



“十二五”普通高等教育本科国家级规划教材

总主编 邹 申
本册主编 邱东林

21世纪 **修订版**
大学新英语 1
读写译教程



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责 任 编 辑 黄昌朝

修订版责编 倪琴芬

总主编与分册主编简介

邹申，上海外国语大学英语学院教授、博士生导师。教育部高等学校外语专业教学指导委员会委员、英语专业教学分指导委员会副主任委员，享受国务院政府特殊津贴。近年来主要从事外语教学法及语言测试研究，曾主持1993版、1996版及2004版高校英语专业四、六级考试大纲的修订工作。目前负责英语专业四、六级考试的相关研究及工作。已发表相关论文数十篇，主要有：《考试评估中的信息反馈》、《TEM8写作能力评估——要求、问题及对策》、《试论口语测试的真实性》；主编的教材有：《简明英语测试教程》、《语言测试》(研究生教材)、《英语写作》(本科生系列教材)，其中《简明英语测试教程》获2002年教育部全国普通高校优秀教材一等奖；《英语写作》系列教材获2009年上海市高等教育教学成果二等奖。

邱东林，复旦大学外文学院教授、大学英语教学部主任。1996—1997年在英国牛津大学作高级访问学者。主要研究方向是应用语言学和语言教学。近年来先后出版了十多部著作，其中《管理学专业英语教程》为教育部推荐优秀教材。参与编写的《21世纪大学英语》、《大学英语(全新版)》均为国家级重点规划教材。

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总序

2007年教育部颁布的《大学英语课程教学要求》(以下简称《课程要求》)是指导我国大学英语教学的一个纲领性文件。《课程要求》对大学英语教学的定位是:“大学英语是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,并集多种教学模式和教学手段为一体的教学体系。”大学英语的教学目标是:“培养学生的英语综合应用能力……同时增强其自主学习能力,提高综合文化素养,以适应我国社会发展和国际交流的需要。”

鉴于我国幅员辽阔,地区与地区之间、高校与高校之间客观上存在较大差异,《课程要求》提出了“分类指导、因材施教”的原则。其具体体现为大学英语教学分为三个层次:一般要求、较高要求和更高要求。其中的一般要求为高等学校非英语专业本科毕业生应达到的基本要求;较高要求或更高要求适用于对办学定位、类型和人才培养目标定位较高的学校。

《课程要求》提出构建大学英语课程体系。该课程体系既包括必修课程和选修课程,也涵盖不同课程类别:综合英语类、语言技能类、英语应用类、语言文化类和专业英语类。

《课程要求》提出一种综合教学模式,即采用基于计算机和课堂的英语教学模式;在充分利用现代信息技术的同时,继承和发扬传统课堂教学的优势。

《21世纪大学新英语》系列教材力求体现《课程要求》的原则和精神,在编写宗旨、单元设计、材料选择、课堂活动和课堂练习的设计上力图忠实地诠释《课程要求》的各项指标。本系列教材为综合英语类的必修课程教材。

一、编写总则

本系列教材以《大学英语课程教学要求》为准则,以先进的外语教学理论为指导。教材的总体设计体现“以人为本”的人文主义教育观,注重培养学生的人文素质。教材编写坚持做到“四个结合”:语言知识与语言技能相结合、单项技能与综合应用能力相结合、语言教学与文化传授相结合、课堂教学与自主学习相结合。教材编写注重对学生的“多维度”、“一体化”培养,即语言能力、学习策略、文化素养的同步培养。在教学模式上本系列教材着重构建多层次、立体化教学模式。

二、选材要求

在编写过程中我们力图使内容具有时代性、趣味性、可思性和人文性;既要反映时代潮流,又要具有思想深度和弘扬积极的人生态度。语言难度适中,同时具有可教性。体裁和题材要体现多样性。

三、练习特点

我们在设计教材练习形式时既考虑到大学英语班级规模，也兼顾不同层次院校的学习需求。在形式上练习做到多样化、有新意；难度呈坡度状；提倡课堂互动；鼓励学生“learn to do”和“do to learn”。

四、教学目标

教学目标设计体现教学的层次性，目标进度呈阶梯状：一般要求、较高要求和更高要求。教学起始目标为一般要求，最终目标是更高要求。其中第一、第二册的教学目标为一般要求，即达到大学英语四级要求；第三、第四册的教学目标为较高要求，即达到大学英语六级要求，第五册可作为分级学习时的选修课教材。

五、单元框架

本系列教材的单元包括以下部分：

第一部分：Lead-in

该部分旨在激发学生的学习兴趣，拓展相关知识和培养阅读技巧。

1. 通过问卷、图片讨论等活动形式激活学生已有背景知识，培养学生阅读技巧（如何根据题目预测主题内容等）；
2. 通过与单元主题相关的听力活动，增加语言输入或拓展知识面。

第二部分：Reading Focus

该部分主要培养学生的阅读技巧及语言应用能力。教学载体为两篇课文：Text A和Text B。

Text A

要求学生阅读课文后对其有较为全面并有一定深度的理解。课文教学主要围绕阅读策略，阅读技能的培养，同时挖掘单词字面意义和深层意义。课文教学采用分步法：First Reading 和 Second Reading。First Reading 的阅读问题出现在课文左边的对应位置。这部分的问题侧重培养学生阅读策略及技巧，以细节题为主。

Second Reading 侧重检查不同层次的阅读理解，采用多种形式，如正误判断题、选择题、填空题、简答题等形式。

Text B

Text B 是 Text A 的补充和拓展，旨在强化学生阅读策略及技巧。Text B 的体裁更多样化，有广告、表格等，以体现语言实用性。练习侧重阅读技巧训练、词汇及翻译能力的拓展。

第三部分：Intergrated Exercises

本部分为单元练习，侧重培养学生的英语综合应用能力和自主学习能力。

TASK 1: Reading Aloud

目的：培养学生正确的语音、语调。材料来自 Text A。

第一册：着重单词、短语和单句跟读；

第二、三、四册：着重段落跟读；

第五册：着重演讲技巧训练。

TASK 2: Text Organization

目的：a) 培养学生的阅读/鉴赏能力，即能对多篇文章进行分析、归纳等；

b) 培养学生对体裁类别的意识及分析能力；

c) 培养学生对文章整体结构的把握能力。

TASK 3: Vocabulary Study

目的：提高词汇运用能力。练习着重操练课文中出现的词汇；同时练习形式力图多样化。

采用循环往复法操练词汇。

TASK 4: Structure

目的：提高学生的英语句式意识及句子组合能力。

TASK 5: Translation

目的：提高句子翻译能力。

第一、二册：中译英和英译中均为半句翻译；

第三、四册：中译英和英译中均为全句翻译；

第五册：中译英和英译中均为短文翻译。

该部分还包括课文译文句子点评；点评内容选自Text A或Text B。

TASK 6: Presentation

目的：培养学生口语表达能力及跨文化交际能力。

TASK 7: Writing Focus

目的：采用循序渐进的方式培养学生的一般英语写作能力和学术英语写作能力。

第一册：句子写作；

第二册：段落写作；

第三册：应用文写作（包括便条、卡片、信函、简历、广告等）；

第四册：各类体裁短文写作（记叙文、说明文、论说文）；

第五册：论文撰写技巧。

第四部分:

TASK 8. Intranet Assignments

目的: 借助网络教学模式, 扩大学生阅读量, 提高学生阅读能力以及自主学习能力。

该部分的阅读材料体裁多样, 题材新颖。

本系列教材包括学生用书(附学习者光盘)、教师用书(附电子教案)和练习册。电子教案还包含课堂教学建议, 为教师提供教学基本构想, 同时在教学设计中兼顾不同水平的学生。每单元包括 Text A 和 Text B 的课文译文。

本系列教程的编者分别来自复旦大学、上海交通大学、上海外国语大学和南京解放军国际关系学院。他们具备深厚的语言学、二语习得及外语教学理论功底, 同时长期在大学英语教学一线工作, 有着丰富的教学经历。历经几度寒暑, 集全体编者智慧和心血编就。本次修订是在广泛听取使用者意见的基础上对部分单元进行了替换, 对写作部分作了精简, 对教师用书上的中文翻译做了全面梳理。希望通过本次修订能使这套系列教材更丰满, 能以其时代性、趣味性和实用性, 为推动我国大学英语教改助一臂之力。

邹 申

2013年3月

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Unit 1 College Life

Proverbs and Quotations

College is like a fountain of knowledge — and the students are there to drink.

(Anonymous)

大学犹如知识的喷泉——学生们到那里汲取知识。

(无名氏)

The important thing is the educational experience itself — how to survive it.

[Am.] Donald Barthelme

重要的是受教育的经历本身——如何成功度过这段经历。

[美]唐纳德·巴塞尔姆

Lead-in

A. Look at the picture and discuss with your partner the following questions.

1. What do you think will be the topic of this unit?
2. Describe and comment on the cartoon.



I WISH MY DAD WOULD GET OFF MY
BACK! IT'S ONLY BEEN NINE YEARS
AND HE WANTS TO KNOW IF I'VE
PICKED A MAJOR YET!

B. Listening Practice

Pre-listening Task

Before listening to the following passage take a quick look at the words and expressions in the box below.

expulsion	开除	hazard	危险
freshman	(大学或中学) 一年级学生	inexperience	缺乏经验
newfound	新发现的	legal	法律(上)的; 合法的
skip	有意缺席	be obsessed with	着迷于
scholastic	学校的; 学术上的	moderation	适度; 节制

Post-listening Task

Answer the following questions.

1. What will lead students to consequences that they do not notice until it is too late?

2. What are the two most common hazards the speaker has listed?

3. According to the speaker, what will be your reward if you work hard?

Listen to the report again and fill in the blanks in the following sentences with the words or expressions you hear.

1. For many young adults, graduation from high school means _____ in their educational experience. Unfortunately, the new freedom can lead to behaviors that could cause students to face _____, or even expulsion from school.
2. Many professors do not have attendance requirements except being in the classroom _____ and turning in all assignments. Some students mistakenly believe they can _____ the lecture classes whenever they want and still acquire a passing grade.
3. Parties are a necessary part of college and university life. Whether the students live in the _____ or have off campus housing, a party is always _____.
4. Students can become so obsessed with their game-world, that they lose touch with their _____.
5. Party in moderation; give yourself _____ on computer games and social web sites; attend all your classes; study hard; and most importantly, _____.

Reading Focus

Text A

First Reading

Read the text and then answer the questions in the left margin.

College: How to Survive the First Year

Kari Whitaker¹

What do most potential college students worry about before starting school? **1** For many potential college students, starting school can be intimidating. Some have anxieties about leaving home. Others fret about the cost. Most worry they won't do well in school. Below are ten tips that will not only help you survive your first year — or any year — but thrive.

2 *Go to all orientations.* Yes, that's right — it really *is* necessary to attend all the school orientations. The more familiar you are with the school as well as its rules and expectations, the better you'll do. Armed with a thorough understanding of all aspects of campus life — or, at least, those aspects you can glean from orientation — you will feel more at ease when issues arise, as they always do.²

3 *Get organized.* In high school, teachers tend to shepherd students through homework and due dates.³ In college, by contrast, professors post the assignments and expect you to be prepared. They don't have much patience for excuses like “I didn't know when it was due.” So do what you have to do — buy an electronic organizer, a planner, or a big wall calendar — but get organized.

Where are the ideal places the author lists for study? **4** *Study regularly.* Kind of a no-brainer, but this is an essential part of success.⁴ In addition to studying regularly, you should find an ideal place for you to study, whether at the library or a quiet place in your dorm, whatever works best for you. Like with most things, when it comes to study time, quality is better than quantity.⁵

5 *Be on time to class.* What happens when you're late or don't show up to class? You get behind, miss out on assignments and lecture notes, and often project an “I don't care” attitude to the professor. Often it is tempting to sleep through early morning class or skip it altogether — resist temptation. Make it a priority to attend all of your classes on time. Your grades will thank you later.

6 *Meet with your professors when appropriate.* Not only should you meet with

professors to ask questions about assignments but also to get to know them. Remember there are upsides to having a personal relationship with your professor, especially if you run into snags late in the semester. Professors schedule office hours for the sole purpose of meeting with students — take advantage of that time.

What is an academic advisor supposed to do?

7 *Get to know your academic adviser.* The job of the academic adviser is to help you make informed decisions about majors and minors, resolve course conflicts, and add or drop classes. In short, your academic adviser is your life preserver in college — make sure you use them. If your assigned adviser doesn't have time for you, or if the two of you don't click, don't be afraid of requesting another one.⁶

8 *Maintain a balance.* College offers students the chance to expand their education, to meet friends, and to develop talents. But concentrating on one area too much can be dangerous. Without proper attention to school, grades will fall. But without a social life, college can become a burden. Be sure to maintain a balance — study hard *and* play hard.

How can new college students beat homesickness and feelings of not belonging?

9 *Get involved.* Many new college students struggle with homesickness and feelings of not belonging. A good way to overcome these feelings is to join various student organizations, clubs, sororities or fraternities, or sports teams. You'll make new friends, learn new skills, and feel more connected to your school.

10 *Don't feel pressured to make crucial decisions too soon.* Sometimes students feel like they need to choose a major and begin preparing for a specific career during their first semester. Not true. Remember that part of the college experience is getting to know others and yourself. It is not a race. Feel free to explore your options, talents, likes and dislikes. Make an educated decision — not a hasty one.⁷

Why is it important to take time out of each week for yourself?

11 *Make time for yourself.* Finally — and most importantly — remember that you should take time out of each week for yourself. Whether spent exercising outdoors, or watching a favorite movie or television show indoors, personal time is essential to mental, emotional, and physical wellness, which has a profound effect on your college performance. Thus, one of the most important lessons you should learn in college is how to relax. That being said, be careful of taking *too much* time for yourself.

12 *Remember you're at school to work.* While these ten tips are especially relevant for college students, it should be observed that many can be applied elsewhere. College is a microcosm of life; as such, your ability to excel in college is often a good predictor of how you will fare in other situations, such as the workplace.⁸ Thus, these skills are not only tips on how to survive college but also how to survive life.

(789 words)

New Words and Expressions

(标注*的为四级词汇; 标注▲的为六级词汇, 其余为超纲词汇。)

*survive /sə'vaɪv/ v.	1) to continue to live after almost dying because of an accident, illness, etc. 幸存; 生存下来 2) to continue to exist after being in a difficult or dangerous situation 经历(困难时期)之后还存在 3) to live longer than another person 比(另一个人)活得长
*potential /pə'ɒtəntʃəl/ a.	possible when the necessary conditions exist 潜在的; 有可能的
intimidate /ɪn'tɪmɪdeɪt/ v.	to frighten or threaten (someone), usually in order to persuade them to do something against their wishes 恐吓, 威胁
*anxiety /æŋ'zaiəti/ n.	an uncomfortable feeling of nervousness or worry about something that is happening or might happen in the future 忧虑; 焦虑; 担心
▲fret /fret/ v.	to be nervous or worried 担忧; 发愁
*tip /tɪp/ n.	a useful piece of information, especially about how to do something 有用的意见; 指点
*thrive /θraɪv/ v.	to grow, develop or be successful 繁荣; 繁盛; 成功
▲orientation /ɔ:riən'teɪʃən; əʊ-/ n.	training or preparation for a new job or activity 熟悉情况; 认识环境
glean /gli:n/ v.	to collect information in small amounts and often with difficulty 搜集(消息、资料、情报等)
at ease	relaxed 自由自在; 舒适, 舒坦
*issue /'ɪʃu:/ n.	a problem or worry that sb. has with sth.; a subject or problem which people are thinking and talking about 问题, 争端; 重要的议题; 争论点
*arise /ə'raɪz/ v.	to become evident; appear 呈现; 出现; 发生
*shepherd /'ʃepəd/ v. n.	to make a group of people move to where you want them to go, especially in a kind, helpful and careful way 带领, 引导 a person whose job is to take care of sheep and move them from one place to another 牧羊者
*due /dju:/ a.	expected (to happen, arrive, etc.) at a particular time 到期的; 预期的
kind of	slightly, used when you are trying to explain or describe something, but you cannot be exact 有点儿
no-brainer /'nəʊ'breɪnə(r)/ n.	anything that requires little thought 不需动脑筋的事
*essential /ɪ'senʃəl/ a.	1) very important and necessary 重要的; 必不可少的 2) basic; fundamental 本质的; 基本的
show up	to arrive somewhere 到来; 出现
miss out	to fail to use an opportunity to enjoy or get an advantage from something 失去获得乐趣或利益的机会
*project /'prɒdʒekt; 'prəʊ-/ v.	1) represent (sth./sb./oneself) to others in a way that creates a strong impression 向他人表现以使其产生深刻的印象