**话题八 自我认识与提升**

**第一部分 话题词汇积累**

**单词&短语**

1.ambition n.\_\_\_\_\_\_\_\_\_\_\_\_\_ 2.bond n.\_\_\_\_\_\_\_\_\_\_\_\_\_

3.bonus n.\_\_\_\_\_\_\_\_\_\_\_\_\_ 4.boom n.\_\_\_\_\_\_\_\_\_\_\_\_\_

5.border n.\_\_\_\_\_\_\_\_\_\_\_\_\_ 6.botany n.\_\_\_\_\_\_\_\_\_\_\_\_\_

7.bounce v.\_\_\_\_\_\_\_\_\_\_\_\_\_ 8. bound adj.\_\_\_\_\_\_\_\_\_\_\_\_\_

9.bowl n.\_\_\_\_\_\_\_\_\_\_\_\_\_ 10.brake n.\_\_\_\_\_\_\_\_\_\_\_\_\_

11.brick n.\_\_\_\_\_\_\_\_\_\_\_\_\_ 12.brochure n.\_\_\_\_\_\_\_\_\_\_\_\_\_

13.budget n.\_\_\_\_\_\_\_\_\_\_\_\_\_ 14.bunch n.\_\_\_\_\_\_\_\_\_\_\_\_\_

15.burglar n.\_\_\_\_\_\_\_\_\_\_\_\_\_ 16.cafeteria n.\_\_\_\_\_\_\_\_\_\_\_\_\_

17.calculate v.\_\_\_\_\_\_\_\_\_\_\_\_\_ 18.cancel v.\_\_\_\_\_\_\_\_\_\_\_\_\_

19.capital n.\_\_\_\_\_\_\_\_\_\_\_\_\_ 20.carbon n.\_\_\_\_\_\_\_\_\_\_\_\_\_

21.carpet n.\_\_\_\_\_\_\_\_\_\_\_\_\_ 22.carriage n.\_\_\_\_\_\_\_\_\_\_\_\_\_

23.\_\_\_\_\_\_\_\_\_\_\_\_\_n.板；木板，甲板；董事会；膳食

24.\_\_\_\_\_\_\_\_\_\_\_\_\_v.麻烦；打扰；烦忧；使……不安

25.\_\_\_\_\_\_\_\_\_\_\_\_\_n.树枝；分支；分部；支流；分公司

26.\_\_\_\_\_\_\_\_\_\_\_\_\_n.品牌；牌子；商标；类型

27.\_\_\_\_\_\_\_\_\_\_\_\_\_n.勇敢；无畏；勇气

28.\_\_\_\_\_\_\_\_\_\_\_\_\_n.早餐；早饭

29.\_\_\_\_\_\_\_\_\_\_\_\_\_v.(使)明亮；变开心

30.\_\_\_\_\_\_\_\_\_\_\_\_\_adj.光辉灿烂的；卓越的

31.\_\_\_\_\_\_\_\_\_\_\_\_\_n.&v.重担；使负重；责任；使负担；烦扰

32.\_\_\_\_\_\_\_\_\_\_\_\_\_n.照相机；摄像机；相机；摄像头

33.\_\_\_\_\_\_\_\_\_\_\_\_\_n.癌；癌症；恶性肿瘤

34.\_\_\_\_\_\_\_\_\_\_\_\_\_n.候选人；候补者；应试者

35.\_\_\_\_\_\_\_\_\_\_\_\_\_v.出血；流血；渗出；悲痛

36.\_\_\_\_\_\_\_\_\_\_\_\_\_v.吹；刮；吹奏；吹气；喘息；打击；猛击

37.\_\_\_\_\_\_\_\_\_\_\_\_\_v.广播；播送

38.be blessed with\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

39.对……视而不见\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

40.对……感到厌倦\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

41.from the bottom of one's heart\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

42.违背诺言；食言\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

43.break down\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

44.make scientific breakthrough\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

45.屏息；憋住气\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

46.in brief\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

47.bring up\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

48.开阔眼界；拓宽视野\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

49.增强体质\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

50.burst into tears/crying\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

51.埋头于；专心致志于\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

52.get down to business\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

53.call on\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

54.(使)平静/镇静下来\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

55.发起一项活动\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

56.在校园里\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

57.care for\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

58.对……有害，对……不利\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

59.be blind to\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

60.burst out laughing\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**词汇拓展**

1.break down vt.打破，减轻，把……分解

vi.彻底失败，崩溃，停止运转，放弃，(数据，观点等)站不住脚

He \_\_\_\_\_\_\_\_\_\_\_\_and wept when he heard the news.他听到这个消息时不禁痛哭起来。

Negotiations between the two sides have\_\_\_\_\_\_\_\_\_\_\_\_.双方谈判已经破裂。

The telephone system has\_\_\_\_\_\_\_\_\_\_\_\_.电话系统失灵了。

Firemen had to\_\_\_\_\_\_\_\_\_\_\_\_the door\_\_\_\_\_\_\_\_\_\_\_\_to reach the people trapped inside.

消防人员须破门而入，才能抢救困在屋里的人。

【联想】 break away from sb.(从团体中)脱离出去；摆脱某人；离开

break into vt.闯入(某处行窃)

break in vi.闯进(行窃);插话，打断谈话

break through vt.冲破，突破；(太阳)冲破(云层);vi.突破

break into pieces打碎

break out vi.(战争，疾病，火灾的)爆发

break up vi.(关系/婚姻)破裂；散会，结束；放假；vt./vi.(使)破碎；vt.分拆/分解某物；驱散(人群)

break off vi.突然停止说话；v.断绝/结束(关系);折断

2.bring up养育；抚养；养大；谈及；提出；呕吐；咳出

\_\_\_\_\_\_\_\_\_\_\_\_a child can be challenging for most parents.

对许多父母来说，将一个孩子养大可能是一个挑战。

Please don't\_\_\_\_\_\_\_\_\_\_\_\_politics at the dinner party.在晚餐派对上请不要谈论政治。

Going out on a boat can make you\_\_\_\_\_\_\_\_\_\_\_\_your lunch.

坐船出去可能让你把你的午饭吐出来。

【联想】 bring forward提出；将……提前

bring out使显现，使表现出；出版；发表；把……拿出来

bring in引进/采用(新的法律);使挣到，使赚到

bring sth.to mind使想起，回忆起

bring sth. to an end使终止

bring sth./sb. back to life使……生动/活泼

bring about引起；导致；造成

bring back使回忆起，使想起；拿回来；使恢复

bring down减少，降低

**活学活用**

一、阅读下列句子，在空白处填入1个单词或用括号内所给单词的适当形式填空。

1.Many trains\_\_\_\_\_\_\_\_\_\_\_\_(cancel)and a limited service is operating on other lines.

2.By burning tree\_\_\_\_\_\_\_\_\_\_\_\_(branch)and pine needles,many not only warm their houses but improve the smell therein.

3.There's not much time left. Let's get down to\_\_\_\_\_\_\_\_\_\_\_\_(repair)the machine.

4.I have never been a rich man,but I have always been blessed \_\_\_\_\_\_\_\_\_\_\_\_good health.

5.He bought a return ticket and\_\_\_\_\_\_\_\_\_\_\_\_(board)the next train for home.

二、翻译句子

1.Freed from the bonds of convention and the fear of what others may think, the mind responds with new solutions.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.He was so buried in his work that the noise outside the window just washed over him.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.你必须戒烟，因为吸烟对你的健康有害。(be bad for)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4.如果你想再提出这件事，那你就太傻了。(bring up)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

参考答案

单词短语

1.抱负；志向；雄心 2.纽带；关系 3.红利；奖金 4.繁荣5.边缘；边界 6.植物学 7.反弹；弹起 8.必定的；一定的 9.碗；一碗的量 10.车闸；刹车 11.砖；砖块 12.小册子 13.预算 14.束；串 15.窃贼；夜盗 16.自助餐厅 17.计算；核算 18.取消；撤销 19.首都；大写字母；资金 20.碳 21.地毯 22.车厢；四轮马车 23.board24.bother 25.branch 26.brand 27.bravery 28.breakfast29.brighten 30.brilliant 31.burden 32.camera 33.cancer34.candidate 35.bleed 36.blow 37,broadcast

38.有幸得到；有幸拥有 39.turn a blind eye to 40.be/get bored with 41.衷心地；发自内心地 42.break one's promise/word 43.(机器等)出故障；(身体等)垮掉；(情感等)失控 44.取得科学上的重大突破 45.hold one's breath 46.简言之；总而言之 47.抚养；提出；呕吐48.broaden one's horizon 49.build up one's body 50.突然大哭 51.be buried in/bury oneself in 52.开始认真办事 53.拜访(某人);号召 54.calm down 55.launch a campaign 56.on campus 57.照顾；非常喜欢 58.be bad for 59.对……视而不见 60.突然大笑

词汇拓展

1.broke down;broken down;broken down;break;down

2.Bringing up;bring up;bring up

活学活用

一、1.have been cancelled 2.branches 3.repairing 4.with 5.boarded

二、1.从传统的束缚中解脱出来，不再担心别人会有什么看法，顿时会让人感到柳暗花明。

2.他埋头工作，丝毫不为窗外的嘈杂声所动。

3.You must give up smoking because it is bad for your health.

4.If you want to bring up the matter again, you will be very foolish.

**第二部分 话题阅读训练**

（A）阅读理解

Would you BET on the future of this man？He is 53 years old. Most of his adult life has been a losing struggle against debt and misfortune. A war injury has made his left hand stop functioning，and he has often been in prison. Driven by heaven-knows-what motives，he determines to write a book.

The book turns out to be one that has appealed to the world for more than 350 years. That former prisoner was Cervantes，and the book was Don Quixote（《堂吉诃德》）. And the story poses an interesting question: why do some people discover new vitality and creativity to the end of their days，while others go to seed long before？

We've all known people who run out of steam before they reach life's halfway mark. I'm not talking about those who fail to get to the top. We can't all get there. I'm talking about people who have stopped learning on growing because they have adopted the fixed attitudes and opinions that all too often come with passing years.

Most of us，in fact，progressively narrow the variety of our lives. We succeed in our field of specialization and then become trapped in it. Nothing surprises us. We lose our sense of wonder. But，if we are willing to lean，the opportunities are everywhere.

The things we learn in maturity seldom involve information and skills We learn to bear with the things we can't change. We learn to avoid self-pity. We learn that however much we try to please，some people are never going to love us-an idea that troubles at first but is eventually relaxing.

With high motivation and enthusiasm，we can keep on learning. Then we will know how important it is to have meaning in our life. However，we can achieve meaning only if we have made a commitment to something larger than our own little egos（自我），whether to loved ones，to fellow humans，to work，or to some moral concept.

Many of us equate（视……等同于）“commitment” with such “caring” occupations as teaching and nursing. But doing any ordinary job as well as one can is in itself an admirable commitment. People who work toward such excellence whether they are driving a truck，or running a store-make the world better just by being the kind of people they are. They've learned life's most valuable lesson.

51. The passage starts with the story of Cervantes to show that\_\_\_\_\_\_\_\_\_.

A. loss of freedom stimulates one's creativity

B. age is not a barrier to achieving one's goal

C. misery inspires a man to fight against his fate

D. disability cannot stop a man's pursuit of success

52. What does the underlined part in Paragraph 3 probably mean？

A. End one's struggle for liberty.

B. Waste one's energy taking risks.

C. Miss the opportunity to succeed.

D. Lose the interest to continue learning.

53. What could be inferred from Paragraph 4？

A. Those who dare to try often get themselves trapped.

B. Those who tend to think back can hardly go ahead.

C. Opportunity favors those with a curious mind.

D. Opportunity awaits those with a cautious mind.

54. What does the author intend to tell us in Paragraph 5？

A. A tough man can tolerate suffering.

B. A wise man can live without self-pity.

C. A man should try to satisfy people around him.

D. A man should learn suitable ways to deal with life.

55. What is the author's purpose in writing the passage？

A. To provide guidance on leading a meaningful adult life.

B. To stress the need of shouldering responsibilities at work.

C. To state the importance of generating motivation for learning.

D. To suggest a way of pursuing excellence in our lifelong career.

【答案】51. B 52. D 53. C 54. D 55. A

【解析】

本文属于议论文，讲述要成功，就需要不断的学习，这样的生活才会有意义。

【51题详解】

推理判断题。第一段讲述塞万提斯一生不幸，负债累累，因为战争受伤左手残疾，同时还身陷囹圄，在53岁的时候决定写书，最终写出成名作《唐吉柯德》，根据后文可知，所有的困境都没有阻挡他的成功，年龄也是如此，故选B。

【52题详解】

词义猜测题。根据第三段I’m talking about people who have stopped learning on growing because they have adopted the fixed attitudes and opinions that all too often come with passing years.故可知，作者谈论的不是那些没有到达巅峰的人，而是谈论那些不再学习成长的人，故可知run out of steam可知，停止学习，故选D。

【53题详解】

推理判断题。根据第四段we lose the sense of wonder. But, if we are willing to learn, the opportunities are everywhere.可知，我们失去了好奇感，但是如果我们愿意学习，机会无处不在，故可知，机会总是留给那些好奇心的人，故选C。

【54题详解】

推理判断题。根据第五段we learn to bear with the things we can’t change. We learn to avoid self-pity. We learn that however much we try to please, some people are never going to love us—an idea that troubles at first but is eventually relaxing.可知，我们学会承受那些无法改变的事情，学会避免自怜，也学会了无论我们怎么去取悦别人，有些人是无法喜欢我们的，这个观点起初让我们苦恼，但是之后会让我们释怀，故可知，本段作者告诉我们要学会使用恰当的方式来对待生活，故选D。

【55题详解】

主旨大意题。本文讲述要成功，就需要不断的学习，这样的生活才会有意义，故本文作者的目的是为了指导我们过一个有意义的成年人生活，故选A。

1. 七选五

In an online class, developing healthy patterns of communication with professors is very important. \_\_\_36\_\_\_ While I have only listed two of each, there are obviously many other situations that can arise. Students should be able to extend the logic(逻辑)of each to their particular circumstance.

**Do's**

• \_\_\_37\_\_\_ Questions about subject content are generally welcomed. Before asking questions about the course design, read the syllabus(教学大纲)and learning management system information to be sure the answer isn't hiding in plain sight.

• Participate in discussion forums(论坛), blogs and other open-ended forums for dialogue. \_\_\_38\_\_\_ Be sure to stay on topic and not offer irrelevant information. Make a point, and make it safe for others to do the same.

**Don'ts**

• Don't share personal information or stories. Professors are not trained nurses, financial aid experts or your best friends. If you are in need of a deadline extension, simply explain the situation to the professor. \_\_\_39\_\_\_

• Don't openly express annoyance at a professor or class. \_\_\_40\_\_\_ When a student attacks a professor on the social media, the language used actually says more about the student. If there is truly a concern about a professor's professionalism or ability, be sure to use online course evaluations to calmly offer your comments.

A. That's what they are for.

B. Turn to an online instructor for help.

C. If more information is needed, they will ask.

D. Remember that online professors get a lot of emails.

E. Below are some common do's and don' ts for online learners.

F. Everyone has taken a not-so-great class at one time or another.

G. Ask questions, but make sure they are good, thoughtful questions.

【答案】36. E 37. G 38. A 39. C 40. F

【解析】本文为说明文。在网络课堂上，与教授建立健康的交流模式是非常重要的，作者在文中列举了一些规矩与禁忌。

【36题详解】根据文章段落结构和本段首句In an online class, developing healthy patterns of communication with professors is very important，可知，在网络课堂上，与教授建立健康的交流模式是非常重要的，作者在下文中列举了一些规矩与禁忌，故选项E符合语境。

【37题详解】根据其后一句Questions about subject content are generally welcomed.（与课程内容相关的问题是受欢迎的），解释了什么样的问题是好问题，可知，与G项“make sure they are good, thoughtful questions”相呼应，要提一些好的令人深思的问题，故选G。

【38题详解】根据前一句 Participate in discussion forums（论坛）, blogs and other open-ended forums for dialogue.可知，要参与论坛讨论、博客和其他开放式的对话论坛。而这正是网络课堂采用的交流的途径，故选A。

【39题详解】根据本段Professors are not trained nurses, financial aid experts or your best friends教授不是训练有素的护士，不是经济援助专家，也不是你最好的朋友，可知，不要分享个人信息或故事，如果他们需要更多信息的话，他们会主动问起的，故选项C符合语境。

【40题详解】通读本段，并根据本段主题句Don’t openly express annoyance at a professor or class.告诫读者，每个人都可能曾经上过不太好的课，不要在社交媒体上攻击教授，不要公开表达对教授或班级的不满，要利用课程评价冷静地提出你的意见。选项F符合上下文语境。