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高中英语6

选择性必修第三册 BS

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Unit 7 CAREERS

主题素养积累

Influenced by relatives who **served as** teachers, Tabichi has taught maths and science for 12 years, hoping to help students. However, working at a remote village school in Kenya hasn't been easy. The unique challenges and obstacles have forced Tabichi to find unique solutions for his students. The school only has one computer and **unreliable** Internet access. The school also has no library or laboratory. To make matters worse, there are not enough books for all the students and the school is **desperately in need of** more teachers. Most of the students are not able to concentrate, because they haven't had enough meals at home.

One of the other major challenges that Tabichi faces is keeping kids in school as long as possible. So Tabichi spends most of his time outside the classroom working on ways to keep kids in school. When the 36-year-old gets the feeling that a student is **at risk of dropping out**, he works to persuade his family to put more value in education. To help those **in poverty** afford food, uniforms, and books, Tabichi also **gives away** 80 percent of his salary. **Despite all the obstacles he faces, Tabichi is credited with improving the school and keeping many of the village's young people in school.** He has also managed to set up science clubs and addressed food insecurity issues.

Thanks to his tireless work, his students have excelled in science. In recent years, students have won national and international science competitions. In March of 2019, Tabichi was voted the best teacher in the world and won the prize of $1 million.

【主题词句背诵】

1. serve as 担任;充当
2. unreliable *adj*. 不可靠的;不能信赖的
3. desperately in need of 急需
4. at risk of 有……的危险
5. drop out 辍学;退出
6. in poverty 在贫穷中
7. give away 赠送;捐赠
8. be credited with 被认为(在某方面)有贡献
9. One of the other major challenges **that Tabichi faces** is **keeping kids in school as long as possible**.
塔比奇面临的其他主要挑战之一是让孩子们尽可能长时间地上学。
10. **Despite** all the obstacles **he faces**, Tabichi **is credited with** improving the school and keeping many of the village's young people in school.
尽管面临着种种障碍,塔比奇因为改善了学校状况并使村里的许多年轻人留在学校而受到赞誉。

单元知识概览	
核心单词	assistant; operator; fascinated; institution; economy; administration; management; reliable; persuade; credit; impressive; intelligence; employ; determine; intelligent; predict; deserve; lower; association; adjust; announce; disability; willing; disabled; react; trend; financial; comprehension; guarantee; motivated; profession; prospect; retirement; relevant; innovator; occupation; pace; qualify; essential; security; employer; applicant; journalist; elderly; district; vision; respectfully
核心短语	at a(n)...pace; follow in one's footsteps; end up doing sth; have a lot to do with; in terms of; compared to; be involved in; get ahead; lead a(n)...life; be based on; out of date; rather than
重点句型	1. It is + 过去分词 + that 从句. 2. There is little/no doubt that... 3. 特殊疑问词 + 动词不定式 4. What if...? 5. 表语从句 6. 状语从句的省略
单元语法和词法	语法:过去分词 词法:表达否定意义的词或词组
单元写作	1. 写一封申请信 2. 单元话题续写:职业

Period One　Topic Talk

语言知识梳理

直击重点　突破考点

词汇点睛

1. assistant　*n*. 助手，助理，副手

(1)assist *v*.	帮助，协助，援助
assist sb in/with sth	协助某人某事
assist sb in doing sth/to do sth	协助某人做某事
(2)assistance *n*.	帮助；援助
with one's assistance = with the assistance of...	在……的帮助下
come/go to one's assistance	来/去帮助某人

【佳句背诵】

Your generous **assistance** and immediate response are enthusiastically expected and truly appreciated.

我们热切期待并衷心感谢您的慷慨援助和即时回应。

【活学活用】

(1)单句填空

①When he returned from England, Dunbar took up a position as an _____(assist) librarian at the Library of Congress.

②[2022·浙江6月考] By offering the voluntary _____(assist), we can not only actually comfort the poor people, but also lift up our own spirits...

③Water, which regulates body temperature, delivers oxygen all over the body, and assists us _____ _____(digest) food, makes up more than 60% of the human body.

(2)完成句子

①(话题写作之救援) _____ a few passers-by, I carried him into the car and rushed to the hospital.

在几个路人的协助下，我把他抬上车，急忙赶去医院。

②When the project team faced a critical technical bottleneck, the chief engineer _____ _____, _____ _____.

当项目团队面临关键技术瓶颈时，首席工程师**赶来协助，帮助他们维护系统**。

2. reliable　*adj*. 可信赖的，可靠的

(1)rely *vi*.	依靠，依赖
rely on/upon = depend/count on/upon	依赖，依靠
rely on/upon it that...	相信……；指望……
(2)reliability *n*.	可靠性

【活学活用】

(1)单句填空

①The company's long-term success is built on the _____(rely) of its products.

②Testing students by examination has always been viewed as a _____(rely) method to measure students' level.

(2)完成句子

①[2020·全国卷Ⅰ书面表达] I respect my uncle most because _____ he can offer me some practical suggestions whenever I am in trouble.

我最尊敬我的叔叔，因为每当我处于困境时，**我都可以指望**他给我一些实用的建议。

②(话题写作之网络科技) Awareness of just how much we _____ can help us step away from it and communicate with each other better.

意识到我们有多**依赖社交媒体**可以帮助我们远离它，更好地相互交流。

3. persuade　*vt*. 说服，劝服

(教材P106) I'm fascinated by how companies develop under the market economy and how they **persuade** clients to buy products.

我对公司如何在市场经济下发展以及如何说服客户购买产品很感兴趣。

(1)persuade sb to do sth/into (doing) sth	说服某人做某事
persuade sb not to do/out of doing sth	说服某人不做某事
persuade sb of...	使某人相信……
(2)persuasion *n*.	说服,劝说
(3)persuasive *adj*.	有说服力的;令人信服的

【佳句背诵】

To **persuade** someone who is not enthusiastic to join our team is a waste of time, as their lack of interest and passion makes **persuasion** efforts ineffective.

去说服不热心加入我们的团队的人是浪费时间,因为他们缺乏兴趣和激情,导致说服工作无效。

【活学活用】

(1)单句填空

①You must possess strong _____ powers. After your _____, my stubborn son finally agreed to cease carrying out his former plan. (persuade)

②The manager tried to persuade the team _____ the plan's practicality through detailed data analysis.

(2)完成句子

[2020·全国新高考Ⅰ卷读后续写] I managed to _____ _____ to sell popcorn from door to door.

我成功地**说服他同意了我**挨家挨户卖爆米花**的计划**。

4. impressive *adj*. 给人深刻印象的,令人钦佩的

(教材 P106) You got your bachelor's degree at the University of Cambridge and your master's at the University of London—that's **impressive**.

你在剑桥大学获得了学士学位,在伦敦大学获得了硕士学位——那令人印象深刻。

(1)impress *vt*. & *vi*.	使钦佩;给……留下深刻印象;使意识到;使铭记;使明白
impress sth on/upon sb	使某人意识到(重要性/严重性);使铭记
impress sb with sth	某物给某人留下深刻印象
be impressed by/with...	对……印象深刻
(2)impression *n*.	印象;感想
make/leave an impression on/upon...	给……留下深刻印象

【佳句背诵】

Students are required to take original photos with a mobile phone or camera, documenting **impressive** sporting scenes on campus.

学生们被要求用手机或相机拍摄原始照片,记录校园里令人印象深刻的运动场景。

【活学活用】

(1)单句填空

①China's rich culture, beautiful scenery and especially its enthusiastic people left a deep _____(impress) on me, all of which made me feel at home.

②The athlete's performance was truly _____ (impress), breaking the long-standing world record.

(2)熟词生义

I had always **impressed upon** the children that if they worked hard they would succeed in life.

_____

(3)完成句子

①The little girl _____ _____ her wonderful performance at yesterday's evening party.

小女孩在昨天晚会上的精彩表演**给观众留下了深刻的印象**。

②(应用文写作之告知信) This is really an educative and eye-opening activity, in which I _____ _____ the convenience and benefits brought by technology.

这真是一项有教育意义的、令人大开眼界的活动,在这项活动中科技带来的便利和好处**给我留下了深刻的印象**。

Period Two　Lesson 1 EQ：IQ（Reading）

课前自主探究

预习新课　研读课文

词汇助读	课文	翻译助读
①EQ = Emotional Quotient 情商 quotient *n*.（质量、情感等的）指数，程度 ②IQ = Intelligence Quotient 智商 intelligence *n*. 智力，智慧，理解力 ③determine *vt*. 决定，直接影响；测定，确定 ④intelligent *adj*. 机智的，有才智的；有智慧的，聪明的 ⑤term *n*. 词语，措辞，术语 ⑥description *n*. 描述，说明 ⑦employ *vt*. & *n*. 雇用 ⑧promote *vt*. 晋升 ⑨predict *vt*. 预言，预料，预测 ⑩measure *vt*. 判定，测量 ⑪matter *v*. 要紧，有重大影响	**Success Comes with a High EQ**① Most students do an **IQ**（**Intelligence Quotient**②）test early in their school life. [1]Even if they never see their results, they feel [2]that their IQ is what **determines**③ how well they are going to do in life. When they see other students doing better than them, they usually believe [3]that those students have a higher IQ and that there is nothing they can do to change their situation. However, new research into EQ (Emotional Quotient) suggests [4]that success is not simply the result of a high IQ. [1]even if 引导让步状语从句，意为“即使”。 [2]that 引导宾语从句，作动词 feel 的宾语；what 引导表语从句；how 引导宾语从句，作动词 determines 的宾语。 [3]and 连接两个 that 引导的宾语从句，均作动词 believe 的宾语；they can do 为定语从句，修饰代词 nothing，从句省略关系代词 that；不定式 to change their situation 作目的状语。 [4]that 引导宾语从句，作动词 suggests 的宾语，suggest 意为“表明”。 [5]While your IQ tells you how **intelligent**④ you are, your EQ tells you [6]how well you use your intelligence. Professor Salovey, [7]who invented the **term**⑤ EQ, gives the following **description**⑥: at work, [8]it is IQ that gets you **employed**⑦, but [9]it is EQ that gets you **promoted**⑧. [10]Supported by his research, Professor Salovey suggests [11]that when **predicting**⑨ someone's future success, their character, as **measured**⑩ by EQ tests, might actually **matter**⑪ more than their IQ. [5]while 为并列连词，意为“而，然而”，表示对比；how 引导宾语从句，作动词 tells 的直接宾语。 [6]how 引导宾语从句，作动词 tells 的直接宾语。 [7]who 引导定语从句，修饰 Professor Salovey。 [8]画线句为强调句，强调 IQ。 [9]画线句为强调句，强调 EQ。 [10]过去分词短语作状语。 [11]that 引导宾语从句，作动词 suggests 的宾语；when predicting... 为“连词 + 分词”结构，作状语；as 引导非限制性定语从句，意为“正如”	**成功伴随着高情商** 大多数学生会在学生生涯早期做智商测试。即使从未看到过测试结果，他们也认为是智商决定了自己日后生活中的表现。当看到其他学生比自己优秀时，他们通常会认为那些学生智商更高，无论做什么也改变不了自身这一劣势。然而，对情商的最新研究表明，成功并不仅仅是高智商的结果。智商表明你到底有多聪明，而情商表明你把智慧运用得多好。发明情商一词的沙洛维教授这样描述：在工作上，帮你找到工作的是智商，但让你升职的是情商。在其研究的基础上，沙洛维教授表明，当预测某人未来的成功时，由情商测定的性格实际上可能比智商更重要

（续表）

词汇助读	课文	翻译助读
⑫deserve *vt*.应得，应受到（奖赏或惩罚） ⑬end up doing sth 以做某事结束 ⑭lower *adj*.（数字或数量）较小的；较低级的；下面的 ⑮as well 也 ⑯association *n*.联系；协会，社团 ⑰be open to 易接受 ⑱trouble *v*.使烦恼 ⑲internal *adj*.内心的；内部的；国内的 ⑳on the other hand（从）另一方面（来说） ㉑get on with sb 与某人和睦相处 ㉒hence *adv*.因此，所以 ㉓adjust *vi*. & *vt*.适应，（使）习惯；调整，调节 ㉔have a lot to do with 与……有很大关系 ㉕in terms of 在……方面，从……角度看 ㉖announce *vt*.宣布，宣告，公布 ㉗disability *n*.伤残，残障，障碍 ㉘willing *adj*.乐意、愿意（做某事）的 be willing to do sth 愿意做某事 ㉙be involved in 参与…… ㉚disabled *adj*.残障的，残疾的，有学习障碍的	Professor Salovey may be correct. For example, have you ever wondered why some of the smartest students in your class, [12]who you think **deserve**⑫ good grades, sometimes **end up**⑬ failing exams? Perhaps their failure is because of their **lower**⑭ EQ. People are often mistaken in thinking [13]that those with high IQs always have high EQs **as well**⑮. This **association**⑯ can exist, but [14]it is just as possible for someone with a low IQ to have a high EQ or someone with a high IQ to have a low EQ. [12]who 引导非限制性定语从句，修饰 some of the smartest students。 [13]that 引导宾语从句，作 thinking 的宾语。 [14]it 作形式主语，someone with a low IQ to have a high EQ or someone with a high IQ to have a low EQ 作真正的主语。 [15]It is generally believed that people with high EQs **are open to**⑰ new ideas and have positive attitudes towards life. They are also less likely to be **troubled**⑱ by **internal**⑲ problems. **On the other hand**⑳, there is little doubt [16]that people with low EQs often have problems **getting on with other people**㉑ and dealing with difficult situations; **hence**㉒ they have a harder time **adjusting**㉓ in life and in their careers. [15]it 作形式主语，that 引导的主语从句作真正的主语。 [16]that 引导同位语从句，作名词 doubt 的同位语。 People generally believe [17]that a person's IQ is determined by birth. However, most social scientists agree [18]that EQ **has a lot to do with**㉔ education. Some are trying to study the possibility of improving a person's EQ, especially **in terms of**㉕ "people skills", such as understanding and communication. [17]that 引导宾语从句，作动词 believe 的宾语。 [18]that 引导宾语从句，作动词 agree 的宾语。 Professor Mayer, [19]recognised by many as a leading expert in the study of changes to people's EQs, recently **announced**㉖ the results of a study on senior secondary school students. When students were introduced to those [20]who had **disabilities**㉗, they found that, afterwards, the non-disabled students **were** more **willing to help people with difficulties**㉘. [21]Compared to students who had not **been involved in**㉙ the study, they also showed a better understanding of the **disabled**㉚ students' feelings. There was also an obvious change in the disabled students' attitudes. They became more positive about life and more willing to try new things	沙洛维教授或许是对的。举个例子，你有没有想过，为什么班里一些最聪明的学生，那些你认为本应取得好成绩的学生，有时最终考试却不及格？也许他们的失败是因为情商较低。人们常误以为高智商的人也同样拥有高情商。这种关联可能存在，但同样也有可能低智商的人拥有高情商，或者高智商的人拥有低情商。 人们普遍认为，情商高的人容易接纳新思想，对待生活积极乐观，也很少为自身问题所困扰。另一方面，情商低的人毫无疑问往往在与人相处、解决困难方面存在问题。因此，他们也就更难适应生活和职业生涯中的变化。 人们普遍认为人的智商是一出生就决定了的。然而，大多数社会学家认为，情商与教育有很大关系。一些科学家正试图研究提升情商的可能性，特别是“人际技能”方面，例如：理解和沟通。 梅尔教授是公认的人类情商变化研究领域的顶级专家，他最近公布了一项针对高中生的研究结果。他们发现，介绍学生认识残障学生之后，这些身体健全的学生会更愿意帮助残障人士。与未参与这一研究的学生相比，他们能更好地理解残障学生的感受。同时，残障学生的态度也发生了明显的变化，他们对待生活更加积极，更愿意尝试新事物

（续表）

词汇助读	课文	翻译助读
㉛altogether *adv*. 总而言之，总的说来；完全，全部 ㉜lead a(n)…life 过……的生活 ㉝react *vi*.（作出）反应 react to 对……作出反应 ㉞make sure 确保 ㉟solely *adv*. 唯一地，仅仅	[19]过去分词短语作后置定语，修饰 Professor Mayer。 [20]who 引导定语从句，修饰代词 those。 [21]过去分词短语作状语；who 引导定语从句，修饰名词 students。 **Altogether**㉛, the results of studies show that EQ is as important, [22]if not more important than IQ. [23]To get ahead in the world and **lead a happy successful life**㉜ requires getting on well with other people and being able to understand and **react to**㉝ situations in the best way possible. A high EQ is necessary for this—the higher the better. And the fact [24]that it might be possible to raise EQs means that schools need to **make sure**㉞ that their students are receiving an education [25]they really need, not **solely**㉟ based on IQ but on developing the entire character. [22]画线部分为状语从句的省略，其完整形式为 if it is not more important than IQ。 [23]不定式短语作主语。 [24]that 引导同位语从句，作名词 fact 的同位语。 [25]画线部分为定语从句，修饰名词 education，从句省略关系代词 that 或 which	总之，一系列研究结果表明情商即使不比智商更重要，至少也是同等重要。要在这个世界上出人头地，过上快乐又成功的生活，必须要与他人融洽相处，并能够尽可能以最好的方式理解和应对各种状况。要做到这些，高情商必不可少，而且是越高越好。此外，情商是可以提高的，这就意味着学校需要确保学生接受真正所需的教育，是全面发展的教育，而不仅仅是基于智商的教育

Step 1　Fast reading

Read the passage on Pages 8—9 and match the main ideas with each paragraph.

(　)Para. 1　　(　)Para. 2　　(　)Para. 3

(　)Para. 4　　(　)Paras. 5—6　　(　)Para. 7

A. EQ can be developed by education.

B. EQ matters more than IQ as for someone's future success.

C. People with high IQs do not always have high EQs.

D. Success is not merely the outcome of a high IQ.

E. A high EQ is necessary for a happy and successful life.

F. EQ is important for a positive life.

Step 2　Careful reading

Read the text carefully and choose the best answer.

(　)**1**. What can we learn from the first paragraph?

A. Every student feels how well they are going to do in life depends on their IQ.

B. A student with a higher IQ can do better than one who has a lower IQ.

C. New research suggests one's EQ also influences his or her success.

D. A student with a high IQ also has a high EQ.

(　)**2**. Which of the following does Professor Salovey most probably agree with?

A. One can get hired only if he or she has a high IQ.

B. One with a high EQ is easier to get promotion.

C. An intelligent person often has a high EQ.

D. IQ and EQ play the same role in one's future success.

(　)**3**. How did the author prove Professor Salovey's theory according to Paragraph 3?

A. Following the order of time.

B. Analysing causes.

C. Making comparisons.

D. Providing examples.

(　)**4**. What should schools do to develop students' EQ?

A. Have lessons about people skills.

B. Teach them more basic knowledge.

C. Improve students' study skills.

D. Have more EQ tests.

Step 3 Summary

Read the text again and fill in the blanks.

While your IQ tells you how smart you are, your EQ tells you how well you use your 1. _____ (intelligent). Professor Salovey, 2. _____ invented the term EQ, gives the following description: at work, it is IQ that gets you hired, but it is EQ that gets you 3. _____ (promote). He suggests that when 4. _____ (predict) someone's future success, their character might actually play a more important role than their IQ. People are often mistaken in assuming that those with high IQs always have high EQs as well. However, the fact may be exactly the opposite.

5. _____ is generally believed that people with high EQs are open to new ideas and have positive attitudes towards life. Besides, most 6. _____ (society) scientists agree that EQ has a lot to do 7. _____ education.

In a word, the results of studies show that EQ is as important, if not more important than IQ. To get ahead in the world and lead a happy successful life 8. _____ (require) being on good terms with other people and being capable of communicating in the best way possible. This requires a high EQ—the higher the better. And the fact that it might be possible 9. _____ (raise) EQs means that schools need to guarantee that their students are receiving an education they really need and know that their future is not 10. _____ (entire) determined by their IQ.

语言知识梳理

直击重点 突破考点

词汇点睛

1. determine *vt.* 决定,直接影响;测定,确定

(教材 P8) Even if they never see their results, they feel that their IQ is what **determines** how well they are going to do in life.

即使从未看到过测试结果,他们也认为是智商决定了自己日后生活中的表现。

(1)determine to do sth	决心做某事(表动作)
determine on/upon (doing) sth	决定(做)某事
(2)determined *adj.*	坚决的,有决心的,果断的
be determined to do sth	决心做某事(表状态)
(3)determination *n.*	决心,决定
with determination	坚定地;坚决地

【佳句背诵】

Determined to plan a surprise for Julie as a "family", Corrina gathered other girls.

科里娜召集了其他女孩决心作为"家人"为朱莉策划一个惊喜。

【活学活用】

(1)单句填空

①[2024·天津卷] He reflected on that throughout the year and was determined _____ (teach) us more than maths.

②With great _____, he remained _____ to overcome all obstacles and achieve his dream. (determine)

(2)完成句子

Living in a small city, I took several odd jobs, _____ to support my family. (形容词短语作状语)

住在一个小城市,我打了几份零工,**决心尽我所能**养家。

2. employ *vt.* 雇用;使用,运用,利用

(教材 P8) Professor Salovey, who invented the term EQ, gives the following description: at work, it is IQ that gets you **employed**, but it is EQ that gets you promoted.

发明情商一词的沙洛维教授这样描述:在工作上,帮你找到工作的是智商,但让你升职的是情商。

(1)employ sb to do sth	雇用某人做某事
employ sb as...	雇用某人任……
be employed in (doing) sth = employ oneself in (doing) sth	忙于(做)某事
(2)employ *n.*	雇用
employee *n.*	雇员
employer *n.*	雇用者,雇主
employment *n.*	雇用;就业
unemployment *n.*	失业,失业率

【活学活用】

(1)单句填空

①The _____ was recognised for her outstanding performance by her _____ at the annual award ceremony. (employ)

②During the holiday, the supermarket employed ten college students _____(work) for it.

③Men and women must be treated equally in education and _____(employ).

④We really need to employ someone _____ an assistant to help with all this paperwork.

(2)熟词生义

Modern methods of tracking polar bear populations have been **employed** only since the mid-1980s.

_____

(3)一句多译

这位教授**忙着在实验室里做实验**,没有注意到他的朋友已经离开了。

→_____, the professor didn't notice his friend had left. (用过去分词短语)

→_____, the professor didn't notice his friend had left. (用现在分词短语)

3. deserve *vt.* 应得,应受到(奖赏或惩罚)

(教材 P8) For example, have you ever wondered why some of the smartest students in your class, who you think **deserve** good grades, sometimes end up failing exams?

举个例子,你有没有想过,为什么班里一些最聪明的学生,那些你认为本应取得好成绩的学生,有时最终考试却不及格?

sb deserve to do sth	某人应该/值得做某事
sth deserves doing = sth deserves to be done	某事值得被做,应该做某事
deserve + *n.* (attention/consideration/admiration/praise/blame/punishment)	值得(关注/考虑/钦佩/表扬)或应受(责备/惩罚)

[温馨提示] deserve 后接 doing,用主动形式表示被动意义,等于后接不定式的被动式。有相同用法的动词还有:need,want,require 等。

【佳句背诵】

His children's poems are classics which **deserve** to be known by more young readers.

他的儿童诗歌是值得更多年轻读者了解的经典之作。

【活学活用】

完成句子

①It's true that she made a mistake but she hardly _____.

她确实犯了一个错误,但她不**应该失去工作**。

②(话题写作之记人叙事) She is such a responsible teacher that _____.

她是一个负责任的老师,**值得被尊重**。

4. adjust *vi.* & *vt.* 适应,(使)习惯;调整,调节

(教材 P9) On the other hand, there is little doubt that people with low EQs often have problems getting on with other people and dealing with difficult situations; hence they have a harder time **adjusting** in life and in their careers.

另一方面,情商低的人毫无疑问往往在与人相处、解决困难方面存在问题。因此,他们也就更难适应生活和职业生涯中的变化。

(1)adjust to (doing) sth	适应(做)某事
adjust... to...	调整……以适应……
adjust oneself to...	使某人自己适应……
(2)adjustment *n.*	调整;调节;适应
make an adjustment to...	对……进行调整
(3)adjustable *adj.*	可调整的,可调节的

[温馨提示] 英语中,除 adjust to 外,"习惯于,适应"还可表达为:adapt (oneself) to, be/become/get accustomed to, be/become/get used to 等,其中 to 均为介词。

【佳句背诵】

After the camp, he realised it was important to **adjust** his lifestyle, so he decided to take control of his life and find new ways to relax.

训练营结束后,他意识到调整生活方式很重要,所以他决定掌控自己的生活,找到新的放松方式。

【活学活用】

(1)单句填空

①Her mother was worried about whether she could adjust to _____(live) in the mountainous village alone.

②I'm sorry to tell you that an _____(adjust) has been made to the two-day Agricultural Field Trip, which was scheduled for this Friday.

③Gas cookers are _____(adjust) in height to line up with your kitchen worktop.

④When you get to university, you have to adjust yourself _____ the new school life.

(2)完成句子

(读后续写之动作描写) All of a sudden, the world became still. I _____ and began to run, eventually winning the second place.

突然间,世界静止了。我**调整了一下跑步鞋**,开始奔跑,最终获得了第二名。

5. announce *vt.* 宣布,宣告,公布

(教材 P9) Professor Mayer, recognised by many as a leading expert in the study of changes to people's EQs, recently **announced** the results of a study on senior secondary school students.

梅尔教授是公认的人类情商变化研究领域的顶级专家,他最近公布了一项针对高中生的研究结果。

(1)announce sth to sb = announce to sb sth	向某人宣布某事
It is announced that...	据宣布……
(2)announcement *n.*	公告;宣告
make an announcement	发表公告

[**温馨提示**] 当表达"向某人宣布某事"时,需注意"announce"不可直接接双宾语,正确用法为 announce to sb sth 或者 announce sth to sb。类似用法的动词还有:suggest, explain, report 等。

False: The researchers announced the public their results at a conference.

Right: The researchers announced to the public their results at a conference.

Right: The researchers announced their results to the public at a conference.

【佳句背诵】

Just then he suddenly heard the **announcement** from the broadcast that he won the third prize.

就在这时,他突然听到广播里宣布他获得了三等奖。

【活学活用】

(1)单句填空

①Wild applause broke out when the waiting crowd heard the _____(announce) of the arrival of the pop star at their community.

②One day, Mrs Casazza announced _____ the class that they would have a spelling bee on Thursday.

(2)完成句子

(应用文写作之新闻报道) _____ _____ a portrait of Queen Elizabeth will be displayed next weekend. (形式主语)

据宣布,伊丽莎白女王的肖像将于下周末展出。

6. react *vi.* (作出)反应

(教材 P9) To get ahead in the world and lead a happy successful life requires getting on well with other people and being able to understand and **react** to situations in the best way possible.

要在这个世界上出人头地,过上快乐又成功的生活,必须要与他人融洽相处,并能够尽可能以最好的方式理解和应对各种状况。

(1)react to sb/sth	对……作出反应
react with	与……起(化学)反应
(2)reaction *n.*	反应
(3)reactive *adj.*	有反应的;活性的

【佳句背诵】

The moment she saw my **reaction**, she froze with fright, as if rooted to the ground.

她一看到我的反应,就吓得僵住,仿佛扎根在了地上一样。

【活学活用】

(1)单句填空

①[2024·天津卷] My _____(react) to the renewed reading no longer corresponded to the original experience...

②The experiment shows how iron reacts _____ air and water.

③Our immune system becomes _____(react) when bacteria enter our body.

(2)完成句子

Only when we _____ _____ can we solve problems in a better way.

只有当我们**在生活中冷静应对紧急状况**时,我们才能以更好的方式解决问题。

句型透视

1. (教材 P9) **It is generally believed that people with high EQs are open to new ideas and have positive attitudes towards life.**

人们普遍认为,情商高的人容易接纳新思想,对待生活积极乐观。

句型公式

It is + 过去分词 + that 从句.

【句式点拨】

本句属于“It be + 过去分词 + that 从句.”结构，其中 that 引导主语从句，it 作形式主语。

【归纳拓展】

常见的“It be + 过去分词(短语) + that 从句.”结构有：

It is said that... 据说……

It is reported that... 据报道……

It is acknowledged that... 大家公认……

It is thought that... 人们认为……

It has been proved that... 已证明……

It must be pointed out that... 必须指出……

【佳句背诵】

It has been proved that sorting out your desk can improve your learning and working efficiency.

事实证明，整理书桌可以提高你的学习和工作效率。

【活学活用】

完成句子

①_____ good health is the key to a happy life and a successful career.

人们普遍认为，健康是幸福生活和事业成功的关键。

②_____ the new subway line will reduce traffic jams by 30%.

据报道，新地铁线将使交通拥堵减少 30%。

2. (教材 P9) **On the other hand, there is little doubt that people with low EQs often have problems getting on with other people and dealing with difficult situations...**

另一方面，情商低的人毫无疑问往往在与人相处、解决困难方面存在问题……

句型公式

There is little/no doubt that...

【句式点拨】

本句属于“There is no doubt that...”结构，其中 that 引导同位语从句，说明 doubt 的具体内容。译为：毫无疑问……

【归纳拓展】

There is some doubt whether... 对是否……有疑问

I have no doubt that... 我相信……

I don't/never doubt that...

我确信……(that 引导宾语从句)

I doubt whether/if... 我怀疑是否……

【活学活用】

(1)单句填空

①There is no doubt _____ paper-cutting is one of the traditional Chinese cultures.

②I doubt _____ spending too much time on social media affects my concentration during study hours.

(2)完成句子

①(读后续写之文末总结句) After witnessing her unwavering perseverance in the face of countless setbacks, _____.

在目睹她在无数挫折面前坚定不移的毅力后，**我确信她终有一天会实现梦想**。

②(应用文写作之倡议信) While _____, community efforts together can drive meaningful environmental change.

尽管**有人怀疑个人行动能否应对气候变化**，但社区共同努力可以推动有意义的环境变革。

Period Three　Lesson 2 Career Skills

语言知识梳理

直击重点　突破考点

词汇点睛

guarantee　*vt*. 保证，担保　*n*. 保修单；保证，担保

(教材 P108) Going to university does not **guarantee** a job.

上大学不能保证有工作。

(1)guarantee sb sth = guarantee sth to sb　保证某人某事

guarantee to do sth　保证做某事

be guaranteed to do sth　肯定会……；必定会……

(2)under guarantee　在保修期内

give sb a guarantee that... 向某人担保/保证……

【佳句背诵】

The shop said they would replace the television for us since it was still under **guarantee**.

商店说他们会给我们更换那台电视机，因为它还在保修期内。

【活学活用】

(1)单句填空

①We guarantee _____(refund) your money if you are not delighted with your purchase.

②All the products that you have bought in our store will be repaired for free if they are still _____ guarantee.

③[2024·全国甲卷] From then on, if I wanted to read an ending _____(guarantee) to be happy, I'd pick up a love romance.

(2)一词多义

Every new television comes with a **guarantee**.

_____

(3)完成句子

[2021·新高考全国Ⅰ卷书面表达] I _____ _____ that you will be fond of it once you read the English newspaper *Youth*. Reading newspapers can _____.

我**向你保证**一旦你读了这份英文报《青年报》你就会爱上它。读报会**保证你多彩的生活**。

句型透视

(教材 P107) **As many old, routine jobs disappear or are done by AI, people will be required to do more creative work, coming up with new ideas and thinking about how to improve existing processes and activities.** 随着许多旧的、日常的工作消失或由人工智能完成，人们将被要求做更多的创造性工作，提出新的想法，并思考如何改进现有的流程和活动。

句型公式

特殊疑问词 + 动词不定式

【归纳拓展】

"特殊疑问词 + 动词不定式"在句中可以作主语、宾语(包括双重宾语)、表语等。其功能相当于名词，很多时候可以与名词性从句互换。

【活学活用】

完成句子/句式改写

①He had watched Mum do laundry lots of times, so he knew _____ the washing powder and _____ it into the machine.

他曾多次看着妈妈洗衣服，所以他知道**在哪里可以找到**洗衣粉，以及**如何**将洗衣粉**倒入**洗衣机。

②Can you tell me **how I can improve** my oral English?

→Can you tell me _____ my oral English? (用"特殊疑问词 + 动词不定式"改写)

③I haven't decided **which major I will choose** after entering university.

→I haven't decided _____ after entering university. (用"特殊疑问词 + 动词不定式"改写)

Period Four　Lesson 3 Meet the New Boss: You (Reading)

课前自主探究

预习新课　研读课文

词汇助读	课文	翻译助读
①footstep *n*. 足迹 follow in one's footsteps 继承某人的事业，步某人的后尘 ②profession *n*. 专业，行业 ③workshop *n*. 车间，工厂 ④prospect *n*. 可能性，希望 ⑤retirement *n*. 退休，退职	Up until the 1980s, people in many countries regularly **followed in their parents' footsteps**① by working in the family business or joining the same **profession**② as them. You'd follow your father to sea, onto the farm or into the **workshop**③. You'd follow your mother into the kitchen or sewing room. In your grandparents' time, there was the **prospect**④ of doing the same job from graduation until **retirement**⑤. [1]How times have changed!	一直到 20 世纪 80 年代，在很多国家人们往往子承父业，参与家族生意，或选择与父母从事同一职业。你可能会像父亲一样出海、去农场、进车间，也可能会像妈妈一样进厨房、去缝纫室。在你祖父母的时代，人们的预期是从毕业到退休都做同样的工作。现在时代变了！

（续表）

词汇助读	课文	翻译助读
⑥intention *n*.打算；意图 ⑦relevant *adj*.有关的，切题的 ⑧out of date 过时 ⑨lottery *n*.抽彩给奖法；碰运气的事 ⑩decent *adj*.相当好的，像样的，可接受的 ⑪salary *n*.薪金，工资 ⑫recipe *n*.方法；食谱 ⑬innovator *n*.革新者，创新者 ⑭specialist *n*.专家 ⑮rather than 而不是 ⑯occupation *n*.工作，职业 ⑰pace *n*.速度，进度 at a(n)...pace 以……的速度 ⑱outsource *vt*.外包，外办 ⑲retrain *vt*.(为从事新工作)接受再培训，对……再训练 ⑳qualify *vi*. & *vt*.(使)有资格，有权利；取得资格，达到标准 ㉑likelihood *n*.可能，可能性 in all likelihood 极有可能；十之八九 ㉒multiple *adj*.多的，多种的，涉及多个人(物，事等)的 ㉓be prepared for 为……做准备 ㉔force *vt*.强迫，迫使 be forced to do sth 被迫做某事	Most people now have no **intention**⑥ of following in their parents' footsteps or even staying at one job for very long. [1]how 引导的感叹句。 In fact, [2]planning to work in the same field or industry for your entire working life just isn't practical anymore. One reason for this is technology. The skills [3]you have now are unlikely to remain **relevant**⑦ and be enough to help you through your entire career. In fact, they will probably be **out of date**⑧ very soon. And then what will you do? Work hard? Win the **lottery**⑨? Hope for the best? You might be lucky. These strategies might bring you a nice, comfortable life: working at a job you like, earning a **decent**⑩ **salary**⑪ and retiring [4]while you're still young and healthy. But most of us today have to look beyond the little box called "career". [2]动名词短语 planning to work...作主语。 [3]画线部分为定语从句，修饰名词 skills，从句省略关系代词 that 或 which。 [4]while 引导时间状语从句，意为"当……的时候"。 If you think you can work eight hours a day and build a career, think again. You might be able to keep your job if you finish [5]what you are asked to do, but this is hardly a **recipe**⑫ for great career success. Instead, you'd better keep looking for smarter ways [6]to do your work. You'll need to be a risk taker, an **innovator**⑬, a problem solver, and a hard worker. [7]Keep doing this, and you can become an expert or a **specialist**⑭ in something one day. You have a chance to choose to build a career, **rather than**⑮ being told to stay or to go. [5]what 引导宾语从句，作动词 finish 的宾语。 [6]不定式短语 to do your work 作定语，修饰名词 ways。 [7]画线句为"祈使句 + and + 陈述句"结构。 Jobs and **occupations**⑯ come and go **at an amazing pace**⑰ these days. If you think you can't be replaced by software, or your job can't be **outsourced**⑱ to some robots on the moon, you are wrong. [8]What if your job disappears after working for 10 years in the field? You may have to go back to the classroom and be **retrained**⑲ [9]in order to **qualify**⑳ to work in another field. In fact, **in all likelihood**㉑, you will have to do this **multiple**㉒ times. But you can **be prepared for**㉓ developments and changes before you are thrown out of a career. It is entirely your choice to learn, or to **be forced to learn**㉔. [8]What if...意为"如果……怎么办"，用于疑问句句首，尤其用于询问不希望看到的事发生后的结果。 [9]画线部分作目的状语	如今大多数人不再想子承父业，甚至不愿长时间做同一份工作。 事实上，在同一个领域、同一行业工作一辈子的想法已经不现实了。其中一个原因是技术进步。你现在拥有的工作技能不可能一直有用，也不足以支撑你的整个职业生涯。事实上，这些技能可能很快就会过时，然后你会怎么做？努力地工作？中彩票？尽量往好处想？你可能会运气不错。这些做法可能会带来美好舒适的生活：从事一项自己喜欢的工作，挣着一份不错的薪水，退休时还年富力强。但是，今天我们大多数人都必须跳出"职业生涯"这个小框来看待问题。 如果以为一天工作 8 个小时就可以成就一番事业，那么你得重新想想了。完成别人安排的任务也许可以保住你的工作，但绝不是取得巨大职业成就的方法。相反，你最好不断寻找更巧妙的工作方法，要成为一个冒险者、一个创新者、一个问题解决者，以及一个努力工作的人。持之以恒，这样有一天你才会成为某个行业的专家或专业人士。你有机会去选择成就一番事业，而不是让别人决定自己的去留。 如今，工作更换、职业更替的速度惊人。如果你认为自己不会被软件所取代，或者自己的工作不可能外包给月球上的机器人，那就大错特错了。假如自己工作了十年的岗位消失了怎么办？你可能不得不重新回到教室，接受再培训，才能取得在其他领域工作的资格。事实上，你非常有可能要这样重复很多次。但是在被职业抛弃之前，你可以为未来的发展变化做好准备。选择主动学习还是被迫学习，完全取决于你自己

（续表）

词汇助读	课文	翻译助读
㉕in short 总之；简言之 ㉖essential *adj*. 极其重要的；最基本的 ㉗security *n*. 保障，保护；保安措施，安全工作 ㉘employer *n*. 雇用者，雇主 ㉙no longer 不再	**In short**㉕，[10]if you want to succeed in a 21st century career，you will have to develop new **essential**㉖ skills. Lifetime **security**㉗ from one **employer**㉘ is **no longer**㉙ certain or even likely. The truth is [11]that you are the boss of your career，and it is up to you to decide what you can do and how well you can do it. Are you ready for this? [10]if 引导条件状语从句。 [11]that 引导表语从句；what 引导的宾语从句和 how 引导的宾语从句并列，作动词 decide 的宾语	简言之，如果你想在 21 世纪的职业生涯中取得成功，就必须培养新的必备技能。从同一个雇主那里获得终身职业保障已不再可靠也不再可能。实际上，你才是自己职业生涯的老板，也只有你才能决定自己能做什么、能做多好。你准备好了吗?

Step 1　Fast reading

Read the passage on Pages 14—15 and match the main ideas with each paragraph.

(　)Para. 1　　(　)Para. 2　　(　)Para. 3

(　)Para. 4　　(　)Para. 5

A. What should you do to succeed in your future jobs?

B. What were jobs like in the past?

C. It's improper to think people can't be substituted by robots.

D. Working in the same field all one's life will be unrealistic.

E. One can scarcely get great career success by working eight hours per day.

Step 2　Careful reading

Read the text carefully and choose the best answer.

(　)**1**. What was the trend of job choices in the 1980s?

A. People would try different jobs in diverse fields.

B. People would do the identical job as their parents.

C. People would work on the farm or at the sea.

D. People would work as cooks or farmers.

(　)**2**. What makes it impossible to work in one field for a lifetime?

A. The advance in technology.

B. The requirement of a decent salary.

C. The lack of education.

D. High unemployment.

(　)**3**. In the author's view，which of the following persons cannot build a career?

A. A person who would like to take risks.

B. A person who is willing to solve problems.

C. A person who works hard.

D. A person who works eight hours a day.

(　)**4**. According to the passage，what should we do to keep up with the fast pace of the society?

A. Change jobs frequently.

B. Keep learning.

C. Do the same job for years.

D. Make correct decisions.

(　)**5**. What is the main idea of the passage?

A. How to become an employer.

B. How to avoid losing your job in the future.

C. How to adapt to the new job trends in the future.

D. How to make a good impression on your new boss.

Step 3　Summary

Read the text again and fill in the blanks.

Up until the 1980s，there was a trend that people in many countries regularly 1. _____ (work) in the family business or joined the same profession as their parents. People would do the same work from graduation until 2. _____ (retire).

Now it's of course not that case. One reason 3. _____ most people don't intend to stay at one job for very long is technology. People's present skills will 4. _____ (probable) be out of date very soon so that they are unlikely 5. _____ (remain) relevant. Working eight hours a day will hardly contribute to 6. _____ successful career. You are advised to keep looking 7. _____ smarter

ways to do your work. Being a risk taker, an innovator, a problem solver, and a hard worker will be needed. Therefore, it's wrong that you think you can't 8. _____(replace) by software, or your job can't be outsourced to some robots on the moon. Maybe you need to learn to be prepared for developments and changes before 9. _____(throw) out of a career.

In 10. _____(conclude), you are the boss of your career. To be a success in a 21st century career, you will have to develop new essential skills.

语言知识梳理

直击重点 突破考点

词汇点睛

1. retirement *n.* 退休,退职

(教材 P14) In your grandparents' time, there was the prospect of doing the same job from graduation until **retirement**.

在你祖父母的时代,人们的预期是从毕业到退休都做同样的工作。

(1)retire from	从……退休,从……退役
retire as	从某职位退休
(2)retired *adj.*	已退休的

【佳句背诵】

My instructor is an experienced pilot who has flown big jets but is nearing **retirement**.

我的教练是一位经验丰富的飞行员,曾驾驶过大型喷气式飞机,但即将退休。

【活学活用】

(1)单句填空

①[2023·天津3月考] Mike will announce his _____(retire) from professional soccer next week.

②"I'm _____(retire), but an artist never retires," Anneke said.

③He has decided to retire _____ editor of the magazine next month because of his poor health.

(2)完成句子

After 35 years of teaching, Mr Johnson _____ _____ and started writing books.

在执教35年后,约翰逊先生**从这所高中退休**,开始著书。

2. relevant *adj.* 有关的,切题的

(教材 P15) The skills you have now are unlikely to remain **relevant** and be enough to help you through your entire career.

你现在拥有的工作技能不可能一直有用,也不足以支撑你的整个职业生涯。

(1)be relevant to sb/sth	与……有关
(2)irrelevant *adj.*	无关紧要的;不相关的

[温馨提示] 表示"和……有关"的表达还有: be related to...; have something to do with...; be linked to/with...; be connected/associated with...; be involved in...。

【佳句背诵】

Knowing you're keen on the photos I posted on the WeChat last week, I'm writing to share some **relevant** details.

我知道你很喜欢我上周在微信上发布的照片,所以我写信分享一些相关细节。

【活学活用】

(1)单句填空

①In an era of information explosion, people can easily be distracted by _____(relevant) information.

②Data and statistics relevant _____ this topic should be presented to people present at the meeting so that they can make informed choices.

(2)完成句子

(应用文写作之申请信) The reason why I apply for the job is that I have _____.

我之所以申请这份工作,是因为我有**相关的经验**。

3. occupation *n.* 工作,职业;占用

(教材 P15) Jobs and **occupations** come and go at an amazing pace these days.

如今,工作更换、职业更替的速度惊人。

(1)occupy *v.*	使用,占用;使全神贯注;占领
occupy oneself with sth/(in) doing sth	从事于……;忙于……;专心于……
(2)occupied *adj.*	被占的;有人用的;被占领的
be occupied in/with sth	忙于某事
be occupied in (doing) sth	忙于(做)某事

【佳句背诵】

With their chins on their hands, they **occupy themselves staring** out of the window or up at the ceiling.

他们双手托着下巴，全神贯注地盯着窗外或天花板。

【活学活用】

(1)单句填空

①When I hurried back into the reading room, I found my seat _____(occupy) by a newcomer.

②It was a very small room, with a big bed _____(occupy) most of the space.

③He is not willing to follow in his father's footsteps and is looking for an _____(occupy) that is adventurous.

(2)句式改写

The professor **is occupied with his office work** and he has little time for the housework.

→_____, the professor has little time for the housework.(用形容词短语作状语改写)

→_____, the professor has little time for the housework.(用现在分词短语作状语改写)

4. pace *n*.速度，进度，节奏 *v*.走来走去

(教材 P15) Jobs and occupations come and go at an amazing **pace** these days.

如今，工作更换、职业更替的速度惊人。

(1)keep pace with sb/sth	与……并驾齐驱；与……步调一致
pick up the pace	加快节奏(或步伐)
at a fast pace	快速地；快节奏地
(2)pace back and forth/pace up and down	来回踱步

【佳句背诵】

I want to teach because I like the **pace** of life offered by the school calendar. What's more, two long vacations offer me an opportunity to think, study and write.

我想教书是因为我喜欢学校的日程安排提供的生活节奏。更重要的是，两个长假给了我思考、学习和写作的机会。

【活学活用】

完成句子

①She _____ in the garden yesterday, not knowing how to handle the situation.

昨天她在花园里**走来走去**，不知道如何应对这个局面。

②(话题写作之生活与学习) New knowledge is constantly being generated and what we already know is being revised all the time, to such an extent that it can be difficult to _____ unless we _____.

新知识不断产生，我们已经知道的知识一直在被修改，以至于很难**跟上最新发展**，除非我们**加快步伐**。

③Trade relations between the two countries have developed _____.

两国间的贸易关系得到了**快速**发展。

5. qualify *vi*. & *vt*.(使)有资格，有权利；取得资格，达到标准

(教材 P15) You may have to go back to the classroom and be retrained in order to **qualify** to work in another field.

你可能不得不重新回到教室，接受再培训，才能取得在其他领域工作的资格。

(1)qualify (sb) for + 具体的事物、职位、奖项等名词	(使某人)有资格胜任……
qualify (sb) as + 身份	(使某人)有资格成为……
qualify sb to do sth	使某人有资格做某事
(2)qualified *adj*.	有资格的，合格的；有条件的
be qualified for... = be fit for...	适合……/符合……的条件
(3)qualification *n*.	限定条件；资格

【佳句背诵】

Jack and I looked at each other with a broad smile, feeling that we were **qualified** volunteer wildlife rescuers now.

杰克和我相互对视，笑容灿烂，感觉我们现在是合格的野生动物志愿救援人员了。

【活学活用】

(1)单句填空

①Xie Lei is studying for a business _____(qualify) at a university in China.

②[2023 · 全国乙卷] She qualified _____ a surgeon in 1813, then joined the British Army, serving overseas.

(2)完成句子

①(应用文写作之申请信) Speaking English fluently and having a good command of foreign cultures, I firmly believe that _____ _____.

我能流利地说英语,并对外国文化很了解,我坚信**我能胜任这项志愿工作**。

②(应用文写作之告知信) This course can _____ _____ in any secondary school.

这门课程可以**让你获得**在任何中学**任教的资格**。

句型透视

1. (教材 P15) **What if your job disappears after working for 10 years in the field?** 假如自己工作了十年的岗位消失了怎么办?

句型公式

What if...?

【句式点拨】

"What if...?"常用来提出假设、建议、邀请、要求等,意为"倘若……将会怎样/如果……将会怎样?",后面经常跟一般现在时,有时根据语境判断也可以跟虚拟语气。

【活学活用】

(1)单句填空

I don't like to have you go boating in such weather. What _____ a storm should come up?

(2)完成句子

[2023·浙江1月考] The thought of leaving them fills me with fear. _____ _____? _____ _____?

一想到要离开他们,我就害怕。**如果其中一个摔倒了怎么办?如果他们一起跌倒了呢?**

2. (教材 P15) **The truth is that you are the boss of your career, and it is up to you to decide what you can do and how well you can do it.** 实际上,你才是自己职业生涯的老板,也只有你才能决定自己能做什么、能做多好。

句型公式

表语从句

【归纳拓展】

引导表语从句的连接词

连接词:that, whether;

连接代词:who, what, which, whom, whose, whatever, whoever, whichever 等;

连接副词:when, where, why, how 等;

其他连接词:because, as if, as though 等。

[温馨提示] (1)不可以用 if,而要用 whether 引导表语从句。

False: The question is if the enemy is marching towards us.

Right: The question is whether the enemy is marching towards us.

(2)because 引导的表语从句强调原因,why 引导的表语从句强调结果。

He was ill. That is why he was sent to the hospital.

他病了。这就是他被送到医院的原因。

He was sent to the hospital. That is because he was ill.

他被送往医院。那是因为他病了。

【活学活用】

(1)单句填空

①"Every time you eat a sweet, drink green tea." This is _____ my mother used to tell me.

②However dark the road ahead is, always keep your head up to the sky because that's _____ your dreams lie.

③What the doctor really doubts is _____ my mother will recover from the serious disease soon.

④The reason for his success is _____ he has always stayed committed and hard-working.

⑤Local governments are ambitious to make China's cities greener. That's _____ there are more parks in cities these days.

(2)完成句子

①(应用文写作之建议信) Another recommendation _____ in your leisure time, which not only provides a full-body workout but also cultivates team spirit during the play.

另一个建议是,**你应该**在业余时间**打篮球**,这不仅能提供全身锻炼,还能在比赛中培养团队精神。

②(读后续写之情感描写) My confidence began to crumble, and it was _____ _____ from my dad had been a lie.

我的信心开始崩溃,就**好像那些年来**父亲对我的**赞扬和鼓励**都是谎言。