

高校转型发展系列教材




# 人文英语

王 焱 马晓奕 主编

孙 宏 谭跃越 尹 玲 副主编

郭丽莉 高小磊 吕 欧 周海林 参编



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## 内 容 简 介

本教材针对新时期大学英语教学的发展方向,积极服务地方高校转型发展和应用型、技能型人才培养需要,将语言学习与人文素养的培养紧密结合。内容涉及哲学、语言、历史、文化、艺术等人文学科经典主题,选材集趣味性、广泛性、典型性和时代性为一体,围绕单元主题,激发学生的学习兴趣,开阔学生视野。全书共有14章,供一个学期使用。每章由5部分组成,包括引言、词汇拓展、精读篇章、泛读篇章和中外文化常识。每章后附有各个部分练习的参考答案,书后附有课文中重要单词短语汇总,所以本教材既适用于大学英语的课堂教学,也是一套很好的英语自学课本。

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本教材是针对新时期大学英语教学的发展方向和新形势下我国人才培养目标对高等教育的要求而开发的,根据国家《大学英语课程教学要求(试行)》的要求,积极服务地方高校转型发展和应用、技能型人才培养需要,为适应新形势对普通高等学校本科英语教学改革迫切需要而组织编写的。

### 1. 教材特色

本教材适合修完大学英语基础课程的学生,旨在培养学生在专业学习和研究上运用英语的能力。本教材具有以下主要特色:

#### 1) 突出人文知识与语言学习相结合的编写理念

本教材以“专业需要”的教育学理念为指导思想,将语言学习与人文素养的培养相结合,内容涉及哲学、语言、历史、文化、艺术等人文学科经典主题,目的是进一步提高学生的语言应用能力,拓宽学生的国际视野,使学生有能力了解本学科的前沿动态,为大学生提供更加多元和开放的认知空间,提升综合人文素质,让英语学科的工具性和人文性功能发挥应有的作用。

#### 2) 注重培养学生的思辨能力和跨文化交际能力

本教材所选题材集广泛性、趣味性和时代性为一体,从不同角度对学生进行阅读技能、阅读理解、语篇分析和词库建构等方面的训练,既让学生学到语言知识,又启发学生独立思考的能力,以适应当代大学生思辨能力的培养和人格塑造的需要;每章后的中外文化知识拓展也为学生增强跨文化交际能力起到积极作用。

### 2. 教材内容

教材共14章,供一个学期使用。每章由5部分组成,包括引言、词汇拓展、精读篇章、泛读篇章和中外文化常识。

#### 1) 引言

每章以一段引言开始,概述本章主题。

#### 2) 词汇拓展

提供了24个与主题相关的拓展词汇。

### 3) 精读篇章

此部分是《人文英语》的主体部分,共3篇阅读文章,即Text A~C,每篇文章后有重要词汇解释,并配有一项不同类型的练习。练习形式包括:简答题、英译汉、汉译英及概述。

### 4) 泛读篇章

此部分共两篇阅读文章,即Text D~E,每篇文章前配以本篇文章的导读。

### 5) 中外文化常识

此部分由中国文化、外国节日、文学经典和跨文化交际案例分析及常识等5个部分组成。

另外,每章后均附有各个部分练习的参考答案,书后附有课文出现的大学英语四级词汇和短语的汇总表,所以本教材既适用于大学英语的课堂教学,也是一套很好的英语自学课本。

## 3. 使用说明

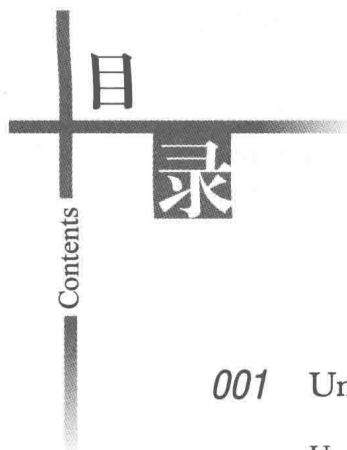
《人文英语》每章5个组成部分的编写均强化了对学生跨文化交际能力的培养。引言言简意赅地点出本章主题,可以用于预习;词汇拓展可丰富学生关于本章主题的词汇量;精读篇章阅读体现了文化知识的接受性技能和产出性技能相结合的原则,3篇文章侧重于接受性技能的培养,不同类型的练习题紧扣课文进行,有利于学生文化知识产出性技能的培养;2篇泛读篇章阅读则扩充了学生的阅读及文化知识积累;文化拓展部分可增加学生的文化敏感度,提高学生的文学素养及跨文化交际能力。

本教材作为2015年辽宁省高等学校创新团队(辽教发〔2015〕101号)所做的阶段性教研成果。

本教材编者均为从事英语教育多年并具有丰富教学经验的教师,虽然为此书付出巨大努力,但由于水平有限,难免会有疏漏和不足,敬请读者批评指正,以期不断完善。

编者

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## *Unit 1*

# **Psychology**



Psychology is the study of mind and behavior. It is an academic discipline and an applied science which seeks to understand individuals and groups by establishing general principles and researching specific cases. While psychological knowledge is applied to the assessment and treatment of mental health problems, it is also directed towards understanding and solving problems in several spheres of human activity.



## Useful Words and Expressions

anguish	<i>n.</i> 极度痛苦
autism	<i>n.</i> 自闭症
aversion	<i>n.</i> 厌恶
cognition	<i>n.</i> 认知
consciousness	<i>n.</i> 意识
harassment	<i>n.</i> 骚扰
hypnosis	<i>n.</i> 催眠
hysteria	<i>n.</i> 癔症
introspection	<i>n.</i> 内省
melancholia	<i>n.</i> 抑郁症
obsessive-compulsive	<i>a.</i> 强迫性神经症的
phobia	<i>n.</i> 恐惧症
rational	<i>adj.</i> 理智的
remedy	<i>n.</i> 药物治疗
repression	<i>n.</i> 压抑
schizophrenia	<i>n.</i> 精神分裂症
sedative	<i>n.</i> 镇定剂
temperament	<i>n.</i> 气质
both physically and mentally	身心两方面地
conditioned reflex	条件反射
depth perception	深度知觉
gene therapy	基因治疗
instinctive reaction	本能反应
release pent-up feelings	宣泄久积的情绪

# Intensive Reading

## Text A

### Does Color Affect How You Feel?

Do you feel anxious in a yellow room? Does the color blue make you feel calm and relaxed? Artists and interior designers have long understood how color can dramatically affect moods, feelings, and emotions. It is a powerful communication tool and can be used to signal action, influence mood, and cause physiological reactions.

Certain colors have been associated with increased blood pressure, increased metabolism, and eyestrain. “Given the **prevalence**<sup>1</sup> of color, one would expect color psychology to be a well-developed area,” note researchers Andrew Elliot and Markus Maier. “**Surprisingly, little theoretical or empirical work has been conducted to date on the influence of color on psychological functioning, and the work that has been done has been driven mostly by practical concerns, not scientific rigor.**”<sup>①</sup>

Despite the general lack of research in this area, the concept of color psychology has become a hot topic in marketing, art, design, and other areas.

Much of the evidence in this emerging area is **anecdotal**<sup>2</sup> at best, but researchers and experts have made a few important discoveries and observations about the psychology of color and the effect it has on moods, feelings, and behaviors.

Of course, your feelings about color are often deeply personal and rooted in your own experience or culture. For example, while the color white is used in many western countries to represent purity and innocence, it is seen as a symbol of mourning in many eastern countries.

While **perceptions**<sup>3</sup> of color are somewhat subjective, there are some color effects that have universal meanings. Colors in the red area of the color **spectrum**<sup>4</sup> are known as warm colors and include red, orange and yellow. These warm colors evoke emotions ranging from feelings of warmth and comfort to feelings of anger and hostility.

Colors on the blue side of the spectrum are known as cool colors and include blue, purple and green. These colors are often described as calm, but can also call to mind feelings of sadness or indifference.

Several ancient cultures, including the Egyptian and the Chinese, practiced chromotherapy, or the use of colors to heal. **Chromotherapy is sometimes referred to as light therapy or colorology and is still used today as a holistic or alternative treatment.**<sup>②</sup>

In this treatment, red was used to stimulate the body and mind and to increase **circulation**<sup>5</sup>. Yellow was thought to stimulate the nerves and purify the body. Orange was used to heal the lungs and to increase energy levels. Blue was believed to soothe illnesses and treat pain. Indigo shades were thought to **alleviate**<sup>6</sup> skin problems.

Most psychologists view color therapy with **skepticism**<sup>7</sup> and point out that the supposed effects of color are often grossly exaggerated. Colors also have different meanings in different cultures. Research has demonstrated in many cases that the mood-altering effects of color may only be temporary. A blue room may initially cause feelings of calm, but the effect **dissipates**<sup>8</sup> after a short period of time.

However, the existing research has found that color can impact people in a variety of surprising ways. One study found that warm-colored placebo pills were reported more effective than cool-colored placebo pills. Anecdotal evidence has suggested that installing blue-colored streetlights can lead to a reduction of crime in those areas. The temperature of the environment might play a role in color preference. People who are warm tend to list cool colors as their favorites, while people who are cold prefer warmer colors. More recently, researchers discovered that the color red causes people to react with greater speed and force, something that might prove useful during athletic activities. **One study that looked at historical data found that sports teams dressed in mostly black uniforms are more likely to receive penalties and that students were more likely to associate negative qualities with a player wearing a black uniform.**<sup>③</sup>

Studies have also shown that certain colors can have an impact on performance. No one



likes to see a graded test covered in red ink, but one study found that seeing the color red before taking an exam actually hurt test performance. While the color red is often described as threatening, arousing or exciting, many previous studies on the impact of the color red have been largely inconclusive. The study found, however, that exposing students to the color red prior to an exam has shown a negative impact on test performance.

In the first of the six experiments described in the study, 71 U.S. college students were presented with a participant number colored among red, green and black prior to taking a five-minute test. The results revealed that students who were presented with the red number before taking the test scored more than 20 percent lower than those presented with the green and black numbers.

Interest in the subject of color psychology is growing, but there remain a number of unanswered questions. How do color associations develop? How powerful is the influence of

these associations on real-world behavior? Can color be used to increase worker productivity or workplace safety? What colors have an impact on consumer behavior? Do certain personality types prefer certain colors? As researchers continue to explore such questions, we may soon learn more about the impact that color has on human psychology.

So what's the bottom line? Experts have found that while color can have an influence on how we feel and act, these effects are subject to personal, cultural, and situational factors. More scientific research is needed to gain a better understanding of color psychology.

(Words:915)

(摘自: <http://psychology.about.com/od/sensationandperception/a/colorpsych.htm>)



## Notes

1. prevalence: 流行
2. anecdotal: 轶事的
3. perception: 知觉
4. spectrum: (光) 谱
5. circulation: 循环
6. alleviate: 减轻
7. skepticism: 怀疑态度
8. dissipate: 消失



## Difficulties

① Surprisingly, little theoretical or empirical work has been conducted to date on the influence of color on psychological functioning, and the work that has been done has been driven mostly by practical concerns, not scientific rigor.

令人惊讶的是,到目前为止颜色对心理功能影响的理论研究或实证研究都非常少,而且已完成的研究主要是出于实际考虑,而不是出于科学上的严谨。

② Chromotherapy is sometimes referred to as light therapy or colorology and is still used today as a holistic or alternative treatment.

色光疗法有时称为光治疗或色彩疗法,目前仍然应用于整体治疗或替代治疗。

③ One study that looked at historical data found that sports teams dressed in mostly black uniforms are more likely to receive penalties and that students were more likely to associate negative qualities with a player wearing a black uniform.

基于历史数据的研究发现,穿黑色队服居多的运动队更容易受到处罚,而且学者们更容易把品行不端与穿黑色队服的运动员联系起来。





## After You Read

### Short Questions

**Directions:** Answer the following questions according to your understanding of the text.

1. What does the color white represent in the eyes of some Westerners and Easterners?
2. What kinds of emotions do the warm colors evoke?
3. Are the mood-altering effects of color temporary or permanent? Give an example.
4. What kind of people tend to list cool colors as their favorites?
5. How does the color red influence the students' performance?

### Text B

### To Compromise or Not to Compromise

Many popular psychologists, such as Dr. Phil, preach that compromise is the key to resolving relationship conflict and essential to building sustainable relationships. They view compromise as a “win-win” solution where both people get some of what they want. **However, counselors who hold this perspective tend to act more like arbiters than counselors, pressing people to compromise regardless of the psychological issues that fuel people's conflicts in the first place.** <sup>①</sup> When people are unwilling to compromise or don't carry out the agreement reached, counselors are apt to treat the parties to the conflict as resistant or unreasonable instead of treating their approaches as inadequate.

On the other hand, when conflicts involve longer-term issues, tensions, or unsatisfying



patterns of behavior, people are more resistant to making compromises or carrying out the compromised agreement. For example, if we are trying to find a time to meet for our cup of coffee, you will be more hesitant to make any agreement with me in the case I have either cancelled several times or shown up late regularly before. **We have a history of tension and unresolved conflict making you now appear resistant and unreasonable until the longer-term pattern**

**gets addressed.** <sup>②</sup> If this longer-term issue does not get addressed and we are pressured into compromise anyway, we should expect me to continue the same pattern or you to express your frustration by not carrying out the plan. The compromise model will be ineffective in this case.

We can also readily witness the ineffectiveness of the compromise model for resolving