

2C U1 Reading B Anxiety and Teens (Teachers' reference)

1. from time to time = sometimes, occasionally

2. say

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

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 在家里有发言权

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 churned beneath the huge ship. 水在巨轮下面翻滚。

6. race

v.

1) 快速跳动；快速转动

racing pulse 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

赢得赛马比赛 win a horse race

2) 种族，民族

汉族 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. 什么食物都要先嚼碎再吞咽。

n. 燕子

One swallow doesn't make a summer. 一燕不成夏。不要高兴得太早。

9. thrilling adj. exciting 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 excitement or pleasure 兴奋感

能见到我最喜欢的作者本人让我感到兴奋不已。

It gave me a big thrill to meet (with) my favorite author in person.

v. to excite or please 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.

他一想到将要再次见到他们便欣喜若狂。

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 notice or become aware of sth. 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 insight

our perception of reality 我们对现实的认识

She showed great perception in her assessment of the family situation. = insight

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 and exact 明确的，具体的

I gave you specific instructions.

细朵  
特定年龄段

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 cool-headed.

生死关头可以看出某人是惊慌失措还是头脑冷静。

panic

v. (panicked, panicked) (使) 惊慌，惊慌失措

I panicked 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 heart attack

There is no point (in) 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 phoned the policeman 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

bodily function 身体机能

fulfill/perform a function 发挥功能

### 16. cope with = tackle

### 17. professional

n. 专家，专业人士；内行

healthcare/medical professionals 医疗专家

adj. 职业的；专业的

专业资格/水平 professional qualifications/standards

### 18. therapist n. 治疗专家

therapy n. 治疗，疗法=treatment, remedy

### 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 block 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 = Unidentified 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/objective is to get a degree through independent 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。 He objected to being treated like a child.

objection n.

He has a strong objection to getting up early.

objective adj. 客观的

## 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 clearly different

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 大气层中二氧化碳浓度

concentrate vt. 集中, 聚精会神

concentrate (one's attention) on (doing) sth. 集中注意力做某事

We're concentrated on the class = focus

## 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 deeds are not consistent with his words.

## 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 that the number of the unemployed has decreased by 2%.

30. **withdraw** (withdrew, withdrawn) v.

(1) withdraw the forces from the region 撤离 retreat

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

(3) I'd like to withdraw £ 250 from my bank account. 提取 (存款)

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)

Keeping a good state of mind and turning to professional help are two best ways to cope/deal with negative emotions.

2. 听到嫌疑人承认参与了这场造成了上万损失的银行抢劫案后，警方终于松了口气。(involve; result)

(On) hearing that the suspect admitted being/that he was involved in this bank robbery which resulted in thousands of losses, the police sighed with relief at last/eventually.

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

His mum usually objects to his son's socializing with other friend for no reason.

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)

He couldn't wait to see the final result but it was a pity that the result was far from satisfactory.