

全新版

NEW

A GUIDE OF COLLEGE ENGLISH

三册

综合教程  
+  
听说教程

# 大学英语 全程导航1+1

主编 高云 张鹏



西安交通大学出版社  
XI'AN JIAOTONG UNIVERSITY PRESS

全新版

# 大学英语

## 全程导航 1+1

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## 内容提要

《全新版大学英语全程导航 1+1 丛书(第一册至第四册)》是为《大学英语》(全新版)综合教程和听说教程而编写的具有实用价值的教学辅导参考书。本丛书与教材同步,综合教程每册分为 8 个单元,每个单元包括:学习目标、课前准备活动、Text A 和 Text B 的课文赏析、背景知识、课文概要、语言点、写作技巧、参考译文、课后练习的参考答案以及与课文紧密结合的写作范文赏析和每课一练,内容充实且使用方便。此外,每册精心设计了一套自测题,并提供了听说教程的听力文本材料和练习答案。

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# Foreword 前言

《全新版大学英语全程导航 1+1》为《大学英语》(全新版)综合教程和听说教程的同步辅导丛书,适应大学英语的新大纲、新标准、新形式、新要求。为了满足大学英语教学改革及考试的要求,进一步开发该教材的教学潜力,培养学生扎实的语言功底和应试能力,本丛书编者根据教材内容,组织编写了与课程相配套、紧扣教材的辅导与练习,具有很高的实用价值。

该丛书共分四册,综合教程每册分为 8 个单元,每个单元包括:学习目标、课前准备活动、Text A 和 Text B 的课文赏析、背景知识、课文概要、语言点、写作技巧、参考译文、课后练习的参考答案、写作范文赏析和每课一练。另外每册编写了一套自测题,同时提供了听说教程的听力文本材料和练习答案。全套丛书内容丰富,知识面广,使用方便,使读者感觉亲临课堂,是学生答疑解惑的好老师和自主学习的得力助手。

本丛书的特色及亮点:

## 一、知识丰富 内容新颖

在丛书每个单元的课文欣赏和文化背景中都介绍了作者以及课文中所涉及的相关人物、节日风俗等有关的背景知识,在帮助学生理解课文的同时,拓宽其知识面,提高其文化素养。

## 二、写作技巧 风格独特

本丛书对每单元的课文体裁、作者的写作风格都加以介绍和评析,以帮助学生更加深入地领会作者的思想。同时针对每单元的语篇结构和课文内容,配有范文赏析板块,力求引导学生写出耐人寻味且篇章结构清晰、文理通畅的优秀短文。

### 三、词汇讲解 详略得当

本丛书对每个单元收录的核心词条进行详细讲解并增加了经典例句、扩展、辨析等内容,以帮助学生在扎扎实实地掌握词汇的同时不再感到枯燥、乏味。

### 四、课后练习 同步实用

本丛书中每单元设计的每课一练,其内容紧扣课文,多选题中的前10题为模拟题,后10题为历年四、六级考试真题;翻译练习与课文内容同步,培养学生灵活运用语言的能力。此外,教材中的课后练习均配有译文与解析,以帮助学生巩固所学知识。

在本丛书的编写过程中,得到西安交通大学出版社的大力支持和帮助,谨向他们表示由衷的感谢。

编者

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## 综合教程 3 (Integrated Course 3)

## UNIT 1

## Changes in the Way We Live



## Part I

## 学习目标 Learning Objectives

1. Grasp the main idea and structure of the text.
2. Appreciate the various techniques — **parallelism**(平行结构), **topic sentences followed by detailed sentences**(主题句结合扩展句), **transitional devices**(过渡词) — employed by the writer.
3. Master the key language points and grammatical structures in the text.
4. Conduct various listening, speaking, reading and writing activities related to the theme of this unit.



## Part II

## 准备活动 Pre-Reading Task

## New Words &amp; Expressions

- |                      |                  |
|----------------------|------------------|
| 1. close in on: 逼近   | 2. relief: n. 安慰 |
| 3. recharge: vt. 再充电 | 4. smog: n. 烟雾污染 |

## Key to pre-reading task

1. This song is about taking a break from city life and escaping from the crowd. Many people consider the countryside a peaceful and relaxing place. They like walking or cycling there whenever they are free, and when the weather is pleasant on weekends, they love to go to the country for a picnic. However, only about 20% of Americans live outside cities and towns, and among them only a few who live in the country work on farms. Most of them commute to work in towns. Still many people dream of living in the countryside, because there they can enjoy the safe, clean and attractive environment and have a better life.

## 2 全新版大学英语全程导航 1+1 (3)

2. Whenever the singer wants a bit of room to move, when life becomes too fast, he feels the need to get out in the country.
3. Life in the country offers us a welcome break and an escape from the pollution of the city.
4. Yes. The singer needs a break, because the pace of life has quickened, the environment has been changed, and the old life style is gone.



### Part III 课文详解 Text Analysis

#### Text. Mr. Doherty Builds His Dream Life

##### I. 课文赏析 Introduction

本文是一篇描写性记叙文。文章以第一人称形式讲述了作者梦寐以求、自力更生的田园生活,以及那种生活带来的苦与乐,指出只有那些拥有充足的体力和耐得住寂寞的人才能体会到乡村生活的真谛和快乐。

本文运用“主题句结合扩展句”的写作手法,使文章结构清晰明朗。实际上,全文几乎每一段的开头都是一个主题句,更使得自然段落的中心大意一目了然。扩展句则是作者对自己生活点滴细节的写照,有力地证实了主题。此外,作者还多处使用了与时间有关的过渡词,使文章自然流畅,条理清晰。

##### II. 背景知识 Background Information

###### 1. E. B. White (E. B. 怀特)

E. B. White (1899—1985), essayist for *The New Yorker* (《纽约客》), author of *Stuart Little* (《精灵鼠小弟》) and *Charlotte's Web* (《夏洛特的网》), was a defining voice of American writing in this century.

###### 2. Ivy League (常青藤联合会)

Ivy League is the name generally applied to the eight universities, namely, Brown (布朗), Columbia (哥伦比亚), Cornell (康奈尔), Dartmouth (达特茅斯), Harvard (哈佛), Pennsylvania (宾西法尼亚), Princeton (普林斯顿), and Yale (耶鲁) that have had common interests in scholarship (学术) as well as in



athletics (体育运动) over the years. Stanley Woodward, New York Herald Tribune sports writer, coined (杜撰) the phrase in the early nineteen thirties. The members of the Ivy League compete in intercollegiate (学校间的) athletics.

### III. 课文概要 Summary

The author describes vividly a self-reliant and satisfying life he and his family are living in the country: they canoe and fish on the river, go picnicking in the orchard, take long bicycle rides and ski and skate in the winter. However, he also points out that this kind of life can get tough: they have to deal with the floods and snowstorms, tight a schedule and limit a budget to socialize. So the author points out that one must possess two special qualities—a tolerance for solitude and a lot of energy—to live the country life. Tough as the country life can be, the author has no regrets and still believes that he and his family have built their dream life.

### IV. 语言点 Language Points

#### 1. I am not in E. B. White's class as a writer or in my neighbors' league as a farmer, but I'm getting by. (L. 2)

【释义】As a writer, I am not as good as E. B. White and as a farmer, I am not as good as my neighbors, but I manage to live satisfactorily.

get by:

1) have enough to improve it (勉强度日)

【例句】Her old age pension (退休金) gives her barely enough to get by.

2) be good enough but not very good (过得去)

【例句】Your work just gets by, but you must try to improve it.

#### 2. frustration: n. (L. 4)

1) the fact of being prevented from achieving what you are trying to achieve (挫折)

【用法】*the frustration of sth.* 干某事形成的挫折

【例句】The frustration of his wish to become a doctor made him upset.

2) the feeling of being annoyed, upset or impatient, because you cannot

control or change a situation, or achieve sth. (沮丧, 失望)

【用法】*in / with frustration* 沮丧, 失望

【例句】Tom watched in frustration as his team lost again.

【扩展】*frustrate*: *vt.* 使灰心; 挫败

3. Soon Jim, 16 and Emily, 13, the youngest of our four children, will help me make some long-overdue improvements on the outdoor toilet that supplements our indoor plumbing when we are working outside. (L. 19)

【分析】本句中 *the youngest of our four children* 是同位语; *that* 引导的定语从句修饰先行词 *the outdoor toilet*; 该定语从句中还有一个由 *when* 引出的时间状语从句。

*long-overdue*: *adj.* sth. that should have happened or been done a long time ago (拖了很久的)

【例句】This is a significant, but long-overdue reform which will benefit most low-paid people.

【扩展】*due*: *adj.* 应得的; 应付的; 正当的; (车、船预定) 应到的  
*overdue*: *adj.* 早该有的, 早该发生的

*plumbing*: *n.* (建筑物的) 水管装置

【例句】A plumber (水管工) is a person who fits and mends the plumbing.

**supplement:**

*vt.* add sth., especially to what you earn or eat, in order to increase it to an acceptable level (补充, 增补)

【用法】*supplement sth. by / with sth.* 通过……补充, 增加……

【例句】She supplemented her regular salary by waitressing in a restaurant (在餐馆做女招待).

*n.* sth. added to improve or complete a thing (增补, 补充)

【例句】The money I earned from family tutoring (做家教) is a useful supplement to my scholarship.

4. In between such chores, I manage to spend 50 to 60 hours a week at the typewriter or doing reporting for the freelance articles I sell to magazines and newspapers. (L. 24)

【分析】*in between the chores* 是习惯用语 *in between times* 的活用结构, 表示“穿插着; 在其间的一段时间”。本句中 *at the typewriter* 和 *doing reporting* 是并列结构, 两者都做 *spend 50 to 60 hours a week* 的状态语。

5. **stack**; (L. 30)

*vi. & vt.* form a neat pile or make things into a neat pile (将……堆起来)

【用法】**stack sth. up** 把……叠成堆; **be stacked with sth.** 被……堆满

【例句】The teacher asked the students to stack their books up against the wall.

The floor was stacked with big boxes.

*n.* a neat pile of things (一堆)

【用法】**a stack of / stacks of** 一叠; 大堆, 大量

【例句】There is a whole stack of dishes waiting to be washed.

【辨析】stack pile heap

**stack** 指把同种类同大小的东西整齐地堆放在一起; **pile** 指把同类的东西比较整齐地堆起来, 是一般性用语; **heap** 指东西不论种类, 随意杂乱地堆放起来, 可以是人为的, 也可能是自然形成的。

6. **Then the growing season began, swamping us under wave after wave of produce.** (L. 38)

【分析】**produce** 在这里是名词, 是农产品(尤指水果、蔬菜等)的总称。

【引申】The author compared the growing season to a flood to describe vividly the harvest we had that spring.

7. **timing**; *n.* the right moment at which to do something in a situation or activity (适时; 时机选择) (L. 48)

【例句】The timing of your statement is very appropriate.

What perfect timing! I had just finished my report when you came to pick me up.

8. **The answer, decidedly, was no, and so — with my employer's blessings and half a year's pay in accumulated benefits in my pocket — off I went.** (L. 51)

【分析】此句为 **and** 连接的两个并列句。后半句的主干是 **so off I went**, 这里将状语 **off** 提前, 使句子显得生动, 而两个破折号之间用 **with** 引导名词短语做伴随状语。

9. **illustrate**; *vi. & vt.* (L. 56)

1) put pictures in a book, article etc. (加插图于)

【例句】The editor illustrated the book with colored photos.

【扩展】**illustration** *n.* 说明, 例证, 插图

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- 2) make the meaning of sth. clearer by giving examples (举例说明)

【例句】The professor drew a picture on the blackboard to illustrate his theory.

【辨析】illustrate explain interpret

**illustrate** 强调用图片或例子说明; **explain** 是普通日常用语, 指解释、说明不了解的事情; **interpret** 是正式用语, 侧重用知识、经验解释难以理解的事情。

10. **boundary**: *n.* the line that marks the edge of a town, country etc. (边界, 分界线) (L. 59)

【用法】**the boundary between sth.** ……与……之间的边界线  
**draw a boundary** 形成边界

【例句】The Yalu River and the Tumen River form the boundary between China and Korea.

The fence draws a boundary between my land and his.

【辨析】boundary border frontier

**boundary** 着重指山脉、河流等形成的天然边界线, 多指地图上标注的领土边界线; **border** 除了指两个国家或地区之间的分界线外, 还可指边境地带范围较广的地区; **frontier** 指某一国单方面提及的边界、边境, 而且常有军队戍卫。

11. **I'm not making anywhere near as much money as I did when I was employed full time, but now we don't need as much either.** (L. 60)

【分析】此句由 **but** 连接了两个比较分句, 每个分句都含一个由 **not as... as...** 构成的比较结构。在第一个分句的 **as I did when I was employed full time** 中, **when** 引导的是时间状语从句。第二个分句承接第一个分句, 因此可省略比较部分 **as I did when I was employed full time**。

**not anywhere near**: not at all; used to emphasize that sb. or sth. is not in a particular situation or state (一点儿也不; 离……还很远)

【例句】His work isn't anywhere near completion.

The money doesn't come anywhere near compensating (补偿) for what he has suffered.

12. **fee**: *n.* (*usu. pl.*) an amount of money that you pay to a professional person for their work (费; 酬金) (L. 66)

【用法】**charge (sb.) a fee / fees** 向……索取费用或酬金

【例句】The entrance fees (入场费) have increased by 50%.