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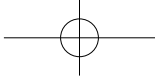
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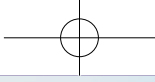
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# Unit 1



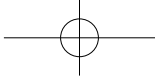
## ***Adapting to New Environments***

### **Career Skill Description**



In this unit, you will learn to:

1. talk about the differences between college life and high school life;
2. adapt to the new environment;
3. give and ask about personal information;
4. fill in the resume.



## Unit 1 Adapting to New Environments

### Section 1 Before-class Activities: Getting Things Ready

#### Activity 1 Listen and Repeat

**Task 1** Listen to the following words and then repeat them after the recording.

aspect *n.* 方面

balance *v.* 平衡

colorful *a.* 多彩的

dorm *n.* 集体宿舍 (=dormitory)

environment *n.* 环境

helpless *a.* 无助的; 不能自立的

lonely *a.* 孤独的, 寂寞的

socialize *v.* 交际; 参加社交活动

adapt to 适应

at ease 自在; 不拘束

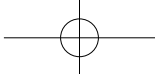
make a list of 列清单

make good use of 充分利用

spare time 空余时间

**Task 2** Listen to the following sentences and then repeat them after the recording.

1. We are living a happy and colorful dorm life.
2. I don't know what to do in my spare time.
3. I just make a list of the things I have to do every day.
4. I feel lonely and helpless without my parents and friends around.
5. The sooner you adapt to your new environment, the more at ease you'll be.
6. You should talk to your roommates and classmates and share ideas with them.
7. We need to develop ourselves in all aspects, including socializing abilities.
8. I think it is quite hard to balance my studies and social activities.
9. There are so many differences between high school and college.
10. We need to make a good plan for our studies, so that we can make good use of our time.



## Unit 1 Adapting to New Environments

### Activity 2 Speak Out

**Task 1** Talk to two students and complete the table below.

	Name	Hometown	Major	Hobbies	Hope for future
Example	Wu Qiang	Foshan	law	reading, swimming, jogging, etc.	to be a lawyer
Student 1					
Student 2					

**Task 2** Prepare a short speech to be presented in class according to the information from the table above.

## Section 2 In-class Activities: Things to Do

### Activity 1 Task Check-up

**Task 1** Listen and write.

1. _____	2. _____	3. _____	4. _____	5. _____
6. _____	7. _____	8. _____	9. _____	10. _____
11. _____	12. _____			
13. _____				
14. _____				
15. _____				



## Unit 1 Adapting to New Environments

**Task 2 Make a presentation.** *Present the short speech you've prepared to your class.*

**Task 3 Questions and answers.** *Answer the teacher's questions first and then ask each other questions.*

### Activity 2 Interactions

**Task 1 Listen and repeat.**

brilliant *a.* 杰出的; 灿烂的

campus *n.* 校园

confidence *n.* 信心

detailed *a.* 详细的

freshman *n.* 大学一年级学生

lack *v.* 缺乏, 缺少

lecture *n.* 讲课, 讲座

sophomore *n.* 大学二年级学生

class master 班主任

get used to 习惯于; 适应

student organization 学生组织; 社团

**Task 2 Listen and complete.**

#### Dialogue One

*Listen and choose the best answer for each blank. Then listen and repeat.*

*(Meeting a freshman on campus)*

A: Hey, Xiaohua! Nice to see you again! How's your new life on campus?

B: Hi, Dashan. Well, not bad. How about you? Have you 1) \_\_\_\_\_ everything?

A: I'm enjoying myself here very much. There are so many friendly people around to talk with.

B: Yes. My roommates and I have become close friends and we are living a 2) \_\_\_\_\_ dorm life.

A: That's great. But there is a problem. I don't know 3) \_\_\_\_\_ in my spare time.

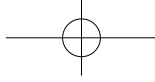
B: Me either. This is so different from high school. So my class master told us to make a 4) \_\_\_\_\_.

A: A study plan? Sounds interesting! How do you make one?

B: It's really simple. You see, I just 5) \_\_\_\_\_ the things I have to do every day. In this way, I know what to do at

one

- a. happy and colorful
- b. what to do
- c. detailed study plan
- d. got used to
- e. make a list of



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what time.

A: That's a brilliant idea! I'll try to do the same. Well, I have a lecture to attend now. See you!

B: See you!

### Dialogue Two

*Listen and supply the missing words. Then listen and repeat.*

two

*(Li Lei, a freshman, is talking with a sophomore.)*

A: Hey, Li Lei! How is everything going?

B: Just so-so. I feel 1) \_\_\_\_\_ without my parents and friends around. I don't know what to do.

A: Well, I can fully understand your feeling. However, the sooner you adapt to your new environment, the more 2) \_\_\_\_\_ you'll be.

B: I know, but I lack confidence in myself in this totally new environment.

A: I think you should talk to your roommates and classmates and share ideas with them. They may have the same problems.

B: Good idea! Thank you.

A: You are welcome. And you can join some 3) \_\_\_\_\_. I'm sure you can make new friends there.

B: Well, I'm afraid it will take me too much time to 4) \_\_\_\_\_ their activities.

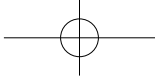
A: I can't agree with you there. We are not here to study only. We need to develop ourselves in all aspects, including 5) \_\_\_\_\_.

B: Oh, I get it. Thank you very much for your suggestions.

A: It's my pleasure. If you have any questions, don't hesitate to ask me.

B: OK. Thanks again.





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### Task 3 Have a try: Role-play the dialogues.

Work in pairs or groups. Each plays a part. Read the dialogues loudly until you can learn them by heart. Then act them out.

### Task 4 Just do it: Make up your own dialogue. *Make up a similar dialogue with your partner and present it to the class. Use the following as clues.*

#### Situation 1

You meet another freshman in the library and start a conversation.

For your reference:

1. Excuse me, are you ...?
2. It took me a lot of time to adjust to the college life.
3. I have been too busy with my studies recently.
4. I think adapting to the new environment is as important as attending lectures.
5. I'll try my best to adjust myself to the new environment as soon as possible.

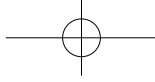
#### Situation 2

Two roommates are talking about the club activities on campus, where various clubs and societies are recruiting freshmen as new members.

For your reference:

1. Joining clubs may affect your studies.
2. It's not easy to balance studies and social activities.
3. You'll make some new friends, learn new skills, and feel more connected to your campus life.
4. It can help you cope with homesickness and adapt to the new environment soon.
5. I'll go to consult some alumni for their advice.





## Unit 1 Adapting to New Environments

**Task 5 Challenge yourself: Ask questions.** *Look at the pictures and ask each other questions about them with your partner. Use the words as clues. They may be used as answers to your questions.*

A

college students' daily life  
get used to  
colorful dorm life  
various lectures to attend  
many group activities



girl students in dorm

How many questions did you ask your partner?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

How many questions did you answer?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5



students attending a lecture

How many questions did you ask your partner?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

How many questions did you answer?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

B

join an English club on campus  
practice oral English  
recruit new members  
collect some ideas

make college life more colorful and meaningful



an English club



a club meeting

## Unit 1 Adapting to New Environments

### Activity 3 Listen Out

#### Task 1 Listen and repeat.

assign <i>v.</i> 分配, 指派	solution <i>n.</i> 解决方法; 解答
assignment <i>n.</i> 课外作业; 分派的任务	surroundings <i>n.</i> 环境; 周围的事物
badminton <i>n.</i> 羽毛球	around the corner 在拐角处; 即将来临
confused <i>a.</i> 困惑的; 烦恼的	country music 乡村音乐
gender <i>n.</i> 性别	dining hall 餐厅
lost <i>a.</i> 不知所措的; 迷路的	folk music 民间音乐
nationality <i>n.</i> 国籍	marital status 婚姻状况
native <i>a.</i> 本国的	on one's own 独立地, 独自地
pop <i>a.</i> 流行的, 通俗的	phone booth 电话亭
resume <i>n.</i> 简历, 履历	

#### Task 2 Listen and match. *Listen and write the corresponding letter in the right place.*

- |                              |                         |                         |
|------------------------------|-------------------------|-------------------------|
| <b>a</b> Native              | <b>b</b> Gender         | <b>c</b> Hobbies        |
| <b>d</b> Home address        | <b>e</b> Education      | <b>f</b> E-mail address |
| <b>g</b> Mobile phone number | <b>h</b> Marital status | <b>i</b> Nationality    |

#### Resume

Name: Wu Qiang

Gender: ☒ Male ☐ Female

1. \_\_\_\_\_: Chinese

2. \_\_\_\_\_ language: Chinese

Date of birth: 1992.08.11.

3. \_\_\_\_\_: Single

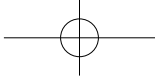
4. \_\_\_\_\_: 134 5678 9789

5. \_\_\_\_\_: wq789@126.com

6. \_\_\_\_\_: 56 Shipai St. Tianhe, Guangzhou, Guangdong, China

7. \_\_\_\_\_: 07/2013: Graduated from Xingguang Vocational College  
07/2010: Graduated from Beihai High School  
07/2007: Graduated from Bluesky Middle School  
07/2004: Graduated from Hongxin Primary School

8. \_\_\_\_\_: football, music, swimming



## Unit 1 Adapting to New Environments

**Task 3 Listen and judge.** *Listen to the five short conversations and tell whether the statements are true or false. Write T for true and F for false.*

1. The freshman knows where his dorm is. ( )
2. Xiao Yu knows her surroundings very well. ( )
3. It's a good idea to make a study plan. ( )
4. Mary and Jack are neighbors. ( )
5. Mr. Green's work number is 5556 5433. ( )

**Task 4 Listen and decide.** *Listen to the dialogues and choose the best answer for each question.*

### Dialogue One

one

- ①
- A. They live in the same dorm.
  - B. They knew each other before.
  - C. They feel confused about the big campus.
  - D. They are in Building 7.

- ②
- A. It's behind Building 7.
  - B. It's not far from their dorm.
  - C. It's in front of the phone booth.
  - D. It's near the teaching building.

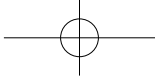
### Dialogue Two

two

- ③
- A. It's actually the same as high school.
  - B. There is no big difference between college and high school.
  - C. It differs from high school in many ways.
  - D. There is only one difference between college and high school.

- ④
- A. There is more homework to do in college.
  - B. College teachers make their students work hard.
  - C. College students need to be more independent.
  - D. There are more social activities at college.

- ⑤
- A. By spending more time on studies.
  - B. By finding an ideal place to study.
  - C. By making a good study plan.
  - D. By getting used to the college life quickly.



## Unit 1 Adapting to New Environments

**Task 5 Listen and complete.** *Listen to the passage and fill in the blanks with the words you hear.*

My name is Colby. I'm studying business English at a college. I 1) \_\_\_\_\_ my classmates and roommates. We help and 2) \_\_\_\_\_ each other, just like brothers and sisters in a big family.

I have many 3) \_\_\_\_\_. I'm good at playing table tennis and badminton, but not very good at basketball though I'm tall. I enjoy listening to music such as 4) \_\_\_\_\_. And I often sing English songs with my friends. But 5) \_\_\_\_\_ of my age, I dislike singing Chinese songs.



## Section 3 After-class Activities: Listen for More

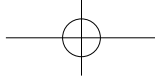
Listen, read aloud and recite.

Maybe you don't have adults in your life who give you the support that you need. Maybe someone in your family has lost their job and there's not enough money to go around. Maybe you live in a neighborhood where you don't feel safe, or have friends who are pressuring you to do things you know aren't right.

But at the end of the day, the circumstances of your life — what you look like, where you come from, how

或许你的生活中没有能为你提供帮助和支持的长辈，或许你的某个家长没有工作而经济拮据，或许你住的社区不那么安全，或许你认识一些会对你产生不良影响的朋友，等等。

但归根结底，你的生活状况——你的长相、出身、经济条件、家庭氛围——都不是疏忽学业和态度不端正的借口，这些



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much money you have, what you've got going on at home — none of that is an excuse for neglecting your homework or having a bad attitude in school. That's no excuse for talking back to your teacher, or cutting class, or dropping out of school. There is no excuse for not trying.

Where you are right now doesn't have to determine where you'll end up. No one's written your destiny for you, because... you write your own destiny. You make your own future.

(Barack Hussein Obama II)

不是你去跟老师顶嘴、逃课、或辍学的借口，这些也不是你不去尝试的借口。

你的未来并不取决于你现在的生活有多好或多坏。没有人为你编排好你的命运，……你的命运由你自己书写，你的未来由你自己掌握。

(贝拉克·侯赛因·奥巴马二世)

### For your reference:

circumstance *n.* 环境；（复数）境况

destiny *n.* 命运

determine *v.* 决定；决心

neglect *v.* 忽视；忽略

neighborhood *n.* 邻居；邻近

pressure *v.* 施压