



“十四五”职业教育国家规划教材

# 捷讲英语

DIRECT ENGLISH

总主编 石 坚  
主 编 王 欣

第二版

1

综合教程  
AN INTEGRATED COURSE

外语教学与研究出版社  
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

Approaching College



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总主编：石 坚  
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北京 BEIJING

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# Opening Doors

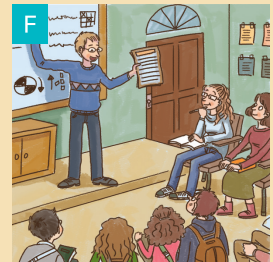
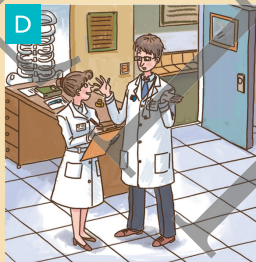
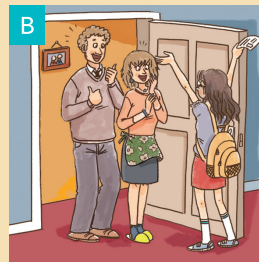
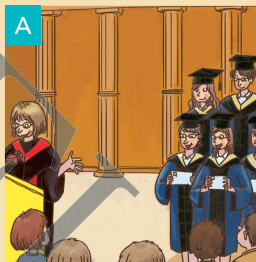
大学之道，在明明德，在亲民，在止于至善。

"Great Learning" aims to foster moral integrity, forge close ties with the people and attain consummate virtue in both words and deeds.

# WARM-UP

**Task 1** Match the pictures to the reasons why people go to college.

- ☐ 1 To learn something new from lectures.
- ☐ 2 To meet new people.
- ☐ 3 To live with friends.
- ☐ 4 To get a good job.
- ☐ 5 To make their parents happy.
- ☐ 6 To study something they enjoy.
- ☐ 7 To get a diploma (毕业证书).



**Task 2** What are your reasons for going to college? Work with a partner and discuss your reasons.

*I want to learn new skills for my future career.*



## Identifying the author's feelings

(理解作者的情绪)

在以第一人称书写的文章中，作者常会运用形容词或副词表达自己的心情和情绪，如高兴 (happy, delightedly)、紧张 (worried, nervously)、沮丧 (frustrated)、害怕 (frightened, afraid)、激动 (excited, excitedly)、愤怒 (angry, furiously)、悲伤 (sad, upset) 等。阅读时可通过这类词语体会作者的情感变化。

**Task 1** Read the first two paragraphs and look at the underlined words. Summarise (总结) how the author was feeling. Tick the answer.

- ☐ 1 Good.
- ☐ 2 Bad.
- ☐ 3 Complex.



### New Words

#shaky /'ʃeɪki/ *adj.* 颤抖的  
 expect /ɪk'spekt/ *v.* 预期；认为  
 vacation /və'keɪʃən/ *n.* 假期  
 frightened /'fraɪtnd/ *adj.* 害怕的；受惊的  
 nervously /'nɜːvəsli/ *adv.* 情绪不安地；紧张地  
 mobile /'məʊbaɪl/ *adj.* 可移动的  
 uncomfortable /ʌn'kʌmftəbəl/ *adj.* 不自在的；不舒服的  
 simply /'sɪmpli/ *adv.* 仅仅；只不过  
 beat /bi:t/ *v.* 跳动；打败  
 approach /ə'prəʊtʃ/ *v.* 接近；靠近  
 unfortunately /ʌn'fɔːtʃənətli/ *adv.* 不幸地；遗憾地  
 stare /steə/ *v.* 凝视；盯着看  
 shocked /ʃɒkt/ *adj.* 震惊的；惊愕的

### Phrases and Expressions

wake up 醒来  
 be about to do sth 即将做某事  
 at the start of 在……开始时

# 代表超纲词汇

## A Shaky Start





Today was a bit different—I was starting at college. I was very excited. I woke up early, much earlier than I had expected. I had thought I might sleep late as I did during the long vacation, but I was at college nearly an hour earlier than I expected.

I was excited and frightened as I entered the first class. It felt like I was entering a new world. As I didn't know anyone in my class and the class wasn't about to start, I was playing nervously on my mobile phone. I felt really uncomfortable sitting in the class simply doing nothing.

When the first lecture began, the teacher introduced himself and asked each of us to introduce ourselves. This happens so much at the start of a new course, but you could still feel everybody's hearts beating faster as their turn approached. One girl could hardly say her name; one boy's mobile phone rang when he stood up to speak, and then it came to my turn...

Unfortunately, when I'm nervous I don't know when to stop speaking. I'm not too sure what I said or how long I spoke, but a lot of people were just staring at me as I sat down. Some looked shocked; some were smiling. The next boy stood up and said, "I'll keep this short. I'm Nicos," he finished and sat down. Everyone laughed and looked at me. I smiled back and the room relaxed.

Lucy on her first day at college



# Reading and Understanding

## Task 2 Read the text and answer the questions.

- 1 When did Lucy sleep longer?
- 2 Who did Lucy know in the class?
- 3 What usually happens at the start of a course?
- 4 What does Lucy do when she feels nervous?
- 5 Why did people laugh after Nicos spoke?

## Task 3 Match the activities to Lucy's feelings.

- ☐ 1 Sitting in the class doing nothing.
- ☐ 2 Entering the first class.
- ☐ 3 Introducing herself.
- ☐ 4 After Nicos introduced himself.

- a Relaxed and happy.
- b Excited and frightened.
- c Nervous and uncomfortable.
- d Nervous.

## Task 4 Translate the sentences into Chinese.

- 1 I woke up early, much earlier than I had expected.

---

- 2 I was excited and frightened as I entered the first class.

---

- 3 I felt really uncomfortable sitting in the class simply doing nothing.

---

- 4 You could still feel everybody's hearts beating faster as their turn approached.

---

- 5 Everyone laughed and looked at me. I smiled back and the room relaxed.

---

# Vocabulary Focus

**Task 1** Replace the words or phrases in *italics* with the correct form of the words or phrases from the boxes. The first one is already done for you.

unfortunately   nervously   shocked   vacation

relaxed   approach   hardly any

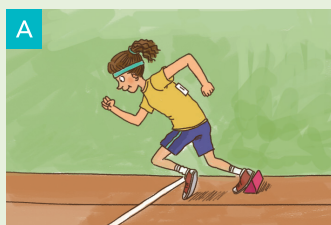
- 1 We're going on *holiday* to Russia next month. vacation
- 2 I was *worried* before I had to speak. \_\_\_\_\_
- 3 My turn *got nearer*. \_\_\_\_\_
- 4 It was really difficult to *calm down* after the terrible accident. \_\_\_\_\_
- 5 I was really *surprised* by how much work they wanted us to do. \_\_\_\_\_
- 6 *Unluckily* we won't be in the same class. \_\_\_\_\_
- 7 I've received *almost no* replies to my party invitations. \_\_\_\_\_

**Task 2** Complete the sentences with the correct form of the words in brackets.

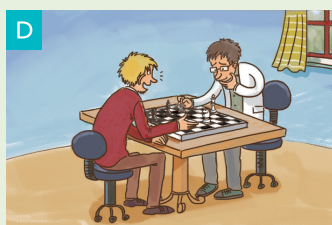
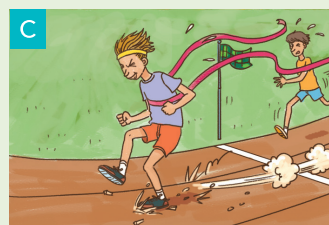
- 1 I felt \_\_\_\_\_ (nerve) before I stood up to speak.
- 2 What are your \_\_\_\_\_ (expect) for this year?
- 3 I felt \_\_\_\_\_ (relax) after I had spoken.
- 4 I heard some \_\_\_\_\_ (shock) news yesterday.
- 5 I was \_\_\_\_\_ (unfortunately) enough to get the grades to go to a good college.

**Task 3** Match the phrases to the pictures. Write sentences to describe what you can see in each picture. The first one is already done for you.

- |  |   |   |
|--|---|---|
| <input checked="" type="checkbox"/> A be about to do sth | <input type="checkbox"/> stop doing sth | <input type="checkbox"/> someone's turn |
| <input type="checkbox"/> stare at                        | <input type="checkbox"/> wake up        |   |



She's about to start a race.



# Grammar Focus: Past Simple and Past Continuous

## (一般过去时和过去进行时)

- 一般过去时表示过去某个时间发生的动作或情况，以及过去习惯性、经常性的动作或行为。
- 过去进行时表示在过去的某个特定时间段里正在进行或发生的事情；也可以表示满意、惊讶、厌恶等感情色彩，常与 *always*, *forever* 等副词连用。

**Task 1** Match the examples to the rules below. Pay attention to the words in *italics*.

- ☐ 1 I *was playing* nervously on my mobile phone.
- ☐ 2 When the first lecture *began*, the teacher *introduced* himself and *asked* each of us to introduce ourselves.
- ☐ 3 ... a lot of people *were just staring at* me as I *sat* down.
- a One short action happens after another short action.
- b A continuous action in the past is not finished or is interrupted by a shorter action.
- c A continuous action happens over a period of time in the past.

**Task 2** Circle the correct forms to complete the passage.

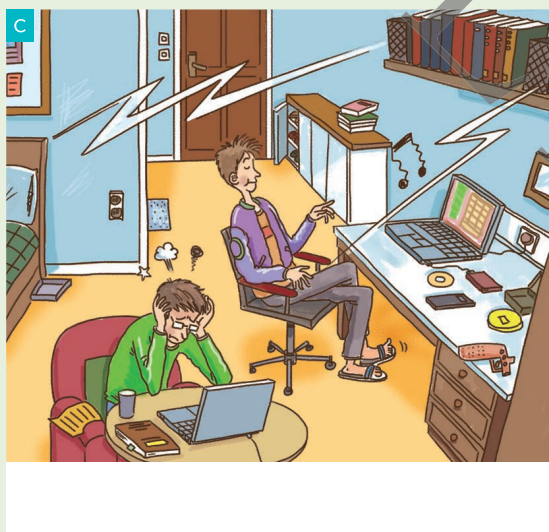
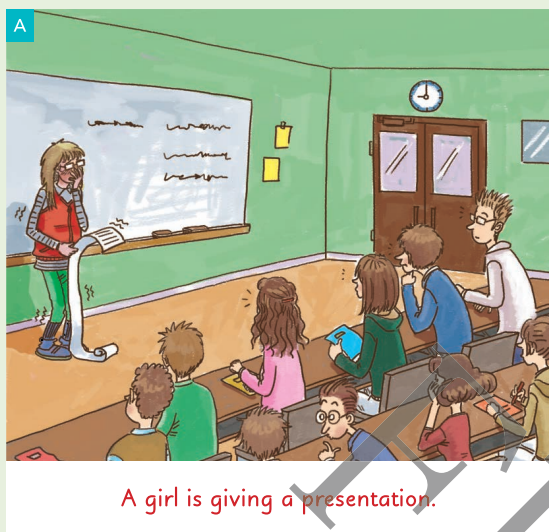
I (1) *left/was leaving* my house at 7 o'clock to get to my college by 8 o'clock. I got on a bus. I (2) *was sitting/sat* on the bus when the driver announced that the bus had broken down. I had planned to do my homework on the bus, but now I had to walk and would have no time to finish it. When I (3) *got/was getting* to my college, the class had already started. The teacher (4) *told me off/was telling me off* (责备) for being late and then (5) *asked/was asking* me to answer questions 5 to 8 of the homework, which unfortunately I hadn't completed. After the lecture, I (6) *spent/was spending* the whole morning writing a report for the next day in the classroom. My phone (7) *rang/was ringing* constantly, but I ignored it. Then I rushed to the library to meet my group members for the next day's presentation. When I (8) *came/was coming* into the library at 4 o'clock, they asked why I (9) *always ignored/was always ignoring* their calls! I really need to live nearer my college!

**Task 3** Complete the sentences with the past simple or past continuous form of the verbs in brackets.

- 1 Nicos \_\_\_\_\_ (ring) me while I \_\_\_\_\_ (drive) to the college.
- 2 I \_\_\_\_\_ (try) to get online when the Internet \_\_\_\_\_ (crash).
- 3 They \_\_\_\_\_ (arrive) late for their first lesson.
- 4 I \_\_\_\_\_ (work) on the essay this whole morning.
- 5 I \_\_\_\_\_ (meet) lots of new people yesterday.
- 6 He \_\_\_\_\_ (not, like) the subject he chose.

# Beyond the Text

**Task 1** Write sentences to describe what these people are doing in each picture. The first one is already done for you.



**Task 2** Work with a partner and find words or phrases you think would describe these people's feelings in Task 1. Words in the boxes may be helpful.

happy excited proud frightened surprised stressed angry  
sad terrible nervous afraid worried lucky shocked

**Task 3** Write complete sentences to show people's feelings in the four situations.

*When giving a presentation to a large class, I/we usually feel nervous.*





**Task 1** Look at each picture in the posters (海报). Guess what college club each picture is about. Tell your partner which club interests you most.

## New Words

- #fresher /'freʃə/ *n.* 大学一年级新生  
 regional /'ri:dʒənəl/ *adj.* 地区的; 区域的  
 national /'næʃənəl/ *adj.* 国家的; 国内的  
 beginner /bɪ'ɡɪnə/ *n.* 初学者; 新手  
 remarkable /rɪ'mɑ:kəbəl/ *adj.* 非凡的; 惊人的  
 reputation /ˌrepjə'teɪʃən/ *n.* 名声; 名誉  
 recreation /ˌrekri'eɪʃən/ *n.* 娱乐  
 hall /hɔ:l/ *n.* 会堂; 大厅  
 conservation /ˌkɒnsə'veɪʃən/ *n.* 保护; 保存  
 environment /m'vaɪrənmənt/ *n.* 环境  
 local /'ləʊkəl/ *adj.* 当地的; 本地的  
 volunteer /ˌvɒləntiə/ *v.* 志愿; 义务服务  
 entrance /'entrəns/ *n.* 入口  
 project /'prɒdʒekt/ *n.* 项目; 工程  
 campaign /kæm'peɪn/ *n.* (宣传) 活动  
 broadcast /'brɔ:dkɑ:st/ *v.* (广播或电视) 播出; 播送  
 present /prɪ'zent/ *v.* 主持 (广播或电视) 节目; 表达  
 #correspondent /ˌkɒrə'spɒndənt/ *n.* 记者; 通讯员  
 fashion /'fæʃən/ *n.* 时尚  
 entertainment /ˌentə'teɪnmənt/ *n.* 娱乐; 消遣

## Phrases and Expressions

- dive into 全身心投入; 潜心钻研  
 engage in 参加; 从事于  
 pick up 学会; 掌握  
 up to 多达  
 clean up 打扫; 清理; 彻底扫除

## Proper Names

Fresher's Fair 社团纳新会

# College Clubs

After her first day at college, Rebecca went to the Fresher's Fair. She liked quite a few clubs.

## TABLE TENNIS

**Dive into the world of table tennis with us and engage in exciting matches at regional and national levels.**

- Beginners are more than welcome—the game is easy to pick up.
- Enjoy your first week with us absolutely FREE.
- Club members get the chance to practise up to 3 times a week.

**We boast a remarkable reputation in the table tennis community.**

**WHY NOT COME ALONG AND PLAY!**

## Session times and places

**Monday:** 5 pm–7 pm (Recreation Centre)

**Wednesday:** 4 pm–6 pm (Gymnasium)

**Saturday:** 7 pm–9 pm (Community Hall)



# CONSERVATION

Are you worried about the environment?  
Do you have time to help make the local  
and national environment better?

## Wednesday conservation volunteering

Clean up and tidy local parks

## Weekend volunteering

Meet at the main entrance every Saturday  
to catch a bus to a regional project.

As a society, we always want suggestions  
from members for new activities,  
campaigns and ideas. If you need  
support, we're here to help you do it.



# S t u d e n t

By students, for students. Broadcast every day.

# R a d i o

Do you want to...

- 🎧 be a DJ?
- 🎧 read the news or sports?
- 🎧 present the weather?
- 🎧 be a correspondent on  
fashion, entertainment  
or movies?
- 🎧 report on events  
around college?



Student radio can give you a voice on any  
topic you have interest in.

It can also give you some important experience  
for future work.

**Task 2** Read the posters and match the  
statements to the clubs.

- ☐ 1 Practise in the evening and afternoon.
- ☐ 2 Talk about things that interest and concern  
you.
- ☐ 3 You don't have to be an expert.
- ☐ 4 Get some experience for a future job.
- ☐ 5 Do some volunteering work on Wednesdays  
and at weekends.

- a Table Tennis Club
- b Conservation Club
- c Student Radio Club

**Task 3** Read the posters again and  
complete the conversation.

*Helen:* So which club do you think you'll join?

*Geoff:* I'm not sure. I care about the environment,  
so perhaps the (1) \_\_\_\_\_.

*Helen:* It sounds good. Are there any others you'd  
like to join?

*Geoff:* Well, I quite like the idea of working in the  
news. So, I might join the (2) \_\_\_\_\_.

*Helen:* That would be fun, but I'd be nervous  
speaking on the radio.

*Geoff:* How about you?

*Helen:* I like doing sports, so I think I'm going to  
join the (3) \_\_\_\_\_.

*Geoff:* I'll come and watch if you enter any  
competitions!

**Task 4** Work in groups and decide on a  
club you would like to start at your college.  
Remember to include:

- the name of the club
- when and where to hold the activities
- what experiences its members can have
- how the club will benefit its members

# GUIDED WRITING

## Punctuation and Capital Letters (标点符号和大写字母)

**Task 1** Read the itinerary (日程表) and answer the questions.

### Discovering T'ai Chi

Would you like to learn how to stay calm, have a clear mind and boost your energy? If so, the ancient Chinese art of T'ai Chi could be what you need. To find out more, come along and try our "Discovering T'ai Chi Day".

**Saturday 17 August 9:00–12:00**

**9:00–9:30:** An introduction to T'ai Chi with Wang Qi (Senior Instructor)

**9:30–10:00:** Coffee break

**10:00–11:00:** Theory and history of T'ai Chi with Zhou Jing (Founder)

**11:00–12:00:** Practical introduction

**Location**

Risbygate Road  
Bury St Edmunds  
Suffolk IP33 2EP

Don't wait! Book your place today.  
Tel: 020-12345678



- 1 Who are the two lecturers?
- 2 What can you learn during the day?
- 3 How can you register for the event?

**Task 2** Read the writing profile and find examples of each in Task 1.

**Use capital letters:**

- at the start of a sentence
- for days and months
- for the names of people, places, nationalities and languages

**Use:**

- full stops (.) at the end of declarative sentences (陈述句)
- exclamation marks (!) to show strong feelings
- question marks (?) at the end of questions
- commas (,) to show a pause
- apostrophes (') to shorten words and show possession

**Task 3** Correct the sentences. Pay attention to the punctuation and capital letters. The first one is already done for you.

*have you joined the english society* → *Have you joined the English society?*

1 the meeting shall start at 9 am on sunday 25 november.

2 his address has changed to kings road, reading, rg1 4ep

3 would you like to learn more about karate.

4 Meet the head of the society, tim smith.

5 come and join an exciting new club

**Task 4** Correct the itinerary. Pay attention to the punctuation and capital letters. The first one is already done for you.

## The chinese Society

Chinese

join the chinese society for a two-week celebration of the spring festival.

From 5 to 18 february we'll have many events you can join.  
Here are just a few:

**2 February:** Join mr. guo yang for a talk on the history and traditions of the spring festival.

**9 February:** everyone loves free food. Try some of the best Chinese dishes at our new years eve celebration

**10 February:** Join us in Soho, London and participate in a huge street party with a great atmosphere

Are you interested in joining us. Sign up using the form below.





Video



Audio 1



Audio 2

## Video

**Task 1** Look at the spider diagram (蛛网图) and complete it with ideas from the boxes. Compare your answers with a partner and think of any other ideas you can add.

speed

proper names

new words

volume

tone



**Task 2** Think back to your first week at college. What activities did you have to complete?

- ☐ Register
- ☐ Move into a flat
- ☐ Choose courses
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

Listening for days/dates/  
time/locations (抓听日期、时  
间、地点等信息)

在听力训练中，快速记录重要信息（如时间、地点、人物、事件等）往往有助于对听力内容的理解。做表格填空题时，可先根据前后文确定所填内容的类别，然后在听的过程中重点记录该类信息，这样可有效提高正确率。若听力素材中涉及数字类信息，需重点关注一些易混词在发音上的区别，如 18 和 80，19 和 90 等。

**Task 3** Watch the video of two students in their first week at college. Tick the things they have to do in Task 2.

**Task 4** Watch the video again and complete the timetable (时间表).

- Timetable
- The library introduction will be held in (1) \_\_\_\_\_ at
- (2) \_\_\_\_\_.
- Go to the Life-in-Halls Talk on (3) \_\_\_\_\_
- in (4) \_\_\_\_\_ at (5) \_\_\_\_\_.

## Audio

**Task 5** Look at the gaps in the poster below and write *who*, *where*, *when* and *what* in brackets.



### Words and Expressions

orientation *n.* 情况介绍; 入门指导

register *v.* 注册; 登记

Life-in-Halls Talk 公寓制度介绍

mess *n.* 脏乱; 凌乱

promote *v.* 推销; 促销

performance *n.* 表演

advertise *v.* 作广告; 作宣传

competition *n.* 比赛

gamer *n.* 游戏玩家

champion *n.* 冠军

sign up 报名参加



**Task 6** Listen to the first radio show and complete the gaps in Task 5.

**Task 7** Listen to the second radio show and complete the gaps.



**Task 8** The sentences below are from the two radio shows. They are used to make the event sound more exciting. Complete the gaps with the words from the boxes.

beat   best   better   biggest   impress   skill

- 1 For the last five years, we have been one of the \_\_\_\_\_ dance societies on campus. This year, we are even \_\_\_\_\_.
- 2 Come and see one of the coolest acts on campus and dress to \_\_\_\_\_!
- 3 We are the \_\_\_\_\_ club on campus with over 2,000 members.
- 4 Can you \_\_\_\_\_ our campus champions?
- 5 Have you got the energy and \_\_\_\_\_ to win?

**Task 9** Imagine you are from the Chinese Calligraphy club. You have 30 seconds to advertise it on the student radio. Read the poster of the club and work with a partner to plan the event. Make your own advertisement and you can add more details of the club if necessary. You can use some words listed in Task 8 to make your advertisement sound more exciting.

## Chinese Calligraphy Club



The ancient art of Chinese calligraphy is known all over the world. Not only is it a way of handwriting, but it is also a form of art! The course is suitable for all levels.

It expands your knowledge of:

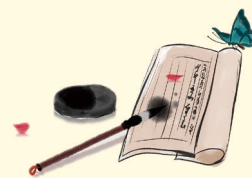
- techniques and styles
- history and equipment

Come and learn, relax and enjoy yourself alongside other club members!

Introductory classes are every day next week at 4 pm in the Palmer Building.

**For more information, please contact:**

Headteacher, Li Du, on 0779-1234567





# WRAP-UP

**Task 1** Complete the sentences with the past simple or past continuous form of the verbs in brackets.

- 1 The last time my phone \_\_\_\_\_ I \_\_\_\_\_ in bed. (ring/sleep)
- 2 My parents \_\_\_\_\_ me off when I \_\_\_\_\_ home late. (tell/come)
- 3 This time last week I \_\_\_\_\_ my aunt. (visit)
- 4 I \_\_\_\_\_ at home when my son's school results \_\_\_\_\_ in the post. (sit/come)
- 5 I \_\_\_\_\_ a film on TV when it \_\_\_\_\_ me of school. (watch/remind)

**Task 2** Complete the passage with the correct form of the words from the boxes.

nervously

expect

start

approach

When I was at school in the UK, I was outstanding at Mandarin and was selected to study in the Mandarin Excellence Programme. At the (1) \_\_\_\_\_ of the course, we spent a week visiting Beijing. I fell in love with China and always wanted to return. So, when I was choosing my major, I looked at some Chinese universities and found one that was the most appealing to study—International Economics and Business. I was so (2) \_\_\_\_\_ because I didn't know what to (3) \_\_\_\_\_. I thought my Mandarin was good, but my comprehension was terrible at first and I was a bit embarrassed to speak. Fortunately, as the end of the first semester (4) \_\_\_\_\_, my Mandarin was getting better and better. Now, I can communicate fluently in Mandarin.

**Task 3** Correct the sentences. Pay attention to the punctuation and capital letters.

- 1 paul smith is from edinburgh but he lives in manchester

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- 2 i started studying french but i changed to Spanish

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- 3 my new business course starts in march

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**Task 4** Write two sentences describing your feelings about college: one sentence to describe your feelings of the first day, and the other to describe your feelings now.

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