

# Unit 1 Back to school

## 高效晨读 I

诵读>Welcome unit-Reading 部分的词汇结构化知识

建议用时 20 分钟

### 一、话题词汇

<i>n.</i>	potential, path, challenge, thinking, opportunity, effort, advance, confidence, resource, facility, attitude, goal, individual, character
<i>v.</i>	acquire, balance, improve
<i>adj. &amp; adv.</i>	senior, positive, amazing, equal, well-rounded, responsible, junior, independent, ahead, forward
<i>phrases</i>	lie in, rise to, make a difference, make the most of, take advantage of, last but not least, look forward to

### 二、派生词

challenge	challenging <i>adj.</i> 挑战性的 challenger <i>n.</i> 挑战者 challenged <i>adj.</i> 有残疾的
acquire	acquisition <i>n.</i> 习得; 获得
effort	effortless <i>adj.</i> 不需费力的
advance	advanced <i>adj.</i> 先进的
amazing	amaze <i>vt.</i> 使惊奇 amazed <i>adj.</i> 大为惊奇的 amazement <i>n.</i> 惊奇
confidence	confident <i>adj.</i> 自信的
equal	equality <i>n.</i> 平等 unequal <i>adj.</i> 不平等的 inequality <i>n.</i> 不平等
character	characteristic <i>adj.</i> 典型的    <i>n.</i> 特征
responsible	responsibility <i>n.</i> 责任 responsibly <i>adv.</i> 认真负责地 irresponsible <i>adj.</i> 不负责任的
independent	independence <i>n.</i> 独立; 自立 dependent <i>adj.</i> 依靠的, 依赖的 depend <i>vi.</i> 依靠
individual	individually <i>adv.</i> 分别地; 单独地; 各别地 individuality <i>n.</i> 个人; 个性; 个人特征

### 三、核心词要点

1. potential *n.* [U] 潜力; 可能性 || *adj.* 潜在的, 可能的

(1) reach/realize/achieve one's (full) potential 发挥某人的(全部)潜能 the potential to do/for (doing) sth 做某事的潜力/可能性
(2) potential demand 潜在需要 potential resources 潜在资源 a potential disaster 可能发生的灾害
(3) potentially <i>adv.</i> 潜在地
He has the potential to become a world-class musician. 他有潜力成为世界级的音乐家。

2. challenge *n.* 挑战; 质疑 || *vt.* 向……挑战; 对……怀疑

(1) full of challenges 充满挑战 mount a challenge 发起挑战	rise to/face/meet a challenge 面临/迎接挑战 accept/take up a challenge 接受挑战
(2) challenge sb to (do) sth 就(做)某事向某人发起挑战	

Mike challenged me to a game of chess. 迈克向我发起挑战要和我下一盘棋。  
With busy schedules, squeezing in phone calls can be a challenge. 在繁忙的日程中,挤出时间打电话可能是一件有难度的事。  
(2022 全国乙卷·七选五)

3. effort *n.* 努力,费力的事;试图

make efforts/an effort/every effort to do sth 努力做某事	put effort into doing sth 努力做某事
spare no effort to do sth 不遗余力做某事	in an effort to do sth 为了做某事
with/without effort 费力地/容易地,毫不费力地	
Despite numerous challenges, he has always made efforts to pursue his dreams, believing that perseverance will eventually lead to success. 尽管面临诸多挑战,他始终努力追求自己的梦想,坚信坚持终会带来成功。	

4. advance *n.* 进步,进展;前进,行进 || *vt.* & *vi.* 发展,进步

(1) in advance (of sth) 在……前;预先;事先	make advances in 在……方面取得进展/进步
(2) advance on/towards 朝……前进	advance sth 推进;推动(进程、发展等)
Studying for new qualifications is one way of advancing your career. 为提高学历而进修是促进事业发展的一个办法。	

5. amazing *adj.* 令人大为惊奇的,令人惊喜的

(1) amazed <i>adj.</i> 感到惊奇的;惊讶的	
be amazed at/by sth 对……大为惊奇	be amazed to do sth 因做某事而感到惊讶
(2) amazement <i>n.</i> 惊讶,吃惊;惊异	
in amazement 惊奇地	to one's amazement 令某人惊讶的是
From seeing the wildlife to witnessing sunrises, the whole experience was amazing. 从观赏野生动物到观看日出,整个体验令人惊叹。(2022 全国甲卷)	

6. equal *adj.* 相等的;平等的;相当的 || *n.* 同等的人(物) || *linking v.* 与……相等 || *vt.* 比得上

(1) be equal to sth 与……相等;胜任;等同于	be of equal importance 同等重要
on equal terms (with sb) (与某人)处于平等的地位	
(2) be without equal/have no equal 无与伦比	
(3) equal sb in ... 在……方面与某人相当	
No one can equal him in maths in our class. 在我们班,没有人在数学上比得上他。	

7. balance *vt.* (使)保持平衡;同等重视;权衡重要性 || *n.* 平衡,均衡;平衡能力

(1) balance A with/and B 同等重视 A 和 B	balance A against B 权衡 A 和 B
(2) keep one's balance 保持某人的平衡	lose one's balance/be out of balance 失去平衡
(3) balanced <i>adj.</i> 均衡的,平衡的	a balanced diet 均衡饮食
She balanced the cup on her knee. 她把杯子放稳在膝盖上。	
Try to keep a balance between work and relaxation. 尽量保持工作和休闲之间的平衡。	

一、派生词默写

1. \_\_\_\_\_ *n.* & *vt.* 挑战→\_\_\_\_\_ *adj.* 挑战性的→\_\_\_\_\_ *n.* 挑战者→\_\_\_\_\_ *adj.* 有残疾的
2. \_\_\_\_\_ *vt.* 获得,得到→\_\_\_\_\_ *n.* 习得;获得
3. \_\_\_\_\_ *n.* 努力,费力的事;试图→\_\_\_\_\_ *adj.* 不需费力的
4. \_\_\_\_\_ *v.* & *n.* 进步→\_\_\_\_\_ *adj.* 先进的
5. \_\_\_\_\_ *adj.* 令人惊喜的→\_\_\_\_\_ *adj.* 感到惊奇的→\_\_\_\_\_ *vt.* 使惊奇→\_\_\_\_\_ *n.* 惊奇
6. \_\_\_\_\_ *n.* 信心,信任;把握→\_\_\_\_\_ *adj.* 自信的
7. \_\_\_\_\_ *adj.* 相等的;平等的→\_\_\_\_\_ *adv.* 相等地;平等地→\_\_\_\_\_ *n.* 平等→\_\_\_\_\_ *adj.* 不平等的→\_\_\_\_\_ *n.* 不平等
8. \_\_\_\_\_ *n.* 个人 || *adj.* 单独的,个别的→\_\_\_\_\_ *adv.* 分别地;单独地;各别地→\_\_\_\_\_ *n.* 个人;个性;个人特征
9. \_\_\_\_\_ *n.* 性格;人物;文字→\_\_\_\_\_ *adj.* 典型的 || *n.* 特征
10. \_\_\_\_\_ *adj.* 有责任的→\_\_\_\_\_ *n.* 责任→\_\_\_\_\_ *adv.* 认真负责地→\_\_\_\_\_ *adj.* 不负责任的
11. \_\_\_\_\_ *adj.* 独立的→\_\_\_\_\_ *n.* 独立→\_\_\_\_\_ *adj.* 依靠的,依赖的→\_\_\_\_\_ *vi.* 依靠

二、词汇语境默写

1. On the p\_\_\_\_\_ side, profits have increased.
2. She does not like anyone c\_\_\_\_\_ her authority(权威).
3. He cycled round the corner, lost his b\_\_\_\_\_ and fell off.
4. Our school offers e\_\_\_\_\_ opportunities for both boys and girls.
5. We must try hard to a\_\_\_\_\_ as much knowledge as we can.
6. I didn't really feel like going out, but I was glad I made the e\_\_\_\_\_.
7. We must make the most efficient use of the available financial \_\_\_\_\_(资源).
8. The hotel has special \_\_\_\_\_(设施) for welcoming disabled people.
9. What \_\_\_\_\_(使惊讶) me is how long she managed to hide it from us.
10. In time you will find yourselves growing into well-rounded \_\_\_\_\_(个人).

高效晨读Ⅱ

诵读

Welcome unit-Reading 部分的短语/句式/话题语段

建议用时 20 分钟

一、短语

1. potential danger	潜在的危险
2. lead to a world full of challenges	通向充满挑战的世界
3. lie in	存在,在于
4. rise to	能够处理
5. be equal to the work	能胜任这项工作
6. have confidence in	对……有信心
7. realize the potential	发挥潜能
8. take (full) advantage of	(充分)利用
9. set clear goals	树立明确目标
10. balance schoolwork with activities	平衡学业与活动
11. last but not least	最后但同样重要的是
12. grow into a well-rounded individual	成长为一个全面发展的人
13. be responsible for=take responsibility for	对……负有责任
14. put simply	简而言之
15. make a difference to	对……起作用/有影响
16. make the most/best of	充分利用

二、句式

1. I can't wait to describe to you what senior high school life is like.	我迫不及待地要向你们描述一下高中生活是什么样子的。
2. When you rise to the challenges, you will have the opportunity to acquire great knowledge and enjoy personal growth.	在迎接挑战的时候,你们将有机会掌握大量的知识,并享受个人的成长。
3. Put simply, potential is your natural ability that can be developed when you try hard enough.	简而言之,潜能是你与生俱来的能力,当你足够努力时,潜能就能得到开发。
4. To fully realize your potential, it is important for you to make the most of our school resources.	要想全面发挥自己的潜能,充分利用我们学校的资源很重要。
5. Of equal importance are good study habits, useful skills and a positive attitude.	同样重要的还有良好的学习习惯、实用的技能和积极的态度。
6. In time you will find yourself growing into a well-rounded individual.	最终,你们会发现自己逐渐成长为一个全面发展的人。

三、话题语段

<p>“What is potential?” you may ask. Put simply, potential is your natural ability that can be developed when you try hard enough. Who knows what beautiful works of art you will create, what medical advances you will make or what amazing technologies you will develop! The possibilities are endless, and I have confidence in your ability to make a difference to your family, to your community and to our country.</p>	<p>你们也许会问:“什么是潜能?”简而言之,潜能是你与生俱来的能力,当你足够努力时,潜能就能得到开发。谁知道未来你们能创作出哪些精美的艺术品,实现哪些医学突破,或者开发出哪些不可思议的技术!可能性是无限的,而且我相信你们有能力改变你们的家庭,改变你们的社区,改变我们的国家。</p>
<p>To fully realize your potential, it is important for you to make the most of our school resources. Take advantage of your classes, learn from your teachers and classmates, and make use of our school facilities. There are also a lot of school activities for you. Join a club or two, and take an active part in different sports.</p>	<p>要想全面发挥自己的潜能,充分利用我们学校的资源很重要。要让学校课程为你所用,要向老师和同学请教,要善用学校的各种设施。学校还为你们准备了许多活动。要加入一两个俱乐部,并且积极地参与各项体育运动。</p>
<p>Of equal importance are good study habits, useful skills and a positive attitude. Carefully plan your study, set clear goals and balance your schoolwork with other activities. As a senior high school student, you must make efforts to improve your communication and problem-solving skills. Last but not least, always look on the bright side and never lose hope, even in difficult situations. In time you will find yourself growing into a well-rounded individual.</p>	<p>同样重要的还有良好的学习习惯、实用的技能和积极的态度。要细致规划学习,设立清晰的目标,并且平衡好你的课业和课余活动。作为一名高中生,你必须努力提高人际沟通和解决问题的技巧。最后但同样重要的是,要一直看到事情好的一面,即便身处困境,也永远不要失去希望。最终,你们会发现自己逐渐成长为一个全面发展的人。</p>

## 检测

建议用时 15 分钟

答案 P61

## 一、短语(汉译英/英译汉)

1. 潜在的危险 \_\_\_\_\_
2. 存在, 在于 \_\_\_\_\_
3. 能够处理 \_\_\_\_\_
4. 能胜任这项工作 \_\_\_\_\_
5. 对……有信心 \_\_\_\_\_
6. 实现潜能 \_\_\_\_\_
7. (充分)利用 \_\_\_\_\_
8. 树立明确目标 \_\_\_\_\_
9. 最后但同样重要的是 \_\_\_\_\_
10. 简而言之 \_\_\_\_\_
11. 对……起作用, 有影响 \_\_\_\_\_
12. make the most/best of \_\_\_\_\_
13. 平衡学业与活动 \_\_\_\_\_
14. 对……负有责任 \_\_\_\_\_
15. lead to a world full of challenges \_\_\_\_\_
16. 成长为一个全面发展的人 \_\_\_\_\_

## 二、句子翻译或补全句子

1. 仔细规划你的学习, 设置清晰的目标, 并平衡好你的学业与其他活动。  
Carefully plan your study, set clear goals and \_\_\_\_\_.
2. 升入高中之后, 我发现面前的路通向一个充满挑战的世界。  
When I entered senior high school, I found the path before me \_\_\_\_\_.
3. 在迎接挑战的时候, 你们将有机会掌握大量的知识, 并享受个人的成长。  
When you rise to the challenges, you will have the opportunity to \_\_\_\_\_ and enjoy personal growth.
4. 为了充分发挥你的潜力, 对你来说, 充分利用我们学校的资源是很重要的。  
\_\_\_\_\_
5. 同样重要的还有良好的学习习惯、实用的技能和积极的态度。  
\_\_\_\_\_
6. 最终, 你们会发现自己逐渐成长为一个全面发展的人。  
\_\_\_\_\_

## 三、课文还原填空

## Realizing your potential

“What is potential?” you may ask. 1. \_\_\_\_\_, potential is your 2. \_\_\_\_\_ ability that can be developed when you try hard enough. Who knows what beautiful works of art you will create, what 3. \_\_\_\_\_ you will make or what 4. \_\_\_\_\_ technologies you will develop! The possibilities are 5. \_\_\_\_\_, and I have confidence in your ability to 6. \_\_\_\_\_ your family, to your community and to your country.

To fully realize your potential, it is important for you 7. \_\_\_\_\_ our school resources. Take 8. \_\_\_\_\_ of your classes, learn from your teachers and classmates, and make 9. \_\_\_\_\_ of our school facilities. There are also a lot of school activities for you. Join a club or two, and 10. \_\_\_\_\_ an active part in different sports.

11. \_\_\_\_\_ equal importance are good study habits, useful skills and a positive attitude. Carefully plan your study, 12. \_\_\_\_\_ and balance your schoolwork 13. \_\_\_\_\_ other activities. As a senior high school student, you must make efforts to improve your communication and 14. \_\_\_\_\_ skills. 15. \_\_\_\_\_, always look on the bright side and never lose hope, even in difficult situations. In time you will find yourself growing into a 16. \_\_\_\_\_.

高效晨读Ⅲ

诵读Grammar and usage-Integrated skills 部分的语言知识要点

建议用时 20 分钟

一、派生词

detail	detailed <i>adj.</i> 详细的; 细致的
base	basis <i>n.</i> 基础    basic <i>adj.</i> 基础的    basically <i>adv.</i> 基本上
remind	reminder <i>n.</i> 提示物
proposal	propose <i>vt.</i> 提议, 建议; 打算; 求婚
aim	aimless <i>adj.</i> 无目标的, 没有方向的
style	stylish <i>adj.</i> 时髦的, 新潮的; 高雅的
technique	technical <i>adj.</i> 技术的, 技能的; 专门技术的; 专业的 technically <i>adv.</i> 在技术上, 在技能上; 在专业上, 在技巧上; 根据确切意义地 technician <i>n.</i> 技师, 技术员
professional	professionally <i>adv.</i> 在职业上; 专业地; 内行地 profession <i>n.</i> 行业, 职业; 同行; 宣称, 声明

二、核心词要点

1. focus *n.* 焦点, 重点 || *vt.* & *vi.* 集中

(1) be the focus of attention 成为关注的焦点 bring ... into focus 使……成为焦点	maintain one's focus on 继续关注……
(2) focus on/upon 集中于/专注于 focus one's attention/energy/mind on/upon= put one's heart into ... 集中注意力/精力/心思于	focus one's eyes on 注视……
(3) focused <i>adj.</i> 目标明确的, 注意力集中的	stay/keep focused 保持注意力集中
The incident brought the problem of violence in schools into sharp focus. 这次事件使校园暴力问题成为焦点。	

2. base *vt.* 以……为基础(依据) || *n.* 根据; 基础; 基底; 总部, 大本营

(1) base sth on/upon sth 以……为基础/根据	be based on/upon ... 基于…….
(2) at the base of ... 在……底部; 在……的基础上	
(3) basis <i>n.</i> 基础	on the basis of 根据……; 基于……
Basing an important decision on emotion rather than on reason, you will regret it sooner or later. 把一个重要的决定建立在情感而非理性的基础上, 你迟早会后悔的。	

3. aim *n.* 目的, 目标; 瞄准 || *vi.* & *vt.* 力争做到; 目的是; 针对; 瞄准

(1) achieve one's aim 达到某人的目标	with the aim of 以……为目的, 为了……
(2) aim to do sth/aim at doing sth 旨在做某事	be aimed at doing sth 旨在做某事
The programme aims to help students develop science skills, environmental awareness, and healthy lifestyles. 该计划旨在帮助学生培养科学技能、环保意识和健康的生活方式。 (2023 新课标 II 卷·阅读)	

三、短语(1—9 属 Grammar and usage 部分;10—14 属 Integrated skills 部分)

1. as a result of	由于
2. focus on sth	专注于
3. realize/achieve (long-term) goals	实现(长期)目标
4. develop good habits	培养好习惯
5. be based on	基于……
6. remind sb of ...	提醒某人……;使某人想起……
7. keep sb focused	使某人集中注意力
8. stick to sth	坚持
9. pay off	(努力等)有回报
10. sign up for	报名参加
11. call for	(公开)要求;需要
12. aim to	以……为目的
13. be intended to	旨在,意图是……
14. put forward a proposal	提出一项提案

四、句式(Grammar and usage 部分)

1. Setting goals gives you a <b>focus</b> in life.	设定目标让你的生活有了重心。
2. Don't <b>push yourself to</b> achieve more than what is possible. Instead, you should set goals based on your abilities and skills.	不要逼迫自己去实现超出能力范围的目标,而应该设定基于自己能力和技能的目标。
3. After you set a goal, it is important to <b>stick to</b> it and work hard towards it.	在你设立目标之后,重要的是去坚持并全力以赴达成目标。



一、派生词默写

1. \_\_\_\_\_ *n.* 细节;具体情况→ \_\_\_\_\_ *adj.* 详细的;细致的
2. \_\_\_\_\_ *vt.* 以……为基础 || *n.* 根据;基底→ \_\_\_\_\_ *n.* 基础→ \_\_\_\_\_ *adj.* 基础的→ \_\_\_\_\_ *adv.* 基本上
3. \_\_\_\_\_ *vt.* 提醒,使想起→ \_\_\_\_\_ *n.* 提示物
4. \_\_\_\_\_ *n.* 提议;建议→ \_\_\_\_\_ *vt.* 建议;打算
5. \_\_\_\_\_ *n.* 目的,目标 || *vi. & vt.* 力争做到;目的是;针对→ \_\_\_\_\_ *adj.* 无目标的,没有方向的
6. \_\_\_\_\_ *n.* 风格;方式;样式→ \_\_\_\_\_ *adj.* 时髦的,新潮的;高雅的
7. \_\_\_\_\_ *n.* 技巧,技艺;技能→ \_\_\_\_\_ *adj.* 技术的,技能的;专门技术的;专业的→ \_\_\_\_\_ *adv.* 在技术上,在技能上;在专业上;根据确切意义地→ \_\_\_\_\_ *n.* 技师,技术员
8. \_\_\_\_\_ *adj.* 专业的 || *n.* 专业人员→ \_\_\_\_\_ *adv.* 在职业上;专业地;内行地→ \_\_\_\_\_ *n.* 行业,职业;同行;宣称,声明

二、词汇语境默写

1. You should \_\_\_\_\_ (以……为依据) your opinion on facts.
2. The novel is full of vivid d \_\_\_\_\_ that bring the story to life.
3. Here are some useful t \_\_\_\_\_ for improving your English writing.
4. When you are trying to f \_\_\_\_\_ on what you are reading, you need to be in a comfortable seat in a quiet room.
5. The great majority of people seem to agree with the p \_\_\_\_\_.
6. The government has already permitted the company to use special m \_\_\_\_\_.
7. Teamwork is required in order to achieve these a \_\_\_\_\_.
8. Throughout her career as a \_\_\_\_\_ (专业的) dancer, she toured in the UK, but always longed to explore further.
9. He will hold a poetry \_\_\_\_\_ (研讨班) at this weekend.

三、短语(汉译英/英译汉)

1. 由于 \_\_\_\_\_
2. 专注于…… \_\_\_\_\_
3. 实现长期目标 \_\_\_\_\_
4. 培养好习惯 \_\_\_\_\_
5. 使某人想起某事 \_\_\_\_\_
6. 坚持 \_\_\_\_\_
7. pay off \_\_\_\_\_
8. sign up for \_\_\_\_\_
9. aim to \_\_\_\_\_
10. 提出一项提案 \_\_\_\_\_

四、句式补全

1. Setting goals gives you \_\_\_\_\_ (生活重心) and also helps you \_\_\_\_\_ (养成好习惯).
2. To realize your goals, you need \_\_\_\_\_  
(制定良好的计划,管理好自己的时间,并且关注细节).
3. Setting goals makes you \_\_\_\_\_ (更加自信).
4. \_\_\_\_\_ (当你达成目标时), you see the result of your hard work and know how much progress you have made.
5. As a result of your action, \_\_\_\_\_  
(你的梦想将得以实现,你有希望过上幸福的生活).
6. Separate different types of information \_\_\_\_\_ (以使提议易于阅读).

高效晨读 V

诵读

Extended reading-Project 部分的短语/句式/话题语段

建议用时 20 分钟

一、短语

1. be of secondary importance	次要
2. an exchange student	交换生
3. a tough time	一段艰难的时光
4. put sth together	组装
5. make a contribution to	对……做出贡献
6. over time	随着时间流逝,久而久之
7. join a club	加入俱乐部
8. make friends with sb	与某人交朋友
9. have the opportunity to do sth	有机会做某事
10. experience a different way of life	体验不同的生活方式

二、句式

1. Last year, I <b>had the chance to</b> study at a British secondary school as <b>an exchange student</b> .	去年,我有机会作为交换生在英国的一所中学读书。
2. I found Maths quite easy and enjoyable because the material was <b>less advanced</b> in the UK <b>than</b> in China.	我觉得数学课相当轻松有趣,因为英国的教材内容没有中国的那么深入。
3. However, learning in English was <b>a great challenge</b> for me.	然而,用英语学习对我来说是一项巨大的挑战。
4. Although there was not as much homework as I was used to, it was still <b>challenging</b> .	尽管作业不像以前那么繁重,却仍旧很有挑战性。
5. Joining clubs was a great way to meet British students and <b>make friends with</b> them.	加入俱乐部是与英国学生相识和交友的好方法。
6. I am glad to <b>have the opportunity to</b> experience this different way of life.	我很高兴有机会体验这种不同的生活方式。

三、话题语段

The classes are different from those in China. Each teacher has their own classroom and the students move around for every lesson. In most of my classes, there were only about 20 students. In the beginning, however, it was still tough for me to remember everyone's name!	英国的课堂与中国不同。每位老师有各自的教室,学生们每节课需要走班上课。我所上的大部分课班级规模都很小,只有二十个左右的学生。刚开始时,记住所有人的名字对我来说有些困难!
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Class discussion is very important in the UK, but I could not make a great contribution because sometimes I wasn't able to express myself clearly in English. Although there was not as much homework as I was used to, it was still challenging. Fortunately, my teachers and classmates were always helpful and gave me lots of encouragement. My language skills improved over time.	在英国,课堂讨论很重要,可我做不了多大的贡献,因为有时候我没办法用英文清楚地表达自己的观点。尽管作业不像以前那么繁重,却仍旧很有挑战性。幸好,老师和同学们一直都很热心地帮助我,并给予我很多鼓励。渐渐地,我的语言能力提升了。
I am glad to have the opportunity to experience this different way of life. I met some great people and learnt a lot about school life in the UK. Daniel and his family were fantastic hosts, and his friends were very nice as well. I can't wait for Daniel to visit China!	我很高兴有机会体验这种不同的生活方式。在英国我见到了一些很棒的人,也了解了英国校园生活的方方面面。丹尼尔一家是非常棒的接待家庭,丹尼尔的朋友也十分友好。我迫不及待要让丹尼尔来中国了!

检测

建议用时 10 分钟

答案 P61

一、短语(汉译英/英译汉)

1. 次要
2. 交换生
3. a tough time
4. put sth together
5. 对……做出贡献
6. 随着时间流逝,久而久之
7. 加入俱乐部
8. 与某人交朋友
9. 有机会做某事
10. 体验不同的生活方式

二、句式补全/句子翻译

1. 去年我有机会作为交换生到英国的一所中学读书。  
Last year, I had the chance to study at a British secondary school .
2. 我觉得数学课相当轻松有趣,因为英国的教材内容没有中国的那么深入。  
I found Maths quite easy and enjoyable because .
3. 在英国,课堂讨论很重要,可我做不了多大的贡献,因为有时候我无法用英文清晰地表达自己的观点。  
Class discussion is very important in the UK, but I could not because sometimes I wasn't able to express myself clearly in English.
4. 加入俱乐部是与英国学生相识和交友的好方法。  
.
5. 我很高兴有机会体验这种不同的生活方式。  
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高效晨读 VI

**写作专项** 应用文写作微技能——演讲稿(主题为学校生活、学习等)  建议用时 20 分钟

演讲稿包括发言稿、致辞、竞选稿等,需主题鲜明,句子要求短小精悍、铿锵有力。

一、演讲稿的结构

开篇段落	介绍演讲主题
中间段落	具体阐述(可运用数据、举例、引语等支撑)
总结段落	总结;致谢

二、演讲稿开篇常用表达

1. Ladies and gentlemen/Boys and girls, I'm greatly <b>honoured</b> to speak here <b>on behalf of</b> ...	女士们,先生们/男孩们,女孩们,我很荣幸代表……在这里讲话。
2. Thank you for giving me the opportunity to <b>make a speech about</b> ...	感谢给我机会做关于……的演讲。
3. <b>It's my honour/privilege to</b> stand here and talk something about ...	站在这里谈论关于……的事情是我的荣幸。
4. Ladies and gentlemen, today I'd like to <b>deliver a speech on</b> the importance of having a positive attitude to study.	女士们,先生们,今天我演讲的主题是拥有积极的学习态度的重要性。
5. <b>My focus</b> is how to learn English well.	我的重点是如何学好英语。

三、阐述主题常用表达

1. In the first place, studying makes us <b>focused, confident</b> and <b>knowledgeable</b> .	首先,学习能使我们变得专注、自信且学识渊博。
2. Studying helps us <b>focus on one thing at a time</b> and gives us the ability to <b>stay on track</b> .	学习帮助我们一次只专注于一件事情,并使我们有能力保持正确的方向。
3. When we study a topic and learn to solve problems, we not only <b>achieve good grades</b> , but also <b>boost up our confidence levels</b> .	当我们学习一个主题并学会解决问题时,我们不仅取得了好成绩,还增强了我们的信心。
4. Also, studying <b>broadens our horizons</b> , because when we study different subjects, we <b>become aware of everything around us</b> and <b>become well-informed</b> .	学习也拓宽了我们的视野,因为当我们学习不同的科目时,我们会了解到我们周围的一切,变得见多识广。
5. <b>When it comes to English</b> , it is important that we acquire a large vocabulary.	在英语方面,掌握大量词汇很重要。
6. <b>Last but not least</b> , perseverance makes students have better performance in exams.	最后但同样重要的是,毅力使学生们在考试中取得更好的成绩。

四、演讲稿总结段常用表达

1. I hope everyone <b>finds your stay here an enjoyable experience</b> and your visit <b>will surely promote our friendship</b> .	我希望大家在这里过得愉快，你们的来访一定会增进我们的友谊。
2. So, the benefits of studying are <b>evident</b> .	所以，学习的好处是显而易见的。
3. <b>What we are learning today</b> will determine whether we can meet challenges in the future.	我们今天所学到的东西将决定我们能否迎接未来的挑战。
4. That's all. Thank you for your attention.	我的演讲到此结束。谢谢大家的聆听。

五、演讲稿中的常用修辞手法：平行结构(parallel structures)

1. Today is <b>the start of</b> a new term, <b>the start of</b> a three-year journey and <b>the start of</b> a promising future.	今天，是新学期的开始，是一段三年旅程的开端，更是一个锦绣前程的起点。
2. Who knows <b>what</b> beautiful works of art you will create, <b>what</b> medical advances you will make or <b>what</b> amazing technologies you will develop!	谁知道未来你们能创作出哪些精美的艺术品，实现哪些医学突破，或者开发出哪些不可思议的技术呢！
3. <b>Take advantage of</b> your classes, <b>learn from</b> your teachers and classmates, and <b>make use of</b> our school facilities.	要让学校课程为你所用，要向老师和同学请教，要善用学校的各种设施。
4. Carefully <b>plan</b> your study, <b>set</b> clear goals and <b>balance</b> your schoolwork with other activities.	要细致规划学习，设立清晰的目标，并且平衡好课业和课余活动。

六、谚语、名人名言

1. Study without thinking leads to confusion; thinking without study ends in puzzlement. —Confucius	学而不思则罔，思而不学则殆。——孔子
2. A journey of a thousand miles begins with a single step. —Lao-Tzu	千里之行始于足下。——老子
3. Studies serve for delight, for ornament and for ability. —Francis Bacon	读书足以怡情，足以博彩，足以长才。——弗朗西斯·培根

## 检测

建议用时 15 分钟

答案 P61

## 一、根据汉语提示补全句子

1. It's \_\_\_\_\_ (我的荣幸) to stand here and talk something about clubs of senior high school.
2. Thank you for giving me the opportunity to \_\_\_\_\_ (做演讲) on the importance of reciting (背诵).
3. Boys and girls, I'm greatly honoured to speak here \_\_\_\_\_ (代表) students.
4. \_\_\_\_\_ (我的重点) is how to learn English well.
5. Studying helps us focus on one thing at a time and gives us \_\_\_\_\_ (有能力保持正确的方向).
6. Studying \_\_\_\_\_ (拓宽我们的视野), because when we study different subjects, we become aware of everything around us and become well-informed.
7. The benefits of reviewing are \_\_\_\_\_ (显而易见的).
8. \_\_\_\_\_ (我们今天所学到的东西) will determine whether we can meet challenges in the future.

## 二、句子翻译或补全句子

1. 站在这里做关于如何提升英语词汇量的演讲是我的荣幸。

\_\_\_\_\_

2. 首先,学习能使我们变得专注、自信且学识渊博。

In the first place, studying makes us \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

3. 最后但同样重要的是,毅力使学生们在考试中取得更好的成绩。

\_\_\_\_\_

4. 希望大家在这里过得愉快。

\_\_\_\_\_

5. 今天,是新学期的开始,是一段三年旅程的开端,更是一个锦绣前程的起点。

Today is \_\_\_\_\_

\_\_\_\_\_.

6. 要让学校课程为你所用,要向老师和同学请教,要善用学校的各种设施。

\_\_\_\_\_ your classes, \_\_\_\_\_ your teachers and classmates,  
and \_\_\_\_\_ our school facilities.

7. 学而不思则罔,思而不学则殆。

\_\_\_\_\_

8. 千里之行始于足下。

\_\_\_\_\_