全新版大学进阶英语综合教程 第二版 第一册
课后练习（学生版）

Unit 1-6（含 Unit 3）| 只有题目，请独立完成

Unit 1: The Pursuit of Dreams

Unit 1 The Pursuit of Dreams

课后练习完整解析（题目+答案+翻译+解析）

| 2.1 Focusing on Main Ideas 主旨理解

Robbie Wilde has been enjoying his life as a(n) DJ. He was born with perfect hearing, but is now completely deaf in his right ear and can hardly hear in his left. He grew up in a(n) musical family and started deejaying at age 18. With a strong desire to perfect his skills, he asked a well-known DJ for tutoring. He has been working hard and does not want his skills recognized simply because people have sympathy for his disability. In this way, he sets a good example for other young people in chasing their dreams.

| 2.2 Digging into Detail 细节理解

1. [Para. 1] How did Robbie become deaf?

2. [Para. 4] How did people in the clubs feel when Robbie told them he was hard of hearing?

3. [Para. 5] What does he do to help himself hear the music when he deejays for a show?

4. [Para. 6] What does the word "visually" most probably mean, judging from the context?

5. [Para. 7] What does he love about deejaying?

| 2.3 Understanding Difficult Sentences 难句理解

1. [Para. 1] Over time, his hearing loss worsened and he had to find new ways to adapt.

A) He lost his hearing suddenly overnight.

B) His hearing gradually got worse as time passed. <-

2. [Para. 5] Music is not all about hearing.

A) Music is only about what you hear.

B) Music involves more than just hearing; it is also about feeling and seeing. <-

3. [Para. 4] It was reassurance that they were giving me jobs because I was good, not out of sympathy.

A) I was good, so they had pity on me and gave me jobs.

B) Their attitude encouraged me as it showed they valued my skills, not pity. <-

4. [Para. 7] I personally don't believe that there's a way of telling in advance how successful a little kid will become twenty years from now.

A) I don't think we can know ahead of time how successful a child will be in the future. <-

B) I don't believe a child can be successful in twenty years' time.

5. [Para. 6] I'm big on sports and I'm also a person who likes to challenge myself.

A) I am large in size and I like sports.

B) I am really into sports and I enjoy pushing my own limits. <-

| 1.1 Fill in the Blanks 选词填空

1. Good teachers should encourage students to _____ and make them feel proud of what they can achieve.

2. I've made new friends and am _____ at college. I think I'm enjoying being an adult.

3. It is _____ to purchase _____ for your family before you go traveling abroad.

4. The new _____ helps companies manage their data more efficiently.

5. When the teacher asked the question, all the students _____ to answer it.

6. I have no _____ for going abroad to study; I prefer staying in China.

7. She works for a _____ company and deals with international trade every day.

8. The train must be running late; we should have got to Beijing _____.

9. How determined one is to achieve one's dream is clearly a sign that can be used to _____ success.

10. The artist's _____ of perfection led him to spend years on a single painting.

11. Doctors are trying to prevent the _____ from spreading to other parts of the body.

12. He felt _____ for the disabled man and helped him cross the street.

13. We went _____ to the top of the mountain to see the sunrise.

14. The art exhibition is great; too bad you don't have time, but you can see it on the computer _____.

15. The researchers are worried about the increasing _____ of the illness in the village.

| 1.2 Replace the Underlined Part 替换画线部分

1. The new policy will have a deep effect on the way companies hire people. (significant -> _____)

2. She has always been very interested in fashion design since she was a little girl. (be big on -> _____)

3. After a few weeks, I got extremely interested in it. (hooked -> _____)

4. He will not easily give up and will continue his long search for happiness. (pursuit -> _____)

5. The questions were so simple that he easily passed the test. (elementary -> _____)

6. My father taught me to play traditional music on the erhu when I was ten. (folk -> _____)

7. The driverless car had no steering wheel, so I just had to sit back and allow its computer system to take control. (take over -> _____)

8. As a teacher, I think I've always dreamed of becoming one because teaching is a creative job. (motivation -> _____)

9. I personally don't believe that there's a way of telling in advance how successful a little kid will become twenty years from now. (predicting -> _____)

| 1.3 Complete the Sentences 补全句子

1. We waited for Phil for two hours, but he _____. We had to cancel the appointment.

2. Nowadays the price of hiring a tutor is very high. So many parents choose to _____.

3. Be sure about yourself and see amazing things you have achieved. In other words, _____.

4. When we're young, we make mistakes and may fail. However, we should keep _____ and never give up.

5. I'll find a job and become a skilled worker after graduating from college. I _____ going to graduate school.

| Affixation 词缀法详解

(1) Prefixation 前缀法: 在词根前加前缀，改变词义但不改变词性。

im- -> impossible（不+可能的=不可能的)

re- -> rewrite（再次+写=重写)

un- -> unhappy（不+快乐的=不快乐的)

dis- -> disable（否定+能=使残疾)

(2) Suffixation 后缀法: 在词根后加后缀，改变词性但不改变基本词义。

+-ful -> useful（use+充满...的=有用的)

+-ly -> visually（visual+副词后缀=视觉上地)

+-er -> pursuer（pursue+做的人=追求者)

+-tion -> motivation（motivate+名词后缀=动力)

+-ity -> creativity（create+名词后缀=创造力)

| Conversion 转化法详解

| 思考题 Reflection

Q: In the text there are some words used in the same way (conversion). Can you find any of them? And can you list any other words like them?

- tutor: n.家教 -> v.辅导 (asked a DJ for tutoring)

- perfect: adj.完美的 -> v.完善 (perfect his skills)

- dream: n.梦想 -> v.梦想 (dreamed of becoming)

- screen: n.屏幕 -> v.筛选 (screen the candidates)

- hook: n.鱼钩 -> v.迷上 (got hooked)

其他常见转化法：

- email: n.电子邮件 -> v.发邮件 (email me)

- Google: n.谷歌 -> v.搜索 (Google it)

- water: n.水 -> v.浇水 (water the plants)

- book: n.书 -> v.预订 (book a ticket)

1. When you email me, please let me know the days when you are free.

2. Sea level rise can increase the height of storm waves, putting more areas in danger of storm damage.

3. The letter must have sat in the drawer for such a long time that it has yellowed.

4. Bob lives not far from the school he attends. So he bicycles to school.

5. Green means they're doing well; red means they might fail.

1. I know you've set your goal. _____ make a plan?

2. When one door closes, another opens for you. _____ looking for other opportunities?

3. It is not enough to learn from textbooks. _____ take a part-time job to gain some practical experiences?

4. The school doesn't have a student society that provides community services. _____ starting one with your classmates?

5. If we agree that college life is a new experience for growing up, _____ take a more active part in various activities on campus?

Dialogue 1 Career Planning

A: Our government encourages college students to be creative and start career planning early. What does this mean for your dream of a future job?

B: As a college student, I am big on learning and applying skills our future job needs instead of book knowledge only. I would like to take on challenges during college. And I have a strong motivation to go abroad to learn more someday.

Dialogue 2 Pursuing Dreams

A: My problem is that I have dreams but they always seem so far away and hard to achieve. What's your advice?

B: First, you need to look inside yourself and know what you really want to do. In other words, you need to build up your confidence and believe in yourself/your dream. Second, create a plan and take action in pursuit of your dream. By so doing, you will, I'm sure, make your dream come true over time.

Dialogue 3 Dream Job

A: Do you have a dream job in mind already? If so, what is it? Would you mind sharing it with us?

B: My dream job is a corporate position such as a manager leading a team to help the company reach its goals. What I like most about the job is to overcome challenges and make decisions with creativity. I've got hooked on reading books on team leadership now!

Dialogue 4 Overcoming Obstacles

A: In chasing my dream, obstacles come my way from time to time. I sometimes think of giving up...

B: Yes, I'd be more than happy to do so. To deal with things holding me back, I'll look closely at them first, and then make a list, instead of saying to myself "Why not just give up?". For some obstacles, I will not let excuses take over. For example, it actually doesn't help if my blame goes all the way to life not treating me well. By finding the right kind of help, I can grow stronger no matter what and do well.

| Reading 1 Comprehension Check (T/F)

1.T 2.F 3.T 4.F 5.F 6.T 7.T 8.F 9.T 10.T

| Reading 1 Translation

| Reading 2 Comprehension Check (Q&A)

1. What was Yu Min's contribution to China?

2. What hardships did he have to go through?

3. What was his spiritual motivation?

4. How did he console himself about his name fading over time?

| 追梦与坚持 Pursuit & Persistence

| 听力与感官 Hearing & Senses

| 情感与态度 Emotion & Attitude

| 职业与能力 Career & Ability

| 时间与程度 Time & Degree

[课文主题] Robbie Wilde -- 一位失聪 DJ 追逐音乐梦想的真实故事。天生听力正常，逐渐失去听力，却凭借毅力和创意（放大音量、用视觉补偿）成为知名 DJ。	
Part I Comprehension Check 阅读理解	
[题型] 用课文关键信息填空，补全段落大意。	
No.	Chinese
1	DJ（唱片骑师）
2	音乐的
3	辅导；指导
4	同情
5	追逐
[题型] 选择画线句子的最佳释义。[注：部分题目原图被遮挡，以下为可见内容还原]	
Part II Focusing on Language in Context 语言运用	
[词库] challenge, corporate, creativity, frequency, infection, insurance, motivation, predict, pursuit, screen, software, sympathy, all the way, by now, come to life, do well, over time	
[题型] 用括号中的词/短语替换画线部分，保持句意不变。	
[题型] 参照例句，用括号内的单词或短语完成句子，必要时改变形式。	

Part III Word Formation 构词法

[知识点] 英语单词四种构词方式：Affixation（词缀法）、Compounding（合成法）、Abbreviation（缩略法）、Conversion（转化法）

Type	Description	Examples
Affixation (词缀法)	在词根上加前缀或后缀构成新词。包括前缀法(prefixation)和后缀法(suffixation)。	impossible, rewrite (前缀); useful, visually, pursuer, motivation (后缀)
Compounding (合成法)	将两个或多个词组合成一个新词。	software, well-known, 3-year-old
Abbreviation (缩略法)	缩短单词或短语构成新词。	DJ, USA, VIP, AI
Conversion (转化法)	不改变词形，只改变词性。	tutor n.->v., change v.->n., red adj.->n., lower adj.->v.

[定义] Conversion is done when a word changes its class without any change of its form.（不改变词形，只改变词性）

Word	Original	Converted	Example
tutor	n. 家教	v. 辅导	tutor their kids
change	v. 改变	n. 变化	a change in weather
red	adj. 红色的	n. 红色	the red of the flag
lower	adj. 较低的	v. 降低	lower the price
screen	n. 屏幕	v. 筛选	screen the candidates
hook	n. 鱼钩	v. 钩住/迷上	hooked on sports

Part IV Word Formation Exercises 构词法练习

[题型] 用转化法（conversion）的知识完成下列句子。

Part V Sentence Patterns 句型练习

[题型] 用 Why not...? / How about...? 句型完成句子。

Part VI Comprehensive Practice 综合练习

[题型] 阅读对话，理解语境中词汇和表达的综合运用。

Part VII Reading & Comprehending 阅读理解答案

No.	Translation
1	我喜欢塞缪卡的作品，因为这些作品中所弘扬的正是我的家庭教育所推崇的精神——不追名逐利，过简单、诚实、体面的生活。
2	他以优异成绩毕业，是因为他有坚强的意志去克服十多年的学习中所遇到的一切困难，包括阅读用古拉丁语和希腊语写的文献。
3	他非常谦卑，并怀有感恩之心，但他是一个创造自己未来的人。
4	我的财富是内在的，它在我的心中和头脑中，而不是在我的口袋里。

Appendix Vocabulary Summary 重点词汇总结

Word	Meaning	Example
pursuit	n. 追求，追逐	the pursuit of happiness
chase	v. 追逐	chase one's dreams
motivation	n. 动力，动机	have motivation for sth.
believe in	phr. 相信，信任	believe in yourself
all the way	phr. 全力以赴	go all the way to achieve it

determined	adj. 坚决的	a determined person
Word	Meaning	Example
visually	adv. 视觉上地	visually impaired
frequency	n. 频率	the frequency of the illness
screen	n.屏幕/ v.筛选	computer screen
infection	n. 感染	prevent the infection spreading
deaf	adj. 聋的	deaf in one ear
Word	Meaning	Example
sympathy	n. 同情	out of sympathy
hooked	adj. 着迷的	I was hooked
be big on	phr. 非常喜欢	I'm big on sports
reassurance	n. 安心感	give sb reassurance
Word	Meaning	Example
corporate	adj. 公司的	a corporate position
creativity	n. 创造力	make decisions with creativity
tutor	n.家教/ v.辅导	tutor their kids
predict	v. 预测	predict success
software	n. 软件	new software
insurance	n. 保险	purchase insurance
Word	Meaning	Example
over time	phr. 随着时间推移	developed over time
by now	phr. 到现在为止	should have arrived by now
do well	phr. 表现好	doing well at college
come to life	phr. 变得活跃	the party came to life
take over	phr. 接管	allow its computer system to take over

Unit 6 Text: 14 Days with (Almost) No Internet

Unit 6 Going Offline

Text: 14 Days with (Almost) No Internet: Did My Digital Detox Pay Off?

课后练习完整解析（题目+答案+翻译+解析）

| Part I Comprehension Check 阅读理解

| 2.1 Focusing on Main Ideas 主旨理解

Complete the following paragraph with key information from the text.

Inspired by Paul Miller's personal experience of going one year with absolutely no internet, the writer went on his own short digital detox. He did it because having been plugged in 24-7 for a decade, he wanted to see what would happen if he went offline for a while. So during his winter vacation to Mexico, he didn't go online except to check his email. As a result, he discovered that technology is no evil and technology is already a(n) part of him now. Nevertheless, he also came to the conclusion that it is the reading of thoughtful articles and good books, not snacky online content, that nourishes the mind.

答案:

| 互联网；数字排毒；离线；在线；不是（邪恶的）；一部分；阅读（深度文章）；不是（碎片内容）；滋养（心灵）

| 2.2 Digging into Detail 细节理解

1. [Para. 3] What did Miller discover after his unique personal experience of going offline one full year?

| 米勒在断网一年后发现了什么？他发现技术实际上与他的生活问题几乎没有关系，而且没有网络后他反而变得更加"与生活脱节"。

2. [Para. 5] Why did the writer decide to go on a digital detox?

| 作者为什么决定进行数字排毒？因为十年来他全天候在线，感到一种想要从中解脱的冲动，想看看会发生什么。

3. [Para. 7] What did he do when he took a break from being active on the internet during this vacation?

| 他在假期断网期间做了什么？他吃美味海鲜、冲浪、修理海滩小屋。除了定期查看邮件外没有上网。

4. [Para. 10] What does "my connected reality" refer to?

| "我的连接现实"指的是什么？指作者的数字连接生活——在线、使用社交媒体、生活在技术不可或缺的世界中。

5. [Para. 11] What did the writer long for in the absence of snacky online reading contents?

| 在没有碎片化在线内容时，作者渴望什么？他开始渴望更长的、有深度的文章和好书——能滋养心灵的阅读。

| 2.3 Understanding Difficult Sentences 难句理解

1. [Para. 3] In fact, Miller realized that without the net he had started becoming even more "out of touch with life."

A) As a matter of fact, Miller realized that without the internet he had started becoming even more disconnected from life. <-

B) In fact, Miller realized that life had started to become more quiet without a network of relationships.

| 事实上，米勒意识到没有网络后他反而变得更加"与生活脱节"。

2. [Para. 5] ...I've been plugged in 24-7, living in a world where the line between digital and real gets a bit blurred at times.

A) ...I've been getting connected all day long, so going online or offline actually makes no difference.

B) ...I've been getting online round-the-clock, living in a world in which the difference between virtual and real sometimes becomes unclear. <-

| 我一直全天候在线，生活在一个数字与现实界限有时变得模糊的世界中。

3. [Para. 6] Still, I'd forgotten one key lesson along the way: moderation.

A) In addition, I'd forgotten one key lesson on my way to the company that I should free myself altogether from the digital reality.

B) Nevertheless, I'd forgotten a very important lesson all these years that I should spend only a reasonable amount of time online. <-

| 然而，我一路走来忘记了一个关键教训：适度。

4. [Para. 8] I found myself reflecting on how living and breathing tech has let me experience some of the most rewarding moments of my life.

A) I realized I was thinking about how the time I spent living a completely digital life has provided me with great satisfaction and benefits. <-

B) I discovered I was reflecting on how tech developments have made me hold my breath every day and let me experience some of the most exciting moments of my life.

| 我发现自己反思：全天候与技术共生的生活让我经历了人生中最有价值的时刻。

5. [Para. 12] So instead of funny cat pictures, dive into some of the great "long reads" that show up on your screen.

A) So don't look at funny cat pictures, but spend your time reading some great long articles that show up on your screen. <-

B) So instead of looking at funny cat pictures, learn how to swim by following the detailed instructions that show up on your screen.

| 所以，不要看搞笑猫咪图片了，去读一些出现在你屏幕上的优秀长篇文章吧。

| Part II Focusing on Language in Context 语言聚焦

Key Words & Expressions:

internet online publish detail unique amazing despite promising stuff criticize urge media scan surf emergency unlike interact thoughtful nourish related pay off make waves turn out smell the flowers have (much/something/nothing...) to do with if anything plug in at times for a while fix up end up (doing sth./in sth.) stay in touch with no wonder (that ...) fall/get into the habit of in the absence of

| 1.1 Fill in the Blanks 选词填空

Fill in the blanks with words or phrases from the box below. Change the form where necessary.

criticize despite emergency interact media publish scan stuff unique urge nourish at times fix up for a while have (much/something/nothing, ...) to do with if anything in the absence of no wonder (that ...) plug in smell the flowers

1. Betty has been on a diet (节食减肥) for a long time, but she looks a bit heavier, _____.

| 贝蒂节食很久了，但如果有什么变化的话，她看起来还胖了一点。

2. Keeping your laptop _____ all the time will kill its battery (电池) faster.

| 一直保持笔记本电脑插电状态会更快地损耗电池。

3. Talking, dancing, playing a game — all of these activities allow you to _____ with other people.

| 交谈、跳舞、玩游戏——所有这些活动都让你与他人互动。

4. Much to my annoyance (生气), whenever I _____ her, she always comes up with an excuse.

| 令我恼火的是，每次我浏览她的（信息），她总是找借口。

5. While Facebook remains the most popular social _____ site, its growth has gradually slowed down.

| 虽然 Facebook 仍是最受欢迎的社交媒体网站，但其增长已逐渐放缓。

6. Order all your camping _____ online today, everything you need to make a camping trip easier and more enjoyable!

| 今天就在线订购所有露营用品，让你露营更轻松愉快！

7. One of the first flight training lessons taught to student pilots is how to perform a(n) _____ landing in a small airplane.

| 飞行学员最先学到的课程之一是如何在小飞机上进行紧急降落。

8. When you read the newspaper, you're probably not reading it word-by-word, instead you're _____ the text.

| 读报纸时，你可能不是逐字阅读，而是在浏览文本。

9. In one of my first articles _____ on LinkedIn, I wrote about the importance of public speaking to every leader.

| 在我最早发表于 LinkedIn 的文章中，我写了公开演讲对每个领导者的重要性。

10. _____ that story book was indeed very popular, but it was not long before the demand declined.

| 难怪那本故事书确实很受欢迎，但没过多久需求就下降了。

11. Movie ticket prices have reached an all-time high. _____ some people choose instead to watch movies at home.

| 电影票价格创历史新高。难怪有些人选择在家看电影。

12. _____ anyone to spend New Year's Eve with, I went to watch a show alone and I truly enjoyed it.

| 没有人陪我过除夕，我独自去看了一场演出，真的很享受。

13. In a recent study, more than 20% of drivers said they cannot resist the _____ to send or check messages while driving.

| 最近一项研究中，超过 20%的司机说他们无法抵抗开车时发信息或查看信息的冲动。

14. There is no doubt that human activity _____ climate change, and climate will continue to change unless we reduce our carbon emissions (碳排放).

| 毫无疑问，人类活动与气候变化有很大关系，除非我们减少碳排放，否则气候将继续变化。

15. Every child is _____, with their own needs, preferences and talents.

| 每个孩子都是独特的，有自己的需求、偏好和天赋。

| 1.2 Replace the Underlined Part 替换画线部分

Replace the underlined part in each of the following sentences with a word or phrase from the box below. Write your answer in the brackets. Change the form where necessary.

make waves unlike turn out unique detail

1. Different from her father, who is a remarkable writer, Ella doesn't seem to have any interest in reading and writing.

| 与她父亲不同——她父亲是杰出作家——Ella 似乎对读写没有任何兴趣。

2. This washing machine factory has introduced a very unusual technological innovation making the job of housewives easier.

| 这家洗衣机厂引进了一项非常独特的技术创新，使主妇们的工作更轻松。

3. Amy Chua's book Battle Hymn of the Tiger Mother attracted a lot of interest when it was published in 2011.

| Amy Chua 的《虎妈战歌》2011 年出版时引起了轰动。

4. Of all the things my grandma used to say, I remember this best of all — everything you worry about will prove to be all right.

| 奶奶说过的所有话中，我记得最清楚的是——你担心的一切最终都会没事的。

5. Every year a report comes out describing fully which cities in America had the highest crime (犯罪) rates from the previous year.

| 每年都会出一份详述美国城市犯罪率最高城市的报告。

| 1.3 Complete the Sentences 补全句子

Complete each of the following sentences after the model with the word or phrase in brackets. Make changes or additions where necessary.

1. A study has found that the vast majority of college graduates work in jobs that aren't strictly _____. (related)

| 研究发现大多数毕业生的工作与专业不严格对口。

2. No matter how busy you are, you should remember to _____ you love and care about. (stay in touch with)

| 无论多忙，都要记得与你爱和关心的人保持联系。

3. Make sure you _____ unhealthy foods for breakfast; instead, start your day with a simple, balanced (平衡的) meal. (fall into the habit of)

| 确保不要养成吃不健康早餐的习惯；相反，用简单均衡的餐食开始新的一天。

4. I always believe that hard work _____ in one way or another, though not necessarily in money. (pay off)

| 我始终相信努力工作总会以某种方式得到回报，虽然不一定是金钱上的。

5. Is it worth the time and money to _____? It's a question for a lot of old car owners these days. (fix up)

| 花时间和金钱修一辆旧车值得吗？这是如今很多旧车车主的问题。

| Part III Usage 用法 — Double Negative (双重否定)

A double negative is a grammatical construction occurring when two negatives are used in the same sentence, like not uncommon, not an unusual sight, etc. In standard English, two negatives produce a weakened affirmative. Thus not uncommon means rather common.

课文例句: What I learned from my short experiment was actually not too unlike what Miller learned. (Para. 8) = What I learned was actually quite like what Miller learned.

Pick a word from the box below and complete the sentences with a double negative construction.

unattractive unrealistic uninteresting unrelated unusual

1. There are no _____ things, only uninterested people.

| 没有无趣的事物，只有不感兴趣的人。

2. His poor health is not _____ to his unhealthy way of life.

| 他身体不好与不健康的生活方式不是没有关系。

3. Happiness is not an _____ goal. It is a matter of choice. You can choose to be happy.

| 幸福并非是不切实际的目标。这是一种选择。你可以选择幸福。

4. You're actually not alone, and what's happened to you is not _____.

| 你其实并不孤单，发生在你身上的事并不罕见。

5. Believe it or not, most women do not look _____ in business suits, although their movement seems a little bit restricted (限制).

| 信不信由你，大多数女性穿职业装并非不好看，虽然活动似乎有点受限。

| Part IV Sentence Patterns 句型练习

Complete each of the following sentences in English according to the Chinese given.

Pattern 1: No wonder… (难怪…)

Pattern 2: As it turns out... (结果是/事实证明...)

1. 彼得是玛丽的哥哥，难怪他使我如此想起她。

|

2. 约翰放弃了高薪工作，听上去不可相信，可事实却是这样。

|

3. 怪不得昨晚我睡不着觉，白天我喝了太多咖啡。

|

4. 你确实懂得如何控制预算，怪不得你在银行有那么多存款。

|

5. 会议终于结束了，可是结果我们却没做出任何决定。

|

| Part V Comprehensive Practice 综合练习

Complete the following dialogues, using the words and phrases in brackets. Make changes or additions where necessary.

1. A: What is it that interests you so much? You've been on the net for so long.
B: Advertisements. You know, as you _____, you will _____ advertisements for products that you are interested in. (internet, at times, surf)

|

2. A: You know what? A new series of Harry Potter e-books will be released soon and it even comes with annotations (注解) by J.K. Rowling.
B: Really? It's _____. And it has already been turned into eight _____ movies. (thoughtful, amazing)

|

3. A: As CEO of a social media company, much of my life is spent online. I need to slow down and enjoy the small wonders of life.
B: Absolutely. If you don't take the time to once in a while _____, to _____ on a mental level, you _____ burning yourself out (筋疲力尽). (end up, smell the flowers, nourish)

|

4. A: Traditional brick-and-mortar (实体的) stores can still benefit shoppers, but to stay competitive, they have begun to do _____, and the future _____.
B: Yes, but _____ the success of their e-business, many of them find it still a challenge to attract walk-in customers back. (despite, online, promising)

|

Unit 6 Reading 1: My Smartphone

Unit 6 Going Offline

Reading 1: My Smartphone: A Letter of Hate, Love and Balance

课后练习完整解析（题目+答案+翻译+解析）

| Part I Comprehension Check for Reading 1 阅读理解 (T/F)

Decide whether the following statements are true (T) or false (F), based on the article.

1. The writer's smartphone has dominated her thoughts and actions and she is grateful about it.

|

2. The writer finds it easy to sit through a show uninterrupted by her smartphone.

|

3. While attending a weekly conference call with her boss, the writer wrote this letter of complaint.

|

4. The writer feels a sense of guilt for trying to be a professional and a parent at the same time.

|

5. The writer's smartphone practically lets her lead her professional life and personal life simultaneously.

|

6. With her smartphone, the writer can capture the sweet moments she spends with her sons.

|

7. The writer believes that it is almost impossible for her smartphone to let her go.

|

8. Instead of being dominated by the smartphone, the writer believes that she should be the boss to make decisions.

|

9. The writer hopes that her smartphone will get away from her life once and for all (彻底地).

|

10. The writer holds that her relationship with her smartphone should be a give and take, a two-way traffic.

|

| Part II Translation 翻译

Translate into Chinese the underlined sentences in the article.

1. But on the other hand, I'm writing this complaint from a lounge chair in the mountains, watching the fireflies show off while my dogs snore at my feet.

|

2. Instead of yelling at you, I should be marveling at the fact that, because you remember everything, I don't have to crowd my brain with things like contact numbers and birthdays.

|

3. No should mean no, I should turn you off when I walk in the door, and I should stop basing my sense of self worth on how much you're blowing up.

|

4. For my part, I will look up. I will take notice. I will stop. I'm going to breathe, savor, touch, feel and live without you for several stretches a day.

|

| Part III Vocabulary 词汇

Key Words from Reading 1:

Word/Phrase	Meaning	Example from Text
dominate	v. 主导，控制	dominate my thoughts and actions (主导我的思想和行动)
concentration	n. 专注力	take my concentration away (夺走我的专注力)
complaint	n. 抱怨，投诉	writing this complaint (写这封投诉信)
simultaneously	adv. 同时地	simultaneously attend (同时参加)
impromptu	adj. 即兴的	impromptu party (即兴派对)

intricate	adj. 复杂的	intricate sense of guilt (复杂的负罪感)
marvel	v. 惊叹	marveling at the fact (惊叹于这个事实)
awesome	adj. 了不起的	how awesome my kids are (我的孩子们多棒)
strike a deal	phrase. 达成协议	let's strike a deal (我们达成协议吧)
savor	v. 品味	breathe, savor, touch, feel (呼吸、品味、触摸、感受)
give and take	phrase. 互相让步	a give and take (公平交换)
in return	phrase. 作为回报	you don't own me in return (你不能反过来拥有我)

Unit 6 Reading 2: All Boxed in, and Free at Last

Unit 6 Going Offline

Reading 2: All Boxed in, and Free at Last

课后练习完整解析（题目+答案+翻译+解析）

| Part I Comprehension Check for Reading 2 阅读理解 (Q&A)

Skim the article and answer the following questions.

1. Who are most deeply disturbed by mobile phone addiction? What symptoms do they display?

| 谁最受手机成瘾困扰？他们表现出什么症状？Z 世代最受手机成瘾困扰。他们走路、学习、躺在床上时都在看手机。许多人似乎决心想办法克服它。

2. What does the China Security Perception Report (2021) reveal?

| 《中国安全感知报告(2021)》揭示了什么？报告揭示了一半互联网用户表示渴望逃离互联网、远离手机。

3. What is the cool gadget that promises to free mobile phone users from their addiction?

| 什么酷炫小工具承诺让手机用户摆脱成瘾？一种手机隔离箱。用户把手机放入箱中并设定时间锁，在设定时间内无法接触手机。时间到了会发出蜂鸣声。

4. According to Lin Qiang, what matters most when it comes to kicking mobile phone addiction?

| 据林强说，戒除手机成瘾最重要的是什么？林强认为个人因素最重要。他说自律的人没有这种东西也一定能成功。隔离箱只是"华而不实"的解决方案尝试。

| Part II Vocabulary 词汇

Key Words from Reading 2:

| Part III Discussion 讨论题

1. Do you think the mobile phone isolation box is an effective solution? Why or why not?

2. What other methods could help people reduce their screen time?

3. Lin Qiang says "self-disciplined people are bound to succeed without such stuff." Do you agree? Why?

4. Zhang Yucheng says a 5-hour lockup is "too harsh" but 30 minutes is "cheating yourself." What do you think is a reasonable lock time?

Word/Phrase	Meaning	Example from Text
obsession	n. 痴迷	deeply bothered about this obsession (深受这种痴迷困扰)
Gen-Zers	n. Z 世代	Few are as deeply bothered as Gen-Zers (很少有人像 Z 世代那样深受困扰)
spring up	v. 涌现	Online discussion groups are springing up (在线讨论组不断涌现)
pledge	v. 承诺	who pledge to cut down their use (承诺减少使用)
ubiquitous	adj. 无处不在的	how ubiquitous cashless payments are (无现金支付多么无处不在)
tall order	phrase. 难以做到的事	That is a very tall order (那是一件很难做到的事)
isolation box	n. 隔离箱	mobile phone isolation box (手机隔离箱)
spectrum	n. 光谱；范围	at the other end of the spectrum (在另一极端)
suspect	v. 怀疑	makes Zhang suspect the classmate (让张怀疑那位同学)
flashy	adj. 华而不实的	a "flashy" attempt at a solution (华而不实的解决方案尝试)
regardless of	phrase. 不管	regardless of the effectiveness (不管效果如何)
self-disciplined	adj. 自律的	Self-disciplined people are bound to succeed (自律的人注定会成功)