



Lesson 1: Five Ways to Survive High School



Paragraph 1



Paragraph 1

Hi, everyone! I'm Dylan. **Welcome** to my **channel**. My younger

祈使句 -> start with

V

=very

brother is just starting high school, and he **is super nervous** about
BeV/ feel/ get + Adj. + about + sth.

it. Maybe you are a **freshman** too, and **feel the same way**. So, I'm

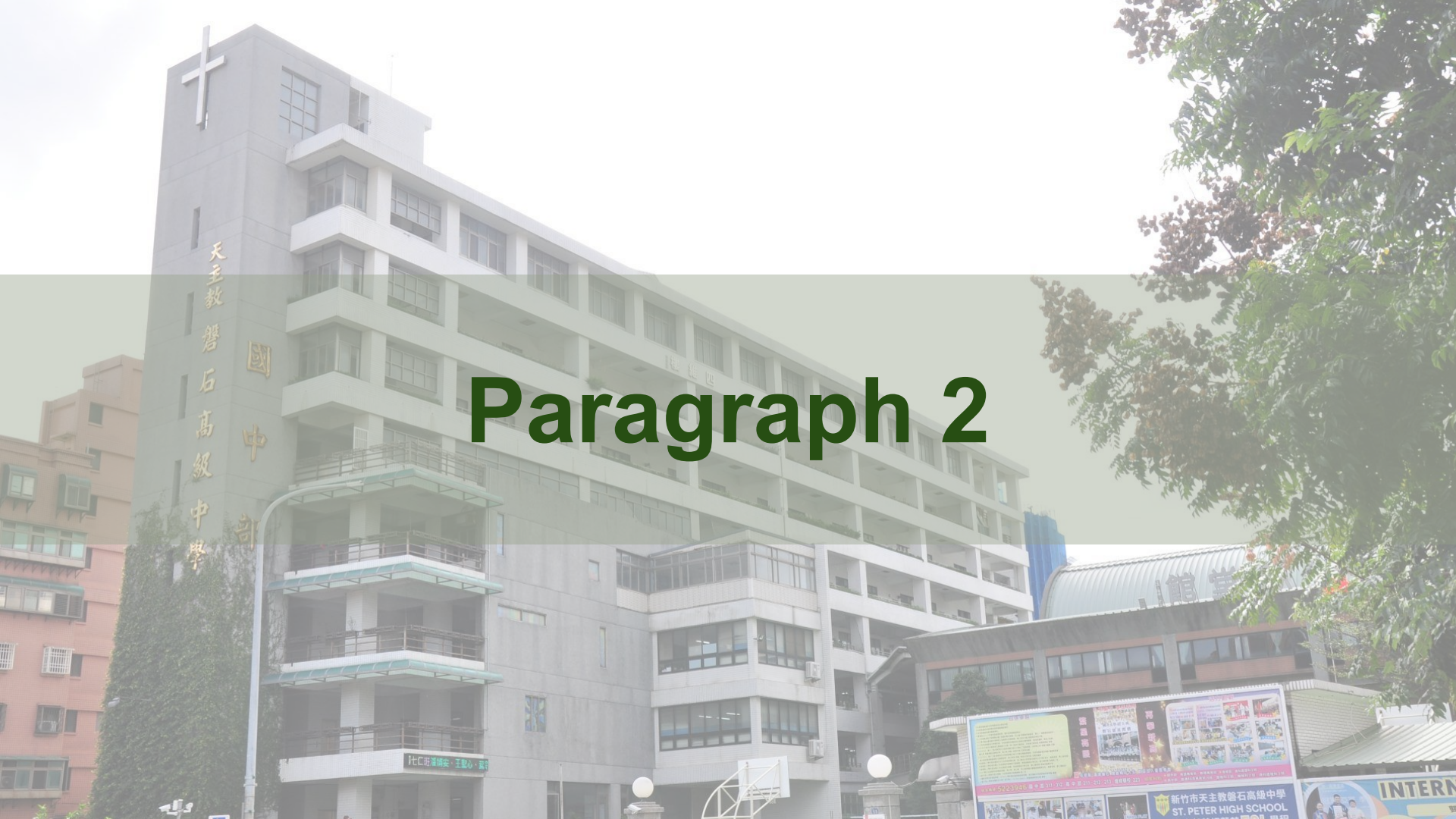
那麼

BeV + going + to = will

real purpose

going to give you **guys** five tips **to help you survive high school.**

Paragraph 2





Paragraph 2

1. Be willing to LEARN.

Let's face **it**. High school means a lot of assignments. You'd better

take your studies **seriously**. **But** grades are **not everything**.

部分否定



Paragraph 2

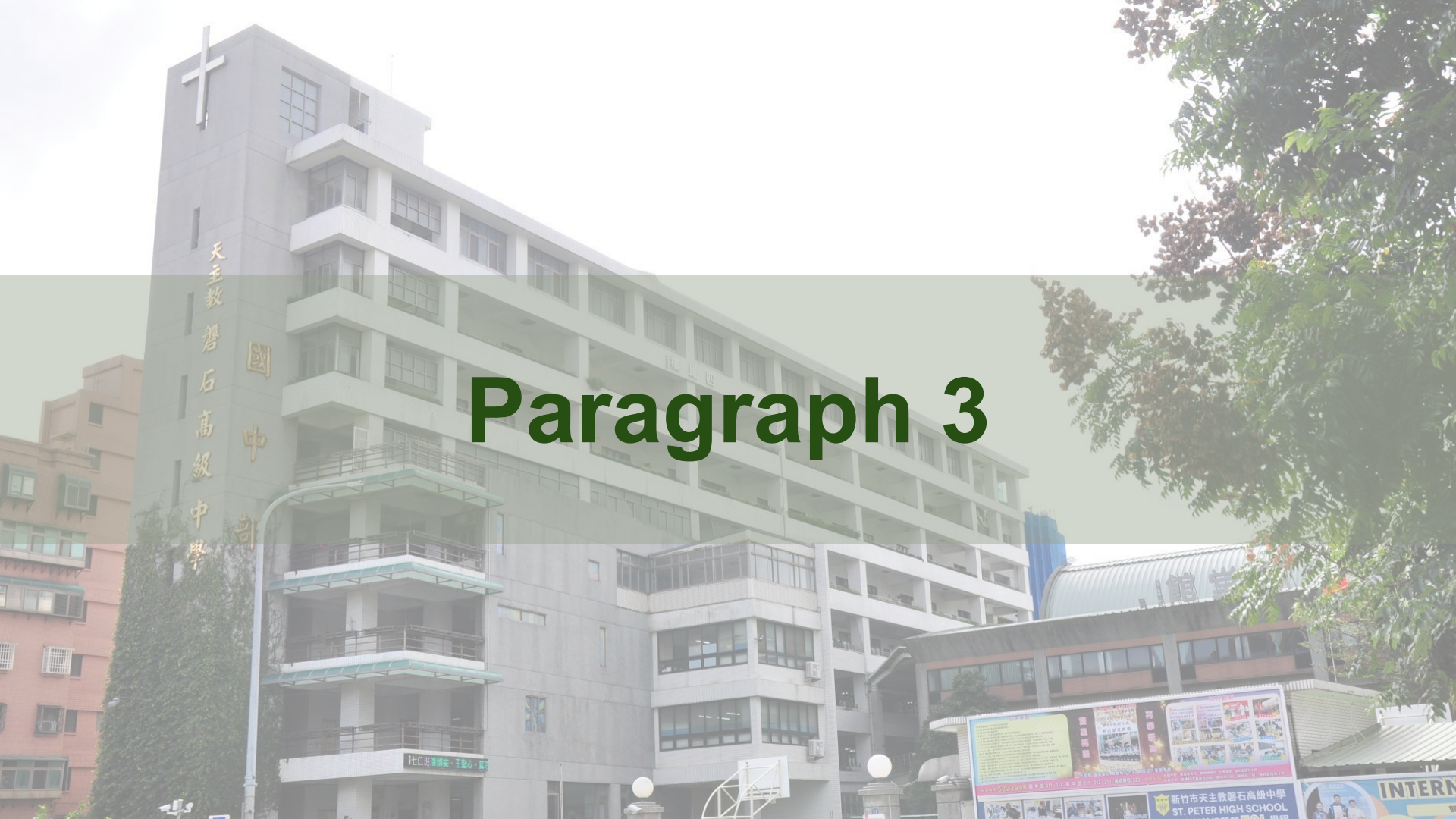
There are other “lessons” to learn, **such as** time **management**,
= like

creative thinking, and the **ability** to **solve** problems. These skills

will help you **get through** school and the real world in the future.

will + VR

Paragraph 3





Paragraph 3

2. Stay healthy and happy.

Try to **exercise** for 30 minutes a day and get 8 hours of sleep every night. These good habits will give you a clearer mind.



Paragraph 3

Also, keep **a little** time for your hobbies, like movies or online

let + O. + VR

games, **though** you will be busy. **Don't let** homework, tests and

= although

Don't + VR

all your school **activities burn** you **out**.



dress as + character

穿得像某個角色

dress in + clothes/ color

穿著某種顏色/衣服

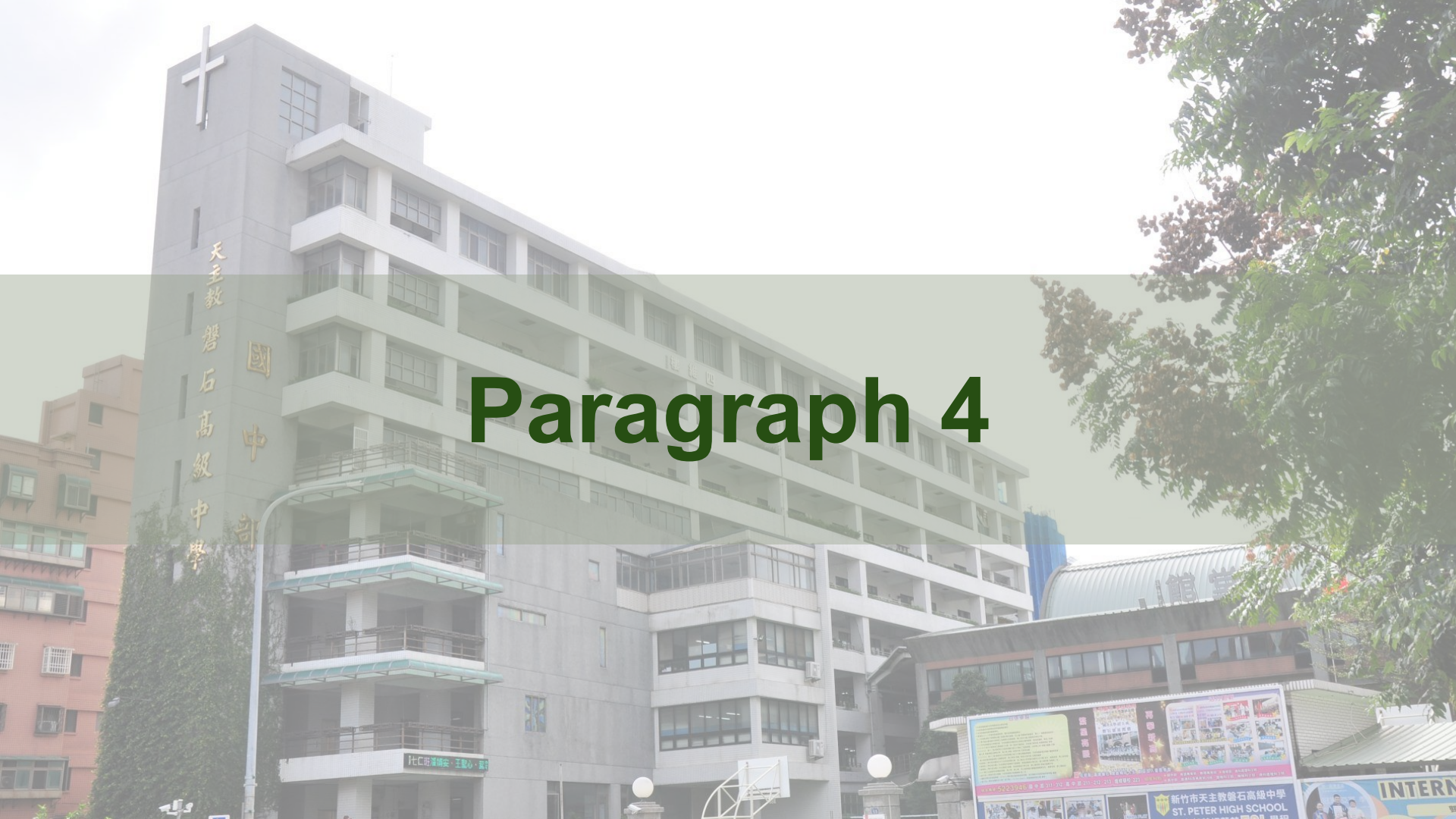
dress up as + character

特地扮演某個角色

dress up in + clothes / style

精心打扮某種特殊服飾

Paragraph 4





Paragraph 4

3. Meet more people **by** joining a school club.

by + Ving

A school club is a good place to meet new people. **You** may even
= you and your classmates

become **lifelong** friends—I met my best friends in the basketball
club.

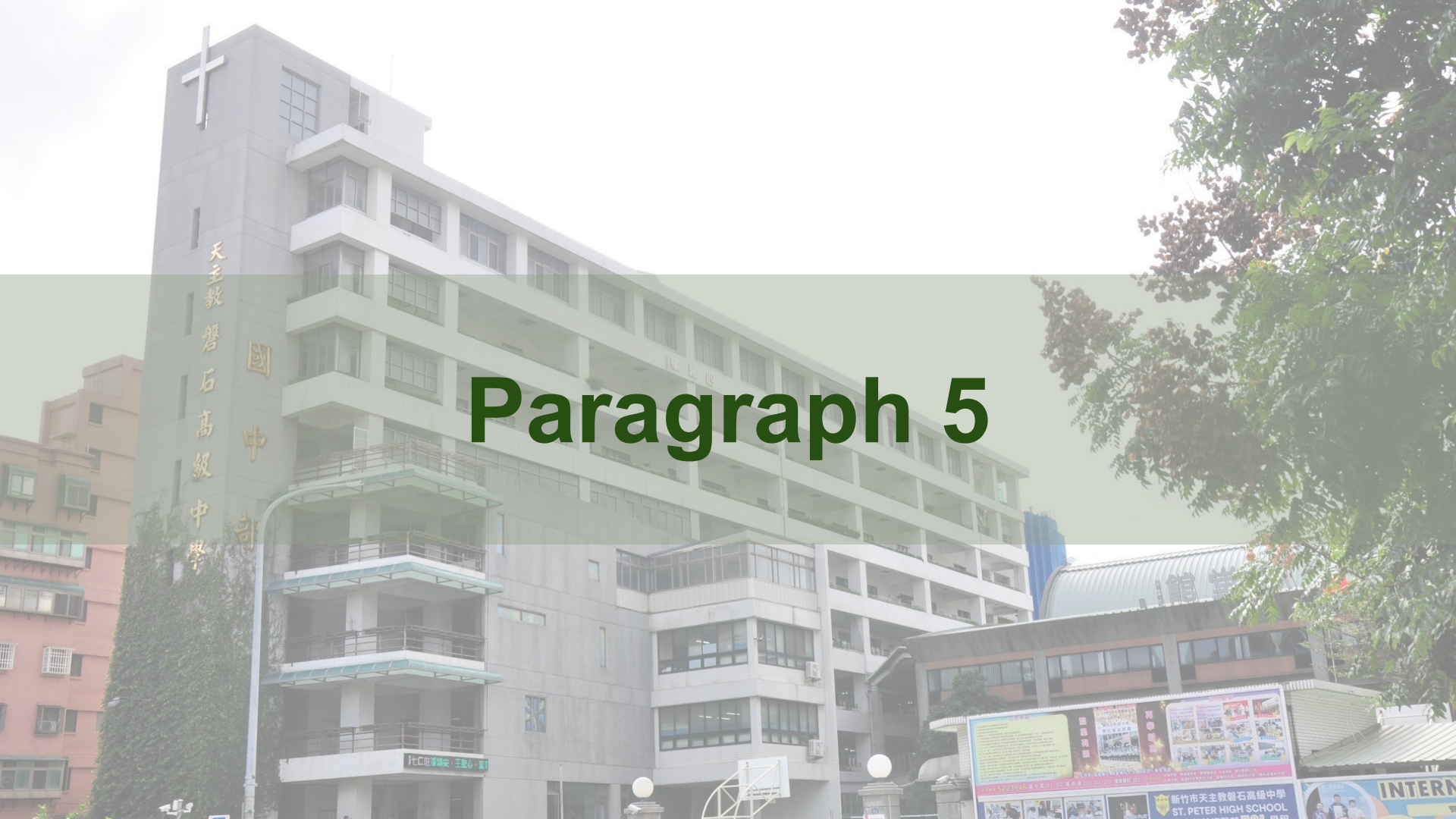
Paragraph 4

If you are shy, **try** your best to start conversations with people.

If + ..., VR/ 未來式...

You might feel **uncomfortable**, but **it's** **worth** the **effort**.

Paragraph 5





Paragraph 5

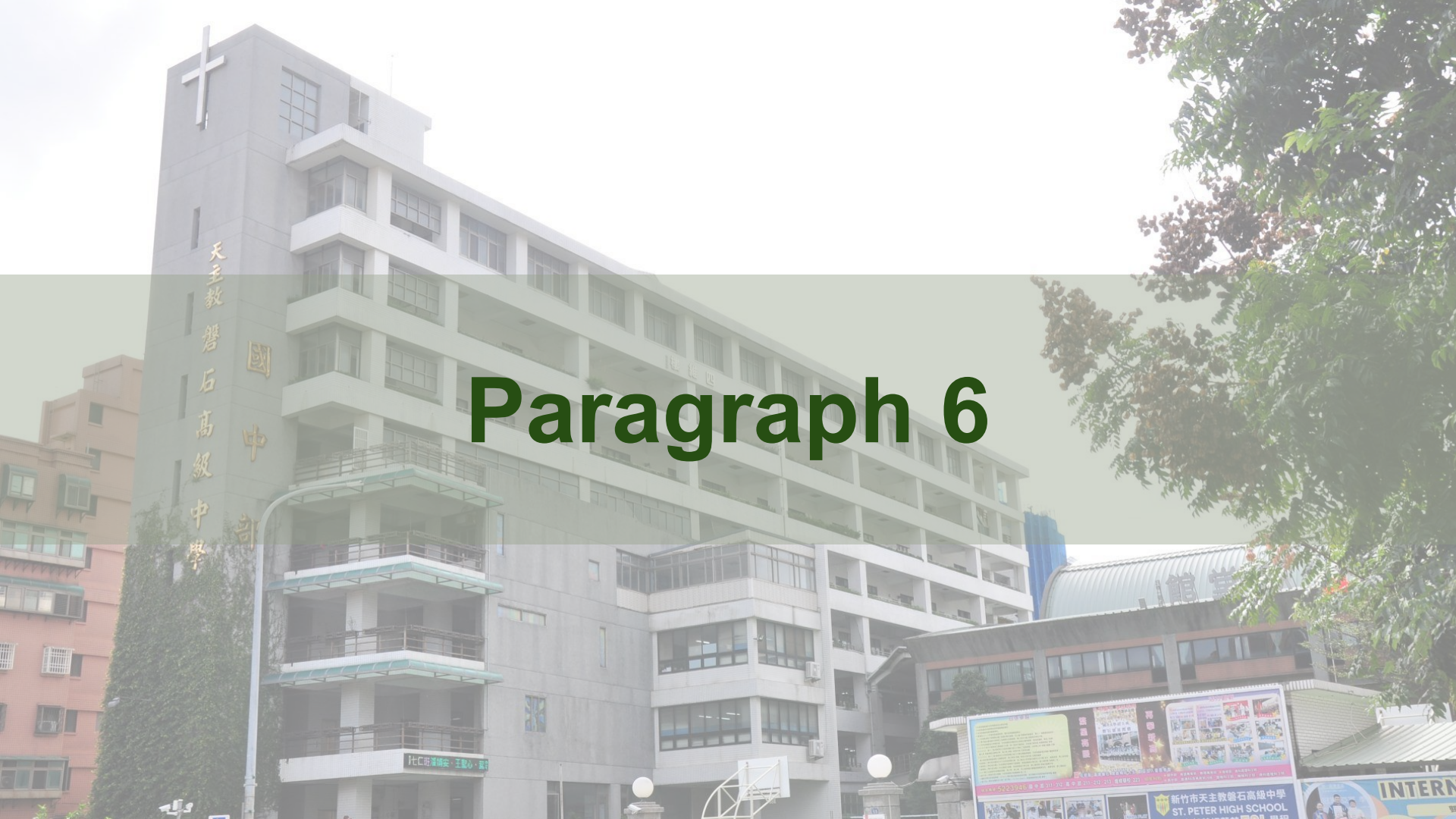
4. Ask for help.

This is really important. **If** someone **bullies** you, **talk to** your
talk to sb. about sth.

parents and teachers **about** it **right away**. We all **have the right to**
have the right to V

feel safe. Adults can help you if you have a bullying problem.

Paragraph 6





Paragraph 6

5. NEVER Give Up.

High school life can be hard. Losing a big game, failing an
= important

important test, having a fight with friends or parents—everyone
have a fight with sb.

Be後動前 learn sth. from sb.
makes mistakes, but we can always learn something from them.

Paragraph 6

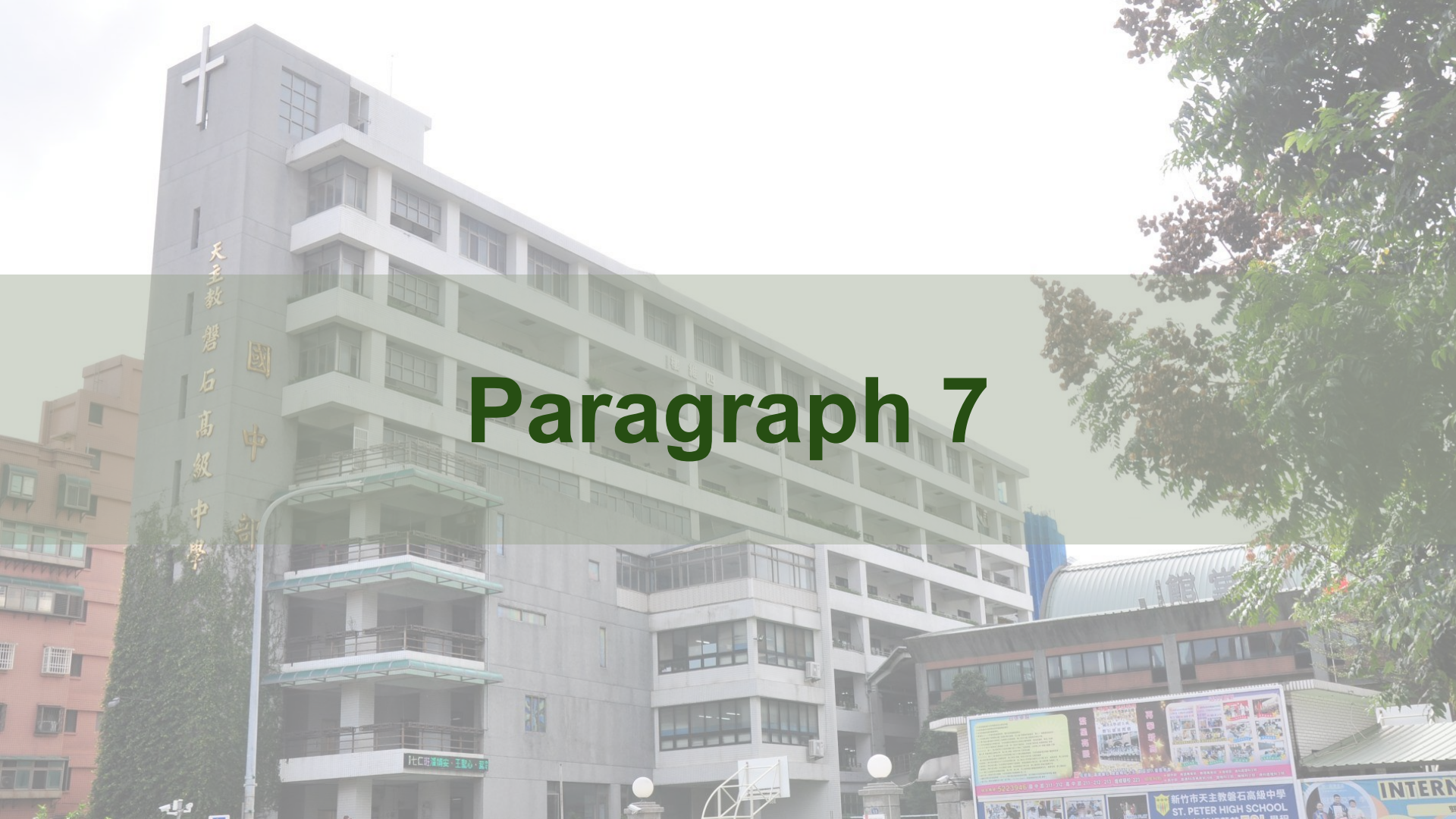
When you feel sad and alone, try to give yourself more time and space. And don't give up. Just **rest for a while** and try again.

= for a short time

= awhile (Adv.)

= for a few moments

Paragraph 7



Paragraph 7

Nobody can see the future, but everyone **has the chance to have**
have the chance to V

a good one Just **start believing** in yourself, and you'll be fine.
start Ving = start to V

Thank you for visiting my channel and see you again soon.