

辽宁省职业教育“十四五”规划教材
高等职业教育新标准教材

新思 高职英语

1

基础模块

第1册

新思
高职英语

基础模块

第1册

主编 ● 翟轶璠 胡燕 赵万慧

教育科学出版社
ESPH

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总主编 ● 凌双英 主 审 ● 王勃然
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ENGLISH FOR
CAREERS

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前言

PREFACE

随着经济全球化和我国产业结构的调整, 各行各业对高素质技术技能人才的需求逐年攀升。高等职业教育作为培育高素质技术技能人才的重要途径, 在推进教育强国与人力资源强国的伟大建设中起着重要作用。

党中央、国务院高度重视发展现代职业教育工作, 党的二十大报告指出: “教育、科技、人才是全面建设社会主义现代化国家的基础性、战略性支撑。” “坚持以人民为中心发展教育, 加快建设高质量教育体系, 发展素质教育, 促进教育公平。” “统筹职业教育、高等教育、继续教育协同创新, 推进职普融通、产教融合、科教融汇, 优化职业教育类型定位。”

在这种背景下, 我们特组织职业教育英语教学领域的知名专家、学科带头人、骨干教师等, 根据高等职业教育的人才培养目标, 参考高等职业教育各专业人才培养方案, 基于社会对人才的需求, 精心研发了《新思高职英语》系列教材。本系列教材依据教育部颁布的《高等职业教育专科英语课程标准(2021年版)》(简称“新课标”)编写, 以语言为基础, 以育人为目标, 真正体现高等职业教育英语教学的人文性、职业性与实践性, 全方位助力高等职业教育专科英语教学。

教材特色

一、依据新课标编写, 服务新时代

本系列教材严格遵照新课标的要求进行编写, 对接新课标中规定的课程目标、课程内容、主题范围、学时安排等, 注重思想性和应用性, 落实立德树人根本任务, 重视培养学生英语学科核心素养。

二、体现 1+X 课证融通与专业人才培养内涵, 面向新未来

本系列教材根据人才培养目标, 将英语职业技能等级考试(Vocational English Test System, VETS)及高等学校英语应用能力考试的题型融入教材听力、阅读、语言技能训练等板块, 立足提高学生就业能力及职业发展能力, 融通学生英语语言能力与职业技能。

三、遵循课程思政建设要求, 讲好中国故事

本系列教材融入课程思政元素, 将知识性、职业性与思政元素有机结合, 立足中国现实, 讲好中国故事, 融入中华优秀传统文化, 帮助学生树立文化自信, 培养学生的人文素养和道德修养。

四、以现代技术为载体, 实现科教融汇

本系列教材配有完备的立体化教学支持系统, 充分利用各种信息技术手段, 以期能提升学生的学习效率和教师的教学效果。此外, 教材还配有网络自主学习平台、新思课堂、教学资源库、多媒体学习软件等, 实现服务立体化, 方便师生利用现代信息技术手段进行辅助教学和学习。

编写理念

本系列教材以立德树人为原则, 突出职业特性和语言技能培养目标, 提出了 CAREER 编写理念。

C: Cultivate (培养) 本系列教材注重对学生英语学科核心素养的培养。教材设计了丰富多样的活动,精选了富有时代感和文化内涵的语篇,旨在帮助学生在掌握语言知识的同时,逐步形成正确的价值观、高尚的品格、关键能力和人文素养。

A: Adapt (适合) 本系列教材从学生学习需求出发,贴合学生的语言阶段水平。教材注重语篇和知识点的契合,体现语言交际功能,并依据新课标词汇精选语料,明确标注生词,有效控制超纲词。

R: Raise (提升) 本系列教材难度由易到难、递进上升,助力学生提升英语综合能力。教材在听力和写作题型的设置、语法的讲解、阅读的深度等方面都实现了螺旋上升。同时,本系列教材注重渗透学习策略和学习方法,力求让学生在学习过程中完善学习策略,使学生学习能力达到可持续发展。

E: Engage (吸引) 本系列教材选材富有趣味性,可吸引学生主动学习。教材本着以学生为本的原则,从学生的年龄特点、学习兴趣、实际接受能力等角度出发,选择如网络购物、旅行、校园生活、志愿活动、创新创业、大国工匠、职业道德等主题,创设贴近日常生活的真实语言情境,激发学生学习兴趣。

E: Evaluate (评估) 本系列教材提供评估练习,以提高学生的学习效率。教材还针对 A、B 级及 VETS 的主要题型设置了相关练习,帮助学生提升应试能力,助力学生备考。

R: Relate (联系) 本系列教材特别重视各板块的关联性,注重语言的紧密结合性。教材在内容编排上力求让学生从输入到输出、从学习到实践环环相扣,以达到满足学生语言学习与职场能力发展的多元需求的目的。

教材体系

一、内容组织

本系列教材以反映时代性、文化性、实用性和思想性的话题和语篇来组织内容,既有利于提高学生的语言能力,又有利于培养学生的道德素养、学科素养和职场应用能力,使学生在学习英语语言知识的同时形成良好的思想品格,提升职业技能。

二、教材结构

本系列教材按照新课标的“课程结构”设计,包括基础模块和拓展模块,共 5 册。其中,基础模块包括《新思高职英语 基础模块(第 1 册)》《新思高职英语 基础模块(第 2 册)》;拓展模块包括《新思高职英语 拓展模块(职业篇)》《新思高职英语 拓展模块(学业篇)》《新思高职英语 拓展模块(素养篇)》。

《新思高职英语 基础模块(第 1 册)》和《新思高职英语 基础模块(第 2 册)》覆盖“基础模块主题类别”8 个专题、27 个主要话题,并围绕单元话题尽可能呈现“职场情境任务”。《新思高职英语 基础模块(第 1 册)》供第一学期使用,《新思高职英语 基础模块(第 2 册)》

供第二学期使用，总学时为 128 ~ 144 学时，合计 8 学分。

本册为《新思高职英语 基础模块（第 1 册）》，共 8 个单元，每个单元围绕一个话题，内容涉及校园生活、网络购物、节日文化、旅行、网络安全、绿色发展、志愿活动、科技发展等。具体结构如下。

Warming Up（热身）：以富有文化内涵的图片导入，并辅以开放性的任务引入单元主题，激发学生学习英语的兴趣。

Audio Zone（听力）：听力材料涉及日常生活和职场交际，通过句子应答、对话、独白、演讲等多样化听力材料，强化学生语言输入与背景知识的构建能力。

Oral Practice（口语）：突出口语交流和运用，通过模拟对话和讨论，提示学生就本单元话题进行知识与观点交流，强化学生英语口语表达能力与语言交际能力。

Reading Field（阅读）：围绕单元主题设计了精读和泛读两个难度递进的语篇，凝练西方文化，融入中华优秀传统文化，在增强学生语言学习能力的同时，引导学生热爱生活、自强不息、奋发有为，充分体现了立德树人根本任务和社会主义核心价值观。

Grammar Time（语法）：总结归纳英语语法知识，并结合本单元语料中出现的语法项目，包括一般现在时、一般过去时、被动语态、情态动词、宾语从句等，配以对应的练习，旨在帮助学生提升语言知识运用能力。

Activity Corner（项目实践）：设置与单元话题相关的职场情境模拟任务，旨在帮助学生全面提高英语语言实践应用能力，并加深对职业理念、职业责任和职业使命的认识与理解。

Cultural Awareness（文化拓展）：融入中国文化，体现课程思政，对比中外文化异同，帮助学生汲取文化精华，提高跨文化理解与表达能力，坚定文化自信。

Checking Progress（自我评价）：自查单元重点词汇、短语的学习情况，引导学生适时反思，提高自主学习能力。

本系列教材由凌双英（安徽国际商务职业学院）担任总主编，由王勃然（东北大学）担任主审。本册教材由翟轶璠（辽宁经济职业技术学院）、胡燕（山东轻工职业学院）、赵万慧（天津中德应用技术大学）担任主编，由高莉莉（徽商职业学院）、张萌（辽宁经济职业技术学院）、张红霞（郑州理工职业学院）担任副主编，由姚艳阳（安徽国际商务职业学院）、靳君（辽宁经济职业技术学院）、赵丹（辽宁经济职业技术学院）、李博（天津中德应用技术大学）参编。具体编写分工如下：凌双英负责总体策划及统稿，王勃然负责内容审定；翟轶璠编写第 1 单元、第 4 单元、第 7 单元、第 8 单元及样章，赵万慧编写第 2 单元，高莉莉编写第 3 单元，胡燕编写第 5 单元，张红霞编写第 6 单元；翟轶璠、张萌、靳君、姚艳阳、赵丹、李博负责课程思政资源开发。整个编写团队深究细研，精雕细琢，力求呈现优秀的教学理念和科研成果。

希望使用本系列教材的师生能够不断提供反馈意见和建议，帮助我们逐步完善教材，为我国的高职高专英语教育做出贡献。

《新思高职英语》编委会



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3 Festivals	Traditional Chinese Festivals	Sentences and Dialogues About Festivals The Spring Festival	Talk About Customs of the Spring Festival
4 Travelling	Travel in China	Sentences and Dialogues About Travelling A Chinese Travel Experience	Plan a Trip
5 Internet Security	On the Internet, We Usually ...	Sentences and Dialogues About Internet Security Internet Security Suggestions	Discuss Internet Activities and Security Tips
6 Green Development	Green Lifestyle	Sentences and Dialogues About Green Development Tips for Green Living	Talk About Green Development and Economic Growth
7 Volunteer Activities	Organizations in China	Sentences and Dialogues About Volunteer Activities A Volunteer Experience	Take a Volunteer Interview
8 Advanced Technology	High-tech Products	Sentences and Dialogues About Advanced Technology A Product Introduction	Talk About the Use of High Technology at the Beijing 2022 Olympic Winter Games



	Reading Field	Grammar Time	Activity Corner	Cultural Awareness
	Text A Time Management Text B Useful Study Tips for College Students	Indefinite Tense and Continuous Tense	A Registration Notice A College Plan A Class Schedule	Confucius
	Text A Live-streaming E-commerce Text B Tips for Safe Online Shopping	Perfect Tense and Perfect Continuous Tense	Tips for Safe Online Shopping A Questionnaire A Product Analysis	Buy All over the World Without Leaving Home
	Text A Wonderful Festivals, Colourful Life Text B Don't Let Festival Spending Become a Festival of Spending	Passive Voice	Beijing Music Festival Campus Reading Festival A Composition on My Favourite Traditional Chinese Festival	The Chinese Zodiac
	Text A Argentinian Etiquette Text B Tips for Planning the Perfect Itinerary for Your Next Business Trip	Modal Verbs	Southern Africa Family Trip A Business Travel Itinerary An e-mail to a Travel Agency	China's Iconic Cultural Monument—the Great Wall
	Text A Cyberbullying Text B Ways to Stay Safe Online	Subject Clause	Username and Password Security Opinions of Weibo A Proposal About Network Civilization	Special Internet Celebrities
	Text A Green Development Text B New Energy Vehicles in China	Object Clause	The Most Eco-friendly Materials Waste Sorting A Proposal About Recycled Paper	Ancient Chinese Thoughts on Environmental Protection
	Text A Why Volunteering Is Important Text B How to Be a Great Volunteer	Predicative Clause	A Volunteer Recruitment Poster A Volunteer Time Sheet A Volunteer Application Form	The Volunteer Logo for the Beijing 2022 Olympic and Paralympic Winter Games
	Text A Tianwen-1 Probe Lands on Mars Text B How Technology Changes Our Lives	Appositive Clause	How to Use the Orb Levitating Speaker An Order Sheet A User Manual About a Digital Voice Recorder	Four New Inventions in China

Unit 1

College Life



Unit Objectives

After studying this unit, you will be able to:

- ◆ talk about how to adapt to college life quickly;
- ◆ express opinions about time management;
- ◆ design a college class schedule;
- ◆ learn some Confucius's quotes.



学而不思则罔，
思而不学则殆。

——孔子

*Learning without thinking
leads to confusion; thinking
without learning ends in danger.*

—Confucius



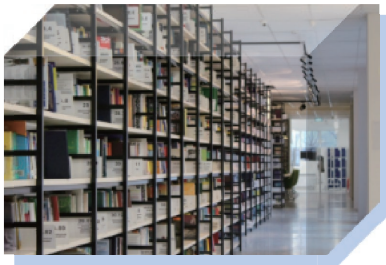
Warming Up

A There are many functional buildings on campus. Are you familiar with the following places? Match the words about places with the pictures and tell what you know about them.

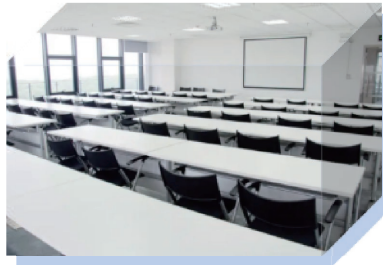
Places on Campus



① _____



② _____

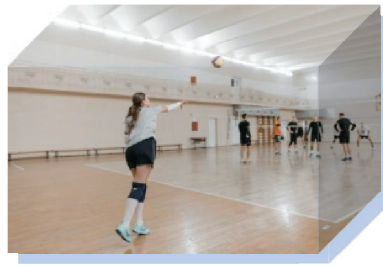


③ _____



④ _____

- A. library
- B. classroom
- C. lecture hall
- D. gymnasium
- E. dining hall
- F. stadium
- G. training room
- H. dormitory



⑤ _____



⑥ _____



⑦ _____



⑧ _____

B What will you do when you are in college? Think and match. Ask your partner and know what his or her schedule is.

- join
- enter
- attend
- win
- read

- books
- clubs
- lectures
- contests
- scholarships

Audio Zone

Word Tips

- | | |
|---|---|
| ▲ freshman ['freʃmən] <i>n.</i> (大学的) 一年级学生; 新手 | ** scholarship ['skɒləʃɪp] <i>n.</i> 奖学金 |
| * professor [prə'fesə(r)] <i>n.</i> 教授 | ▲ vocational [vəʊ'keɪʃən] <i>adj.</i> 职业的 |

A Listen to the sentences and choose the proper responses. Each sentence will be spoken twice.

- | | |
|---|---|
| <p>1. A. I'm a freshman.
B. I'm the first.
C. Medicine.
D. In July.</p> <p>2. A. Yes, I am.
B. Yes, we are.
C. Yes, he is.
D. Yes, they are.</p> <p>3. A. Not at all.
B. Accounting.
C. You are so nice.
D. Thank you.</p> <p>4. A. I'm very busy.
B. How about you?
C. I'm going to graduate.
D. Take part in club activities.</p> | <p>5. A. Yes, I do.
B. It's wonderful.
C. Take it easy.
D. I couldn't agree more.</p> |
|---|---|

As a freshman, have you ever encountered any problems in taking courses, submitting homework, participating in extracurricular activities and attending lectures? Communicating with your teachers and classmates may help you a lot.

B Listen to the dialogues and choose the correct answers. Both the dialogue and the question will be spoken twice.

1. A. Yesterday.
B. The day before yesterday.
C. Tomorrow.
D. The day after tomorrow.

* 为基础模块词汇; ** 为拓展模块词汇;
▲ 为超纲词汇; 未标注为 A、B 级考试词汇。

2. A. She won a scholarship.

B. She got a job.

C. She refused a scholarship.

D. She lost her job.
3. A. It is very expensive.

B. It is very large.

C. It is very nice.

D. It is very crowded.
4. A. He was sick.

B. He forgot the lecture time.

C. He forgot the place.

D. He missed the lecture.
5. A. The final exams.

B. The sports meeting.

C. The presentation.

D. The business meeting.

C Listen to a short passage and fill in the blanks with the missing words or phrases. The passage will be spoken three times.

Good afternoon, dear students! I'm the principal of the school. 1. _____, I'd like to express our sincere 2. _____ to you, the new students of our college. As you know, our college is one of the top 10 3. _____ colleges in our country and has a history of more than 50 years. I think you must 4. _____ being a student of such a great college. We have a very strong faculty. We 5. _____ that we will provide the best learning environment for all of you.

SYNONYMS

- university

通常指综合性大学，可授予学士、硕士甚至博士学位。

★ I plan to continue my study in a university for a bachelor's degree.
- college

通常指独立的或附属综合大学的学院。

★ Our university is made up of over 20 colleges.
- school

一般指中、小学校，可用作各类学校的统称，还可以指大学或综合大学的二级学院。

★ We need more financial support for roads, hospitals and schools.
- department

常用于表示大学里的系、学部或部门。

★ Several professors from the English Department will make speeches at the meeting.

Oral Practice

A freshman just entered the campus, and the teacher introduced him to the school. Listen to the dialogue and repeat after the recording. Then finish the tasks.

Tutor: Now you are a college student. Congratulations! Have you finished your **registration** procedure?

Student: Yes, I have. I saw a poster just now and it said there would be a lecture on college life planning in the library this weekend. Could you tell me where the library is?

Tutor: The library is just behind the **administrative** building. I will show you around the campus.

Student: Our campus is so **fantastic**.

Tutor: I think you will enjoy your college life here. By the way, what's your **major**?

Student: My major is Business Management. However, I'm interested in Tourism.

Tutor: Our college offers many **optional** courses every term. You can **minor** in tourism courses.

Student: Really? That would be super! Can I find a part-time job near our college?

Tutor: Our college offers some part-time job positions to the students. If you're interested, I can **recommend** you. What kind of job are you interested in?

Student: Can I work in the library?

Tutor: I will contact the **Student Affairs Division**.

Student: I really appreciate your help.

Tutor: My pleasure.

- ▲ [ˌredʒɪˈstreɪʃn] *n.* 登记, 注册
- * [ədˈmɪnɪstrətɪv] *adj.* 管理的; 行政的
- [fænˈtæstɪk] *adj.* 极好的, 了不起的
- [ˈmeɪdʒə(r)] *n.* 主修课程, 专业课
- ▲ ['ɒpʃənl] *adj.* 可选择的, 非强制的
- ** ['maɪnə(r)] *v.* 辅修
- [ˌrekəˈmend] *v.* 推荐, 介绍
- 学生处



Tasks

A Work with your partner and take turns to role-play the dialogue.

B Discuss the following questions with your partner.

- 1. What's your major? Do you like your major and why?
- 2. Do you want to take a part-time job? What kind of job do you want to do?
- 3. How do you like your college life? What's your plan for it?



Expressions for Reference:



My major is... / I major in...; I like / don't like my major.
take a part-time job in a library / coffee shop / bookstore / training institution...
work as a tutor / caregiver / assistant / bookkeeper / cashier / waiter / ... in my spare time

My college life is colourful/challenging/adventurous/stressful...
take a variety of courses, go to the library, attend lectures,
make many friends, take an internship, improve practical skills...

C Make a survey in your class to find out your classmates' college life and present the survey results.

What do you usually do after class?	What activities would you like to attend?	What can you benefit from the activities?
I usually go to the library after class.	I'd like to attend lectures. ...	It can broaden my horizon. ...

You may use:

According to the survey, ... students like... because...

Reading Field

Text A



Time is like the water in the sponge. It can always be squeezed out if you like.

—Lu Xun

Time Management

Time management is a process of organizing and planning. How do you allocate your time to specific activities? Good time management allows you to work more efficiently, so you can get more things done in less time. Not managing time hurts your productivity and causes stress. How to manage your time effectively?

	Urgent	Not Urgent
Important	classes exams some lectures some calls ①	exercise vacations volunteer activities ②
Not Important	replying messages responding to some e-mails other lectures other calls ③	computer games online shopping Internet surfing chatting ④

First of all, you must find out what is important and urgent. Sometimes, the most important tasks may not be the most urgent ones. Some experts categorize activities into four groups: important and urgent, important but not urgent, not important but urgent, and not important and not urgent. The activities that are both urgent and important must be done first, such as classes, exams, some important lectures. Exercise, vacations and volunteer activities are also very important, but not very urgent.

Secondly, you must create a schedule. Using planning tools, such as calendars, phone apps, wall charts and notebooks to schedule your time properly. Proper schedule is essential to effective time management. Categorize your tasks into four groups shown in the above chart. Don't spend too much time on some small tasks, such as replying messages, online shopping and Internet surfing.

Thirdly, you should follow the schedule after creating it. Know which tasks are flexible and



which are fixed. For instance, your school timetable is fixed and your recreational activities are usually flexible. Avoid multitasking as much as possible, which will result in a loss of productivity. Scheduling some time to relax will improve the efficiency.

Finally, do things with a clear goal. The objectives should be specific and achievable. Every objective needs a target date, so that you have a deadline to focus on and something to work towards.

We all wish we had more time in the day to finish the things we want to do. Try something called “Pareto Principle” to help you get started. This rule helps you distinguish what is not important and focus on the 20 percent that will help you achieve the greatest success in the least amount of time.

Word List

management ['mænɪdʒmənt] <i>n.</i> 经营；管理	calendar ['kælɪndə(r)] <i>n.</i> 日历，挂历；日程表
▲ allocate ['æləkert] <i>v.</i> 分配，分派	* chart [tʃɑ:t] <i>n.</i> 图表
specific [spə'sɪfɪk] <i>adj.</i> 明确的，具体的	** instance ['ɪnstəns] <i>n.</i> 例子
efficiently [ɪ'fɪʃntli] <i>adv.</i> 高效地	** recreational [rekri'eɪʃənl] <i>adj.</i> 消遣的，娱乐的
productivity [ˌprɒdʌk'tɪvəti] <i>n.</i> 生产率，生产效率	multitask [mʌlti'tɑ:sk] <i>v.</i> 同时做数件事情；多任务运行
urgent ['ɜ:dʒənt] <i>adj.</i> 紧急的，紧迫的	* objective [əb'dʒektɪv] <i>n.</i> 目的，目标
* categorize ['kætəgəraɪz] <i>v.</i> 把……分类	* deadline ['dedlaɪn] <i>n.</i> 最后期限；截止时间
schedule ['ʃedju:l] <i>n.</i> 工作计划，日程安排 <i>v.</i> 安排时间；预订	** distinguish [dɪ'stɪŋɡwɪʃ] <i>v.</i> 区分；使有别于

Phrases and Expressions

get sth. done 完成某事	for instance 例如
find out 找出，查明；发现	result in 导致
be essential to/for... 对……来说是至关重要的	a loss of 损失

Notes

1. First of all, you must find out what is important and urgent.

译文 首先，你要找出重要且紧急的事情。

分析 本句中，what 用来引导宾语从句。wh- 宾语从句可直接跟在介词后面作宾语。例如：
I was aware of what she was doing. 我知道她在做什么。
It all depends on whether we can get their cooperation. 这完全取决于我们能否得到他们的合作。

2. The activities that are both urgent and important must be done first.

译文 既紧急又重要的事情必须先做。

分析 本句中，must be done 是情态动词的被动语态，肯定句结构为：情态动词 + be + 及物动词的过去分词；否定句结构为：情态动词 + not + be + 及物动词的过去分词；一般疑问句结构为：情态动词 + 主语 + be + 及物动词过去分词。常用的情态动词有 should/could/may/must/need/can 等。例如：

This question must be discussed. 这个问题必须要讨论一下。

This question needn't be discussed. 这个问题不需要讨论。

Can this question be discussed? 这个问题能讨论吗？

Cultural Highlights

1897 年，意大利经济学家帕累托在对 19 世纪英国社会各阶层的财务和受益统计分析时发现：80% 的社会财富集中在 20% 的人手里，而 80% 的人只拥有社会财富的 20%，这就是“二八法则”。

“二八法则”又名帕累托法则（Pareto principle），也被称为 80/20 法则、朱兰法则、关键少数法则、不重要多数法则、最省力法则、不平衡原则等。该法则指出，约有 20% 的变因操纵着 80% 的局面。

这一法则同样适用于时间管理。做不同的事情，时间的价值是不一样的。我们通常是把 80% 的时间放在 20% 最重要的事情上。

A Choose the best answer according to the text.

1. What is good time management?
A. Doing more work in less time.
B. Doing more work in more time.
C. Doing less work in less time.
D. Doing less work in more time.
2. What kind of activities should be done first?
A. The activities that are important but not urgent.
B. The activities that are urgent but not important.
C. The activities that are both important and urgent.
D. The activities that are neither important nor urgent.

3. What kind of activities are very important, but not very urgent?
- A. Classes, exams, some important lectures.
 - B. Interruptions, distractions and some calls.
 - C. Computer games, chatting and shopping.
 - D. Exercise, vacations and volunteer activities.
4. _____ is essential to effective time management.
- A. An activity plan
 - B. An appropriate schedule
 - C. A recreational activity
 - D. Multitasking
5. What may result in a loss of productivity?
- A. Relaxation.
 - B. A flexible schedule.
 - C. Multitasking.
 - D. Specific objectives.

B Decide whether the following statements are true (T) or false (F) according to the text.

	T	F
1. Not managing time creates stress.	☐	☐
2. The most important tasks are always the most urgent ones.	☐	☐
3. Some tasks are flexible and some are fixed.	☐	☐
4. Arranging some time to relax can improve the efficiency.	☐	☐
5. 80 percent of tasks are worth doing and should be focused on.	☐	☐

C Complete each of the following sentences with the proper form of the given word.

- 1. Our company need better _____ (manage) rather than more money.
- 2. This plan is designed to motivate students to learn more _____ (efficiency).
- 3. This project is urgent and ambitious, but I believe it is _____ (achieve).
- 4. Participants will _____ (categorize) according to age.
- 5. Scan all messages in your mailbox before _____ (reply) to each individually.

D Complete each of the following sentences with the phrases in the box. Change the form if necessary.

categorize into

focus on

wall chart

target date

for instance

- 1. These tasks are _____ three major types.
- 2. There is no _____ for completion of the new project.
- 3. The company needs to _____ its important clients.

- 4. We will make safety information visible for our employees with _____ posters.
- 5. _____, all schools are concerned with improving and maintaining good attendance.

E Translate the following sentences into English with the given words or phrases.

- 1. 你能查清楚这个讲座是关于什么的吗? (find out)

- 2. 熬夜会导致一系列健康问题。(result in)

- 3. 良好的时间管理对学生的学业成功至关重要。(be essential to/for)

- 4. 我们需要一个解决方案来避免生产力的降低。(a loss of)

- 5. 你应该根据任务的重要性来安排任务。(according to)

F Work in pairs and discuss the following questions.

- 1. Why do you think it's important to have good time management?
- 2. How are you going to manage your time well?
- 3. Do you know any other time management tips? Share it with your partner.

Text B

Useful Study Tips for College Students

Studying effectively is very essential for college students. How to study actively and effectively? We have some study tips for you.

Set Goals and Plans

Clear goals will bring you a positive attitude, so identify specific, measurable, achievable and realistic goals, which have much greater chances of being accomplished. You're the person who knows about yourself best, so make an effective plan based on your attitudes, abilities, skills and financial capacity to make your goals come true.



Improve Study Skills

Study skills may influence your learning efficiency, which can be improved greatly through appropriate training, ranging from reading, writing, note-taking, study space selection to self-evaluation, etc. Find out the best learning method for yourself. If you cannot finish your study plan independently, find a good learning partner or group. Studying with your friends may help you improve your learning efficiency.

Eliminate Distractions

Technology offers us a more effective way to obtain information. However, it also creates distractions. For example, mobile phones affect your learning efficiency greatly. Most colleges are now offering free Wi-Fi service, which helps students log onto the Internet easily to obtain necessary learning resources. Once you have got enough learning resources, silence your mobile to stay away from games and non-academic websites during learning. In addition to electronic resources, books, magazines and lectures offered by the library are also very ideal learning resources. Making full use of these non-electronic resources will bring you surprises.

Prepare for Exams Carefully

Examinations are crucial for college students, so prepare for your exams actively and reduce the pressure from the exams. Take care of yourself first—eat well, sleep well and exercise properly to release stress. Gather information about what’s likely to be on the exams. Identify what you’re struggling to learn or understand and focus on studying those areas.

Word List

* identify [aɪ'dentɪfaɪ] v. 识别，认出；确定	* obtain [əb'teɪn] v. (尤指经努力) 获得，赢得
measurable ['meʒərəbl] adj. 可测量的，可度量的	▲ distraction [dɪ'strækʃn] n. 使人分心的事
realistic [ˌriːə'lɪstɪk] adj. 能够实现的；现实的	* affect [ə'fekt] v. 影响
** accomplish [ə'kʌmplɪʃ] v. 完成	silence ['saɪləns] v. 使安静，使不说话
** financial [faɪ'nænʃl] adj. 财务的；金融的	* ideal [aɪ'diːəl] adj. 理想的；最合适的
** capacity [kə'pæsəti] n. 才能；能力；容量	** crucial ['kruːʃl] adj. 至关重要的；关键性的
** eliminate [ɪ'lɪmɪneɪt] v. 消除，排除	** release [rɪ'liːs] v. 释放，放出

Phrases and Expressions

range from... to... 包括（从……到……）之间的各类事物	stay away from 与……保持距离
log onto 登录，进入	in addition to 除了……之外

A Complete the table below with the information from the text.

Useful Study Tips for College Students		
Tips	Way	How
Set goals and plans	Clear goals will bring you a 1. _____ attitude.	Identify specific, measurable, achievable and 2. _____ goals, which have much greater chances of being 3. _____.
Improve study skills	Study skills may influence your learning 4. _____.	Study skills can be improved greatly through appropriate 5. _____. Studying with your friends may help you improve your learning efficiency.
Eliminate distractions	6. _____ offers us a more effective way to obtain information. However, it also creates distractions.	7. _____ your mobile to stay away from games and 8. _____ websites during learning. Making full use of non-electronic resources will bring you surprises.
Prepare for exams carefully	Examinations are 9. _____ for college students.	Take care of yourself to release 10. _____. Gather information about what's likely to be on the exams. Identify what you're struggling to learn or understand and focus on studying those areas.

B Translate the following paragraph of the text into Chinese.

Technology offers us a more effective way to obtain information. However, it also creates distractions. For example, mobile phones affect your learning efficiency greatly. Most colleges are now offering free Wi-Fi service, which helps students log onto the Internet easily to obtain necessary learning resources. Once you have got enough learning resources, silence your mobile to stay away from games and non-academic websites during learning.

Grammar Time

Indefinite Tense and Continuous Tense

英语中的时态是一种用来表示不同时间中动作发生的动词形式。时态由“时”和“态”构成。“时”主要有现在、过去、将来和过去将来；“态”主要有一般、进行、完成和完成进行。两者结合就构成了时态的种类，共 16 种。本单元针对一般时 (indefinite tense) 和进行时 (continuous tense) 进行讲解。

一、一般时

一般时表示较抽象和较一般的动作，或单纯一件事情的发生。本单元 Text A 中的 “Time management is a process of organizing and planning.” 就使用了一般现在时。

一般时	基本结构（以 work 为例）	用法	例句
一般现在时	work/works	表示现在发生的动作、存在的状态或客观事实	The earth moves around the sun.
		表示经常性或习惯性的动作，常与 often、always、usually、sometimes、never 等频度副词连用	Good assignments often challenge students to break their usual way of thinking.
		表示按规定、计划或时间表要发生的事	The lecture starts at 7:30 p.m.
		表示将来的动作，用在时间或条件状语从句中	If it doesn't rain tomorrow , I will have a picnic.
一般过去时	worked	表示过去发生的动作或存在的状态	What did you do yesterday ?
		表示过去习惯性的动作或状态	He was often late for school.
一般将来时	shall/will work am/is/are going to work	表示将来要发生的动作或存在的状态，含有预见、意图之义。shall 用于第一人称，will 用于各种人称	What shall I do tomorrow ? She will be back in a minute .
		am/is/are going to 结构表示计划、打算做某事，或有迹象表明将要发生某事	What are you going to do this weekend ? It is going to rain.
		am/is/are to 结构表示按计划或正式安排将要发生的事，还可以表示义务、命令或吩咐等	We are to discuss the report at the meeting. You are not to stay late outside.
		am/is/are about to 结构表示马上就要做某事	He is about to leave.

一般时	基本结构（以 work 为例）	用法	例句
一般过去将来时	should/would work	表示从过去某个时间来看将要发生的动作或存在的状态，常用于宾语从句和间接引语中	I never imagined that she would become a writer.

二、进行时

进行时表示在过去、现在或将来某一时刻或某段时间正在进行或发生的动作。本单元 Audio Zone 中的 “I’m preparing for the sports meeting.” 就使用了现在进行时。

进行时	基本结构（以 work 为例）	用法	例句
现在进行时	am/is/are working	表示此刻或现阶段正在进行的动作，常与 now、at present 等连用，或与 look、listen 等明显表示说话瞬间发生的动作的词连用	What are you doing now? Look, she is swimming.
		表示现阶段正在进行的动作，但说话时动作未必正在进行	I am taking an online English course.
		表示一个按计划即将发生的动作，仅适用于短暂性动词，如 go、come、arrive、leave、start 等	I am leaving this Friday.
过去进行时	was/were working	表示过去某一时刻或某一阶段正在进行的动作	I was reading a book when he called me.
将来进行时	shall/will be working	表示将来某一时刻或某一阶段正在进行的动作	I will be writing my paper at ten o'clock tomorrow morning.
		表示预计即将发生或按计划要发生的动作	Will he be coming by shared-bike?
过去将来进行时	should/would be working	表示在过去某一时间之后即将或按计划进行的动作	He said he could not come because he would be having a meeting.

1. We won't be able to leave the building until the rain _____.
A. will stop
B. stops
C. stopped
D. is stopping
2. I _____ practical training exercises when I received a message on my phone.
A. do
B. had done
C. am doing
D. was doing
3. I have no idea what _____ while I was asleep.
A. is happening
B. would happen
C. happen
D. happened
4. I _____ a presentation at nine o'clock tomorrow morning.
A. am delivering
B. have delivered
C. will be delivering
D. will have delivered
5. According to the timetable, the high-speed rail for Beijing _____ at 9:10 p.m. from Monday to Friday.
A. was leaving
B. is leaving
C. leaves
D. has left

1. A higher vocational college _____ (prepare) students for specific occupations.
2. When I entered the classroom, the teacher _____ (call) the roll.
3. The epidemic will end and sunshine _____ (be) everywhere.
4. I will not be able to go out with you this afternoon because I _____ (have) class then.
5. She told me she _____ (join) the Student Union next semester.

Activity Corner

A Read the priority registration notice and finish the task.

University of Technology

PRIORITY
REGISTRATION

Autumn 2022

OPENING DATES FOR REGISTRATION	CLASS STANDING	CREDITS EARNED
Thursday, Sep. 1	Autumn 2022 class schedule viewable online	
Friday, Sep. 30	Graduate students	
Monday, Oct. 3	Seniors	90+ Credits
Wednesday, Oct. 12	Juniors	60—89 Credits
Thursday, Oct. 13	Sophomores	30—59 Credits
Friday, Oct. 14	Freshmen	0—29 Credits
Monday, Oct. 17	Incoming students with pending autumn admission applications	
Tuesday, Oct. 18	Open registration	

For more information, please call 68954***.

1. Which semester is this priority registration for?
2. How can you get the class schedule?
3. Which day is the opening registration date for freshmen?
4. How can you get more information?
5. How many credits can seniors earn?

B What objectives do you want to achieve? How are you going to plan your college life in order to achieve your objectives? Make a plan and discuss it with your partner.

School Year	My Objectives	Related Courses	Skills Needed	Other Things to Do
First Year				
Second Year				
Third Year				



- C Design a class schedule according to your real class arrangement, including the following information.
- 1. Curriculum information: school/department, major, class;
 - 2. Class time;
 - 3. Course location;
 - 4. Course arrangement.

Class Schedule						
School/Department:		Major:		Class:		
Time		Monday	Tuesday	Wednesday	Thursday	Friday
Morning	The 1st Class					
	The 2nd Class					
	The 3rd Class					
	The 4th Class					
Afternoon	The 5th Class					
	The 6th Class					
	The 7th Class					
	The 8th Class					

Cultural Awareness

CONFUCIUS

Confucius (551BC–479BC) was a great Chinese thinker, educator, politician and the founder of Confucianism during the Spring and Autumn period. He was probably the most learned man of his day.

Confucius's teaching and philosophy formed the basis of East Asian culture and society, and remain influential across China and the world. His proverbs has the power of influencing people's lives. Today, Confucius's temples, **cemetery** (墓), and family **mansion** (宅邸) are **UNESCO World Heritage Sites** (联合国教科文组织世界遗产).

The following Confucian quotes may guide your future college life.

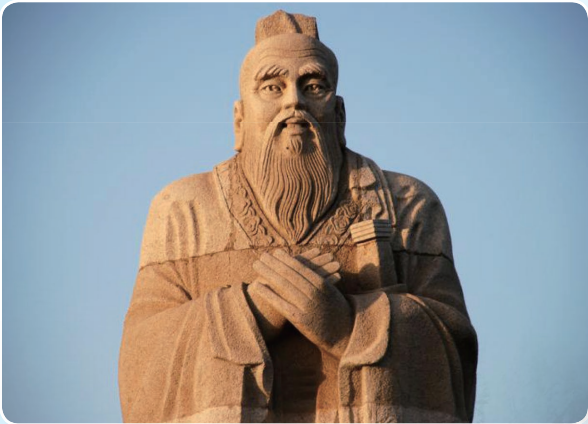
Is it not pleasant to learn with a constant perseverance and application?

If a man keeps cherishing his old knowledge, so as continually to be acquiring new, he may be a teacher of others.

He was of an active nature and yet fond of learning, and he was not ashamed to ask and learn of his inferiors.

When I walk along with two others, they may serve me as my teachers. I will select their good qualities and follow them, their bad qualities and avoid them.

They who know the truth are not equal to those who love it, and they who love it are not equal to those who delight in it.



Checking Progress

Words

Words I’ve learned in this unit are:

- ☐ professor
- ☐ categorize
- ☐ objective
- ☐ identify
- ☐ affect
- ☐ administrative
- ☐ chart
- ☐ deadline
- ☐ obtain
- ☐ ideal

Other words I have learned in this unit are:

Expressions

Expressions I’ve learned in this unit are:

- ☐ be essential to/for
- ☐ log onto
- ☐ for instance

Other expressions I have learned in this unit are:

I am able to

- ☐ talk about college life;
- ☐ manage time properly;
- ☐ improve study efficiency;
- ☐ use indefinite tense and continuous tense properly;
- ☐ design a college class schedule.