

普通高等教育“十一五”国家级规划教材

Vocational English for Today

教程

第一册

当代 高职高专英语

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前言

《当代高职高专英语》是一套为高职高专英语教学编写的教材,也适用于夜大和函大等成人高等教育。

本教材遵循《高职高专教育英语课程教学基本要求》,以先进的教育理念为思想指导,以全面提高学生综合素质为宗旨,在传授英语语言基本知识基础上,注重开发和培养学生运用英语的能力和创新精神,从而顺应时代潮流,满足社会需求,为高职高专学生的终身学习、工作、生活和个人发展奠定良好的科学基础。同时,本教材亦以人为本,体现和满足学生学习的基本需求。

根据高职高专英语课程设置要求和特点,本教材共由四册组成。第一册和第二册是基础课本,以打好基础为目标。通过学习,学生应能够具备通过高等学校英语应用能力考试B级的水平。第三册和第四册为高级课本,注重学生英语水平和能力的提高。通过学习,学生应能够具备通过高等学校英语应用能力考试A级水平。基于高职高专学生入学时英语水平参差不齐的现状,本教材的词汇起点大约是1000个单词和词组,从第一册到第四册词汇量分别设立为2000、2500、3000和4000。听说读写译也是从基础知识和能力开始,继而循序渐进,由浅入深,最终达到高职高专教育英语课程教学的基本要求。

选材是教材成功的关键之一。在对高职高专学生的英语学习情况进行调查后,我们发现高职高专学生在学习英语方面有其自身特点,比如在阅读范围和形式方面就有特定的爱好。因此,本教材所选材料不仅注重时代性、知识性、趣味性、可思性和语言规范性,而且更重要的是注重实践性,这些集时代性、知识性、趣味性、可思性、语言规范性和实践性于一体的阅读材料大大有助于学生提高学习兴趣和应用语言的能力。例如,很多单元提供了相同主题下中国相关文化方面的阅读文章。学生在学习英语的同时,可以从各个不同侧面和角度学习中国相关文化,使学生真正感到将来在用英语传播中国文化和自己思想时应该说些什么和怎么说。这种新颖别致和学以致用选材突破了现今外语教材传统的选材模式和框架。

提高语言应用能力的的重要途径是练习。在设计和编写练习时,全套教材练习的设计和编写以全面提高学生的应用能力和应对考试能力为目标,针对高职高专学生英语学习和应对考试的特点,将教与学结合起来,将课堂学习与课外学习结合起来,力争做到练习形式多样活泼,寓教于乐,让学生通过各种输入与输出学习活动,不断加深对所学知识和技能的掌握与提高,为今后进一步学习英语打下扎实的基础。

为了充分调动学生自主学习的积极性,培养学生自主学习的能力,本教材编写人员同时编写了与教材紧密配套的《当代高职高专英语·学习指导用书》。该书附有听力原文、练习答案和基本词汇表,以提高学生的自学能力。此外,本教材还配有内容丰富的《当代高职高专英语·教师参考用书》和电子教案,为教师教学提供了很好的帮助。

本教材是在理论研究的基础上,深入高职高专教学一线进行调研,并根据高职高专英语的教学要求和实际情况编写而成。部分单元已经过了试用并收到了良好的教学效果和好评。我们衷心感谢浙江大学各级领导对本教材的指导和关心,衷心感谢锦绣人生教育图书(北京)有限公司的大力支持和众多为本教材作出贡献的高职高专学校以及个人,如: Aaron Stillman, Brianna Stillman, Gabriella Gahlia Modan, Jan Bond, John Wharry, Katherine Wharry, Michael LaRocca, 陈劲节、陈静、陈灵敏、崔红卫、顾林刚、洪保平、刘佩珍、卢睿蓉、骆晨、罗罡、钱连玉、孙启勤、王芳芳、吴昊、徐一波、杨洁、杨昭敏、宇正香、赵燕、赵琪、朱虎正和周炎等同志。浙江大学出版社为本教材的尽早出版做了大量工作,谨此一并致谢。

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盛跃东

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Unit 1

College Life

Part One..

Listening and Speaking



Listening

Activity 1 Sound Recognition

DIRECTIONS: In this part you will hear 10 groups of words. Listen carefully. Pay attention to the underlined parts and pick out the one that is different from the others in pronunciation.

- | | | | |
|------------------------|----------------------|----------------------|--------------------|
| 1. A. <u>h</u> at | B. <u>c</u> at | C. <u>m</u> at | D. <u>w</u> ater |
| 2. A. <u>s</u> ink | B. <u>t</u> iny | C. <u>p</u> ity | D. <u>s</u> illy |
| 3. A. <u>p</u> leasure | B. <u>p</u> lease | C. <u>n</u> eat | D. <u>w</u> heat |
| 4. A. <u>ch</u> emical | B. <u>ch</u> emistry | C. <u>te</u> chnique | D. <u>te</u> acher |
| 5. A. <u>m</u> ight | B. <u>s</u> it | C. <u>h</u> igh | D. <u>n</u> ight |
| 6. A. <u>st</u> one | B. <u>co</u> mb | C. <u>fo</u> ur | D. <u>h</u> ome |
| 7. A. <u>h</u> ave | B. <u>m</u> ake | C. <u>w</u> ake | D. <u>l</u> ake |
| 8. A. <u>k</u> ite | B. <u>kn</u> ife | C. <u>kn</u> ight | D. <u>kn</u> it |
| 9. A. <u>o</u> mit | B. <u>o</u> ff | C. <u>o</u> n | D. <u>o</u> x |
| 10. A. <u>h</u> ook | B. <u>bo</u> ok | C. <u>loo</u> k | D. <u>to</u> oth |

Activity ② Conversation

DIRECTIONS: In this part you will hear 5 conversations. Listen carefully and fill in each of the following blanks with the word you have heard.



Conversation 1

A: Good morning, Zhang Hua.

B: Good morning, Li Ming.

A: _____ (1) are you, Zhang Hua?

B: _____ (2), Li Ming. Thank you. And you?

A: Fine, thank you.



Conversation 2

A: How are you this afternoon?

B: _____ (3) fine. Thank you very much. And you?

A: Just fine, too. Then, how is Wang Xiaofeng?

B: He is fine, too.

A: Good. _____ (4) you tomorrow.

B: See you tomorrow.



Conversation 3

A: I'm John Smith. Are you Mrs. Helen Jones?

B: Yes, I am.

A: Very _____ (5) to see you.

B: Very nice to see you, too.

A: Is Bill doing OK?

B: He's doing all _____ (6), thank you.



Conversation 4

A: Hello, Susan. How are you doing?

B: Hi, Jimmy. Pretty _____ (7), thanks.

A: How is Grace? Is she well?

B: She is very well, thank you.

A: See you _____ (8), Susan. Good-bye.

B: Fine, see you tomorrow evening.



Conversation 5

A: Hi. Are you doing OK?

B: _____ (9), thanks. I'm Liu Gang.

A: Hello, Gang.

B: And you are...?

A: I'm Jack Brown.

B: Hello, Jack.

A: See you later, Gang.

B: _____ (10), Jack.

Activity ③ Passage

New Words

Britain /'brɪtən/ *n.* 英国 **southwest** /'sauθ'west/ *n.* 西南

island /'aɪlənd/ *n.* 岛屿

DIRECTIONS: In this part there is only one passage. Listen to the passage twice and then decide on the appropriate answer to each of the questions from the 4 choices marked A, B, C and D.



Questions 1-5 are based on the passage you have heard.

- What is the weather like in Britain?
 - It is cool in summer and warm in winter.
 - It is hot in summer and cold in winter.
 - It is too cold in winter and too hot in summer.
 - It is too cold in summer and too hot in winter.
- When do the winds bring cool air to Britain?
 - In winter.
 - In autumn.
 - In summer.
 - In spring.
- Why isn't there much difference between the summer and winter weather?
 - Because there are winds from the high land.
 - Because there's sea air around the country.
 - Because the winds from the west blow Britain all the year.
 - Because the west of Britain is drier.

4. In which part of Britain is there less rain?
 - A. In the east.
 - B. In the south.
 - C. In the west.
 - D. In the north.
5. What is the passage mainly about?
 - A. The winds in Britain.
 - B. The rain in Britain.
 - C. The weather in Britain.
 - D. The seasons in Britain.



Speaking

Useful Words, Expressions and Structures

★ Good morning (afternoon, evening, night).

★ How do you do?

★ How are you?

★ Fine, thank you. And you?

★ Very glad (nice) to see you.

★ See you later (tomorrow, the day after tomorrow).

★ My hometown is in... (county, city, province).

★ There is much (less) rain (snow)...

★ changeable

Activity ①

DIRECTIONS: Work in pairs to greet each other.

Activity ②

DIRECTIONS: Work in pairs to talk about the seasons in your hometown.

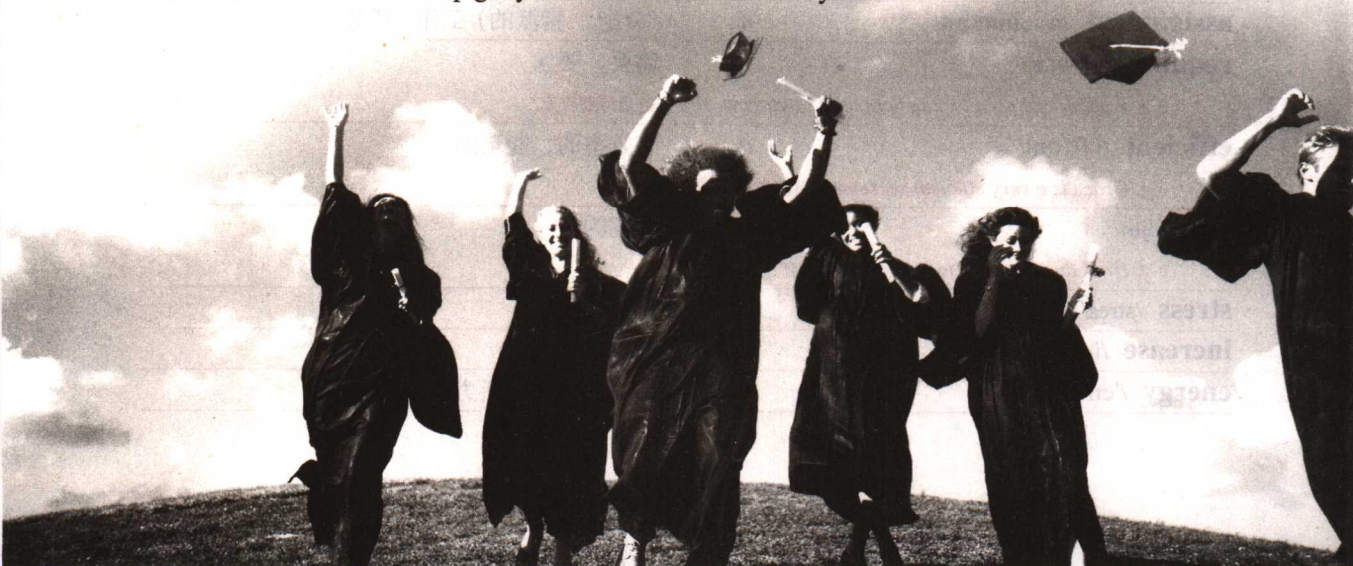
Part **Two..**
Reading**Lead-in Activity: Discussion**

DIRECTIONS: Work in groups to discuss the following questions.

1. What kind of college students do you expect to be?
2. What do you hope to do at college?

**Reading****Text A****The Key to a Happy College Life**

- 1 Every college student hopes to live a happy college life. The following advice may be helpful. 1
- 2 **Get well-organized** Make a daily schedule of all your activities. Write them down, so that you can remember when to do something or what to do. Arrange your notes and assignments by topic or date, so you can easily find information.
- 3 **Put your schoolwork in order** Try to know what is most important. If you have an assignment 5 that requires a lot of work, put it at the top of your list. When you put your work in order, you will be more efficient in finishing your assignments. If you wait until right before it is due, you will be stressed about finishing it in time.
- 4 **Exercise** Exercise increases your energy level and helps lower your tension. Doing some sort of physical activity for thirty minutes three times a week will greatly lower your stress level. Taking 10 the time to exercise will help get your mind off the stress in your life.



5 Get plenty of sleep You need seven or eight hours of sleep per night. In this way, your mind and body can perform well during the day. If you're like most college students, you only wish you could get that much sleep. It will make you more alert and less angry.

6 Eat healthily Eating well-balanced meals will provide you with enough energy to accomplish your daily activities. Avoid foods with lots of sugar or fat. Instead, eat healthy foods such as vegetables and fruit. Also, it is important for you to eat regularly. Don't skip meals. 15

7 Talk about your problems Talking about your problems will help ease your tension and anxiety. Make trusted friends or see if your school has a counseling center. Talking to others will not only help you feel better, but also help you find more ways to deal with problems. 20

8 Take a positive attitude If you look at things in a positive light, you will feel better about yourself. You should teach yourself to view a stressful situation as a difficulty that can be easily overcome. Give yourself talks: "I can do this. I will not stress over this."

9 Take the time to relax Take the time to relax to keep yourself at your best. Don't just go, go, go; take a break. Enjoy hanging out with your friends or watching your favorite TV show. Taking the time to relax will give you so much energy that you can live a much better college life. 25

New Words

advice /əd'vaɪs/ *n.* 忠告, 意见

e.g. I would like to give you a piece of advice. 我想给你提一条忠告。

well-organized /wel'ɔ:gənaɪzd/ *a.* 有条理的

daily /'deɪli/ *a.* 每日的

activity /æk'tɪvɪti/ *n.* 活动

assignment /ə'saɪnmənt/ *n.* (分配、指派的) 工作, 任务

require /rɪ'kwaɪə/ *vt.* 需要, 要求

e.g. You are required to stay here until tomorrow. 你要在这里待到明天。

efficient /ɪ'fɪʃənt/ *a.* 有效率的, 能干的

e.g. Grace is a very efficient secretary. 格蕾丝是个很能干的秘书。

due /dju:/ *a.* 预期的

e.g. He is due to arrive today. 他定于今天到达。

stress /stres/ *n. vt.* 压力, 强调

increase /ɪn'kri:s/ *v.* 增加, 增大

energy /'enədʒi/ *n.* 精力, 精神, 活力

level /'lev(ə)l/**n.** 水平, 标准*e.g. Students at this level usually have a lot of problems with grammar. 这种水平的学生通常有很多语法问题。***lower** /'ləʊə/**vt.** 减弱, 降低**tension** /'tenʃən/**n.** 紧张 (状态), 不安, 压力**physical** /'fɪzɪkəl/**a.** 身体的**perform** /pə'fɔ:m/**vi.** 完成任务**alert** /ə'lɜ:t/**a.** 提防的, 警惕的*e.g. You should be alert to this danger. 你应当警惕这种危险。***provide** /prə'vaɪd/**v.** 供应, 供给*e.g. We provided them with a lot of food. 我们向他们提供了大量的食品。**We provided many books for them. 我们向他们提供了很多图书。***well-balanced** /wel'bælənst/**a.** 均衡的**accomplish** /ə'kɒmplɪʃ/**vt.** 完成, 达到**fat** /fæt/**n.** 脂肪**avoid** /ə'vɔɪd/**vt.** 避免, 消除*e.g. I don't know why Sunny always avoids seeing me. 我不知道为什么桑尼总是躲着我。***regularly** /'regjʊləli/**ad.** 有规律地, 有规则地**skip** /skip/**v.** 跳, 跳过**ease** /i:z/**vt.** 使减轻, 使放松**trust** /trʌst/**vt.** 信任, 信赖**counseling** /'kaʊnsəlɪŋ/**n.** (对个人、社会以及心理等问题的) 咨询服务**positive** /'pɒzətɪv/**a.** 积极的, 肯定的**overcome** /,əʊvə'kʌm/**vt.** 克服, 战胜**relax** /rɪ'læks/**vi.** 放松, 休息**show** /ʃəʊ/**n.** 表演

Phrases and Expressions

get well-organized

安排有序

make a schedule of

设立……时间表, 制定……进度表

put...in order

把……安排 (整理) 有序

*e.g. They will put their classroom in order at once. 他们将立刻整理好教室。***at the top of**

在……顶端

be efficient in doing sth.

在……方面效率高

be stressed about

因……而感到有压力

some sort of

某种

take the time to do sth.

花时间（做）……

e.g. Please take the time to have a good rest. 请花时间好好休息一下。

get one's mind off

不去想

make friends

交朋友

a counseling center

（对个人、社会以及心理等问题的）咨询服务中心

deal with

处理，应对

e.g. It is easy for him to deal with this problem. 对他来说，处理这个问题并不难。

in a positive light

以积极的观点来看……

view... as...

把……看作是

stress over

因……而感到有压力

keep... at one's best

使……处于最佳状态

take a break

休息

hang out

闲逛

Exercises

Understanding the Text

● Reading Comprehension

DIRECTIONS: In this part there are 8 incomplete sentences. For each of the sentences there are 4 items. Choose the best one for each of the following statements according to the passage.

- According to the author's opinion, you can remember what to do and when to do it by _____.
A. making a daily schedule
B. writing them on a handbook
C. asking others for help
D. keeping it in mind
- In the author's opinion, students should _____.
A. spend a lot of time on their learning
B. put their work in order
C. try to finish their schoolwork as soon as possible
D. keep good relationship with their teachers
- It can be concluded from the passage that students can _____ by doing exercise.
A. make friends
B. live longer
C. feel younger
D. forget their stress

4. According to the passage, students can become more alert and less angry by _____.
A. reading a lot
B. making a lot of friends
C. getting enough sleep
D. getting high scores in exams
5. It is stated in the passage that _____ is one of the good habits for college students.
A. eating regularly
B. getting up early
C. reading aloud
D. doing morning exercise
6. Talking to others about your problems has the following advantages EXCEPT _____.
A. easing your tension
B. finding more ways to deal with the problem
C. getting a lot without paying anything
D. helping to feel better
7. According to the passage, you will have self-confidence (自信心) when you _____.
A. get others' praise
B. take a positive attitude
C. pass the exams
D. overcome a difficulty
8. Students should take the time to relax because it can _____.
A. bring them much energy
B. provide students with more chance to hang out
C. make students save much time
D. give students more time to think

● Topics for Discussion

DIRECTIONS: In this part there are 2 questions for you to discuss. Work in pairs or groups to discuss them and then show your opinion to the class.

1. How do you live your college life now?
2. Have you got any suggestions for those students who hope to live a happy college life?

II Language Power Building

Word Focus

● Word Out-crossing

DIRECTIONS: In this part there are 15 misspelled words. Cross out the misspelled words, spell the correct ones and then give the Chinese definition to each of the following words.

单词拼写	拼写正误判断	正确拼写	中文意思
1. louer			
2. activity			
3. assinment			
4. acomplish			
5. stress			
6. perform			
7. efficient			
8. energi			
9. tenstion			
10. increace			
11. provide			
12. regulaly			
13. plenty			
14. positiv			
15. informasion			

● Multiple-choice

DIRECTIONS: In this part there are 15 incomplete sentences and for each sentence there are 4 choices marked A, B, C and D. You should choose the best one to complete each of the following sentences.

- If you take his _____, you will find the solution to this problem.
A. information B. advice C. activity D. tension
- He always makes a(n) _____ of what he is going to do next.
A. schedule B. energy C. anxiety D. topic