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CELC: Learning at Your Own Pace

大学英语 自主听力教程

第三册

持之以恒

Book Three

Stimulating Development

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前 言

教育部颁布的《大学英语课程教学要求》，作为大学英语改革的纲领性文件，明确提出要在大学英语的教学过程中培养学生的英语综合应用能力，特别是要加强听说能力的培养，为此我们组织编写了这套《大学英语自主听力教程》。该教材适应大学英语教学改革形势发展的需要，特别注重训练语言学习者的听力并讲授提高听力方法，以满足广大教师和学生英语学习的新需求。

本套教程分为6册，每册重点明确，循序渐进，形成一个有机的整体，系统性强。

第一册《音调并举》的内容有：音素、元音辨识、辅音辨识、辅音连缀、重读与轻读、不完全爆破、同化与省音、连读、意群与停顿、词重音与句子重音、节奏及语调。

第二册《循序渐进》含有体育、爱好、家庭、工作、童年、乡村、宠物、影视、大学生活、金钱、音乐、购物、情感、假期和代沟等15个主题内容。

第三册《持之以恒》含有青春时尚、旅游度假、广告、交通运输、成功与失败、神话传说、电脑、媒体报纸、住房、商业、友谊、身体语言、犯罪和暴力、风俗和休闲等主题内容。

第四册《快速提高》含有著名人士、出国留学、结婚及婚礼习俗、政府机构、科学与技术、暴力及犯罪、环境、演说、诚实、战争与和平、文化、社会问题、语言学习、经济、健康及医疗保险等主题内容。

第五册《跨越文化》内容涉及到警句、谚语、习语搭配、幽默、哲理故事集锦、英文歌曲填词、谜语、智力游戏大挑战等。

第六册《媒体突破》主要取材于近年来美国之音(VOA)及英

国广播公司(BBC)的英语广播节目,涉及的主题多样,与日常生活、社会经济、科技发展等人们普遍关注的问题紧密相关。语言正式、规范,发音清晰,语速由慢及快。

第一、五、六册由于训练目标不同,有所侧重,故自成体系;第二、三、四册体系相同,但训练要求逐步提高,体现在每册选材的难度及语速的阶梯式上升。第二、三、四册均由 Warm-up Exercises、Jogging Exercises、Running Exercises、Dashing Exercises 和 Relaxing Exercises 5 部分组成,但选材的难度及语速形成了一个坡度。

教程以培养和提高学生实际应用语言能力为宗旨,立足于最大限度地调动学习者的积极性和主动性,将语言知识、文化知识和听力技巧有机地结合起来,并巧妙地将教师要讲授的内容纳入教材练习之中,使学习者能根据自己的实际情况有针对性地进行练习,做到有的放矢,有效地提高学习效率。选材注重思想性、时代性、科学性、趣味性和实用性相结合,内容涵盖广泛。背景知识配有简明、有助于理解的注释。每册都附有录音文字材料和练习参考答案并随书附赠录音资料光盘。学习者可根据自己的实际能力和水平,选择听力教程的内容,确定学习进度,修完前 4 册,相当于达到大学英语课程教学的一般要求。该教程适合在校大学生和具有相当英语水平而又想提高听力能力的所有人员。由于该教程充分考虑学习者的不同起点和学习进度,使学习者能更有效地利用学习时间,其效果比整齐划一上课要好。

本书是教程的第三册,由邹心胜、曾敏、刘滢编写。

本套教程在立项、编写、录音制作的整个过程中得到了华中师范大学教务处的大力支持与经费上的扶持,特在此表达我们的真诚谢意。

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Unit One

Youth and Fashion

Part A Warm-up Exercises

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Directions: *You are going to hear a poem. Fill in the blanks with the information you get from the tape.*

Lost Youth

Bouncy(1) _____, slides and(2) _____,

The park is full of exciting things.

Children laughing, running, at play,

In a(3) _____ world they live today.

Sun shines on(4) _____ flowers,

(5) _____ from their eyes for hours.

The smell of(6) _____, sweet to the taste,

Their senses of life, a terrible(7) _____.

To grow up too soon, (8) _____,

Dream of days gone by play on your mind.

(9) _____ that you are they,

The children, laughing, singing, (10) _____.

Part B Jogging Exercises

☆☆☆☆☆



Dialogue

Fashion in the Life

Words and Phrases

artificial [ɑːtɪ'fɪʃəl] adj. 人造的, 虚伪的

glossy ['glɒsi] adj. 平滑的, 有光泽的

advertisement [əd'vertɪsmənt] n. 广告

dustbin ['dʌstbɪn] n. <英> 垃圾桶

bulk [bʌlk] n. 大批, 大多数

publicity [pʌb'lɪsɪtɪ] n. 公开

throw-away society 丢弃型的社会

injustice [ɪn'dʒʌstɪs] n. 不公平, 不公正

Background Information

Throw-away society A throw-away society is a way of living characterized by a high level of product consumption and discarding, especially if the products are meant for one-time use.

Directions: Listen to the dialogue and choose the best answer to the following questions with the information you get from the tape.

1. A. He regards it as a waste of money.
B. He takes it as a waste of resources.
C. He considers it a waste of time.
D. He looks on it as a waste of passion.
2. A. At the dentist's. B. In the supermarket.

- C. In the library.
- D. At home.
3. A. It is full of advertisements.
- B. It is a waste of paper.
- C. It talks too much about environmental protection.
- D. It is losing popularity.
4. A. She doesn't think it adds to the cost of the newspaper.
- B. She doesn't think it is a waste of time to read through all the advertisements in the newspaper.
- C. She doesn't think the advertisement is interesting.
- D. She doesn't think much of reading the newspaper.
5. A. Advertisements promote the quality of the product.
- B. People's demand is constantly changing.
- C. Advertisements influence purchases to a certain degree.
- D. Advertisements always mislead women to waste money.
6. A. Positive.
- B. Negative.
- C. Critical.
- D. Neutral.

Part C Running Exercises



Passage One

Youth and Fashion

Words and Phrases

portray [pɔ:'trei] v. 描绘, 描述

aspire [æ'spaɪə] vi. 热望, 渴望, 追求, 立志于

alternative [ɔl'tɜ:nətiv] n. 二中择一,可供选择的办法、事物

bureaucracy [ˈbjʊəˈrɒkrəsi] n. 官僚, 官僚作风, 官僚机构

curriculum [kə'rikjʊləm] n. 课程

Exercise I

Directions: *You are going to hear a passage. Listen carefully and answer the following questions with the information you get from the tape.*

1. A. They think smoking is fashionable.
B. They think smoking means maturity.
C. They have more pocket money.
D. They have part-time jobs.
2. A. They portray images of beauty that teenagers aspire to.
B. They portray girls' dieting.
C. They portray boys' bodybuilding.
D. They portray their peers' behavior.
3. A. Scouts.
C. Youth clubs.
4. A. Smoking.
C. Sports.
- B. Church groups.
D. Pub culture.
B. Car accidents.
D. Clothes.
5. A. There arise many new chances in kids' activities nowadays.
B. With their pocket money, kids have taken a healthier lifestyle.
C. Students today are more independent in making their own judgments.
D. Fashionable students will smoke a lot.

Exercise II

Directions: *Listen to the passage again and fill in the blanks with the information you get from the tape.*

1. Teachers will not like to take time to _____.
2. _____ has an influence.
3. _____ are declining in popularity.
4. _____ have had a noticeable increase.

5. Indoor individual activities such as _____ outweigh _____.

Passage Two

The Lost Lamb

Words and Phrases

- psychiatry [saɪ'kaɪətri] n. 精神病学, 精神病治疗法
juvenile ['dʒu:vənəl] adj. 青少年的, 幼稚的; n. 青少年, 少年读物
counterpart ['kauntəpɑ:t] n. 副本, 极相似的人或物, 配对物
delinquent [dɪ'lɪŋkwənt] n. 失职者, 违法者
detainee [ˌdi:teɪ'ni:] n. 被拘留者, 未判决囚犯
rampant ['ræmpənt] adj. 猖獗的, 蔓生的, 猛烈的

Background Information

Scouts (童子军) Scouting is a world-wide youth organization which was initiated in United Kingdom in 1907. Its aim is to develop young people physically, spiritually and mentally through non-formal education with emphasis on practical activities in the outdoors so that youth may take a constructive place in society.

Psychiatry (精神病学) Psychiatry is a branch of medicine that studies and treats mental and emotional disorders.

The juvenile justice system America's juvenile justice system is responsible for keeping citizens safe and rehabilitating delinquent youth. The juvenile justice system has been studied and adjusted in response to statistical alarms and specific successes. The system finds itself irresolute at present, faced with the discouraging prevalence of crime, a lack of funding for preventative programs, and disagreement over the principles that define its very foundation.

Exercise I

Directions: You are going to hear a passage. Listen carefully and answer the following questions with the information you get from the tape.

1. A. Minority groups.
B. Young people with mental illnesses.
C. Adults with mental illnesses.
D. Prisoners with medical treatment.
2. A. She advocates treatment of their mental disorders rather than imprisonment.
B. She ignores their emotional behavior.
C. She is concerned about the mental health of young prisoners.
D. She believes it is more difficult to treat young people's mental illnesses.
3. A. 25. B. 600. C. 1,830. D. 1,200.
4. A. They are eager to be involved voluntarily.
B. They are disinterested in the research.
C. They feel grateful that the researchers remember their birthday.
D. They feel hopeless about the results of the research.
5. A. It is too expensive to supervise young people.
B. It is too costly to screen youth with mental illnesses in the justice system.
C. He underestimates Dr. Treplin's work.
D. Ignoring young people with mental illnesses will lead to more damage to the young and the society.