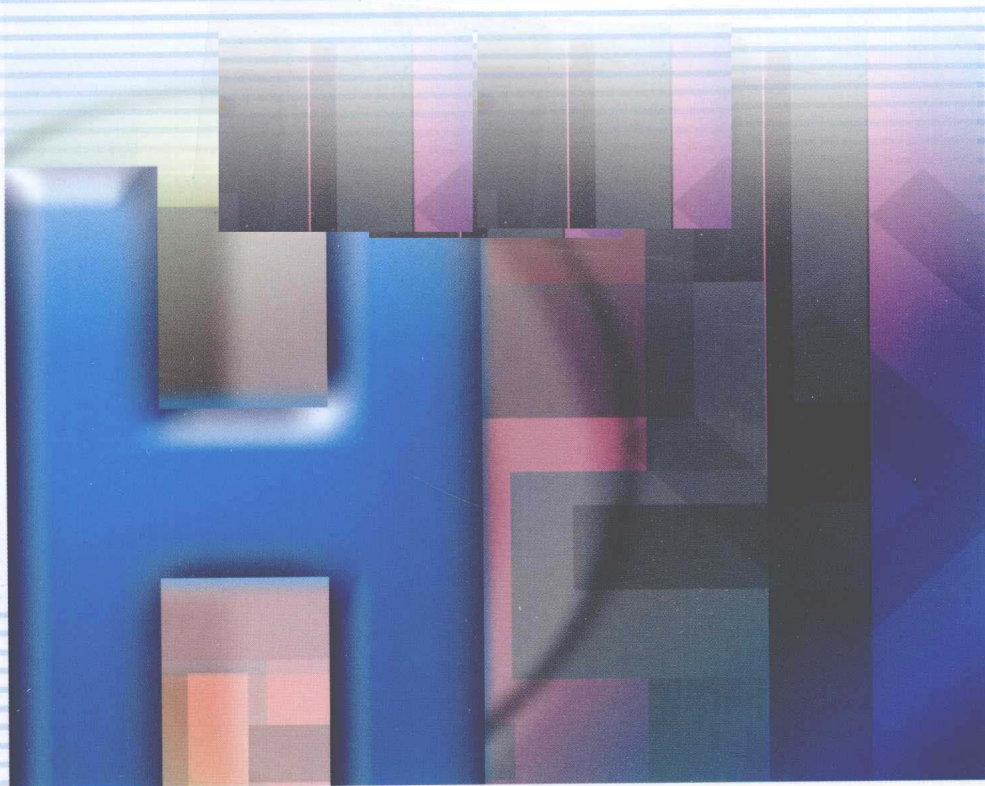



陕西师范大学优秀研究生教材资助项目

全日制硕士专业学位 研究生英语教程

白靖宇◎主编



 科学出版社
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游建荣 马珂 副主编

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北京

内 容 简 介

随着我国研究生教育结构的改变,研究生英语教学的课程设置和教学方式也将随之发生重大变化。为了适应这一新形势,根据教学的实际需要,我们编写了本书,以解决全日制硕士专业学位研究生英语教材短缺的迫切问题。本书共有10个单元,每个单元包括课文A和课文B两部分,内容采用了一体化(integration)的原则,选用国外最新语言材料,题材广泛,涉及21世纪社会生活和科技文化,充满时代气息,融知识性、时代性和实用性于一体,适用于各类硕士专业学位研究生的英语学习。

本书可供各类全日制硕士专业学位研究生使用,也适用于学习时间为半学年的其他类型研究生。

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FOREWORD

前 言

根据教育部（教研[2009]1号）文件精神，我国的研究生教育结构开始实施重大调整，研究生按照专业与用途划分为普通类研究生（学术性学位）和特殊种类研究生（专业学位），形成了不同类型和多种形式的研究生培养模式。教育部要求，从2010年起，各研究生培养单位在硕士研究生的招生计划中将专业学位的比例增加到25%，以后每年逐渐加大招生比例，到2015年将达到50%的规模。因此，我国的研究生教育将更加注重新高层次应用型专门人才的培养。

随着我国研究生教育结构的改变，研究生英语教学的课程设置和教学方式也将随之发生重大变化。为了适应这一新形势，根据教学的实际需要，我们编写了这本《全日制硕士专业学位研究生英语教程》（Comprehensive English Course for Full-time Professional Master Students），以解决全日制硕士专业学位研究生英语教材短缺的迫切问题。

本书突出了专业学位研究生培养的特点，即“要具备较强的解决实际问题的能力”。本书以英语阅读能力为重点，巩固和提高研究生的语言基础知识，全面提高综合应用英语的技能，培养阅读专业英语文献的能力，以获取和掌握本专业的新知识及新信息。

本书共有10个单元，每个单元包括课文A和课文B两部分：课文A为课堂教学材料，包括课文、词汇、注释和综合练习4部分，其中综合练习又含有课文理解、词汇、翻译、写作等练习形式；课文B为阅读材料，练习形式包括猜测词义、对错选择和阅读评论。本书最后附有总词汇表。

根据英语综合应用能力培养的实际需要，结合专业学位研究生教育实践性、应用型的特色，本书的练习部分设计形式多样，练习量较大，有利于研究生巩固已掌握的知识、提高语言技能和扩展知识，体现了语言教学和学习实践性强的特征。同时，本书采用了主题化（topic-based approach）教材的编写模式，每个单元设有一个话题，课文A和课文B的主题内容采用了一

体化 (integration) 原则, 选用国外最新语言材料, 题材广泛, 内容涉及 21 世纪社会生活和科技文化, 充满时代气息, 融知识性、时代性和实用性于一体, 适用于各类硕士专业学位研究生的英语学习。

本书可供各类全日制硕士专业学位研究生使用, 也适用于学习时间为半学期的其他类型研究生。本书的教学参考与课文录音可在 <http://www.yjs.snnu.edu.cn/> 下载。

由于我们水平有限, 书中难免有疏漏或不妥之处, 希望广大师生提出宝贵意见。

编者

2010年5月

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Unit 1

Warm-up Activity

1. What do you know about career planning?
2. Is career planning important to career success?
3. What issues should be taken into consideration in career planning?

Text A

Developing a Strategic Vision for Your Career Plan

Dr. Randall S. Hansen

1. How many times will you change careers in your lifetime? If you're like most people, you'll change careers at least several times over the course of your life. How successful you'll be in making transitions among careers can at least be partially attributed to the amount of career planning and preparation you've done.

2. Every job-seeker needs to take the time to step away from the day-to-day grind of work and spend quality time reflecting on your career and developing some plans for your future. Whether you love your current job and employer or feel frustrated and confined by your job, career planning can help. Think of career planning as building bridges from your current job/career to your next job/career; without the bridge, you may easily stumble or lose your way, but with the bridge there is safety and direction.

3. This article provides you with some basic guidelines for both short-term and long-term career planning.

Short-Term Career Planning

4. A short-term career plan focuses on a timeframe ranging from the coming year to the next few years, depending on the job-seeker. The key characteristic of short-term career planning is developing realistic goals and objectives that you can accomplish in the near future.

5. As you begin your career planning, take the time to free yourself from all career barriers. What are career barriers? There are personal barriers (such as lack of motivation, apathy, laziness, or procrastination), family pressure (such as expectations to work in the family

business, follow a certain career path, or avoidance of careers that are below your status/stature), and peer pressure. And while career planning and career decision-making is an important aspect of your life, do not put so much pressure on yourself that it paralyzes you from making any real choices, decisions, or plans. Finally, career planning is an ever-changing and evolving process — or journey — so take it slowly and easily.

6. To help you with your career planning, consider using the following exercises to their fullest potential.

Career Planning Exercises:

- Analyze your current/future lifestyle. Are you happy with your current lifestyle? Do you want to maintain it or change it? Be sure to identify the key characteristics of your ideal lifestyle. Does your current career path allow you the lifestyle you seek?
- Analyze your likes/dislikes. What kinds of activities — both at work and at play — do you enjoy? What kind of activities do you avoid? Make a list of both types of activities. Now take a close look at your current job and career path in terms of your list of likes and dislikes. Does your current job have more likes or dislikes?
- Analyze your passions. Reflect on the times and situations in which you feel most passionate, most energetic, most engaged — and see if you can develop a common profile of these situations. Develop a list of your passions. How many of these times occur while you are at work?
- Analyze your strengths and weaknesses. Step back and look at yourself from an employer's perspective. What are your strengths? What are your weaknesses? Think in terms of work experience, education/training, skill development, talents and abilities, technical knowledge, and personal characteristics.
- Analyze your definition of success. Spend some time thinking about how you define success. What is success to you: wealth, power, control, contentment?
- Analyze your personality. Are you an extravert or an introvert? Do you like thinking or doing? Do you like routines or change? Do you like sitting behind the desk or being on the move? Take the time to analyze yourself first, then take one or more of these self-assessment tests.
- Analyze your dream job. Remember those papers you had to write as a kid about what you wanted to be when you grew up? Take the time to revert back to those idyllic times and brainstorm about your current dream job; be sure not to let any negative thoughts cloud your thinking. Look for ideas internally, but also make the effort to explore/research other careers/occupations that interest you.
- Analyze your current situation. Before you can even do any planning, clearly and realistically identify your starting point.

7. Once you've completed these exercises, the next step is to develop a picture of yourself and your career over the next few years. Once you've developed the mental picture, the final step is to develop a plan for achieving your goal.

Career Planning Steps:

- Identify your next career move. If you have been examining multiple career paths, now it is the time to narrow down the choices and focus on one or two careers.
- Conduct detailed career research and gather information on the careers that most interest you. Use the resources we list in our Career Research Checklist.
- Pinpoint the qualifications you need to move to the next step in your career or to make the move to a new career path. If you're not sure, search job postings and job ads, conduct informational interviews, and research job descriptions.
- Compare your current profile with the qualifications developed in step 3. How far apart are the two profiles? If fairly well-matched, it may be time to switch to a job-search. If fairly far apart, can you realistically achieve the qualifications in the short — term? If yes, move to the next step; if no, consider returning to the first step.
- Develop a plan to get qualified. Make a list of the types of qualifications you need to enhance your standing for your next career move, such as receiving additional training, certification, or experience. Develop a timeline and action plans for achieving each type, being sure to set specific goals and priorities.

Long-Term Career Planning

8. Long-term career planning usually involves a planning window of five years or longer and involves a broader set of guidelines and preparation. Businesses, careers, and the workplace are rapidly changing, and the skills that you have or plan for today may not be in demand in years from now. Long-range career planning should be more about identifying and developing core skills that employers will always value while developing your personal and career goals in broad strokes.

9. Core Workplace Skills: communications (verbal and written), critical and creative thinking, teamwork and team-building, listening, social, problem-solving, decision-making, interpersonal, project management, planning and organizing, computer/technology, and commitment to continuous/lifelong learning.

10. Identifying Career/Employment Trends: How can you prepare for future career changes and developments? The best way is to stay active in short-term career planning. By regularly scanning the environment and conducting research on careers, you'll quickly become an expert on the career paths that interest you, and you'll be better prepared for your next move.

Useful Tools/Resources for Career Planning

11. Follow the links below to some extremely useful tools and resources to enhance your career planning experiences.

- **Career Assessment Tools.** Here's a collection of the best self-assessment tools, designed to give you a better idea of your attitudes and interests as they relate to possible career choices.
- **Career Change Resources.** Some tools and resources especially established for job-seekers contemplating a career change.
- **Career Exploration Resources.** Find some great resources designed to help you learn more about different jobs, careers, and career exploration.
- **Career Research Checklist.** Where you'll find every imaginable resource you could use to learn more about careers and conduct career exploration.
- **College Planning Resources.** As you research potential career choices, you may find you require additional coursework, degrees, or training. Find all the educational resources you need right here.
- **Graduate School Resources.** If you find you need or desire a graduate degree to change careers, here's where you'll find everything you need to research graduate schools.
- **Quintessential Careers Journaling Course.** Taking the time to use a career journal is a fantastic way to conduct career planning on a regular basis.
- **Tracking and Leveraging Accomplishments.** A great article written to help you understand the importance of focusing on your work-related accomplishments.
- **Transferable Skills.** The concept of transferable skills is a vital job-search technique that all job-seekers should master, though the concept is especially important for career changers and college students.
- **Using a Personal Mission Statement to Chart Your Career Course.** A great article that guides you in the development of your personal mission statement, a useful tool for self-discovery and career planning.
- **Using a SWOT Analysis in Your Career Planning.** Learn how a key strategic planning tool can be successfully applied to marketing yourself and advancing your career.
- **Workplace Values Assessment.** Use this cool assessment tool to better understand the core values you want in a job, career, and employer.

http://www.quintcareers.com/career_plan.html

(1451words)

New Words

transition /træn'ziʃən/	<i>n.</i>	changing, change from one condition or set of circumstances to another
grind /graɪnd/	<i>n.</i>	long, monotonous task
frustrate /frʌs'treɪt/	<i>v.</i>	prevent sb. from doing sth.
confine /kən'faɪn/	<i>v.</i>	keep or hold, restrict within limits
timeframe /'taɪm, freɪm/	<i>n.</i>	timetable
objective /əb'dʒektɪv/	<i>n.</i>	object aimed at; purpose; goal; aim
apathy /'æpəθi/	<i>n.</i>	absence of sympathy or interest; indifference
procrastination /prəʊ.kræstɪ'neɪʃən/	<i>n.</i>	keeping on putting off
paralyze /'pærəlaɪz/	<i>v.</i>	make powerless and unable to function
passionate /'pæʃənɪt/	<i>adj.</i>	easily moved by passion; having or expressing strong emotions
profile /'prəʊfaɪl/	<i>n.</i>	概况
perspective /pə'spektɪv/	<i>n.</i>	view; prospect
contentment /kən'tentmənt/	<i>n.</i>	satisfaction
extravert /'ekstrə.vɜ:t/	<i>n.</i>	个性外向的人
introvert /'ɪntrə. vɜ:t/	<i>n.</i>	个性内向的人
revert /ri'vɜ:t/	<i>v.</i>	return
idyllic /ai'dɪlɪk/	<i>adj.</i>	simple, peaceful and pleasant
brainstorm /'breɪn.stɔ:m/	<i>v.</i>	try to solve a problem by thinking intensely about it
cloud /klaʊd/	<i>v.</i>	make obscure; darken
internally /ɪn'tə:nəli/	<i>adv.</i>	on or from the inside
pinpoint /'pɪn.pɔɪnt/	<i>v.</i>	locate or identify exactly
enhance /ɪn'hɑ:ns/	<i>v.</i>	intensify or increase
timeline /'taɪm.laɪn/	<i>n.</i>	timeframe
priority /praɪ'ɔ:rɪti/	<i>n.</i>	优先权
commitment /kə'mɪtmənt/	<i>n.</i>	(对工作或某项活动) 奉献, 投入
contemplate /'kɒntem.pleɪt/	<i>v.</i>	深思, 细想, 仔细考虑
coursework /'kɔ:s.wɜ:k/	<i>n.</i>	written or oral work completed by a student
quintessential /kwɪntɪ'senʃəl/	<i>adj.</i>	representing the perfect example of a class or quality
fantastic /fæn'tæstɪk/	<i>adj.</i>	very good; excellent
chart /tʃɑ:t/	<i>v.</i>	plot or outline the course of

Phrases and Expressions

attribute to	consider as a quality of, as being the result of, as coming from
reflect on/upon	consider
in terms of	在……方面, 从……方面 (来说)
on the move	在行动中, 在进步中

Exercises

1. Reading Comprehension

Fill in the blanks with the information you've learned in the text.

(1) According to the author, career planning is very essential because _____

(2) The main idea of the passage:

(3) Short-term career planning and long-term career planning are different. A short-term career planing _____

_____;

but long-term career planning _____

_____.

(4) In order to hold a positive attitude towards short-term career planning, you should _____

_____.

(5) Before you develop a picture of yourself and your career, you should _____

_____.

2. Vocabulary

A. Fill in the blanks with the correct form of the words you have learned in the text.

(1) The modern tram could hardly be more different. It plays a key role in keeping city streets _____ and is the object of the best modern designers' desire.

(2) _____ drill and practice, web-based learning enables students to advance rapidly without being limited by the needs of the entire class.

(3) In many aspects, Hardy's birthplace evokes a _____ vision of the English country cottage, with its thatched roof, old-fashioned garden and secluded setting.

- (4) In the article, the author analyzes Americans' individualism, sense of humor, and pursuit of material things from the _____ of the automobile.
- (5) In developing countries, the investment in culture, education and science, and especially elementary education, must enjoy top _____.
- (6) It could be an emotional problem that she may be reluctant to give evidence of what is in her mind. If the problem persists, it may _____ her attitude to school.
- (7) Once you have _____ all the ideas to solve the reverse problem, now reverse these into solution ideas for the original problem.
- (8) If a person's psychic energy usually flows outwards then he or she is an _____, while if the energy usually flows inwards, the person is an _____.
- (9) _____ means undoing the effects of one or more edits, which normally results in the page being restored to a version that existed sometime previously.
- (10) When asked about a _____ for these auctions, the spokesman said that there was "no hurry" but that he expected the aircraft to have gone to its new home by Christmas.

B. Choose the word or phrase that is closest in meaning to the underlined one.

- (1) In the last decade, however, we have sought to fulfill the goal with greater zeal, greater commitment, and greater success than at any other period in our history.
A. devotion B. promise C. pledge D. obligation
- (2) The package contains six schedules for different age groups, called assessment and action records, to chart children's progress.
A. operate B. outline C. record D. inform
- (3) Better network management has, as a prime objective, constant awareness of network conditions, providing accurate and timely information to users.
A. proposition B. reality C. goal D. objection
- (4) She sat behind the mixing console of one of BBC's studios and said: "My parents are fantastic, they are the stabilizing influence in my life."
A. unrealistic B. weird C. excellent D. illusory
- (5) It is open to discussion over how much success can be attributed to innovative marketing and how much to the technical qualities of the product.
A. result from B. be contributed to C. own to D. explain away
- (6) Sporting World News, the sports section of the newspaper published a profile of a new tennis champion this week.
A. side view B. commentary
C. qualitative analysis D. biographical sketch
- (7) Fish is often served with spices and vegetable sauces to enhance colour and flavour. Otherwise, it would be smelly.

- A. exchange B. resemble C. release D. intensify
- (8) An electric shock goes through your nervous system and paralyzes your muscles, so you stop breathing and your heart stops.
- A. numbs B. strengthens C. stuns D. stumbles
- (9) People are turning away from the disappointing material world and seeking satisfaction and fulfillment from culture-related products.
- A. content B. contend C. contentment D. contention
- (10) How could you learn English well if you find learning English a day-to-day endless grind but not a fun?
- A. drudgery B. pulverization C. abrading D. polish

3. Cloze

Choose an appropriate word from the following list to fill in each of the following blanks. Each word can be used only ONCE. Change the form where necessary.

first of all	then	not	figure out	no matter what
outperform	however	wrong	more	successful
who	instead of	still	knowledge	high
worst	right	rather than	only	rehearse

I have a theory on doing business. If my business is good, it's not because of the weather, the time of year or the economy. It's because of me. I'm doing something (1)_____. If my business is bad, it's (2)_____ because of the weather, the time of the year or the economy. It's because of me. I'm doing something (3)_____. Somebody is always buying something from somebody, so how can I make them buy from me?

(4)_____, you need confidence in yourself and your merchandise with clear goals and (5)_____ of the products you are selling. (6)_____ then can you inspire dedication from your staff and a willingness to buy from customers.

Successful business people, (7)_____ their industry, have been found to share similar traits. Today's world is no longer satisfied with simply success — we want to know how the successful get to the top. The Russians developed a concept called "anthropomaximology", in which they try to answer the question of why some individuals (8)_____ others. Through the years I've done some anthropomaximology of my own and found there are certain qualities that describe (9)_____ business people. Here are a few:

They constantly set (10)_____ goals. Successful business people are mountain climbers (11)_____, having climbed one peak, look beyond to the next highest.

They avoid "comfort zones". To a successful person, standing (12)_____ feels like going backwards.

They solve problems (13)_____ place blame. Successful business people do not

waste their time looking at problems and saying, "It's not our fault" or "Why didn't we..." They say, "Let's look at what went wrong and (14)_____ how we can make it work next time."

They look at the (15)_____ possible scenario. "What's the worst possible result if we follow this plan?" they ask themselves. (16)_____, knowing that, they decide if the risk-taking is practical. (17)_____, once they make the decision, they proceed with the confidence, knowledge and expertise necessary to make it work.

They (18)_____ the future as they see it. Successful people move towards the pictures they create in their mind.

How many of these five characteristics are yours? The (19)_____ you have, the higher degree of probability you will be doing more business next year (20)_____ being one of the thousands of retailers listed in the obituary pages of the local paper's business news.

4. Translation

A. Chinese to English

1) Translate the following sentences into English.

(1) 虽然这次我们失败了, 但我们不应该心灰意冷, 因为我们都知, “失败乃成功之母”, 这次的失败将会成为未来成功的开始, 对此我们深信不疑。(apathy)

(2) 这个充满田园风光的印度尼西亚岛屿是灵性、自然美景和异域风情的完美结合。(idyllic)

(3) 青春期是从儿童期到成人期的过渡。对于每个人而言, 这都是一个关键时期, 所以父母要特别关注孩子这一时期的成长。(transition)

(4) 感谢你提出的实用建议, 但我还需要时间来仔细考虑你的建议。(reflect on)

(5) 在做最后的决定前, 你最好仔细考虑一下相关问题, 并制订出在未来一年中可以实现的行动计划。(contemplate)

(6) 在这次英语演讲比赛中, 十一号参赛选手语言流畅, 给我留下了最深刻的印象, 但遗憾的是, 他跑题了。(confine)

(7) 困难和失败都没有挫伤这位年轻人对科学研究的热情, 他对能够更深入地研究感到满意。(frustrate)

(8) 据我所知, 人类学家仍然不能准确地断定人与猿究竟在什么时候分化成了两种截然不同的种类。(pinpoint)

2) Translate the following paragraph into English.

我们都有目标和追求, 有时却不知如何起步去实现。我们想要好身材, 想更健康、更有活力, 可是却都不知道第一步该怎么做。而且, 通往目标的道路有时候会坎坷不平, 它很难走, 导致我们有时候干脆想放弃。我们时常会忘记了自己目前的处境不是“一日之寒”, 要改变也不是“一朝一夕”能成功的, 而是需要时间和努力的。因此, 我建议一次只设定一个目标。一次想做太多的事情, 很快你会变得手忙脚乱。做一份目标清单,