

Unit 1

Seeking Knowledge Through Study

清华大学出版社



Video Watching



Sri Lanka



Key Words and Expressions

- | | |
|-----------------------|-----------------|
| 1. cunning | adj. 狡猾的；奸诈的 |
| 2. regal | adj. 帝王的；王室的 |
| 3. condense | v. 压缩 |
| 4. pilgrimage | n. 朝圣；朝圣之旅 |
| 5. sweetmeat | n. 蜜饯；果脯 |
| 6. monsoon | n. 季风 |
| 7. culture vulture | 文化狂热分子 |
| 8. curry | n. 咖喱；咖喱菜 |
| 9. Theravada Buddhism | 上座部佛教；南传佛教；小乘佛教 |
| 10. cutlery | n. 餐具（刀、叉和匙） |
| 11. culinary | adj. 烹饪的；食物的 |
| 12. indigenous | adj. 本土的，固有的 |

13. entice

v. 引诱；诱使

14. palate

n. 上颚；味觉



Exercises

Task 1

Watch the video clip and fill in the blanks with the exact words or phrases you hear.

1. Sri Lanka would be the country to _____, crashing waves, misty mountains, strong elephants, cunning leopards, enormous whales, a regal past, lovely tea and friendly smiles.
2. Sri Lanka offers a wide range of _____, from sun-kissed beach vacations to Marathon wildlife watching, heart-pounding, adventure sports, and pilgrimages to some of the world's oldest cities.
3. We know Sri Lanka for its friendly smiles, _____, unusual fruits, and a variety of sweetmeats that are unique to the country.
4. During this dry season, it's comfortable for tourists to visit the historic ruins, _____, colonial churches, and beautiful natural spots.
5. As many people throughout the world do, Sri Lankans eat with their _____ rather than using silverware.

Task 2

Retell the story with your own words.

Listening Comprehension



Reading Is Crucial



Key Words and Expressions

- | | |
|-----------------|----------------|
| 1. bathe | v. 洗澡, 沐浴 |
| 2. data inquiry | 数据查询 |
| 3. juvenile | adj. 少年的, 未成年的 |
| 4. curator | n. 馆长 |
| 5. lag behind | 落后 |



Exercise

Listen to the passage and decide whether the following statements are true (T) or false (F).

1. China is in the process of establishing its first national public library law, which has not yet been enacted. []
2. Public libraries are scheduled to be closed during the weekends and on all legal holidays. []
3. Library reforms are being actively pursued with the goal of improving

services for the public. []

4. China still lags behind in reading rates compared with major Western countries. []

5. The US introduced the Reading Excellence Act to improve overall literacy rates. []

Text A

How Can Books Transform Your Life



In today's fast-paced digital age, where information is readily available at our fingertips, it is easy to overlook the profound impact that reading can have on our lives. But beneath the surface lies a **treasure trove** of wisdom, knowledge, and personal growth waiting to be **unraveled**.

From broadening our horizons and enhancing our **empathy** to improving our cognitive abilities and reducing stress, books have the remarkable ability to shape and transform us. In this article, we will **delve into** the countless ways in which reading can enrich our lives, offering a deeper understanding of ourselves and the world around us.

So, grab a cup of tea, find a cozy nook (角落), and **embark on** a journey that will leave you with a newfound appreciation for the power of the written word. Whether you're a devoted bookworm or someone who has yet to discover the joys of reading, prepare to be inspired by the lifelong benefits that await you on this literary adventure.

The Power of Reading

Reading is more than just a pleasurable pastime; it is a gateway to personal growth and transformation. When we dive into a compelling story or immerse ourselves in a thought-provoking non-fiction book, we open ourselves up to new ideas and perspectives. Books have the power to challenge our **preconceived** notions and expand our understanding of the world.

Reading also enhances our cognitive abilities. It improves our vocabulary, comprehension, and critical thinking skills. As we engage with the written word,

our brains are stimulated, creating new neural connections and improving our overall mental agility.

But reading is not just about intellectual growth. It has a profound impact on our emotional well-being as well. Whether it's losing ourselves in a fictional world or finding **solace** in a self-help book, reading provides an escape from the pressures of everyday life. It allows us to explore our own emotions and connect with the experiences of others, fostering empathy and compassion.

Mental Benefits of Reading

The mental benefits of reading are manifold. Research has shown that reading regularly can improve our memory and concentration. When we read, we are required to focus our attention and retain information, exercising our brain in the process. This mental workout not only improves our ability to recall information but also enhances our concentration and attention span in other areas of life.

Furthermore, reading has been linked to a reduced risk of cognitive decline and **dementia**. By regularly engaging our brains through reading, we can help keep our minds sharp and **agile** as we age. It's like a workout for the brain, keeping it in top shape and staving off the effects of aging.

In addition to improving memory and cognitive function, reading can also enhance our problem-solving skills. As we encounter different **scenarios** and challenges in books, we are exposed to various ways of thinking and problem-solving. This exposure broadens our mental **toolkit**, allowing us to approach real-life problems with a fresh perspective and a wider range of strategies.

Social Benefits of Reading

Reading is often seen as a solitary activity, but it can also have social benefits. When we read a book, it opens up opportunities for conversation and connection with others. Book clubs, discussion groups, and literary events provide spaces for like-minded individuals to come together and share their thoughts and experiences.

Reading can also foster a sense of community. When we engage with a popular book or series, we become part of a larger cultural conversation. We can connect with others who have shared similar reading experiences and engage in discussions about the themes and ideas presented in the books. This shared

connection can create a sense of belonging and **camaraderie**.

Furthermore, reading can improve our communication skills. As we encounter different writing styles and perspectives in books, we develop a greater appreciation for language and storytelling. This exposure to diverse narratives can enhance our own writing and communication abilities, allowing us to express ourselves more effectively and connect with others on a deeper level.

The Impact of Reading on Personal Growth and Development

Reading is a powerful tool for personal growth and development. It provides us with a wealth of knowledge and insights that can help us navigate the complexities of life. Whether we're seeking advice on relationships, career guidance, or personal development, books offer a vast array of resources and perspectives to draw from.

One of the key ways in which reading promotes personal growth is by expanding our knowledge and perspective. By exposing ourselves to different ideas, cultures, and experiences through books, we broaden our understanding of the world and challenge our own beliefs and assumptions.

Furthermore, reading enhances our creativity and imagination. When we read, we are transported to different worlds and introduced to unique characters and situations. This exposure to new ideas and perspectives stimulates our own creativity and imagination, allowing us to think outside the box and approach problems with a fresh perspective.

Reading also offers us the opportunity for **introspection** and self-reflection. Through the experiences of characters in books, we can gain insight into our own emotions, thoughts, and behaviors. This self-awareness can lead to personal growth and self-improvement as we identify areas for development and work towards becoming the best version of ourselves.

(*Snapreads*. 2025. The Lifelong benefits of reading: How books can transform your life.

Retrieved June 10, 2025, from *Snapreads* website.)

Key Words and Expressions

- | | |
|-------------------|-------------------|
| 1. treasure trove | 宝藏, 宝库 (贮藏珍宝、知识等) |
| 2. unravel | v. 解开; 说明, 阐释 |
| 3. empathy | n. 移情, 共鸣 |
| 4. delve into | 钻研; 探索 |
| 5. embark on | 着手, 开始做某事 |
| 6. preconceived | adj. 预想的; 事先形成的 |
| 7. solace | n. 安慰; 慰藉 |
| 8. dementia | n. 智力衰弱, 痴呆 |
| 9. agile | adj. 灵活的; 机敏的 |
| 10. scenario | n. 情节, 剧情概要 |
| 11. toolkit | n. 工具包; 装备 |
| 12. camaraderie | n. 友情; 同事情谊 |
| 13. introspection | n. 反省 |



Exercises

Task 1

Fill in the blanks with the words or phrases from the box below. Change the form where necessary.

empathy	treasure trove	solace	preconceived
delve into	camaraderie	dilemma	scenario
embark on	profound	agile	introspection

1. She showed great _____ towards the victims of the disaster and volunteered to help them.
2. After graduating from university, she _____ a journey of self-discovery and traveled to many countries.
3. He spent a lot of time in _____, reflecting on his past mistakes and planning for the future.
4. After cleaning out his grandfather's attic, he stumbled upon a(n) _____ of old coins and stamps.
5. The _____ of a film is a piece of writing that gives an outline of the story.

6. In times of loneliness, she found _____ in her music and writing.
7. He tried to set aside his _____ ideas about the project and listen to the other members' opinions.
8. The _____ among the team members was evident as they supported each other through the intense competition, fostering a sense of unity and mutual respect.
9. The company adopted a(n) _____ development process, allowing them to quickly respond to feedback and make necessary adjustments to their software products.
10. The researchers _____ the archives to uncover the truth about the historical event.

Task 2

In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. You may not use any of the words in the bank more than once.

Reading is an act of _____ 1 _____, a way to step into the lives of others and understand their experiences. It is a(n) _____ 2 _____ of knowledge and stories that offer _____ 3 _____ to the soul, a refuge where we can transcend the ordinary and find comfort in the written word. With every new book we pick up, we _____ 4 _____ a fresh journey. This journey allows us to _____ 5 _____ various _____ 6 _____, exploring the complexities of life from multiple perspectives. Through these experiences, we are challenged to reassess our _____ 7 _____ notions and expand our comprehension beyond the familiar.

As we read, we are invited to reflect on our own lives and the world around us. The pages of a book become a mirror, allowing us to see ourselves more clearly and to question our beliefs and assumptions. This _____ 8 _____ is a form of practice, a quest for self-discovery that is as essential as the stories we read.

The stories we encounter in literature are not just tales of far-off lands or distant times; they are reflections of the human condition, offering _____ 9 _____ into the complexities of life. As we engage _____ 10 _____ with these stories, we come to value the depth of human life and the interconnectedness of our own stories with those of others.

A) scenarios	B) empathy	C) preconceived	D) solace
E) treasure trove	F) insights	G) deceived	H) sympathy
I) profoundly	J) ignorance	K) introspection	L) pathetically
M) embark on	N) delve into	O) skim through	

Task 3

Answer the following questions based on the text you have just read.

1. The author invites readers to “grab a cup of tea, find a cozy nook, and embark on a journey”. What imagery does this create, and how might it relate to the overall theme of the text?

2. How does the text describe the impact of reading on our cognitive abilities?

3. How does the act of reading serve as a form of mental exercise that can potentially improve memory and concentration?

4. In what way can college students broaden their worldviews through reading various literary works?

5. The text states that reading can lead to introspection and self-improvement. Is there any book that profoundly impacted your personal growth, and how did it inspire you to make changes in your life?

