

主编◎吴英丽

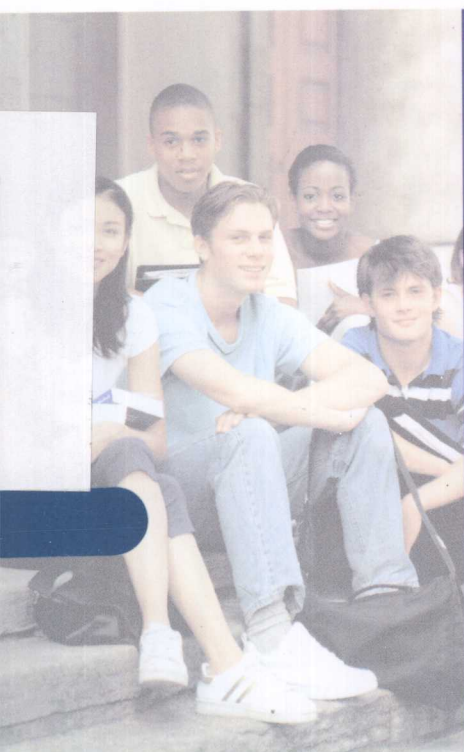
The new
curriculum
college
English



新课程
大学英语

综合教程

(第2册)



南京大学出版社

014037839

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主 编：吴英丽
副主编：刘 艳
编 委：吴英丽 刘 艳 林 灵 孙 琪 曹欣欣
周秋平 端义镭 赵 鹏 陆维卫

H319.39/10^{V2} (第2册)



北航 C1725880

南京大学出版社

图书在版编目(CIP)数据

新课程大学英语综合教程. 第2册 / 吴英丽主编. —
南京: 南京大学出版社, 2014. 1

ISBN 978-7-305-12574-4

I. ①新… II. ①吴… III. ①英语-高等学校-教材
IV. ①H31

中国版本图书馆 CIP 数据核字(2013)第 294999 号

出版发行 南京大学出版社
社 址 南京市汉口路 22 号 邮 编 210093
网 址 <http://www.NjupCo.com>
出 版 人 左 健
书 名 新课程大学英语综合教程(第2册)
主 编 吴英丽
责任编辑 张 静 编辑热线 025-83592123
照 排 南京南琳图文制作有限公司
印 刷 南京新洲印刷有限公司
开 本 787×1092 1/16 印张 15.25 字数 374 千
版 次 2014 年 1 月第 1 版 2014 年 1 月第 1 次印刷
ISBN 978-7-305-12574-4
定 价 43.80 元(含光盘)
发行热线 025-83594756 83686452
电子邮箱 Press@NjupCo.com
Sales@NjupCo.com(市场部)

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编写说明

1. 使用对象

本套教材针对全日制非英语专业大学本科学生编写,共四册,供第一学年和第二学年两个学年使用。

2. 编写依据

本套教材以教育部颁发的《大学英语课程教学要求》为指导,在设计与编写中力求从学生的实际需求出发,立足大多数学生的学习水平,注重与其高中基础阶段英语教学的衔接,充分体现了《大学英语课程教学要求》所倡导的教学原则、内容和方法。

3. 编写目标

本套教材的总体目标是:通过四个学期的英语学习,使学生具备较高的阅读能力和一定的写作与翻译能力;培养学生的英语综合运用能力,使他们能够顺利地通过四、六级英语考试;能在以后的工作和社会交往中用英语有效地进行口头和书面的信息交流;提高学生的自主学习能力,使他们掌握良好的语言学习方法和具有较高的综合文化素养,以适应未来社会发展的需要。

在这一总体目标的指导下,本套教材第一册侧重培养学生对积极词汇和句子结构的运用能力,使其熟练掌握常用的构词法和英语简单句结构。阅读方面:通过阅读让学生掌握基本的阅读技能,使其能够读懂和所学课文语言难度相当的文章。写作方面:能熟练地用英语简单句结构进行书面写作。翻译方面:能够把课文中的短语、句型等直接套用到翻译中来,快速准确地做到活学活用。

第二册侧重扩展学生的词汇量,培养学生的自主学习能力,完成与高中基础阶段英语教学的衔接。阅读方面:能够运用所学的阅读技能进行快速阅读,了解英美文化特征,能够进行中西方文化对比。写作方面:能用所学的英语复合句、复杂句以及复合复杂句写出段落,弄清段落的构成特点和常见的写作思路。翻译方面:能灵活运用课文中的适当句型、短语和词汇来翻译复杂长句或一段文章。

第三册侧重培养学生的阅读能力。阅读方面:扩大阅读量,提高阅读速度,加强理解领悟力。能读懂国内英文报纸上的大部分文章,能用所学的阅读技巧轻松地完成同级水平的阅读理解习题。写作方面:由学会写段落转向学会写完整的短文。写作的侧重点由句子组织、段落组织转向篇章组织,要求学生具备谋篇布局的能力。翻译方面:能借助词典对题材熟悉的文章进行英汉互译,译文能基本上传达原文的意思,学会在翻译时使用恰当的翻译技巧。

第四册侧重学生语言运用能力的培养。阅读方面:能顺利阅读难度中等的一般性题

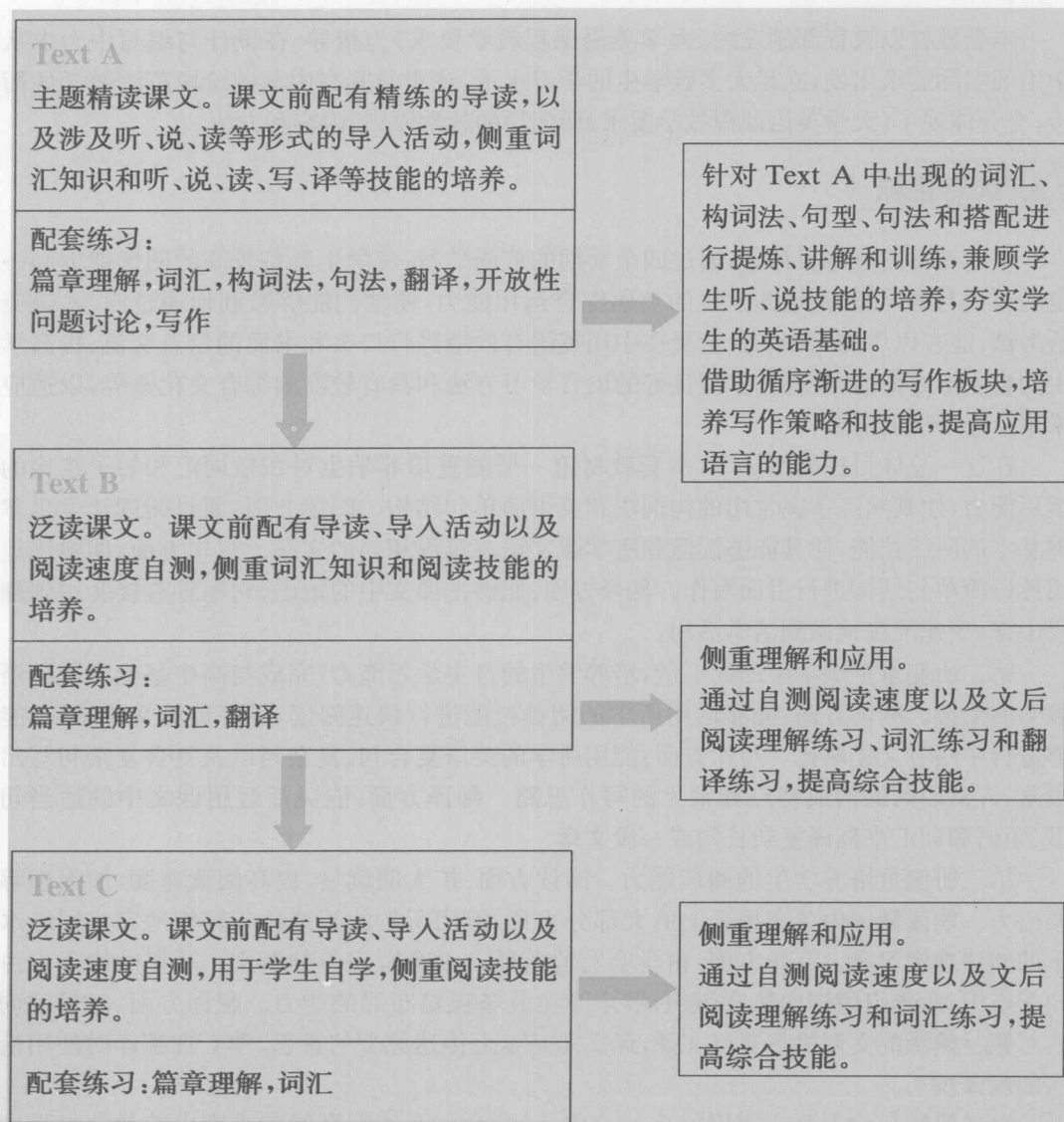


材的文章,掌握中心大意,并能进行一定的分析、推理和判断,领会作者的观点和态度。写作方面:能在阅读难度与课文相仿的书面材料时做笔记、回答问题、写提纲,能就一定的话题或提纲在半小时内写出 120~150 词的短文,运用常见的修辞手法写出应用文如英文书信等。翻译方面:能借助词典将难度略低于课文的英语短文译成汉语,理解正确,译文达意。

4. 编写体例

本套教材共四册,每册八个单元,每个单元围绕同一个主题展开,主题内容涵盖生活、学习、情感、时尚、健康、人际交往、经济文化、人与自然等方面。

每单元结构如下:





5. 配套资源

除教材之外,本套教材还配有教师用书、多媒体课件和 MP3 光盘。教师用书提供课文的参考译文和课后练习参考答案;多媒体课件提供背景知识、文化信息、语言点讲解以及与课文相关的文本、音像资料等;MP3 光盘提供课文与生词的录音。

前言

本套教材针对全日制非英语专业大学本科生编写,以教育部颁发的《大学英语课程教学要求》为指导,在设计与编写中力求从学生的实际需求出发,以学生的学习与发展为根本,充分体现了《大学英语课程教学要求》所倡导的教学原则、内容和方法。同时,本套教材在编写理念和设计上借鉴并采纳了近几年来的先进教学实践成果和优秀教材编写范式。

本套教材共分四册,每一册由八个单元组成,每一单元有三篇文章,围绕一个主题,内容彼此联系。选文力求新颖、睿智、励志、经典。体裁丰富多样,既有经典的文学佳作,也有优美的时文。语言地道,内容新颖,贴近学生生活,反映时代潮流。

从教材特色上来看,本套教材每篇课文都设计了精练的导读,使学生整体把握课文的提要,尽快进入该课文的主题。每一单元中的第二篇和第三篇文章前设置了阅读速度自测,以帮助学生监控自己的阅读速度,培养其阅读策略,提高其阅读技能和自主学习能力。

每一单元的三篇文章难度合理,并具有梯度性,其中第一篇文章为精读课文,第二篇和第三篇为泛读课文,但难度不同,方便不同层次的学生使用。同一级别的学生也可以根据不同材料实现精读、泛读等不同阅读目的,充分满足了个性化、分层外语教学的需求,方便教师根据不同层次的教学对象合理选择,并灵活实施不同的教学方案。

课后练习题的设计从学生的实际水平出发,遵循循序渐进的原则,着重培养学生的听、说、读、写、译等各项技能。多项练习与现行的大学英语四级考试题型紧密结合,以帮助学生提高语言应用的综合能力和应试能力。

全套教材对每册词汇的分布做了严格的筛选。编写中参照普通高中英语课程标准词表和大学英语课程教学要求词表,使用 Paul Nation 的词汇分布分析软件,使每册书中的词汇分布得到有效控制。每篇课文后的生词根据一定的标准进行了分类。其中,无符号标记的词汇为一般要求词汇;★标记的词汇为较高要求词汇;▲标记的词汇为更高要求词汇;●标记的词汇为超纲词汇。

除此之外,本套教材还配有教师用书、多媒体课件和 MP3 光盘。教师用书提供课文的参考译文和课后练习参考答案;多媒体课件提供背景知识、文化信息、语言点讲解以及与课文相关的文本、音像资料等;MP3 光盘提供课文与生词的录音。

本套教材在编写过程中得到了南京师范大学外国语学院马广惠教授的指导和帮助,在此表示衷心感谢!

由于水平有限,经验不足,教材中难免存在一些问题和不足之处,敬请各位专家、同行批评指正,以便我们再版时改进。

编委会

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A black and white photograph of a person's hand holding a single leaf. The person is wearing a light-colored, possibly white, long-sleeved shirt. The background is blurred, showing more of the person's body and some foliage.

Unit 1 Discover Yourself

Text A Power of Personal Attitudes


Our attitude determines our life.

Text B Alone Again, Naturally

To find their way in the world, they have to start by finding themselves.

Text C Learn to Understand Your Own Intelligence

There are two types of cognition—normal cognition and metacognition.

A black and white photograph of a person's legs and feet walking on a ground covered with many dry, fallen leaves. The person is wearing light-colored pants and dark shoes.



人与人之间只有很小的差异,但这种很小的差异却往往造成了巨大的差异。很小的差异就是所具备的心态是积极的还是消极的,巨大的差异就是成功与失败。须记住:在任何特定的环境中,人们还有一种最后的自由,就是选择自己的态度。我们怎样对待生活,生活就怎样对待我们。



Pre-reading Activities

1. Do the questionnaire individually.

Situation: You are in a deep forest ... as you walk on, you see an old hut standing there.

- (1) What is the status of the door? (☐open/☐closed)
- (2) You enter the hut and see a table ... What is the shape of the table?
(☐round/☐oval/☐square/☐rectangle/☐triangle)
- (3) On top of the table there is a vase ... in the vase there is water. How much water is it filled up with? (☐full/☐half/☐empty)
- (4) And what is the vase made of? (☐glass/☐porcelain/☐clay) (☐metal/☐plastic/☐wood)

Here are the interpretations:

(1) The door:

open door—you are a person who is willing to share

closed door—you are a person who is keeping things to yourself

(2) The table:

round/oval—any friends that came along, you will accept and trust them completely

square/rectangle—you are a bit choosier on friends and only hang out with those whom you think are on the same frequency

triangle—you are really very picky about friends and there are not many friends in your life

(3) Water in vase:

empty—your life is not fulfilled

half filled—what you want in your life is half fulfilled

full—your life is completely fulfilled and good for you!

(4) Material of vase:

glass/clay/porcelain—you are weak in your life and tend to be fragile



metal/plastic/wood—you are strong in your life

Students work in pairs to read their appraisals and have a discussion.

2. Look at the title of the passage and predict what the passage is mainly about.

Choose the best one from the following statements.

- A. Different people have different attitudes towards life.
- B. Attitudes can be classified into two types: positive and negative.
- C. If we can overcome the negative attitude, life will respond in our favor.

Now read the passage and check your prediction.

Text A

Power of Personal Attitudes

- 1 Each of us is made up of various physical, vital, and mental parts. There is our physical body and its organs, muscles, etc.; the vital being with its sensations, emotions and feelings, and the mental part with its thoughts, memories, reasoning power, beliefs, etc. Somewhere between our emotions and our thought processing lie our attitudes—our emotional perceptions about ourselves, others, and life itself.
- 2 Attitudes generally express positively and negatively. E. g., when I have good feelings towards my work or co-worker, my attitude is positive. When I feel reluctant to do certain things that are necessary, or show hostility towards certain individuals, then my attitude is negative.
- 3 Interestingly, if we can identify a bad attitude and make the effort to change it, life will suddenly cooperate with our inner efforts, bringing luck into our lives. Consider this true-life incident:
- 4 A salesperson was intimidated about meeting a very large customer. He felt that the effort was a waste of time since the company was too large to penetrate. As a result, he was unable to secure that or any other sale with the large client.
- 5 However, a number of months later, he changed his attitude about working with such large accounts. The very next day, he was stunned when out of the blue that very same large customer, who earlier turned him down, placed a huge order!
- 6 As we see, if we change our attitudes, life has a funny way of responding to those efforts. We call this phenomenon “life response.” When we change our attitudes, or otherwise elevate our consciousness, life quickly responds with instances of sudden good



fortune.

Attitudes About Ourselves, Others, and Life

7 Though there are many attitudes, if we look a little closer we can identify three basic types—those concerning ourselves, those about others and the objects around us, and those we have towards life itself.

8 Let's focus here on each of these types. An example of a wanting attitude about ourselves is a lack of self-worth or self-confidence. An example of a wanting attitude about others is a feeling of ill will towards another person, or being mistrustful of someone. An example of a negative attitude towards life is being pessimistic that things will never turn out well. These are destructive feelings and emotions that cannot help but worsen life's conditions.

9 The good news, however, is that if we overcome any such negative feelings or emotions, not only do we raise our level of consciousness, but life will quickly move in our favor. Consider this true story where an individual changed her attitude about other people:



10 A woman was working as a temporary employee for a large medical organization. For months, she complained about certain co-workers at her job. At the time, she had decided to develop a 30-day plan to secure a full-time position. One part of her plan was to change her attitude towards these particular individuals. In the days that followed, she persisted in following her plan, focusing especially on her wanting attitude towards others. She was shocked however when a short while into her plan, she was suddenly asked to work for the organization full time—her first non-temporary job in nearly a decade!

11 That is the power of changing a negative attitude towards others. Here is another incident, this time narrated by a friend of ours from Asia:

12 “In our unit there was a supervisor whom I felt was indifferent, insubordinate, and had to be punished. I was looking for an opportunity to pin him down. A time came to do so, and I dismissed him mercilessly. Within two days of his dismissal, there was a



major breakdown in one of the machines.

- 13 “The supplier of the machine then sent their engineers. They struggled for seven days and could do very little to set it right. I was thoroughly disgusted. I then started examining my attitudes on several fronts during the last 10 days.
- 14 “It struck to me that whenever I am in the position to do so my attitude is to dominate another person. In this case, I was able to dominate the supervisor and dismiss him mercilessly. But in the case of the machine, I could not afford to throw it away and replace it with a new machine; so I tolerated it. Based on my previous knowledge of the subtle workings of life, I understood at that point that I had to change my attitude.
- 15 “I then called back the supervisor, apologized for my rude action, and requested that he continue in the company. He felt very happy. It was then striking that the machine that had been out of commission until then, now unexpectedly got fixed. In fact, there haven't been any serious troubles with any of the machines since then!”
- 16 As we can see, when we overcome a negative attitude towards others, life quickly responds in our favor. Machines that had broken down suddenly start working, projects that were delayed are suddenly and unexpectedly completed on time, negative situations dissolve, employment opportunities arise our way out of nowhere, cash unexpectedly moves in our direction, and so forth. It is the miracle of life response in action!



New Words

• sensation /sen'seɪʃən/	n.	感觉能力; 感觉; (引起) 轰动的事件(人)
emotion /ɪ'məʊʃən/	n.	情感, 感情, 激情
• perception /pə'sepʃən/	n.	感知(能力), 觉察(力); 观念, 看法
▲ hostility /hə'stɪlɪtɪ/	n.	敌对, 敌意; 抵制 [pl.] 交战, 战争
identify /aɪ'dentɪfaɪ/	v.	认出, 鉴定; 把……等同于; 认同
penetrate /'penɪtreɪt/	v.	透(渗)入; 刺入, 刺穿; 洞察, 了解
client /'klaɪənt/	n.	委托人, 当事人, 顾客
* stun /stʌn/	v.	使震惊, 使目瞪口呆; 打昏, 使昏迷

* 单词表中一般要求词汇无标记, 较高要求词汇标记为*, 更高要求词汇标记为▲, 超纲词汇标记为●。



elevate /'elɪvert/	v.	提升职位,改善;使兴高采烈;举起
• consciousness /'kɒnʃənsɪs/	n.	意识;觉悟;知觉
confidence /'kɒnfɪdəns/	n.	信心;信任;自信
• mistrustful /mɪs'trʌstfəl/	a.	不信任的
pessimistic /,pesɪ'mɪstɪk/	a.	悲观(主义)的
destructive /dɪ'strʌktɪv/	a.	破坏(性)的,毁灭(性)的
complain /kəm'pleɪn/	v.	抱怨,诉苦;投诉,控告
• co-worker /'kəʊ,wɜ:kə/	n.	合作者
• position /pə'zɪʃən/	n.	位置;地位,职务;姿势;立场
	v.	安置
indifferent /ɪn'dɪfrənt/	a.	冷漠的,不关心的,不积极的;一般的
• insubordinate /,ɪnsə'bɔ:dənɪt/	a.	不服从的
• dismissal /dɪs'mɪsl/	n.	开除;解散
• mercilessly /'mɜ:sɪləsli/	ad.	残忍地;无情地
dominate /'dɒmɪnət/	v.	占首要地位;支配;俯视;拥有优势
tolerate /'tɒləreɪt/	v.	容许,承认;容忍,忍受
dissolve /dɪ'zɒlv/	v.	溶解;消失,减弱;使溶解;解散
commission /kə'mɪʃən/	n.	委员会;佣金;授权
	v.	委任,委托

Phrases and Expressions

out of the blue	出乎意料地,突然
turn down	关小,调低;拒绝
turn out	结果是;关掉,旋熄;制造;驱逐
pin down	使明确说明,使评述;确定,证实
out of commission	退役的(不能使用的,损坏了的)



Exercises

Reading and Appreciating

◆ I. Read the following paragraph aloud to appreciate it.

As we can see, when we overcome a negative attitude towards others, life quickly responds in our favor. Machines that had broken down suddenly start working, projects that were delayed are suddenly and unexpectedly completed on time, negative situations dissolve, employment opportunities arise out of nowhere, cash unexpectedly moves in our direction, and so forth. It is the miracle of life response in action!

Reading and Understanding

◆ II. Give brief answers to the following questions, using your own words as much as possible.

1. Where do our attitudes lie among physical, vital and mental parts?
2. How did the salesperson end up when he met the large client?
3. What is "life response"? Can you give an example to explain it?
4. How many basic types of attitudes are mentioned in the passage? What are they?
5. Why did the friend from Asia dismiss the supervisor?
6. What did the friend realize after one of the machines broke down?

Vocabulary Focus

◆ III. Match the words in the box with their definitions.

client dissolve tolerate dominate
indifferent destructive pessimistic penetrate

1. to be able to accept something unpleasant or difficult, even though you do not like it



2. someone who gets services or advice from a professional person, company, or organization
3. to enter something and pass or spread through it, especially when this is difficult
4. to control someone or something or to have more importance than other people or things
5. to gradually become smaller or weaker before disappearing, or to make something do this
6. causing damage to people or things
7. expecting that bad things will happen in the future or that something will have a bad result
8. not at all interested in someone or something

◆IV. Fill in the blanks with the words given below. Change the form where necessary. You may not use any of the words in the box more than once.



client	dissolve	tolerate	dominate
dislinal	indifferent	destructive	
pessimistic	penetrate	commission	

1. The company required _____ to pay substantial fees in advance.
2. They had put up with behavior from their son which they would not have _____ from anyone else.
3. People have become _____ to the suffering of others.
4. When they were in company she always seemed to _____ the conversation.
5. The company has been successful in _____ overseas markets this year.
6. Stir with a metal spoon until the sugar has _____.
7. I worry about the _____ effect that violent films may have on children.
8. The doctors are _____ about his chances of recovery.

◆V. The following passage is the summary of the text. Read it through quickly and fill in the blanks with the correct form of the words in the box. You may not use any of the words more than once.



pessimism	positive	negative	stun
intimidate	identify	secure	hostility