



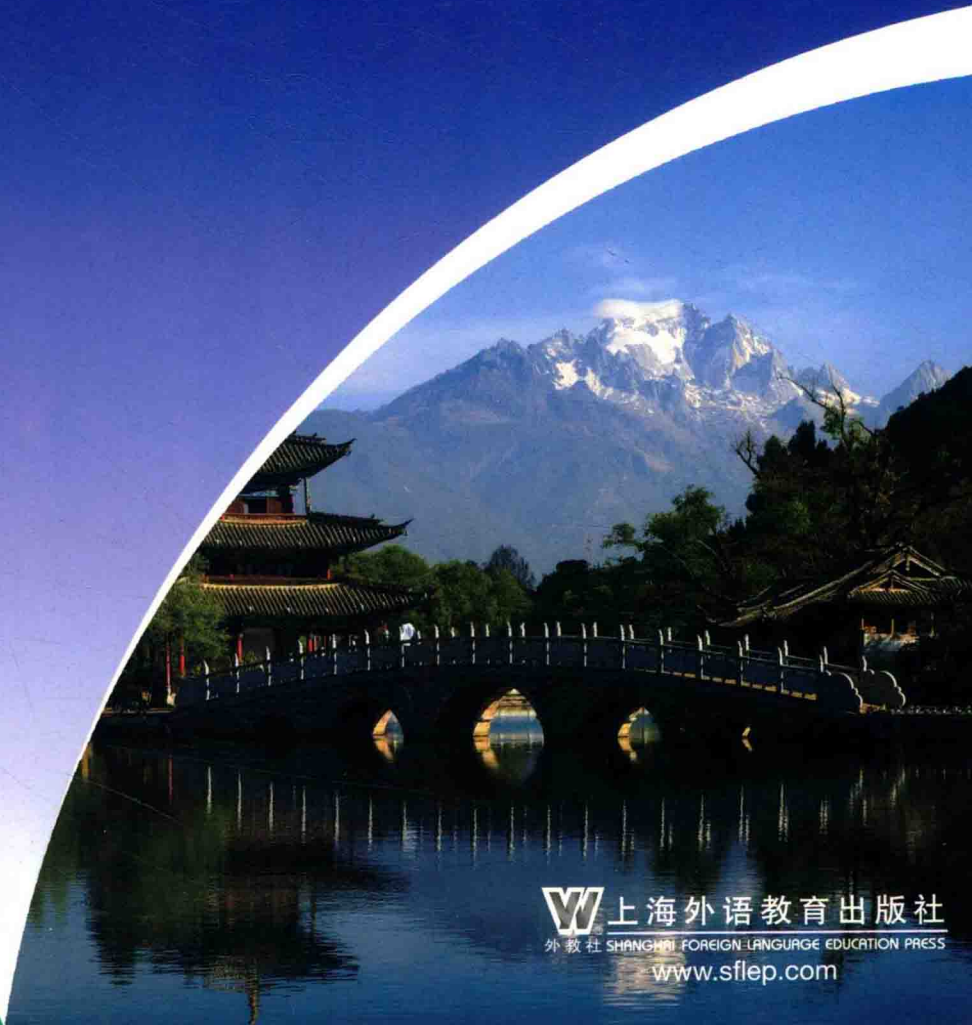
云南省普通高等学校“十二五”规划教材

总主编 原一川 冯智文

新世纪大学英语 自主训练手册

主编 资谷生 朱琳

第2册



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前言

2007年教育部颁布的《大学英语课程教学要求》确定了大学英语的教学目标,提出了分层次教学的理念,即大学英语教学可分为三个层次:一般要求、较高要求和更高要求。《大学英语课程教学要求》提出分层次教学显然考虑到了我国高校学生英语入学水平和教学目标的差异。整体上看,重点高校高于非重点高校,东部地区高校高于中西部地区高校。

基于这样的现实,完全遵循国家规划教材本身的难度和教学重点设置不符合我国高校学生的实际情况。我们需要在主干教材的基础上,再根据当地学生英语水平的实际情况开发配套辅导材料,以增强教材在当地的适应性,使教材更好地为当地师生服务。

学生在英语学习过程中,需要自主训练提高,以实现英语学习的个性化。他们不仅需要丰富的语言输入,还需要大量的语言产出。他们需要进行读写译的单项训练,也需要读写译的综合实践。学生们只有时常对自己的学习进行自我评估,不断发现和解决问题,才能不断进步。为了解决学生英语学习中的上述问题,在上海外语教育出版社的鼎力支持下,我们编写了《新世纪大学英语自主训练手册》(1—4册)。其特色如下:

一、教学普遍要求与地区教学实际的结合

“新世纪大学英语系列教材”完全按照《大学英语课程教学要求》编写,主要体现全国大学英语教学的普遍要求;而我们编写的《新世纪大学英语自主训练手册》则更多地联系地区高校的教学实际,突出西部地区大学英语教学的特殊需要,特别是英语应试能力提高方面的需要。所以,就此而言,该系列也适合全国一般院校有此方面需求的学生学习和使用。

二、对“新世纪大学英语系列教材”的有益补充

“新世纪大学英语系列教材”分为《综合教程》、《视听说教程》、《阅读教程》等分册,学生需要学习各个分册才能提高语言综合应用能力;而《新世纪大学英语自主训练手册》则是教材内容的深化和延伸,是读写译的综合实践训练,学生可以综合学习各种语言知识和技能,根据自己的实际有所侧重,从而实现英语个性化学习。

三、单元模块丰富实用

为方便学生自主提高英语水平,《新世纪大学英语自主训练手册》的单元模块分为:背景信息、词汇学习、文法要点(1—2册)、快速阅读、深度阅读、完形填空、句子翻译、写作实践、美文赏析、名句名篇。考虑到低年级学生的英语水平,第1册和第2册的练习答案都附有详细的解析。该系列既可作为“新世纪大学英语系列教材”的配套,也可独立使用。

四、该系列于2011年获得立项,成为云南省普通高等学校“十二五”规划教材建设项目。

冯智文

2013年4月8日于昆明

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Unit 1

Living in Harmony

Part I Background Information

1. The Bible

The Bible refers to the collections of the primary religious texts of Judaism and Christianity. The Bible is made up of two distinct collections which correspond with two successive and unequal periods of time in the history of man. The older of these collections, mostly written in Hebrew, corresponds with the many centuries during which the Jewish people enjoyed a national existence, and forms the Hebrew, or Old Testament, literature; the more recent collection, begun not long after Our Lord's ascension, and made up of Greek writings, is the Early Christian, or New Testament, literature.

2. Antoine de Saint-Exupéry (29 June, 1900 – 31 July, 1944)

Antoine de Saint-Exupéry is a French writer and aviator. He is best remembered for his novella *The Little Prince* (*Le Petit Prince*) and for his books about aviation adventures, including *Night Flight* and *Wind, Sand and Stars*.

3. *The Little Prince*

It is a novella by Antoine de Saint-Exupéry, and it has been translated into over

180 languages and sold over 80 million copies. It is a strange and wonderful parable for all ages, championing the beauty and wisdom of childhood, which fades when one becomes a “grown-up”.

Part II Vocabulary and Structure

Section A

Directions: There are ten incomplete sentences in this section. For each sentence there are four choices marked A), B), C) and D). Choose the **ONE** answer that best completes the sentence.

1. It is a necessity for building _____ relationships and achieving our own well-being.
A) harmonious
B) ironical
C) fascinating
D) universal
2. It is an everlasting pain in you, a wound that does not _____ easily.
A) react
B) contact
C) generate
D) heal
3. It seems _____ unfair that we should forgive when we're the ones who have been hurt.
A) totally
B) swiftly
C) relatively
D) logically
4. True forgiveness is not a one-off act; it's a constant emotional _____.
A) resentment
B) forgiveness
C) necessity
D) confrontation
5. In fact, it will _____ be the hardest thing most of us ever have to do.
A) terribly
B) eventually
C) deliberately
D) probably
6. They might even be _____ that you've done what they've wanted to do for years.
A) impressed
B) released
C) recovered
D) determined

7. Some people don't believe they've done anything wrong, or don't care, so telling them you forgive them would only _____ them and you.
A) frustrate
B) survive
C) suffer
D) construct
8. _____ you learn to develop the "lost art" of forgiving, you'll always remain a victim.
A) As though
B) Whether
C) Unless
D) Lest
9. The story tells us how a smile worked a _____ and saved a man's life during World War II.
A) miracle
B) proverb
C) value
D) route
10. Hemingway's novel, which is _____ *The Old Man and the Sea*, tells the story of a fisherman.
A) destroyed
B) counted
C) hosted
D) entitled

Section B

Directions: There are ten sentences with underlined words or expressions in this section. For each sentence there are four choices marked A), B), C) and D). Choose the **ONE** word or phrase that best keeps the meaning of the original sentence.

1. Just as the author puts it, forgiveness helps establish harmonious relationships between human beings.
A) satisfying
B) friendly
C) reasonable
D) unnecessary
2. But ironically, it's those of us who've been most hurt that really need to forgive.
A) totally
B) wonderfully
C) terribly
D) sarcastically
3. A genuine smile may have the power to heal broken relationships and unite distant souls.
A) unfair
B) worthy
C) honest
D) tough

4. He wrote an attractive story based on that experience entitled *Smile*.
A) fascinating B) impressive
C) functional D) upset
5. For the truth is that unless we can forgive, we can never recover.
A) heal B) survive
C) execute D) escape
6. How many of us are ever completely innocent in any given situation?
A) blameless B) defensive
C) perfect D) typical
7. True forgiveness is hard to achieve, especially when we believe we've been hurt too deeply.
A) judge B) generate
C) tackle D) accomplish
8. Why do we smile when we see a baby? Perhaps it's because we see someone without all the defensive layers.
A) visible B) initial
C) complete D) guarding
9. It didn't create the same impression any more, but at least it was being honest.
A) produce B) peel
C) lock D) experience
10. The smile is the unaffected, unplanned, natural connection between people.
A) imperfect B) unchanged
C) essential D) emotional

Section C

Directions: In this section there are ten incomplete sentences. For each of them, there are four choices marked A), B), C) and D). Choose the **ONE** that best completes the sentence.

1. When I try to understand _____ that prevents so many Americans from being as happy as one might expect, it seems to me that there are two causes.
- A) why it does B) what it does
- C) what it is D) why it is

2. Criticism and self-criticism are necessary _____ they help us to find and correct our mistakes.
A) by that
B) in that
C) on that
D) at that
3. He knew nothing about her journey _____ she was likely to be away for two months.
A) except for
B) except that
C) except
D) except this
4. The mere fact _____ most people believe nuclear war would be madness does not mean that it will not occur.
A) what
B) which
C) that
D) why
5. In some countries, _____ is called equality does not really mean equal rights for all people.
A) which
B) what
C) that
D) one
6. What the doctors really doubt is _____ my mother will recover from the serious disease soon.
A) when
B) how
C) whether
D) why
7. It is generally considered unwise to give a child _____ he or she wants.
A) however
B) whatever
C) whichever
D) whenever
8. Sarah hopes to become a friend of _____ shares her interests.
A) anyone
B) whomever
C) whoever
D) no matter who
9. You can only be sure of _____ you have at present; you cannot be sure of something _____ you might get in the future.
A) that; what
B) what; /
C) which; that
D) /; that
10. Having checked the doors were closed, and _____ all the lights were off, the boy opened the door to his bedroom.
A) why
B) that

C) when

D) ours

Part III Reading Comprehension (Skimming and Scanning)

Directions: In this part, there is a long passage with ten true, false or not given statements. Read the passage as fast as you can, and judge the true, false or unmentioned statements. Write Y, N or NG in the corresponding space given before the statement.

Y (for YES) if the statement agrees with the information given in the passage;

N (for NO) if the statement contradicts the information given in the passage;

NG (for NOT GIVEN) if the information is not given or mentioned in the passage.

How to Discover Your Life Purpose in About 20 Minutes

How do you discover your real purpose in life? I'm not talking about your job, your daily responsibilities, or even your long-term goals. I mean the real reason why you're here at all — the very reason you exist.

Perhaps you're a rather nihilistic (虚无主义的) person who doesn't believe that you have a purpose and that life has meaning. Doesn't matter. Not believing that you have a purpose won't prevent you from discovering it, just as a lack of belief in gravity won't prevent you from tripping. All that a lack of belief will do is make it take longer, so if you're one of those people, just change the number 20 in the title of this blog entry to 40 (or 60 if you're really stubborn). Most likely though if you don't believe you have purpose, then you probably won't believe what I'm saying anyway, but even so, what's the risk of investing an hour just in case?

Here's a story about Bruce Lee which sets the stage for this little exercise. A master martial artist asked Bruce to teach him everything Bruce knew about martial arts. Bruce held up two cups, both filled with liquid. "The first cup," said Bruce, "represents all of your knowledge about martial arts. The second cup represents all of my knowledge about martial arts. If you want to fill your cup with my knowledge, you must first empty your cup of your knowledge."

If you want to discover your true purpose in life, you must first empty your mind of all the false purposes you've been taught (including the idea that you may have no purpose at all).

So how to discover your purpose in life? While there are many ways to do this, some of them fairly involved, here is one of the simplest that anyone can do. The

more open you are to this process, and the more you expect it to work, the faster it will work for you. But not being open to it or having doubts about it or thinking it's an entirely idiotic and meaningless waste of time won't prevent it from working as long as you stick with it — again, it will just take longer to converge.

Here's what to do:

1) Take out a blank sheet of paper or open up a word processor where you can type (I prefer the latter because it's faster).

2) Write at the top, "What is my true purpose in life?"

3) Write an answer (any answer) that pops into your head. It doesn't have to be a complete sentence. A short phrase is fine.

4) Repeat Step 3 until you write the answer that makes you cry. This is your purpose.

That's it. It doesn't matter if you're a counselor or an engineer or a bodybuilder. To some people this exercise will make perfect sense. To others it will seem utterly stupid. Usually it takes 15 – 20 minutes to clear your head of all the clutter and the social conditioning about what you think your purpose in life is. The false answers will come from your mind and your memories. But when the true answer finally arrives, it will feel like it's coming to you from a different source entirely.

For those who are very entrenched (根深蒂固的) in low-awareness living, it will take a lot longer to get all the false answers out, possibly more than an hour. But if you persist, after 100 or 200 or maybe even 500 answers, you'll be struck by the answer that causes you to surge (波涛般汹涌奔腾) with emotion, the answer that breaks you. If you've never done this, it may very well sound silly to you. So let it seem silly, and do it anyway.

As you go through this process, some of your answers will be very similar. You may even relist previous answers. Then you might head off on a new tangent (突兀的转向) and generate 10 – 20 more answers along some other theme. And that's fine. You can list whatever answer pops into your head as long as you just keep writing.

At some point during the process (typically after about 50 – 100 answers), you may want to quit and just can't see it converging (趋同的). You may feel the urge to get up and make an excuse to do something else. That's normal. Push past this resistance, and just keep writing. The feeling of resistance will eventually pass.

You may also discover a few answers that seem to give you a mini-surge of emotion, but they don't quite make you cry — they're just a bit off. Highlight those answers as you go along, so you can come back to them to generate new

permutations (排列). Each reflects a piece of your purpose, but individually they aren't complete. When you start getting these kinds of answers, it just means you're getting warm. Keep going.

It's important to do this alone and with no interruptions. If you're a nihilist, then feel free to start with the answer, "I don't have a purpose", or "Life is meaningless", and take it from there. If you keep at it, you'll still eventually converge.

When I did this exercise, it took me about 25 minutes, and I reached my final answer at step 106. Partial pieces of the answer (mini-surges) appeared at steps 17, 39, and 53, and then the bulk of it fell into place and was refined through steps 100 – 106. I felt the feeling of resistance (wanting to get up and do something else, expecting the process to fail, feeling very impatient and even irritated) around steps 55 – 60. At step 80 I took a 2-minute break to close my eyes, relax, clear my mind, and to focus on the intention for the answer to come to me — this was helpful as the answers I received after this break began to have greater clarity.

Here was my final answer: *to live consciously and courageously, to resonate (产生共鸣) with love and compassion, to awaken the great spirits within others, and to leave this world in peace.*

When you find your own unique answer to the question of why you're here, you will feel it resonate with you deeply. The words will seem to have a special energy to you, and you will feel that energy whenever you read them.

Discovering your purpose is the easy part. The hard part is keeping it with you on a daily basis and working on yourself to the point where you achieve that purpose.

If you're inclined to ask why this little process works, just put that question aside until after you've successfully completed it. Once you've done that, you'll probably have your own answer to why it works. Most likely if you ask 10 different people why this works (people who've successfully completed it), you'll get 10 different answers, all filtered through their individual belief systems, and each will contain its own reflection of truth.

1. _____ A nihilistic person can't discover the purpose of his life.
2. _____ If you want to find out your true purpose in life, you must first empty your mind of all the purposes you've been taught.
3. _____ As for a counselor, usually it takes him 15 – 20 minutes to clear his head so as to think about the purpose in his life.
4. _____ As you go through this process, you will never get the answers similar

to the previous answers.

5. _____ While we're trying to find our purpose of life, it's better to do this with friends.
6. _____ When the author did this exercise, it took him about 25 minutes, and he finally got his purpose of life at step 106.
7. _____ The vegetarian will find the purpose of life more easily than others.
8. _____ The author finally found out his aims of life.
9. _____ It is not difficult to discover your purpose in life, but it is difficult to work on yourself to the point where you achieve that purpose.
10. _____ People will discover the meanings of their lives based on their individual belief systems.

Part IV Reading Comprehension (Reading in Depth)

Section A

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from the list given in a word bank following the passage. Read the passage carefully before making your choices. Each choice in the bank is identified by a letter. You may not use any of the words in the bank more than once.

Marriage isn't the only relationship that needs forgiveness. It's required with our children, friends, workmates, neighbors and even strangers. In fact, no human relationships can _____ 1 _____ without the oxygen of forgiveness. It's not the kind of quality that only good-tempered people choose to have; it's a _____ 2 _____ necessity for relationships and for your own physical and mental health.

Some of us may think that we've been hurt too deeply or too often, to forgive. But _____ 3 _____, it's those of us who've been most hurt that really need to _____ 4 _____ for one simply reason; like cancer, _____ 5 _____ can destroy its host. Unless it's _____ 6 _____ rooted out, it takes hold and grows, crippling and finally even killing those who insist on _____ 7 _____ determinedly to it.

For the truth is that unless we can forgive, we can never recover. Our wounds will continue to grow _____ 8 _____ and never heal. As the ancient Chinese _____ 9 _____ puts it, "Whoever seeks revenge should dig two graves."

For some people forgiveness seems impossible because they have no idea how to _____ 10 _____ it. The first and most important thing you need to accept is that the act

of forgiveness is not going to be easy. In fact, it might well be the hardest thing most of us ever have to do.

- | | | | |
|---------------|-----------------|--------------|------------|
| A) construct | B) clinging | C) universal | D) proverb |
| E) swiftly | F) resentment | G) go about | H) forgive |
| I) ironically | J) consequently | K) fantastic | L) survive |
| M) bitterness | N) generating | O) worse | |

Section B

Directions: In this section there are two reading passages, each of which is followed by five questions or incomplete statements. For each of them there are four choices marked A), B), C) and D). You should choose the best **ONE** for each of them.

Passage One

One of the most difficult matters to confront with respect to family relationships is that you don't control the entire relationship yourself. Whether the relationship thrives or withers isn't up to you alone. As the saying goes, it takes two to tango (跳探戈舞).

When major family relationship problems are encountered, it's common to attempt a control strategy. You try to get the other person to change. Sometimes this approach works, especially if your request and the other person are both reasonable. But many times it just leads to frustration.

On the other hand, if you can't change the other persons, maybe you should just accept them as they are. That's another strategy that sometimes works, but this one can also lead to frustration and even resentment if your needs aren't being met.

There is, however, a third alternative for those times when changing the other person and accepting the other person as-is are both unworkable for you. And that option is to change you in a way that solves the problem. This requires that you redefine the problem as an internal one instead of an external one, and then the solution will take the form of an expansion of your awareness and/or a change in your beliefs.

An internal way of viewing relationship problems is that they reflect back to you a part of yourself that you dislike. If you have a negative external relationship situation, it's a reflection of a conflict in your own thinking. As long as you keep