in her assessment of the family situation. =  
她对家庭状况的分析显示出敏锐的洞察力。

11. for no reason 没有任何理由; 平白无故

出于某个理由 for some reason

12. specific

1) 特有的; 独特的

These games are designed for specific age groups, which have won much popularity among young children.

2) detailed 明确的, 具体的

I gave you specific instructions.

13. out of the ordinary 不寻常; 特殊; 超凡脱俗

14. panicky adj. anxious about sth; feeling or showing panic 焦虑不安的; 惊慌的

A life-or-death situation can reveal whether somebody is panicky or coolheaded.

生死问题能辨别出谁是惊慌的, 谁是冷静的

panic



v. (*panic*, *panic*) (使) 惊慌, 惊慌失措

I *was panic* when I saw smoke coming out of the engine.  
我看见发动机冒烟时, 吓得手足无措。

n. 惊恐, 恐慌

*panic attack* 恐慌症, 惊恐发作

There is no point getting into a panic about the situation.  
对这个形势惊慌失措是没有用的。

in panic 惊慌地

I *call the police in panic*, crying that I'd lost my baby.  
我惊慌失措地给警察打电话, 哭着说我的孩子丢了。

### 15. function

v. to work in the correct way 起作用; 正常工作; 运转

Despite the power cuts, the hospital continued to function normally.  
尽管供电中断, 医院继续照常运作。

The museum intends to function as an educational and study centre.  
该博物馆将担教育和研究中心的功能。

n. 功能; 职能

*boilily function*

*have function* 发挥功能

### 16. cope with = deal with

### 17. professional

n. 专家, 专业人士; 内行

*medical professional* 医疗专家

adj. 职业的; 专业的

专业资格/水平

*professional qualification*

### 18. therapist n. 治疗专家

*treat* n. 治疗, 疗法

### 19. abdominal adj. 腹部的; 肚子的

### 20. meditation n. 冥想; 沉思

He was deep in meditation. 他正在沉思。

### 21. yoga n. 瑜伽术

### 22. Taijiquan n. 太极拳

### 23. chant v. 反复唱; 反复呼喊

### 24. vision n. 视力; 视野

挡住了某人的视线 *hide one's vision*

The couple moved outside her field of vision. 这对夫妇离开了她的视野。

## 25. object

n.

1) a thing that can be seen or touched 物品, 物件

*UFO = unknown flying object*

2) 目标, 目的

我的目标是通过自主学习来获得学位。

*My object is to get the degree through personal learning.*

vi. 反对, 不赞成

object to sth. /doing sth.

反对吸烟 *object to smoking*

他反对被当成孩子来看待。

objection n.

He has a strong objection to getting up early.

*objective* adj. 客观的

*He was objected to treated as <sup>a child</sup> parents*

## 26. distinctive adj. 独特的; 特别的; 有特色的

a new and distinctive generation 有特色的新一代

distinct adj.

1) 清晰的; 明显的 easily/clearly heard, seen, felt, ect.

His voice was quiet but every word was distinct.

2) 截然不同的

Rural areas are distinct from major cities. 农村地区和大城市完全不同。

## 27. concentration n.

(1) 专心; 专注

Tiredness affects your powers of concentration.

(2) 浓度

concentrations of carbon dioxide in the atmosphere

*大气中CO<sub>2</sub>浓度*

concentrate v. 集中, 聚精会神

*concentrate on sth*

集中注意力做某事

## 28. consistent adj. 连续的; 持续的

a pattern of consistent growth in the economy 经济持续增长的模式

be consistent with 和...一致

他的言行不一。

*His words isn't consistent with his behaviors.*

## 29. decrease

n. 减少

There was a decrease in his earnings last year.

on the decrease 正在减少

The rate of inflation is on the decrease.



v. 减少

据说失业人口的数量减少了 2%。

It is said the unemployed population has decreased 2%.

30. withdraw *withdrawn withdrawn*

(1) withdraw the forces from the region 撤 撤退

(2) He withdrew his previous remarks and didn't admit having said that. 撤销

(3) I like to withdraw £ 250 from my bank account. 取

*withdrawal* n.

### Translation

1. 保持一个良好的心态、寻求专业帮助是解决消极情绪最好的两个方式。(turn)

2. 听到嫌疑人承认参与了这场造成了上百万损失的银行抢劫案后，警方终于松了口气。(involve; result)

3. 他妈经常无缘无故，反对他儿子和其他朋友交往。(object; socialize)

4. 他迫不及待地想看到最终结果，很可惜结果不尽如人意。(wait)



Scar Wang.

Dear Wang.  
I'm sorry to hear that you have been feeling depressed  
of because you can't go out ~~because~~ due to the epidemics.  
~~I'd like to~~ In view of all above, I think some  
urgent measures need to be taken to solve this problem.

Firstly, You can ~~use~~ try ~~that~~ using Internet to find  
 some indoor activities. As ~~to~~ it is the fact that we  
 can't go out, we need to find some ways to release  
 ourself. ~~Find the indoor activities may be a good~~  
~~suggestion for you.~~ Besides, I suggest's that you can try buy  
 fewer things. There are many proved that shipping ~~from~~ is  
 the major ~~then~~ cause of epidemic. If you keep doing  
 that, I'm sure ~~the~~ the COVID-19 will soon passed  
 by and we will get better. ✓ ②

Hope some tips works for you.

Write to me if you have further problems.

①: For example, some indoor exercises ~~can~~ may help benefit you

Q As a conclusion, what you <sup>only</sup> need to do is <sup>only</sup> to ~~to~~ keep calm and keep a balanced life.