

NEW HORIZON
新视野 COLLEGE ENGLISH

大学英语 学习策略

主编：田庆轩 张辉莹



第2册

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新视野

大学英语

学习策略

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◆ 前 言 ◆

新视野大学英语(New Horizon College English)是由外语教学与研究出版社编写出版的一套大学英语教材,供非英语专业的大学生使用,是各高校目前首选的教材之一。但是由于学生英语水平参差不齐,课堂教学课时有限,这就要求学生在课下进行有效的自主学习。为了使學生深入理解教材,掌握一定的学习方法和技巧,更有效地进行自主学习,提高学生综合应用语言的能力,我们编写了本套《新视野大学英语学习策略》丛书。

本丛书的主要内容和编写特点如下:

与《新视野大学英语读写教程》同步。《新视野大学英语读写教程》的每一册分十个单元,每单元包括三个部分,即 Section A, Section B 和 Section C。本丛书共分四册,每册书各单元的结构和内容与教材每个单元对应,重点介绍学习策略、方法和应试技巧,重在培养学生综合应用语言的能力。本丛书除了为学生进行《新视野大学英语读写教程》的学习提供指导之外,各单元后面的“自主练习”和“四级真题”则通过相当数量的真题学练强化学生的各项知识和能力;每一册该部分的侧重有所不同:

第一册围绕基础语法,特别是偏、特、难语法现象和语言点,并突出实用词汇的积累,强化四级语法、词汇训练。

第二册以听力训练为主线,稳扎稳打地操练常规听力技巧和四级听力应试技巧。

第三册以阅读能力训练为主线,系统地训练英语阅读的常见题型和应试对策。

第四册着重翻译和写作能力的培养。

本书每单元内容包括课文相关背景知识介绍、课文精读、课后练习解析及参考译文、听力学习策略、自主听力练习和四级听力全真试题等。

课文相关背景知识将教材的相关写作背景及英美文化知识作简要介绍,以帮助学生在深刻理解课文知识的同时拓宽英美文化常识。

课文精读部分细分为重点词汇、重点短语和难句分析。重点词汇和短语主要讲解词和词组的惯用法、最新用法、特殊用法;突出每单元的重点词组、同义词辨析、反义词及常用搭配;提示单词记忆技巧,引申词汇扩展,突出考点提示。难句分析着重讲解语言用法难点和辅助的背景知识,以及课文中较难的或重点的句型。

课后练习解析给出课后练习答案,并尽可能给出句子的参考译文,以方便学生自查,找出差距,消除疑问,提高学习效率。

课文参考译文可以帮助学生更好地理解课文内容。本书翻译只作参考,不是惟一标准。

听力学习策略重在介绍学习方法和学习难点,这是本套丛书的重要特色之一。

自主听力练习紧跟在学习策略之后,围绕学习策略介绍的方法提供一些练习题,让学生进行自测,检查对学习策略的掌握情况。

四级听力全真试题根据四级考试大纲要求,结合学生实际情况,介绍最新的真题,便于学生自查自练。

该套丛书是编者经过几年的教学实践,以大学英语教学大纲为依据,遵循英语教学客观规律,参阅和研究历年来的四级考试试卷而编写的,以期真正成为学生的良师益友。

新视野大学英语学习策略研究小组

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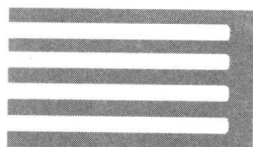
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Unit 1



一、课文相关背景知识

Golf

Golf is an outdoor game believed to have been first played in the second half of the 19th century in Scotland, where each player has to hit his own small ball into a hole using various types of clubs. The club is swung at the motionless ball on the ground from a side-stance. Score is kept (a count of the number of strokes required) with the smallest score being the best.

A round of golf typically consists of 18 holes. *Par* is the number of strokes that an expert golfer needs to put the ball in any given hole, and is usually around 72 for the 18 holes. A hole has a *teeing area*, a *fairway* with a *rough* sideways and a *green* (a closely mown area around the hole). There are hazards to play over or around (sand traps called *bunkers*, water, etc.) Distances from the teeing ground to the hole vary, but typical values for a par three range from 130 to 230 yards (120 – 210 m), a par four from 300 to 475 yards (275 – 435 m), and a par five from 450 to 600 yards (410 – 550 m). The expert golfer will reach the green in two strokes less than par and then use those two strokes on the green to get the ball into the hole. Also see the following terms:

Hole In One: The first stroke sends a ball into the hole.

Double Eagle (AKA Albatros): Three strokes less than par.

Eagle: Two strokes less than par.

Birdie: One stroke less than par.

Bogey: One stroke more than par.

Double Bogey: Two strokes more than par.

Teleconference

A conference of people who are in different locations that is made possible by the use of such telecommunications equipment as closed-circuit television; Simultaneous visual and/or sound conference to multiple sites distributed via audio (phone or other audio) that allows individuals in two or more locations to see and talk to one another. Satellite videoconferences and videoconferences using compressed video are sometimes referred to as “teleconferences”.



二、课文精读

Section A Time-Conscious Americans

(一) 重点词汇

1. budget *n.* [C], [U] a plan of how much money a person or organization will make and how much they will need or be able to spend during a particular time for a particular purpose ① 预算 ② 收支计划, 生活开支 ③ 堆积, 存积

vt. plan the spending of (money, time, etc.), or provide (money, time) in a plan ① 为……做预算, 计划开支 ② 设计使用(时间、钱等)

vi. plan the spending of money, etc., or save or spend money (for a particular purpose) ① 预算 ② (为特定的目的)花钱或节省用钱

a. cheap, inexpensive, low 价格低的, 便宜的, 合算的

【词汇扩展】近义词: financial plan, arrange

派生词: budgetary *a.* 预算的; budgeteer/budgeter *n.* 做预算的人

【参考例句】This advertising *budget* must be approved by company.

这个广告预算必须得到公司的批准。

My *budget* for this month included a new suit of clothes.

我这个月的开支计划里包括了一套新衣服。

You have a *budget* of documents. 你有许多的文件。

I always *budget* my incomes. 我总是给我的收入做好开支计划。

You should *budget* your weekend. 你应该把你的周末安排一下。

The government will *budget* for the coming year.

政府将制订明年的预算。

He *budget* for buying a new house. 他为了买新房子而计划节省开支。

It's *budget* at ten yuan. 这个定价十元是便宜的。

2. acute *a.* ① (感官或感觉)灵敏的, 尖锐的, 深刻的, 敏感的 ② 剧烈的, 强烈的, 严重的 ③ 急性的(医学用语) ④ 锐(角)的 ⑤ 带有[']形重音符号的

【记忆技巧】① (the senses or the feelings) is fine, sharp ② severe, very great

【词汇扩展】近义词: keen, sensitive

反义词: obtuse, dull, chronic

派生词: acutely *ad.* 敏锐地, 强烈地

【参考例句】My grandma has an *acute* hearing. 我的奶奶听觉灵敏。

An *acute* person is quick to notice things. 敏感的人对事情的反应很快。

Marry had an *acute* headache. 玛丽头疼得厉害。

Water shortages are *acute* in this area. 这个地区严重缺水。

She's suffering *acute* appendicitis. 她患了急性阑尾炎。

Angles of less than 90° are *acute* angles. 小于九十度的角是锐角。

- 3. replace** vt. ① put (sth.) back where it was 把……放回, 放好 ② refund (money) 归还, 送还(钱) ③ take the place of (sth./sb.) 代替, 取代, 接替(某人) ④ pay for, compensate, change 赔偿, 找另一个来代替, 退换, 调换

【词汇扩展】近义词: supersede, supplant, substitute

反义词: remove

派生词: replaceable a. 可代替的, 可替换的

replacement n. 代替物, 归还, 代替, 替补(人)

【参考例句】Please *replace* the caps on the bottles. 请把瓶子盖儿盖好。

He must *replace* the money he borrowed. 他必须归还借的钱。

He *replaced* his father as captain. 他接替了父亲的船长职位。

I will *replace* the bottle I broke. 我会赔偿我打坏的瓶子。

The storekeeper said they would *replace* the T-shirt if we were not satisfied. 店主说, 如果我们不满意这件T恤, 可以给我们退换。

- 4. restless** a. ① 烦乱不安, 心绪不宁, 焦虑烦躁 ② 好动的, 坐不住的, 安静不下来的 ③ 得不到休息的, 没睡好的

【记忆技巧】rest n./v. 休息, 静止, 睡眠, 安心, 安静 -less suffix 词缀, 词尾(加在名词或动词后构成形容词)没有……的, 不……的 impatient, unable to be still or quiet; always moving

【词汇扩展】近义词: uneasy, worried, agitated, active, fidgety

反义词: calm, still

派生词: restlessly ad. 烦躁不安地 restlessness n. 烦乱不安(不可数, 可加不定冠词 a)

【参考例句】Steven was so *restless* that she couldn't lie in bed.

史蒂芬心绪不宁, 睡不着。

My brother is a *restless* child. 我的弟弟是个好动的孩子。

Doctor Lee passed a *restless* night. 李博士一夜没睡。

- 5. elbow** n. (可数) 胳膊肘, 上下臂连接处, (衣服的) 肘部

vt./vi. 挤进, 用胳膊肘把……推到一旁

【记忆技巧】n. the joint where the arm bends; vt. push others to one side (or out of the way) using elbows 名词指“胳膊肘”, 动词是“用肘推挤(某人)”。

【常用搭配】at one's elbow 正在手边; out at (the) elbows 露肘的, 褴褛的, 穿着很破烂的; rub elbows with 与(名人等)交往, 碰到一起, 掺杂到一起; shake the elbows 掷骰子, 赌博; up to the/one's elbows in 忙于(工作等); lift one's elbow 酗酒; elbow one's way 推着挤着(来到某处)

【词汇扩展】近义词: push, hustle, shoulder

派生词: elbow grease n. 重活 elbowroom n. 活动余地, 行动上的自由

【参考例句】Take your *elbows* off the table! 把你的胳膊从桌子上拿下去!

Tom *elbowed* his way through the crowd. 汤姆挤过人群。

I tried to stop them, but Jim *elbowed* me out of the way.



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我想要阻止他们，可是吉姆把我推到了一边。

6. brief a. ① (指说话或写文章)简短的, 简要的, 简洁的 ② 短暂的, 时间短的

③ 态度生硬的

vt. (预先)向……作简要介绍/提供必要信息, 作最后指示

n. 指示, 情况介绍(多为法律用语)

【记忆技巧】a. short and not containing too many details, (of speech or writing) using as few words as possible; lasting a short time vt. in advance give sb. necessary information or introductions in order to prepare sb. for an activity.

【常用搭配】to be brief 简单地说, 一句话; in brief 简言之, 总(而)言之; make brief of 把……很快办完; the news in brief 新闻提要

【词汇扩展】近义词: short, concise,

反义词: long, lengthy

派生词: briefcase n. 公文包; briefly ad. 简洁地, 简短地, 总之;

briefness n. 简短介绍; briefing n. 作简要指示或情况介绍

【参考例句】Her report was *brief* and to the point. 她的报告简洁而且切中要点。

The college life is *brief*. 大学生活是短暂的。

Father is very *brief* with him. 父亲对他总是态度严厉。

Before the meeting, the Prime Minister *briefed* us what to expect.

会议开始以前, 首相简单说了他的期望。

The lawyer printed the *brief* of the case. 律师打印了事件的简介。

7. leisure n. (不可数) ① 空闲时间, 余暇 ② 悠闲, 安逸

a. 空闲的, 有空的

【记忆技巧】time free from work or other duties; spare time; ease

【常用搭配】at leisure 有空(做表语), 从容不迫地, 慢慢地(做状语); at one's leisure 在……有空的时候

【词汇扩展】近义词: free time, spare time, relaxation, recreation

反义词: duty, toil, work

派生词: leisured a. 有空的, 从容的 leisureless a. 无空闲的

leisurely ad. 不慌不忙地, 从容不迫地

【参考例句】I shall have *leisure* next Tuesday. 我下周二有空。

I like a life of *leisure*. 我喜欢悠闲的生活。

I spend my *leisure* hours at play with my dog.

我空闲的时候和我的小狗玩儿。

8. conduct n. [U] ① 表现, 品行, 举止, 行为 ② 进行, 指导, 领导(一项活动), 引导 ③ 处理, 管理, 经营

vt. ① 指挥, 引导, 带领, 牵引 ② 进行, 处理, 管理 ③ 为人, 表现(和反身代词连用) ④ 导(电、热等)

vi. 任售票员, 指挥(乐队等)

【记忆技巧】n. [U] person's behavior (esp. it's moral element) vt. organize, direct,

manage, carry out; act as the path for (electricity, heat, etc.)

注意: conduct 不同词性的读音是不同的, 名词读作: [ˈkɒndʌkt]; 动词读作: [kənˈdʌkt]。

近似词形比较记忆: conducive 有助于……的, 有益于……的; conduit 导管(水管, 气管, 电线管, 油管等)

【常用搭配】conduct oneself well 行为端正; semi-conductor 半导体

【词汇扩展】近义词: *n.*: behavior, action, manner; direction, guidance; management
vt.: lead, guide, direct, manage, control, behave; carry, transmit

派生词: conduction *n.* (电、热等的)传导, (水等的)输送; conductive

a. 有传导性的, 能传导(电、热)的; conductor *n.* (乐队)指挥, 领导者, (公共汽车)售票员, 列车员[美], 导(电)体

【参考例句】I'm glad to see your *conduct* at home has improved.

我很高兴看到你在家里的表现有了进步。

I got the laboratory through his *conduct*. 是他带我来到这个实验室的。

Her *conduct* of the business was very successful.

她对商业的管理非常成功。

He *conducted* this campaign with success. 他指挥这场战役极为成功。

Our group decided to *conduct* an experiment. 我们小组决定做个试验。

The students *conducted* themselves very well at the speech competition.

学生们在演讲比赛中表现得非常出色。

Most plastics do not *conduct* electricity or heat.

大部分的塑料不传导电或热。

He has *conducted* on Tokyo buses for 15 years.

他在东京公交车上做售票员已经十五年了。

Who will *conduct* (the orchestra) this evening? 今晚谁指挥(乐队)?

(二) 重点短语

1. stand still 原地不动, 停滞不前

【记忆技巧】stand 后接形容词或形容词性的词构成短语, 在这类短语中, stand 做系动词。

【常用搭配】stand firm 坚定; stand opposed to sth. 反对某事

【参考例句】The classroom stands idle. 这间教室闲置着。

He stood ready to start out at short notice.

他已准备好接到通知随时出发。

2. result in 导致(致使)……的后果

【记忆技巧】比较记忆: result from 由于……, 后接导致事情发生的原因; 而 result in 接后果。

【参考例句】The accident resulted in the death of one person.

这场意外事故造成一人死亡。



The students' illness resulted from eating unclean food.

学生们的病是由于吃了不干净的食物而引起的。

3. account for 说明(钱怎么花的), 解释; 是……的原因; 消灭, 干掉, 击落

【记忆技巧】① give a satisfactory explanation about (the cause of sth.)

② be the cause or origin of

③ annihilate

【参考例句】I accounted to my mother for the money I spent at the weekend.

我告诉妈妈这个周末的钱是怎么花的。

Tourism accounts for a high proportion of my hometown earnings.

旅游业占我家乡收入的很大一部分。

Our soldiers accounted for a force of two hundred enemy troops.

我们的战士消灭了两百名敌军。

4. nothing but 只有, 都是, 除……外什么也(不是/没有)

【记忆技巧】means only

【参考例句】He is nothing but a child. 他只是个孩子。

5. go with 随之而来, 同时发生

【记忆技巧】exist or take place at the same time, be found together.

【参考例句】Responsibility goes with becoming a teacher.

当了老师责任就随之而来了。

6. at hand 正在考虑的; 即将到来的; 手边的, 附近的

【记忆技巧】being considered or under discussion; near in time or place "at hand", "near at hand" and "close at hand" mean exactly the same.

【参考例句】Your question is not related to the matter at hand.

你提的问题与正在考虑的事无关。

The mid-autumn day is at hand. 中秋节就要到了。

Having the right dictionary at hand is very helpful for translating.

手边有合适的字典对翻译非常有帮助。

(三) 难句分析

6

1. Time is one of the two elements that Americans save carefully, [the other being labor. (L3-4)]

Paraphrase: There are two things Americans save. One is time, the other is labor.

翻译: 时间是美国人注意节约的两个要素之一, 另一个是劳力。

语法知识:

the other being labor 是复合结构做状语, 称为独立结构。

构成: 名词(或代词) + 分词(-ing/-ed)。也可位于句首。这类状语从句前还可以加介词 with, 即: Time is one of the two elements that Americans save carefully, with the other being labor.

He lay on the bed, hands crossed under his head. 他枕着双手躺在床上。

2. We are slaves to nothing but the clock. (L5)

Paraphrase: we are only under the control of time.

翻译: 我们只受时间支配。

语法知识:

slave to sth. 完全被某事(物)所掌控支配, 或深受其影响

类似的短语还有: a slave to drink 酒鬼; a slave to money 金钱的奴隶

His father used to be a slave to drink. 他的爸爸曾经是个酒鬼。

3. ...we also charge for it. (L7)

Paraphrase: ...we also ask for money for the time we take to do sth. for others.

翻译: 我们也要为此付钱。

语法知识:

charge for: ask (an amount of money) as a price 收(费), 索(价)

What do they charge for washing a car? 他们洗一部车要多少钱?

4. ...have run out of a person's hourglass, ... (L8)

Paraphrase: have used all one's hourglass, have no more

翻译: 用尽一个人的沙漏

语法知识:

run out of 用完

I'm afraid we've run out of water. 恐怕我们的水已经用完了。

5. ...much less do they take them out for dinner, or around on the golf course... (L28-29)

Paraphrase: ...it is even less likely that Americans invite their visitors to go out for dinner or play golf...

翻译:更不用说请他们出去吃饭或去打高尔夫球.....

语法知识:

"much less" means even less likely. 与 "still less" 意思相近。

The baby can hardly walk, much less run. 这个小孩还不能行走, 更不用说跑了。

6. ...be signed in person. (L40)

Paraphrase: be signed by oneself

翻译: 亲自签名

语法知识:

in person: physically present, by oneself

Will you attend the meeting in person? 你会亲自出席会议吗?

Section B Culture Shock

(一) 重点词汇

- 1. advantage** *n.* ① 好处, 优越之处(可数) ② 利益, 便利(不可数)
vt. 有助于, 对.....有利

【记忆技巧】take advantage of, have the advantage over

【常用搭配】have/gain/win (give sb.) an advantage over



(使某人)在……方面比较有利
 have the advantage of sb. 知道某人所不知道的事
 take advantage of 利用(某人的处境、弱点等); 利用(机会等)
 take sb. at advantage 趁某人戒备
 to sb.'s advantage 对某人有利
 turn sth. to advantage 使……发挥作用, 充分利用
 be of great (no) advantage to... 对……大大有利(毫无裨益)

【词汇扩展】近义词: precedence, superiority, benefit, profit

反义词: disadvantage

派生词: advantageous *a.* 有利的, 有助的

【参考例句】I can't see what the *advantages* are. 我看不到好处是什么。

I gained a lot of *advantage* from my visit to Tokyo.

我从东京之行中获益颇多。

It would *advantage* me to work more carefully.

更仔细地工作将对我有利。

2. occur *vi.* ① 发生 ② (某想法)出现在脑海中, 被想到 ③ 出现, 存在

【记忆技巧】happen 常出现在以 it 作为形式主语的句子中, 真正的主语可以是从句也可以是不定式

【常用搭配】occur to sb. 想到……

【词汇扩展】近义词: happen, transpire, appear, exist

派生词: occurrence 发生的事(可数)/发生(不可数)

【参考例句】I was not in the city when that *occurred*. 事情发生的时候我不在城里。

Has it ever *occurred* to you that we should repay our parents for bringing us up? 你曾经想过要报答父母对我们的养育之恩吗?

That word does not *occur* in my speech. 那个词没有出现在我的演讲中。

3. reject *v.* ① 拒绝, 谢绝, 不接受 ② 抛弃, 丢弃, 排斥, 退掉 ③ 废品, 下脚料, 被拒绝的人, 被抛弃的物(可数)

【记忆技巧】refuse to accept (sb. /sth.); throw (sth.) away as not to be used, chosen, done, etc. [C] rejected person or thing

【词汇扩展】近义词: decline, rebuff, repulse, refuse, repel, discard, exclude

反义词: accept

派生词: rejection *n.* 拒不接受, 拒绝(不可数)/一次遭到拒绝(可数)

【参考例句】She *rejected* his offer of marriage. 她拒绝了他的求婚。

It was hard for me to *reject* my beliefs. 我很难放弃自己的信仰。

This TV is cheap, because it's a *reject*. 这台电视便宜, 因为是废品。
 a society's *reject* 社会弃儿

4. alleviate *vt.* 减轻(痛苦、烦恼等); 缓和

【记忆技巧】make sth. less serious; ease

【词汇扩展】近义词: relieve, lighten

反义词: intensify

派生词: alleviation *n.* alleviative *a.* alleviatory *a.*

【参考例句】They *alleviated* the tiring waiting by singing songs.

他们用唱歌来减轻无聊的等待所带来的烦闷。

We want to help *alleviate* their lack of food.

我们想帮他们缓和一下食品匮乏。

(二) 重点短语

1. clash with 不调和

【记忆技巧】① disagree seriously (about sth.) ② come together and fight

clash *n.* ① serious disagreement; arguing ② violent contact; fight

【参考例句】The couple clashed on the question of where to spend their holidays.

夫妻俩在到哪里度假这个问题上无法达成一致。

His opinion clashed with mine.

他的意见与我的冲突。

They clashed with the police in the street.

在大街上他们与警察发生了争执。

The two countries have clashed with each other for years.

两国的争端已持续多年。

This is the first public clash between the two party leaders.

这是两党派领导人的首次公开争论。

The demonstration ended in a violent clash with the police.

游行示威以与警察的暴力冲突告终。

2. as though 好像, 仿佛

【记忆技巧】as if

【参考例句】He passes by me without a greeting as though he never knew me.

他经过我身边时没有打招呼, 好像不认识我一样。

3. adjust to 适应, 调节

【记忆技巧】become or make suited (to new conditions)

【参考例句】The body quickly adjusts itself to changes in temperature.

身体迅速适应温度变化。

I can't adjust to living on my own.

我无法适应独自生活。

4. recover from 恢复知觉, 恢复

【记忆技巧】return to a normal state from

【参考例句】He's now fully recovered from the shock.

他已经完全从惊吓中恢复过来。

He never really recovered from the sadness of his wife dying.

实际上他并未从丧妻的悲痛中恢复过来。

5. avoid sth./doing sth. 避免; 消除; 防止发生

【记忆技巧】keep oneself away from sb./sth.; stop sth. happening; prevent



【参考例句】He's been avoiding me since our quarrel.

自从我们争吵后他一直在回避我。

The old man avoided his neighbors' eyes.

老人回避邻居们的目光。

You must avoid giving any unnecessary information.

你必须避免提供无用信息。

Nobody can avoid (taking) responsibilities.

无人可以逃避责任。

6. cope with 与……竞争, 应付

【记忆技巧】(with) manage successfully; be able to deal with sth. difficult

【参考例句】School communities have to cope with changing numbers of pupils.

学校的周边社区不得不应付学生数量的变化。

How do you usually cope with the difficulties in your life?

你究竟是如何应对生活中的困难的?

(三) 难句分析

1. ...those parts of the culture not familiar to you. (L7-8)

Paraphrase: It is not well known to you those parts of the culture.

翻译: 你对那部分文化不熟悉。

语法知识:

familiar to; if sth. is familiar to you, it is well known to you or you often experience / encounter it.

Familiar with: if you are familiar with sth., you have a good knowledge of it or you know it in detail.

facts that are familiar to every student in our university 我们学校每个学生都熟悉的事实

Are you familiar with the rules of tennis? 你了解网球规则吗?

2. ...and everything seems to be marvelous. (L11)

Paraphrase: ...and everything seems to be wonderful.

翻译: 一切好像都很出色。

语法知识:

marvelous: a. wonderful; excellent

He certainly is a marvelous teacher. 无疑他是个非常出色的老师。

It's marvelous that we can at last buy our own car. 太好了, 我们终于能购买自己的车子了。

3. Moreover, people don't treat you like a guest anymore. (L16-17)

Paraphrase: In addition, people no longer behave towards you as if you were a guest.

翻译: 而且, 人们也不再把你当成客人。

语法知识:

moreover: ad. in addition; as well as what has been

I don't like swimming, moreover, the water is too cold. 我不喜欢游泳, 再说水也太