Innovation English Integrated Course Book 3

**Unit Three**

**Technology Addiction**

**Objectives**

Students will be able to:

1. Grasp the main idea (that we should take Internet addiction seriously, both individually and as a society.) and structure of the text (introduction of the topic by explaining what addiction is; development of the article by the negative and positive addictions of Internet using; conclusion of the article by restating that Internet addiction should be taken seriously);
2. Appreciate how the author achieves coherence of the essay;
3. Acquire the key language points and grammatical structures in the text;
4. Participate in a series of reading, listening, speaking and writing activities related to the theme of the unit.

**Suggested Teaching Steps**

Lead-in

Text A

* Word Study
* Sentence Study
* Structure

After-reading

Additional Materials

**Lead-in**

**Directions: Please watch the video clip and answer the questions.**

According to the video, what problems may arise from technology addiction?

**Tips:**

Damage to psychological health; breakdown in relationships; people may disengage from life; distracting drive; sleep disorder, etc.

**Text A: Should We Take Internet Addiction Seriously?**

Our society has generally praised the Internet as an incredible intellectual tool.(Explanation: Sentence 1) Only recently have we begun to realize that there are unpleasant side-effects to Internet using as well.(Explanation: Sentence 2)

*Webster’s Concise Dictionary* defines addiction as “a habit so strong that one cannot give it up.” We are all aware that people form addictions to many things,(Explanation: Sentence 3) from cocaine to gambling. References to alcoholism, workaholism, even chocoholism, are commonplace throughout our society.(Explanation: Sentence 4) The idea that people can form addictions to the Internet is a relatively new one, but quickly gaining ground. Perhaps someday the word “netaholism” will be as widely-used as the others.(Explanation: Sentence 5)

There are actually two types of addiction: positive and negative. Positive addictions are those in which the benefits outweigh the costs. The word “addict” is generally used to describe a person who is unable to resist a negative addiction, an addictive behaviour with far greater costs than benefits.(Explanation: Sentence 6)

Internet use is clearly a negative addiction when it significantly affects a person’s daily life in a negative way. When obsessive Internet use interferes with family, friends, school, or employment, causing financial or physical problems, and continuing despite efforts at control, then it is a serious problem.(Explanation: Sentence 7) Some people sink into Internet oblivion, neglecting their lovers and families, yielding to loss of sleep and deteriorating health.(Explanation: Sentence 8) In addition, the amount of time that people are spending online is a problem in itself. A large percentage of MUD users either flunked out of school or know someone who has, due to their MUD use habits.(Explanation: Sentence 9) Seventeen percent of Internet users polled in a survey reported spending more than 40 hours per week online, and almost all — 89 percent — said online time interfered with their life.(Explanation: Sentence 10)

However, the very ingredients that make the Internet so addictive can also be beneficial to a person’s life.(Explanation: Sentence 11) Some believe that what appears to be Internet obsession might simply be a healthy process of self-learning and identity-exploring.(Explanation: Sentence 12) Teenagers and shy users can enhance their social skills or work through personal issues on the network, and then take their newfound skills and confidence with them into the real world.(Explanation: Sentence 13) Internet immersion provides us with a form of escape, which is healthy to a certain extent. It is fun to meet people in cyberspace, to communicate with others throughout the world with similar interests. There is the potential for these online friends to become real-world friends, lovers, and even spouses. Relationships are fostered online in a very powerful way that provides many advantages.

Some people admit to spending up to half of each day online, but few believe their heavy use is dangerous. Many people see Internet immersion as just another recreation for university students no worse than going out drinking every night, just another vehicle for relaxation.(Explanation: Sentence 14) New Internet users often start out as though addicted, but find that the novelty wears off;(Explanation: Sentence 15) people need to evaluate both whether their usage is obsessive and whether it is just a phase. In online forums, people often complain that they are addicted to the Internet.(Explanation: Sentence 16) People sense that they have a problem, but don’t know how seriously to take it.

College Park, at the University of Maryland offered a support group for Internet addiction, but only three people signed up. The assistant director of the counselling centre, Jonathan Kandell, believes this is a case of classic addiction denial. “Some of these people are in denial,”(Explanation: Sentence 17) he says, “People don’t express this as an issue, but it’s something that really is an issue, you find, as you talk to them.” Even the most enthusiastic supporters of interactive Internet communication (like MUDs) admit that these programs create a steady trickle of addicts.

However, since the number of addicts is still so small, nobody is going to any lengths to stop the problem. The few extreme cases of addiction may make the best headlines but are not seen as a symptom of a serious, far-reaching problem.(Explanation: Sentence 18) In general, it’s hard to convince people that Internet addiction is as bad for them as other types of addiction, though the end results are often the same.(Explanation: Sentence 19) But, in any case, we should take Internet addiction seriously, both individually and as a society.

**Word Study**

Word Study: Incredible

**incredible** adj.

1) amazing or fantastic 惊人（奇）的

e.g. He earns an incredible amount of money.

2) too strange to be believed or very difficult to believe 难以置信的，不可思议的

e.g. He offered an incredible excuse for his absence.

The plot of the book is incredible.

Word Study: Intellectual

**intellectual**

adj.

1) relating to the ability to understand things and think intelligently 智力的

e.g. It is thought that intellectual robots will be popular in future.

2) of or relating to the intellect 知识的

e.g. We admired his intellectual powers.

n. an intelligent, well-educated person 知识分子

e.g. He likes to set himself up as an intellectual.

This is a play for the intellectuals.

**intellect** n. the understanding or mental powers 智力；理解力

e.g. His opinion is that the intellect of modern man isn’t superior.

Word Study: Aware

**aware** adj. (~ of, ~ that) knowing, having the knowledge 知道的，明白的，意识到的

e.g. After failure, they have been aware of their limitations.

The children are aware of the danger of taking drugs.

They were well aware that the company was losing money.

Words Study: Addiction

**addiction** n. a strong desire to do or have sth. regularly 上（成）瘾

e.g. She has acquired a small addiction to Japanese food.

Drug addiction is a serious problem in society.

**addictive** adj. so enjoyable that one does not want to stop 上瘾的，入迷的

e.g. Why do so many youths find computer games addictive?

**addict** n. sb. who is very interested in sth. and spends a lot of time doing it 入迷的人，成瘾者

e.g. You are not as much of a computer addict as I remember.

Bruce, now twelve, describes himself as a history addict.

**addicted** adj. (~ to sth.) spending all your free time doing sth. because you are so interested in it 沉溺于……的

e.g. He was addicted to music and hoped one day to be a singer himself.

Word Study: Reference

**reference** n.

1) the act of mentioning sb./sth. 谈到，提及

e.g. The boss didn’t make any reference to his former employer.

2) the act of looking at sth. for information 参考，查阅

e.g. He made the whole speech without reference to the notes in front of him.

**refer**  v. (~ to) 谈（提）及

e.g. I knew the lady was referring to Bill when she spoke of a bright young lad

Word Study: Resist

**resist** v.

1) to stop yourself from having sth. you like or doing sth. you very much want to do 经得住

e.g. He found it hard to resist the temptation to get very drunk。

She can never resist ice-cream.

2) to use force to stop sth. from happening 抵（对）抗

e.g. The whole army has been bravely resisting the enemy attack .

If the enemy continue to resist stubbornly, wipe them out.

**resistance** n. (~ to) resisting 抵抗；抵抗力

e.g. We anticipate that we will meet a certain amount of resistance to our plan.

The bank clerk made no resistance to the robbers.

Word Study: Obsessive

**obsessive** adj. thinking or worrying about sth. all the time 痴迷的

e.g. She is trying to keep fit, but she is not obsessive about it.

She’s obsessive about punctuality.

Obsessive worry will never make things any better.

**obsession** n. an extreme unhealthy interest in something or worry about something, which stops you from thinking about anything else 痴迷，困扰

e.g. He has an unhealthy obsession with death.

Her commitment to a great cause degenerated from a crusade into an obsession.

**obsess**  vt. (~ed by / with)（指恐惧，固执或错误的观念）牵挂，着迷，困扰

e.g. The fear of death obsessed her throughout her old age.

Word Study: Oblivion

oblivion n. (sink/fall ~) the state in which sb./sth. has been forgotten and is no longer famous or important被遗忘，被忘却

e.g. Many ancient cities have long since passed into oblivion.

He consigned all the unpleasant thoughts to oblivion.

His work sank into oblivion after his death.

Word Study: Deteriorate

**deteriorate** v. to become worse 恶化，变质

e.g. Cream quickly deteriorates in a hot climate.

His health deteriorated with age.

**deterioration** n. 恶（退）化；变（坏）质

e.g. He had trouble with bone deterioration and walked with a cane.

Word Study: Flunk

**flunk**  v. to fail a test or course 考试不及格

e.g. That guy has flunked mathematics again.

No less than ten students flunked the exam.

**flunk out** (of school /university) to be forced to leave a school or university because your work is not good enough（因考试不及格）退学

e.g. Several students have been flunked out.

You’re going to flunk out of the school if you just sit there watching me study.

Word Study: Interfere

**interfere** vi.

1) (~ with) to distract or hinder sb.; prevent sth. from being done or carried out properly 妨碍，干扰

e.g. He tries not to let (his) business interfere with his home life.

The loud music upstairs interferes with my work.

2) (~ in) to deliberately get involved in a situation where you are not wanted or needed 干预（涉）

e.g. It is not absolutely wise to interfere between husband and wife.

We have no right to interfere in the internal affairs of other countries.

**interference** n. interfering 干涉（扰）；妨碍

Word Study: Beneficial

beneficial adj. (~ to/for) having a good effect 有益的，得利的

e.g. A drug that has a beneficial effect on the immune system.

Cycling is highly beneficial to health and the environment.

Word Study: Identity

**identity** n.

1) the characteristics, feelings or beliefs that distinguish people from others 个（特）性

e.g. Each bank must find a way of establishing its identity.

I am conscious of my own identity.

It gives him the sharpest sense of his own identity, as well as the conditions of efficient work.

2) who or what sb./sth. is 身份

e.g. There is no clue to the identity of the thief.

Passports are frequently serviceable in proving the identity of the traveller.

**identify** v.

1) (~ sb./sth. as) to show, prove, who or what sb./sth. is; to recognize sb./sth. 认出（明），鉴定（别）出

e.g. The child is smart enough to identify her cup.

2) (~ sth. with sth.) to equate two things 认为相同

e.g. The teacher identifies the good performance of the red team with that of the yellow team.

He identifies beauty with goodness.

3) (~ oneself with sb. / sth.) to give support to; to be associated with sb./sth. 支持，认同

e.g. He decided to identify himself with the new leader.

He refused to identify himself with the new political party.

**identity card/certificate** 身份证

Word Study: Immersion

**immersion** n.

1) the state of being completely involved in sth. 沉浸

e.g. His immersion in rock music surprised everybody around him.

2) the action of immersing sth. in liquid, or the state of being immersed 浸入

e.g. Treating sprained ankles by immersion in cold water is effective.

**immerse** vt.

1) (~ oneself in sth.) to absorb, involve deeply 使专心；使陷入

e.g. He is a person who could easily be immersed in thought.

He was immersed in debt.

2) to put under the surface of (water or other liquid) 浸入（水或其他液体）.

e.g. The coach asked all the children to immerse their heads in the water.

Word Study: Novelty

novelty n.

1) the quality of being new, unusual, and interesting 新鲜（奇）

e.g. The novelty of his surroundings soon wore off; he became accustomed to them.

2) sth. new and unusual which attracts people’s attention and interest 新奇的事物

e.g. Although he is aged, he is willing to accept this novelty.

Word Study: Complain

**complain** v. (~ about/of/that-clause) to say that you are annoyed, not satisfied, or unhappy about sth. or someone 抱怨 , 发牢骚

e.g. Residents are complaining because traffic in the area has increased.

She complained that no one had been at the airport to meet her.

She often complains about not feeling appreciated at work.

Several women have complained of sexual harassment.

**complaint** n. a statement in which someone complains about something 抱怨，投诉

e.g. The sales assistants are trained to deal with customer complaints in a friendly manner.

A common complaint among air passengers is that not enough leg room is provided.

Word Study: Denial

**denial** n. a statement saying that something is not true 否认

e.g. The government issued an official denial of the rumour.

**be in denial**: to refuse to admit or believe 否认，拒绝

e.g. His girlfriend is in denial, and refuses to admit that he will soon die.

Word Study: Far-reaching

far-reaching adj. having a great influence or effect 深远的，长久的

e.g. The country carried out far-reaching reforms to modernize its economy.

Tourism has had far-reaching effects on the island’s culture.

**Sentence Study**

Sentence Study 1

1. **Our society has generally praised the Internet as an incredible intellectual tool:** In general, our society speaks highly of Internet and considers it as an extraordinary intellectual tool.

【译文】我们的社会一般都把因特网誉为神奇的智能工具。

praise… as…: 把……称赞为……

课文中类似的结构还有：

define… as…: 把……定义为……

see… as…: 把……看作……

e.g. Webster’s Concise Dictionary defines addiction as “a habit so strong that one cannot give it up.”

Many people see computer immersion as just another recreation.

其他类似的结构还有：

regard … as…: 把……认作……

view… as…: 把……视为……

consider… as…: 认为……是……

e.g. I regard him as a fool.

She doesn’t view herself as a success.

Many considered her as a world leader.

Sentence Study 2

1. **Only recently have we begun to realize that there are unpleasant side-effects to Internet using as well:** It has been a short time since we realized using the internet also has negative effects.

【译文】我们最近才开始意识到上网也有诸多负面影响。

此句中出现了以“only + 副词”为标志的倒装结构。注意：句首状语若由“only + 副词”“only + 介词词组”“only + 状语分句”构成，引起局部倒装。

e.g. Only yesterday did he find out that his watch was missing.

Only through sheer luck did he manage to get some tickets.

Sentence Study 3

1. **We are all aware that people form addictions to many things…:** We all know that people can get addicted to many things.

【译文】我们都知道，人们会对很多事情上瘾。

Sentence Study 4

1. **References to alcoholism, workaholism, even chocoholism, are commonplace throughout our society:** It’s common in our society to refer to the addiction to alcohol, work, and even chocolate.

【译文】酗酒成瘾、工作成瘾，甚至吃巧克力成瘾在如今社会都司空见惯。

Sentence Study 5

1. **Perhaps someday the word “netaholism” will be as widely-used as the others:** Maybe one day the word “netaholism” will be as commonly used as the other words.

【译文】也许有一天“网瘾”一词也会像其他词一样广泛使用。

“as… as…”是一种常见的英语比较结构，常译为“和……一样”。该结构的模式是“as+ 形容词或副词原级 + as 分句”。句中“…as widely-used as the others”后面省略了系表结构，完整的句式应为：Perhaps someday the word “netaholism” will be as widely-used as the others (will be).

e.g. He is as handsome as his brother (is).

He cannot run as fast as you (can).

注意：不少学生都以为 as... as 中间只有形容词或副词。实际上，在 as... as 结构中，还可以有其他的句式。

e.g. This is as good an example as the other is.

She has as many friends as Mary (does).

“widely-used” 为合成词，类似的词还有 snow-capped, honey-mouthed, needle-shaped 等。

Sentence Study 6

1. **The word “addict” is generally used to describe a person who is unable to resist a negative addiction, an addictive behaviour with far greater costs than benefits:** The word “addict” is commonly used to describe a person who cannot give up a negative habit, where its disadvantages far outweigh its advantages.

【译文】“成瘾”一词一般用来描述一个人无法抵抗消极诱惑，沉溺于某种弊远大于利的行为。

Sentence Study 7

1. **When obsessive Internet use interferes with family, friends, school, or employment, causing financial or physical problems, and continuing despite efforts at control, then it is a serious problem:** If Internet addiction negatively affects family, friends, school, or work, creates money or health problems, and can’t be stopped, then it is a major issue.

【译文】对网络的痴迷妨碍到与家人、朋友的关系，影响到学习和工作，引发经济问题，危害身体健康，且在努力控制后仍无济于事时，就成为一个严重的问题。

时间状语从句“when obsessive computer use interferes with…”中含有两个伴随状语“causing…and continuing…”。注意：现在分词（短语）常作状语，表示伴随状态、原因、时间、方式等。

e.g. He lay still, staring blankly at the ceiling.

Not knowing her address, we couldn’t get in touch with her.

Arriving here, he made up his mind to go in.

I didn’t feel terribly shocked, having expected all this.

Sentence Study 8

1. **Some people sink into Internet oblivion, neglecting their lovers and families, yielding to loss of sleep and deteriorating health:** Some people are so addicted to the use of Internet that they give no attention to their lovers, families, sleep and health.

【译文】有些人沉湎于上网，忽略了他们的爱人、家人，影响了睡眠、健康。

该句中，“neglecting…yielding…”为现在分词作结果状语。

Sentence Study 9

1. **A large percentage of MUD users either flunked out of school or know someone who has, due to their MUD use habits:** Because of MUD addiction, a large number of users have failed in school and dropped out, or know someone who has done so.

【译文】很多 MUD（多用户网络游戏）成瘾者在学校因考试不及格而退学，或认识因此而退学的人。

Sentence Study 10

1. **Seventeen percent of Internet users polled in a survey reported spending more than 40 hours per week online, and almost all — 89 percent — said online time interfered with their life.**

【译文】一项调查显示，17% 的上网者每周上网时间超过 40 小时，几乎所有的受调查者（89%）认为他们用于上网的时间影响到了他们的生活。

本句由“and”连接的两个分句构成。前一个分句的主干是“…users…reported…”, 其中过去分词“polled in a survey”作后置定语修饰“Internet users”；后一个分句的主干是“…all…said”。注意：“report + doing”的用法。

e.g. They reported seeing a star in the east.

He reported having met the man at the meeting.

Sentence Study 11

1. **However, the very ingredients that make the Internet so addictive can also be beneficial to a person’s life:** However, the very elements that make people addict to Internet can also be useful to a person’s life.

【译文】然而，正是那些让人沉湎于上网的因素可能对人们的生活有益。

Sentence Study 12

1. **Some believe that what appears to be Internet obsession might simply be a healthy process of self-learning and identity-exploring:** Some people believe the thing that seems to be Internet addiction might simply be a healthy process for users to learn by themselves and to find their identity.

【译文】有些人认为，所谓的沉湎于上网可能就是一个健康的自我学习、探索自我的过程。

句中出现的“what”是英语中用法较广的代词。在这里，“what”的功能体现了先行词和关系代词的合一。what = the thing which / that。注意：what 只能引导名词性从句，用作连接代词，作从句的具体成分，且不能省略。

e.g. What we need is more practice.

What you want has been sent here.

I can’t describe to you what I felt at that moment.

Sentence Study 13

1. **Teenagers and shy users can enhance their social skills or work through personal issues on the network, and then take their newfound skills and confidence with them into the real world.**: Teenagers and shy users can improve their social skills or deal with their personal problems on the net, and then apply the skills and confidence they’ve acquired to the real world.

【译文】青少年以及那些生性腼腆的网络使用者可在网络中提高他们的社交技能，或解决个人问题，然后把这些新学到的技能和获得的自信应用于现实世界。

work through: to deal with problems or unpleasant feelings 克服

e.g. After someone dies, it can take a long time to work through your grief.

We must work through the difficulties until we find an answer.

Sentence Study 14

1. **Many people see Internet immersion as just another recreation for university students no worse than going out drinking every night, just another vehicle for relaxation:** Internet addiction is generally considered as entertainment and relaxation for university students which is similar to going out drinking every night.

【译文】很多人把沉迷于上网视为大学生的另一种娱乐，和每晚出去喝酒差不多，是一种放松的方式。

句子中出现了“no ＋形容词或副词比较级＋ than”的比较结构，试比较它与另一种比较结构“not ＋形容词或副词比较级＋ than”的区别。

e.g. John is not better than Tom.

John is no better than Tom.

前一例表示“约翰没有汤姆好”，属于普通比较结构；后一例用了“no”情况就不同了，“no better

than”相当于“as bad as”, 含义是两人一样坏。这里，“no ＋形容词或副词比较级＋ than”所表示的可以说是该形容词或副词的反义。

e.g. no richer than = as poor as

no bigger than = as small as

no later than = as early as

Sentence Study 15

1. **New Internet users often start out as though addicted, but find that the novelty wears off:** New Internet users are usually likely to be addicted at first but soon their curiosity disappears.

【译文】初用网络的人常像着了迷一样，但这种新奇感很快会消失。

句中的“as though addicted”为省略用法。如果 as though 或 as if 引导的从句是“主语＋系动词”结构，并且主句和从句的主语是同一个人或物时，可省略从句中的主语和系动词。

e.g. He acts as though (he was) a fool.

Tom raised his hand as though (he was going) to say something.

She left the room hurriedly as though (she was) angry.

Sentence Study 16

1. **In online forums, people often complain that they are addicted to the Internet**.

【译文】常有人在网上论坛抱怨自己对上网成瘾。

Sentence Study 17

1. **Some of these people are in denial …:** Some of these people refuse to admit that (they are addicted to the Internet).

【译文】有些人拒绝承认（上网成瘾）

Sentence Study 18

1. **The few extreme cases of addiction may make the best headlines but are not seen as a symptom of a serious, far-reaching problem:** Some severe examples of computer addiction may be sensationally reported in newspapers, on radio and television, but many people don’t consider them as serious and influential problems.

【译文】网瘾的一些极端例子可能会成为头版头条，但没人视其为严重而深远的问题。

make (the) headlines: (also be in/hit the headlines) to be reported in many newspapers and on radio and television 成为头条新闻

e.g. a scandal that grabbed the headlines for weeks

The former MP found himself back in the headlines again.

Sentence Study 19

1. **In general, it’s hard to convince people that Internet addiction is as bad for them as other types of addiction, though the end results are often the same:** Usually it’s difficult to make people believe that Internet addiction is bad for them just like other kinds of addiction, though the consequences are the same.

【译文】总的来说，虽然最终结果常一样，但很难让人相信网瘾和其他成瘾一样有害。

句子中“it”为形式主语，真正主语是后面的名词性从句“…that computer…”。此外，名词性从句中还套有“as… as…”的比较结构，意思是“……和……一样 ”。it 充当形式主语或形式宾语的用法，

参考如下例子：

e.g. It’s illegal to drive without a license.

It was pleasant meeting you in London that day.

He made it clear that he didn’t want to speak to me.

It was not known whether there was any gold left in the mine.

**Structure**

**Directions: Choose the answer that best completes each sentence.**

1) This text is mainly concerned with \_\_\_\_\_\_.

A) a great variety of addictions B) the benefits of Internet use

C) the side-effects of Internet use **D) Internet addiction as a controversial subject**

2) Several typical forms of addictions are mentioned in the text except \_\_\_\_\_\_.

A) drug addiction B) alcoholism

**C) shopaholism**  D) workaholism

3) The survey reveals that \_\_\_\_\_\_.

**A) people are spending too much time online**

B) a large percentage of MUD users drop out of school

C) seventeen percent of Internet users spend less than 40 hours per week online

D) the very ingredients that make the Internet so addictive can also be beneficial to a person’s life

4) Many people consider Internet addiction of university students to be \_\_\_\_\_\_.

A) better than going out drinking B) as bad as going out drinking

C) worse than going out drinking  **D) no worse than going out drinking**

5) According to Jonathan Kandell \_\_\_\_\_\_.

A) University of Maryland offered a support group for Internet addiction

**B) some people don’t see their Internet addiction as an issue, but it’s really a problem**

C) even the most enthusiastic supporters of Internet users deny that it creates a steady trickle of addicts

D) people feel that they have a problem, but don’t know how serious it is

**After Reading**

**Summary of the Text**

**Directions: The text can be divided into 4 parts. Fill in the blanks using appropriate words from the text to complete the main idea of each part.**

|  |  |  |
| --- | --- | --- |
| **Parts** | **Paragraphs** | **Main Ideas** |
| **Part One** | Paras 1—2 | Though the Internet is regarded as an 1) **incredible** intellectual tool,  people have begun to realize the problem of Internet 2) **addiction** |
| **Part Two** | Paras 3—5 | Internet use can have both 3) **negative** and 4) **positive** effects on  people’s life. |
| **Part Three** | Paras 6—7 | Even though some people 5) **admit** to spending too much time online, and 6) **sense** they have a problem, they don’t know how seriously to take it, and some are even in 7) **denial** of it. |
| **Part Four** | Para 8 | Although it’s hard to 8) **convince** people that Internet addiction is as bad as other types of addiction, we should take it seriously |

**Key to Exercises—Vocabulary**

1. identity 2) outweigh 3) survey 4) resist 5) foster
2. wore off 7) ingredient 8) evaluated 9) far-reaching

10) reference

**2.**  1) classic 2) resistance 3) phase

4) survey 5) enhance 6) intellectual

7) sympathy 8) interfere in

**Key to Exercises—Structure**

1. It seems to me you just do what appears best at the moment.  
   2) Health is what makes you feel that now is the best time of the year.  
   3) What kept me going was my conviction that one day I would successfully complete my work.  
   4) What really annoys me is that you don’t take my words seriously.  
   5) The parents will use what they have to send their son to the business school.

**2.**

1. **Only in this way can you** ( 只有这样你才能 ) learn English well.
2. **Only when agriculture is fully developed** ( 只有农业充分发展了 ) can industry have sufficient materials and markets.
3. **Only if a mortgage for 200,000 dollars is available** ( 只有拿到二十万美元的抵押贷款 ) can I buy the house.
4. People used to **see disease as a punishment for sin** ( 认为疾病是对罪恶的一种惩罚 ).
5. His parents told him that he should **see the work as a challenge** ( 把这份工作视为挑战 ).

**Key to Exercises—Comprehensive Exercises**

1) E employment 2) J popularity 3) A recognition 4) F reduce 5) L permission 6) O pleased 7)N absences 8)K extend 9) I requires 10) B stealing

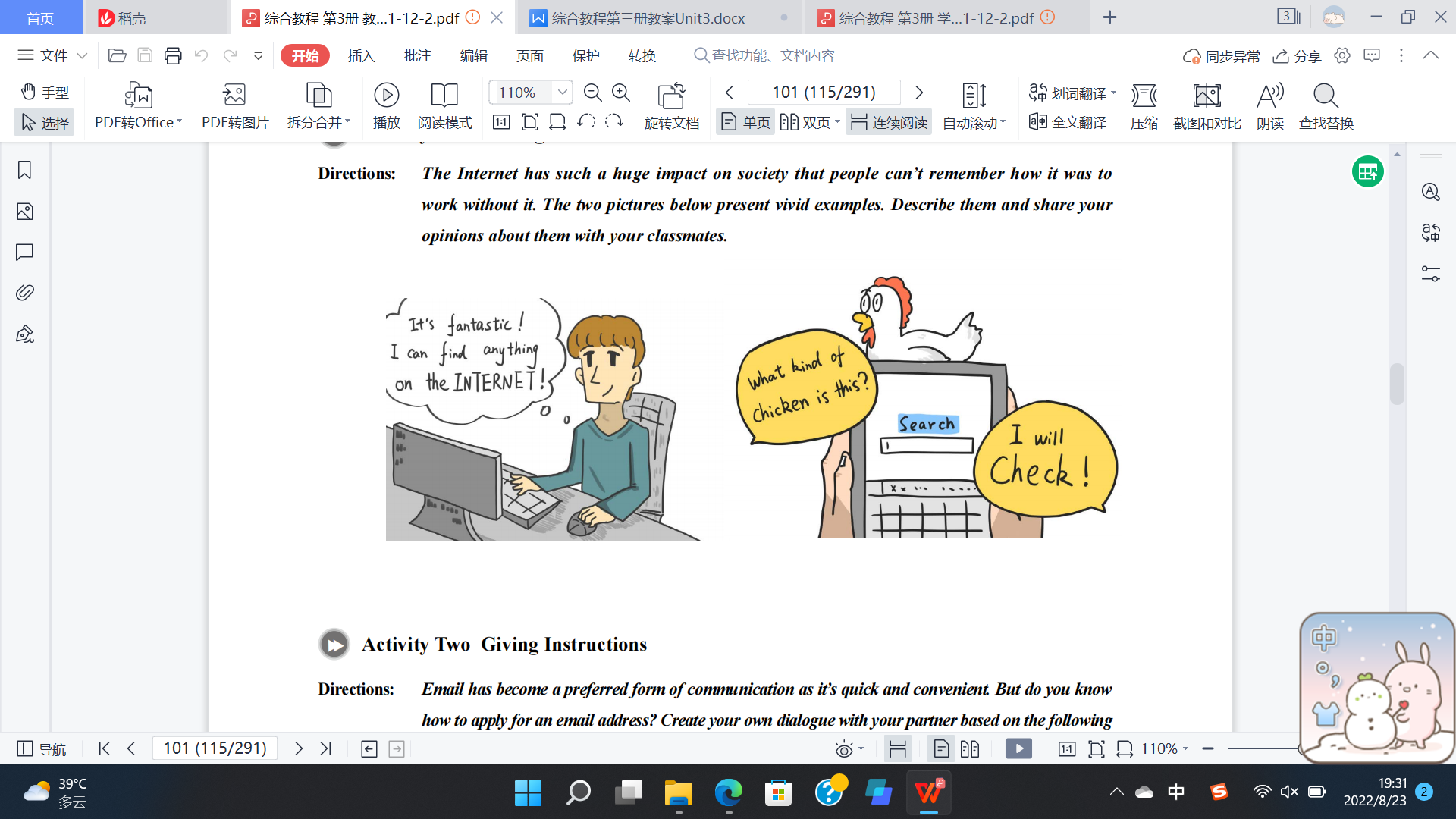
**Key to Exercises—Translation**

More and more Chinese people can’t resist the temptation of mobile phones. Many of them, including the elderly, use mobile phone apps to stay in touch and expand their circle of friends. They also use their mobile phones to shop and search for information because they are easy to carry. In addition, using mobile phone apps to communicate far outweighs traditional phones in terms of the cost. However, only recently have we begun to realize that this new trend has severely interfered with our life. In fact, some young people have become so addicted to mobile phones that they neglect face-to-face communication with their family and friends.

**After-reading**

**Activity One Talking About Pictures**

**Directions: The Internet has such a huge impact on society that people can’t remember how it was to work without it. The two pictures below present vivid examples. Describe them and share your opinions about them with your classmates.**



**Activity Two Giving Instructions**

**Directions: Email has become a preferred form of communication as it’s quick and convenient. But do you know how to apply for an email address? Create your own dialogue with your partner based on the following situation and act them out.**

**Situation:** You and your partner are discussing how to send an email. Your partner is a new learner, who doesn’t even have an email address, while you are more familiar with it. Instruct your partner how to apply for an email address and send an email. The partner is required to ask relevant questions.

**Activity Three Listen and Speak**

**Directions: Listen to the passage"The Impact of the Internet on People's Lives" and then break into groups and discuss the following questions.**

**Questions:** 1) Are all the changes brought by the Internet good? Please explain.

2)Give examples of the problems brought by the Internet.

**Additional Materials**

**Activity One**

**Directions: According to a survey, 38% of university students cannot do 20 minutes without checking their email, tablet, or smart phone. What is your most commonly used digital device? What do you usually do with it?**

**Tips:**

Play online games

Watch videos and listen to music

Study and work

Browsing some news

Communication

**Activity Two**

**Directions: What kinds of problems may arise if university students spend too much time on-line? Use the table below to sort out your idea.**

**Tips:**

Possible consequences: failing in exams; neglecting their sleep and health; having financial problems; weakening their communication with friends and classmates; affecting roommates…

**Activity Three**

**Directions: Technology has become so integrated in everyday life and even has become a daily necessity. Therefore, it can be difficult to be aware that you may be exhibiting addictive behaviors. Use the questions below to see whether you have any signs of a technology addiction or not.**

To what extent do you agree with the following statements?

1. I have spent excessive time utilizing technology.

2. I use devices as a method of escape.

3. I don’t feel comfortable when going out without my device.

4. The time spent on digital devices has interfered with other needs like eating, sleeping, and personal hygiene.

5. Digital devices are getting in the way of my life including my work and relationships.

**Background information**

1. **Internet Addiction**

Internet addiction is an obsessive addiction to Internet use. Nicholas Rushby suggested that people could be addicted to computers and suffer withdrawal symptoms in his book, An Introduction to Educational Computing in 1979. There are also examples of obsessive recreational users dating back to the first release of computer games, and many Net-News users were considered obsessive in the 1980s. As a variation of computer addiction, the proposed Internet addiction disorder suggests that people can not only be addicted to an object, such as a computer, but also an environment, i.e. the Internet.

1. **MUD** (Multiple User Dimension)

A computer program, usually running over the Internet, that allows multiple users to participate in virtual reality role-playing games. Each user takes control of a computerized character, playing games within enormous old castles with hidden rooms, trap-doors, dangerous monsters and magic items.

1. **Online Forum**

This is a general term for any online “bulletin board” where visitors can read and post topics of common interest. Reading a forum’s archives can be a good way to obtain a basic knowledge about a topic, and it also provides a historical perspective on trends and opinions.

**4. University of Maryland, College Park**

A public research university located in the city of College Park, Maryland. College Park’s schools of education, business, engineering and computer, mathematical and physical sciences are all highly ranked, and its championship Terrapins basketball and football teams have greatly enhanced the school’s national reputation.