**X3U1拓展练习**

**一、语法填空**

As Horace Mann, the great 1. \_\_\_\_\_\_\_\_ (educate), once said, “Habits are like a cable. We weave a strand of it every day and soon it cannot be broken.” Habits can be learned and unlearned. But I also know it isn’t **a quick fix**. It involves a process and a tremendous 2. \_\_\_\_\_\_\_\_ (commit).

Those of us 3. \_\_\_\_\_\_\_ watched the lunar voyage of *Apollo 11* were transfixed (惊呆) as we saw the first men walk on the moon and return to earth. Superlatives such as “fantastic”and “incredible” were inadequate 4. \_\_\_\_\_\_\_\_\_\_\_ (describe) those eventful days. Habits, too, have tremendous gravity pull--more than most people realize or would admit. Breaking deeply imbedded habitual tendencies such as procrastination, 5. \_\_\_\_\_\_\_\_\_ (patient), criticalness, or selfishness that violate basic principles of human effectiveness involves more than a little willpower and a few minor changes in our lives. “Lift-off” takes a tremendous effort, but once we break out of the gravity pull, our freedom takes 6. \_\_\_\_\_ a whole new dimension.

Like any natural force, the gravity pull can work with us or 7. \_\_\_\_\_\_\_ us. The gravity pull of some of our habits may currently be keeping us from 8. \_\_\_\_\_\_ (go) where we want to go. But it is also the gravity pull 9. \_\_\_\_\_\_ keeps our world together, that keeps the planets in their orbits and our universe in order. It is a powerful force, and if we use it 10. \_\_\_\_\_\_\_\_\_ (effective), we can use the gravity pull of habit to create the cohesiveness and order necessary to establish effectiveness in our lives.

**二、翻译句子**

1. 时间管理会将你的压力水平保持在最低，提升你的表现，并且为你带来成就感，从而让你增强自信，对生活有更积极的看法。

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1. 重要的是，有效的时间管理不仅会助力你现在的学业，还将对你的整个成年生活有益。

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1. 你需要做的第一件事是提前规划。养成习惯去思考待办事项并制定每月，每周甚至每天的任务清单。

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1. 当你把所有需要做的事情都记在心里之后，你可以着手创造有利条件来真正把事情做好。

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1. 最重要的是，你必须学会将你所有的任务分出轻重缓急。

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1. 一旦你开始每天迈出一小步来计划、组织和优先安排那些你打算投入精力、技能和才能的活动，你会立刻开始收获这些行动所带来的回报。

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**答案：**

**一、语法填空**

1. educator 2. commitment 3. who 4. to describe 5. impatience 6. on

7. against 8. going 9. that 10. effectively

**二、翻译句子**

1. Managing your time will keep your stress levels to a minimum, boost your performance and give you a sense of accomplishment, leading to improved self-confidence and a more positive outlook on life.

2. Importantly, effective time management will not only support your studies today, but also help you throughout your adult life.

3. The first thing you need to do is to plan ahead. Get into the habit of thinking about upcoming events and making a monthly, weekly or even daily to-do list.

4. After you have all that needs to be done in mind, you can set about creating favourable conditions to actually get things done.

5. Most importantly, you must learn to prioritize all your tasks.

6. Once you start taking little steps every day to plan, organize and prioritize the activities you intend to devote your energy, skills and talents to, you will immediately begin to reap the rewards of your actions.