

30年创始人专注教育行业

全品学练考



选择性必修第一册 BS

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т.

Unit 1 RELATIONSHIPS

主题素养积累

Many people expect that their friends will always be there. They expect friendships to last forever. Yet, friendships end and friends **part company** every day. Unfortunately, even the best maintained friendships can end.

Many friendships end because of a change in personality or lifestyle when friends just **drift apart** with time. The friendship slowly loses importance and finally disappears.

Sue said, "The end of our friendship was a gradual thing. I moved from one side of the metropolis to the other. We had over an hour's drive to see each other. For a year or so, we met less and less. Then our friendship ended." John wrote, "I didn't even know the friendship was over until I caught myself thinking of Alan as a former friend."

Other friendships **break up** suddenly from a disagreement or a move to another town.

Paul said, "When I moved to Seattle after college, our friendship abruptly died. We were both struggling with new jobs and didn't keep in touch. Now that friendship is so dead, I don't even bother to call him when I go home."

Yet the biggest threat to a friendship is change. Lillian Rubin in her book $Just\ Friends$ says, "Thus generally it's true that friends accept each other so long as they both remain **essentially** the same as

they were when they met, or change in similar directions. If they change or grow in different ways, the friendship most likely will be lost."

Regardless of why, when, or how friendships end, there is always some pain of loss. When nothing can be done to mend the friendship, it is important to feel the pain fully. Then move on to enhance another friendship or build entirely new friendships.

【主题词句背诵】

- 1. part company (with/from sb)离开;分手;断绝关系
- 2. drift apart 逐渐疏远
- 3. catch sb doing sth 发觉/当场发现某人正在做某事
- **4**. think of ... as ... 把 ······ 看作 ······
- 5. break up 关系破裂
- 6. abruptly adv. 突然
- 7. struggle with 斗争;疲于应付
- 8. keep in touch 保持联系
- 9. essentially adv.基本上;本质上;根本上
- **10**. enhance v.提高;增强;增进
- **11**. **Now that friendship is so dead,** I don't even bother to call him when I go home.

既然友谊没有了,我回家的时候甚至都懒得给他打 电话。

12. Regardless of why, when, or how friendships end, there is always some pain of loss.

不管友谊因为什么、在什么时候或者以何种方式结束,人们总会感到一些失去的痛苦。

	单元知识概览
核心单词	humour; passionate; outgoing; host; incredible; occasionally; emotional; extremely; grateful; practical; pour; fuel; lack; presentation; behaviour; drag; access; worthwhile; preference; handle; upset; ashamed; intention; demanding; effective; raise; highlight; manner; sensitive; socialise; constantly; flow; associate; barely; reserved; distracted; reality; obsess; dominate; stimulation; chase; desperate; intense; depressed; delay; bend; extraordinary; rude; complain; appointment; invitation; organise; topic; innovation; competitor; clarity; fluency; progression; engagement; sincerely; belong; approval; defend; principle; politics; contrast; motivation
核心短语	for the first time; pour into; a couple of; used to; associate with; obsess over; chatter away; on behalf of sb; take up; belong to; in contrast to
重点句型	1. it 作形式主语 2. 表语从句 3. 虚拟语气 4. 部分否定 5. 强调谓语动词 6. "否定词 + 比较级"表示最高级含义 7. it 作形式宾语 8. 部分倒装
单元语法	过去完成时
单元写作	应用文:邀请信 读后续写:人际关系

Period One Topic Talk

语言知识梳理

词汇点睛

1. passionate adi. 热爱的, 酷爱的; 具有强烈信

对……充满热情 (1) be passionate about...

(2) passion n. 酷爱;激情;热爱

have/develop a passion for 酷爱……,喜爱……

热情地;激动地;炽 (3) passionately adv.

热地

【活学活用】

(1)单句填空

He is (passion) about cooking and spends hours experimenting with new recipes.

(2)写作金句

① (应用文写作话题之中国文化) The activity not only offered us students an opportunity to get exposed to this local art, but also stimulated our

这次活动不仅给我们学生提供了一个接触当地艺术 的机会,也激发了我们弘扬中国传统文化的热情。

② (读后续写之场面描写) The audience

after the team scored the

winning goal.

球队打进制胜球后,观众们热烈欢呼。

2. occasionally adv. 偶尔; 偶然

(教材 P105) It's good that we take some time occasionally to remember some of the positive things in life, don't you agree?

我们偶尔抽出一些时间来记住生活中一些积极的事 情,这很好,你不同意吗?

(1) occasion n. 场合;时机

on...occasion(s) 在……场合

on occasion(s) = occasionally 偶尔;间或

(2) occasional adj. 偶尔的;偶然的

[温馨提示] 在定语从句中, occasion 作为先行词时, 关系词的选择取决于 occasion 的具体含义。如果

occasion表示时间概念,意为"时机,时刻",定语从句 用 when 引导;如果 occasion 表示地点或场景概念,意 为"场合",定语从句用 where 引导。

【活学活用】

(1)单旬填空

① [2024 · 新课标 [卷] If he seems a little defensive, it might be because even some of his coworkers (occasional) laugh at his unusual

methods.

②The concert was one of those rare occasions the audience was completely silent throughout the performance.

(2)写作金句

① (应用文写作话题之人际关系) There are

and need someone to

talk to and that is exactly when our friends play a crucial role. (定语从句)

有些时候我们会感到孤独,需要找人倾诉,而这正是 我们的朋友发挥关键作用的时候。

②(应用文写作话题之文化习俗)

, guests are often greeted with a handshake or a slight bow as a sign of respect.

在正式场合,客人打招呼时通常会以握手或轻微鞠 躬的方式表示尊重。

3. grateful adj. 感激的,感谢的

(教材 P106) I'm extremely grateful to him. 我非常感谢他。

(1) be grateful/thankful to sb for sth

因某事感谢某人

I would be grateful if...如果······我将不胜感激。

(2) gratitude n. 感激;感谢

express/show gratitude/appreciation/thanks to sb 因为某事对某人表达感激 for sth

(3) gratefully adv. 感激地

【活学活用】

(1)单句填空

She (grateful) accepted the cup of coffee from her friend, feeling the warmth spread through her body.

(2)写作金句

① (应用文写作之申请信) I

you could offer me an opportunity to attend your university.

如果您能给我一个进入贵校的机会,我将不胜感激。

②(读后续写之动作+情感描写)	做某事无用/无益/无趣
→As tears welled up in my eyes, I	(3)It + 不及物动词(短语) + that 从句.
	It happens/turns out that
(adj.)	碰巧/结果
→As tears welled up in my eyes, I	(4)It + be + 过去分词 + that 从句.
	It's said/well known/reported that
. (n.)	据说/众所周知/据报道
我热泪盈眶,对他们的慷慨帮助表示感谢。	【活学活用】
句型透视	(1)单句填空
	①[2024・新课标 I 卷] With the rise of technology
(教材 P7) Sometimes it's enough to know	it is easy for people(make) observations of
they are standing by. 有时候,只要知道他们在身	different species with the aid of a mobile application.
边就足够了。	②It was no use(pretend) that
句型公式	everything was fine when clearly there were many
it 作形式主语	issues to address.
【句式点拨】	(2)写作金句
当句子的主语是不定式、动名词或从句时,为了保持	① (应用文写作之演讲稿)
句子平衡,常使用it作形式主语,将真正的主语放在	
句子的后面。	and deliver my speech at the graduation ceremony
【归纳拓展】	today.
it 用作形式主语的常见句式:	今天我很荣幸被邀请到贵校并在毕业典礼上发表
(1)It + be + 形容词 + that 从句.	演讲。
It's natural/likely/strange that	② (应用文写作话题之旅行) The first time you take

……是正常的/很可能的/奇怪的。 (2)It + be + 名词 + (for sb) to do sth/that 从句/

v.-ing.

It's a pity/a shame/an honour... for sb to do sth. 对某人而言,做某事是遗憾的/可耻的/荣幸的 …… It's a pity/a shame/an honour... that sb does sth. 某人做某事是遗憾的/可耻的/荣幸的 …… It is no use/no good/not much fun... + doing sth.

③ (应用文写作之新闻报道)

a plane,

正常的。

the school's basketball team won the championship game last night.

你第一次坐飞机时,在飞机起降时感到不舒服是很

while the plane is taking off or landing.

据报道,学校的篮球队在昨晚的冠军赛中获胜。

Lesson 1 Teachers (Reading) Period Two

课前自主探究 预习新课 研读课文

词汇助读	课文	翻译助读
①think about 考虑,思考;	My Tagehar	我的老师
想 記		虽然我离开学校之后再也
②be good at (doing sth)	I haven't seen Mr Jenkins [1] since I left school, but	没有见过詹金斯先生,但我
擅长(做某事)	I often think about [®] him. I wasn't very good at [®]	常常想起他。遇到詹金斯先
③subject n. 学科;主题;	most school subjects [®] [2]before I met Mr Jenkins.	生以前,大多数科目我都不
主语	~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	是很擅长。我想我那时候有
④suppose v.认为,假设	I suppose [®] [3]I was a bit lazy, especially in maths	点懒惰,特别是在数学方面

词汇助读	课文	翻译助读
⑤angle n.角	The only thing [4]I can remember from school maths is	我唯一还记得的数学课内容是
	[5] that the angles of a triangle add up to 180	三角形的内角和是 180 度! 但
⑥triangle n.三角形	degrees! But [6] when I was 15 and went into Mr	是在 15 岁那年,我走进了詹金
	Jenkins' class, I really became interested in a subject for the first time [®] .	斯先生的课堂,第一次对一个
⑦add up to 总计为	[1] since 引导时间状语从句,表示"自······以来"。	
⑧ for the first time 第一次	[2]before 引导时间状语从句。	学科真正产生了兴趣。
© for the first time 37 %	[3]宾语从句,作 suppose 的宾语,引导词被省略。	在上詹金斯先生的课之前,科
⑨hydrogen n.氢	[4]定语从句,修饰 the only thing,关系词在从句中作	学课对我来说就是一堆奇怪的
	宾语,被省略。 「5]that 引导表语从句,that 不作成分,不能省略。	词语。我不知道氢是什么,而
⑩used to 过去常常,曾经	[6] when 引导时间状语从句。	且也不想知道!我觉得这些东
	[7] Before Mr Jenkins taught me, science had simply	西既无聊又难以理解。但詹金
①practical adj.实际的	been a subject full of strange words to me. I had no	斯先生让一切变得有趣起来。
②rocket n.火箭	idea [8] what hydrogen was, and I didn't really want	
TOCKET 16. MAIN	to know, either! [9]I found it all so boring and difficult. But Mr Jenkins made everything interesting. He used	他过去常常结合很多实际例
③pour vt.灌,注,倒	to explain things [10] which seemed difficult with lots	子,并用简单的语言解释看似
	of practical examples and in simple language. One day,	很难的知识。有一天,他把我
pour into 投入(倒)······	he took us outside, and we built a rocket [®] ! I remember	们带到户外,一起制造了一枚
	[11] that he let me pour some fuel into the rocket,	火箭! 我记得他让我把燃料倒
于某物	and then another student lit a match [12] to set it off	 进火箭,然后另一名学生点燃
□ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □	[®] . It was great fun. [7]before 引导时间状语从句。	 了一根火柴发射火箭。这非常
Juci 10 : Mary	[8]what 引导同位语从句。	有趣。
⑤set off 使爆炸;出发	[9] "find + 宾语 + 宾语补足语"结构, so boring and	
	difficult 作宾语补足语。	我知道自己不是一个主动学习
⑩ willing adj. 乐意的,	[10]which 引导定语从句,修饰 things。 [11]that 引导宾语从句,that 可以省略。	的学生,但我学习新事物并不
	[11] that 引导兵后从引, that 引以有畸。 [12]不定式短语在句中作状语,表目的。	慢。我的问题是对自己缺乏信
积极肯干的 	I know[13] that I wasn't a willing ® student, but I	心。詹金斯先生让我认识到自
①lack vt.缺乏	wasn't slow to learn new things. The problem was	己有长处。我对恒星和行星的
Shack Wing(2	[14] that I lacked [©] confidence in myself. Mr Jenkins	研究很感兴趣,他便让我给全
®strength n.长处,优势;	made me feel [15] that I had my own strengths [®] . I was interested in the study of the stars and planets and	班同学做了一个展示。这是我
	he asked me to give a presentation [®] to the class. That	第一次尝试向观众讲解科学知
体力	was really the first time [16]I had tried to explain science	
(Onreagentation of ⊠ =	to an audience and now it's my job! Often [17] when	识,现在这成了我的工作!在
① presentation $ n .$ 展示;	I'm preparing a programme, I think about [18] how Mr	准备项目时,我常会想如果是
 报告;陈述,说明	Jenkins would have done it. Sometimes I think, if only [®] I could call him and ask for his opinion!	詹金斯先生,他会怎么做。有
	[13]that 引导宾语从句,that 可以省略。	时我会想,如果能打电话征求
②if only 要是就好了	[14]that 引导表语从句,that 不可以省略	他的意见就好了!

词汇助读	课文	翻译助读
②a couple of	[15]that 引导宾语从句,that 可以省略。	我的学生
	[16]定语从句, the first time 作先行词,表示"第一次"。 [17]when 引导时间状语从句。	我读了几本格雷厄姆的书,也
一些,几个;一双,	[18] how 引导宾语从句。	在电视上看到过他。我总会对
	My Student	妻子说:"喏,看,我曾经教过
一对	I've read a couple of Graham's books and seen him on	他!"我记得格雷厄姆来我的班
	TV. I always say to my wife, "Oh look, I used to teach him!" I remember [19] Graham was very difficult before he came	
2 behaviour n .	into my class. I had heard stories about his bad behaviour .	上之前有比较大的问题。我听
Sometion with	Once I caught him and his friends seeing [20] who could	说过一些他的不良行为。有一
	jump the farthest off the school stage! But [21] when he got	次我撞见他和几个朋友比赛,
行为,举止 	interested, he changed. [22] The first day he walked into	看谁能从学校的舞台上跳得最
	my class, he was dragging his schoolbag behind him and	远! 但当他对学习产生兴趣
$\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ $	looking bored, but [23] as soon as I set up an experiment to show [24] how the human stomach works using acid and	
	an onion [®] , he gave me his full attention. He loved science!	时,他变了。第一天走进我的
拖,拉	He was very bright and he had done very well in science	班级时,他身后拖着书包,一副
	subjects.	百无聊赖的样子,但当我用酸
@experiment	[19] remember 后为宾语从句,引导词被省略。	 和洋葱做了一个展示人类胃如
	[20] who 引导宾语从句,作 seeing 的宾语。	何运作的实验时,他全神贯注。
 n.实验	[21] when 引导时间状语从句。 [22] the first day 引导时间状语从句。	
11. 头巡	[23] as soon as 引导时间状语从句。	他热爱科学!他非常聪明,科
	[24]how 引导宾语从句,作 show 的宾语。	学课学得非常好。
v. 做实验	However, I have not done as well with all my students	不过,并不是每一个学生我都
	[25] as I have with Graham. I think [26] it's important	能像教格雷厄姆那么成功。我
set up an	[27] to understand [28] that there's no such thing as a good or a bad student. Look at Graham! Everyone is good at	 认为重要的是要知道没有所谓
	something and [29]it's important to find out [30] what that	
experiment	is for each student. We teachers should have more time to	的好学生或者坏学生。看看格
	make friends with all our students and really understand	雷厄姆!每个人都有擅长的
 开展一项实验	them. Then we could make sure [31] that we would find the	事,重要的是要找出每个学生
71 /K - X A 352	path to success, both at school and in later life, for all of them.	擅长的是什么。我们老师应该
@David as 概念	[25]as 引导方式状语从句,表示"按照,像"。	 花更多的时间和所有的学生交
②acid n.酸	[26]think 后为宾语从句,引导词被省略。	朋友,真正了解他们。这样才
	[27]it 作形式主语,不定式作真正的主语。	
◎ onion n.洋葱	[28]that 引导宾语从句,作 understand 的宾语。 [29]it 作形式主语,不定式作真正的主语。	能确保我们为他们找到通向成
	[30] what 引导宾语从句,作从句中的表语,不可以省略。	功的道路,不管在学业上还是
	[31]that 引导宾语从句,作 make sure 的宾语,可省略	以后的生活中

词汇助读	课文	翻译助读
②have access to 具有使	I knew [32]I had chosen a job with a lot of stress but I	我知道我选择了一份压力很大
	love [33] what I do. The thing about being a teacher is	
用某物或接触某人的	[34] that you have access to children's minds [35] when	的工作,但我热爱我的工作。
	they are open and eager to learn [®] . [36]If [37]what I	做教师意味着,你有机会在孩
机会	do as a teacher can help turn a child like Graham into	似软师志外有, 你有优去任孩
	such a successful adult, then I know [38] what I'm	子们敞开心扉、渴望学习的时
◎be eager to do 渴望	doing is worthwhile. [39] As John Dewey, [40] the	
	famous educationalist, said, "Education is not preparation	候,走进他们的心灵。作为老
做	for life; education is life itself."	
	[32]knew 后为宾语从句,引导词被省略。	师如果可以帮助像格雷厄姆这
② worthwhile adj. 重要	[33] what 引导宾语从句,作从句中的宾语,不可以省略。	 样的孩子成长为如此成功的
	[34]that 引导表语从句,不可省略。	
的;值得做的;有益的	[35] when 引导时间状语从句。	人,那么我知道我做的是值得
	[36] if 引导条件状语从句。	
	[37] what 引导主语从句,作从句中的宾语,不可以省略。	的。正如著名教育家约翰•杜
	[38] what 引导主语从句,作从句中的宾语,不可以省略。	产的发展技术工具工具工工工
	[39] as 引导非限制性定语从句,表示"正如"。	威所说:"教育不是为生活做准
	[40] the famous educationalist 作了 John Dewey 的同位语	备;教育就是生活本身。"

Step 1 Fast reading

- Read the passage on Page 8 and match the main ideas with each paragraph.
- ()Para.1 ()Para.2 ()Para.3
- A. Mr Jenkins boosted Graham's confidence, shaping his science career.
- B. Graham recalls Mr Jenkins inspiring his first academic interest.
- C. Mr Jenkins made science fun with practical, simple demonstrations.
- Read the passage on Page 9 and match the main ideas with each paragraph.
- ()Para.1 ()Para.2 ()Para.3
- A. Brian Jenkins' attitude towards students.
- B. Brian Jenkins' belief in teaching.
- C. Brian Jenkins' impression of Graham.

Step 2 Careful reading

Read the text carefully and choose the best answer.

- ()1. How was Graham before he went to Mr Jenkins' class?
- A. He became interested in a subject.
- B. He wasn't good at every subject.

- C. He didn't know much about maths.
- D. He found learning funny.
- ()2. How did Mr Jenkins teach?
- A. He taught the same as the other teachers.
- B. He used to ask students to do experiments in the laboratory.
- C. He explained difficult things with vivid pictures.
- D. He helped students to raise their interest in science.
- ()3. What did Mr Jenkins think of his job as a teacher?
- A. He believed that his work was not important.
- B. He loved his work and thought it was worth it.
- C. He guessed that his teaching work was done perfectly.
- D. He found his job so boring that he wanted to give it up.
- ()4. How do you understand "Education is not preparation for life; education is life itself"?
- A. Education should be through one's whole life.
- B. Education is not an end but a means to an end.
- C. Education should only prepare students for school.
- D. Education should be combined with life.

Step 3 Summary

Read the text again and fill in the blanks.

My Teacher

I was a lazy boy and 1.	only thing I
can remember from school maths is 2.	the
angles of a triangle add up to 180 degr	rees! But Mr
Jenkins changed me, who explained di	ifficult things
with a variety of 3.	(practice)
examples and in simple language. Mr	Jenkins even
let us build a rocket and set it off. It wa	s great fun. I
wasn't a willing student and I 4.	(use) to
lack confidence in myself. Mr Jenkins	made me feel
that \boldsymbol{I} had my own strengths by asking	me to give a

5	(present)	to	tho	class
ο.	(present)	ιο	me	ciass.

My Student

I remember before Graham came into my class,
he didn't behave well in school. However, when I
set 6 an experiment, he gave me his full
attention. He loved science so that he had done very
well in science subjects. I think it is important for us
teachers 7(make) friends with all our
students and 8(real) understand them.
Then we could make sure that we found the path to
9(succeed) for them. The thing about
10(be) a teacher is that you have access to
children's minds when they are open and eager to learn.

语言知识梳理

直击重点 突破考点

词汇点睛

1. pour vt.灌,注,倒

(教材 P8) I remember that he let me **pour** some fuel into the rocket, and then another student lit a match to set it off.

我记得他让我把燃料倒进火箭,然后另一名学生点燃了一根火柴发射火箭。

- (1)pour into/pour...into... 投入(倒)······于某物
- (2)pour in 使流入,使灌入;大量

地涌进来

- (3)pour down (雨)倾盆而下;下大雨
- (4) pour out one's heart to sb 向某人敞开心扉;倾诉 衷肠

【活学活用】

写作金句

① (读后续写之自然环境描写) As we were hiking,

_, soaking

us to the bone.

我们在徒步时,雨突然倾盆而下,我们全身都湿透了。

②(应用文写作话题之旅行) On National Day,

from all over

the world to visit this famous historical site.

国庆节那天,来自世界各地的游客蜂拥而至,参观这个著名的历史遗迹。

③ (读后续写之表情描写) She had a look of relief as she

finally able to let go of the burden she had been carrying. 当她向最好的朋友倾诉时,脸上有一种解脱的神情, 终于能够放下一直背负的重担了。

④ (读后续写之动作描写) Every morning, she would and

sit by the window to enjoy the view.

每天早上,她都会把咖啡倒进她最喜欢的杯子里,然后坐在窗边欣赏风景。

2. fuel n.燃料 vt.给(交通工具)加油;给……提供燃料;加强,刺激,激发,推动,促进

(教材 P8) I remember that he let me pour some **fuel** into the rocket, and then another student lit a match to set it off.

我记得他让我把燃料倒进火箭,然后另一名学生点燃了一根火柴发射火箭。

(1)fuel shortage 燃料短缺 fuel supply 燃料供应

(2) fuel one's passion for 激发/助长某人对······

的热情

【活学活用】

(1)一词多义

- ① The plane had to stop to take on more **fuel** before continuing its long-distance flight.
- ②He stopped at the gas station to **fuel** his car.
- The discovery of a new oil field could potentially fuel the country's economy for decades.

(2)写作金句

(应用文写作之新闻报道) There was no denying that the dynamic drama performance ______acting and stagecraft.

不可否认,充满活力的戏剧表演激发了学生们对表演和舞台艺术的热情。

3. lack vt. 缺乏 n. 缺乏

(教材 P8) The problem was that I **lacked** confidence in myself.

我的问题是对自己缺乏信心。

(1)lack sth	缺乏某物
a lack of	缺少
for lack of	因为缺少
(2) lacking adj .	缺乏的,没有的
be lacking in	缺少

【活学活用】

(1)单句填空

She felt upset, increasingly _____(lack) in confidence in herself.

(2)写作金旬

(应用文写作话题之体育运动)

→	he lost the chance
of winning the match. (n	.)
→	, he lost the chance
of winning the match. (v .	,)
→	, he lost the
chance of winning the mat	ch. (adj.)
由于缺乏决心,他失去了赢	涌得比赛的机会 。

4. access n. 进入;接触的机会;入径,通道 vt. 使用;获取

(教材 P9) The thing about being a teacher is that you have **access** to children's minds when they are open and eager to learn.

做教师意味着,你有机会在孩子们敞开心扉、渴望学习的时候,走进他们的心灵。

(1) have/get/gain/obtain access to… 得以接近/使用/进入······ give access to 准许进入 (2) accessible adj. 可进入的;可使用的;易懂的;易相处的 be accessible to sb 某人可进入······;某人可使用·····

[温馨提示] access 前通常不加冠词,且 access 和 accessible 短语中的 to 是介词。

【活学活用】

(1)单句填空

[2024 · 新课标 Ⅱ 卷] Emmanuel Chappard, an

	uide, has a passion for making the great
	(access) to all.
(2)一词多义	
①The author	ities closed access to the bridge and
tens of thousa	ands of people made their way back to
land.	
②She gained a	access to the club through her connections
in the industr	у.
3 As the Inte	ernet grows more powerful, students
can access kn	nowledge easily.
(3)写作金句	
(应用文写作	之演讲稿)
→To my gre	eat surprise, now many people in the
world	clean drinking
water. $(n.)$	
→To my gre	at surprise, now clean drinking water
	many people in the
world. (adj .	
令我感到非常	震惊的是,现在世界上许多人无法获
得干净的饮用	
	hile adj . 值得做的;重要的;有益的
(教材 P9) If	what I do as a teacher can help turn a
	ham into such a successful adult, then I
	m doing is worthwhile .
	1人,那么我知道我做的是值得的。
,	,
(1)It is wor	thwhile doing/to do sth.
(0)	做某事是值得的。
\pm (2) worth α_i	di

(2) worth *adj*. 值得的;有······价值的;值······钱

n. 价值;作用

一试/参观……

be (well) worth doing

(非常)值得做

(3) worthy adj. 值得(或应得) ……的;值得尊敬

的,值得注意的

be worthy of sth值得……

sth be worthy of being done/to be done

某事值得被做

sb be worthy to do sth

某人配做某事

[温馨提示] worth 一般只作表语,可用程度词 well 修饰, be worth doing 是主动形式表示被动意义; 而worthy 和 worthwhile 既可作表语又可作定语。

【活学活用】	He explained that there was something wrong with
(1)单句填空	his body and that was he had decided to
①[2021·北京卷] Thus, it may be worth	give up the contest.
(bring) up issues with your friends, family members,	(2)写作金句
or classmates rather than holding them back.	(应用文写作话题之网络科技) What is clear
②How to deal with the test is an issue worthy	
(consider).	faster than ever before.
(2)写作金句	明显的是,互联网使消费变得比以往任何时候更容
(应用文写作之推荐信)	易、更快。
→ The exhibition is	2. (教材 P8) Sometimes I think, if only I could
since it will offer you a deep insight into Chinese art	call him and ask for his opinion! 有时我会想,如果能打电话征求他的意见就好了!
culture. (worth)	句型公式
→ The exhibition is	虚拟语气
since it will offer you a deep insight into Chinese art	【与子与性】
culture. (worthy) →It is to the	【句式点拨】 本句中的 if only 意为"要是就好了",引导的从
exhibition since it will offer you a deep insight into	句用虚拟语气。结构如下:
Chinese art culture. (worthwhile)	①若表示与将来事实相反的情况,句中谓语用
参观这个展览是值得的,因为它能让你深入了解中	would/could + do;
国艺术文化。	②若表示与现在事实相反的情况,句中谓语则用动
$\wedge \wedge \wedge \wedge$	词的过去式(be 动词用 were);
句型透视	③若表示与过去事实相反的情况,句中谓语则用 had
1. (教材 P8) The problem was that I lacked	done.
confidence in myself. 我的问题是对自己缺乏	【相关拓展】
信心。	(1)only if 意为"只有,只要就",only 只志 强调作用。
句型公式	(2)only if 引导的状语从句位于句首时,主句要用部
表语从句	分倒装。
【句式点拨】	【活学活用】
that 引导的表语从句中 that 是连接词,只起连接作	(1)单句填空
用,不在从句中充当任何成分。	①If only I(have) more money! I can buy
【归纳拓展】	big house now.
引导表语从句的有:从属连词 that, whether, as if,	②If only he (arrive) in time; he
as though, because;连接代词 what, who, whom,	would not have been punished. (2)写作金句
whose, which;连接副词 when, where, how, why。	(应用文写作话题之自然生态) Only if the plan
【活学活用】	receives enough sunlight and water regularly
(1)单句填空	
①His view was art should shock the	
viewers and challenge their sense of reality.	才能生长良好。
②The question is will be selected to be the	3. (教材 P9) However, I have not done as
coach for the football team.	well with all my students as I have with
3 Mary is being punished by the headmaster. That is	Graham. 不过,并不是每一个学生我都能像教格雷

厄姆那么成功。

she broke the school rule yesterday.

句型公式 … 部分否定

【句式点拨】

否定副词 not 与表示整体或全部意义的词 every, everyone, everybody, everything, both, all 连用时, 不论 not 在什么位置都表示部分否定, 意为"并不都 是:不全是"。

【归纳拓展】

英语中的 no, none, never, nobody, nothing, neither, no one, nowhere 等表否定意义的词(组)与肯定式 谓语一起使用构成全部否定。

【活学活用】

写作金句

①(读后续写之哲理句)

for one who sets his mind on it.

世上无难事,只怕有心人。

②(读后续写之情感描写)

has ever travelled abroad, so they are both excited about the upcoming trip to Europe.

他的两个姐姐都没有出国旅行过,所以她们对即将 到来的欧洲之行感到兴奋。

③ (应用文写作话题之学校生活)

the new concept, so the

teacher decided to explain it again.

并非所有学生都理解这个新概念,所以老师决定再 解释一遍。

④ (应用文写作之建议信) enjoys

spicy food, so it's important to have milder options available at the party.

并不是每个人都喜欢辛辣的食物,所以在聚会上提 供较温和的选择很重要。

Period Three Lesson 2 How Do We Like Teachers' Feedback?

语言知识梳理 📕

直击重点 突破考点

词汇点睛

1. preference n. 偏爱, 偏好

(教材 P12) to depend on personal **preference** 取决于 个人喜好

(1) have a preference for 喜爱……,偏爱……

(2) prefer vt.

较喜欢,更喜欢

更喜欢做某事

prefer to do/doing sth prefer sb to do sth

宁愿某人做某事

prefer doing sth to doing sth = prefer to do sth

rather than do sth

宁愿做某事,也不愿

做某事

[温馨提示] prefer 既不用于进行时态,也不用于比较 级。其过去式和过去分词形式均为:preferred。

【活学活用】

(1)单句填空

①Sarah has a (prefer) for home-made jam, as she enjoys the fresh and natural taste.

②Unlike fast food places, fine dining shops prefer customers (stay) longer.

(2)写作金句

① (读后续写之动作描写) Although they could run faster than Emma, they

, bursting out laughing every now and

then, commenting on how Emma jogged.

虽然他们可以跑得比埃玛快,但他们更喜欢在她身后 慢跑,时不时地大笑起来,评论埃玛是如何慢跑的。

② (应用文写作话题之健康生活)

→ 1	sports with friends
	by myself, which brings me joy.
→I	sports with friends
exercise by	myself, which brings me joy.
我更喜欢和	朋友一起运动,而不是独自锻炼,因为这
给我带来了	快乐。

2. upset adj. 烦恼的,心烦意乱的 vt. (upset; upset)使生气,使心烦意乱;打乱;打翻 (教材 P12) to get upset 变得心烦

(1) be upset about (doing) sth

因为(做)某事心烦

be upset to do sth 对做某事感到不安/难过

(2) It upsets sb that... = What upsets sb is that...

让某人心烦的是……

【活学活用】

(1)单句填空

①[2021·新高考全国Ⅱ卷] I was upset (learn) that many sea animals eat plastic garbage, thinking it is food.

②Our plan (upset) by the sudden change in the weather, so we had to try another way. (2)写作金旬 (读后续写之动作+情感描写) He ducked his head and stepped back to his seat, . (形容词作状语) 他耷拉着脑袋走回到座位上,有点不安和内疚。 **3.** ashamed adj. 羞愧的;内疚的;惭愧的 (教材 P12) to feel hurt/ashamed/discouraged 感到 受伤/羞愧/气馁 (1) be/feel ashamed of 因 …… 感到羞愧 be ashamed to do sth 耻于做某事;不情愿 做某事 很惭愧…… be ashamed that (2) shame n. 羞愧;令人惋惜的事 It is a shame/pity that... 真可惜 …… (3) shameful adj. 可耻的;丢脸的 (4) shameless adj. 不知羞耻的 【活学活用】 (1)单句填空 It is a (shame) behaviour to say such sharp words to your seniors. (2)写作金句 ①(读后续写之情感描写) Mary what she did at the party that she couldn't keep back her tears. 玛丽为她在聚会上的所作所为感到羞愧,以至于眼 泪止不住地流了下来。 ② (读后续写之表情描写) She was her mistake in front of everyone, her face flushing red. 她羞于在众人面前承认自己的错误,脸涨得通红。 ③ (应用文写作话题之语言学习) That is the only French phrase I mastered, and I don't have much use for it. 那是我掌握的唯一一句法语,真可惜我没有太多机 会用到它。 **4.** intention n. 意图,目的;打算 (教材 P106) But I do understand my teacher's intention. 但我确实理解老师的意图。 目的是…… (1) with the intention of (2) intend to do/doing sth 打算/想要做某事

intend sb to do sth

打算让某人做某事

had intended to do… = intended to have done… 原本打算做…… 原本打算做…… 意欲达到的;计划的;打算的 sth be intended for… 专为……打算/设计 sth be intended to do sth 打算做……,目的是…… (4) intentional adj. 故意的

故意地

【活学活用】

intentionally adv.

(1)单句填空

is your right choice. (定语从句)

在我看来,北京语言大学是你的正确选择,因为北京语言大学的语言和文化课程面向国际学生,享有很高的声誉。

reputation for its language and culture courses,

5. demanding adj.要求严格的;费力的

(教材 P106) She is very strict and **demanding** because she wants us to be better learners.

她要求很严格,因为她希望我们成为更好的学习者。

(1)be in great demand	需求量很大
a demand for	对的需求
satisfy/meet one's demands	满足某人的需求
(2)demand to do sth	要求做某事
demand that	要求[从句用
	"(should +) 动词
	原形"]

[温馨提示] 表达"要求某人做某事"不能用 demand sb to do sth,而要用 demand that sb (should) do sth。

【注兴注四】	
【活学活用】 (1)单句填空	
_	nore carious when you
① The challenge is all the n consider the	
required to bike from France	(demand) exercise
② No matter how many time she kept coming back, deman	
their game.	
3 This dictionary, written by	Professor Li. has been
great demand since	
(2)写作金句	it was published:
(读后续写之动作描写) I hea	ard a how shouting and
realized he was shouting at m	
realized lie was shouting at in	. (分词作状语)
	_
喊,要求我品尝他的桃子。	7. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1.
6. effective <i>adj</i> .有效的	
(教材 P106) Although it is v	very demanding for my
teacher, it is more effectiv	
feedback.	e than other types or
虽然这对我的老师要求很高。	,但它比其他类型的反
馈更有效。	
(1) effect n .	结果;影响
have an effect/influence/im	pact on/upon
	对产生影响
come into/go into/take effe	ct 生效
bring/putinto effect	使生效;实行;实施
in effect	实际上,事实上;在
	实施中;有效
side effect	副作用
(2) effectively adv .	有效地
【活学活用】	
(1)单句填空	
①[2024 · 新课标 [卷] An	d are listening to and
viewing content as	
the written word when coveri	
②With such campaigns	effect, China's
	cricci, ciina s

我们所做的小小的善举对我们周围的世界有影响, 就像池塘里的涟漪,会扩散得很远、很广。

7. raise vt. 提出,提起;增加,提高(数量、水平等);抚养;举起;筹集;饲养

(教材 P106) It also gives us an opportunity to **raise** further questions about anything we don't understand. 这也给了我们一个对我们不理解的任何事情提出进一步问题的机会。

【易混辨析】

arise, rise, raise, arouse 辨析

动词	类型	词义	过去式	过去分词	现在分词
arise		(由) 引起;产生, 出现;起床, 起身	arose	arisen	arising
rise		升起,升高;站起,起身	rose	risen	rising
raise	及物动词	增加,提高; 举起;抬起; 抚养,养育; 饲养;筹募, 筹集	raised	raised	raising
arouse	及物 动词	激起,引起(感情、态度)	aroused	aroused	arousing

		08/117 (18/22)			
【活学活	用】				
(1) 选 i	司并用	月适 当形式	填空:a	rise, rise	e, raise,
arouse					
①It wa	s shor	tly after one	probler	n had bee	n solved
that and	ther p	roblem	im	mediately	
②The o	compan	y decided to		the	prices of
their pr	oducts	due to incre	ased pro	duction c	osts.
③This	festiva	l aims to		the	students'
interest	in tr	aditional Ch	inese fo	lk music	and get
them ex	posed	to foreign m	usic.		
①It is common knowledge that the sun in					
the east and sets in the west.					
(2)一词	多义				
$\ensuremath{\bigcirc}\xspace She$ \textbf{raised} an interesting question at the meeting.					
				_	
②It's n	ot easy	y to raise a f	family w	ith a low	income.

future.

(2)写作金句

far and wide.

(读后续写之主题升华句) The small acts of kindness

the world around us, like ripples in a pond that spread

③The organization raised a large amount of money
to help the victims.
We need to raise our efficiency to finish the work
on time.
(3)写作金句
(读后续写之动作描写) The distance between them
was far, so he had to and cup his
hands around his mouth while shouting.
他们之间距离很远,所以他不得不提高声音,同时用
双手在嘴边围成喇叭状呼喊。
句型透视
(教材 P106) But I do understand my teacher's
intention. 但我确实理解老师的意图。
句型公式
强调谓语动词

【归纳拓展】 "do/does/di

"do/does/did+动词原形"构成强调结构,意为"确实,的确……",用来加强谓语动词的语气,但须符合以下两个条件:

- (1)句子是肯定句;
- (2)句子的时态为一般现在时或一般过去时。在一般现在时的句子中,do有人称的变化,第三人称单数用 does;在一般过去时的句子中,do变成 did。其他时态的强调通过重读谓语动词来体现。

[温馨提示] 若强调主语、宾语、表语、状语等,则应用强调句型:It is/was+被强调部分+that/who 引导的从句.

【活学活用】

写作金旬

与作金可
① (应用文写作话题之学校生活) We
will be carried out again in
the future.
我们确实希望这样一个有意义的课程在未来还会再
次开展。
② (应用文写作之记人叙事) He
, but they are different in character.
他确实长得像他的父亲,但是他们性格不同。

③ (应用文写作之道歉信) Even though I _______, I realized it was beyond my capabilities.

尽管我确实想帮忙,但我意识到这超出了我的能力范围。

Period Four Lesson 3 So Close, Yet So Far (Reading)

课前自主探究

词汇助读	课文	翻译助读
① socialise vi. 交友;交	Mark never stops $socialising^{\oplus}$ with his friends online.	马克从未间断与朋友们的网上
际;交往	But he's also [1] never felt more alone. Where am I? What am I doing? [2] If you're one of my	交往,却也从未感到如此孤独。
②laptop n.笔记本电脑,	500 friends online, you'll always be the first [3] to	我在哪里?我在做什么?如果
便携式电脑	know. My phone and laptop [©] are never out of touching distance, [4]so I'm constantly [©] posting updates [©] on	你是我的 500 个网友之一,你
③constantly adv . 持续不	social media—[5] whether I'm having a coffee, on my	总会第一个知道。我的手机和
断地	way to school, watching TV even [6] when I'm in the shower. [7] As soon as I open my eyes in the	笔记本电脑一直在触手可及的
④post updates 发表最新	morning, I check through [®] all my social networking	地方,所以我可以不断地在社
消息	\mathbf{apps}^{\oslash} , read my emails and answer text messages. I do	交媒体上发表最新信息——无
⑤on one's way to 在	the same thing all over again [®] [8] while I'm having breakfast.	 论是在喝咖啡,上学的路上,
某人去的路上	[1] "never + 比较级"相当于最高级。 [2] if 引导条件状语从句,表示"如果"。	看电视甚至在洗澡的时
⑥check through 检查,	[3]不定式作定语,修饰 the first。	候。早上一睁开眼,我就会立
查看	[4]so 引导结果状语从句,现在进行时表示一定的情感 色彩。	刻查看所有社交网络应用程
⑦app n.应用程序	[5] whether 引导让步状语从句,表示"不管,无论"。	序,阅读电子邮件并回复短信。
⑧all over again 重新,再	[6] when 引导时间状语从句。	我在吃早餐的时候会再做一遍
一次	[7]as soon as 引导时间状语从句,表示"一就"。 [8]while 引导时间状语从句,表示"当时"	这些事情

词汇助读 课文 翻译助读

宿舍

- ⑩a couple of 一对,几个 ①flow n. 流动 vi. 流, 流动
- ②associate v.与某人交往 associate with 与某人交往
- ③yet conj. 然而,但是 倒barely adv. 几乎不
- ⑤reserved adj.含蓄的; 内敛的
- ¹⁶wired adj. 联网的;极 其兴奋的
- ⑪on the surface 表面上 ® distracted adj. 心神不 定的,精神无法集中的
- ¹⁹reality n.现实;真实 in reality 事实上
- ②million n.百万
- ②obsess vt. 使迷恋 obsess over 对 ······ 过分 担心
- ②account n.账户;描述; 解释 v.把……视为
- ② mate n. 朋友,伙伴
- 4dominate vi. & vt. $\dot{\pm}$ 宰,支配,控制
- ② deadline n. 截止日期, 最后期限
- set deadlines 设置截止 日期
- @scroll vi.上下滚动
- ②inch n.英寸
- \otimes stimulation n.刺激
- ②chase vi. & vt. 努力
- 赢得 n.追逐,追赶
- ③ drag v. 拖,拉,拽
- ③ desperate adj.拼命的; 绝望的
- ②intense adj. 紧张的, 激烈的;剧烈的
- ③depressed adj. 沮丧的, 忧愁的
- ③delay vi. & vt. 推迟, 延期
- ③chatter vi. 唠叨,喋喋
- chatter away 喋喋不休

 \mathfrak{D} dorm n. 寝室, 学生 I live in a university **dorm** with **a couple of** great roommates. I have a never-ending flow[®] of messages and updates from all the people I associate with online. Yet® the truth of the matter is: I feel lonely. I'm **barely**[®] the only person [9] who feels this way. According to research, over two-thirds of young people [10] find it easier to make friends online than it is "in real life". I'm way beyond a shy or **reserved** person, but I'm wired up every day, like most of my friends. On the surface , I have an active social life. I attend parties and play sports but I'm always distracted. They say [11] that phones bring people closer together but in reality, my mind is always a million miles away. I **obsess over**[®] exactly [12]how many followers I have on my account[®], but I can't remember the birthdays of some of my oldest mates[®].

[9] who 引导定语从句,修饰 the only person。

- [10]"find+形式宾语+宾补",不定式作真正的宾语。
- [11] that 引导宾语从句,作 say 的宾语,可以省略。
- 「12]how 引导宾语从句,作 obsess over 的宾语,不可

Social networking **dominates** my life in so many ways. Sometimes I set deadlines for myself: I will start doing my homework at 8 pm, and aim to finish in two hours. At 7.50 pm, I'm still scrolling through my friends' silly posts and photos. Before I know it, it's 9.30 pm and I still haven't moved an **inch**[®] from the sofa. I download song after song, video after video, but I'm not really paying attention. The stimulation® is in chasing® after the next song rather than truly enjoying it. My friends try to drag® me away from my phone, but as soon as I'm alone again, I'm desperate® to get back to the online world and the intense® activity [13] that it provides.

[13] that 引导定语从句,修饰先行词 activity,作从句中 的宾语,可以省略。

I constantly feel **depressed**[®], dissatisfied and alone. [14] Since I spend so much time socialising online, I keep delaying things that are important in my real life: homework, tasks, connecting with my friends and family members in a meaningful way. [15] It's funny that my friends and I chatter away online so much, but we end up having nothing [16] to say when we meet. [14] since 引导原因状语从句,表示"因为"。

[15]it 作形式主语,that 引导主语从句。

[16]不定式作定语,修饰 nothing, when 引导时间状语 从句

我住在大学宿舍里,室友们都 很好。我总是不停地收到交往 的网友发来的信息和最新消息。 然而事实却是:我感到孤独。

我不是唯一一个有这种感觉的 人。研究显示,超过三分之二 的年轻人发现在网上交朋友比 "在现实生活中"交朋友更容 易。我远非一个害羞或含蓄的 人,但是我每天都在上网,我的 朋友们大多也是如此。从表面 上看,我的社交生活很丰富。 我参加派对和体育运动,但总 是不能专心。他们说手机让人 们联系更加紧密,但实际上,我 的思绪总是飞到十万八千里之 外。我总是惦记自己的账户有 多少人关注,但却记不住一些 老朋友的生日。

社交网络在很多方面都控制着 我的生活。有时我会为自己设 定截止时间:我要在晚上8点 开始做作业,并且要在两小时 内完成。晚上7:50,我还在浏 览朋友们发的无聊帖子和照 片。等我意识到的时候已经是 晚上9:30了,我还在沙发上坐 着一动没动。我下载一首又一 首歌曲,一个又一个视频,但其 实并不在意。我的兴奋点是寻 找下一首歌而不是真正欣赏音 乐。朋友们试图让我远离手 机,但是一旦我又独自一人,我 就迫不及待地想回到网络世 界,回到手机所提供的紧张的 活动中去。

我经常感到沮丧、不满和孤独。 因为我花了很多时间上网社 交,所以一直在推迟现实生活 中重要的事情:家庭作业、任 务、以有意义的方式和家人朋 友联系。有趣的是,我和朋友 们经常在网上聊得热火朝天, 但见面时却无话可说

词汇助读	课文	翻译助读
ℬtake a call 接电话	A few days ago, I went out for a dinner get-together	几天前,我和一些朋友出去吃
	with some friends. My best friend left the table for 30	咯炸 我是好的朋友因头拉听
③bend vi. & vt. 弯腰;	minutes because he had to take a call®. Some spent	晚饭。我最好的朋友因为接听
	the dinner bending over their phones, texting friends	电话而离席 30 分钟。有些人
俯身	online but ignoring ® the ones [17] who sat right in front	整个晚餐都埋头在看手机,给
 ⊗ignore v.忽视	of them. And the extraordinary thing is nobody thought	正 忧恨柳星人在有] 忧;泪
Signore V. All All	[18] this was rude [®] ; it's just [19] how life is nowadays.	网上的朋友发短信,却忽略了
③ extraordinary adj. 令	On a family holiday last summer, my sister spent all	 坐在他们面前的人。不可思议
	her time complaining [20] that she needed to charge	
人惊奇的,异乎寻常的	her phone [®] . [21] When it was charged, she just spent	的是没有人认为这不礼貌。这
	hours reading about her favourite popstar; [22] not	就是现在的生活方式。去年夏
@rude adj. 无礼的	once did she lift her head [23] to enjoy the view outside	
	her window. [17]who 引导定语从句,修饰先行词 the ones,不可以	天一次全家度假,我妹妹一直
④complain vi. & vt.抱	省略。	 抱怨说她的手机需要充电。手
忽;不满;发牢骚	[18]thought 后是宾语从句,引导词被省略。	
念; 作協; 及平强	[19]how 引导表语从句,不可省略。	机充上电后,她就花了数小时
②charge one's phone 给	 [20]that 引导宾语从句,作 complaining 的宾语,可以	浏览她最喜欢的流行歌手的消
	省略。	白 坡山机大松村斗场带家
某人的手机充电	[21]when 引导时间状语从句。	息,一次也没有抬起头欣赏窗
	[22]not 为否定意义的副词,位于句首,句子进行部分	外的景色。
	倒装。	真正令人担心的是,我认识的
	[23]不定式结构表示目的。	其正文人担心的定,从从例
约会	[24] What is really worrying is [25] that no one [26] I	每个人,包括我自己,都不能够
	know, including myself, could go cold turkey. I can't	
④ alcoholic n.酗酒者,	even imagine going without social networking for a week—	
 嗜酒成瘾者 adj.(含)酒	think of all the important appointments [®] , invitations	一周没有社交网络的生活——
	and news updates you would miss! Alcoholics [27] who	 想想你会错过的所有重要约
 精的	want to quit drinking can avoid booze®, but how do we	
	give up our phones? After all, I need it for my studies	会、邀请和新闻更新! 想要戒
⑤booze n.酒	[28] because my teachers and classmates need to contact	酒的酗酒者可以避免饮酒,但
	me at any time.	
る any time 在任何时候	[24] what 引导主语从句,作从句中的主语,不可省略。 [25] that 引导表语从句。	我们如何杜绝手机呢?毕竟,
	[26]定语从句,关系词在从句中作宾语,被省略。	我需要用它来学习,因为我的
④ hard-wired adj. 硬件	[27] who 引导定语从句,关系词在从句中作主语,不可	火压和巨类重应时上升联 系
 控制的;天生的	省略。	老师和同学需要随时与我联系。
177 HA HA 1 2 2 2 1 1 1	[28] because 引导原因状语从句。	所以,这就是社交网络的问题。
❸ disconnected adj.分离	So, that's the problem with social networking. We're	我们被网络连接,但却比以往
	hard-wired in, but we're more disconnected than	74 11 12 17 14 14 14 14 14 14 14
的;断开的;无关联的	ever	更加疏远

Step 1 Fast reading

● Read the passage on Pages 14—15 and divide the passage into 3 parts.

Part 1: Paragraphs _____

Part 2: Paragraphs _____

Part 3: Paragraphs

Match the main ideas with each part.

()Part 1 ()Part 2 ()Part 3

A. Impacts on Mark and his friends.

B. Reasons why Mark can't drop social networking.

C. Mark's activities online and his feeling.

Step 2 Careful reading

Read the text carefully and choose the best answer.

()1. Why does Mark feel lonely?

A. He hasn't made many friends on social media.

B. He can't focus on real life.

C. He has no good friends in real life.

D. He doesn't attend parties or play sports.

()2. How did Mark's sister behave on the family holiday?

A. She left for 30 minutes to take a call.

B. She resisted charging her phone.

C. She spent hours on her phone.

D. She enjoyed the view outside the window a lot.

()3. What's the meaning of "go cold turkey"?

A. To quit social networking.

B. To be addicted to social networking.

C. To deal with the problem of delaying.

D. To eat cold turkey.

()**4**. Why can't Mark drop social networking?

A. It's too interesting to drop.

B. He is not a determined person.

- C. It's needed in daily life.
- D. The others persuade him out of doing so.

Step 3 Summary

Read the text again and fill in the blanks.

Mark has 500 friends online, and he is constantly posting the 1. _____(update) on social media—whether he 2. _____(have) a coffee, on his way to school, watching TV... even when he is in the shower. He has 3. _____ never-ending flow of messages and updates from all the people he associates with online. Yet he feels lonely.

He is not the only person 4. _____ feels this way. More than two-thirds of young people find it 5. ____ (easy) to make friends online than it is "in real life".

His life is dominated by social networking in so many ways. At times he sets deadlines for himself, but ends up 6. ______ (scroll) through his friends' foolish posts and photos. The stimulation is in chasing after the next song rather than 7. _____ (true) enjoying it. His friends try 8. _____ (drag) him away from his phone, but the moment he is alone again, he's desperate to get back to the online world and the intense activity that it provides.

However, he couldn't go cold turkey. It's hard to imagine going 9. ______ social networking for people can't afford to miss the important appointments, invitations and news updates. And his teachers and classmates need to contact him at any time.

So, that's the problem with social networking.

We are connected by the Internet, but 10.

(distant) than ever before.

语言知识梳理

1. associate v. 与某人交往;把……联系起来 (教材 P14) I have a never-ending flow of messages and updates from all the people I **associate** with online. 我总是不停地收到交往的网友发来的信息和最新消息。

(1)associate/link...with...把······和······联系起来 associate with... 与······交往/联系 (2)associated adj. 有关的,相关的

be associated with	与联合;与有关
(3) association n .	联想,联系;协会,社团;联
	合,交往
in association with	与联合/交往/有关联

【活学活用】

(1)单句填空

① Research shows that there is a strong ______ (associate) between smoking and lung cancer.
② Many people associate the beach ______

relaxation, sun, and fun times.

全品学练考 高中英语 选择性必修第一册 BS

(2)写作金句	(1)be desperate to do sth 极想做某事
① (读后续写之哲理句)	be desperate for sth 渴望得到某物
when you are young can have a great	in desperate need of 急需
influence on the rest of your life.	(2)desperation n. 铤而走险;拼命;绝望
你年轻时交往的人会对你的余生产生很大的影响。	in desperation 在绝望中
② (应用文写作之通知)	(3)desperately adv. 绝望地;拼命地;非常
→The cultural festival will be held	【活学活用】
foreign embassies, allowing people to	(1)单句填空
experience different traditions and art forms from	①I(desperate) needed something
around the world. (adj .)	to occupy me during those long, lonely nights.
→The cultural festival will be held	②The man was in(desperate) after
foreign embassies, allowing people to	he was laid off by the company which he had worked
experience different traditions and art forms from	in for over thirty years.
around the world. $(n.)$	(2)写作金句
这个文化节将与外国大使馆联合举办,让人们能够	① (读后续写之情感描写),
体验来自世界各地的不同传统和艺术形式。	he tried every possible means to free himself, but all
2. barely adv .几乎不	were in vain, leaving him with nothing but exhaustion
(教材 P14) I'm barely the only person who feels this	and despair.
way.	渴望活下来,他想尽一切办法试图挣脱,但都徒劳无
我不是唯一一个有这种感觉的人。	功,只留下疲惫和绝望。
(1)bare adj . 裸体的;裸露的;光秃秃的;空的	② (应用文写作话题之灾害预防) Troops are needed
(2)had barely/hardly/scarcely donewhen	to help get food and pure water into the disaster area
刚就	where people are
[温馨提示] barely 作为否定副词,位于句首时要引起	需要军队帮助将食品和纯净水送到灾区,那里的人
主谓语的部分倒装,即"barely+助动词+主语+实义	们急需这些补给。
动词"。	4. depressed adj . 沮丧的,忧愁的
【活学活用】	(教材 P15) I constantly feel depressed , dissatisfied
(1)单句填空	and alone.
With all his attention fixed on his work, he	我经常感到沮丧、不满和孤独。
(bare) has any time for his family.	(1)depress vt. 使沮丧,使抑郁,使消沉
(2)写作金句	(2)depressing adj . 令人沮丧的,令人抑郁的,
(读后续写之动作描写)	令人消沉的
at the table when the phone rang.	(3)depression n . 抑郁,沮丧,消沉;不景气;
(倒装句)	萧条期
我们刚在桌子旁坐下,电话就响了。	the Great Depression 经济大萧条
3. desperate adj .拼命的,绝望的;不惜冒险的;	【活学活用】
极其需要的	(1)单句填空
(教材 P15) My friends try to drag me away from my	①The failure of the project(depress)
phone, but as soon as I'm alone again, I'm desperate	the whole team, and they seemed to lose their
to get back to the online world and the intense activity	motivation.
that it provides.	②It's a(depress) fact that many
朋友们试图让我远离手机,但是一旦我又独自一人,	children still can't get a proper education.

我就迫不及待地想回到网络世界,回到手机所提供

的紧张的活动中去。

③ Exercise can be an effective way to relieve _____

(depress) for some people.

(2)写作金句

(读后续写之动作+	- 情咸描写)
【医用法司心例1F '	- 1月 (237)田 一) ノ

_____, he slumped on the couch without saying a word. (形容词作状语)

又沮丧又疲惫,他一声不吭地瘫倒在沙发上。

5. complain *vi*. & *vt*. 抱怨;不满;发牢骚

(教材 P15) On a family holiday last summer, my sister spent all her time **complaining** that she needed to charge her phone.

去年夏天一次全家度假,我妹妹一直抱怨说她的手 机需要充电。

(1)complain (to sb) about/of (向某人)投诉/抱

怨.....

complain that... 抱怨(说)······

(2) complaint n. 抱怨;诉苦;投诉;

控告

make a complaint about/of 对……抱怨/投诉

【活学活用】

(1)单句填空

[2024·浙江 1 月考] The chief

(complain) about online courses is that they lack human interaction.

(2)写作金句

(读后续写之动作+情感描写)

→Javon, still feeling frustrated,	
the unfairness that Tyler got extra t	ime
on the test. $(v.)$	
→Javon, still feeling frustrated,	

_____ the unfairness that Tyler got

extra time on the test. (n.)

Javon 仍然感到沮丧,大声抱怨 Tyler 在考试中获得额外时间的不公平性。

6. appointment n.约定;约会

(教材 P15) I can't even imagine going without social networking for a week—think of all the important appointments, invitations and news updates you would miss!

我甚至无法想象一周没有社交网络的生活——想想你会错过的所有重要约会、邀请和新闻更新!

(1) make/have an appointment with sb

和某人安排/有一个约会

keep an appointment 守约

break an appointment 失约,违约

(2)appoint sb to be/as... 任命/委派某人为 ······

appoint sb to do sth 委派某人做某事 appoint a time/date/place for...

为……确定时间/日期/地点

【活学活用】

(1)单句填空

①He was rather	surprised	to see	them,	as he	knew
nothing of their			(appo	oint).	

②She is both the first woman and the first African-American (appoint) to the position.

(2)写作金句

1	(应用文写作之咨询信)	I'd	like to	
				 Woul

9:00 tomorrow be all right?

我想和史密斯教授约个会面时间。明天9点行吗?

② (应用文写作之祝贺信) Hearing that _____

, I want to

extend my warmest congratulations to you! 听说你被任命为新经理,我想向你致以最热烈的祝贺!

句型透视

1. (教材 P14) **Mark never stops socialising with his friends online. But he's also never felt more alone. 马克从未间断与朋友们的网上交往,却也从未感到如此孤独。**

	句型公式		
"否定词+比	较级"表示	最高级	含义

【句式点拨】

(1)"否定词+比较级"结构表示最高级意义,通常译为"没有比……更……的了,没有像……一样……的了"。常用的否定词有 no, not, never, nothing, nobody, hardly 等。

(2)否定词可以和形容词或副词的原级连用: can't/couldn't… + too + adj. /adv. "无论……都不为过"; can't/couldn't… + adj. /adv. + enough "无论……都不为过"。

【活学活用】

(1)单句填空

①I enjoyed myself a	t the	party	last	night	because I
had never been to a				((exciting)
one before.					

②No one could perform _____ (well) than the athlete who achieved great success in the football match.

(2)写作金句	the Internet that
	each other.
① (读后续写之动作描写) Mac had never seen	显然,是因特网使得彼此间交流很容易。
than this wolf, so he held	②(应用文写作之邀请信)I'd if
his breath, not daring to make a movement.	you could let me know in advance whether or not you
马克从来没有见过比这只狼更可怕的动物,因此他	will come.
屏住呼吸,不敢挪动一步。	如果你能提前告诉我你是否会来,我将不胜感激。
② (应用文写作话题之体育运动) You can't	3. (教材 P15) When it was charged, she just
in the athletics game.	spent hours reading about her favourite
田径比赛的时候,你跑得越快越好。	popstar; not once did she lift her head to
2. (教材 P14—15) According to research, over	enjoy the view outside her window. 手机充
two-thirds of young people find it easier to	上电后,她就花了数小时浏览她最喜欢的流行歌手
make friends online than it is "in real life".	的消息,一次也没有抬起头欣赏窗外的景色。
研究显示,超过三分之二的年轻人发现在网上交朋	切相思,"从也没有相起失派员固外的东巴。 ————————————————————————————————————
友比"在现实生活中"交朋友更容易。	部分倒装
句型公式	叩刀 因衣
it 作形式宾语	【归纳拓展】
【句式点拨】 本句含有"find+it+形容词"结构,其中it为形式宾语,指代后面的不定式结构。it作形式宾语时,除指代不定式之外,还可指代动名词或从句。it作形式宾语的常见结构有: ① think, feel, find, make, consider等+it+形容词/名词+(for/of sb)+to do/从句。②动词+it+no good/no use/useless/a waste of time/worthwhile等+动名词(doing)。③appreciate/hate/love/like/dislike等+it+if/when从句。 ④在一些"动词+介词"构成的短语(如:depend on, rely on, see to)后常先接it,再接that引导的从句。	表示否定的副词或者短语位于句首常常引起句子的部分倒装,构成"否定词(短语)+系动词/助动词/情态动词+主语+其他"结构。常见的否定副词或短语有:not, never, seldom, little, neither, hardly when, no sooner than, at no time, not until, in no way, by no means, on no account, in no case, under no circumstances等。 【活学活用】 写作金句 ① (读后续写之神态描写) The firm and steady gaze sent a strong message to the hunter that by no means ————————————————————————————————————
【活学活用】	② (读后续写之动作描写) No sooner
(1)单句填空	than I ran like crazy through the
①They found it difficult(deliver)	airport building and jumped into the first taxi on the
goods and supplies because of damaged roads even if	rank without a second thought.
emergency aid was organized.	我刚下飞机,就疯狂地穿过机场大楼,毫不犹豫地跳
②We consider it no good(do) the	上停车处的第一辆出租车。
experiment again without the guidance of the teacher.	③ (应用文写作话题之学校生活) Little
③After years of hard work, you may depend on	that I was about to experience the best four
that he can fulfil the task.	years of my life.
(2)写作金句	我几乎没想到我就要经历我一生中最美好的四年

① (应用文写作话题之网络科技) Obviously, it is 时光。