全新版大学进阶英语综合教程 第二版 第一册
课后练习完整解析合集

Unit 1-6（跳过 Unit 3）
题目 + 答案 + 翻译 + 解析

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?

Ans: He was born with perfect hearing, but lost it due to illness over time. | 他是怎么变聋的？他天生听力完好，但因为疾病随着时间推移逐渐丧失了听力。

析: 课文 **Para.1** 提到**"born with perfect hearing"**但后来**"completely deaf in his right ear and can hardly hear in his left"**。明确是后天逐渐失去听力。

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

Ans: They were surprised. | 当 **Robbie** 告诉俱乐部的人他听力不好时，他们感觉如何？他们感到惊讶。

析: **Para.4** 原文直接回答**"surprised"**。人们惊讶是因为 **Robbie** 的 **DJ** 技术太好，看不出他有听力障碍。

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

Ans: He turns up the music volume, places speakers close to him, and uses visual cues to feel the music. | 他做 **DJ** 演出时如何帮助自己听到音乐？他把音量调大，音箱靠近，利用视觉线索感受音乐。

析: **Robbie** 利用多种感官补偿听力：**(1)**调大音量 **(2)**音箱靠近，通过身体感受振动 **(3)**视觉观察 **crowd** 反应。呼应**"Music is not all about hearing"**。

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

Ans: With the eyes (through vision). | 根据上下文判断**"visually"**最可能是什么意思？用眼睛/通过视觉。

析: **visually = visual + -ly**（副词后缀）。**visual** 意为"视觉的"。词根 **vis=see**（看），如 **vision, visible, visit**。

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

Ans: He loves making people happy and seeing them enjoy the music. | 他喜欢 **DJ** 工作的什么？他喜欢让人们开心，看到他们享受音乐。

析: 课文结尾点题：**Robbie** 最看重的是音乐带给观众的快乐，而非个人名利。升华主题--梦想的价值在于创造美好。

| 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. <-

Ans: B | 随着时间推移，他的听力损失加重，不得不寻找新的适应方式。

析: **over time =** 随着时间推移。考查时间状语短语的语境理解。

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. <-

Ans: B | 音乐不仅仅是关于听觉的。

析: **not all about =** 不仅仅是。**Robbie** 通过触觉（振动）和视觉（观察观众）也能感受音乐。全文核心观点--梦想不被身体局限。

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. <-

Ans: B | 这让我安心：他们给我工作是因为我技术好，而不是出于同情。

析: **reassurance = re(**再次**) + assurance(**保证**) ->** 安心感。**"not out of sympathy"**是关键--不是出于同情。**A** 选项把意思弄反了。

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.

Ans: A | 我个人认为没有办法提前判断一个小孩二十年后会变得多成功。

析: **tell = know/judge**（判断），不是"告诉"。**in advance = ahead of time**（提前）。**B** 选项完全误解了句意。

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. <-

Ans: B | 我非常喜欢运动，也是一个喜欢挑战自我的人。

析: **be big on =** 非常喜欢/热衷于（口语表达）。**big** 在此处不是"大"，而是"热衷的"。**challenge oneself =** 挑战自我。

| 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.

Ans: use their creativity | 好老师应该鼓励学生运用创造力，让他们为自己能取得的成就感到自豪。

析: **creativity**（创造力）不可数名词，不变形。**encourage sb to do sth**。**creative(adj.) -> creativity(n.)**。

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

Ans: doing well | 我交了新朋友，在大学表现不错。我觉得我享受成为成年人的感觉。

析: **do well =** 表现好。**am doing well**（现在进行时）。**well** 是副词修饰 **do**。

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

Ans: advisable / insurance | 出国旅行前为家人购买保险是明智的。

析: **insurance**（保险）名词。**purchase insurance =** 买保险。**insure(v.) -> insurance(n.)**。

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

Ans: software | 新软件帮助公司更高效地管理数据。

析: **software**（软件）不可数名词，不变形。**soft + ware =** 软件（合成法构词）。

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

Ans: came to life | 当老师提问时，所有学生都活跃起来抢答。

析: **come to life =** 变得活跃/生动起来。过去时态 **came to life**。

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

Ans: motivation | 我没有出国留学的动力；我更愿意留在中国。

析: **motivation**（动力）名词。**have motivation for =** 有...的动力。**motivate(v.) -> motivation(n.)**。

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

Ans: corporate | 她在一家公司工作，每天处理国际贸易事务。

析: **corporate**（公司的）形容词。**corporation(n.) -> corporate(adj.)**。

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

Ans: by now | 火车一定晚点了；我们现在本该已经到北京了。

析: **by now =** 到现在为止。**should have done =** 本该做（但没做），表推测或遗憾。

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

Ans: predict | 一个人实现梦想的决心程度，显然可以作为预测成功的标志。

析: **predict**（预测）动词原形，跟在 **used to** 后面。**pre(前) + dict(说) =** 提前说 = 预测。

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

Ans: pursuit | 艺术家对完美的追求使他在一幅画上花了数年时间。

析: **pursuit**（追求）名词。**the pursuit of =** 对...的追求。**pursue(v.) -> pursuit(n.)**。

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

Ans: infection | 医生们正试图防止感染扩散到身体其他部位。

析: **infection**（感染）名词。**prevent infection from spreading =** 防止感染扩散。**infect(v.) -> infection(n.)**。

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

Ans: sympathy | 他对那个残疾人感到同情，帮他过了马路。

析: **sympathy**（同情）名词。**feel sympathy for =** 对...感到同情。**sym(**共同**) + path(**感情**) =** 同情。

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

Ans: all the way | 我们一路走到山顶看日出。

析: **all the way =** 全力以赴，自始至终。**go all the way =** 一路走到（终点）。

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

Ans: screen | 艺术展很棒；可惜你没时间去，但你可以在电脑屏幕上看到它。

析: **screen**（屏幕）名词。**on the computer screen =** 在电脑屏幕上。**screen** 也可做动词（筛选），是 **conversion** 的例子。

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

Ans: frequency | 研究人员对该村庄中疾病发生频率的增加感到担忧。

析: **frequency**（频率）名词。**increasing frequency =** 不断增加的频率。**frequent(adj.) -> frequency(n.)**。

| 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 -> _____)

Ans: significant | 新政策将对公司招聘方式产生重大影响。

析: **deep effect -> significant impact**。**significant =** 重要的/有意义的。**sign(**标记**) + ific + ant =** 值得注意的。

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

Ans: been big on | 她从小一直非常喜欢时尚设计。

析: **very interested in -> be big on**。**be big on =** 非常喜欢/热衷于（口语表达）。

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

Ans: hooked | 几周后我彻底迷上了它。

析: **extremely interested -> hooked**。**hooked =** 上瘾的/着迷的。**hook** 原意"鱼钩"，比喻"被钩住=迷上"。

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

Ans: pursuit (of) | 他不会轻易放弃，将继续他漫长的幸福追求。

析: **search -> pursuit (of)**。**pursuit =** 追求。**the pursuit of happiness =** 对幸福的追求（电影《当幸福来敲门》英文名）。

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

Ans: elementary | 题目太简单了，他轻松通过了考试。

析: **simple -> elementary**。**elementary =** 基础的/初级的。**element(要素) + ary =** 基础的。

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

Ans: folk | 我十岁时父亲教我用二胡演奏传统音乐。

析: **traditional -> folk**。**folk music =** 民间音乐/民俗音乐。**folk =** 民间的。

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 -> _____)

Ans: take over | 无人驾驶汽车没有方向盘，所以我只需坐着，让它的电脑系统接管。

析: **take control -> take over**。**take over =** 接管/接管控制权。**over =** 从上方接管。

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

Ans: motivation | 作为一名教师，我想我一直梦想成为老师，因为教学是创造性的工作。

析: **dreamed of becoming -> motivation**。**motivation =** 动力/动机。这里将"梦想"转换为"动力"。

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 -> _____)

Ans: predicting | 我个人认为没有办法提前判断一个小孩二十年后会变得多成功。

析: **telling in advance -> predicting**。**predict = pre(前) + dict(说) =** 提前说 = 预测。

| 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.

Ans: didn't show up | 我们等了 **Phil** 两个小时，但他没出现。我们不得不取消约会。

析: **show up =** 出现/到场。否定过去时：**didn't show up**。**waited** 提示过去时态。

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

Ans: tutor their kids | 现在请家教费用很高。所以很多家长选择自己辅导孩子。

析: **tutor** 可做名词（家教）也可做动词（辅导）。**choose to tutor their kids =** 选择自己教孩子。**conversion** 的典型例子。

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

Ans: believe in yourself | 对自己有信心，看看你已经取得的惊人成就。换句话说，相信你自己。

析: **believe in oneself =** 相信自己。**In other words =** 换句话说，前后句同义重述。**be sure about yourself = believe in yourself**。

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

Ans: chasing our dreams | 年轻时我们会犯错，也可能失败。然而，我们应该继续追逐梦想，永不放弃。

析: **keep doing sth =** 继续做某事。**chase one's dreams =** 追逐梦想。**keep** 后接动名词。

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

Ans: have no motivation for | 我大学毕业后会找份工作成为技术工人。我没有读研的动力。

析: **have motivation for =** 有...的动力。否定形式：**have no motivation for**。**motivate(v.) -> motivation(n.)**。

| 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?

>> Ans: 课文中转化法例子：

- 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.

Ans: email | n.电子邮件 **-> v.**发邮件

析**: email** 从名词转化为动词："给我发邮件"。

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

Ans: storm | n.暴风雨 **-> adj.**风暴的（修饰 **waves/damage**）

析**: storm** 从名词转化为修饰语："风暴浪/风暴损害"。名词作定语是常见转化。

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

Ans: yellowed | adj.黄色的 **-> v.**变黄

析**: yellow** 从形容词转化为动词："变黄了"。加**-ed** 表过去时。

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

Ans: bicycles | n.自行车 **-> v.**骑车

析**: bicycle** 从名词转化为动词："骑车上学"。加**-s** 表第三人称单数。

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

Ans: green / red | adj.绿色/红色 **-> n.**绿灯/红灯（信号）

析**: green/red** 从形容词转化为名词："绿色表示…红色表示…"。交通信号灯的引申用法。

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

Ans: Why not | 我知道你已经设定了目标。为什么不做个计划呢？

析**: Why not + do sth? =** 为什么不…？后接动词原形。用于提出建议。

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

Ans: How about | 一扇门关上，另一扇门为你打开。不如寻找其他机会如何？

析: **How about + doing sth? = ...**怎么样？后接动名词。用于提出建议。

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

Ans: Why not | 只从课本学习是不够的。为什么不找个兼职来获取一些实践经验呢？

析: **Why not + do sth?** 后接动词原形 **take**。

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

Ans: How about | 学校没有提供社区服务的学生社团。不如和同学一起创办一个如何？

析: **How about + doing sth?** 后接动名词 **starting**。

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

Ans: why not | 如果我们认同大学生活是成长的新体验，为什么不更积极地参加校园各种活动呢？

析: **Why not + do sth?** 后接动词原形 **take**。**take part in =** 参加。

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.

>> 重点: **be big on (**热衷于**) | take on challenges (**迎接挑战**) | motivation (**动力**) | career planning (**职业规划**)**

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.

>> 重点: **believe in yourself (**相信自己**) | in pursuit of (**追求**) | over time (**随着时间推移**) | make dream come true (**实现梦想**)**

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!

>> 重点: corporate (公司的) | creativity (创造力) | get hooked on (迷上) | team leadership (团队领导力)

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.

>> 重点: take over (接管) | all the way (全力以赴) | do well (表现好) | hold back (阻碍) | obstacle (障碍)

| 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?

>> Ans: He was a key contributor to the development of China's first hydrogen bomb and the country's nuclear weapon program for national defense.

>> 析: 他是于敏（中国氢弹之父），关键贡献是参与中国第一颗氢弹和国家核武器防御项目的研发。

2. What hardships did he have to go through?

>> Ans: (1) He had to change his research direction when invited to participate in the preliminary study of the H-bomb theory.
(2) For nearly 30 years he had to go through all the hardships and risks, including radiation damage to his health.
(3) His name remained a secret from 1961 until 1988, and even his wife had no idea of his involvement.
(4) He could not publish his research papers or have his own students.

>> 析: 四大牺牲：**(1)**改变研究方向 **(2)**近 **30** 年艰苦与辐射伤害 **(3)**隐姓埋名 **27** 年 **(4)**不能发表论文、不能带学生。

3. What was his spiritual motivation?

>> Ans: He said that the national sentiment was his spiritual motivation.

>> 析: 他的精神动力是爱国情怀（**national sentiment**）。

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

>> Ans: While knowing that one's name would fade over time, he consoled himself with the fact that he had done his little bit to make his motherland prosper.

>> 析: 他安慰自己：虽然名字会被遗忘，但他为国家繁荣做了一点贡献，这就够了。

| 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.	Answer	Chinese	Analysis
1	DJ	DJ（唱片骑师）	从上下文"deejaying"可知 Robbie 的职业是 DJ。
2	musical	音乐的	musical family = 音乐世家。music(n.) -> musical(adj.)。
3	tutoring	辅导；指导	tutor(v.) -> tutoring(n.)动名词作名词。ask sb for tutoring = 请人指导。
4	sympathy	同情	have sympathy for = 对...表示同情。不希望被同情是全文核心态度。
5	chasing	追逐	chase one's dreams = 追逐梦想。chasing 是现在分词作介词宾语。

[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**:**

Ans: internet; digital detox; offline; online; no; part; reading; not; nourishes

| 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）

析: 考查对课文主旨的理解。作者受 Miller 启发进行 14 天断网实验，发现技术本身不是问题，关键是要用深度阅读滋养心灵，而非沉迷碎片内容。

| 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?

Ans: Miller discovered that actually technology had very little to do with his life's problems, and that without the net he had started becoming more "out of touch with life."

| 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"。

析: Para.3 原文：technology had very little, if anything, to do with his life's problems。关键短语 have nothing/little to do with = 与...无关。Miller 原以为断网能解决问题，结果发现并非如此。

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

Ans: Because having been plugged in 24-7 for a decade, he felt the urge to free himself from it all and wanted to see what would happen.

| 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。

析: Para.5 原文：I've been plugged in 24-7... the line between digital and real gets blurred。plugged in 24-7 = 全天候在线。urge = 强烈的欲望/冲动。

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

Ans: He ate delicious seafood, surfed, and fixed up his hut on the beach. He didn't go online except to check email periodically.

| 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。

析: Para.7 列举了具体活动：ate seafood, surfed, fixed up hut。periodically = 定期地。except to check email = 除了查邮件。

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

Ans: It refers to the writer's digitally connected life — being online, using social media, and living in a world where technology is an integral part.

| "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。

析: connected reality = 连接的现实（数字生活）。Para.10 上下文：as I dive back into my connected reality = 当我重新投入连接的现实。

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

Ans: He started to crave longer, thoughtful articles and good books — reading that nourishes his mind.

| 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。

析: Para.11 原文：what I started to crave... was longer, thoughtful articles and good books。crave = 渴望。nourish = 滋养。snacky content = 碎片化内容（像零食一样）。

| 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.

Ans: B

| 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"。

析: out of touch with life = 与生活脱节/失去联系。注意加引号表示是比喻用法，不是字面意思。A 正确理解了句意。

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. <-

Ans: B

| 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。

析: plugged in 24-7 = 全天候连接（24 小时 7 天）。blurred = 模糊的。B 正确：virtual(虚拟的) and real(真实的)的界限变得不清楚。A 错误理解了句意。

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. <-

Ans: B

| 然而，我一路走来忘记了一个关键教训：适度。

析: moderation = 适度/节制。along the way = 一路走来（比喻人生历程）。B 正确理解了 moderation 为"合理的在线时间"。

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.

Ans: A

| 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。

析: living and breathing tech = 与技术共生（像呼吸一样自然）。rewarding = 有回报的/值得的。A 正确。B 误解了 breathing 为"屏住呼吸"。

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.

Ans: A

| 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。

析: instead of = 而不是。dive into = 投入/沉浸于（比喻用法，不是"潜水"）。long reads = 长篇文章。A 正确。B 误解了 dive into 为"学游泳"。

| 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, _____.

Ans: if anything

| 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。

析: if anything = 如果有什么的话（用于强调相反情况）。注意与 if any 的区别。

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

Ans: plugged in

| 一直保持笔记本电脑插电状态会更快地损耗电池。

析: plug in = 插上电源/连接。keep + past participle (plugged in) 表示保持某种状态。

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

Ans: interact

| 交谈、跳舞、玩游戏——所有这些活动都让你与他人互动。

析: interact (with) = 互动/交流。inter = between（之间）+ act = 互相作用。

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

Ans: scan

| 令我恼火的是，每次我浏览她的（信息），她总是找借口。

析: scan = 浏览/快速查看。注意与 scan(扫描)的区别，此处意为"快速看"。

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

Ans: media

| 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。

析: social media = 社交媒体。media = medium 的复数形式，意为"媒介/媒体"。

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

Ans: stuff

| 今天就在线订购所有露营用品，让你露营更轻松愉快！

析: stuff = 东西/物品（非正式用语）。不可数名词，不变形。

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

Ans: emergency

| 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。

析: emergency = 紧急情况/突发事件。emergency landing = 紧急降落。emerge(出现) + ncy = 紧急。

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

Ans: scanning

| 读报纸时，你可能不是逐字阅读，而是在浏览文本。

析: scan = 浏览/略读。此处用进行时态 scanning。

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

Ans: published

| 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。

析: publish = 发表/出版。此处用过去分词 published 作后置定语，表被动。

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

Ans: No wonder

| 难怪那本故事书确实很受欢迎，但没过多久需求就下降了。

析: No wonder (that) = 难怪/怪不得。后接从句。

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

Ans: No wonder

| 电影票价格创历史新高。难怪有些人选择在家看电影。

析: No wonder = 难怪。注意句首大写。

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

Ans: In the absence of

| 没有人陪我过除夕，我独自去看了一场演出，真的很享受。

析: in the absence of = 在…不在场的情况下/缺乏…时。此处"没有"任何人陪伴。

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

Ans: urge

| 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。

析: urge = 强烈的欲望/冲动。resist the urge to do sth = 抵抗做某事的冲动。

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).

Ans: has much to do with

| 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。

析: have much to do with = 与...有很大关系。此处用第三人称单数 has。

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

Ans: unique

| 每个孩子都是独特的，有自己的需求、偏好和天赋。

析: unique = 独特的/独一无二的。uni = one（一个）。

| 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.

Ans: unlike

| 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。

析: Different from -> unlike。unlike = prep. 与...不同。un = not + like = 不像。

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

Ans: unique

| 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。

析: very unusual -> unique。unique = 独一无二的/独特的。注意 unique 比 unusual 语气更强。

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

Ans: made waves

| Amy Chua 的《虎妈战歌》2011 年出版时引起了轰动。

析: attracted a lot of interest -> made waves。make waves = 造成轰动/引起关注。注意过去时 made。

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.

Ans: turn out

| 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。

析: prove to be -> turn out。turn out = 结果是/证明是。后接 to be + adj.。

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

Ans: detailing

| 每年都会出一份详述美国城市犯罪率最高城市的报告。

析: describing fully -> detailing。detail = v. 详述。此处用现在分词 detailing 作伴随状语。

| 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)

Ans: related to their majors

| 研究发现大多数毕业生的工作与专业不严格对口。

析: related to = 与...有关。需要补充宾语 their majors 使句意完整。

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

Ans: stay in touch with the people

| 无论多忙，都要记得与你爱和关心的人保持联系。

析: stay in touch with = 与...保持联系。需要补充宾语 the people。

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)

Ans: don't fall into the habit of eating

| 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。

析: fall into the habit of = 养成...的习惯。否定形式 don't fall into the habit of。后接动名词 eating。

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

Ans: pays 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。

析: pay off = 取得回报。第三人称单数 pays off。in one way or another = 以某种方式。

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

Ans: fix up an old car

| 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。

析: fix up = 修理/翻新。需要补充宾语 an old car 使句意完整。

| 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.

Ans: uninteresting

| 没有无趣的事物，只有不感兴趣的人。

析: no + uninteresting = 并非无趣（双重否定表肯定）。

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

Ans: unrelated

| 他身体不好与不健康的生活方式不是没有关系。

析: not + unrelated = 有关的（双重否定表肯定）。

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

Ans: unrealistic

| 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。

析: not + unrealistic = 现实的/可实现的。

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

Ans: unusual

| 你其实并不孤单，发生在你身上的事并不罕见。

析: not + unusual = 常见的/寻常的。

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

Ans: unattractive

| 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。

析: not + unattractive = 好看的/有吸引力的。

| 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。

Ans: Peter is Mary's elder brother! No wonder he reminds me so much of her.

|

析: No wonder + 从句。remind sb of sb = 使某人想起某人。

2. 约翰放弃了高薪工作，听上去不可相信，可事实却是这样。

Ans: John has quit his high-paid job. That sounds unbelievable, but as it turns out, it is true.

|

析: as it turns out = 结果是/事实证明。后接从句。

3. 怪不得昨晚我睡不着觉，白天我喝了太多咖啡。

Ans: No wonder I couldn't sleep last night — I drank too much coffee during the day.

|

析: No wonder + 从句。couldn't sleep = 过去时否定。

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。

Ans: You really know how to control your budget. No wonder you have so much savings in the bank.

|

析: No wonder + 从句。savings = 储蓄（可数名词复数）。

5. 会议终于结束了，可是结果我们却没做出任何决定。

Ans: The meeting is finally over. But as it turns out, we didn't make any decision.

|

析: as it turns out = 结果是。make a decision = 做决定。

| 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)

Ans: surf the internet, at times, see

|

析: surf the internet = 上网冲浪。at times = 有时。see advertisements = 看到广告。

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)

Ans: amazing, thoughtful

|

析: amazing = 令人惊异的。thoughtful = 有深度的/经过深思的。此处修饰 movies。

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)

Ans: smell the flowers, nourish your mind, will end up

|

析: smell the flowers = 轻松一下。nourish your mind = 滋养心灵。end up doing sth = 最终…。

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)

Ans: business online, looks promising, despite

|

析: do business online = 在线经营。look promising = 看起来有前途。despite = 尽管。

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.

Ans: F

|

析: 作者的智能手机确实主导了她的思想和行动，但她对此并不感恩——她说"So hey, to hell with you."。

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

Ans: F

|

析: 恰恰相反，作者说"I can no longer sit through a show, maintain an uninterrupted conversation"。她无法不中断地看完一场演出。

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

Ans: T

|

析: Para.2 提到她可以同时参加 5 岁孩子的即兴派对和与老板的每周电话会议，写这封信时也在山中躺椅上。

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

Ans: T

|

析: Para.2 原文："the deep, intricate sense of guilt that comes with trying to be a professional and a parent at the same moment"。

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

Ans: T

|

析: Para.2 原文："You practically let me lead two lives at once."。智能手机让她同时过两种生活。

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

Ans: T

|

析: Para.3 原文："I can capture life's brief sweetness to relive with my husband"。她可以捕捉与儿子们的甜蜜瞬间。

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

Ans: F

|

析: 作者要求手机如果爱她就放她走："if you love me, let me go"。她认为手机应该放她走，而非不可能。

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

Ans: T

|

析: Para.6 原文："Smartphone, you are now my servant. Welcome."。她宣布自己才是主人。

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

Ans: F

|

析: 作者不是要彻底抛弃手机，而是要达成协议：手机继续服务她，但她要每天有段时间离开手机。

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

Ans: F

|

析: Para.6 原文："from now on, this relationship is a one-way street"。她认为关系应该是单向的——她拥有手机，而非互相。

| 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.

Ans: 但另一方面，我正坐在山中的躺椅上写这封抱怨信，看着萤火虫炫耀般地飞舞，我的狗在脚边打鼾。

|

析: lounge chair = 躺椅。fireflies show off = 萤火虫展示（飞舞）。snore = 打鼾。翻译注意画面感。

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.

Ans: 我不该对你大喊大叫，而应该惊叹于这样一个事实：因为你记住了所有事情，我不必用联系人号码和生日之类的东西塞满我的大脑。

|

析: instead of = 而不是。marvel at = 惊叹于。crowd my brain = 塞满大脑。contact numbers = 联系电话。

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.

Ans: "不**"**就应该意味着不，我进门时应该关掉你，我不该再把自己的自我价值感建立在你的消息爆炸程度上。

|

析: No should mean no = 说不就是不。base...on... = 把...建立在...上。blow up = （手机）消息爆炸/疯狂响。

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.

Ans: 就我而言，我会抬头看。我会留意。我会停下。每天要有几段时间，我要在没有你的情况下呼吸、品味、触摸、感受和生活。

|

析: for my part = 就我而言。look up = 抬头看（也暗指放下手机）。savor = 品味。stretches = 一段段时间。

| 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?

Ans: Gen-Zers are most deeply disturbed by mobile phone addiction. They are always looking at their mobile phones — while walking, studying, and lying in bed. Many seem intent on working out how to overcome it.

| 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。

析: Para.1-2 原文。Gen-Zers = Z 世代（90 年代末到 00 年代初出生的人）。be intent on = 决心做某事。

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

Ans: It reveals that half of internet users say they are eager to escape the internet and stay away from mobile phones.

| 《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。

析: Para.3 原文。released by = 由…发布。Internet Development Research Institute of Peking University = 北京大学互联网发展研究院。

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

Ans: A mobile phone isolation box. Users put their phone in the box and set a time lock that prevents access for a set time. When the time expires, a beep sounds.

| 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。

析: Para.4 原文。isolation box = 隔离箱。time lock = 时间锁。expire = 到期。beep = 蜂鸣声。

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

Ans: Lin Qiang believes the individual matters most. He says self-disciplined people are bound to succeed without such stuff. The isolation box is just a "flashy" attempt at a solution.

| 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。

析: Para.7 原文。the individual matters most = 个人因素最重要。flashy = 华而不实的/炫酷的。self-disciplined = 自律的。bound to = 注定/必然。

| 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)