

普通高等学校少数民族预科教材 (试用)

英语同步阅读

(一年制)

教育部普通高等学校少数民族预科教材编写委员会 编

上册

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前言

为适应普通高等学校少数民族预科教学的需要,教育部民族教育司组织编写了普通高等学校少数民族预科《大学语文》、《汉语精读教程》、《初等数学》、《英语》、《计算机》、《大学预科生入学教育》、《民族理论与民族政策》等系列教材。本套教材的使用对象为普通高等学校少数民族一年制预科与两年制预科的学生。其中《大学语文》、一年制《英语》适用于一年制预科学生;《汉语精读教程》、两年制《英语》适用于两年制预科学生。《初等数学》、《计算机》、《大学预科生入学教育》、《民族理论与民族政策》适用于一年制和两年制预科学生。

本套教材是以教育部制定的各科课程教学大纲为依据,参照近年来预科学生的普遍水平,遵循有利于国家统一、民族团结、贴近生活、贴近社会的原则进行编写的。为保证教材的适用性,教材编写人员与部分预科教学的一线老师进行了充分的沟通。许多预科教学的一线教师承担了一定的编写工作。

本套教材充分考虑了少数民族学生的实际情况,针对预科阶段的教学特点,在高中阶段各科教学内容的基础上,指导学生对应掌握的学科知识进行查漏补缺,补预结合,使之全面提高。同时,教材在编写过程中,渗透了新的教育理念,真正贴近学生的需要,注重对学生学习能力的培养,力求把教材的思想性、科学性、趣味性、综合性统一起来,突出教材的适用性和可操作性,力求做到难易适度,由浅入深,梯度推进,逐步提高,使他们通过一年或两年预科阶段的学习达到教学的目的,成为维护民族团结、促进和谐发展、实现民族复兴的骨干人才。

由于时间仓促,教材中难免有疏漏或不足之处,希望各地有关学校在试用中提出宝贵意见,以待今后进一步修订。

编写说明

为适应普通高等学校少数民族预科教学的需要,在教育部民族教育司的组织领导下,在北京邮电大学及北邮民族学院、语言学院各位领导的关心、鼓励和帮助下,我们编写了这套英语教材。本教材的使用对象是普通高等学校本科一年制少数民族预科学生。

大学预科《英语》(一年制)教材是根据国家教育部和国家民委颁发的《普通高等学校少数民族预科英语教学大纲》编写的。为便于更好地承续大学英语本科教学,也参照了高等学校本科《大学英语教学大纲》。民族预科学生经过中学阶段的学习应已掌握了英语基本语音、基本语法知识及一定的词汇量,并在听、说、读、写等方面受过基本训练。本教材力求补预结合,使学生通过学习,以及进行大量的词汇、句型、语法、阅读及综合能力方面的训练,使其英语语言知识在原有基础上有较大的提高,为顺利进入本科阶段并完成《大学英语教学大纲》的学习奠定良好基础。

本教材共两册。每册包括12个单元,供一个学期使用。主要内容包括课文(Text)、生词(New Words)、短语(Phrases and Expressions)、注释(Notes)、练习(Exercises)等。为加强对课文的理解还配有补充阅读一篇(Supplementary Reading),另外,在前10课课后设了语法(Grammar)讲解和练习,以供有需求的学生有选择地使用。

练习形式包括就课文理解回答问题、单词和短语填空、词形转换、词汇配伍、重点结构模仿造句、句型转换、完型填空、汉英翻译、口语练习及补充的综合练习。

本教材同时配有相应的《英语同步阅读》和《英语同步练习》。

本套教材从编写计划的提出,到样章的编写以及在整个编写过程中承蒙北京邮电大学民族教育学院各位领导的关心和鼎力支持,其中朱建平老师做了大量的组织联络等工作,郑素花老师、张耀忠老师、祝东梅老师在样章的编写、选材、练习形式的设置等方面提供了大力的帮助。在此我们一并表示诚挚的感谢。限于编者的水平、精力、时间,教材中难免有瑕疵,希望广大英语教师和读者不吝赐教,当不胜感激之至。

编者

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Unit One

Section One Reading for Enjoyment

English's Most Versatile Word

There's only one word that can be placed successfully in any of the ten numbered positions in this sentence to produce ten sentences of different meaning (each sentence has ten words): (1) *I* (2) *helped* (3) *my* (4) *dog* (5) *carry* (6) *my* (7) *husband's* (8) *slippers* (9) *yesterday* (10).

NEW WORDS

enjoyment [in'dʒɔimənt]

n. 享乐, 快乐

slipper ['slipə]

n. 拖鞋

successfully [sək'sesfʊli]

adv. 顺利地, 成功地

versatile ['vɜ:sətail]

a. 万能的, 多才多艺的

EXERCISES

Answer the questions:

1. What is the word?
2. Can you make some sentences containing the word?

Section Two Reading Comprehension

How to be True to Yourself

Denis Waitley

My grandparents believed you were either honest or you weren't. There was no in between. They had a simple motto hanging on their living-room wall: "Life is like a field of newly fallen snow; where I choose to walk, every step will show." They didn't have to talk about it — they demonstrated the motto by the way they lived.

They understood instinctively that integrity means having a personal standard of morality that is not related to the situation at hand. Integrity is an inner standard for judging your behavior. Unfortunately, integrity is in short supply today — and getting scarcer. But it is the real bottom line in every area of society. And it is something we must demand of ourselves.

A good test for this value is to look at what I call the Integrity Triad, which consists of three key principles:

Stand firmly for your beliefs in the face of personal pressure. There's a story told about a surgical nurse's first day on the medical team at a well-known hospital. She was responsible for ensuring that all instruments and materials were accounted for during an operation. The nurse said to the surgeon, "You've only removed 11 sponges, and we used 12. We need to find the last one."

"I removed them all," the doctor declared. "We'll close now."

"You can't do that, sir," objected the newcomer. "Think of the patient."

Smiling, the surgeon lifted his foot and showed the nurse the 12th sponge. "You'll do just fine in this or any other hospital," he told her.

When you know you're right, you can't back down.

Always give others praise that is theirs. Don't be afraid of those who might have a better idea or who might even be smarter than you are.

David Ogilvy, founder of the advertising firm Ogilvy & Mather, made his point clear to his newly appointed office heads by sending each a Russian nesting doll with five progressively smaller figures inside.

His message was contained in the smallest doll: "If each of us hires people who are smaller than we are, we shall become a company of dwarfs. But if each of us hires people who are bigger than we are, Ogilvy & Mather will become a company of giants." And that is exactly what the company became — one of the largest and most respected advertising organizations in the world.

Be honest and open about who you really are. People who lack genuine core values rely on outside factors — their looks or status — in order to feel good about themselves. Of course, they will do everything they can to preserve their looks and status, but they will do very little to develop their inner value and personal growth.

So be yourself. Don't engage in a personal coverup of areas that are unpleasing in your life. When it's tough, do it tough. In other words, face reality and be brave to face life's challenges.

Self-respect and a clear conscience are important parts of integrity and are the basis for improving your relationships with others.

Integrity means you do what you do because it's right and not just fashionable. A life of principle will always win the day. It will take you forward into the 21st century without having to look back to your past. My grandparents taught me that.

(553 words, from *The World of English*, Oct., 2000)

NEW WORDS

advertising ['ædvətaɪzɪŋ]

a. 广告的

appoint [ə'pɔɪnt]

n. 广告业, 广告

belief [bi'li:f]

v. 任命, 委任, 约定

challenge ['tʃælɪndʒ]

n. 信仰, 信任, 信心

conscience ['kɒnʃəns]

n. 挑战

consist [kən'sɪst]

n. 良心, 道德心

contain [kən'teɪn]

v. 由……组成, 包含

core [kɔ:]

v. 包含

coverup ['kʌvəɹʌp]

n. 核心, 中心

demonstrate ['demənstreɪt]

n. 掩饰, 保护

doll [dɒl]

v. 示范, 证明, 论证

dwarf [dwɔ:f]

n. 洋娃娃, 玩偶

ensure [ɪn'ʃʊə]

n. 矮子, 侏儒

fashionable ['fæʃənəbl]

v. 保证, 使安全

firmly ['fɜ:mli]

a. 流行的, 时髦的

genuine ['dʒenjuɪn]

adv. 坚定地, 稳固地

giant ['dʒaɪənt]

a. 真正的, 真实的, 诚恳的

hang [hæŋ]

n. 巨人, 伟人, 天才

inner ['ɪnə]

v. 悬挂, 附着

instinctive [ɪn'stɪŋktɪv]

a. 内心的, 内部的, 里面的

instrument ['ɪnstrəmənt]

a. 本能的

integrity [ɪn'tegriti]

n. 器械, 器具, 工具

lack [læk]

n. 正直, 诚实

morality [mə'rælɪti]

v. 缺乏, 没有

motto ['mɒtəʊ]

n. 道德

nest [nest]

n. 座右铭, 格言, 题词

newcomer ['nju:ˌkʌmə]

v. 使套入, 筑巢

object [ɒb'dʒekt]

n. 新来者

organization [ˌɔ:ɡənai'zeɪʃən]

v. 反对, 拒绝

n. 组织, 机构, 团体

personal ['pɜːsənl]	a. 个人的,人身的
preserve [priˈzɜːv]	v. 保护,保持
principle ['prɪnsəpl]	n. 原则,法则,原理
progressively [prəˈɡresɪvli]	adv. 渐进地,稳定地,逐量地,渐进地
reality [riˈælɪti]	n. 事实,真实
scarce [skeəs]	a. 稀有的,缺乏的,不足的
sponge [spʌndʒ]	n. (外科用的)棉球,纱布,海绵
standard ['stændəd]	n. 标准,规格,定位
status ['steɪtəs]	n. 身份,地位
surgical ['sɜːdʒɪkəl]	a. 外科的
surgeon ['sɜːdʒən]	n. 外科医生
tough [tʌf]	a. 艰苦的
triad ['traɪəd]	n. 三个一组

PHRASES AND EXPRESSIONS

account for: 做出解释,提出理由,做出说明
bottom line: 基本的标准或准则;决定性因素
engage in: 从事,忙碌
in short supply: 供给不足
nesting doll: 套娃
rely on: 依赖,依靠
win the day: 在(战斗、比赛、竞争中)胜利

NOTE

Integrity Triad: 正直三要素。Triad: 三件一套;三位一体。

EXERCISES

I. Decide whether each of the following statements is true or false.

1. Integrity is a personal standard of morality for judging a person's behavior.
2. The first principle in the Integrity Triad is that you should follow your belief even if it is sometimes wrong.
3. The Russian nesting doll story tells us that once we hire people, we shall hire better ones.
4. If you don't hide your unpleasant qualities and be open about yourself, you'll probably improve your relationship with others.
5. My grandparents are people of integrity because they told me about it.

II. Select the one that best answers the question or completes the statement.

1. "Life is like a field of newly fallen snow; where I choose to walk, every step will show" means _____.
A. everything we do will be memorized by us, so our life is like a field of newly fallen snow

- B. every step we take in life will leave certain marks, so take every step carefully
 C. in the place we ever passed in life, there are lots of sweet memories
 D. life can urge us to remember our past, no matter we want it or not
2. My grandparents believed that _____.
 A. a person is either honest or dishonest
 B. our morality can sometimes change as our surroundings change
 C. everyone can prove his integrity by the way he lives
 D. it's not easy to be a man of integrity
3. The doctor declared, "I removed them all" in order to _____.
 A. finish the operation sooner B. criticize the nurse's carelessness
 C. feel angry about the nurse D. check out if the nurse is responsible or not
4. In this article, "back down" (para. 8) means _____.
 A. look down upon others B. neglect one's duty
 C. agree with others D. give up one's principle
5. Those who lack genuine core values should _____ according to the author.
 A. not preserve their looks and status B. feel good about themselves
 C. show their "true self" to others D. do what they do

III. Translate the following sentences into Chinese.

1. They understood instinctively that integrity means having a personal standard of morality that is not related to the situation at hand.

2. David Ogilvy... made his point clear to his newly appointed office heads by sending each a Russian nesting doll with five progressively smaller figures inside.

3. People who lack genuine core values rely on outside factors — their looks or status — in order to feel good about themselves.

4. Don't engage in a personal coverup of areas that are displeasing in your life.

5. Self-respect and a clear conscience are important parts of integrity and are the basis for improving your relationships with others.

IV. Answer the following questions.

1. Why does the author discuss "integrity" here?
2. Do you agree with the author on the three key principles? What are your principles?

Unit Two

Section One Reading for Enjoyment

Tips for Reading Textbooks

Reading textbooks may be boring, but here are some tips when “hitting the books.”

“Yuck!” If that’s your reply when your teacher tells you to read a chapter in the history book, you’re not alone. Many students, even if they like to read for fun, do not enjoy reading textbooks. Try these tips to make reading for information easier and thus, more enjoyable.

The main goal of reading textbooks is to discover new information. Take your time to locate the main idea when you are reading. Each paragraph has a main focus. It’s up to you to locate the main point. A good place to look is either in the first or the last sentence of each passage. Also, pay attention to those examples given in the paragraph, even when you want to skip them. They could help you use what you already know to understand new information.

You can use different techniques to stay focused on the main topic as you read a passage of information. While you are reading, ask yourself questions about the passage. Questioning will help you stay focused on the main points. New vocabulary terms will probably be introduced throughout the passage. You can often determine the meaning of vocabulary terms using the context of the sentence. New words also will guide you to the main emphasis of the passage.

You may come across a passage that’s very challenging. Don’t get frustrated and just skip over the information, use another method to help you understand. Simply, go back and reread the passage slowly. As you are reading, create a mental image of the information being presented. You could also summarize the passage either orally or in written form. You might feel silly doing this, but reading the passage aloud may assist you in understanding information. Discussing the material with someone else can also be helpful. If all else fails, take a mental break. Put the book down and pick it up later to read again.

NEW WORDS

assist [ə'sist]

v. 帮助, 援助

challenging ['tʃælɪndʒɪŋ]

a. 有挑战性的

chapter [tʃæptə]

n. (书籍)章

context ['kɒntekst]

n. 上下文

create [kri'eɪt]

v. 创造, 创作

determine [dɪ'tɜːmɪn]

v. 决定, 确定

emphasis ['emfəsis]	<i>n.</i> 强调, 重点
enjoyable [in'dʒɔɪəbəl]	<i>a.</i> 令人愉快的, 可享受的
focus ['fəukəs]	<i>n.</i> 中心, 焦点
frustrate [frʌs'treit]	<i>v.</i> 使感到灰心
image ['imɪdʒ]	<i>n.</i> 图像
information [ˌɪnfə'meɪʃən]	<i>n.</i> 信息
locate [ləu'keɪt]	<i>v.</i> 查找
mental ['mentl]	<i>a.</i> 精神的, 在心里的
orally ['ɔ:rəli]	<i>adv.</i> 口头上地, 口述地
paragraph ['pærəgrɑ:f]	<i>n.</i> (文章)段, 节, 段落
present [pri'zent]	<i>v.</i> 提出, 呈现
reply [ri'plai]	<i>n.</i> 答复
skip [skip]	<i>v.</i> 跳, 跳读
summarize ['sʌməraɪz]	<i>v.</i> 概述, 总结
technique [tek'nik]	<i>n.</i> 技术, 技巧, 方法
tempt [tempt]	<i>v.</i> 诱惑, 引诱
throughout [θru:'aut]	<i>prep.</i> 遍及, 贯穿
tip [tip]	<i>n.</i> 提示, 技巧
vocabulary [və'kæbjʊləri]	<i>n.</i> 词汇, 词汇量
yuck [jʌk]	<i>int.</i> 讨厌

PHRASES AND EXPRESSIONS

You're not alone. 并不只你一个人(感觉等)这样。

EXERCISES

Answer the questions.

1. Discuss these tips with your classmates. Do you agree with them? Why or why not?
2. Do you have any other tips for reading a textbook?

Section Two Reading Comprehension

The Lonely Starfish

A starfish lived among some rocks in a pool of water at the side of the sea. His name was Stanley. The water in the pool was always warm. And his home made him very happy.

During the day, Stanley played in sand in the warm sunshine. At night, after the sun went down, Stanley would fall down next to his favorite rock and fall fast asleep.

Then one day, Stanley noticed that there was something missing in his home, although it was very comfortable.

It was quiet. Too quiet.

There was never anyone to talk to. There was never anyone to play with. The little starfish felt lonely.

Stanley thought about this all day long. When the sun went away that night, he was lonelier than ever before.

He moved over to his favorite rock and tried to lie down to sleep, but this time the rock seemed too hard and too cold.

"If just there is someone to talk to," Stanley said to himself, "then, I wouldn't be lonely."

Stanley looked up and began to watch the night sky. One by one, bright stars appeared in the sky.

Stanley had never seen the stars before. He was usually sound asleep before the moon spread its path across the water. The new sight was wonderful.

"That's it!" Stanley said. He said straight up at once.

"Why, I shouldn't live in this little pool at all. I know why I am so lonely. I must be a star. I'm sure I fell from the sky!"

"But how will I ever get back up there?"

He could see the path across the great sea. The moon spread the path there. And he decided that it must be the path back to the sky. He would just have to find a way to the path.

All night long Stanley lay on the rock. He could not fall asleep. He was thinking of a way to get the bright moon path. Stanley had never left his warm little home. At last he decided to go out into the great sea to find the path to the stars in the sky.

When the tide came in the next morning, Stanley moved slowly into the sea water. The great waves quickly carried him away out into the great sea.

Stanley rolled and fell here and there in the great waves. He almost lost his breath on the trip. Finally, the water became quiet and Stanley fell slowly down to the sea's floor.

Here the water was not at all nice and warm like his little pool. It was dark, cold and strange.

Just then a group of fish came around him. Stanley thought this would be a good time to ask