目录

自我认识, 自我管理, 自我提升

11 词汇过关

4 教材词汇讲练

2 短语巩固

5 核心词汇分层练

3 写作逻辑串句式

词汇过关



Do you really know yourself? It includes not only your appearance, but also your heart.

◆◆ Personal information个人信息 ◆◆

There are no two leaves which are the same in the world. So are humans.

name名字 character性格;角色 weight重量 age 年龄 born天生的

birth出生

birthday 生日

high高的

height身高

weigh重量是……

body 身体

brain大脑

head 头

hair 头发

face 脸



tooth (pl. teeth) 牙齿

neck 颈;脖子

shoulder 肩;肩膀

stomach 胃,腹部

arm 手臂;上肢

ear 耳朵
eye 眼睛
nose 鼻子
mouth 嘴
heart 心脏



hand 手

finger 手指

leg 腿

knee 膝; 膝盖

foot (pl. feet) 脚;足

big大的	little小的	fit健康的	ugly丑陋的	thin瘦的
fat肥胖的	tall高的	short矮的	long长的	high高的(地)
heavy重的	light轻的	strong强壮的	lovely可爱的	的
common普通的		beautiful美丽的	j ha	ndsome英俊的

◆◆ Hobbies爱好——What do/does sb. like? 某人喜欢什么 ◆◆

My hobbies are not similar to those of my classmates. But we can

experience a colorful world because of different tastes.



◆◆ Personal traits个人特质——What's sb. like?某人是个什么样的人 ◆◆?

Some of my friends are outgoing while some are shy, but everyone brings

different colors to my life.

I used to be/I am

poor贫穷的 rich富有的

polite礼貌的 lazy 懒惰的

careless粗心的 careful小心的

stupid愚蠢的 clever 聪明的

* outgoing 外向的 silent沉默的

strict 严格的 serious严肃的

*impolite不礼貌的

active积极的

silly愚蠢的 wise明智的

shy 羞怯的

quiet 安静的

fantastic极好的

I used to

be/I am

excellent 优秀的 humorous 幽默的

cool酷的 cute可爱的

friendly友好的 strange奇怪的

responsible有责任心的增

brave勇敢的

direct 直率的

honest 诚实的

◆◆ Self-improvement自我完善 ◆◆

Everyone has disadvantages. What we need to do is to improve ourselves.

understand(understood , understood)理解;领会 change改变begin (began , begun)开始 control控制 require要求improve 提高;改善 success成功 able能够 ability能力 mind头脑;心智 pride自豪;骄傲 best最好的(地

better。更好的(地)perfect people in the confidence 信 nothing to worry about as long as we keep working hard and moving forward.



Passage 1

[素材改编自八(上)Unit 10]

able bad care cause control direct

I lose problem right share surprise

I used to do nothing when I had problems or worries. But now I have changed my mind.

I 1. <u>lost</u> my wallet last week and I worried for days. I chose to keep it to 2. <u>myself</u>, because I was afraid to tell my parents.

able bad care cause control direct
I lose problem right share surprise

It 3. caused lots of trouble in my life. I had to walk three miles to school these days. After thinking about it for a few days, I told my parents the truth. They weren't angry with me, which made me 4. surprised. Instead, they were really understanding. My dad said that he sometimes also made 5. careless mistakes himself. They gave me a new wallet and asked me to be careful next time. At that moment I realized I should always remember 6. to share my trouble.

able bad care cause control direct
I lose problem right share surprise

Keeping it to ourselves will certainly make us feel 7. worse than talking to others. It is strongly advised that you can try the following ways. Firstly, when you meet trouble, remember that you should try to solve 8.problems instead of running away from them. Secondly, you can find someone you trust to talk to. Parents are more experienced than you and have enough ability to help you.

able bad care cause control direct
I lose problem right share surprise

They are always behind you. Finally, as the saying goes, sharing a problem is like cutting it into half. So, if you talk to someone about your problems 10. directly, you're halfway to solving them.

Problems and worries are normal in life. What we need to do is to face them bravely and try to solve them.

Passage 2 [素材改编自九(全)Unit 4]

begin brave difficulty happy perform
polite pride require shy stop talk they

In our life, we may experience different changes. Whether they are good or not depends on how we deal with 1. them. The following students set good examples for us.

Candy Wang is an Asian pop star. She used to be shy so she took up singing to overcome her 2. shyness.

begin brave difficulty happy perform
polite pride require shy stop talk they

As she got better, she dared to sing in front of her class. Now she has become famous and enjoys 3. <u>performing</u> in public. She often says you can never imagine how difficult the road to success is. Talent and hard work are 4. required to achieve success.

begin brave difficulty happy perform
polite pride require shy stop talk they

Li Wen is a 15-year-old boy. After his parents moved to the city to work, they were busy with their work and didn't have enough time to look after Li Wen. As a result, he became less interested in studying and 5. began to be absent from classes. So his teacher called his parents and advised them 6. to talk with their son in person. They had a long talk. And it was exactly what Li Wen needed.

begin brave difficulty happy perform
polite pride require shy stop talk they

From then on, Li Wen realized his parents loved him and was always 7. proud of him. Now Li Wen is much 8. happier and more outgoing. He works hard and does well in study. It's hard to believe that he used to have 9. difficulty in school.

Changes are common in life. We should face them 10. <u>bravely</u> and try to change ourselves into better persons.

短语巩固



- ◆◆ 人物外貌、爱好、性格等 ◆◆
- 1. _(be) of medium height 中等身高
- 2. <u>keep...to oneself</u> 保守秘密
- 3. _____ (外貌或行为)像
- 4. ___work on doing sth. __ 致力于做某事
- 5. be interested in... 对······感兴趣

- 6. be good at/do well in/be strong in 擅长于
- 7. <u>do a good job</u> 干得好
- 8. be talented in 在……有天赋
- 9. <u>be afraid of</u> 害怕······
- 10. <u>be different from</u> 与……不同/有差异
- 11. ______________________和 ······相同; 与 ·····一致
- 12. be similar to 与……相像的/类似的
- 13. <u>have...in common</u> 有相同特征; 在……(想法、兴趣等方面)相同

◆◆ 自我完善 ◆◆

- 17. __be proud of/take pride in _ 为……骄傲;感到自豪
- 19. make a decision/decisions 做决定
- 20. make an effort/efforts 做出努力

21.put on增加(体重); 发胖; 穿上22.lose weight減肥23.continue doing/to do sth.继续做某事24.make a plan/plans制定计划25.give up放弃



从上栏选出合适的短语并用其适当形式完成微语段。

1. My cousin, Nina ① is talented in playing the violin. She started to play it at the age of ten. She 2 <u>made a decision</u> to become a violinist in the future. Her dream encouraged her to keep practicing year after year. ③ In the end , she realized her dream successfully. She has played 4 in public many times. Her parents 5 are proud of/take pride in her. Nina always tells others that hard work will pay off, so stick to your dream and 6 make an effort/efforts to achieve it.

2. I used to love eating snacks. I became fat and 1 was afraid of going out because I thought people might laugh at me. I had tried many ways to overcome it but failed. One day, I decided to change. When I (2) worked on doing research on healthy eating habits and exercise online, I learned about the importance of doing exercise. So I 3 put on my sports shoes and started going for daily walks. I also made healthier meals. At last, I successfully 4 lost weight and felt more confident in myself. It felt good to take control of my own health and life.

以上内容仅为本文档的试下载部分,为可阅读页数的一半内容。如要下载或阅读全文,请访问: https://d.book118.com/645321130231011233