Deaf DJ

Unit 1: The Pursuit of Dreams

Para 1: How Robbie Lost His Hearing / 失去听力

一、抄写单词

infection	感染	
health insurance	医疗保险	
treatment	治疗	
predicted	预言	

二、英汉互译

1. infection → （ ） _____
2. 医疗保险 → （ ） _____

三、翻译

I was born in England with perfect hearing.

_____

四、语法填空

1. _____ 1990, when I was five, my family moved to the United States.

A. after B. in C. into D. without

2. In 1990, when I was five, my family moved to the _____ States.

A. uniting B. units C. united D. unit

> 思政总结 面对听力障碍不放弃，体现了身残志坚的奋斗精神。

Para 2: Growing Up with Music / 音乐中成长

一、抄写单词

hooked	上瘾、着迷	
deejay	打碟(DJ 动词)	

二、英汉互译

1. hooked → （ ） _____
2. 打碟(DJ 动词) → （ ） _____

三、语法选择

I was hooked ___ deejaying after a few weeks.

A. on B. in C. at D. to

四、语法填空

1. After doing that _____ a few weeks, I was hooked.

A. against B. before C. between D. for

2. After doing that for a few weeks, I was _____

A. hooking B. hooked C. hooks D. hook

> 思政总结 家庭音乐熏陶展现了家庭环境对个人成长的重要影响。

Para 3: Finding a Mentor / 找到导师

一、抄写单词

mentor	导师	
muscle memory	肌肉记忆	
takes over	接管	

二、英汉互译

1. mentor → （ ） _____
2. 肌肉记忆 → （ ） _____

三、翻译

He tutored me twice a week for two years, helping me develop correct technique.

_____

四、语法填空

1. Now when I'm performing, muscle memory takes _____

A. between B. in C. into D. over

2. I _____ DJ Shiftee, a well-known New York City DJ, when I was 25: "I know you like a challenge.

A. e-mails B. e-mailed C. e-mail D. e-mailing

> 思政总结 主动求师、勤学苦练，体现了尊师重道与精益求精的工匠精神。

Para 4: Breaking into Clubs / 闯入俱乐部

一、抄写单词

sympathy	同情	
would	过去习惯/拒绝	

二、英汉互译

1. sympathy → （ ）
2. 过去习惯/拒绝 → （ ）

三、语法选择

I wouldn't tell the managers I ___ deaf.

A. am B. was C. had been D. have been

四、语法填空

1. Eventually people _____ calling me "that Deaf DJ," and the name stuck.

A. starting B. starts C. started D. start

2. When I _____ deejaying at clubs, I wouldn't tell the managers I was deaf.

A. starts B. start C. starting D. started

思政总结 不惧偏见、勇敢展示才华，展现了自强不息的进取精神。

Para 5: Feeling the Beat / 感受节拍

一、抄写单词

bass	低音	
frequencies	频率	
come to life	活过来	

二、英汉互译

1. bass → （ ）
2. 频率 → （ ）

三、翻译

The speakers that play the bass are on the floor behind me so I can feel the beat in my feet.

四、语法填空

1. _____ a show, I set up one speaker facing my left side, my good ear, and make it louder all the way up.

A. after B. for C. in D. to

2. And I can feel the energy _____ the song and the crowd goes crazy, you feel that.

A. for B. into C. of D. within

思政总结 以身体感受音乐节拍，体现了身残志坚、勇于创新的精神。

Para 6: Seeing the Music / 看见音乐

一、抄写单词

snare	军鼓/小鼓	
treble	高音	
turntables	唱机	

二、英汉互译

1. snare → （ ）
2. 高音 → （ ）

三、语法选择

What I love about deejaying ___ the creativity.

A. is B. are C. was D. were

四、语法填空

1. I use software that turns the music into lines of color _____ a computer screen.

A. from B. into C. on D. to

2. What I love about deejaying is the creativity, what you can do _____ a machine, two turntables, and a mixer.

A. of B. over C. with D. within

思政总结 借助科技"看见"音乐，展现了科技助人与创新思维的力量。

Para 7: An Invitation / 邀请

一、抄写单词

cover your ears	捂住耳朵	
find your way	找到你的方式	

二、英汉互译

1. cover your ears → （ ）
2. 找到你的方式 → （ ）

三、翻译

Music is not all about hearing.

_____

四、语法填空

1. The next time you go dancing cover your ears, and you'll feel a little bit _____ how I do it.

A. after　B. at　C. before　D. of

2. You'll start seeing that you're able to hear the music _____ a different way.

A. at　B. from　C. in　D. to

思政总结　换位体验、推己及人，体现了关爱他人、共情包容的情怀。

Para 8: Giving Back / 回馈

一、抄写单词

get-togethers	聚会	_____
corporate events	企业活动	_____
motivation	动力、激励	_____

二、英汉互译

1. get-togethers → （ ） _____

2. 企业活动 → （ ） _____

三、语法选择

My advice to you is to let your kids chase ___ dreams.

A. they　B. them　C. their　D. theirs

四、语法填空

1. I tell them, "My advice _____ you is to let [your kids] chase their dreams.

A. by　B. into　C. to　D. with

2. I also go to elementary schools for the deaf and talk to the students about motivation and believing _____ themselves.

A. about　B. before　C. in　D. on

思政总结　回馈社会、激励他人追梦，展现了感恩奉献的社会责任感。

Yu Min

Unit 1: The Pursuit of Dreams

Para 1: The H-Bomb Success / 氢弹成功

一、抄写单词

mushroom cloud	蘑菇云	
hydrogen bomb	氢弹	
key contributor	关键贡献者	

二、英汉互译

1. mushroom cloud → （ ） _____

2. 氢弹 → （ ） _____

三、翻译

On June 17, 1967, a huge mushroom cloud rose in the desert of Xinjiang.

_____

四、语法填空

1. _____ the time, few knew the name of Yu Min, a key contributor behind this.

A. at B. by C. over D. with

2. On June 17, 1967, a huge mushroom cloud rose _____ the desert of Xinjiang, marking the successful development of China's first hydrogen bomb.

A. by B. in C. over D. with

> 思政总结 氢弹成功爆炸，彰显了科技报国的家国情怀。

Para 2: Yu Min's Turning Point and Motivation / 于敏的转折与动力

一、抄写单词

atomic bomb	原子弹	
in full swing	全面展开	
on the agenda	提上日程	
preliminary	a. 初步的	
obliged	a. 有义务的	
national sentiment	民族情感	

二、英汉互译

1. atomic bomb → （ ） _____

2. 全面展开 → （ ） _____

三、语法选择

In 1961, Qian invited Yu ___ in the hydrogen bomb research.

A. participate B. to participate C. participating D. participated

四、语法填空

1. While the making of the A-bomb was _____ full swing, research into the hydrogen bomb was also on the agenda.

A. at B. in C. of D. over

2. In 1961, Qian _____ Yu to participate in the preliminary study of the H-bomb theory.

A. invits B. invit C. invited D. inviting

> 思政总结 服从国家需要、放弃个人兴趣，体现了舍小我为大我的奉献精神。

Para 3: Three Months to Design the Bomb / 三个月完成设计

一、抄写单词

accelerate	v. 加速	
self-reliant	a. 自主的	
tirelessly	adv. 不知疲倦地	
computer bug	计算机错误	
profound	a. 渊博的	

二、英汉互译

1. accelerate → （ ） _____

2. a. 自主的 → （ ） _____

三、翻译

Yu worked tirelessly and completed the design of the bomb after three months.

_____

四、语法填空

1. "We used a computer for calculations," Yu's younger colleague Du Xiangwan recalled, "but Yu Min could discover a computer bug _____ doing a calculation.

A. about B. in C. through D. without

2. "We used a computer for calculations," Yu's younger colleague Du Xiangwan _____ "but Yu Min could discover a computer bug in doing a calculation.

A. recalls B. recalling C. recalled D. recall

思政总结 三个月完成设计，展现了自力更生、刻苦攻关的科研精神。

Para 4: Successful H-Bomb Test / 氢弹试验成功

一、抄写单词

perseverance	n. 坚持不懈	
merely	adv. 仅仅	
miraculously	adv. 奇迹般地	
hitherto	adv. 迄今	

二、英汉互译

1. perseverance → （ ） _____

2. adv. 仅仅 → （ ） _____

三、语法选择

Yu's talent and hard work ___ to the successful explosion.

A. lead B. leads C. led D. leading

思政总结 中国速度的氢弹试验，彰显了集中力量办大事的制度优势。

Para 5: Later Contributions and Sacrifices / 后续贡献与牺牲

一、抄写单词

second-generation	第二代	
retired	v. 退休	
hardships	n. 艰难困苦	
radiation damage	辐射伤害	
breakthroughs	n. 突破	

二、英汉互译

1. second-generation → （ ） _____

2. v. 退休 → （ ） _____

三、翻译

His name remained a secret until 1988.

_____

四、语法填空

1. _____ later years Yu moved on to the development of second-generation nuclear weapons until he retired in 1989.

A. against B. for C. in D. over

2. In later years Yu moved on to the development of second-generation nuclear weapons until he _____ in 1989.

A. retir B. retiring C. retirs D. retired

思政总结 不畏艰险、不怕辐射，体现了科技工作者无私奉献的家国情怀。

Para 6: Hidden Name for 30 Years / 隐姓埋名三十年

一、抄写单词

personal sacrifices	个人牺牲	
enormous	a. 巨大的	
highly classified	高度机密	
involvement	n. 参与	

二、英汉互译

1. personal sacrifices → （ ） _____

2. a. 巨大的 → （ ） _____

三、语法选择

He was awarded the "Two Bombs, One Satellite" Achievement Medal ___ 1999.

A. on B. at C. in D. for

四、语法填空

1. Nuclear weapon projects were highly _____ in the 1960s, so his name remained a secret until 1988.

A. classifying B. classified C. classifys D. classify

2. Nuclear weapon projects were highly classified _____ the 1960s, so his name remained a secret until 1988.

A. in B. of C. on D. without

思政总结 三十年隐姓埋名，展现了严守纪律、甘于寂寞的奉献精神。

Para 7: Honors and Humility / 荣誉与谦逊

一、抄写单词

publicly recognized	被公开认可	
awarded	v. 被授予	
Medal of the Republic	共和国勋章	
declined	v. 拒绝	
fade	v. 消逝	
prosper	v. 繁荣	

二、英汉互译

1. publicly recognized → （ ） _____

2. v. 被授予 → （ ） _____

三、翻译

Yu Min could discover a computer bug in doing calculations that the computer itself could not detect.

_____

四、语法填空

1. When I can do my little bit _____ make our motherland prosper, that's enough to console myself."

A. between B. for C. to D. within

2. He was _____ the "Two Bombs, One Satellite" Achievement Medal in 1999, and honored with the country's top science and technology award in 2014.

A. award B. awards C. awarding D. awarded

思政总结 荣誉面前保持谦逊，体现了淡泊名利、心系祖国的高尚品格。

Janitor Filipaj

Unit 1: The Pursuit of Dreams

Para 1: Identity and Graduation Day / Filipaj 的身份与毕业日

一、抄写单词

janitor	n. 看门人；门卫	
refugee	n. 难民	
payback time	回报时刻	
bachelor's degree	n. 学士学位	

二、英汉互译

1. janitor → （ ） _____
2. n. 难民 → （ ） _____

三、翻译

For years, Gac Filipaj mopped floors, cleaned toilets and took out trash at Columbia University.

_____

四、语法填空

1. A refugee from war-torn Yugoslavia, he made a living working _____ the Ivy League school since 1993.

A. after B. at C. for D. in

2. For years, Gac Filipaj _____ floors, cleaned toilets and took out trash at Columbia University.

A. mopping B. mopp C. mopped D. mopps

思政总结 清洁工获学士学位，展现了知识改变命运的奋斗精神。

Para 2: Free Classes and Love for Seneca / 免费读书与最爱 Seneca

一、抄写单词

employee	n. 员工	
philosopher	n. 哲学家	
statesman	n. 政治家	
fame and fortune	名与利	
honorable	a. 光荣的；可敬的	

二、英汉互译

1. employee → （ ） _____
2. n. 哲学家 → （ ） _____

三、语法选择

As a Columbia employee, he didn't have ___ pay for the classes.

A. for B. to C. at D. in

四、语法填空

1. As a Columbia employee, he didn't have _____ pay for the classes he took.

A. across B. by C. into D. to

思政总结 酷爱古典哲学、不慕名利，体现了对精神追求的坚守。

Para 3: Years of Hard Study / 多年苦读与克服困难

一、抄写单词

shift	n. 轮班	
pull all-nighters	通宵学习	
mother tongue	母语	
admitted to	被录取	
graduation with honors	以优异成绩毕业	
resulted from	源于	

二、英汉互译

1. shift → （ ） _____
2. 通宵学习 → （ ） _____

三、翻译

The degree comes after years studying late into the night in his Bronx apartment.

_____

四、语法填空

1. Before exam time or to finish a paper, he'd pull all-nighters, then go to class _____ the morning and then to work.

A. for B. from C. in D. over

思政总结 通宵苦读、克服困难，展现了自强不息、勤学不辍的学习精神。

Para 4: Smile at Graduation / 毕业典礼上的笑容

一、抄写单词

flashed a huge smile	露出灿烂笑容	
thumbsup	n. 竖大拇指	
podium	n. 讲台	
presided over	主持	

二、英汉互译

1. flashed a huge smile → （ ）
2. n. 竖大拇指 → （ ）

三、语法选择

Filipaj flashed a huge smile and a thumbsup ___ he walked off the podium.

A. as B. because C. although D. unless

思政总结 毕业典礼上的笑容，是对坚持不懈最好的回报。

Para 5: Peter Awn's Praise / Peter Awn 的评价

一、抄写单词

custodial work	清洁工作	
humble	a. 谦逊的	
grateful	a. 感恩的	
makes his own future	创造自己的未来	

二、英汉互译

1. custodial work → （ ）
2. a. 谦逊的 → （ ）

三、翻译

He is very humble and grateful, but he's an individual who makes his own future.

四、语法填空

1. "This is a man _____ great pride, whether he's doing custodial work or academics," said Peter Awn, dean of Columbia's School of General Studies.

A. at B. from C. with D. without

思政总结 谦逊感恩、脚踏实地，体现了劳动光荣、敬业奉献的价值观。

Para 6: Fleeing War and Pursuing Education / 逃离战乱与求学之路

一、抄写单词

fled	v. 逃离(flee 的过去式)	
siblings	n. 兄弟姐妹	
dedicated	a. 专注的；投入的	
civil war	n. 内战	

二、英汉互译

1. fled → （ ）
2. n. 兄弟姐妹 → （ ）

三、语法选择

Filipaj has always been a ___ student.

A. dedicate B. dedicating C. dedicated D. dedication

思政总结 逃离战乱、追求教育，展现了知识改变命运的坚定信念。

Para 7: Arriving in New York / 初到纽约与进入哥伦比亚

一、抄写单词

shelter	n. 住所；庇护	
busboy	n. 餐厅服务员助手	
topped his list	排在首位	

二、英汉互译

1. shelter → （ ）
2. n. 餐厅服务员助手 → （ ）

三、翻译

I asked people, which are the best schools in New York?

四、语法填空

1. At first _____ New York, his uncle in the Bronx offered him shelter while he worked as a restaurant busboy.

A. against　B. from　C. in　D. on

2. At first in New York, his uncle in the Bronx _____ him shelter while he worked as a restaurant busboy.

A. offering　B. offered　C. offer　D. offers

思政总结　初到纽约、从底层做起，体现了不畏艰难、脚踏实地的奋斗精神。

Para 8: Supporting Family and Simple Life / 资助家人与简朴生活

一、抄写单词

twenty-two-dollar-an-hour	每小时 22 美元的	
saves	v. 节省	
cellphone	n. 手机	
via e-mail	通过电子邮件	

二、英汉互译

1. twenty-two-dollar-an-hour → （ ）

2. v. 节省 → （ ）

三、语法选择

Part of his pay still ___ back to his family.

A. go　B. goes　C. going　D. gone

四、语法填空

1. Part of his twenty-two-dollar-an-hour janitor's pay still goes back to his brother, wife and two kids _____ Montenegro.

A. between　B. in　C. to　D. without

2. Filipaj also saves by not paying for a cellphone; he can only be _____ via e-mail.

A. reachs　B. reach　C. reaching　D. reached

思政总结　资助家人、简朴生活，展现了孝老爱亲、勤俭节约的传统美德。

Para 9: Attitude Toward Hardships / 面对困难的态度

一、抄写单词

slightest	a. 最少的；丝毫的	
regret	n. 遗憾	
bitterness	n. 怨恨	
encounters	n. 相遇(n.复数)	

二、英汉互译

1. slightest → （ ）

2. n. 遗憾 → （ ）

三、翻译

Filipaj didn't show the slightest regret or bitterness about his hard life.

四、语法填空

1. Instead, he cheerfully described encounters _____ surprised younger students who wondered why their classmate was cleaning up after them.

A. after　B. against　C. between　D. with

2. Instead, he cheerfully _____ encounters with surprised younger students who wondered why their classmate was cleaning up after them.

A. describ　B. described　C. describing　D. describs

思政总结　面对困难不抱怨，体现了乐观向上、积极进取的人生态度。

Para 10: Future Ambitions / 未来志向

一、抄写单词

ambition	n. 雄心；志向	
master's degree	n. 硕士学位	
Ph.D.	n. 博士学位	
translating	v. 翻译	

二、英汉互译

1. ambition → （ ）

2. n. 硕士学位 → （ ）

三、语法选择

His ambition is ___ a master's degree.

A. get　B. to get　C. getting　D. got

四、语法填空

1. He hopes _____ become a teacher someday, while translating his favorite classics into Albanian.

A. between B. by C. to D. with

2. His ambition is to get a master's degree, maybe even a Ph.D., _____ Roman and Greek classics.

A. by B. in C. on D. within

思政总结 志在硕士博士，展现了终身学习、不断超越的进取精神。

Para 11: True Richness / 真正的财富

一、抄写单词

supervisor	n. 主管	
furthering	v. 推进；深造	
richness	n. 丰富；财富	
citizen	n. 公民	

二、英汉互译

1. supervisor → （ ） _____

2. v. 推进；深造 → （ ） _____

三、翻译

The richness is in me, in my heart and in my head, not in my pockets.

_____

四、语法填空

1. "The richness is _____ me, in my heart and in my head, not in my pockets," said Filipaj, who is now an American citizen.

A. across B. before C. in D. with

2. He's not _____ in furthering his studies to make more money.

A. interest B. interested C. interesting D. interests

思政总结 "真正的财富在心中"，体现了精神追求高于物质享受的人生观。

Para 12: Back to Work / 回到工作

一、抄写单词

spirited	a. 精神饱满的	
broom	n. 扫帚	
dustpan	n. 簸箕	

二、英汉互译

1. spirited → （ ） _____

2. n. 扫帚 → （ ） _____

三、语法选择

Soon after, the spirited janitor picked up a broom and ___ back to work.

A. go B. goes C. went D. going

四、语法填空

1. Soon after, the spirited, 5-foot-4 janitor picked up a broom and dustpan and went back _____ work.

A. at B. between C. through D. to

2. Soon after, the _____ 5-foot-4 janitor picked up a broom and dustpan and went back to work.

A. spirited B. spirits C. spiriting D. spirit

思政总结 拿起扫帚继续工作，展现了劳动光荣、脚踏实地的人生态度。

All Grown Up and Still in Tow

Unit 2: Freshman Year

Para 1: The Scene at the Registrar's Office / 注册办公室的场景

一、抄写单词

humiliating	令人羞愧的	
registrar	注册主任	
take charge	掌管，负责	
embarrassment	尴尬	
overhear	无意中听到	
course load	课业负担	

二、英汉互译

1. humiliating → （ ） _____
2. 注册主任 → （ ） _____

三、翻译

How humiliating to be in a university registrar's office with your father taking charge.

_____

四、语法填空

1. The father was questioning the registrar about his son's fall courses, course load, and the possibility _____ changing his major.

A. across B. at C. of D. without

2. In fact, I felt so uncomfortable that I _____ away.

A. looks B. looking C. looked D. look

> 思政总结 父母过度干预子女，引发对独立成长的思考。

Para 2: My Reaction and Reflection / 我的反应与反思

一、抄写单词

nonetheless	然而，尽管如此	
misguided	被误导的	
undergraduate	大学本科生	
accompany	陪同	
in a word	一句话，总之	

二、英汉互译

1. nonetheless → （ ） _____
2. 被误导的 → （ ） _____

三、语法选择

I felt ___ uncomfortable that I looked away.

A. so B. such C. too D. very

四、语法填空

1. On my way out, I _____ the father and son were still at the counter.

A. noticed B. notics C. noticing D. notic

2. _____ those days, we did not have parents accompanying us to the registrar's office.

A. across B. between C. from D. in

> 思政总结 反思父母行为，体现了对青年独立人格的关注。

Para 3: Anger and the Teaching Assistant Seminar / 愤怒与助教研讨会

一、抄写单词

grow up	长大，成熟	
seminar	研讨会	
teaching assistant	助教	
complain	投诉，抱怨	
assignment	作业	
let go	放手	

二、英汉互译

1. grow up → （ ） _____
2. 研讨会 → （ ） _____

三、翻译

No doubt, he means well. He is, nonetheless, misguided.

_____

四、语法填空

1. It is a very real issue _____ universities these days.

A. against B. from C. in D. of

2. "Oh, grow up, go home," I _____ to shout at Dad from my place in the line.

A. wanting B. wants C. want D. wanted

思政总结 对"直升机父母"的愤怒，反映了对青年自主成长的呼唤。

Para 4: Parents, Let Your Children Be Adults / 父母们，让孩子成为成年人

一、抄写单词

eagerly	急切地	
drop (off)	放下（某人）	
St. Hilda's College	圣希尔达学院	

二、英汉互译

1. eagerly → （ ） _____

2. 放下（某人） → （ ） _____

三、语法选择

I was equally shocked ___ I sat in a seminar for 500 first-year teaching assistants.

A. when B. until C. unless D. before

四、语法填空

1. Rather, they are eagerly trying _____ be adults.

A. after B. against C. to D. with

2. Twenty years ago, when I first _____ university, parents did not follow their children all the way there.

A. entered B. entering C. enters D. enter

思政总结 父母应学会放手，让孩子在独立中成长。

Para 5: Muddling Through University Life / 跌跌撞撞走过大学生活

一、抄写单词

muddle through	跌跌撞撞地度过	
perils	危险	
pleasures	乐趣	
caring	关心的	
reflection	反映	

二、英汉互译

1. muddle through → （ ） _____

2. 危险 → （ ） _____

三、翻译

Mom and Dad, your children are no longer children.

_____

四、语法填空

1. I was not ready, prepared or clearly aware about what would happen over the course _____ the next four years, but I muddled through.

A. after B. into C. of D. within

2. I was not ready, _____ or clearly aware about what would happen over the course of the next four years, but I muddled through.

A. prepared B. prepars C. preparing D. prepar

思政总结 跌跌撞撞中成长，体现了在挫折中锻炼独立能力的重要性。

Para 6: Two Generations of Parents / 两代父母

一、抄写单词

set foot in	踏入	
supportive	支持的	
plead	恳求	
stay put	留在原地不动	
negotiate	协商	

二、英汉互译

1. set foot in → （ ） _____

2. 支持的 → （ ） _____

三、语法选择

I was not ready, prepared ___ clearly aware about what would happen.

A. and B. or C. but D. nor

四、语法填空

1. They were pleased, and supportive, when I decided to attend but they considered me an adult _____ 18.

A. across　B. at　C. between　D. to

2. They were _____ and supportive, when I decided to attend but they considered me an adult at 18.

A. pleass　B. pleasing　C. pleased　D. pleas

思政总结　两代父母对比，反映了时代变迁中教育理念的进步。

Para 7: Letting Go / 放手

一、抄写单词

overly	过度地	
scholarship	奖学金	
undertake	承担	
graduate research	研究生研究	

二、英汉互译

1. overly → （ ）_____

2. 奖学金 → （ ）_____

三、翻译

They were pleased, and supportive, when I decided to attend but they considered me an adult at 18.

四、语法填空

1. Too many baby-boomer parents are overly concerned _____ success.

A. between　B. into　C. to　D. with

2. Too many baby-boomer parents are overly _____ with success.

A. concerns　B. concern　C. concerned　D. concerning

思政总结　学会放手是父母最大的爱，体现了尊重子女独立人格的教育观。

Learning to Make a Difference

Unit 2: Freshman Year

Para 1: Dropping Off Our Youngest / 送别最小的孩子

一、抄写单词

drop off	让…下车	
freshman	大学新生	
emotion	情绪	
await	期待，等候	

二、英汉互译

1. drop off → （ ） _____
2. 大学新生 → （ ） _____

三、翻译

Leaving your youngest child at college is an act of mixed emotions.

_____

四、语法填空

1. Leaving your youngest child _____ college is an act of mixed emotions.

A. at B. of C. through D. within

思政总结 送别孩子上大学，体现了父母之爱与独立成长的平衡。

Para 2: The Most Special Year / 最特别的一年

一、抄写单词

independence	独立；自立	
head down	出发，前行	

二、英汉互译

1. independence → （ ） _____
2. 出发，前行 → （ ） _____

三、语法选择

Freshman year is perhaps ___ most special year in a young adult's life.

A. a B. an C. the D. /

四、语法填空

1. Freshman year is exciting: perhaps the most special year _____ a young adult's life.

A. about B. by C. in D. without

思政总结 大一新生年是走向独立的重要起点。

Para 3: Davidson College / 戴维森学院

一、抄写单词

liberal arts	大学文科	
performance	成绩	
commitment	承诺；致力	
global perspective	全球视野	

二、英汉互译

1. liberal arts → （ ） _____
2. 成绩 → （ ） _____

三、翻译

Our youngest is at school at Davidson College in North Carolina.

_____

四、语法填空

1. Indeed, all of them are strong family values _____ us.

A. before B. by C. for D. within

2. _____ all of them are strong family values for us.

A. indeing B. indeed C. inde D. indes

思政总结 大学教育培养全球视野与责任担当。

Para 4: A Better Launching Pad / 更好的起点

一、抄写单词

launching pad	起点；发射台	
honorable	正直的	

cannot help but	不得不	
in store	将发生；就要来临	
well-rounded	全面的	

二、英汉互译

1. launching pad → （ ）
2. 正直的 → （ ）

三、语法选择

I can't imagine a ___ place to go to school.

A. good B. better C. best D. well

四、语法填空

1. I can't imagine a better place _____ go to school, or a better launching pad for the journey to becoming a useful, caring, honorable adult.

A. about B. for C. through D. to

思政总结 大学是成长成才的起点，要全面发展。

Para 5: Future Shock? / 未来的冲击？

一、抄写单词

glance	浏览	
intention	意图	
break down	分解	
magnitude	重要（性）	
urgent	紧急的	

二、英汉互译

1. glance → （ ）
2. 意图 → （ ）

三、翻译

On the way home, I glanced over the newspapers.

四、语法填空

1. On the way home, I _____ over the newspapers.

A. glancs B. glanced C. glanc D. glancing

2. I know every generation faces its own challenges, but there is a magnitude and deadliness _____ today's problems that troubles me.

A. after B. at C. of D. to

思政总结 关注世界问题，体现了青年学子的家国情怀。

Para 6: The World's Urgent Challenges / 世界的紧迫挑战

一、抄写单词

humankind	人类	
thrive	繁荣，兴旺	
get by	勉强过活	
overpowered	被压倒	

二、英汉互译

1. humankind → （ ）
2. 繁荣，兴旺 → （ ）

三、语法选择

There was nothing ___ in the news.

A. hearten B. heartening C. heartened D. heartens

四、语法填空

1. That was certainly true when my parents dropped me off _____ college 40 years ago this week.

A. at B. of C. on D. within

2. That was certainly true when my parents _____ me off at college 40 years ago this week.

A. dropping B. dropp C. dropped D. dropps

思政总结 世界面临紧迫挑战，青年一代要有使命担当。

Para 7: Einstein's Words / 爱因斯坦的话

一、抄写单词

torch	火炬	
instructive	有益的	
imagination	想象力	

embrace	包含；拥抱	

二、英汉互译

1. torch → （ ）

2. 有益的 → （ ）

三、翻译

The world has always had its urgent challenges.

四、语法填空

1. Soon enough, the torch will pass from us _____ our children.

A. across B. by C. on D. to

2. _____ this question, I find the words of Albert Einstein particularly instructive.

A. in B. on C. with D. without

思政总结 想象力比知识更重要，体现了创新思维的育人价值。

Para 8: A Parent's Wish / 父母的期望

一、抄写单词

inquiry	询问；探究	
community	社区；社会	
self-assured	自信心强的	
self-aware	自知的	
obligation	义务（或责任）	

二、英汉互译

1. inquiry → （ ）

2. 社区；社会 → （ ）

三、语法选择

___ the torch will pass from us to our children.

A. Soon enough B. Sooner or later C. Soon D. Sooner

思政总结 知识与实践结合，培养社会责任感。

Para 9: What Matters Most / 最重要的是什么

一、抄写单词

GPA	平均积分点	
passion	热情	
honesty	正直；诚实	
matter	要紧；有重要性	

二、英汉互译

1. GPA → （ ）

2. 热情 → （ ）

三、翻译

Imagination is more important than knowledge.

四、语法填空

1. For the last year or so, these kids, the class of 2014, have been measured _____ an extraordinary degree by GPAs and test scores.

A. by B. for C. into D. to

2. For the last year or so, these kids, the class of 2014, have been _____ to an extraordinary degree by GPAs and test scores.

A. measuring B. measur C. measured D. measurs

思政总结 品格比分数更重要，体现了立德树人的教育理念。

Go It Alone

Unit 2: Freshman Year

Para 1: A New Policy / 新政策

一、抄写单词

with an eye to	着眼于	
independence	独立	
social	社会的；社交的	
enroll	注册入学	

二、英汉互译

1. with an eye to → （ ） _____
2. 独立 → （ ） _____

三、翻译

Chinese universities are encouraging freshmen to enroll by themselves without their parents' help.

_____

思政总结 大学鼓励新生独立报到，培养自立精神。

Para 2: The Old Scene / 旧场景

一、抄写单词

accompany	陪同	

二、英汉互译

1. accompany → （ ） _____
2. 陪同 → （ ） _____

三、语法选择

It used ___ quite a scene when families accompanied their children to college.

A. to be B. being C. to D. be

四、语法填空

1. It used to be quite a scene when families accompanied their children to college enrollment _____ China.

A. before B. by C. in D. of

2. It used to be quite a scene when families _____ their children to college enrollment in China.

A. accompany B. accompanys C. accompanying D. accompanied

思政总结 过去家长陪同报到的场景，引发对独立能力的反思。

Para 3: Campuses Filled with Luggage / 行李堆满校园

一、抄写单词

packed with	装满	
procedure	手续	
settle in	安顿下来	

二、英汉互译

1. packed with → （ ） _____
2. 手续 → （ ） _____

三、翻译

Vehicles packed with luggage usually filled campuses.

_____

思政总结 行李堆满校园，反映了过度依赖的问题。

Para 4: A Different Scene at Tsinghua / 清华的不同景象

一、抄写单词

二、英汉互译

三、语法选择

___ it was a different scene at Tsinghua University.

A. And B. But C. So D. Or

四、语法填空

1. However, it was a different scene at Tsinghua University _____ Wednesday, when more than 3,000 freshmen reported to school and finished all the procedures themselves.

A. between B. in C. on D. without

2. However, it was a different scene at Tsinghua University on Wednesday, when more than 3,000 freshmen _____ to school and finished all the procedures themselves.

A. reported B. report C. reporting D. reports

思政总结 清华新生独立报到，展现了自立自强的青年风貌。

Para 5: The Yellow Line / 黄线分隔

一、抄写单词

arena	体育馆	
documentation	文件	
credential	证件	
distribution	分配	

二、英汉互译

1. arena → （ ） _____

2. 文件 → （ ） _____

三、翻译

A yellow line drawn across the entrance of the school arena separated parents from their children.

_____

四、语法填空

1. The students would spend as much as three hours dealing _____ the enrollment procedures, including department registration, credential collection and room distribution.

A. after B. in C. through D. with

2. A yellow line drawn across the entrance of the school arena _____ parents from their children, who entered the gym alone with their documentation.

A. separat B. separated C. separats D. separating

思政总结 黄线分隔父母与子女，体现了培养独立人格的教育理念。

Para 6: Senior Schoolmates Help / 学长帮忙

一、抄写单词

transfer	搬运	
explore	探索	

二、英汉互译

1. transfer → （ ） _____

2. 探索 → （ ） _____

三、语法选择

Senior schoolmates helped new students ___ their baggage.

A. transfer B. transferring C. transferred D. to transferring

四、语法填空

1. Senior schoolmates _____ new students transfer their baggage and explore the campus.

A. helped B. helping C. helps D. help

思政总结 学长帮助新生，展现了互助友爱的校园文化。

Para 7: President Chen's Vision / 陈校长的愿景

一、抄写单词

self-reliance	自立	
crucial	关键的	

二、英汉互译

1. self-reliance → （ ） _____

2. 关键的 → （ ） _____

三、翻译

The move is expected to improve young Chinese people's self-reliance and independent spirit.

_____

思政总结 培养自立精神，是大学教育的重要目标。

Para 8: Education's Goal / 教育的目标

一、抄写单词

cultivate	培养	
embody	体现	
admission letter	录取通知书	

二、英汉互译

1. cultivate → （ ） _____

2. 体现 → （ ） _____

三、语法选择

An important goal of higher education is ___ students' independent personalities.

A. cultivate　B. to cultivate　C. cultivating　D. cultivated

思政总结　教育的根本目标是培养独立人格。

Para 9: Make a Difference from the Start / 从一开始就改变

一、抄写单词

spoil	溺爱	

二、英汉互译

1. spoil → （ ）_____

2. 溺爱 → （ ）_____

三、翻译

How can youngsters grow up with their parents spoiling them and taking care of everything?

四、语法填空

1. "How can youngsters grow up _____ their parents spoiling them and taking care of everything?

A. between　B. of　C. with　D. within

2. We expect _____ make a difference from the beginning."

A. before　B. from　C. to　D. with

思政总结　从一开始就改变，体现了破旧立新的教育改革精神。

Para 10: Positive Response / 积极回应

一、抄写单词

二、英汉互译

三、语法选择

The call got a positive response ___ students.

A. from　B. to　C. for　D. at

四、语法填空

1. The call got a positive response _____ students.

A. from　B. over　C. to　D. within

思政总结　学生积极响应独立报到，展现了青年一代的担当。

Para 11: Feng Lei's Journey / 冯磊的旅程

一、抄写单词

hydraulic engineering	水利工程	

二、英汉互译

1. hydraulic engineering → （ ）_____

2. 水利工程 → （ ）_____

三、翻译

Feng Lei took a 25-hour train ride to Beijing with only one schoolmate.

四、语法填空

1. Feng Lei, a student from Gansu province who will study hydraulic engineering, took a 25-hour train ride _____ Beijing with only one schoolmate.

A. between　B. by　C. in　D. to

思政总结　独自远行求学，体现了自立自强的精神。

Para 12: A New Stage of Life / 人生新阶段

一、抄写单词

二、英汉互译

三、语法选择

Coming to the university ___ a new stage of my life.

A. open　B. opens　C. opened　D. opening

四、语法填空

1. "Coming _____ the university opens a new stage of my life, and I should learn to take care of myself from the start."

A. before　B. of　C. over　D. to

2. "It's my first long trip without my parents, and I am actually quite _____ about it," he said.

A. excited　B. excits　C. exciting　D. excit

思政总结 大学是人生新阶段，要学会独立生活。

Para 13: Making New Friends / 交新朋友

一、抄写单词

二、英汉互译

三、翻译

Feng said he has already made three new friends after enrollment.

四、语法填空

1. Feng said he has already made three new friends after enrollment and it really helps _____ get to know each other.

A. about B. from C. on D. to

思政总结 交友互助，展现了团结友爱的人际关系。

Para 14: Other Universities Follow / 其他大学跟进

一、抄写单词

inspire	鼓舞	
campaign	活动	
initiative	倡议	
promote	推广	

二、英汉互译

1. inspire → （ ）

2. 活动 → （ ）

三、语法选择

Inspired by Tsinghua, other universities ___ their own campaigns.

A. launch B. launched C. have launched D. launching

四、语法填空

1. Inspired by Tsinghua, other universities have also launched their own campaigns _____ encourage students to enroll alone.

A. about B. by C. to D. without

2. _____ by Tsinghua, other universities have also launched their own campaigns to encourage students to enroll alone.

A. inspirs B. inspir C. inspiring D. inspired

思政总结 各高校跟进推广，体现了教育改革的示范效应。

Para 15: The Problem with 1990s Kids / 90 后的问题

一、抄写单词

arrange	安排	
hamper	妨碍	
all-around	全面的	

二、英汉互译

1. arrange → （ ）

2. 妨碍 → （ ）

三、翻译

The lack of independence has been a major concern for kids born in the 1990s.

思政总结 过度溺爱妨碍全面发展，引发对家庭教育的反思。

Para 16: Schools Should Do More / 学校应该做更多

一、抄写单词

on one's own	靠自己	

二、英汉互译

1. on one's own → （ ）

2. 靠自己 → （ ）

三、语法选择

Schools should provide ___ independence-developing programs.

A. many B. more C. much D. most

思政总结 学校应提供更多独立教育，培养全面发展的人才。

Guardians of Dunhuang

Unit 4: Meeting People Who Have Touched China

Para 1: Ji Xianlin's Voice / 季羡林的心声

一、抄写单词

distinguished	杰出的	
linguist	语言学家	
Buddhism	佛教	

二、英汉互译

1. distinguished → （ ）
2. 语言学家 → （ ）

三、翻译

My inner voice tells me to stay here, perhaps forever.

四、语法填空

1. "Though my body must leave, my heart belongs _____ Dunhuang forever."

A. between B. in C. on D. to

思政总结 季羡林心系敦煌，体现了文化守护者的家国情怀。

Para 2: History of the Mogao Caves / 莫高窟的历史与地位

一、抄写单词

UNESCO World Heritage Site	联合国教科文组织世界遗产	
strategic	战略性的	
fresco	壁画	
scripture	经文	
oblivion	遗忘	
passionate commitment	热情的投入	

二、英汉互译

1. UNESCO World Heritage Site → （ ）
2. 战略性的 → （ ）

三、语法选择

Ji was not the first or the last ___ by the Mogao Caves.

A. fascinate B. fascinated C. to fascinate D. to be fascinated

四、语法填空

1. They were first built by monks _____ the year 360.

A. between B. in C. into D. without

2. Some have even _____ their lives to protecting the cave art and keeping it alive.

A. devoting B. devots C. devot D. devoted

思政总结 莫高窟列入世界遗产，彰显了中华文化的独特魅力。

Para 3: Chang Shuhong: From Paris to Dunhuang / 常书鸿：从巴黎到敦煌

一、抄写单词

make a name for oneself	成名	
come across	偶然发现	
treasure house	宝库	
commitment	承诺；投入	

二、英汉互译

1. make a name for oneself → （ ）
2. 偶然发现 → （ ）

三、翻译

The 735 caves house colored statues, frescoes, and Buddhist scriptures.

四、语法填空

1. But all this was soon to change, after he came across a book _____ the Dunhuang caves.

A. about B. after C. by D. on

2. Chang was _____ to discover that China had such a long-hidden treasure house of art!

A. amazs B. amazed C. amaz D. amazing

思政总结 常书鸿放弃海外成就回国守护敦煌，展现了文化自信与奉献精神。

Para 4: Chang Shuhong: Hardship and Devotion / 常书鸿：艰苦坚守

一、抄写单词

be short of	缺乏	
beyond description	难以描述	
meticulously	一丝不苟地	

二、英汉互译

1. be short of → （ ）
2. 难以描述 → （ ）

三、语法选择

Chang was amazed ___ the treasure house of Chinese art.

A. at B. in C. on D. for

四、语法填空

1. Chang returned _____ China and helped establish a research institute to study the Dunhuang cave art.

A. about B. at C. over D. to

2. Chang _____ to China and helped establish a research institute to study the Dunhuang cave art.

A. returned B. returning C. returns D. return

思政总结 艰苦条件下坚守敦煌，体现了文化传承的使命担当。

Para 5: Fan Jinshi: Daughter of Dunhuang / 樊锦诗：敦煌的女儿

一、抄写单词

follow in sb.'s footsteps	步某人后尘	
dedicate	奉献	
archaeology	考古学	
internship	实习	

二、英汉互译

1. follow in sb.'s footsteps → （ ）
2. 奉献 → （ ）

三、翻译

Chang returned to China and helped establish a research institute to study the Dunhuang cave art.

四、语法填空

1. However, she was completely overcome _____ the beauty of the ancient artworks.

A. after B. by C. from D. with

2. Dunhuang is a different world from Beijing and Shanghai, Fan _____

A. admitting B. admitts C. admitt D. admitted

思政总结 樊锦诗奉献一生守护敦煌，展现了"敦煌女儿"的家国情怀。

Para 6: Fan Jinshi: Digital Preservation / 樊锦诗：数字化保护

一、抄写单词

take charge of	负责	
erosion	侵蚀	
sustainable	可持续的	
state-of-the-art	最先进的	

二、英汉互译

1. take charge of → （ ）
2. 侵蚀 → （ ）

三、语法选择

They had to work in a temple, ___ salty, muddy water.

A. drink B. drank C. drinking D. drunk

四、语法填空

1. Later as vice-president, then president _____ the Dunhuang Academy, Fan took charge of site planning, scientific research, environmental monitoring and control, and visitor management.

A. from B. of C. to D. with

2. Fan did much of her research without electricity until the 1980s, when conditions _____ slightly.

A. improving B. improvs C. improved D. improv

思政总结 数字化保护文化遗产，体现了科技与文化传承的创新融合。

Para 7: Eternal Guardians / 永恒的守护

一、抄写单词

devotion	奉献	
sacrifice	牺牲	
astonish	使惊叹	

二、英汉互译

1. devotion → （ ）

2. 牺牲 → （ ）

三、翻译

Fan Jinshi is widely known as the daughter of Dunhuang for dedicating her whole life to the cause of protecting the caves.

思政总结 守护者们的毕生奉献，让中华文化瑰宝永续传承。

Zhan Tianyou

Unit 4: Meeting People Who Have Touched China

Para 1: The 2022 Winter Olympics Connection / 2022 年冬奥会的联系

一、抄写单词

railroad	铁路	
athlete	运动员	
marvel at	钦佩	
supervision	监督，管理	
assistance	帮助，援助	

二、英汉互译

1. railroad → （ ） _____

2. 运动员 → （ ） _____

三、翻译

The Beijing-Zhangjiakou high-speed railroad drew world attention during the 2022 Winter Olympics.

_____

四、语法填空

1. During the 2022 Winter Olympics, the Beijing-Zhangjiakou high-speed railroad drew world attention as bullet trains transported athletes and visitors _____ the two host cities.

A. after B. between C. into D. through

2. During the 2022 Winter Olympics, the Beijing-Zhangjiakou _____ railroad drew world attention as bullet trains transported athletes and visitors between the two host cities.

A. high-spes B. high-spe C. high-speing D. high-speed

> 思政总结 京张高铁连接冬奥，展现了中国铁路建设的辉煌成就。

Para 2: Western Control of Early Railroads / 西方控制早期铁路

一、抄写单词

with an eye on	着眼于	
carve up	瓜分	
let alone	更不用说	

二、英汉互译

1. with an eye on → （ ） _____

2. 瓜分 → （ ） _____

三、语法选择

The earliest railroad lines in China ___ by Western powers.

A. built B. were built C. are built D. build

四、语法填空

1. Few Chinese were interested _____ railroads, let alone learning how to build them.

A. in B. of C. on D. over

2. Few Chinese were _____ in railroads, let alone learning how to build them.

A. interesting B. interests C. interest D. interested

> 思政总结 西方列强控制铁路，引发对民族独立的深刻反思。

Para 3: A Boy Studying in America / 留美少年

一、抄写单词

select	选择，挑选	
excel in	优于，擅长	

二、英汉互译

1. select → （ ） _____

2. 优于，擅长 → （ ） _____

三、翻译

Zhan was selected by the Qing government in 1872 at the age of 12 to study Western technology in America.

_____

四、语法填空

1. Zhan was a bright boy who was often seen studying and playing _____ clocks and ship models.

A. about B. across C. into D. with

2. However, when he _____ to China, there was no job for him in the railroad sector.

A. return B. returns C. returning D. returned

思政总结 少年留美学习科技，体现了教育兴国的人才战略。

Para 4: First Recognition / 初获认可

一、抄写单词

二、英汉互译

三、语法选择

He excelled ___ maths at high school.

A. at B. in C. on D. for

四、语法填空

1. He soon won recognition for his successes _____ several projects, including the Luanhe Iron Bridge, China's first railroad bridge.

A. before B. for C. in D. into

思政总结 初获认可，展现了以实力赢得尊重的奋斗精神。

Para 5: The Beijing-Zhangjiakou Railroad / 京张铁路

一、抄写单词

compete	竞争	
terrain	地形	
tremendous	巨大的	

二、英汉互译

1. compete → （ ） _____

2. 地形 → （ ） _____

三、翻译

It was not until seven years later that Zhan was recommended by a friend to work with a British engineer.

_____

四、语法填空

1. Zhan Tianyou's greatest achievement was yet _____ come: the railroad linking Beijing with the important trading city of Kalgan.

A. against B. between C. through D. to

2. The railroad may have been only 201.2 kilometers in length, but it _____ across a mountainous terrain and passed under the Great Wall at Badaling.

A. stretched B. stretchs C. stretching D. stretch

思政总结 京张铁路自主建设，彰显了中华民族自力更生的精神。

Para 6: Pressure and Determination / 压力与决心

一、抄写单词

defy the odds	迎难而上	

二、英汉互译

1. defy the odds → （ ） _____

2. 迎难而上 → （ ） _____

三、语法选择

Two Western governments competed fiercely ___ the supervision of the project.

A. for B. with C. against D. to

四、语法填空

1. However, he was determined _____ defy the odds and go ahead.

A. against B. into C. to D. without

2. However, he was _____ to defy the odds and go ahead.

A. determined B. determining C. determins D. determin

思政总结 迎难而上、不畏压力，体现了科技报国的使命担当。

Para 7: Engineering Innovations / 工程创新

一、抄写单词

gradient	坡度	
zigzag	之字形	
locomotive	机车	

二、英汉互译

1. gradient → （ ） _____

2. 之字形 → （ ） _____

三、翻译

If the Beijing-Zhangjiakou project turned out to be a failure, it would be a great loss for China.

四、语法填空

1. As it turned out, Zhan managed to complete the project _____ 1909, two years ahead of schedule on a fifth of the budget.

A. before B. between C. in D. over

2. As it _____ out, Zhan managed to complete the project in 1909, two years ahead of schedule on a fifth of the budget.

A. turns B. turned C. turn D. turning

思政总结 工程创新解决难题，展现了自主创新的工匠精神。

Para 8: Promoting Chinese Talent / 推崇中国人才

一、抄写单词

incompetent	不称职的	

二、英汉互译

1. incompetent → （ ）

2. 不称职的 → （ ）

三、语法选择

Zhan invented a zigzag upward railroad ___ overcome the gradient problems.

A. for B. to C. so that D. in order

四、语法填空

1. Rather, they would be replaced _____ other Chinese engineers who had been trained and would do better.

A. about B. by C. over D. with

2. Rather, they would be _____ by other Chinese engineers who had been trained and would do better.

A. replacs B. replac C. replacing D. replaced

思政总结 推崇中国人才，体现了民族自信与人才强国理念。

Para 9: Legacy / 遗产

一、抄写单词

feat	功绩	
trudge	步履艰难地走	
whereas	然而	
perception	看法	

二、英汉互译

1. feat → （ ）

2. 步履艰难地走 → （ ）

三、翻译

He was a keen promoter of Chinese talent in railroad technology.

四、语法填空

1. Compared _____ China's remarkable engineering feats today, Zhan's seems very small.

A. about B. by C. into D. with

2. _____ with China's remarkable engineering feats today, Zhan's seems very small.

A. compar B. compared C. comparing D. compars

思政总结 詹天佑的遗产永存，激励后人传承科技报国精神。

On the Road to a Well-Off Life

Unit 4: Meeting People Who Have Touched China

Para 1: An Unsung Hero / 无名英雄

一、抄写单词

stooped	驼背的	
resolute	坚定的	
unsung hero	无名英雄	
pathbreaking	开创性的	

二、英汉互译

1. stooped → （ ）
2. 坚定的 → （ ）

三、翻译

A man with a slightly stooped back but a resolute expression on his face stepped into the limelight.

四、语法填空

1. Eight days later, he was honored as a model poverty fighter at a grand gathering held _____ Beijing.

A. after B. in C. into D. to

2. Eight days later, he was _____ as a model poverty fighter at a grand gathering held in Beijing.

A. honors B. honoring C. honored D. honor

思政总结 毛相林获表彰，展现了脱贫攻坚中的基层力量。

Para 2: Xiazhuang Village / 下庄村

一、抄写单词

valley	山谷	
cliff	悬崖	

二、英汉互译

1. valley → （ ）
2. 悬崖 → （ ）

三、语法选择

Xiazhuang Village is located ___ the bottom of a valley.

A. in B. at C. on D. under

四、语法填空

1. Xiazhuang Village, where Mao comes from, is located at the bottom of a valley, with cliffs hundreds of meters high _____ all sides.

A. before B. in C. on D. through

2. Xiazhuang Village, where Mao comes from, is _____ at the bottom of a valley, with cliffs hundreds of meters high on all sides.

A. locat B. locating C. locats D. located

思政总结 下庄村地处深谷，反映了贫困地区的艰苦条件。

Para 3: Building a Road / 修路

一、抄写单词

propose	提议	
disapproval	反对	
self-raised funds	自筹资金	

二、英汉互译

1. propose → （ ）
2. 反对 → （ ）

三、翻译

He called a meeting and proposed building a road by themselves to link the area to the outside world.

四、语法填空

1. Changes happened _____ 1997, when 38-year-old Mao took up the post of village head.

A. before B. by C. for D. in

2. Changes _____ in 1997, when 38-year-old Mao took up the post of village head.

A. happen B. happening C. happens D. happened

思政总结 自发修路连通外界，体现了自力更生、不畏艰难的奋斗精神。

Para 4: Seven Years of Hard Work / 七年苦干

一、抄写单词

roll up sleeves	卷起袖子（准备干活）	
explosive	炸药	

二、英汉互译

1. roll up sleeves → （ ） _____

2. 炸药 → （ ） _____

三、语法选择

His suggestion met ___ disapproval.

A. with B. to C. for D. at

四、语法填空

1. Year after year they kept working hard _____ seven years running.

A. against B. before C. for D. with

2. Later that year, around 100 villagers _____ up their sleeves.

A. rolls B. roll C. rolled D. rolling

思政总结 七年苦干凿出出路，展现了"愚公移山"的坚韧毅力。

Para 5: Agricultural Development / 农业发展

一、抄写单词

cash crop	经济作物	
disposable income	可支配收入	
prosper	繁荣	

二、英汉互译

1. cash crop → （ ） _____

2. 可支配收入 → （ ） _____

三、翻译

Led by Mao, in the daytime, they drilled holes, placed explosives, and carried rocks.

_____

四、语法填空

1. After visiting nearby villages and seeking advice from agricultural experts, he encouraged the villagers _____ plant oranges, sesame, wheat, watermelon, and pumpkins.

A. about B. between C. from D. to

2. After visiting nearby villages and seeking advice from agricultural experts, he _____ the villagers to plant oranges, sesame, wheat, watermelon, and pumpkins.

A. encourag B. encouraged C. encourags D. encouraging

思政总结 发展农业特色产业，体现了产业扶贫的智慧。

Para 6: Tourism Development / 旅游发展

一、抄写单词

renovate	翻新	
blueprint	蓝图	
self-reliance	自力更生	

二、英汉互译

1. renovate → （ ） _____

2. 蓝图 → （ ） _____

三、语法选择

Young villagers even went further, ___ oranges and sesame online.

A. sell B. sold C. selling D. to sell

四、语法填空

1. With funds from the local government, Mao led the villagers _____ renovate and widen the road.

A. for B. from C. to D. without

2. First, some houses have been _____ and turned into guesthouses for travelers.

A. renovated B. renovat C. renovats D. renovating

思政总结 修路发展旅游，展现了乡村振兴的多元路径。

Para 7: Promise Fulfilled / 兑现承诺

一、抄写单词

fulfill	实现，履行	

二、英汉互译

1. fulfill → （ ） _____

2. 实现，履行 → （ ） _____

三、翻译

A new blueprint for economic prosperity has unfolded for the village.

_____

四、语法填空

1. Under his leadership, a total _____ 96 households were lifted out of poverty.

A. against B. from C. of D. without

2. Under his leadership, a total of 96 households were _____ out of poverty.

A. lifts B. lifted C. lift D. lifting

思政总结 兑现承诺脱贫致富，彰显了共同富裕的时代担当。

What's the World to Do about Water?

Unit 5: The Water Problem

Para 1: A Daughter's Lesson / 女儿的一课

一、抄写单词

conserve	节约	
faucet	水龙头	
ritual	仪式	
precious	珍贵的	
resource	资源	
awareness	意识	

二、英汉互译

1. conserve → （ ） _____
2. 水龙头 → （ ） _____

三、翻译

To conserve water, we would turn off the faucet after wetting our brushes.

_____

四、语法填空

1. I didn't turn off the water fast enough _____ her liking.

A. before B. by C. in D. to

2. She _____ off the faucet, made an angry face at me, and growled, Turn off the water, Daddy.

A. turned B. turn C. turning D. turns

> 思政总结 女儿节水意识，体现了环保教育从娃娃抓起。

Para 2: Buying Time / 争取时间

一、抄写单词

precociousness	早熟	
conserve	节约	
solution	解决方案	
strategic	战略性的	
importance	重要性	
future	未来	

二、英汉互译

1. precociousness → （ ） _____
2. 节约 → （ ） _____

三、语法选择

That statement still ___ in my ears today.

A. ring B. rings C. rang D. ringing

四、语法填空

1. That statement still rings _____ my ears today, not only because of her precociousness but also because she was exactly right.

A. for B. in C. over D. without

2. We need _____ conserve our resources to buy ourselves time so scientists can find new solutions to our problems.

A. into B. to C. with D. without

> 思政总结 节约资源争取时间，展现了可持续发展的战略眼光。

Para 3: The Most Important Resource / 最重要的资源

一、抄写单词

contentious	有争议的	
strategic	战略性的	
geopolitical	地缘政治的	
rank	排列	
issue	问题	
global	全球的	

二、英汉互译

1. contentious → （ ） _____
2. 战略性的 → （ ） _____

三、翻译

Water is on track to be the most important and most contentious resource of the 21st century.

四、语法填空

1. But _____ the right solutions, it could also be the one that brings us all together.

A. between B. by C. to D. with

2. Water is _____ track to be the most important and most contentious resource of the 21st century.

A. about B. by C. on D. to

思政总结 水资源将成为 21 世纪最重要的战略资源。

Para 4: The Top Problem / 头号问题

一、抄写单词

Nobel Laureate	诺贝尔奖得主	
rank	排列	
humanity	人类	
face	面临	
challenge	挑战	
top	顶尖的	

二、英汉互译

1. Nobel Laureate → （ ） _____

2. 排列 → （ ） _____

三、语法选择

He ranked the top ten problems humanity ___ face in the next 50 years.

A. will B. would C. should D. could

四、语法填空

1. The reason energy and water sit _____ the top, ahead of food and poverty, is that addressing them makes solving the other problems easier.

A. against B. at C. between D. within

2. _____ 2003, the late Nobel Laureate Richard Smalley gave a lecture at Rice University's Energy & Nanotechnology Conference.

A. from B. in C. into D. of

思政总结 水资源位列人类十大问题，体现了全球挑战的紧迫性。

Para 5: The Century of Energy vs Water / 能源世纪与水

一、抄写单词

alternative	替代品	
conflict	冲突	
dawn	黎明	
century	世纪	
resource	资源	
critical	关键的	

二、英汉互译

1. alternative → （ ） _____

2. 冲突 → （ ） _____

三、翻译

We can find alternatives to oil, but there is no alternative to water.

四、语法填空

1. Now, the dawn _____ a new energy era is just beginning.

A. against B. into C. of D. through

2. _____ many ways, the 1900s was the century of energy conflict.

A. about B. in C. on D. within

思政总结 水比能源更紧迫，引发对水资源危机的深刻反思。

Para 6: Water Is Complicated / 水很复杂

一、抄写单词

complicated	复杂的	
petroleum	石油	
commodity	商品	
replace	替代	
essential	必不可少的	
unique	独特的	

二、英汉互译

1. complicated → （ ） _____

2. 石油 → （ ） _____

三、语法选择

Water is heavy and expensive ___ over long distances.

A. transport B. transporting C. to transport D. transported

四、语法填空

1. While oil is a global commodity traded _____ world markets, water is a local resource that varies by region.

A. across B. in C. of D. on

2. While oil is a global commodity _____ on world markets, water is a local resource that varies by region.

A. trads B. traded C. trading D. trad

思政总结 水的不可替代性，凸显了节约水资源的紧迫性。

Para 7: Solutions / 解决方案

一、抄写单词

desalination	海水淡化	
convert	转换	
drip irrigation	滴灌	
technology	技术	
innovative	创新的	
method	方法	

二、英汉互译

1. desalination → （ ） _____

2. 转换 → （ ） _____

三、翻译

Some are large, incredibly expensive, and energy-intensive, such as desalination plants that convert seawater to freshwater.

四、语法填空

1. Some are large, incredibly expensive, and energy-intensive, such as desalination plants that convert seawater _____ freshwater.

A. from B. over C. to D. without

2. Others are small and cheap, such as drip irrigation systems that deliver water directly _____ plant roots.

A. against B. of C. to D. without

思政总结 多元解决方案，展现了科技创新解决环境问题的智慧。

Para 8: Kennedy's Vision / 肯尼迪的远见

一、抄写单词

competitively	有竞争力地	
freshwater	淡水	
accomplishment	成就	
produce	生产	
affordable	负担得起的	
scale	规模	

二、英汉互译

1. competitively → （ ） _____

2. 淡水 → （ ） _____

三、语法选择

If we ___ ever competitively get freshwater from saltwater, it would dwarf any other scientific accomplishments.

A. can B. could C. will D. would

四、语法填空

1. That was one month _____ his famous moon-shot speech.

A. against B. before C. over D. with

2. But we still haven't found a solution as _____ how to get freshwater from saltwater without a lot of money and energy.

A. into B. to C. within D. without

思政总结 肯尼迪的远见，体现了科技造福人类的理想。

Para 9: Research Priorities / 研究重点

一、抄写单词

innovation	创新	
dedicate	致力于	

budget	预算	
research	研究	
allocation	分配	
uneven	不均匀的	

二、英汉互译

1. innovation → （ ）
2. 致力于 → （ ）

三、翻译

Research budgets have prioritized energy, defense and health while mostly ignoring water.

四、语法填空

1. Research budgets have _____ energy, defense and health while mostly ignoring water, even though fixing water would help our energy, defense, and health problems.

A. prioritizing B. prioritized C. prioritizs D. prioritiz

2. That's mainly because our great innovation apparatus has not been _____ to water.

A. dedicating B. dedicat C. dedicats D. dedicated

> 思政总结 研究资源分配不均，引发对科技伦理的思考。

Para 10: Aggressive Conservation / 积极节约

一、抄写单词

aggressive	积极的	
conservation	节约	
inventor	发明家	
responsibility	责任	
individual	个人的	
action	行动	

二、英汉互译

1. aggressive → （ ）
2. 节约 → （ ）

三、语法选择

We need aggressive conservation that will buy ___ time.

A. we B. us C. our D. ours

四、语法填空

1. But we need aggressive conservation that will buy us time while our inventors get _____ work.

A. across B. before C. to D. within

2. _____ the end, we can solve the water problem.

A. against B. at C. in D. of

> 思政总结 积极节约用水，是每个人的环保责任。

Global Water Scarcity

Unit 5: The Water Problem

Para 1: Water for Granted / 理所当然的水

一、抄写单词

take for granted	理所当然	
supply	供应	
turn on	打开	
tap	水龙头	
clean	干净的	
accessible	可获得的	

二、英汉互译

1. take for granted → （ ） _____

2. 供应 → （ ） _____

三、翻译

Water is just there, every day, the same. It is taken for granted.

_____

四、语法填空

1. For many people, water has never been a big story _____ their lives.

A. between B. in C. of D. within

2. This is because they live _____ communities that have good water supply systems.

A. against B. in C. to D. without

> 思政总结 理所当然用水，引发对水资源珍惜的反思。

Para 2: The Reality of Water Scarcity / 缺水的现实

一、抄写单词

water stress	水资源压力	
scarcity	稀缺	
region	地区	
affect	影响	
population	人口	
billion	十亿	

二、英汉互译

1. water stress → （ ） _____

2. 稀缺 → （ ） _____

三、语法选择

Over 2 billion people live in countries ___ high water stress.

A. experience B. experiencing C. experienced D. to experience

四、语法填空

1. It is here, now, and it affects billions _____ people worldwide.

A. about B. before C. of D. with

2. According to the _____ Nations, over 2 billion people live in countries experiencing high water stress.

A. units B. united C. uniting D. unit

> 思政总结 全球缺水现实，体现了人类命运共同体的紧迫挑战。

Para 3: Health / 健康

一、抄写单词

fatality	死亡	
contaminated	受污染的	
vulnerable	脆弱的	
disease	疾病	
safe	安全的	
drinking	饮用	

二、英汉互译

1. fatality → （ ） _____

2. 受污染的 → （ ） _____

三、翻译

Unsafe water is a leading cause of disease and death.

_____

四、语法填空

1. Unsafe water is a leading cause _____ disease and death.

A. into　B. of　C. over　D. with

2. We should care because a lot of the fatalities in the world are _____ to water.

A. relating　B. relats　C. related　D. relat

思政总结　水与健康息息相关，展现了饮水安全的人权意义。

Para 4: Hunger / 饥饿

一、抄写单词

irrigation	灌溉	
domestic	家庭的	
yield	产量	
crop	农作物	
food	食物	
security	安全	

二、英汉互译

1. irrigation → （ ）

2. 家庭的 → （ ）

三、语法选择

Children are especially ___.

A. vulnerable　B. vulnerability　C. vulnerably　D. vulnerate

四、语法填空

1. It takes a lot of water _____ grow food and care for animals.

A. before　B. of　C. on　D. to

2. Less water means crops that need water _____ grow have lower yields.

A. across　B. from　C. through　D. to

思政总结　水与粮食安全，体现了水资源对生存的基础作用。

Para 5: Sanitation / 卫生

一、抄写单词

sanitation	卫生	
clinic	诊所	
facility	设施	
health	健康	
basic	基本的	
service	服务	

二、英汉互译

1. sanitation → （ ）

2. 诊所 → （ ）

三、翻译

Less water means crops that need water to grow have lower yields.

四、语法填空

1. This risks the health _____ the staff and people who use the facilities.

A. after　B. from　C. in　D. of

2. Without enough water, hospitals and clinics are _____ to use very little water for cleaning.

A. forcing　B. forc　C. forcs　D. forced

思政总结　水与卫生，反映了基础设施对公共卫生的重要性。

Para 6: Education / 教育

一、抄写单词

dawn	黎明	
collect	收集	
water	水	
source	来源	
daily	每日的	
life	生活	

二、英汉互译

1. dawn → （ ）

2. 收集 → （ ）

三、语法选择

Lack of clean water also ___ lack of sanitation.

A. mean　B. means　C. meant　D. meaning

四、语法填空

1. _____ first sight it is a bit hard to see how water and education are related.

A. at　B. in　C. on　D. over

2. At first sight it is a bit hard to see how water and education are _____

A. relat　B. relating　C. related　D. relats

思政总结　水与教育，展现了基本资源对教育公平的影响。

Para 7: Poverty / 贫困

一、抄写单词

prosperity	繁荣	
thrive	繁荣	
economy	经济	
develop	发展	
foundation	基础	
growth	增长	

二、英汉互译

1. prosperity → （ ）

2. 繁荣 → （ ）

三、翻译

In many parts of the world children have to be up at dawn to collect water for the family.

四、语法填空

1. Lack of water means no economic activities will happen and the people will be _____ constant poverty.

A. about　B. in　C. of　D. to

2. Access _____ quality water is key to economic prosperity and better living standards.

A. into　B. over　C. to　D. with

思政总结　水与经济，体现了水资源对发展繁荣的基础作用。

Para 8: What Is Your Role? / 你的角色是什么

一、抄写单词

magnitude	重大	
deprived	匮乏的	
suffer	遭受	
hardship	苦难	
face	面临	
reality	现实	

二、英汉互译

1. magnitude → （ ）

2. 匮乏的 → （ ）

三、语法选择

Access ___ quality water is key to economic prosperity.

A. for　B. to　C. with　D. at

四、语法填空

1. Sometimes the magnitude _____ a problem can make one feel that there is nothing that can be done.

A. by　B. in　C. of　D. over

2. There is a high chance that people reading this do not live in water _____ areas, and may think it is not their problem.

A. depriving　B. deprived　C. deprivs　D. depriv

思政总结　每个人都能为水问题做贡献，体现了公民责任。

Para 9: Awareness / 意识

一、抄写单词

awareness	意识	
crisis	危机	
understand	理解	
important	重要的	
educate	教育	
public	公众	

二、英汉互译

1. awareness → （ ） _____

2. 危机 → （ ） _____

三、翻译

Sometimes the magnitude of a problem can make one feel that there is nothing that can be done.

_____

四、语法填空

1. Learn _____ the water crisis, just like you are doing.

A. about B. between C. of D. to

2. If you understand a problem, you are _____ a better position to have a solution.

A. before B. in C. on D. through

思政总结 了解水危机，是解决问题的第一步。

Para 10: Take Part / 参与

一、抄写单词

preserve	保护	_____
charity	慈善	_____
contribute	贡献	_____
effort	努力	_____
organization	组织	_____
support	支持	_____

二、英汉互译

1. preserve → （ ） _____

2. 慈善 → （ ） _____

三、语法选择

If you understand a problem, you are in a better position ___ a solution.

A. have B. having C. to have D. had

四、语法填空

1. Speak _____ family and friends about donating or helping out charity groups to provide water to the most needy places.

A. about B. after C. against D. to

2. Be part of competitions, organizations and societies that aim _____ preserve and defend natural resources including water.

A. at B. by C. to D. with

思政总结 参与水资源保护，展现了公民的社会责任。

Para 11: Use Water Wisely / 明智用水

一、抄写单词

minimize	最小化	_____
leak	泄漏	_____
appliance	器具	_____
efficient	高效的	_____
reduce	减少	_____
waste	浪费	_____

二、英汉互译

1. minimize → （ ） _____

2. 泄漏 → （ ） _____

三、翻译

Learn about the water crisis, just like you are doing.

_____

四、语法填空

1. Never assume that your society is too advanced _____ experience water shortages.

A. against B. of C. through D. to

2. Never assume that your society is too _____ to experience water shortages.

A. advancs B. advancing C. advanced D. advanc

思政总结 节约每一滴水，是每个人的环保义务。

China's Water Situation

Unit 5: The Water Problem

Para 1: Water Quality Concern / 水质问题

一、抄写单词

groundwater	地下水	
contamination	污染	
quality	质量	
report	报告	
monitor	监测	
level	水平	

二、英汉互译

1. groundwater → （ ） _____

2. 污染 → （ ） _____

三、翻译

Water quality is a major concern in China largely due to man-made pollution and natural contamination.

_____

四、语法填空

1. Water quality is a major concern _____ China largely due to man-made pollution and natural contamination.

A. across B. at C. from D. in

2. Of 118 major cities, 64 percent had seriously _____ groundwater supplies.

A. contaminat B. contaminats C. contaminated D. contaminating

> 思政总结 中国水质问题，引发对生态文明建设的思考。

Para 2: Sources of Pollution / 污染源

一、抄写单词

industrial waste	工业废料	
sewage	污水	
discharge	排放	
factory	工厂	
treat	处理	
improperly	不当地	

二、英汉互译

1. industrial waste → （ ） _____

2. 污水 → （ ） _____

三、语法选择

Over 90 percent of the groundwater in cities ___ polluted to different degrees.

A. was B. were C. is D. are

四、语法填空

1. Industrial waste, agricultural runoff, and untreated sewage are among the leading causes of water contamination _____ China.

A. after B. before C. between D. in

2. Industrial waste, agricultural runoff, and _____ sewage are among the leading causes of water contamination in China.

A. untreat B. untreated C. untreating D. untreats

> 思政总结 多种污染源，反映了环境保护的复杂性。

Para 3: Agricultural Runoff / 农业径流

一、抄写单词

runoff	径流	
pollutant	污染物	
agricultural	农业的	
chemical	化学品	
fertilizer	肥料	
soil	土壤	

二、英汉互译

1. runoff → （ ） _____

2. 污染物 → （ ） _____

三、翻译

The sources of water pollution are numerous.

四、语法填空

1. Agricultural runoff is a significant source _____ water pollution.

A. by　B. in　C. of　D. on

2. This runoff eventually deposits the pollutants into rivers, lakes, or sources _____ drinking water.

A. against　B. before　C. of　D. to

思政总结　农业径流污染，体现了可持续发展中农业面源污染的挑战。

Para 4: Government Action / 政府行动

一、抄写单词

supervision	监督	
exploitation	开采	
restore	恢复	
government	政府	
action	行动	
protect	保护	

二、英汉互译

1. supervision → （ ）

2. 开采 → （ ）

三、语法选择

This runoff eventually ___ the pollutants into rivers, lakes, or sources of groundwater.

A. deposit　B. deposits　C. depositing　D. deposited

四、语法填空

1. To conserve its water resources, broad measures have been taken _____ different levels.

A. across　B. at　C. to　D. with

思政总结　政府积极行动，展现了生态文明建设的国家担当。

Para 5: Agricultural Innovation / 农业创新

一、抄写单词

high-efficiency	高效	
discharge	排放	
standard	标准	
reduce	减少	
technology	技术	
adopt	采用	

二、英汉互译

1. high-efficiency → （ ）

2. 排放 → （ ）

三、翻译

The government has introduced efforts to tighten its supervision over exploitation of underground water.

四、语法填空

1. _____ agriculture, high-efficiency water-saving irrigation has been introduced.

A. about　B. after　C. by　D. in

2. In agriculture, high-efficiency water-saving irrigation has been _____

A. introducs　B. introduc　C. introducing　D. introduced

思政总结　农业节水创新，体现了科技兴农的绿色发展理念。

Para 6: A Brighter Future / 更光明的未来

一、抄写单词

innovation	创新	
overcome	克服	
difficulty	困难	
progress	进步	
achieve	实现	
goal	目标	

二、英汉互译

1. innovation → （ ）

2. 克服 → （ ）

三、语法选择

High-efficiency water-saving irrigation ___ introduced in agriculture.

A. has been　B. have been　C. was　D. is

四、语法填空

1. With continued effort and innovation, China will be able _____ overcome its water problem and ensure safe, clean water for all its people.

A. between　B. into　C. to　D. without

2. With _____ effort and innovation, China will be able to overcome its water problem and ensure safe, clean water for all its people.

A. continus　B. continu　C. continued　D. continuing

思政总结　中国治水的决心，彰显了生态文明建设的中国智慧。

14 Days with (Almost) No Internet

Unit 6: Going Offline

Para 1: Miller's Experiment / 米勒的实验

一、抄写单词

make waves	引起轰动	
absolutely	完全地	
unique	独特的	
experiment	实验	
disconnect	断开	
internet	互联网	

二、英汉互译

1. make waves → （ ）
2. 完全地 → （ ）

三、翻译

Paul Miller made waves online when he published his article detailing a unique personal experiment.

四、语法填空

1. Last year, Paul Miller made waves online when he published his article detailing a unique personal experiment: going one full year _____ absolutely no internet.

A. about B. across C. on D. with

2. Last year, Paul Miller made waves online when he _____ his article detailing a unique personal experiment: going one full year with absolutely no internet.

A. publishs B. publish C. published D. publishing

> 思政总结 米勒的断网实验，引发对科技依赖的反思。

Para 2: Amazing Discoveries? / 惊人的发现？

一、抄写单词

amazing	惊人的	
offline	离线	
experience	体验	
discover	发现	
surprising	令人惊讶的	
finding	发现	

二、英汉互译

1. amazing → （ ）
2. 离线 → （ ）

三、语法选择

What we all wanted to know was what amazing discoveries Miller ___ from his 365 days offline.

A. make B. makes C. had made D. making

四、语法填空

1. Of course, _____ the time, what we all wanted to know was what amazing discoveries Miller had made from his 365 days offline.

A. at B. by C. through D. with

2. Of course, at the time, what we all _____ to know was what amazing discoveries Miller had made from his 365 days offline.

A. wants B. wanting C. wanted D. want

> 思政总结 对断网发现的期待，体现了对科技与人性关系的思考。

Para 3: The Outcome / 实验结果

一、抄写单词

promising	有希望的	
criticize	批评	
review	评论	
mixed	混合的	
reaction	反应	
opinion	观点	

二、英汉互译

1. promising → （ ）

2. 批评 → （ ） _____

三、翻译

The very technology he'd begun to criticize actually had very little to do with his unhappiness.

_____

四、语法填空

1. _____ fact, Miller realized that without the net he had started becoming even more "out of touch with life."

A. against B. at C. in D. over

2. In fact, Miller _____ that without the net he had started becoming even more "out of touch with life."

A. realiz B. realizing C. realized D. realizs

思政总结 实验结果出人意料，展现了技术中立的生活哲理。

Para 4: My Own Detox / 我自己的数字排毒

一、抄写单词

digital detox	数字排毒	_____
offline	离线	_____
period	时期	_____
break	休息	_____
disconnect	断开	_____
recharge	充电	_____

二、英汉互译

1. digital detox → （ ） _____

2. 离线 → （ ） _____

三、语法选择

Last month, I ___ on my own digital detox.

A. go B. went C. goes D. going

四、语法填空

1. Last month, I went _____ my own digital detox.

A. about B. into C. on D. through

2. It was only two weeks, but it was the longest I've gone offline _____ 13 years.

A. against B. in C. over D. within

思政总结 个人数字排毒，体现了自我反思与成长的勇气。

Para 5: Why Did I Do It? / 我为什么要这样做？

一、抄写单词

plug in	接入	_____
blur	模糊	_____
urge	冲动	_____
constantly	不断地	_____
check	查看	_____
device	设备	_____

二、英汉互译

1. plug in → （ ） _____

2. 模糊 → （ ） _____

三、翻译

Throughout the last decade, I've been plugged in 24-7.

_____

四、语法填空

1. For a while I'd felt the urge _____ free myself from it all, and wanted to see what would happen then.

A. at B. through C. to D. without

2. For a while I'd felt the urge to free myself from it all, and _____ to see what would happen then.

A. wanted B. wants C. wanting D. want

思政总结 长期在线的疲惫，引发对数字时代生活方式的反思。

Para 6: CEO of Social Media / 社交媒体公司 CEO

一、抄写单词

moderation	适度	_____
social feed	社交动态	_____
balance	平衡	_____
healthy	健康的	_____
habit	习惯	_____

lifestyle	生活方式	

二、英汉互译

1. moderation → （ ）
2. 社交动态 → （ ）

三、语法选择

I'd forgotten one key lesson ___ the way: moderation.

A. along B. in C. on D. by

四、语法填空

1. I haven't _____ course forgotten that I'm CEO of a social media company.

A. by B. for C. of D. through

2. My life's work is built around the belief that being _____ makes our lives richer and more rewarding.

A. connects B. connect C. connecting D. connected

思政总结 社交媒体 CEO 的反思，展现了科技从业者的社会责任。

Para 7: Mexico Vacation / 墨西哥假期

一、抄写单词

periodically	定期地	
emergency	紧急情况	
contact	联系	
available	可联系的	
reach	联系到	
family	家人	

二、英汉互译

1. periodically → （ ）
2. 紧急情况 → （ ）

三、翻译

My life's work is built around the belief that being connected makes our lives richer and more rewarding.

四、语法填空

1. I didn't go online except _____ check my email periodically — just to make sure an emergency wasn't unfolding while I was away.

A. at B. in C. on D. to

2. For a whole 14 days, I ate a lot of delicious seafood, _____ and fixed up my hut on the beach.

A. surf B. surfs C. surfed D. surfing

思政总结 墨西哥假期断网，体现了工作与生活平衡的重要性。

Para 8: What I Learned / 我学到了什么

一、抄写单词

reflect	反思	
rewarding	有意义的	
experience	经历	
learn	学到	
lesson	教训	
personal	个人的	

二、英汉互译

1. reflect → （ ）
2. 有意义的 → （ ）

三、语法选择

I took a break ___ being active on the internet for the entire trip.

A. from B. of C. in D. for

四、语法填空

1. What I _____ from my short experiment was actually not too unlike what Miller learned.

A. learning B. learn C. learns D. learned

2. I've also seen businesses finding new and innovative methods _____ connect with their clients through channels like LinkedIn.

A. after B. between C. of D. to

思政总结 断网的收获，展现了科技与生活平衡的智慧。

Para 9: More Appreciative / 更加感恩

一、抄写单词

appreciative	感恩的	
interact	互动	
face-to-face	面对面	
real	真实的	
connection	联系	
meaningful	有意义的	

二、英汉互译

1. appreciative → （ ） _____
2. 互动 → （ ） _____

三、翻译

I didn't end up discovering that technology is evil.

_____

四、语法填空

1. The irony is that by stepping away from all things digital _____ a while, I actually felt even more appreciative of it.

A. at B. by C. for D. to

思政总结 远离科技更感恩，体现了理性使用科技的态度。

Para 10: Other Lessons / 其他教训

一、抄写单词

digital detox	数字排毒	
connected	连接的	
technology	技术	
tool	工具	
master	掌控	
servant	仆人	

二、英汉互译

1. digital detox → （ ） _____
2. 连接的 → （ ） _____

三、语法选择

By stepping away from all things digital, I actually felt even more ___ of it.

A. appreciate B. appreciative C. appreciation D. appreciating

思政总结 数字排毒的教训，引发对健康生活方式的思考。

Para 11: Snacking vs Full Meals / 零食与正餐

一、抄写单词

snacking	吃零食	
addictive	上瘾的	
content	内容	
information	信息	
shallow	浅薄的	
consume	消费	

二、英汉互译

1. snacking → （ ） _____
2. 上瘾的 → （ ） _____

三、翻译

Technology is a part of me now and it's how I interact with many of the most important people in my life.

_____

四、语法填空

1. In fact, what I _____ to crave in the absence of snacky content was longer, thoughtful articles and good books, reading that nourishes my mind.

A. started B. starts C. starting D. start

2. The funny thing is that I found I didn't miss this kind of online snacking _____ all during my 14 days offline.

A. about B. across C. at D. from

思政总结 信息零食不能代替正餐，体现了深度学习的重要性。

Para 12: Read More / 多读书

一、抄写单词

brain function	大脑功能	
long read	长文	

deep	深度的	
reading	阅读	
thinking	思考	
focus	专注	

二、英汉互译

1. brain function → （ ） _____

2. 长文 → （ ） _____

三、语法选择

I ___ a few other lessons from my short digital detox.

A. learn B. learns C. learned D. learning

四、语法填空

1. Numerous studies have proven that such reading can improve brain function; some have even _____ it can make you a better person.

A. suggest B. suggests C. suggested D. suggesting

思政总结 多读书读好文，展现了终身学习的精神追求。

My Smartphone

Unit 6: Going Offline

Para 1: A Thief / 小偷

一、抄写单词

dominate	支配	
concentration	注意力	
phone	手机	
screen	屏幕	
attention	注意力	
capture	捕获	

二、英汉互译

1. dominate → （ ） _____

2. 注意力 → （ ） _____

三、翻译

You steal my time from my family, my thoughts from the actual world.

_____

四、语法填空

1. I am so tired _____ the way you dominate my thoughts and actions like an undeserving crush.

A. across B. before C. by D. of

2. You steal my time _____ my family, my thoughts from the actual world and you take my concentration away during, well, everything.

A. about B. against C. from D. over

> 思政总结 手机占据生活，引发对科技依赖的反思。

Para 2: But on the Other Hand / 但另一方面

一、抄写单词

simultaneously	同时地	
impromptu	即兴的	
moment	时刻	
spontaneous	自发的	
capture	捕捉	
memory	记忆	

二、英汉互译

1. simultaneously → （ ） _____

2. 即兴的 → （ ） _____

三、语法选择

I'm writing this complaint ___ a lounge chair in the mountains.

A. from B. in C. on D. at

四、语法填空

1. You practically let me lead two lives _____ once — it's not without challenges, but it's worth it.

A. at B. between C. of D. on

2. You allow me so much more time _____ my sons than my parents had with me.

A. about B. between C. to D. with

> 思政总结 手机带来便利也带来困扰，体现了科技的双刃剑效应。

Para 3: 10 Minutes / 十分钟

一、抄写单词

donate	捐赠	
capture	捕捉	
relive	重温	
experience	经历	
share	分享	
social	社交的	

二、英汉互译

1. donate → （ ） _____

2. 捕捉 → （ ） _____

三、翻译

Because of you, I can know what's going on around the world, donate to charity, check the weather and call my mom all within 10 minutes.

思政总结 手机让生活高效，但也需要合理使用。

Para 4: It Is Totally Me / 是我自己的问题

一、抄写单词

self worth	自我价值	
re-engage	重新投入	
real life	现实生活	
present	在场的	
mindful	正念的	
aware	意识到的	

二、英汉互译

1. self worth → （ ）
2. 重新投入 → （ ）

三、语法选择

So it actually isn't you. It is totally ___.

A. I B. me C. my D. mine

四、语法填空

1. I've got to re-engage _____ the world instead of secretly feeling engaged to you.

A. against B. between C. in D. without

2. I've got to re-engage in the world instead of secretly feeling _____ to you.

A. engags B. engaged C. engaging D. engag

思政总结 问题在于自己，体现了自我反省的成熟态度。

Para 5: Let's Strike a Deal / 达成协议

一、抄写单词

appointment	预约	
obligation	义务	
commitment	承诺	
schedule	日程	
priority	优先	
manage	管理	

二、英汉互译

1. appointment → （ ）
2. 义务 → （ ）

三、翻译

I should turn you off when I walk in the door.

四、语法填空

1. I'm going _____ breathe, savor, touch, feel and live without you for several stretches a day.

A. against B. by C. in D. to

思政总结 与手机达成协议，展现了理性使用科技的智慧。

Para 6: A One-Way Street / 单行道

一、抄写单词

one-way street	单行道	
servant	仆人	
master	主人	
control	控制	
relationship	关系	
healthy	健康的	

二、英汉互译

1. one-way street → （ ）
2. 仆人 → （ ）

三、语法选择

So let's ___ a deal.

A. strike B. strikes C. struck D. striking

四、语法填空

1. Our relationship used _____ be a give and take.

A. about　B. across　C. between　D. to

2. I own you for all the great things you can bring my life, but you don't own me _____ return.

A. about　B. in　C. on　D. over

思政总结　做科技的主人而非奴隶，体现了自律自强的人生态度。

All Boxed in, and Free at Last

Unit 6: Going Offline

Para 1: Always Looking / 总是在看手机

一、抄写单词

scroll	滚动	
social media	社交媒体	
habit	习惯	
constantly	不断地	
check	查看	
feed	信息流	

二、英汉互译

1. scroll → （ ） _____

2. 社交媒体 → （ ） _____

三、翻译

Are you always looking at your mobile phone as you're walking?

_____

思政总结 时刻看手机，引发对数字依赖的反思。

Para 2: Gen-Zers' Obsession / Z 世代的痴迷

一、抄写单词

obsession	痴迷	
Gen-Zers	Z 世代	
generation	一代	
young	年轻的	
anxious	焦虑的	
dependent	依赖的	

二、英汉互译

1. obsession → （ ） _____

2. Z 世代 → （ ） _____

三、语法选择

Few are as deeply ___ about this obsession as Gen-Zers.

A. bother B. bothering C. bothered D. bothers

四、语法填空

1. Online discussion groups are springing up, picking their members' brains _____ how to tackle the issue.

A. into B. on C. over D. within

思政总结 Z 世代寻求改变，展现了青年一代的自我觉醒。

Para 3: A Tall Order / 难以做到的事

一、抄写单词

tall order	难以做到的事	
ubiquitous	无处不在的	
difficult	困难的	
escape	逃离	
everywhere	到处	
device	设备	

二、英汉互译

1. tall order → （ ） _____

2. 无处不在的 → （ ） _____

三、翻译

Half of internet users say they are eager to escape the internet and stay away from mobile phones.

_____

四、语法填空

1. That is a very tall order, particularly when one considers how ubiquitous cashless payments are _____ China.

A. about B. against C. at D. in

思政总结 半数用户想逃离网络，体现了数字时代的社会焦虑。

Para 4: The Isolation Box / 隔离箱

一、抄写单词

isolation box	隔离箱	
addicted	上瘾的	
gadget	小装置	
product	产品	
solution	解决方案	
physical	物理的	

二、英汉互译

1. isolation box → （ ）

2. 上瘾的 → （ ）

三、语法选择

That is a very tall order, ___ when one considers how ubiquitous the internet has become.

A. special B. especially C. especial D. specially

四、语法填空

1. A cool gadget that seems to have everyone _____ least talking, if not necessarily acting, is a type of mobile phone isolation box.

A. at B. from C. in D. with

2. Once the time that was set has _____ a beep sounds, providing immediate relief to those who are painfully going on a digital detox.

A. expired B. expir C. expiring D. expirs

思政总结 隔离箱的出现，反映了科技依赖已成为社会问题。

Para 5: Zhang Yucheng's Story / 张雨橙的故事

一、抄写单词

internship	实习	
screen time	屏幕时间	
reduce	减少	
effort	努力	
try	尝试	
change	改变	

二、英汉互译

1. internship → （ ）

2. 屏幕时间 → （ ）

三、翻译

Those who regard themselves as addicted to their phones are getting in on the act.

四、语法填空

1. This summer, she will be very busy doing an internship, searching _____ a job, and preparing for the graduate admission exam.

A. across B. for C. of D. with

2. Zhang Yucheng, a junior college student _____ Beijing, is experimenting with the isolation box.

A. from B. in C. on D. through

思政总结 张雨橙的故事，展现了大学生自我管理的探索。

Para 6: The Individual Matters / 个人因素最重要

一、抄写单词

lock time	锁定时间	
harsh	严苛的	
measure	措施	
strict	严格的	
limit	限制	
self-control	自控	

二、英汉互译

1. lock time → （ ）

2. 严苛的 → （ ）

三、语法选择

If her phone kept warning her that her active daily screen time ___ 10 hours, she would feel anxious.

A. exceed B. exceeds C. exceeded D. exceeding

四、语法填空

1. However, Zhang admits that because the lock time is set by users, whether they can achieve their goal depends _____ the individual.

A. across　B. into　C. on　D. to

思政总结　个人意志是关键，体现了自律比工具更重要的道理。

Para 7: Lin Qiang's View / 林强的观点

一、抄写单词

flashy	花哨的	
self-discipline	自律	
key	关键	
willpower	意志力	
internal	内在的	
strength	力量	

二、英汉互译

1. flashy → （ ）
2. 自律 → （ ）

三、翻译

Whether they can achieve their goal depends on the individual.

四、语法填空

1. It is, _____ the individual that matters most, agrees Lin Qiang, another college student.

A. inde　B. indeing　C. indeed　D. indes

2. _____ people are bound to succeed without such stuff," he says.

A. self-disciplin　B. self-disciplins　C. self-disciplined　D. self-disciplining

思政总结　自律胜于工具，展现了自我管理的成熟态度。