

NEW HORIZON COLLEGE ENGLISH

1

新视野大学英语 学习指南



外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

新视野大学英语

学习指南

1

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新视野大学英语

学习指南 1

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前 言

《新视野大学英语学习指南》是与《新视野大学英语——读写教程》和《新视野大学英语——听说教程》相配套的学习辅导书,旨在帮助学生更好地学习掌握该套教材的内容。本书分为一至六册,每册由三大部分组成:读写教程,《听说教程》听力原文及参考答案,附录。

“读写教程”部分分为十个单元,每个单元由“课文预习”、“课文难点”、“短语搭配”、“参考译文”和“参考答案”组成。

“课文预习”包括背景知识、课文提要和课前活动的听力文字材料。使学生在接触课文之前对要学的课文有一个初步、全面的了解,提高预习的质量。

“课文难点”对课文 A 和课文 B 里出现的语言点进行详细讲解,对长句和难句进行结构分析,不仅对常用单词、习语、搭配等给出中英文释义,并且配有例句和译文,以帮助学生正确理解和使用。此外,还对重点语法结构、同义词和短语的用法等进行小结,提高学习效果。

“短语搭配”对课文 A 和课文 B 里列出的重点短语搭配进一步讲解。配上了例句和译文,有利于掌握学习重点。

“参考译文”提供了每个单元课文 A、B、C 的全部译文,方便学生对照课文,提高自己的翻译水平。

“参考答案”提供了每个单元所有练习的参考答案,同时对写作技巧项目给出了范文。

“《听说教程》听力原文及参考答案”由十个单元组成,给出《新视野大学英语——听说教程》的录音文字材料和参考答案,供学生在课前预习和复习时查阅。

“附录”是对《新视野大学英语——读写教程》中列出的重点短语搭配的归纳,注出了该短语的出处和在本辅导书里的页码,以方便学生在复习期间查阅。

本套书由王德军、胡金环担任总主编。第一册由崔艳菊(一、二单元)、孙爱珍(三、四单元)、曹勇宏(五、六单元)、刘向东(七、八单元)和张大川(九、十单元)等人编写。全书由王德军负责统稿。

限于编者水平,时间仓促,书中难免存在不妥之处,敬请广大读者批评指正。

编者

2002 年 6 月

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读写教程

Section A: Learning a Foreign Language

一、课文预习

1. Background Information

- 1) Online learning: 网上学习。通过计算机网络实现的一种远程教学手段。
- 2) Junior middle school: 初级中学, 在美国称为: middle school 或 junior high school
- 3) Senior middle school: 高级中学, 在美国称为: high school

2. Summary of the Text

From a student's point of view, the author presents the reader his own language learning experiences for four different stages. He was at the top of his class for two years in his junior middle school as the English teacher was kind and patient and often praised all of the students. In his senior middle school, however, he lost his desire to say anything at all in English because the English teacher would punish anyone who gave incorrect answers. Although the college English teachers were patient and kind, he felt frightened and was lack of confidence since the classes were very large and many students spoke English much better than he did. The situation changed when he was offered a chance to study English through an on-line course. As a result of his hard work, he could communicate with many more people than before. Though learning a foreign language is frustrating, it is well worth the effort.

3. Pre-reading Activities

Listening passage(听力原文)

English language learning is not easy and at times frustrating. I started to learn English when I was in junior middle school and just like every one of us I was happy with my successes and cried at my failures. Only when I had a chance to learn English through a computer course did I finally succeed. I found the computer course was just as difficult as classroom study but I did succeed in learning English. Besides, I gained many other things from it. It taught me the value of hard work and helped understand another culture.

二、课文难点

1. (L.2) Although at times, learning a language was frustrating, it was well worth the effort.

at times; sometimes 有时

e. g. He was at times late for work. 他有时上班迟到。

She would at times give him a phone call. 她有时给他打个电话。

be (well) worth sth. / doing sth. : be rewarding enough for the time or effort 值得(做某事)

e. g. The scheme is well worth a try. 这个计划值得一试。

The book is worth reading. 这本书值得一读。

2. (L. 7) I was at the top of my class for two years.

at the top of: at the highest or most important rank or position 处在最高或最重要的级别或位置

e. g. He is at the top of his profession. 他在同行中首屈一指。

Liverpool finished the season at the top of the football league. 利物浦队在足球联赛赛季中独占鳌头。

3. (L. 9) While my former teacher had been patient ...

while: used to show a contrast 在此处用于表示对比

e. g. I drink black coffee while he prefers it with cream. 我爱喝清咖啡,而他喜欢咖啡中加奶。

English is understood all over the world while Turkish is spoken by only a few people outside Turkey itself. 英语世界通行,而土耳其语离开本国就很少有人说了。

while 用法小结:

1. during the time that; when 在……期间;当……的时候

He fell asleep while he was doing his homework. 他做作业的时候睡着了。

2. at the same time as 与……同时

He listens to the radio while driving to work. 他一边开车去上班一边听音乐。

3. although 虽然

While I admit that there are problems, I don't agree that they can not be solved. 尽管我承认有问题,但是我不同意这些问题不能解决的说法。

4. used to show a contrast 用于表示对比或相反的情况

4. (L. 11) Whenever we answered incorrectly, ...

whenever: 在此处表示“每当……”的意思。主要用法如下:

- (1) every time that; as often as 每当;每次

e. g. Whenever she comes, she brings a friend. 她每次来都带个朋友。

The roof leaks whenever it rains. 每逢下雨屋顶就漏。

- (2) at any time, regardless of when 在任何时候;无论何时

e. g. I'll discuss it with you whenever you like. 你愿意什么时候我就什么时候和你讨论这件事。

5. (L. 12) ... shaking it up and down, ...

up and down: to and fro; backwards and forwards 上上下下;前前后后

e. g. The detective was walking up and down outside the house. 侦探在屋子外面走来走去。

The boat bobbed up and down in the water. 小船在水中颠簸。

6. (L. 12) It didn't take me long to lose my eagerness to answer questions.

“It takes + sb. + time + to V”是句型,表示“花费某人某时去做某事”

e. g. It took him three hours to mend the bicycle. 他修理自行车用了三个小时。

It will take her a long time to recover from the illness. 她的病要花很长时间才能痊愈。

此句型也可变为: It takes + time + for sb. + to V, 上面两个例句可以变为:

It took three hours for him to mend the bicycle.

It will take a long time for her to recover from the illness.

7. (L. 13) Not only did I lose my joy in answering questions, but also I totally lost my desire to say anything at all in English.

Not only ... but also...: 不仅……而且…… 此句型一般要求连接两个并列的语法结构, 当“not only”放在句首时, 必须用倒装。

e. g. Not only did he read the book, but he also remembered what he read. 他不仅读了这本书, 而且还记住了内容。

Not only did he lose his way, but his wallet was also stolen. 他不仅迷了路, 而且钱包还被偷了。

8. (L. 15) When I went to college, I learned that ...

learn: 在此处表示“become aware of sth. through information or observation; realize”, 即“获悉; 得知”的意思。

e. g. I have never learned his name. 我从未听说过他的名字。

I'm sorry to learn of your illness. 很遗憾听说你病了。

9. (L. 18) ... none of them carried long, pointed sticks!

none of: not one; not any 一个也没有; 毫无。此短语后面可以接复数名词或代词, 其谓动词词可以用复数, 也可以用第三人称单数。

e. g. None of the guests wants / want to stay. 没有一个客人想留下来。

None of them has / have come back yet. 他们一个人都没有回来。

10. (L. 19) However, the situation was far from perfect.

far from (doing) sth.: not at all sth.; almost the opposite of sth. 毫不; 远非

e. g. The problem is far from easy. 这个问题绝非容易。

Your account is far from (being) true. 你所说的远非是事实。

far from it: certainly not; almost the opposite (口语) 当然不; 几乎相反

e. g. —Are you happy here? 你在这里快乐吗?

—No, far from it; I've never been so miserable in my life. 一点也不。我一生从未像这样难受过。

11. (L. 20) I was only able to answer a couple of questions in each class period.

a couple of: 此处指“两三个”

(1) two people or things 两个人或事物

e. g. I saw a couple of men get out. 我看见有两个人出去了。

I'll stay for a couple more hours. 我再多呆两个小时。

(2) a small number of people or things 几个人或事物

e. g. She jogs a couple of miles every morning. 她每天早晨慢跑几英里。

比较: **a pair of** 是指“一双”; “一对”

e. g. a pair of socks, a pair of shoes, a pair of gloves, a pair of earrings, a pair of chop-

sticks

12. (L. 30) It seemed my English was going to stay at the same level forever.

“It seems that” 是句型, “that” 可以引出一个从句。此句省略了 “that”。

13. (L. 30) I soon got access to the necessary equipment, learned the technology from a friend and participated in the virtual classroom 5 to 7 days a week.

access to sth.: 此处指“使用……的权利、机会”

(1) opportunity or right to use sth. or approach sb. 使用某物或接近某人的机会或权利
e. g. Students must have access to a good library. 学生必须有使用好图书馆的便利条件。

Only high officials had access to the president. 只有高官才可以接近总统。

(2) means of approaching or entering (a place); way in 接近或进入(某地)的方法; 通路
e. g. The only access to the farmhouse is across the fields. 到达农舍的惟一通道是穿过田地。

participate in: take part in 参加; 参与

e. g. He actively participates in local politics. 他积极参与当地政治活动。

Many students participated in the English speaking competition. 许多学生参加了英语演讲比赛。

the virtual classroom: 此处指网上的“虚拟教室”

14. (L. 33) ... to keep up with the flow of the course.

keep up with: keep the same speed as 跟上, 不落后

e. g. She likes to keep up with the latest fashions. 她喜欢穿戴入时。

One should keep up with the current events. 人需要跟上形势。

flow: continuous stream or supply of sth. 某事物的持续或连续供应。此处指连续的课程内容。

e. g. the constant flow of information 源源不断的信息

cut off the flow of oil 切断石油供应

15. (L. 34) I worked hard to meet the minimum standards set by the course and to complete assignments on time.

“set by the course” 是过去分词 “set” 构成的短语, 做定语修饰前面的 “the minimum standards”。

16. (L. 37) Once in a while I cried with frustration ...

once in a while: occasionally 偶尔

e. g. Once in a while we go to a restaurant — but usually we eat at home. 我们偶尔下馆子——但是一般都在家吃。

Once in a while he calls back home to say hello to his parents. 他偶尔打个电话回家问候父母。

17. (L. 37) ... and sometimes I felt like giving up.

feel like sth. / doing sth.: think that one would like (to do) sth. 想要(做)某事

e. g. I feel like (having) a drink. 我想喝点酒。

We'll go for a walk if you feel like it. 你愿意的话, 咱们就去散散步。

give up: abandon an attempt to do sth. 放弃做某事的尝试

e. g. They gave up without a fight. 他们不战而降。

She doesn't give up easily. 她不轻易放弃。

give sb. up:

1. no longer hope for the arrival or recovery of sb. 对某人的到来或康复不再抱希望

e. g. There you are at last! We had given you up. 你终于来了! 我们还以为你不来了。

The doctors had given her up but she made a remarkable recovery. 医生们已放弃了治愈她的希望, 而她却恢复得很好。

2. stop having a relationship with sb. 与某人断绝关系

e. g. Why don't you give him up? 你为什么不和他一刀两断呢?

give sth. up: stop doing or having sth. 停止做某事; 放弃某事

e. g. You ought to give up smoking. 你应该戒烟。

She didn't give up her job when she got married. 她未因结婚而放弃工作。

18. (L. 40) ... I could understand just about everything I came across, ...

just: exactly 正好; 恰好 (用于形容词、副词或介词词组前)

e. g. just right 正对 just here 就在这里 just on target 正中目标

come across: meet or find sb. / sth. by chance 碰见; 偶然遇见或发现

e. g. I came across an old school friend this morning. 今天早上我碰见一位老校友。

She came across some old photographs in a drawer. 她在抽屉里偶然发现一些旧照片。

19. (L. 44) Learning a foreign language has been a most trying experience for me, but one that I wouldn't trade for anything.

most: very 很; 极; 非常。注意此处并不是最高级, 否则前面要用定冠词 the。

e. g. We heard a most interesting talk about Japan. 我们听了一个关于日本的非常有趣的谈话。

It was most kind of you to take me to the airport. 多谢你把我送到了飞机场。

trying: that strains one's temper or patience 磨练脾气或耐性的。此处指“艰辛的”经历。

one: 此处是代词, 替代前面的“experience”

trade sth. for sth.: exchange sth. for sth. else 以物易物

e. g. I'll trade my stamp collection for your model boat. 我想用我搜集的邮票换你的模型船。

I wouldn't trade my job for anything. 我这份工作给我什么都不换。

20. (L. 50) Now that I speak a foreign language, instead of staring into space ...

now that: because of the fact that 由于……; 既然…… “that”可以省略。

e. g. Now (that) you mention it, I do remember the incident. 经你一提, 我想起那件事了。

Now (that) you have passed your test, you can drive on your own. 既然你驾驶考试已合格, 就可以单独开车了。

21. (L. 52) I am able to reach out to others and bridge the gap between my language and culture and theirs.

theirs: 此处作为代词, 指“their language and culture”

bridge a / the gap: reduce the distance (between widely contrasting groups) 缩短(悬殊的)

差距

e. g. How can we bridge the gap between rich and poor? 我们怎样才能缩小贫富差距?

Dialogue helps to bridge the gap between different countries. 对话有助于缩小不同国家之间的差距。

三、短语搭配

1. **be (well) worth sth. / doing sth.** : be rewarding enough for the time or effort 值得(做某事)

It's not worth the trouble. 不值得费那个劲。

He felt that his life was no longer worth living. 他觉得没有再活下去的价值了。

I've cut smoking to a packet a week in order to pay the bill, but it's worth it. 为了付帐,我已把香烟减到每周只抽一包,但是这样做值得。

2. **not only... but also...** : 不仅……而且……

He not only had read the book but also remembered what he had read. 他不但读过此书,而且还记得所读的内容。

The report has not only attracted much attention but also some sharp criticism. 这个报告不但引起了人们的关注,而且还受到了严厉的批评。

3. **far from**: not... at all; rather than 一点都不

Life in Tokyo is far from a bed of roses. 在东京生活决不是生活在温柔富贵乡。

I'm far from content. 我一点也不满意。

4. **a couple of**: two or three 两三个

There's a couple of girls waiting for you outside. 有两三个女孩在外面等你。

I will return in a couple of days. 我在两三天内就回来。

5. **get access to**: get the right of using or reaching sth. 可以使用; 获得

By some way or other, he succeeded in getting access to her bed room. 他设法进入了她的卧室。

Who got access to a computer? 谁可以使用计算机?

6. **keep up with**: not to fall behind; keep the same speed as 跟上, 不落后

He walked so fast that I could hardly keep up with him. 他走得那么快,我简直跟不上了。

With the teacher's extra help he has kept up with the class. 在老师的特殊帮助下,他已经跟上班上的功课了。

7. **feel like sth. /doing sth.** : want to do sth. 想做; 想要

Do you feel like ham and eggs? 你想来一客火腿蛋吗?

I feel like being alone just now. 此刻我想自己单独呆一会儿。

8. **give up**: stop having or doing 停止, 放弃

If my boss asks me to do such kind of thing any more, I'll give up working. 如果我老板再要我做这样的事,我就辞职不干了。

He has given up smoking. 他已经戒烟了。

9. **come across**: meet with 偶然遇上

I came across this book in the library. 我在图书馆偶然找到这本书。

He came across a friend in the street. 他在街上碰到一位朋友。

10. **reap the benefits of**: get sth. as a reward 获得益处, 得到好处

The students have reaped some direct benefits from their English studies. 学生们从英语学习中获得了一些直接的益处。

Don't let others reap the benefits of your research. 不要让别人窃取你的研究成果。

11. **trade ... for**: exchange...for... 用……换

I'll trade my pen for your ball. 我拿我的钢笔换你的球。

Early European visitors to the North of Canada traded manufactured goods for furs and skins. 早期到加拿大北部去的欧洲旅游观光者们用工业品换取动物皮毛。

12. **participate in**: take part in 参加

Mary did not participate in the discussion. 玛丽没有参加讨论。

He longed to have the opportunity of participating in the strike activities. 他渴望有机会参加罢工活动。

13. **now that**: because(sth. has happened) 既然, 由于

Now that the rain has stopped, you can leave. 雨既然停了, 你们可以走了。

Now that you know exactly how she feels about it, what do you plan to do? 你既已知道她对此事的态度, 你打算怎么办呢?

14. **reach out to**: communicate with; contact 接触, 联系

Modern politicians try to reach out to ordinary people in their broadcast speeches. 现代的政客们企图在广播演讲中与普通民众进行沟通。

He wanted to reach out to his old friends. 他想和他的老朋友联系一下。

四、参考译文

学外语

学习外语是我一生中最艰苦也是最有意义的经历。虽然时常遭遇挫折, 但却非常有价值。

我学外语的经历始于初中的第一堂英语课。老师很慈祥耐心, 时常表扬学生。由于这种积极的教学方法, 我踊跃回答各种问题, 从不怕答错。两年中, 我的成绩一直名列前茅。到了高中后, 我渴望继续学习英语, 然而高中时的经历与以前大不相同。以前老师对所有的学生都很耐心, 而新老师则总是惩罚答错的学生。每当有谁回答出错时, 她会用长长的教鞭上下挥舞着指着我们, 大声喊道: “错! 错! 错!” 没有多久, 我便不再渴望回答问题了。我不仅失去了回答问题的乐趣, 而且压根儿就不想再用英语说半个字。

然而这种情况没持续多久。到了大学, 我了解到所有学生必须上英语课。与高中老师不同, 大学英语老师非常耐心和蔼, 他们没有哪个带教鞭! 但是情况却远不尽人意。由于班大, 每堂课能轮到我回答的问题寥寥无几。上了几周课后, 我还发现许多同学的英语说得比我要好得多。我开始产生一种畏惧感。虽然情况与高中时不同, 但我却又一次不敢开口了。看来我的英语水平要永远停滞不前了。

直到几年后我有机会参加了远程英语教学课程, 情况才有所改善。远程教学课程的交流通