

Unit 1 Gratitude

* Part 1 Basic Training

Words and Expressions

① Translate the following phrases either from English to Chinese or from Chinese to English.

1. to take great courage _____
2. to follow her way _____
3. to gain praise _____
4. significant results _____
5. a positive attitude _____
6. 要求重复 _____
7. 一个自信的女孩 _____
8. 表示感激 _____
9. 无止境的循环 _____
10. 生活中基本的知识 _____

② Choose the best answer to complete each of the following sentences.

1. _____ truth if you would be a man.
A. Do
B. Follow
C. Act
D. Behave
2. College graduates _____ experience through practice.
A. gain
B. know
C. learn
D. have

3. 数学很容易学。

() Mathematics is easy to learn.

() Mathematics are easy to learn.

4. 他在森林里看到很多鹿。

() He saw lots of deers in the forest.

() He saw lots of deer in the forest.

5. 地上覆盖着厚厚的雪。

() The earths' surface is covered with heavy snow.

() The earth's surface is covered with heavy snow.

6. 十年后, 这些少年都长大成人了。

() After ten years, all those youngsters became grown-ups.

() After ten years, all those youngsters became grown-up.

7. 那边那位女士是玛丽和露西的妈妈。

() The lady over there is Mary and Lucy's mother.

() The lady over there is Mary's and Lucy's mother.

8. 妈妈给了我一些很好的建议。

() My mother gave me some good advice.

() My mother gave me some good advices.

9. 他为我切了几块很好的鸡肉。

() He carves me some very nice piece of chickens.

() He carves me some very nice pieces of chicken.

10. 这两个学生现在在老师的办公室。

() The two students are in teachers' office now.

() The two students are in teacher's office now.

* Part II Skill Development

Reading Comprehension

① After reading the following passage, you will find 5 unfinished statements numbered 1 through 5. You should make the best choice from the choices marked A, B, C and D.

(建议用时: 9 mins)

Why don't birds get lost on their long flights from one place to another? Scientists have puzzled over this question for many years. Now they are beginning to fill in the blanks.

Not long ago, experiments showed that birds depend on the sun to guide them during day flight hours. But what about birds that fly at night? Tests with man-made stars have proved that certain night-flying birds are able to follow the stars in their long-distance flights.

A dove spent its lifetime in a cage and had never flown under a natural sky. Yet it showed an inborn ability to use the stars for guidance. The bird's cage was placed under a man-made star-filled sky. The bird tried to fly in the same direction as that taken by its outdoor cousins. Any change in the position of the make-believe stars caused a change in the direction of its flight.

Scientists think that doves, flying in daylight, use the sun for guidance. But the stars are obviously their most important means of navigation (or flying). What do they do when the stars are hidden by clouds? Obviously, they find their way by such landmarks as mountain ranges, coastlines and river courses. But when it is too dark to see these, the doves circle helplessly, unable to get their bearings.

1. The reason why birds don't get lost on long flights _____.
A. still remains a mystery B. is known by everybody
C. has been discovered recently D. has been known to scientists for years
2. Experiments showed that _____.
A. birds depend on the sun to guide them
B. day-flying birds depend on the sun while night-flying birds depend on the stars
C. birds are likely to get lost if there aren't man-made stars
D. birds depend on the stars to guide them

3. The experiment with the dove indicated that _____.
- A. some birds seem to follow the stars when they fly at night
 - B. a bird that has been caged will not fly long distances
 - C. birds can fly in the same direction as that taken by their cousins
 - D. a bird having spent its lifetime in a cage has to be taught how to navigate
4. Under man-made stars, the bird in the cage _____.
- A. wouldn't fly well
 - B. changed direction when the position of the stars was changed
 - C. tried to fly in the opposite direction of birds not caged
 - D. stayed where it was
5. In total darkness, doves _____.
- A. find their way by clouds
 - B. use landmarks
 - C. circle helplessly
 - D. fly back home

② The following is an e-mail. After reading it, you should complete the information by filling in the blanks marked 1 through 5 in no more than 3 words in the table below.

(建议用时: 7 mins)

Date: Mon, 6 May 2010, 14:30:28
From: Zhangyangyin1983@hotmail.com
To: anna1977@hotmail.com
Subject: Settlement of the Claim

Dear Miss Brown,

As a result of the e-mails exchanged between us, we have pleasure in informing you that we have reached an agreement regarding your claim for late delivery.

We have advised you this morning by e-mail of our appreciation that this matter has been settled. You'll soon receive our check in the amount of \$5 000 as final and complete settlement of this claim.

It is our hope to express again our satisfaction that this mishap has been settled and look forward to promoting our business relationship with your company.

Sincerely,
Zhang Yangyin
General Manager

Information about the E-mail

Receiver of the e-mail: 1

Subject of the e-mail: 2 of the Claim

Reason for claim: 3

The value of the check sent as the settlement of the claim: 4

Position of the sender of the e-mail: 5

③ The following is a list of terms related to jobs and professions. After reading it, you are required to find the items equivalent to (与……等同) those given in Chinese in the table below. Then you should put the corresponding letters in the brackets, numbered 1 to 5.

- | | |
|-----------------------------|----------------------------|
| A—CEO | B—administrative assistant |
| C—assistant manager | D—buyer |
| E—cashier | F—lawyer |
| G—clerk/receptionist | H—computer engineer |
| I—deputy general manager | J—engineering technician |
| K—tour guide | L—photographer |
| M—general manager assistant | N—sales manager |
| O—journalist/reporter | P—CFO |
| Q—secretary | |

Examples: (I) 副总经理 (D) 采购员

- | | |
|-----------------|------------|
| 1. () 销售经理 | () 计算机工程师 |
| 2. () 记者 | () 总经理助理 |
| 3. () 律师 | () 导游 |
| 4. () 职员 / 接待员 | () 摄影师 |
| 5. () 工程技术人员 | () 总裁 |

Translation

① Choose the best translation for the sentences.

1. In one of those classes, some clever girls were chosen, and then followed by some pretty ones.

- A. 在一次课上，一些聪明女孩被挑出来，接着挑的是漂亮女孩。
 - B. 在有一次这种课上，她挑了一些聪明的女孩来重复唱，跟着又是一些漂亮女孩接着做。
 - C. 在一次这种课内，她挑选了一些聪明女孩，又挑了一些漂亮女孩。
 - D. 在一次上课时，一些聪明的女孩被挑选出来，后面跟着一些漂亮女孩。
2. Creating an attitude of gratitude is one of the easiest steps we can take to improve our lives.
- A. 创造感激的态度是最容易做到的，可以改善我们的生活。
 - B. 创造感恩，是我们最容易做到的事情之一，可以提升我们的生活。
 - C. 提升我们生活质量最简单的措施之一便是心存感激。
 - D. 怀有感激的态度，是我们可以迈出的最容易的一步，可以改善我们的生活。
3. We'd like to cancel the order for the goods because of the change in the home market.
- A. 我们喜欢购买东西，只是为满足家庭的需要。
 - B. 我们想要撤销商品的订单，是因为家庭市场起了变化。
 - C. 因为家庭超市发生了变化，我们想退货。
 - D. 由于国内市场的变化，我们想取消该批货物的订单。
4. Passengers going to the airport by arranged bus must take the bus at the time and place as shown below.
- A. 搭乘专车前往机场的旅客，务必在下列指定的时间和地点乘车。
 - B. 乘公共汽车去机场的旅客必须乘这路车，时间和地点安排如下。
 - C. 经安排搭乘汽车去机场的旅客，应按指定的时间和地点上车。
 - D. 机场即将为乘客安排汽车，请注意下列指定的上车时间和地点。

② Put the following passage into Chinese.

Living a life of gratitude is one of the ways to live a happier life. It takes very little effort to show someone you appreciate them but will mean so much to them. Make gratitude a part of us and make today the day you start living a life of gratitude and spread your light to the rest of the world!

Writing

You are required to write a notice according to the following instructions given in Chinese.

说明：以办公室的名义写一份有关会议室的使用须知。

内容如下：

1. 保持会议室整洁；
2. 会后请带走您的文件和私人用品，关闭所有电器（请举例），关闭会议室所有门窗；
3. 其他注意事项（内容自加）；
4. 表示感谢。
5. 日期：2012年6月20日

*** Hot Words and Phrases ******early child education* (儿童早期教育)**

为遏制超前教育，教育部正式印发了《3~6岁儿童学习与发展指南》，以提高广大幼儿园教师的专业素质和家长的科学育儿能力，防止和克服学前教育“小学化”倾向。

***all-boys class* (男生班)**

上海八中开设的首个“上海市男子高中基地实验班”于2012年9月1日正式开学。学校还制定了4个领域针对男生班特点的课程，包括“差异理解”、“偶像生成”、“生存体验”、“数字达人”等。

***kiddie ride* (摇摆车、摇摇乐)**

kiddie ride 是一种供儿童玩耍的投币式娱乐设备。这种设备多见于游乐园、商场、宾馆游戏室以及超市和打折商场门外。

***latchkey kid* (挂钥匙儿童)**

latchkey kid 指因为父母出去工作，所以放学后独自在家、无人照看的孩子。据说，“挂钥匙儿童”这个说法来自于NBC（美国全国广播公司）1944年的一部战争纪录片。

free-range kid (自由放养儿童)

这个短语通常与动物有关，指鸡或牛被放散出去自己觅食，而不是被关在笼子或牛圈里喂养。其传达的理念是，自由放养的动物一般会更快乐，也更健康。“自由放养儿童”指的是在成长过程中能够从家长那里得到更多自由的孩子。

4. 登山是最危险的运动之一。

Mountain climbing is _____ sports.

5. 他又饿又累地回到家里。

He arrived home, _____.

6. 你游泳没有你弟弟好。

You don't swim _____ your brother.

7. 我姐姐比我大两岁。

My elder sister is _____ than me.

8. 我们会使你学起来更容易些。

We will make _____ for you to learn.

9. 他的身体状况一天天好起来了。

He is getting _____ every day.

10. 问题越难，他回答出来的可能性就越小。

The more difficult the questions are, _____ he is able to answer them.

III Underline the mistakes in the following sentences and correct them.

1. He speaks English as good as his aunt.

2. The baby was asleep, so he had to take off his shoes quiet.

3. The scientist felt happily when he saw so many people cheering his success.

4. I have time enough to finish the paper.

5. Who jumped the most far of all?

6. Don't be so rude, especial when you talk with people elder than you.

7. I am going to invite my friends downstair.

8. Frank speaking, I don't like this kind of book at all.

9. I think science is much important than Japanese.

10. John couldn't find somewhere interesting during his travel in Shanghai.

* Part II Skill Development

Reading Comprehension

① After reading the following passage, you will find 5 unfinished statements numbered 1 through 5. You should make the best choice from the choices marked A, B, C and D.

(建议用时: 7 mins)

We've found that eating habits vary (变化) so much that it does not make sense to include meals in the price of our tours. We want to give you the freedom of choosing restaurants and ordering food that suits your taste and budget (预算).

As your hotels offer anything from coffee and toast to a full American breakfast at very reasonable prices, it will never be a problem for you to start the day in the way you like best. At lunch stops, your tour guide will show you where you can find salads, soups and sandwiches.

Dinner time is your chance to try some local food. Sometimes the tour guide will let you have dinner at a restaurant of your own choice. At other times he or she will recommend a restaurant at your hotel. Years of research have taught us which restaurants reliably serve a good choice of delightful dishes at down-to-earth prices.

In Mexico, Alaska and the Yukon, where your restaurant choice may be limited, we include some meals. The meals provided are clearly stated on the tour pages.

1. According to the passage, most meals are not included in the price of tours mainly because _____.
 - A. meals make up a large part of the tour budget
 - B. meal prices vary a lot from place to place
 - C. people dislike menus offered by tour guides
 - D. people have different eating habits
2. We can learn from the passage that _____.
 - A. the hotels where you stay will offer you free breakfast
 - B. dining information can be obtained from your tour guides

1. When will Robert arrive in Beijing?

_____.

2. Where does he stay when he is in Beijing?

_____.

3. What does Robert wish Mr. Smith to do?

_____.

4. What is Robert trying to do in the letter?

_____.

5. What does Robert think of Miss Wang?

_____.

③ The following is a list of terms related to business and trading. After reading it, you are required to find the items equivalent to (与……等同) those given in Chinese in the table below. Then you should put the corresponding letters in the brackets, numbered 1 to 5.

A—international trade

B—tariff

C—import

D—export

E—marketing

F—order

G—sample

H—consumption

I—purchase

J—transportation

K—trade barrier

L—customs

M—payment

N—contract

O—dealing

P—wholesale

Q—retail

Examples: (O) 交易 (G) 样本

1. () 订单

() 贸易壁垒

2. () 国际贸易

() 批发

3. () 消费

() 出口

4. () 零售

() 运输

5. () 支付

() 合同

Translation

① Choose the best translation for the sentences.

1. It is because these tricks are dangerous that skateboarding is a really exciting sport to watch and take part in.
 - A. 因为这些花样十分危险，滑板就成为一项无论是旁观者还是亲身参与者都会感到兴奋的运动。
 - B. 正是因为这些花样十分危险，滑板才成为旁观和亲身参与的一项令人兴奋的运动。
 - C. 滑板之所以成为一项无论是旁观者还是亲身参与者都会感到兴奋的运动，是因为这些花样十分危险。
 - D. 正是因为这些花样十分危险，滑板才成为一项无论是旁观者还是亲身参与者都会感到兴奋的运动。

2. The reasons for his rise to become a US basketball star are many, but it all starts with talent.
 - A. 他崛起成为美国篮球界明星的原因有很多，而这一切都始于他是个天才。
 - B. 他成为美国篮球界明星的原因有很多，这一切都始于他的才能。
 - C. 他崛起成为美国篮球界明星的原因有很多，而这一切都始于他的才能。
 - D. 他成为美国篮球界明星的原因有很多，而这一切都始于他的能力。

3. So absorbed as he is that she did not dare to make a sound.
 - A. 他那么聚精会神，以至于她不敢说一句话。
 - B. 他那么吸引人，她不敢弄出一点声音。
 - C. 他那么聚精会神，以至于她都不敢弄出一点声音。
 - D. 他那么吸引人，她一句话都不敢跟他说。

4. Due to falling sales, the company has cut back on investment in the new research and development program.
 - A. 由于新研发出的程序导致销售额下降，公司不得不恢复对其投资。
 - B. 由于销售额下降，公司削减了在新研发项目上的投资。
 - C. 销售额的下降迫使公司停止对新研发出的程序进行投资。
 - D. 因为销售额下降，公司削减了在新研发出的程序上的投资。

② Put the following passage into Chinese.

Skateboarding was probably born sometime in the late 1940s or early 1950s when surfers in California wanted something to surf when the waves were flat. No one knows who made the first board. It seems that several people came up with similar ideas at around the same time.

Writing

You are required to write an e-mail based on the following information given in Chinese.

说明：假设你是卢静，给你的大学同学李路发一封邮件。你的 e-mail 地址为 lujing@126.com；李路的 e-mail 地址为 lilu77@hotmail.com；发件日期是 2011 年 4 月 15 日。

内容：

1. 你和李路自从 2008 年毕业后再也没有见面，感叹时间飞逝，转眼间已经毕业三年；
2. 你 4 月 20 要去北京出差，并将停留一周，希望李路方便的时候能与你见面叙旧；
3. 对见到李路表示期待。

From: _____

To: _____

Subject: Appointment in Advance

Date: _____

Dear Li Lu,

Yours truly,

Lu Jing

✿ Hot Words and Phrases ✿

home advantage (主场优势)

一般来说, 如果比赛在运动员自己的国家或城市举办, 就会有一些地利、人和方面的优势, 让他们更容易取得胜利, 这种情况叫做 *home advantage effect* (主场优势效应)。

clean sweep of all golds (包揽金牌)

英语中表达“一举获得、包揽、横扫”等意思的时候多用 *sweep* 的动词形式表示, 如果想要加强语气, 表达“完胜”的意思就可以用 *clean sweep* 来表示。我们还可以用 *wrap up*, *bag* 等词来表示将金牌“收入囊中”这个说法。政界也常会借用 *clean sweep* 来表示“压倒性的胜利”。

seed/seeded player (种子选手)

体育比赛采用分组淘汰赛 (*tournament bracket*) 的时候, 为了避免水平较高的选手在比赛初期相遇而被淘汰, 就在分组时把他们分在不同的组里, 这些选手就叫“种子选手”。种子选手是根据上届比赛成绩以及两届比赛之间各选手的表现来确定的。

doping test (药检)

体育比赛前进行的“兴奋剂检查”, 简称“药检”。*doping* 指 *the use of performance-enhancing drugs in sport* (在体育运动中服用能够提升比赛成绩的药物), 是有违体育伦理的行为。

dethroned (卫冕失败的)

dethroned 指上届冠军未能成功地保住自己的冠军宝座。*Dethrone* 原意是指将某人从王位上赶下来, 可引申为“打败某人, 赢得重要职位或是荣誉”。

3. What is the sports _____ that catches the most attention in China?
A. event
B. program
C. thing
D. fact
4. She asked me to _____ the meeting instead of her.
A. join
B. participate
C. attend
D. enter
5. He aims to be a _____ writer.
A. successful
B. succeed
C. successive
D. unsuccessful
6. American English is different _____ British English.
A. to
B. from
C. in
D. with
7. We've decided _____ after all.
A. to not go away
B. not going away
C. not to go away
D. not to going away
8. I'm pretty sure none of this would have happened if I hadn't been fired _____ Apple.
A. from
B. for
C. with
D. in
9. After _____ the book, she started sending it to the publishers.
A. finishing
B. to finish
C. being finished
D. to be finished
10. I studied just enough to _____ a local college.
A. graduate
B. graduate from
C. graduation
D. graduate in

Grammar

① Choose the best answer to complete each of the following sentences.

1. Bosses spent a lot of time _____ serious economic problems.
A. to discuss
B. discussing
C. discussing about
D. to discuss on
2. Father sent me the book, so I _____ have written to him for it.
A. ought not to
B. mustn't
C. couldn't
D. needn't
3. The Roman Empire _____ for several centuries.
A. existed
B. existed on
C. was existed
D. existed out

4. He _____ much younger than he really is.
 A. grows B. shows
 C. comes D. appears
5. —Doctor, _____ I quit smoking now?
 —Yes, you _____ because you have got a lung cancer.
 A. must; must B. must; can
 C. may; may D. should; can
6. When the fire _____ in the movies, the people lost their heads and ran in all directions.
 A. broke in B. broke up
 C. broke out D. broke into
7. You _____ him the bad news, otherwise he would not be so upset.
 A. must have told B. might not have told
 C. needn't have told D. mustn't have told
8. The teacher is very strict _____ his students.
 A. about B. for
 C. with D. to
9. Miss Smith's assistant enjoys _____ for her although she treats him very strictly.
 A. work B. working
 C. to work D. worked
10. We are looking forward to _____ another chance _____ it again.
 A. be given; to try B. being given; try
 C. have; trying D. having; to try

② Fill in each blank with an appropriate word in the box, changing the form if necessary.

put be raise continue see run take turn

- They use computers to keep the traffic _____ smoothly.
- This cake is very sweet. You _____ a lot of sugar in it.
- The government dare not _____ interest rates again.
- I don't need _____ the doctor.
- As he had a heart attack, he was told that he _____ the work.
- It was cloudy this morning, but fortunately it _____ fine.
- Look at the time! We _____ at the theatre ten minutes ago.
- Please pay attention to _____ care of your baby.

* Part II Skill Development

Reading Comprehension

① After reading the following passage, you will find 5 unfinished statements numbered 1 through 5. You should make the best choice from the choices marked A, B, C and D.

(建议用时: 8 mins)

People in different parts of the world have very different ideas about what is good to eat. Even when people in different countries eat the same food, they often prepare it very differently. If you were in Germany, you would find soup that is thick and heavy. If you were in China, you would find soup that is thin and clear. On holidays most of us eat special foods. Year after year, even if many other things change, the food is always the same. Sometimes housewives begin weeks in advance to prepare the special foods that are traditionally served on certain holidays.

People in different parts of the world also have different ideas about what is good to drink. Among the most popular hot drinks are coffee and tea. Coffee is very popular in northern Europe and in the Middle East. Some people put cream and sugar in their coffee. But in the United States, many people drink “black” coffee—that is, without cream or sugar. Tea is the national drink in China, Japan and other Oriental (东方的) countries. In the Orient, people drink tea without sugar. But in England, where it is also a national drink, many people use both sugar and hot or cold milk in their tea.

1. People in different parts of the world _____.

- A. cook the same food in different ways
- B. like the same kind of food
- C. have the same idea about foods
- D. know how to prepare the same food

2. Special foods on holidays _____.

- A. change a lot year after year
- B. have different tastes with the years passing by
- C. remain the same for many years
- D. are served before certain holidays

4. When will the price be quoted?

After our selection is _____.

5. Who will contact us when we accept the price and arrange to buy the car?

An auto.web.com _____.

III The following is a list of terms related to business and trading. After reading it, you are required to find the items equivalent to (与……等同) those given in Chinese in the table below. Then you should put the corresponding letters in the brackets, numbered 1 to 5.

A—Automatic Teller Machine (ATM)

B—Online Financial Service

C—Electronic Money

D—Master Card

E—Electronic Credit Card

F—Intellectual Card (IC)

G—Electronic Check

H—Electronic Cash (E-cash)

I—Electronic Wallet

J—Internet Bank

K—Online Investment

L—Value Added Networks (VAN)

M—Point of Sales (POS)

N—Electronic Commerce (EC)

O—Cash Management System (CMS)

P—Anytime Anywhere Anyway

Q—Automated Payment System

Examples: (A) 自动取款机 (C) 电子货币

1. () 电子信用卡

() 销售点

2. () 电子支票

() 网上银行

3. () 智能卡

() 电子钱包

4. () 电子现金

() 增值网

5. () AAA 服务

() 自动付费系统

Translation

I Choose the best translation for the sentences.

1. Sometimes life hits you in the head with a brick.

A. 有时, 人生会把石头砸在你头上。

B. 在一些时间, 人生会用一块石头打你的头。

C. 有时候, 人生会用砖头打你的头。

D. 有时候, 生活给你迎头痛击。

2. In 1998, *Harry Potter* climbed to the top of all the bestseller lists for children's and adult books.

- A. 1998 年, 《哈利·波特》攀升到了儿童与成人书籍的畅销书排行榜的首位。
- B. 1998 年, 《哈利·波特》是儿童与成人书籍中卖得最多的书。
- C. 1998 年, 《哈利·波特》爬上了儿童与成人书籍的畅销书排行榜的第一位。
- D. 1998 年, 《哈利·波特》登上了儿童与成人书籍的最佳销售排行榜的顶峰。

3. We are quite rich in terms of money, but not in terms of happiness.

- A. 我们很有钱, 但是并不幸福。
- B. 就金钱而言, 我们很富有; 但就幸福而言, 则并非如此。
- C. 充足的金钱并未让我们感到很幸福。
- D. 我们不以金钱来衡量幸福。

4. Having been given such a good chance, how could she let it get away?

- A. 当机会到来的时候, 她为什么要一个人走开?
- B. 得到了这么好一个机会, 她怎么能轻易放弃?
- C. 得到这么一个好机会, 她怎会让它溜走?
- D. 机会到来的时候, 她为什么要放弃?

II Put the following passage into Chinese.

I am honored to be with you today. I never graduated from college. Truth be told, this is the closest I've ever got to a college graduation. Today I want to tell you three stories from my life. That's it. No big deal. Just three stories.

Writing

You are required to write a note asking for sick leave based on the following information given in Chinese.

说明：假设你是 Mike，给写作课老师 Mr. Wilson 写一张请假条。

时间：2012 年 11 月 8 日，星期四

内容：

1. 因昨天淋雨得了感冒，头疼得厉害；医生建议卧床休息直到痊愈，否则头疼会更加严重，故星期四请假一天；
2. 病好后，会补交作文练习；
3. 对不能上课表示歉意；
4. 希望得到老师的批准。

From: _____

To: _____

Subject: Leave of Absence

Mike

* Hot Words and Phrases *

plebians (屌丝)

plebians 一词源于古罗马时期，可缩写为 *plebs*。指古罗马时期的普通民众，比他们身份更高贵的被称为 *patricians* (贵族)。如今，*plebs* 多指处于社会底层的人，他们多被归类为出生低下、平凡无奇，且被轻视的社会阶层。而那些自认为是现代社会贵族的人经常会鄙视或嘲笑他们。

Wi-Fi squatter (Wi-Fi 蹭网族)

Wi-Fi squatter 指长时间占用公共场所无线网络连接资源的人，或未经授权使用无线网络连接的人。

reset generation (重启一代)

reset generation 是指遇到复杂、难处理的情况时就选择离开那里，重新开始的年轻人。这个表达的灵感来源于电脑游戏中的“重置”功能。意味着这些年轻人往往通过换工作、换伴侣、换朋友来“重置”他们的“人生游戏”，而不是像老一辈人那样努力去应对遇到的困难并从中吸取经验。

indoorsman (宅男)

indoorsman 是指把大部分时间花在网上、睡觉、看电视等室内活动的人。由此类推，“宅女”就可以用 indoorswoman 这个词来表达。

certificate maniac (哈证族)

certificate maniac 指正在求职的年轻人，也包括大学毕业生，他们投入大量时间考取能够证明他们的语言能力、计算机水平或其他技能的证书，希望这些证书可以帮助他们在求职中脱颖而出。