

<<新体验实用英语（第1册）>>

图书基本信息

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前言

《新体验实用英语教学参考书》1~4册，各册共8个单元，供使用《新体验实用英语综合教程》1~4册的教师作教学参考。

《新体验实用英语教学参考书》1~4册包含了《新体验实用英语综合教程》1~4册中各种教学参考资料、练习答案和有声材料的文本。

本套书的编写原则是：教学助手，突出实用。

根据我国高职高专英语教学的实际情况，各册中每一单元在确立教学重点、难点和教学目的（Teaching Focus）之后，提供各单元的教学相关的背景资料（Background），随后的语言点（Language Points）则根据《综合教程》的内容同步展开，最后附有《综合教程》里所有练习的答案、汉语译文及有声材料文本，教师可以使用提供的分析、讲解、例句等轻松地完成教学任务。

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内容概要

《新体验实用英语：教学参考书（第1册）》根据我国高职高专英语教学的实际情况，各册中每一单元在确立教学重点、难点和教学目的（Teaching Focus）之后，提供各单元的教学相关的背景资料（Background），随后的语言点（Language Points）则根据《综合教程》的内容同步展开，最后附有《综合教程》里所有练习的答案、汉语译文及有声材料文本，教师可以使用提供的分析、讲解、例句等轻松地完成教学任务。

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章节摘录

But bad stress can happen if the stressful feelings keep going over time. You may not feel well if your parents are fighting , if a family member is sick , if you're having problems at school , or if you're going through anything else that makes you upset every day. That kind of stress isn't going to help you , and it can actually make you sick.

Once you recognize that you're feeling stressed , there are several things you can do. You can try talking about what's bothering you with an adult you trust , like a parent or teacher. Bring up what's been on your mind and how it makes you feel. An adult may have ideas about how to solve whatever is worrying you or making you uncomfortable.

Are You Too Busy? If you're feeling tired and stressed because you have too much going on , like lots of after-school activities , you might feel better if you drop something , even if it's just for a semester or so. Sometimes lots of activities—even if they're all fun——can make you feel stressed by keeping you busy all the time. On the other hand , if problems at home are bugging you , some (but not too many!) after-school activities may actually help you relax and feel better.

There are also relaxation exercises that you can use to get rid of stress. The easiest one to do is to inhale (breathe in) slowly and deeply through your nose , and then exhale (breathe out) slowly through your mouth. Do this two to four times , but don't take in too much air too quickly because it can make you feel lightheaded and dizzy.

Another exercise can help you if you're having trouble sleeping : tense and relax your muscles slowly , starting at your toes and working your way up your body. Tense and relax your toes. Then do the same with your toes and your ankles. Then , your toes , ankles , and calves. Then toes , ankles , calves , and thighs. Keep going up your body until you get to the top of your head! You can do exercises like these anytime , without anyone noticing. You can even do breathing exercises in class if you're nervous before a test.

Finding a Balance The best way to keep stress away is to have a balanced life. That means everything in your life should get equal time. If you're only dealing with school stuff and have no time to play , you can get stressed. Make sure you keep your SELF in mind : Sleep , Exercise , Leisure (something fun) , and Food. If you take care of yourself and get enough sleep and food , and if you exercise and leave time for fun stuff , you'll probably be less stressed out!

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