

# 21世纪

# 大学英语

## 快速阅读 (第二版)

邹 申 等◎总主编

21st Century

# 1

 复旦大学出版社

# COLLEGE ENGLISH

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(第二版)

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## COLLEGE LIFE

## Passage 1

## Once a Goal, Then a Reality

By Christine Shea

Reading Time: 8½ minutes



Until she went back to school at the age of 38, Christine didn't know what she wanted in life, or just how capable she was. A former model, she had limited workforce skills. So although she was working hard, her chances of finding a good job were very small.

"I had no other training, so when I retired from modeling, I didn't have many job options." College wasn't an option — she wasn't even thinking about furthering herself by sitting in a classroom. "I wasn't really interested in my high school classes. I wanted to get away from home and travel." She did just that. Through modeling, she lived in New York, Los Angeles and the major cities of Europe.

A combination of moves helped Christine get her life back on track. She met her husband, married and had a baby. And she changed her environment with a move from party-town Los Angeles to Florida. That was an especially good move — because in Florida she went into recovery, and a friend talked her into going to college. "She told me I owed it to myself and that I could do it. She wouldn't listen to me. She even got the application for me, sat me down and helped me fill it in!" With this help and the encouragement of her husband, Christine took the plunge.

In 1991, she signed up for a full-time associate's degree program at St. Petersburg Junior College, even though she was also taking family responsibilities. "But I was really lucky — again. On my first day at St. Pete's I met a female classmate who introduced me to a fantastic women's support group on campus: WOW

(Women on the Way). We had our own lounge (休息室) where we could study, get advice, get help with child care services, or just get away from it all. I don't know what I would have done without them!"

By now, Christine had a good idea of what she wanted to accomplish. Exactly 20 years after graduating from high school and now in recovery herself, she decided she wanted to help others find their way through life productively, meeting their full potential. This time, unlike her high school days, she had a reason to apply herself to her studies. And despite a heavy schedule, heavy commute, a young child and a husband working out of state, she still found the time to get involved in campus activities.

The combination of direction, encouragement and personal effort was magical. Not only did Christine get an associate degree in Human Services, but she also graduated with top honors — and newfound self-esteem. "I can't begin to tell you what a wonderful experience college was for me. I was involved, I was helping, I was achieving, and I had such support from my husband, my friends, my instructors and my fellow classmates. I had never felt so good about myself or my purpose in life. And I finally recognized my college education as a personal achievement no one can ever take away from me."

That's not to say there weren't any doubts. Christine thought she was finished with school once she had her associate degree. But another one of those helpful friends intervened (插入, 介入) yet again. With a little push, Christine found her way into the admissions office of the University of Tampa, seeking financial aid to pursue a bachelor's degree. Her Junior College grades and leadership abilities helped it. After another two years of full-time school, part-time jobs and full-time motherhood, Christine got her bachelor's degree in Social Work from the University of Tampa.

Since she was already working in the field of her choice — helping people — did she really need this degree? Maybe not. But Christine wanted the challenge, and she cherished the growth in self-confidence and depth of awareness her additional studies provided.

After graduation in 1995, she went even further to gain credentials (委托书) from the State of Florida as a Certified Addiction Professional. She's also a member of the Florida Counseling Association and is an Internationally Certified Alcohol and Drug Abuse Counselor. She's now providing counseling services, intervention and treatment over the Internet. She is also doing individual and group counseling in her community.

What is Christine's advice for others thinking about returning to school?

- Don't worry about how you're going to do it. Well, you can do it. How? You just do whatever it takes. You put one foot in front of the other.
- Junior college is an ideal place to start. They know how to deal with non-traditional students from many walks of life. Your classmates are similar to you in age and experience, so everyone helps each other. In my experience, the administration and the instructors were very supportive and always encouraging.
- When you're in school, work hard and get involved, stay focused, and don't give up!
- There's always an opportunity for you. You owe it to yourself to take advantage of it. It's never



impossible and, as in recovery, it's never too late.

Most of all — as Christine's own change from social butterfly to social worker bears out — if you persist: once a goal, then a reality.

(868 words)

Your reading time: \_\_\_\_\_



## Exercises

### I. Choose the most appropriate answer for each of the following questions.

1. What did Christine do before she went back to school?
  - A. She did training work.
  - B. She retired.
  - C. She did modeling work.
  - D. She was jobless.
2. What helped Christine get her life back on track?
  - A. She got married.
  - B. She had a baby.
  - C. She moved from Los Angeles to Florida.
  - D. All the above.
3. What does "took the plunge" (Line 6, Para. 3) probably mean?
  - A. Jumped into the water.
  - B. Made a decision.
  - C. Took the risk.
  - D. Did her best.
4. Which of the following was introduced to Christine by a female classmate at St. Petersburg Junior College?
  - A. Family responsibilities.
  - B. Work experience jobs.
  - C. A fantastic women's support group on campus.

- D. A full-time associate's degree program.
5. Which of the following statements is true according to the passage?
- A. She lived near the school.
  - B. She had two kids.
  - C. She didn't have time for her campus activities.
  - D. Her husband worked in another state.
6. Which of the following is NOT a reason for Christine's success in St. Petersburg Junior College?
- A. Her self-esteem.
  - B. Her husband's support.
  - C. Her friend's encouragement.
  - D. Her personal effort.
7. What has pushed Christine to continue study in the University of Tampa?
- A. Her part-time jobs.
  - B. Her Junior College grades.
  - C. Her friend's encouragement.
  - D. Her leadership abilities.

**Complete the following sentences with the information given in the passage.**

8. Christine needed the bachelor's degree because she wanted the challenge and valued \_\_\_\_\_.
9. Besides giving counseling services, intervention and treatment over the Internet, Christine also offers personal and \_\_\_\_\_.
10. According to Christine, in Junior college, students are very helpful to each other because they have similar \_\_\_\_\_.

II. The following box contains a list of important events in Christine's life. Please rearrange them in the correct time order according to the information you get from the passage.

- A. She met a female friend who introduced her to a campus support group at St. Petersburg Junior college.
- B. She got credentials from the State of Florida as a Certified Addiction Professional.
- C. She moved from Los Angeles to Florida.
- D. She graduated from the University of Tampa with a bachelor's degree.
- E. She got married and had a baby.
- F. She retired from modeling.
- G. She signed up for an associate's degree program at St. Petersburg College.
- H. Her friend persuaded her to go back to college.
- I. She got an associate degree in Human Services.
- J. Her friend encouraged her to pursue a bachelor's degree.
- K. She wanted to help other people meet their potential and live a productive life.

( ) — ( ) — ( ) — ( ) — ( ) — ( ) —  
 ( ) — ( ) — ( ) — ( ) — ( )



## COLLEGE LIFE

## Passage 2

## Getting Along with Your Teachers

By Eric J. Gabor, JD

Reading Time: 8 minutes



Your algebra (代数) teacher wears clothes from 1985 and always mispronounces (读错) your name. Your English teacher loves to start classes with pop quizzes. It can be hard to think of them as real people. But they eat pizza and watch movies, just like you.

So how can you get along with your teachers? Here are some tips.

### Why Work on Good Relationships with Teachers?

A good relationship with a teacher today may help you in the future. You will need teachers' written recommendations to apply to a college or for a job after high school.

Teachers know about grants and scholarships. And they may often appoint students to student offices or recommend students as volunteers for special community programs. All of these activities can help you get into college or get a good job.

Teachers are another group of adults in your life who can look out for you, guide you, and provide you with an adult perspective. Many are willing to answer questions, offer advice, and help with personal problems.

### Developing Good Teacher-Student Relationships

You can do lots of things to achieve a good relationship with your teacher. First, do the obvious stuff: show up

for class on time, with all assignments completed. Be alert, be respectful, and ask questions.

Show an interest in the subject and show the teacher that you care and you are a dedicated student.

You can also schedule a private conference during a teacher's free period. Use this time to get extra help, ask questions, inquire about a career in the subject, or talk about your progress in class. You may be surprised to learn that your teacher is more relaxed one-on-one than when lecturing in front of the whole class.

It is possible to try too hard, though. Here are some things to avoid when trying to establish a relationship with your teacher: not being sincere, trying to be teacher's pet and giving costly gifts.

### Common Teacher-Student Problems

If you're having problems with a teacher, try to figure out why.

If you don't like the subject being taught, it might be helpful to think of classes as stepping stones toward a bigger goal, like getting a diploma. Simply try to find the practical value in classes you don't like.

If you find a subject hard, talk to your teacher about extra tutoring. If you find it boring, talk to your teacher about ways to see the subject in a different light. Ian constantly fell asleep in his second year's history class because the past seemed so removed from reality. But things changed after the teacher talked to Ian and found out that his great-grandfather had fought in World War II. The teacher suggested Ian use his great-grandfather's letters in his project. Not only did Ian get an A, he also learned a lot about a family member he barely remembered from childhood.

What if you just don't like the teacher? Personality can come into play. People naturally just get along better with some people than with others — it's impossible to like everyone all the time.

Common courtesy and respect are basic requirements of any relationship. You don't have to like your teacher or totally agree with him or her, but it is necessary to be polite. If you need to be out of school for medical or other reasons, let your teacher know. And it's your responsibility to make up the work from missed classes.

### What to Do If You Don't Get Along

Here are a few things you can try to make a difficult relationship work:

- Meet with the teacher and try to voice your true feeling, so as to see if you can work it out between the two of you.
- Ask yourself, "What can I learn from this teacher?" Even if you don't admire his or her personality or lectures, try to find a subject in which your teacher is very knowledgeable. Focus on that part of the teacher's personality, and use it as a tool for learning.
- Talk to students who are doing well in the class and ask them for tips. If you're too shy to talk to other students, study their actions in the classroom and follow that lead.
- If you still can't get along, make an appointment with the school guidance counselor (指导老师), who can offer many tips and suggestions. Sometimes a guidance counselor can act as a mediator (协调者) between you and the teacher.

● If your relationship problems can't be solved in school, then it's time to tell your parents or guardians. Let them meet with your teacher and try to work it out.

Teachers are there for more than just lectures and homework. They can help you learn how to function as an adult and a lifelong learner. Undoubtedly, there will be a few teachers along the way who you'll always remember and who might change your life forever.

(816 words)

Your reading time: \_\_\_\_\_



## Exercises

I. Go over the passage quickly and decide whether the following statements agree or not with the information in the passage.

### Mark

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 in the passage.

\_\_\_\_\_ 1. Your mathematics teacher and English teacher are not real people.

\_\_\_\_\_ 2. After high school, your teachers' oral recommendation may help you enter a college or find a job.

\_\_\_\_\_ 3. In your life, teachers are a group of grown-ups who can not only give you instruction but also help you establish adult outlook.

\_\_\_\_\_ 4. To develop a good relationship with your teachers, you should get their personal information.

\_\_\_\_\_ 5. Your teachers usually feel more relaxed in classroom

teaching than in a private conversation with you.

6. If the subject is too difficult or boring to you, the best solution is asking a passing grade from your teacher.

7. To get along well with your teachers, you have to like them, always agree with them and respect them.

**Complete the following sentences with the information given in the passage.**

8. If you miss some classes because of medical or other reasons, you ought to \_\_\_\_\_.

9. If it is really hard to get along with your teacher, the school guidance counselor might offer some help because they can serve as \_\_\_\_\_ between you and the teacher.

10. Besides giving lectures, teachers can also help you learn how to become \_\_\_\_\_.

**II . Answer the following questions by choosing letters A-K in the box below. Please note that some questions require more than one letter.**

1. What can you do if you don't like the subject being taught? \_\_\_\_\_

2. What should you avoid if you try to get on well with your teacher? \_\_\_\_\_

3. Why a good relationship with a teacher today might be helpful to you in the future? \_\_\_\_\_

4. What can you do if the subject is difficult to you? \_\_\_\_\_
5. What suggestion is given by the author if teacher-student relationship problem can't be solved in school? \_\_\_\_\_
6. What can you do if you don't like the teacher? \_\_\_\_\_
7. Why does the author suggest having a private meeting with teachers during their spare time? \_\_\_\_\_
8. What help can you get from your classmates in solving relationship problems? \_\_\_\_\_
9. What does the author suggest you do if the subject is boring? \_\_\_\_\_

- A. Consult your teacher about how to deal with your subject from different angles.
- B. You have to be polite and courteous to your teacher.
- C. Invite your parents or guardians to talk to your teacher.
- D. Try to find the practical value in the subject.
- E. Teachers can write recommendations for you to apply to a college or for a job.
- F. Show respect for your teacher.
- G. You can ask questions about your future job and get information about your learning progress in a certain subject.
- H. Go to your teacher for additional instruction.
- I. You can get valuable tips from your classmates or follow their examples.
- J. Teachers are adults who can provide advice, adulthood outlook and also help solve your problems.
- K. Not being sincere and attempting to give expensive presents to your teacher.





## COLLEGE LIFE

## Passage 3

## Can College Friendship Last Forever?

*By Andrea Thompson*

Reading Time: 6 minutes



Keeping in touch with college friends can seem like a challenge — but it can be as simple as picking up the phone, communication experts say.

Having and keeping close friends throughout life is important for emotional health, said Glenn Sparks of Purdue University. And college is a key time for making close friends, he said.

“This is a kind of a special time in people’s lives, and they have the time and the frequency of contact with each other to really develop these kinds of close relationships,” Sparks said.

He studied factors that lead to success with post-college friendship maintenance. The result showed that living close to one another is not the key factor. According to Sparks, there are many ways to keep in touch with friends and continue that sense of closeness. Among them, the best way is to pick up the phone and call your friend — whenever something important happens in your life, whether it’s good or bad news.

“If friends keep on doing that frequently, it is much easier to maintain that close sense of connection,” Sparks said.

**Post-College Rush**

Sparks’ undergraduate mentor (导师), Em Griffin of Wheaton College in Massachusetts, launched this study. He began to collect data on college friends in 1983 in order to see if he could find any signs of long-term closeness between the pairs.