

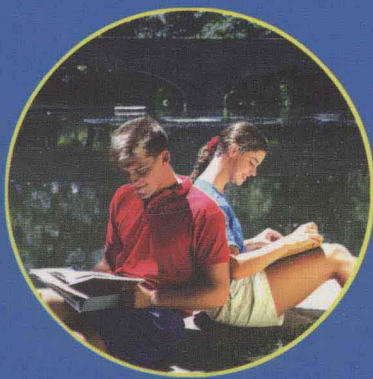
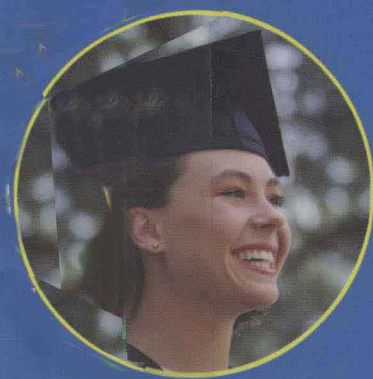
高 职 高 专 英 语 推 荐 教 材

NEW ESSENTIAL
COLLEGE ENGLISH

新起点 大学基础英语教程 学习方法与阅读

总主编：杨治中 主编：吴鼎民

3



外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

新起点 大学基础英语教程 学习方法与阅读



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前 言

高职高专教育是我国高等教育的一个重要组成部分,高职高专学生是我国大学生中一个十分重要的群体。针对这一群体学生的特点,教育部于2000年颁布了《高职高专教育英语课程教学基本要求》(试行)(简称《基本要求》)。该《基本要求》明确指出,高职高专的英语教学应该以培养学生实际运用语言的能力为目标,突出教学内容的实用性和针对性。

根据《基本要求》的这一指导思想,外语教学与研究出版社组织编写了本套《新起点大学基础英语教程》系列教材。本套教材由长期从事大学英语和高职高专英语教学、具有丰富教学经验的教师编写,包括读写系列、听说系列、学习方法与阅读系列和自主综合训练系列,并附以相配套的教学课件和试题库。本套教材在编写过程中,注意从我国高职高专学生的实际水平出发,循序渐进,拾级而上。教程所选篇章短小精悍、题材广泛、语言规范、内容新颖,富于时代气息,融知识性、趣味性和思想性于一体;练习形式多样,既便于教师在课堂上教学,也便于学生课后自学;各教程之间在内容上相互呼应、互参互补,使学生通过学习不仅掌握语言技能和知识,而且增进对中西方文化的了解,掌握良好的学习英语的方法,为今后进一步学习英语打下坚实的基础。

我们希望这套《新起点大学基础英语教程》能以其自身的特色为高职高专教材增加一个新的品种,能为广大师生所接受和垂爱。同时我们也恳切希望广大师生在使用过程中对教材的不足之处提出批评指正,以使它不断改进和完善。

编 者
2003年5月

编写说明

本教材属于《新起点大学基础英语教程》中的学习方法与阅读系列，与读写系列、听说系列话题融通，技能互补，构成一个整体。

本册共12个单元，每个单元由5个板块构成。第一板块是微型讲座 (Mini-lecture)，主要介绍学习方法，回答英语学习过程中的常见问题，并提出一些有效的建议，目的是指导学生怎样学习。第二板块是阅读实践 (Reading Practice)，每单元4篇短文，内容围绕同一个话题，目的是使学习者通过阅读增加词汇量，开阔视野，逐步掌握阅读方法。第三板块是中英文对照阅读 (Bilingual Reading)，内容多为中国文化知识，旨在使学习者了解有关中国文化的英文表达方式，提高英语的应用能力。第四板块是格言锦句 (Proverbs)，每单元选取了5句短小精炼、值得背诵的英语成语或古今中外的名人名言，既能培养学习者的英语语感，又能启迪智慧，启示人生。第五板块是看电影学英语 (Film Clips)，节选了一些经典和流行的英文电影片断，目的在于引导学生通过看电影听台词，既劳逸结合，寓学于乐，又能了解和学习鲜活的英语口语。

本书注释详细，配有总词汇表，每单元的练习答案都附在书后，便于在课时不够的情况下由学生自主学习。

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Unit O ne



自主学习与目标管理

随着学习型社会的到来,自主学习成为国内外教育学界和心理学界研究的热点问题。自主学习,顾名思义,就是不依赖于别人的独立自主的学习。有了一定的自主学习的能力,学生就不再是被动地接受知识的机器,而是能够主动学习的主人。他们会用科学的方法积极探求知识,敢于质疑问难,个性得以充分发展。

自主学习是指在老师的指导下,学生根据自己的学习基础和学习特点,自主制定学习计划。就像老师上课时要有教案那样,学生学习也要有自己的“学案”。“学案”应该在老师的指导下自己制定。它包括学习目标、学习内容、学习方式、学习策略、学习场所以及学习所需要的材料。自主学习要求学生有较高的自学能力,同时还要有合理分配学习时间、及时反馈学习效果、恰当调节学习行为的能力。

自主学习的基本操作过程是:确定学习目标 → 制定学习计划 → 明确学习内容 → 选择学习方法和策略 → 监控学习过程 → 评价学习结果。

自主学习可以采用“目标管理”(Management By Objectives, 简称为MBO),这个具有划时代意义的概念是由现代管理大师彼得·德鲁克(Peter F. Drucker)在1954年提出的。“目标管理”已成为当代管理学的重要组成部分。它的主要贡献之一就是:它使得我们能自我控制的管理来代替由别人统治的管理。德鲁克认为:组织的目的是使平凡的人做出不平凡的事。

检验“目标管理”的有效性可以用以下方法,缩写为SMART。即,Specific(详细而明确的),Measurable(可测量的),Achievable(可完成的),Realistic(现实的),Time-related(有时限的)。

管理是一种实践,其本质不在于“知”而在于“行”。下面就让我们把目标管理用于自主学习吧。

先试着制定一个周学习计划:

学习目标:扩大词汇量,并学会使用常用单词。

学习计划:每周75个单词,平均每天15个(周一至周五),周末复习。

学习内容:本周学习的课文中出现的B级和A级新单词。

学习方法和策略:通读课文,抄下新单词,写在词卡上(参见第二册第1单元的微型讲座:怎样记忆单词?)。每天早晨上课前大声朗读20遍,并说出中文意思。下午抄写20遍,晚上默写一遍。选取你认为最重要的5个单词各造一个句子,并把句子念出来。每天如此,周末总复习。

监控学习过程:每天记录学习结果。记下全部掌握的(会读、知道中文意思、会写)单词数量。把没有掌握的单词放在第二天的学习计划中。每周统计一次学习成果。把没有掌握的单词放在下一周的学习计划中。

评价学习结果:选定一本难度合适的考试题,每2周做一份试卷,看看成绩有无提高。

即学即练

按照上面的操作过程，制定一份听力自主学习计划(包括听教材的课文录音和电影剪辑等)。

**Reading Practice****阅读实践**

1. Duties of Students

Students will make the most intelligent members of the society. It is necessary for them to prepare for shouldering the responsibilities that will fall upon them in course of time. Wisdom and foresight urge all students to perform their duties well. That is why every student has to make the best use of his or her school days.

As future masters of the society, students must get prepared for a strenuous life. In other words, it is their lot to face life's hardships. One who is bodily weak cannot hope to have great success. It is very important, therefore, for students to develop fully their physical prowess by taking regular exercise.

To render themselves really useful, students are expected to specialize along some line of study. Their ambition should be to know everything about something rather than to know something about everything. The 21st century has no place for those who have no special knowledge or training.

Moreover, students must cultivate the habit of self-research. This means that they should not rely upon their teachers or textbooks. The world is full of truths. Classroom work alone will not make one achieve much towards the goal of perfection. Students should rely upon their own efforts and try to be active seekers of knowledge if they expect to enter upon a successful career.

Notes

in course of time

1. intelligent /ɪn'telɪdʒənt/ *adj.* 聪明的，有才智的
2. shoulder the responsibility 承担责任
3. in course of time 终于，总有一天
4. strenuous /'strenjuəs/ *adj.* 艰苦的
5. lot /lɒt/ *n.* 命运；份额



6. prowess /'praʊs/ *n.* 杰出的才能（或技巧），高超的本领
7. render /'rendə(r)/ *vt.* 使得，使成为
8. specialize /'speʃəlaɪz/ *vi.* 专攻，专门研究
9. ambition /æm'bɪʃən/ *n.* 雄心，野心
10. cultivate /'kʌltɪveɪt/ *vt.* 培养
11. perfection /pə'fekʃən/ *n.* 尽善尽美，完美

I. Choose the best answer for each of the following questions.

- C 1. The sentence "Students will make the most intelligent members of the society." means "_____."
- A. Students will produce or create future generations who are very bright and clever
 B. Students will clone the most intelligent citizens for the future society
 C. Students will become the brightest part of the future society
 D. Students will become college teachers to cultivate talents for the society
- A 2. According to the passage, young students should be prepared to lead a _____ life in the future.
- A. tough B. happy C. miserable D. simple
3. To make themselves really useful for the future society, students are supposed to _____.
- B A. be very strong by taking regular exercise
 B. have specialized knowledge in a certain field
 C. become advanced blue-collar workers
 D. be ambitious in their line of study
- D 4. What does the sentence "Their ambition should be rather to know everything about something than to know something about everything." mean?
- A. Students should have the desire to study widely and to know everything, not just something.
 B. Students should be so ambitious as to master everything, instead of knowing something about a certain subject.
 C. Students should have the ambition to know everything, not just some line of study.
 D. It is better for students to have a specialized knowledge of a certain field than to have a little knowledge of many fields.
- C 5. According to the passage, if a student wants to be successful in his future career, which piece of advice is he expected to follow?
- A. He should do his research all by himself.
 B. He should rely more upon his teachers or textbooks for knowledge and future development.

- C. He should be an independent and active researcher and a seeker of knowledge.
D. He should rely upon classroom work alone for the goal of perfection.

II. Choose the best answer to complete each of the following sentences.

1. Living at college, first of all, gives me a sense of _____, of being on my own.
A. humor B. experience C. responsibility D. claim
2. It fell upon John as an only child to support his mother after his father died.
A. fell upon + sb. B. took the responsibility
C. shouldered the responsibility D. prepared for
3. He is a man with _____ habits, doing the same thing at the same time every day.
A. usual B. regular C. certain D. frequent
4. Such good fortune falls to the _____ of few men.
A. fate B. lot C. misfortune D. promise
5. The reason nations trade with one another is that it pays to specialize. Specialization makes the best use of a country's productive resources—its natural resources.
A. specialize B. trade C. produce D. export
6. An accident has _____ him helpless.
A. tended B. saved C. given D. rendered
7. He tries to _____ the sort of people who may be useful to his business in the future.
A. form B. render C. research D. cultivate
8. His curiosity about the surroundings led him to a _____ in science.
A. career B. way C. dream D. road
9. If you had had more _____, you would have saved yourself much trouble.
A. sight B. proposal C. foresight D. view
10. Michael Jordan is famous for his _____ with basketball.
A. business B. feeling C. job D. attitude

III. Writing

As a future master of the society, you are supposed to take responsibilities. To perform your role successfully, what preparations are you going to make? Write an essay of 120 words to tell about your plan.

2. Study Tips

Make and keep a study schedule.

Set aside certain hours each day for class assignments. Keep the same schedule regularly day after day.

Get a few things ready before starting.

Your study area should be equipped with things like—paper, pens, resource books, a calculator, etc. This will reduce unnecessary interruptions.

Keep an organized notebook.

Research shows that there's a definite relationship between the organization of a student's notebook and the grades he/she makes. Set aside a special section for each course.

Use “trade secrets” for successful study.

For example:

* **Flash Cards.** Use a “3 x 5” card to learn specialized vocabulary. On the front write the term; on the back, write the definition or an important fact about that term. Carry your flash cards with you. From time to time, take them out and quiz yourself.

* **Divided Page.** Draw a dividing line down the center of a sheet of notebook paper. Write important questions on the left side and the answers on the right. Use the “self restriction” method of study. Cover the right-hand side and try to give the answer. Then check and recheck until you're sure you know the material.

* **Cover Card.** As you are studying, look over your notebook or textbook and read what you are trying to memorize. Use the cover card to conceal what you've just read—try reciting or writing the facts from memory. Check until you are sure you have mastered the facts.

Insure against forgetting—take good lecture and text notes.

Learn to take lecture and text notes efficiently as your instructors stress important points in class and as you study your assignments. Without notes, you will often need to reread the whole assignment before a test.

How can you remember what you've studied?

One secret of remembering is over-learning.

Frequent reviews pay off—in knowledge, grades and credits.

Without review, the average student can forget 80% of what was read—in just two weeks! Your first review should come very shortly after you study the material for the first time.

Notes

1. set aside 留出
2. restriction /rɪ'strɪkʃən/ n. 限制, 约束

任务
assignment

3. ^{conceal}conceal /kən'si:l/ vt. 隐藏, 隐蔽
4. instructor /ɪn'strʌktə(r)/ n. 教师; 教导者

I. Choose the best answer for each of the following questions.

1. Why is it important to keep a study schedule?

- A A. Because it will enable us to plan our activities.
 B. Because it is an assignment that will be handed to the teacher.
 C. Because it is a fashion practiced by many successful people.
 D. Because it will enable us to fulfill many tasks.

2. In the passage, "trade secrets" means _____.

- B A. secrets in foreign trade we happen to know
 B. effective personal methods of learning
 C. concealed information that cannot be publicized
 D. information about one's career, research and experience

3. The employment of "trade secrets" refers to the use of _____.

- C A. schedules and good memory
 B. paper, pens, resource books and calculators
 C. flash cards, divided pages and cover cards
 D. effective learning techniques, good memory and frequent review

4. Why is it important to take notes while listening to the instructor?

- D A. Because the instructor will check our notebooks.
 B. Because taking notes will help us to follow the instructor.
 C. Because notes can remind us of what the instructor said in class.
 D. B and C.

5. What will frequent reviews bring us?

- B A. Pay off our debts by credits.
 B. Bring us improvement in knowledge, grades and credits.
 C. Give us a good memory to remember longer what we've read.
 D. Check until we are sure we have mastered the facts.

II. Complete the following paragraph with the words you've just learned.

How to study well? It depends on an interplay of many factors. One thing is certain: good study habits, or effective learning techniques. For example, scheduling your time carefully and finding a place without 2 to study are very important. It is better to skim the assigned 3, and then read it. You should be attentive and active in class

interruptions
no-rev, a

while you're listening to the teacher, which means less work later. You'd better take notes and review them frequently and regularly. Frequent review of what you've learned will help you remember it longer, which leads to improving performance on tests.

3. Language Education Programs

Over three hundred students are currently participating in CP Language Institute, Inc. programs and receive intensive instruction from our specially-trained teachers, all of whom are native speakers. Our teachers must pass a qualifying examination and undergo an intensive training program in teaching language before teaching their first class. Our goal is to enable the students to speak the target language within the shortest possible time.

There are five levels of study, each comprising four terms. Every term consists of 30 class hours, which may be divided into eight or fourteen week sessions. Courses in such specialized fields such as law, finance and international commerce may be arranged. We offer a variety of class sizes ranging from private lessons or small groups to regular classes. Instructional materials, some of them for language studies and others selected from well-known texts of the chosen language, are provided to help the students acquire a better understanding of the culture in which these languages are used.

Level I (Elementary)

Introduction to conversational essentials with emphasis on pronunciation, basic grammar, vocabulary build-up and sentence construction. For Japanese, Korean and Chinese, classes introduce written characters.

Level II (Elementary-Intermediate)

Extensive conversational practice to quick vocabulary development and sentence construction. Introduction of more advanced character writing for students of Japanese, Korean and Chinese.

Level III (Intermediate)

Introduction of more complex sentence structure, with emphasis on conversational skills and comprehension. Class discussions concentrate on everyday topics and vocabulary. Introduction to text reading.

Level IV (Intermediate-Advanced)

Completion of core grammar and vocabulary of the language. Refinement of speaking style through intensive conversational practice. Introduction to newspaper reading.

Level V (Advanced)

Continued development for refined grammatical structure and conversational fluency.