

成人高等教育非英语专业用

大学英语

综合教程

主编 潘明

Integrated
English Course



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上册

南京大学出版社

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前 言

本套教材(成人高等教育非英语专业本科用)是根据 1986 年国家教委审定的《大学英语教学大纲课程教学要求》(文理科本科用)编写,系云南省教育厅研究课题“云南省成人高等教育学位外语教学改革探索与实践”与昆明理工大学成人教育学院科研课题“成人高等教育本科英语教学体系改革”的研究成果之一。目前教育部及相关部门机构没有具体关于成人高等教育本科英语教学的相应大纲或教学要求,各高校大多使用普通高等教育本科教材组织教学,这些教材词汇起点较高,选材难度较大,不适合成人使用。鉴于此现状,为了弥补当前缺乏适合成人高等教育教学使用本科教材的现状,特组织长期从事成人高等教育本科教学、经验丰富的教师组织编写本教材。

本套教材的培养目标:① 掌握《大学英语教学大纲课程教学要求》(文理科本科用)中的英语基础知识和技能;② 具备一定的英语交际、运用能力;③ 能够通过相应的英语水平考试。教材在编写中力争突出教学的实用性与针对性,满足学生在各个方面的需求,有效地将素质教育与应试教育结合在一起。

本套教材特点:① 紧扣大纲,重点突出。在选材与章节内容的编排上严格遵循《大学英语教学大纲课程教学要求》(文理科本科用)及相关考试大纲而设置,加强情景对话(会话技能)、语言知识学习及运用、阅读及写作能力的培养。② 脉络清晰,方便教学。在内容的编排上充分满足学生自学及应试的需求,既便于学生进行自学也便于教师开展课堂教学,充分体现了成人高等教育“自学为主、面授为辅”的学习特点。③ 难易适度,实用性强。教材词汇起点符合大多数成人学生具备的词汇量,所选材料涉及人文、自然科学等多个方面,文章短小、趣味性浓,能提高学生的学习兴趣。课后习题采用英语水平考试题型,并针对各种题型进行详细讲解,提供极具操作性的应试策略,帮助学生提高应试能力。





本套教材分上、下两册,共 10 个单元,供成人高等教育非英语专业学生第一学年使用。每单元的编排模式为:① Intensive Reading;② Integrated Skills Development;③ Exercises。其中 Integrated Skills Development 为单元重点,包含词汇、语法的学习与运用,会话能力的训练,阅读理解技巧的学习与训练。Intensive Reading 部分包含热身练习和一篇兼具趣味性与实用性的精读短文。Integrated Skills Development 部分包括 Communicational Skills, Reading Skills, Grammar Picks, Writing Tips。Reading Skills 和 Writing Tips 部分在上册中主要从整体角度考虑,使学生能够从宏观的角度掌握一定的阅读策略;在下册主要从细节出发,使学生能够在全局策略的基础上掌握具体分析技巧,培养解析能力。本教材的指导思想是通过对学生进行语言基础知识、会话、阅读和写作的综合训练,提高学生的英语综合运用水平。

参编人员及具体分工:本教材由昆明理工大学成人教育学院潘明主编;副主编为孙冠华。教材中 Unit 1—10 中的 Intensive Reading 部分由孙冠华编写;Unit 1—10 中的 Integrated Skills Development 和 Exercises 部分由潘明编写。参加编写审稿工作的有:屈明、王丹丹。

本教材在编写过程中得到了昆明理工大学成人教育学院领导的大力支持与帮助,在此表示衷心感谢。由于编者水平有限,疏漏和错误之处在所难免,恳请读者批评指正。

编者

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Unit One

How to Spend Your College Life Meaningfully



Intensive Reading



Warm Up

Think about the following questions before you go to the text.

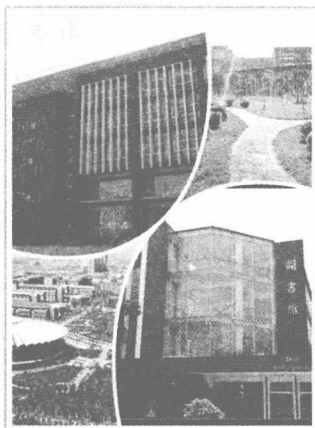
1. How did you spend your college life?
2. Do you think it is meaningful?
3. Have you ever made time management?
4. In your opinion, is it necessary to make a detailed calendar?



Text

How to Spend Your College Life Meaningfully

Regarded as the “Golden Time” of a person, college life is a period filling with expectations and dreams. However, most students waste their college time on sleeping, shopping, playing computer games, dating, etc. Some students want to relax themselves because of heavy burden in high school, while some students live like that as they cannot adapt to the college life which contrasts sharply with that at high school. Therefore, if you want to have a meaningful life in college, you should adjust both your habit and your state of mind to the colorful college style.





At first, get familiar with the main buildings on the campus. It is necessary to spend one or two hours by yourself or with your classmates to go around the campus so that you can know the location of such important places as the library, the dining room, the post office, the clinic and classrooms. Next, try to be independent. Learn to do such things, on your own, as making sound decision on how to spend your time and money, and washing clothes by yourself. Furthermore, form good study habits. Talk with your classmates and learn from their good habits. Finally, try to take part in all kinds of activities to get out of your solitude and get on well with your classmates.

Moreover, when you are in college, you should learn how to manage your time reasonably. Time management is one of the most important study skills that a college student needs to master—but it's also one of the most difficult. Here are some tips. Firstly, a detailed calendar could help you be aware of all your deadlines so that you'll know how much time you can allot to each task. After that, you could plan out your time according to your calendar. It's not a good idea to pick up your books and work on it until you've finished because you may not have enough time to accomplish all your tasks. Last but not least, you should take responsibility for your time management, avoid procrastination and distractions. Only in this way, can you finish your assignment and release yourself from heavy works. It is obvious that book worm is not welcome everywhere.



Reading Task

You will be given 10 minutes to read the text for the first time and then choose an appropriate answer for each of the following questions.

1. The first sentence in the text probably means that _____.
 - A. a person can get gold from college life
 - B. a person who has college life will expect and dream to get gold
 - C. a life time filled with expectations and dreams is precious to a person
 - D. a life time filled with gold is precious to a person



2. The reason why students don't cherish their time is NOT that _____.
- A. they want to relax themselves after high school
 B. they haven't adapted to the college life
 C. they don't learn how to manage their time
 D. college life is no worthy of cherishing
3. When you are a freshman, you'd better _____ to adapt to college.
- A. call your parents
 B. get familiar with the campus
 C. rely on teachers
 D. keep yourself alone
4. It is necessary to have a detailed calendar because _____.
- A. you can control your life anytime
 B. you can know the date
 C. the others would grasp your action
 D. it is a regular thing that college students must have
5. According to the text, to spend your college life meaningfully, you should _____.
- A. do whatever you want as sleeping, dating and escaping from class
 B. try your best to study hard without any entertainment
 C. enjoy yourself in study, activities and something you are interested in
 D. just behave the same as in high school



Vocabulary

- accomplish [ə'kɒmplɪʃ] *vt.* 完成; 达到
- adapt [ə'dæpt] *vi.* 适应于, 适应不同情况
- adjust [ə'dʒʌst] *vt. & vi.* (改变……以)适应, 调整
- allot [ə'lɒt] *vt.* 分配, 摊派给
- assignment [ə'saɪnmənt] *n.* 分给, 分配
- avoid [ə'vɔɪd] *vt.* 避开, 避免,



预防

- calendar ['kælɪndə] *n.* 日历; 历法; 日程表
- cherish ['tʃerɪʃ] *vt.* 珍爱; 怀有
- clinic ['klinɪk] *n.* 诊所, 门诊部
- deadline ['dedlaɪn] *n.* 最后期限; 截止日期
- decision [dɪ'sɪʒən] *n.* 决定
- distraction [dɪ'strækʃən] *n.* 注意力分散; 娱乐, 消遣
- expectation [ˌekspek'teɪʃən] *n.* 期待; 预期; 前程
- furthermore [ˌfɜːðə'mɔː] 此外; 而且
- get on well with 与……相处融洽
- golden ['gəʊldən] *a.* 金(黄)色的; (机会)宝贵的
- grasp [grɑːsp] *vt.* 抓住; 了解
- independent [ˌɪndɪ'pendənt] *a.* 自主的; 独立的
- location [ləʊ'keɪʃn] *n.* 位置, 场所
- master ['mɑːstə] *vt.* 精通, 熟练, 掌握
- precious ['preʃəs] *a.* 宝贵的, 珍贵的
- procrastination [ˌprɒʊ'kræstɪ'neɪʃn] *n.* 延迟, 拖延
- relax [rɪ'læks] *vt. & vi.* (使)轻松; (使)松弛
- release [rɪ'liːs] *vt.* 释放; 放开
- responsibility [ˌrɪspsɒnsə'bɪlɪtɪ] *n.* 责任; 职责
- solitude ['sɒlɪtjuːd] *n.* 单独, 孤独
- state [steɪt] *n.* 国家; 州; 状况, 情况
- tip [tɪp] *n.* 顶端
- waste [weɪst] *n.* 浪费, 白费
- worm [wɜːm] *n.* 虫, 蠕虫

◆ be aware of 知道, 意识到

◆ fill with (使)充/挤满; 使满怀

◆ dining room 饭厅

◆ pick up 捡起; 得到; 学会



Notes

1. Some students want to relax themselves because of heavy burden in high school, *while* some students live like that as they cannot adapt to the strong contrast life compared with high school. 一些同学由于在高中阶段承受了沉重的负担, 想要放松自己; 而一些同学则是因为无法适应大学与高中生



活的巨大反差。

while 在句中作连词,表示“而……”,相当于“whereas”,起到对比的作用。

e. g. I have no money to spend while you have nothing to spend money on.

我是没钱花而你是有钱没地方花。

This task is easy for expert while it is difficult for inexperienced one.

对于专家来说这任务不难,而对于没经验的人来说则很难。

2. 大学校园常用词汇:

academic committee 学术委员会	optional course 选修课
adult student 成人学生	compulsory course 必修课
acceptance notice 录取通知书	research institute 研究所
advisor 辅导教师	correspondence course 函授班
admission 入学	roll call 点名
alumnus 校友	counselor 导师
admission office 招生办公室	school badge 校徽
awarding a master's degree 授予 硕士学位	credit 学分
bachelor of arts 文学士	credit system 学分制
bachelor of science 理学士	dean 系主任
head teacher 班主任	degree system 学位制
honorary professor 名誉教授	students' society 学生社团
boarder 住校生	diploma 学位文凭
first-year student/fresh student 大 一学生	teachers' pet 得意门生
sophomore 大二学生	dropout 退学学生
junior 大三学生	teaching assistant 助教
senior 大四学生	expulsion 开除学籍
lecture hall 大教室	university lecturer 讲师
college transcript 大学成绩报 告单	visiting professor 客座教授
	graduate school 研究生院
	cafeteria 咖啡厅
	curriculum 课程表



students' identity card 学生证
degree 位

students' roll 学生名册



Integrated Skills Development



Communicational Skills

Greetings and introductions

相互问好

朋友见面时,通常会相互问好,除了大家所熟知的“how are you”之外,我们还可以使用以下的问答方式互相问好:

(注:普通朋友见面,问好时通常没有必要说得很详细,可以直接回答“好、不错、一般”等。但是如果很好的朋友也可以向他/她抱怨一下不如意之事。)

■ A: How are you doing?

B: I'm doing fine/OK/pretty well/great/super/terrific. (很好)

So-so/Not bad. /The same as ever. /I can't complain too much.

(一般、还不错)

Terrible. I've had a headache all morning. (不好)

■ A: How's it going? /How's everything with you/going?

B: Great. /Fine. /Pretty good. /Well, I'm still alive and kicking.

/So far so good.

■ A: How've you been?

B: All right. (还不错)

Not much lately. (不好)

■ A: What's happening? /What's new? /What's up?

B: Nothing much. /Not much. /Nothing in particular. /Nothing special.

介绍与自我介绍

初次见面时须进行介绍与自我介绍,注意一定要使用委婉的礼貌用语:



- A: Mary, this is Stone's brother Jim.
 B: I'm very glad/pleased to meet you.
 C: It's a pleasure to meet you. /Me too. /The pleasure is mine.
- A: May I introduce myself? My name is...
 A: May I have your name, please? /How do I address you?
 B: I'm John Smith. Call me John, Please. /
 Please call me John. That's my first name.

初次见面寒暄

I have heard a lot about you. /We have talked of you often.
 I must have seen you somewhere before. You look very familiar.
 Haven't we met before?

久未见面

A: Hi, Lisa! Haven't seen you for ages!
 B: Oh, hi! It has been a long while!



Reading Skills

Skill: Reading in thought groups 意群阅读

阅读忌讳逐字逐句地读,这不仅会降低阅读速度而且会导致理解偏差。在阅读中,应有意识的进行“意群”阅读。意群是指一组在意义和语法上具有紧密联系的词。意群可以是一个词、一个词组,也可以是并列句的一个分句或复合句的一个主句、从句等。我们可以用“/”划分句子的意群。

句子意群划分的一般规律如下:

1. 简短语句:整句为一个意群。

e. g. He stands up quickly.

I'm a student.

2. 简单句:名词或名词词组、动词短语、副词短语、介词短语及系表结构均可单独构成一个意群。



e. g. At first, /get familiar with the main buildings/on the campus. /
Regarded as the “Golden Time” of a person, /college life is a
period/filling with expectations and dreams.

3. 复合句:简短的名词性从句、定语从句、状语从句均可构成一个
意群。

e. g. Moreover, /when you are in college, /you should learn /how
to manage your time reasonably.



Worksheet

*Directions: Read the following sentences carefully, and how you might
break the sentences into thought groups. Use slashes (/) to mark the end
of each thought group.*

Example:

We worked fast so that we finish our plan.

We worked fast/so that we finish our plan.

1. He must capture the horse.

2. We must conduct the experiment with an even number of subjects.

3. The graph illustrates how sales fluctuated over the year.

4. Cultural diversity is a basic feature of human society, as well as an
important driving force behind the progress of humanity.

5. As is shown by history, international conflicts, in the final analysis,
result from the contentions for economic benefits rather than
differences among different nationalities.



6. For those who prefer reading the evening newspaper offers the reader the possibility of reading the news others see and hear on TV.

7. I've decided to set a long-term goal for myself—to put aside enough money to buy a new car. By this time next year, I'll have put away enough cash for a down payment. My short-term goal is to start living within my means. Once I've started sticking to a monthly budget, I think it'll be easier.

8. My college expenses are going to get me into a lot of debt. I don't expect to have begun making payments by the time I graduate, but I do have a plan. After I finish school, my short-term goal is to find a job where I can make some good money and begin a payment plan on my loans. Then, I figure that by the time I'm thirty, I should have paid back everything I owe.



Grammar Picks

Nouns 名 词

表示人、事物或抽象概念的词叫做名词。名词分为可数名词和不可数名词。可数名词有单数和复数之分。复数名词通常在名词后加后缀-s/-es。不可数名词则无数的概念,没有复数形式。





不可数名词

物质名词

- 流体: air(空气), smoke(烟), steam(蒸汽), water(水), rain(雨水)等。
- 自然现象: weather(天气), sunshine(阳光), electricity(电)等。
- 微粒: rice(米), corn(玉米), sand(沙), dust(灰尘), garbage(垃圾)等。
- 种类: furniture(家具), luggage(行李), meat(肉), bread(面包), money(钱), poetry(诗), personnel(人员)等。

抽象名词

- 学科: economics(经济学), statistics(统计学)等。
- 医学: measles(麻疹), diabetes(糖尿病)等。
- 其他: news(新闻), information(信息), knowledge(知识), damage(损害)等。

专有名词

- 特定的或独一无二的事物。如: 人名、地名、组织名等。

可数名词

个体名词

- 复数形式不规则: child—children(儿童), man—men(男人), woman—women(女人), foot—feet(脚), tooth—teeth(牙齿), goose—geese(鹅), mouse—mice(老鼠), ox—oxen(公牛)。
- 单复数同形: aircraft(飞行器), spacecraft(航天飞机), Chinese(中国人), deer(鹿), fish(鱼), Japanese(日本人), means(方式), series(系列), species(类)等。
- 多以复数词出现: bellows(风箱), clothes(衣服), shorts(短裤), scissors(剪刀), spectacles(眼镜), shears(剪刀), trousers(长裤), wages(工资), belongings(所有物), surroundings(环境), savings(储蓄), findings(调查结果), arms(武器), clothes(衣服), stairs(楼梯)等。

集体名词

- people, police, youth, public, cattle等的谓语句词一般都用复数形式。
- family, committee, crew, audience, class, crowd等作为整体看待时, 谓语句词形式用复数; 作为个体或单个成员看待时, 谓语句词形式用单数。

不可数名词的计量方法

(1) 一般用“数字+of+计量单位+名词”表示“一定的数量”(注意:当数字大于一时,表示计量单位的名词可以有复数形式)。如:a piece of news(一则新闻), a glass of wine(一杯酒), two bowls of rice(两碗米)。

常用的表示量的可数名词有: piece(张), sheet(张), suit(套), tube(管), packet(包), item(条,则), bar(条), basket(篮子), glass(杯),