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Having the time of your life at uni? 大学是人生中最美好的时光吗?

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Vocabulary: University 词汇: 大学

University - the best days of my life! I made lots of friends in my **student dorm**, went to great parties, joined the **debating society**... and, well, I did some work too - but I must confess my **lecturers** were very patient with my **tardiness**.

It's easy to look back at our university days **through rose-tinted spectacles** but the truth is that when we first arrived on **campus**, most of us were **out of our comfort zone**.



Studying and partying might be too much...

In fact, a survey of students at Imperial College London has revealed that 3 out of 4 students experience high levels of stress, or a mental health condition, during their time at **college**. The survey, completed by over a thousand students, also found that 70% of those that experience stress do so at least once a week, and 9% of students feel stressed constantly.

Kirsty, a student at Exeter University, didn't enjoy her first days in college. She says: "When I first got to university I don't think I'd realized that I'd forgotten how to make friends. I'd been with the same school friends for seven years, and so I was trying to **balance** social success with **academic success** whilst learning how **to look after myself** at quite a young age."

Dr Ruth Caleb of the **counselling service** at Brunel University in London has some tips that should make life easier for students before they set off for university. She says: "Certain things that I think it would be very helpful for students to have put in place are an ability to do the practical things of life – to do the washing, to do the cleaning and so on – being able to cook. **Budgeting** is extremely important in university life." And Caleb adds: "You should learn how to spend time on your own comfortably."

I **graduated** and learnt how to take care of myself the hard way. I hope that new students these days remember to acquire some **life skills** before they make the big jump.

词汇表

student dorm	学生宿舍
debating society	辩论社团
lecturer	讲师
tardiness	拖拉，延迟
through rose-tinted spectacles	透过玫瑰色的眼镜看某物（只看到事物美好的一面）
campus	（大专院校的）校园
out of one's comfort zone	走出舒适区
college	大学
to balance	使保持平衡
academic success	学术成就
to look after oneself	照顾自己
counselling service	咨询、辅导服务
budgeting	预算
to graduate	毕业
life skills	生活技能

测验与练习

1. 阅读课文并回答问题。

1. What did the author do that made her professors angry?
2. True or false? *Three out of four students look back at university days through rose-tinted spectacles.*
3. What did Kirsty have the most difficulty with?
4. What skill does Dr Ruth Caleb consider to be very, very important for university students to have?
5. What does the author mean by the expression 'the hard way'?

2. 请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. The party was great but now I need to sleep for a few hours before class. I'm going to _____.

the student dorm	college	the debating society	the comfort zone
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2. At university it's not all about study, you know. You need to _____ studying and partying.

look after	balance	graduate	acquire
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3. When at university it would be good for you to learn how to _____ comfortably.

be lonely	be alone	suffer from loneliness	be single
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4. I'm not good at sports. If you want to play tennis with me you have to _____ when I make mistakes.

leave your comfort zone	wear rose-tinted spectacles	be patient	feel stressed
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5. My daughter graduated with honours. She's achieved _____ and I'm proud of her.

academic success	social success	the counselling service	life skills
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答案

1. 阅读课文并回答问题。

1. What did the author do that made her professors angry?
She used to arrive late for their lectures.
2. True or false? *Three out of four students look back at university days through rose-tinted spectacles.*
False. According to the Imperial College London survey, three out of four students experienced high levels of stress or a mental health condition.
3. What did Kirsty have the most difficulty with?
She didn't know how to make friends and was trying to balance social success with academic success while learning how to look after herself.
4. What skill does Dr Ruth Caleb consider to be very, very important for university students to have?
Dr Ruth Caleb says budgeting is extremely important in university life.
5. What does the author mean by the expression 'the hard way'?
She means 'with difficulty'. She probably didn't know how to take care of herself and do her own washing and cleaning.

2. 请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. The party was great but now I need to sleep for a few hours before class. I'm going **to the student dorm**.
2. At university it's not all about study, you know. You need to **balance** studying and partying.
3. When at university it would be good for you to learn how to **be alone** comfortably.
4. I'm not good at sports. If you want to play tennis with me you have to **be patient** when I make mistakes.
5. My daughter graduated with honours. She's achieved **academic success** and I'm proud of her.