



大学英语

读写教程 (第四册)

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全国高职高专英语系列规划教材

大学英语读写教程

(第四册)

邱易安 向风极 主 编
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科 学 出 版 社

北 京

内 容 简 介

本套教材共有读写教程、扩展阅读教程和听说教程三个系列。本书系读写教程的第四册。全书共分十个单元,其中八个单元精选了与学习、生活、运动等各方面紧密相关的文章,两个单元是总结和练习。本书重点要求学生掌握和提高英语的语言能力、交际能力和写作能力,实用性强。

本书可作为高职高专英语教学用书,也可以作为相关职业培训班的教材。

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出版说明

进入 21 世纪,国际竞争日趋激烈,竞争的焦点是人才的竞争,是全民素质的竞争。人力资源在国家综合国力的增强方面发挥着越来越重要的作用,而人力资源的状况归根结底取决于教育发展的整体水平。

教育部在《2003~2007 年教育振兴行动计划》中明确了今后 5 年将进行六大重点工程建设:一是“新世纪素质教育工程”,以进一步全面推进素质教育;二是“就业为导向的职业教育与培训工程”,以增强学生的就业、创业能力;三是“高等学校教学质量与教学改革工程”,以进一步深化高等学校的教学改革;四是“教育信息化建设工程”,以加快教育信息化基础设施、教育信息资源建设和人才培养;五是“高校毕业生就业工程”,以建立更加完善的高校毕业生就业信息网络和指导、服务体系;六是“高素质教师和管理队伍建设工程”,以完善教师教育和终身学习体系,进一步深化人事制度改革。

职业教育事业在改革中加速发展,使我国的经济建设和社会发展服务能力显著增强。各地和各级职业院校坚持以服务为宗旨、以就业为导向,正大力实施“制造业与现代服务业技能型紧缺人才培养培训计划”和“农村劳动力转移培训计划”,并密切与企业、人才、劳务市场的合作,进一步优化资源配置和布局结构,深化管理体制和办学体制改革,使这一事业发展势头良好。

为配合教育部职业教育与成人教育司 2004~2007 年推荐教材的出版计划,科学出版社本着“高水平、高质量、高层次”的“三高”精神和“严肃、严密、严格”的“三严”作风,集中相关行业专家、各职业院校双优型教师,编写了高职高专层次的基础课、公共课教材,各类紧缺专业、热门专业教材,实训教材,以及引进的特色教材,其中包括如下三个部分:

1. 高职高专基础课、公共课教材系列

(1) 基础课教材系列

(2) 公共课教材系列

2. 高职高专专业课教材系列,又分

(1) 紧缺专业

——软件类专业系列教材

——数控技术类专业系列教材

——护理类专业系列教材

(2) 热门专业教材

——电子信息类专业系列教材

——交通运输类专业系列教材

- 财经类专业系列教材
- 旅游类专业系列教材
- 生物技术类专业系列教材
- 食品类专业系列教材
- 精细化工类专业系列教材
- 艺术设计类专业系列教材
- 建筑专业系列教材

3. 高职高专特色教材系列, 又分

(1) 高职高专实训教材系列教材

(2) 国外职业教育优秀系列教材

本套教材建设的宗旨是以学校的选择为依据, 以方便教师授课为标准, 以理论知识为主体, 以应用型职业岗位需求为中心, 以素质教育、创新教育为基础, 以学生能力培养为本位, 力求突出以下特色:

1. 理念创新: 秉承“教学改革与学科创新引路, 科技进步与教材创新同步”的理念, 根据新时代对高等职业教育人才的需求, 出版一系列体现教学改革最新理念、内容领先、思路创新、突出实训、成系配套的高职高专教材。
2. 方法创新: 摒弃“借用教材、压缩内容”的滞后方法, 专门开发符合高职特点的“对口教材”。在对职业岗位所需求的专业知识和专项能力进行科学分析的基础上, 引进国外先进的教材, 以确保符合职业教育的特色。
3. 特色创新: 加大实训教材的开发力度, 填补空白, 突出热点, 积极开发紧缺专业、热门专业的教材。对于部分教材, 提供“课件”、“教学资源支持库”等立体化的教学支持, 以方便教师教学与学生学习。对于部分专业, 组织编写“双证教材”, 注意将教材内容与职业资格、技能证书进行衔接。
4. 内容创新: 在教材的编写过程中, 力求反映知识更新和科技发展的最新动态, 新知识、新技术、新内容、新工艺、新案例及时反映到教材中, 体现了高职教育专业紧密联系生产、建设、服务、管理一线的实际要求。

欢迎广大教师、学生在使用本系列教材时提出宝贵意见, 以便我们进一步做好修订工作, 出版更多的精品教材。

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Road to Success

Warming-up Activities

● Discuss the following questions and say anything you like about success or successful persons.

1. Have you been praised for your success in your English learning? How did you feel at that time?
2. How did you succeed in your English learning?
3. Do you have a plan about how to be successful in your future career?
4. What is your plan?

● Take a few minutes to read the text and think about the general idea. Then write in the blanks on the right any new words you find in the text.

Reading

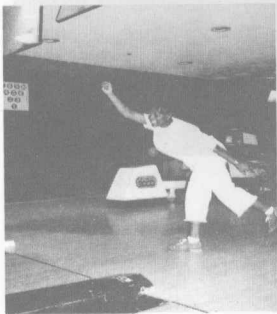
Winner's Guide to Success

How do successful people think? What drives them? To find out I interviewed some of the people most successful in motivating others: the nation's top motivational speakers and best-selling¹ authors of how-to-succeed books. Here are seven keys to success that they share:

Take full responsibility

In a society in which people **blame** everyone from their parents to the government for their failure to **get ahead**, motivational superstars refuse to buy into² the **victim mentality**. Their **credo** is "If it's to be, it's up to me³."

They realize that when you say someone or something outside of yourself is preventing you from succeeding, you're **giving away** your power. You're saying, "You have more control over my life than I do."



Consider Les Brown. Given up by his parents at birth and labeled "educable mentally retarded" as a child, he had every reason to lose hope. But when a high school teacher told him "Someone else's opinion of you does not have to become your reality,"

LONGUE

Brown realized that his future lay in his own hands. He went on to become an Ohio state **legislator** and author, and today earns \$20,000 per hour as one of America's top motivational speakers.

Brown understood that you can't control things in life such as nature, the past and other people. But you can control your own thoughts and actions. Taking responsibility for your life is one of the most **empowering** things you can do.

Live life "on purpose"

Perhaps what most separates motivational superstars from others is that they live life "on purpose"—they are doing what they believe they were put here to do. "Having a purpose in your life is the most important element of becoming a fully functioning person," says Wayne Dyer, author of the best-selling *Your Erroneous Zones*⁴.

Not living like on purpose **consists of expending** just enough effort to **get by** with the least amount of problems. But when you live your life on purpose, your main concern is doing the job right. You love what you do—and it shows. People want to do business with you because they sense your **commitment**.

How do you live your life on purpose? By finding a cause you believe in and creating a business around it. Mike Ferry, once a salesman of audiotape programs, believed Realtors⁵ needed help developing sales skills. So he started the Mike Ferry Organization, a training company for the real-estate industry. His company has **generated** more than \$20 million a year in sales.

Write out a plan

Trying to achieve your goals without an action plan is like trying to drive from Los Angeles to Denver without a map. The wasted time, energy and money will probably cause you to give up long before you reach the Rockies.

Brian Tracy, one of America's most successful sales trainers, speakers and authors, points out, "Goals that are not in writing are not goals at all. They are merely **fantasies**."

With a written map in hand, however, you'll enjoy the trip and arrive at your **destination** in the shortest possible time.

TONGUE

Be willing to pay the price

Wanting a big house, a **luxury** car or a million dollars is nice, but the problem is that practically everyone wants these things. Successful people find out what it costs to make their dream come true—then make it happen. They don't **complain** about the work it takes.



Les Brown has a **callus** on his left ear.

Why? "When I decided to get into speaking, I had no **credentials**, no **reputation**, no **credibility** and no experience, so I had to call a lot of people," he explains. "I called over a hundred people a day to ask for an opportunity to speak to their group. This

callus is worth several million dollars!"

Become an expert

One striking factor about the motivational speakers I interviewed is their **phenomenal** drive to be the best. They'll do almost anything to improve their skills.

Patricia Fripp, who speaks to *Fortune* 500⁶ **executives** on how to become more successful, took a comedy workshop⁷ and hired a private speech coach to improve her speaking ability. Fripp did this even after being named one of the most **electrifying** speakers in North America by a trade magazine.

If someone videotaped you at your job to make a how-to⁸ ape for other people, would you be proud of the tape or embarrassed? If the latter, decide today to work toward being the best in your field. Study the experts, find out what the best are doing, then do what they do.

Never give up

It may sound obvious, but when you're truly **committed** to your goal, giving up isn't even an **option**. You must be willing to do whatever it takes to make it happen.

When Jack Canfield and Mark Victor Hansen compiled *Chicken Soup for the Soul*, they were **turned down** by more than a hundred publishers. But instead of



giving up, they stayed **focused on** their goal. Eventually, a small outfit⁹ decided to published the book. It not only became a best seller but also hatched¹⁰ an entire series of Chicken Soup books that have sold more than 12 million copies. That's the power of **perseverance**.

Spend as much of your day as you can on achieving your goals and dreams. Ask yourself, "Is what I'm doing right now bringing me closer to my goal?" If not, do something that will.

Don't delay

In his book *Live Your Dreams*, Les Brown recalls talking on the phone with a friend named Marion. The next day she died. Later Brown was helping **clean out** her of fice when he **came across** notes for a play. Unfortunately, it would never be published. Marion was the only one who knew the ending.



Remember, we don't have forever. Top achieves know this, but **rather than** seeing it as negative of depressing, they use the knowledge to spur themselves on. They **go after** what they want—energetically and **passionately** accomplishing their dreams. You can too.

New Words and Expressions

blame [bleim]	v.	~ sb. (for sth.); ~ sth. on sb.; fix on sb. the responsibility for sth. done (badly or wrongly) or not done 责备; 归咎(某事于某人)
callus ['kæləs]	n.	area of thick, hardened skin 皮肤硬化部分; 胼胝
commit [kə'mit]	v.	~sb. or sth. to, entrust; hand over to, for safe keeping or treatment 交托; 投入; 移交(为保管或处理)
commitment [kə'mitmənt]	n.	being committed 委托; 投入
compile [kəm'pail]	v.	collect (information) and arrange (in a book, list, report, etc.) 搜集(资料)并编辑(成书, 表, 报告等); 编辑
complain [kəm'plein]	v.	~(to sb.) (about/of sth.), say that one is not satisf-

		ied, 抱怨, 不满
credentials [kri'denʃəls]	n.	pl. letters or papers showing that a person is what he claims to be 证明身份, 学习经历等的信件或文件
credibility [ˌkredi'biliti]	n.	the ability to be believed in 确实性; 可信性
electrifying	adj.	令人振奋的
empower [im'paʊə]	v.	~sb. to do sth., give power or authority to act 授权给某人(做某事)
executive [ig'zekjutiv]	n.	person or group in a business or commercial
expend [iks'pend]	v.	~sth. (on/upon sth./ in doing sth.), spend 花费; 使用
fantasy ['fæntəsi, 'fæntəzi]	n.	fancy; imagination, esp. when extravagant 想象力; 想象; (尤指过度的)幻想; 狂想
generate ['dʒenə'reit]	v.	cause to exist or occur; produce 使发生; 产生
interview ['intəvju:]	v.	(of a reporter, etc.) have or obtain an interview with (指记者等)访问; 会见; 接见
legislator ['ledʒis.leitə]	n.	member of a law-making body 立法委员; 国会议员
luxury ['lʌkʃəri]	n.	(attrib. use) enabling people to live in luxury 豪华
mentality [men'tælitɪ]	n.	characteristic attitude of mind 心理状态
motivate ['məutivait]	v.	be the motive of; give a motive or incentive to; act as an incentive 为……的动机; 引起动机; 给予刺激; 激发
motivational [ˌməuti'veiʃənəl]	adj.	激发动机的; 激发积极性的
option ['ɒpʃən]	n.	right or power of choosing 选择权; 选择力 the organization with administrative or managerial powers (大企业或商业机构中)决策组织; 董事会; 总裁
passion ['pæʃən]	n.	强烈情感; 激情
passionate ['pæʃənɪt]	adj.	easily moved by passion; filled with, showing 易动情的; 热情的; 多情的
passionately	adv.	in a passionate manner 热情地; 深情地
perseverance [ˌpə:si'viərəns]	n.	constant effort to achieve sth; steadfastness 毅力; 坚忍; 不屈不挠
phenomenal [fi'nɒminl]	adj.	prodigious; extraordinary 奇异的; 非常的

reputation [ˌrepju(:)'teɪʃən]	n.	the general opinion about the character, qualities, etc. of sb. or sth. 名声; 名誉
responsibility [rɪs,pɒnsə'bɪlɪti]	n.	being responsible; being countable 责任; 负责
retard [rɪ'tɑ:d]	v.	check; hinder 阻止; 妨碍: a mentally retarded child 一个在智能或情绪方面有障碍的孩子 that is or may be chosen 选择之事物; 可选择之物 that sth. is wrong, that one is suffering 抱怨; 不满; 发牢骚; 诉苦
victim ['vɪktɪm]	n.	person, animal, etc. suffering injury, pain, loss, etc. because of circumstances, an event, the ill-will of sb., etc. 牺牲者; 受害或遇难的人, 动物等
give away		reveal intentionally or unintentionally (有意或无意地)泄露
consist of		(not in the progressive tenses) be made up of (不用进行式)由……组成
get by		manage; survive 设法; 继续存在; (勉强)对付过去; (勉强)过活
get ahead		go forward and pass sb.; make progress 前进并超越(某人); 有进展
turn down		refuse to consider (an offer, a proposal, or the person who makes it) 拒绝; 摒弃(提议, 建议, 作建议的人等)
come across		find or meet by chance 偶然发现或遇见某人(某物)
clean out		clean the inside of, remove dirt, dust, etc. from 打扫某物之内部; 扫除某物上之尘土等
rather than		宁愿; 而不是
go after		try to win or obtain 设法追求(某人/获得某物); 追逐
clean out		clean the inside of, remove dirt, dust, etc. from 打扫某物之内部; 扫除某物上之尘土等
come across		find or meet by chance 偶然发现或遇见某人(某物)
focus on		concentrate on 集中

Notes

1. best-selling: 畅销的, best-selling authors 畅销书作者。下文的 best seller = best selling book 畅销书。
2. buy into: 出钱加入(某组织), 此处指“与……为伍”。
3. up to sb.: required, looked upon as necessary, from him 应由某人……; 视为某人的职责; 取决于某人; 是某人的职责。
4. the best selling *Your Erroneous Zones*: 畅销书《你的误区》, 其作者是 Wayne Dyer (韦恩·戴尔)。
5. Realtors: 房地产经纪人。
6. *Fortune* 500: 《财富》500家企业, 美国最大的500家企业, 因每年在《财富》(*Fortune*)杂志上列榜公布, 故有此称。
7. workshop: 研讨会; 讲习班。
8. how-to: 提供入门知识的; 教你怎样做的。如: how-to book 入门书。
9. outfit: 公司, 机构。此处指出版社。
10. hatch: 孵出。此处为比喻用法, 指随后其他类似的书像鸡下蛋一样出版。

Word Study

motive

1. motive	n.	that which causes sb. to act 动机 patterns: do sth. from motives of ...; motive for doing sth. e.g. He helped the old lady from motives of kindness. Hatred was his motive for attacking me.
2. motiveless	adj.	without a motive 无动机的 e.g. He was motiveless for doing such a thing.
3. motivate	v.	be the motive of; give a motive or incentive to; act as an incentive 为……的动机; 引起动机; 给予刺激; 激发 e.g. Her envy of her sister's success motivated her to hurt her sister.
4. motivation	n.	动机

blame

- | | | |
|----------|----|--|
| 1. blame | v. | <p>fix on sb. the responsibility for sth. done (badly or wrongly) or not done 责备; 归咎 (某事于某人)</p> <p>patterns: blame sb. for sth./doing sth.; blame sth. on sb.; be to blame (for sth./doing sth.)</p> <p>e.g.</p> <p>They blame the high inflation rate for the collapse of the economy.</p> <p>They blame the obstacle in negotiation on the other party.</p> <p>That driver is to blame for the accident.</p> |
| 2. blame | n. | <p>responsibility for sth. done (badly or wrongly) or not done; finding fault 责任, 过失; 责难, 非难, 挑剔, 指责</p> <p>patterns: bear/take the blame (for sth./doing sth.); put/lay the blame on sb. (for sth.)</p> <p>e.g.</p> <p>You should take the blame for saying such stupid things.</p> <p>Don't put the blame on us. It's not our fault.</p> <p>If you don't do the work well , you will incur blame.</p> |

purpose

- | | | |
|----------------|------|--|
| 1. purpose | n. | <p>aim; plan; design; intention 目的; 计划; 意图; 意向</p> <p>patterns: on purpose; to the purpose</p> <p>e.g.</p> <p>For what purpose do you want to go to Canada ?</p> <p>The purpose of this article is to tell the students how to develop good study habits.</p> <p>I wouldn't go to London for purpose of buying a new tie.</p> <p>He has left the book here on purpose for you to read .</p> <p>The reply was so little to the purpose that it was not worth our consideration.</p> |
| 2. purposeful | adj. | having a conscious purpose 蓄意的; 有意义的 |
| 3. purposeless | adj. | lacking purpose; having no object in view 缺乏意义的; 没有目的的 |

concern

- | | | |
|------------|----|--|
| 1. concern | v. | have relation to; affect; be of importance to; be busy with; |
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Notes

		<p>interest oneself in; worry; trouble; bother 与……有关系; 影响; 对……有重要性; 忙于; 从事; 关心; 使担忧; 使烦恼; 使操心</p> <p>patterns: so/as far as ... be concerned; as concerns; concern oneself with/in /about; be concerned about / for sb. / sth.</p> <p>e.g.</p> <p>He is said to have been concerned in the crime .</p> <p>As far as we students are concerned, we want more free time to develop ourselves.</p> <p>Tom always concerns himself in preparing for CET-4.</p> <p>We are all concerned for / about her safety.</p>
2. concern	<i>n.</i>	<p>relation or connection; sth. in which one is interested or which is important to one; anxiety 关系; 关联; 关心之事; (对某人) 关心重大之事; 忧虑; 担心</p> <p>patterns: have a concern in; have no concern with; of concern</p> <p>e.g.</p> <p>It's no concern of mine.</p> <p>Mind your own concerns.</p> <p>There is some cause for concern but no need for alarm .</p> <p>He looked at me in concern.</p>
3. concerned	<i>adj.</i>	<p>anxious 焦虑的; 担心的</p> <p>e.g.</p> <p>Please don't be concerned about me.</p>
4. concerning	<i>prep.</i>	<p>about 关于</p> <p>e.g.</p> <p>They have got a letter concerning your complaint.</p>

complain

1. complain	<i>v.</i>	<p>say that one is not satisfied, that sth. is wrong , that one is suffering 抱怨; 不满; 发牢骚; 诉苦</p> <p>patterns: complain (to sb.) (about / of sth.); complain (to sb.) that; complain about / against / of</p> <p>e.g.</p> <p>She complained to me (of his rudeness. / that he had been rude to her.)</p> <p>He never complains about the pain/about being in pain.</p> <p>We have nothing to complain about / of.</p>
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