



高等职业教育“十二五”规划教材

# 高职高专实用英语

■ 主编 洪爱英 刘涤非



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高职高专英语教育是专门培养技术型人才的高等英语教育,有着区别于普通高校大学英语教学的特点。高职高专英语在以外语教学理论为指导,以英语语言知识与应用技能,跨文化交际和学习策略为主要内容的前提下,很好地贯彻了“学以致用”的教学理念。本教材以《高职高专教育英语课程教学基本要求》(试行)为依据,由众多从事大学英语基础教学和高职高专英语教学的一线优秀教师,结合第二语言习得理论和教学经验,精心设计和编写而成。

本教材具有以下两个特色:

### 一、力求理念与内容创新

在英语教学中,不单单传授英语基础知识和基本技能,更强调以学生为中心,既传授技能和知识,又注重培养知识与技能的输出能力以及学生自主学习的能力,因此在教材的编写上提供了更多的语言材料,以及知识与应用板块,让学生根据自己的实际情况选择适合自己的材料和学习方法,让他们成为主体,从而提高他们独立思考和自主学习的能力。在编写的过程中,本教材充分考虑到不同起点的学生,既照顾到起点低的学生,又为基础好的学生创造了发展空间。教材内容上满足学生把握、理解和准确表达现代生活和思想的愿望,选材更具有趣味性和时代感,同时又使之更具有现实的可操作性。

### 二、确保结构完整和学、练、考相结合

教材中课堂教学的主要素材含有以下几部分:阅读理解部分,每单元为3篇,其中2篇为普通题材的文章,分别用作精读和泛读材料;1篇为应用文,旨在让学生熟悉应用文体,并提高对实际生活中的英语材料的阅读理解能力。翻译部分设置两个题目,题型更多参考了大学英语四级和A、B级英语考试要求和题型,做到学、练、考相结合。写作部分主要是基础写作知识,并针对各单元的具体内容设置强化练习,同时在多数单元里增加了应用文写作内容,让学生尝试学写常见应用文。听说指导部分是本教材的重点内容,参考了A、B级考试和大学英语四级考试的题型设计,同时兼顾语言的真实性和实际应用性,听力材料全部取材于真实生活场景中的英语对话,不仅让学生们提高了听力对话与短

文的理解能力，更增强了他们的语感和自我模仿表达的欲望。

本系列教材是吉林科技职业技术学院从事一线基础英语教学的中青年教师们辛勤工作的结晶。他们以外语教学理论为依据，汇聚了众多高职高专英语教学的经验，精心编写本教材。教材的编写也充分体现了吉林科技职业技术学院精品教材课程建设的深刻内涵，并以此为始，抛砖引玉，开发研究和设计编写出了更多的精品教材。

《高职高专实用英语》系列教材由洪爱英（吉林大学公共外语教育学院讲师）和刘涤非（吉林省经济管理干部学院副教授）担任主编，由吉林大学、吉林省经济管理干部学院、吉林科技职业技术学院的一线教师联合编写而成。

由于编写时间和编写团队的水平有限，书中难免有疏漏之处，还请各位专家、同仁、读者不吝赐教。

编 者  
2011 年 6 月

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# 1

## Unit One

### *Campus Life*

#### Section A

#### Reading

#### Passage One Intensive Reading

#### Warm-up

**Take the following test which can assess your interpersonal strength in college.**

Place "1" in the bracket next to the statement you feel right. And then add up your scores and multiply the total score by 10 to get a final score.

- (     ) 1. I learn best from interacting with others.
- (     ) 2. The more you have, the merrier you are.
- (     ) 3. Study groups are very productive for me.
- (     ) 4. I enjoy chat rooms.
- (     ) 5. Participating in politics is important.
- (     ) 6. Television and radio talk shows are enjoyable.
- (     ) 7. I am a team player.
- (     ) 8. I dislike working alone.

( ) 9. Clubs and extra-curricular activities are fun.

( ) 10. I pay attention to social issues and causes.

S<40: Your interpersonal strength is too weak to keep you going in college. You need to improve it a lot to adjust to college life.

40<S<60: Your interpersonal strength is just OK, but you will not mix well with your peers. So come on!

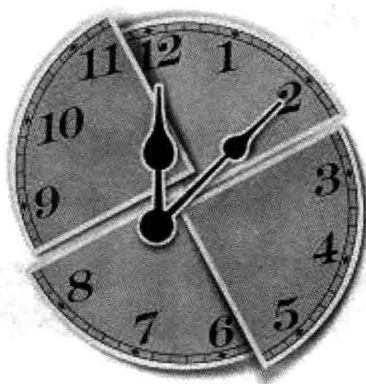
60<S<80: Your interpersonal strength is good to make your communication with your peers smooth.

80<S<100: You are a superman in interpersonal relationship with your peers.

Remember: Everyone has interpersonal strength! You can strengthen it!

## Text

### How Time Management Can Improve Your Life



Are you overworked, stressed out, and overwhelmed? Do you feel like your pile of work will never get done? Are you sick of feeling burned out before your day is half over? The secret to gaining control of your life and feeling more peace is effective time management.

By learning to focus your energy in the right direction, you'll get more done and complete all of the important things that you must accomplish.

You'll enjoy these benefits when you manage your time more effectively.

(1) More time for recreation. As you create new habits of time management, you'll waste less time and make the most of your work hours, leaving you more time for leisure activities. Then you'll enjoy a richer experience of life because you have time to pursue your interests and passions more fully. The time you save can be invested in the people and projects that mean the most to you.

(2) More structure. If your life is one of chaos, a set schedule will help you bring a sense of order to your everyday life. Your schedule will support you and keep you on track. Your focus will improve because you'll know that you're doing exactly what you should be doing at any given



moment.

(3) Less stress. When you face challenges and obstacles, your mind will be clear to focus on solutions instead of distractions. Procrastinators create problems for themselves by delaying necessary decision-making. By developing a plan, you release the foothold that procrastination has in your life.

(4) Greater fulfillment. Your ultimate destiny is to achieve the dreams that are in your heart. The only way to see those dreams come to fruition is with careful planning and time management. The structure of your day and the thought process of creating your plan will clarify your thinking and help you determine what's important.

By using effective time management, you can enjoy all these benefits and more. Begin today to think through the dreams that are in your heart and the steps you need to take to get there. Determine how you can minimize distractions in your life, and plan your day to support your dreams and goals. When you do, your life will never be the same!

(Words: 373)

## New Words and Expressions

overwork [əʊvə'wɜ:k] v. 工作过度; n. 过度工作

e.g. The tears welled into her eyes—not so much from strength of feeling as from the weakness of chronic overwork.

她眼里涌出了泪珠——与其说是由于感情的强烈，倒不如说是由于长期劳动过度所致的虚弱。

She had a good job near home after university. Several years later her mother died of overwork. Since then gardenia was never received.

大学毕业后，她在家附近找了份合意的工作。几年后，妈妈因操劳过度逝世。从此以后，她再没收到过栀子花。

overwhelm [əʊvə'hweɪlm] v. 压倒，淹没，受打击

e.g. Will the rapid growth in data traffic overwhelm wireless networks?

高速增长的数据流量是否会压垮无线网络？

The chances that Latvia's bad debts could overwhelm Sweden's banks, say, or that souring loans in Hungary might cripple Austrian lenders, seem rather low.

比如，拉脱维亚的坏账会拖垮瑞士银行，或者匈牙利不良贷款可以削弱奥地利贷方，这样的机会似乎微乎其微。

pile [paɪl] n. 堆，大量，建筑群; v. 累积，打桩于; 挤，堆积，积累

e.g. They found the body buried beneath a pile of leaves.

他们在一堆树叶下面发现了那具尸体。

A dirty young man searched through a pile of blackened onions, picking out those that were not inedible charred.

一个肮脏的年轻人在一堆被熏黑的洋葱中翻腾，把那些还没烧到不能吃的挑了出来。

sick [sik] *n.* 病人; *adj.* 厌恶的, 病态的, 不舒服的, 渴望的, 恶心的; *v.* 使狗去咬, 呕吐, 追击

e.g. I feel very tired and sick.

我感觉很累, 并且生病了。

Moral responsibility is the burden of the sick as well as the healthy.

担负起道德责任不仅是健康人的职责, 也是患者的义务。

effective [i'fektiv] *adj.* 有效的, 起作用的, 实际的, 实在的, 给人深刻印象的

e.g. Particle systems are effective methods to achieve fountain effect.

粒子系统是实现喷泉效果的有效方法。

The basis for an effective solution of population problems is, above all, socioeconomic transformation.

有效地解决人口问题的基础首先是社会经济状况的改变。

management ['mænidʒmənt] *n.* 管理, 管理人员, 管理部门, 操纵, 经营手段

e.g. The next great development in risk management was the swap.

接下来的风险管理的大发展是掉期合同。

As they read, they gleaned many new ideas about quality management.

在阅读时, 他们搜集了很多质量管理的新观念。

energy ['enədʒi] *n.* [物] 能量, 精力, 活力, 精神

e.g. He brought new energy to the science department.

他为科学部带来了新的活力。

You must decide to choose life, breath, and energy.

你必须决定去选择人生、呼吸和精力。

accomplish [ə'kʌmpliʃ] *v.* 完成, 实现, 达到

e.g. A system is a group of components that work together to accomplish an objective.

系统就是为实现一个目标而共同工作的一组部件。

If your husband sees that he can accomplish something in those 15 minutes, he may be willing to do more.

如果你丈夫看到能够在 15 分钟内整理好这些东西, 那他就愿意做更多的事情。

benefit ['benifit] *n.* 利益, 好处, 救济金; *v.* 有益于, 对……有益; 受益, 得益

e.g. It should also benefit the world economy in its present predicament.

这也将有益于世界经济及其目前所处的困境。

This “going out” strategy will benefit Europe and should be welcomed.

这种“走出去”的战略将惠及欧洲，因此理应受到欢迎。

recreation [rekri'eɪʃən] *n.* 娱乐，消遣，休养

e.g. My only recreation has been watching TV.

我唯一的娱乐一直是看电视。

What do you do for recreation? Do you have a hobby?

你通常都做些什么娱乐活动？你有爱好吗？

leisure ['leɪʒə] *n.* 闲暇，空闲，安逸；*adj.* 空闲的，有闲的，业余的

e.g. How do you usually spend your leisure time?

你的空闲时间通常是怎么度过的？

The survey showed that the split between work and leisure time within certain countries is striking.

这项调查显示某些国家的工作和休闲时间方面的差距令人震惊。

pursue [pə'sjuː] *v.* 继续，从事，追赶，纠缠；追赶，继续进行

e.g. They felt the only policy they could pursue was a military solution.

他们认为他们能够推行的唯一政策是军事解决。

By now you should have decided on one occupation you want to pursue.

事到如今，你应该决定你真正想追求的唯一职业了。

passion ['pæʃən] *n.* 激情，热情，酷爱，盛怒

e.g. As a result, she created a new career and a new passion for herself.

结果，她干出了新的事业，为自己创造了新的激情。

But perhaps she could find other ways to enjoy that passion, rather than squelching it entirely.

但是，也许她可以找到其他方法享受这种激情，而不是完全地抑制。

structure ['strʌktʃə] *n.* 结构，构造，建筑；组织，构成，建造

e.g. The structure of bonus schemes is more important than their level—especially in finance.

奖金方案的结构远比起其数量更为重要——在金融界尤其如此。

The structure would solve the problem of transplanted cells migrating away from a scarred area.

这种构造体，将能解决移植的细胞无法附着在受伤区域的问题。

chaos ['keɪɒs] *n.* 混沌，混乱

e.g. “There is order in chaos,” Farmer says.

“在混沌中存在着秩序，”法默说。

Out of the chaos will emerge new species.

新的物种将在这一混乱时期出现。

schedule ['ʃedju:l] *v.* 安排, 计划, 编制目录, 将……列入计划表; *n.* 时间表, 计划表, 一览表

e.g. I would like to ask your opinion about the time schedule.

我想问您一下关于这个日程安排有何意见。

Can you rearrange your schedule and make my order your top priority?

你能否重新安排一下你的计划, 让我的订货优先?

sense [sens] *n.* 感觉, 官能, 观念, 道理, 理智; *v.* 感觉到, 检测

e.g. In a way, he had the power of a king, or in a sense, of a god.

在某种程度上, 他有国王的权力, 或者说在某种意义上, 他有天神的威力。

Does the child have trouble making sense of time or understanding the order of the events, like yesterday, today and tomorrow?

孩子在理解时间的意义, 以及了解像昨天、今天和明天这样的事件顺序方面存在困难吗?

track [træk] *n.* 轨道, 足迹, 踪迹, 小道; *v.* 追踪, 通过, 循路而行, 用纤拉; 追踪, 走, 留下足迹

e.g. It also makes it easier for restaurants to track customers.

同时餐馆也可以更容易地追踪客人信息。

Instead, sappers cut a new track through the desert and mountains.

相反, 工兵开辟了一条穿越沙漠和山区的新道路。

obstacle ['ɒbstəkl] *n.* 障碍, 干扰, 妨害物

e.g. Another obstacle is inertia.

另一个阻碍是惰性。

And it is the main obstacle to Russia's modernization.

这个系统才是俄罗斯现代化的主要障碍。

distraction [dis'trækʃən] *n.* 注意力分散, 消遣, 心烦意乱

e.g. But attacking it is a bit of a distraction.

但是对它的攻击也只是分散注意力。

Pigtails and pets were always a wonderful distraction.

发辫儿和宠物总是绝佳的障眼法。

procrastinator [prəu'kræstineitə(r)] *n.* 拖延者, 拖拉者, 因循者

e.g. Are you a procrastinator?

你是一个拖拉者吗?

Procrastinator: You play a game of monopoly for the parachute.

慢性子：你得为这个降落伞打一场专利使用的官司。

fulfillment [ful'fɪlmənt] *n.* 履行，实行

e.g. The progressive movement, which had already brought important changes in federal policies, stood on the verge of culmination and fulfillment.

已经给全国政治带来重大变化的进步运动，即将进入高潮，并完成其历史使命。

In the 21st century properly educated, well-equipped, fully staffed forensic science laboratories are essential to the fulfillment of that obligation.

在 21 世纪，设施、人力齐备的鉴识科学实验室，由受过适当教育的人员操作，是履行那个义务的必要工具。

ultimate ['ʌltɪmət] *adj.* 最终的，极限的，根本的；*n.* 终极，根本，基本原则

e.g. Indeed, many college students do not select their ultimate career path until after they graduate.

当然，很多大学生直到毕业才会选择他们的最终职业道路。

The Russians, both on land and in the air, have now the upper hand, and the Germans can have few hopes of ultimate victory.

俄国人在陆军和空军方面，都已占上风，德国人要想能够获得最后的胜利，已经没有任何大的希望了。

destiny ['destɪni] *n.* 命运，定数，天命

e.g. In less than a month the coalition government will meet its second day of destiny.

在不到一个月之后，联合政府即将面临其第二个“命运之日”。

The European commissioners for competition and the single market have real power to shape Europe's economic destiny.

主管竞争和单一市场的欧盟委员有着真正的权力来影响欧洲的经济命运。

fruition [fru:'ɪʃən] *n.* 完成，成就，结果实

e.g. Years of patient work had at last brought all his plans to fruition.

多年的耐心工作终于使他实现了所有的计划。

Not all the supposedly “civilian” nuclear plans now being laid will come to fruition.

目前尚在安排中的“民用”核计划，恐怕并非全都可以成为现实。

clarify ['klærɪfaɪ] *v.* 澄清，阐明，得到澄清，变得明晰，得到净化

e.g. The Vatican later attempted to “clarify” the remarks.

梵蒂冈稍后试图“澄清”这些言论。

White House officials say the president was just “reporting the facts” and sought to clarify those remarks in his speech on Wednesday.

白宫官员说总统说的的确是事实，他一直在寻找机会澄清其周三讲话中所讲到的问题。

be sick of 厌恶, 厌倦

e.g. The runner-up will be sick of his face.

第二名将厌恶他那张脸。

They may be sick of hearing about it and say "If you don't like her, divorce her," just to be done with it.

他们可能不愿意听你倾诉, 为了敷衍你, 他们会说: “如果不爱她了, 就离婚吧。”

burn out 烧坏, 烧尽, 不再热衷

e.g. I've seen way too many marketing professionals burn out and stray away from the basics.

我看到过太多的销售专家都已经手足无措, 并且远远偏离了基础。

Leaving the heating part on while the heater is empty could cause an explosion or burn out elements.

在水箱中没有水时对加热器继续加热可能会导致爆炸或烧毁电器。

gain control of 取得对……的控制权

e.g. The prime minister thwarted the opposition's maneuver to gain control of the government.

首相挫败了反对党企图控制政府的阴谋。

They set fires. The troops are trying to gain control of that area, then the demonstrators disperse and move somewhere else.

示威者们到处放火, 军队试图用武力控制该地区, 受到阻挠的示威者们到处四散, 并转移到其他地区。

get done 完成

e.g. The first thing I asked her was what she expected to get done each day.

我问她的第一个问题是每天她都希望去完成什么。

Those extra steps are so difficult and painful they almost never get done.

这些额外的步骤是如此的困难和痛苦, 他们几乎无法完成。

waste one's time 浪费某人的时间

e.g. Don't waste your time!

不要浪费你的时间!

To waste one's own time is to suicide.

浪费自己的时间实际上就是自杀。

be interested in 对……感兴趣

e.g. Here is a book in which you will be interested.

这儿有一本书, 你会对它感兴趣的。

And it's not hard to imagine a time when nobody will be interested in crossing over.

不难想象, 当没有人愿意从这座桥上经过的时候, 那会是怎样的光景。

a sense of 一种……感

e.g. But already researchers have a sense of some of the proteins that might be involved.

不过研究人员对于其中可能参与的一些蛋白质，已经心里有数。

I feel this lack of security and a sense of competition leads people to develop their potential and creativity.

我认为这种缺乏保障和竞争的意识能使得人们发挥他们的潜力和创造性。

keep on 继续，穿着……不脱

e.g. The UN force's task will be much harder if there is no peace at all to keep on the ground.

如果本地区根本没和平可言的话，那么联合国维和部队的任务将会困难得多。

The third lesson is to keep on the lookout for "something new," or for something improved enough to make a qualitative difference.

第三个经验是持续保持对“新事物”，或是对那些发展充分足以产生性质差异的事物的关注。

be focused on 聚焦于

e.g. The work will mainly be focused on thermal and theological characterizations.

工作主要集中在热分析和流体分析表征等方面。

The study on Shi Zhecun used to be focused on the genre or history side with the theory of Freud psychology.

以往对于施蛰存的研究多集中于从流派和历史的角度，运用弗洛伊德的精神分析学理论来进行分析论证。

## Notes

1. As you create new habits of time management, you'll waste less time and make the most of your work hours, leaving you more time for leisure activities.

当你形成了新的时间管理习惯时，你就会节约时间，并且充分利用工作时间，给你的休闲活动留有更多的时间。

该句中包含一个由 as 引导的时间状语从句。

2. Your ultimate destiny is to achieve the dreams that are in your heart.

你的最终命运是实现你心中的梦想。

该句包含一个由关系代词 that 引导的定语从句，that 在从句中做主语。

3. By using effective time management, you can enjoy all these benefits and more.

通过使用有效的的时间管理，你能够享受到更多的好处。

by+doing 表示通过某种方式或手段。

## Exercises

### I. Fill in the blanks to complete the summary of the text.

The secret to gaining 1 of your life and feeling more peace is 2 time management. Leaving you more time for 3 activities that means the most to you. Do exactly what you should be doing at any 4 moment, 5 the foothold that 6 has in your life. Greater 7 help you determine what's 8. By using effective time 9, your life will 10 be the same!

### II. Read each of the following statements and decide whether it is true or false.

- ( ) 1. The secret to gaining control of your life and feeling more peace is effective human management.
- ( ) 2. You'll enjoy only one benefit when you manage your time more effectively.
- ( ) 3. When you face challenges and obstacles, your mind will be confused to focus on solutions instead of distractions.
- ( ) 4. Your ultimate destiny is to achieve the dreams that are in your heart.
- ( ) 5. The only way to see those dreams come to fruition is with careful planning and time management.

### III. Fill in the blanks with expressions given below. Change the form if necessary.

overwhelm	effective	accomplish	recreation	burn out
gain control of	be focused on	pursue	schedule	destiny

- The work will mainly \_\_\_\_\_ thermal and theological characterizations.
- The prime minister thwarted the opposition's maneuver to \_\_\_\_\_ the government.
- I've seen way too many marketing professionals \_\_\_\_\_ and stray away from the basics.
- Will the rapid growth in data traffic \_\_\_\_\_ wireless networks?
- In less than a month the coalition government will meet its second day of \_\_\_\_\_.
- Practical systems are effective methods to achieve fountain \_\_\_\_\_.
- I would like to ask your opinion about the time \_\_\_\_\_.
- A system is a group of components that work together to \_\_\_\_\_ an objective.
- They felt the only policy they could \_\_\_\_\_ was a military solution.
- My only \_\_\_\_\_ has been watching TV.

### IV. Translation.

#### A. Translate the following sentences into English, using the expressions in the brackets.

- 第二名将厌恶他那张脸。(be sick of)



2. 我看到过太多的销售专家都已经手足无措，并且远远偏离了基础。(burn out)
3. 浪费自己时间实际上就是自杀。(waste one's time)
4. 工作主要集中在热分析和流体分析表征等方面。(be focused on)
5. 这儿有一本书，你会对它感兴趣的。(be interested in)

**B. Complete the following sentences.**

1. 皮尔逊学院是一所小学院，与规模大且有名气的安大略省多伦多大学相比有很大不同。  
Pearson College is a small school, \_\_\_\_\_ which is huge and famous.
2. 我本来可以去多伦多大学，但我选择了规模不大的皮尔逊学院，及其所开设的我的主修专业的优良课程——语言学。  
I could have gone to the University of Toronto, \_\_\_\_\_.
3. 有礼貌就意味着与人为善，助人为乐，只要牢记这一点，你就不会出大错。  
Good manners really mean to be kind and helpful to others. \_\_\_\_\_.
4. 到中国人家中做客，不要把杯中饮料喝光，应该剩一点以表示喝足。  
A guest in a Chinese house never finishes a drink. \_\_\_\_\_.
5. 如果你要问老师一个问题，你应该说“请”字。当老师回答了你问题时，说声“谢谢”。  
\_\_\_\_\_, you should say “please.” When your teacher has answered your question, don't forget to say “thank you.”

## Passage Two Extensive Reading

### Tips for Examination

Did you ever fail in an exam after studying so hard for it? Well, there is much more to passing an exam than you think. Want to know the secrets?

How do you learn best? Do you learn better in a study group or on your own? If you learn best studying with others, then try to set up a study group with your friends before the exam. Are you a visual learner or are you an auditory learner? If you are a visual learner, then you will want to rely on notes and possibly slideshows, such as PowerPoint. If you are an auditory learner, try recording your lectures in the classroom, but before you go ahead and do that, make sure you get your instructor's consent to record. All these questions matter when it comes to studying. It is important to keep in mind that the best way to find out which method best suits your studying habits is through trial and error. If you tried a certain method, and you were not impressed with the results, then do not give up, but do try another system that might work for you next time.

Every Subject Needs a Different Studying Method: You cannot expect to study for Math the same way that you would for English; both subjects are different and so should your studying technique be. In other words, do not limit yourself to only one studying method and apply it to all subjects. There are some online sites that can give you tips on studying for different subjects; for example, education atlas provides tips on English, Math, Biology, Chemistry, Law, and much more!