普通高等教育"九五"国家级重点教材

## 名 一 世 线 大 等 美 籍

# 学习辅导

〔第一册〕

总主编:郑树棠 本册主编:陈永捷

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ENGLISH &

### 普通高等教育"九五"国家级重点教材

## 21 世纪大学英语学习辅导

(第一册)

总 主 编 郑树棠 本册主编 陈永捷 编 写 者 陈永捷 陆矞矞 徐 麟 陈 杰 陶 青



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## 前 言

- 《21世纪大学英语》系列教材,系"九五"国家级重点教材,由复旦大学和上海交通大学联合主编,高等教育出版社和复旦大学出版社联合出版。
- 《21世纪大学英语》体现了《大学英语教学大纲》(修订本)的教学思想、教学目的和教学要求,贯彻了"大纲"所规定的精神:"培养学生具有较强的阅读能力和一定的听、说、写、译能力,使他们能用英语交流信息。"
- 《21世纪大学英语》选材新颖,绝大部分课文选自20世纪90年代出版的英语书籍和报刊,课文内容上尽力捕捉学生的兴奋点,以引起学生的兴趣和共鸣。
- 《21世纪大学英语》由全国著名教授陆谷孙、杨惠中任顾问,翟象俊、郑树棠、张增健任主编,是一大批富有教学经验、熟悉大学英语教学的教授、副教授潜心钻研、精心编写而成的。
- 《21世纪大学英语》的问世获得了大学英语界的交口称赞,这部全新的教材体现了"再上一个新台阶"的要求,语言素材的难度也高于以往各套教材,课文较长,生词较多,新的语言现象比比皆是。就以《21世纪大学英语(读写教程)》第一册第一课为例,课文中对于各种不同学生的描述就采用了各种不同方法,如:A students 优等生; the most gifted students 最有天赋的学生; high-achieving students 成绩优秀的学生; underachieving students 学习成绩欠佳的学生; lower-scoring students 考试成绩不好的学生; students at the top of the class 班级中拔尖的学生; smart students 聪明的学生; curious students 好追根究底的学生; graduate students 研究生; Asian-American students 美国亚裔学生。

为了帮助使用《21世纪大学英语》教材的师生更好地用教材、学教材,我们组织了一批使用过教材并直接参加教材编写的教授,编著了《21世纪大学英语学习辅导》一书,奉献给使用这部教材的师生。

《21世纪大学英语学习辅导》是配合主教材《读写教程》而编著的,是配套使用的辅教、辅学用书,一共有四册。本书为本系列第一册,专门配合《21世纪大学英语(读写教程)》的第一册,全书共有十个单元。根据教学实践的需要,对每个单元的Text A、B、C的讲解、注释繁简不一,其中Text A的内容最为详尽,Text B次之,Text C则更为次之,只作简要注释。

每个单元的内容及安排如下:

#### Text A

1. The Gist of the Text:用准确、浅显、精练的英语归纳总结课文要点。

- 2. The Outline of the Text:整篇课文的结构、布局分析,对课文每一部分配有精简的提纲,从中可领悟到整篇文章的演络和发展。
- 3. The Text-related Background Information:提供与课文相关的背景知识和相关信息。这部分的内容可长可短,视课文长短而定,如果课文的理解不需要这一部分,则该课没有背景知识部分的内容。
- 4. Comprehension of The Text:按句子出现的先后次序,对课文中难句进行翻译及英语释义(paraphrase)。这部分的目的是帮助加深对课文的理解,一般不再提供例证。
- 5. Key Words, Phrases and structures:按生词、词组及句子结构出现的先后次序,逐条提供释义和例句。这一部分的目的是帮助掌握使用某些生词、词组及句子结构,有用法提示、典型搭配示范及形近词语辨析。所选生词、词组和句子结构全部来自课文,有些条目可能在中学已学过,但只要其表达的词义或用法在中学可能并未学过,或是需要加强的,也一一列出,意在提高应用能力,扩大和加强积极词汇的使用能力。
- 6. Structured Writing:配合该课写作操练的重点,对于某一种写作技能进行归纳或列有示范。
  - 7. Enlarge Your Vocabulary:构词法介绍和说明,并配有相应的例词。

#### Text B

- 1. Reading Skill: 扼要说明某一阅读技能的要领,酌情配有示范和例证。
- 2. Comprehension of the Text:配合B课文,对课文中难句进行翻译及英语释义(paraphrase)。
- 3. Key Words and Phrases:配合B课文,主要目的为帮助掌握使用某些生词和词组。B课文只涉及少量的句子结构,不作为重点内容之一。

#### Text C

只提供 Comprehension of the Text。

本书主编是上海交通大学陈永捷教授,参加编写的人员有陈永捷、陆矞矞、徐麟、陈杰、陶青等。《21世纪大学英语》主编之一、上海交通大学郑树棠教授为本套系列用书总主编及主审。

用好教材、学好教材,是一个再创造的过程,使用教材的读者也有要求不同、水平不一的问题。本书的作者尽量从大多数读者的需求出发,即使如此,也难免挂一漏万,或者在某个语言点上的简繁处理不能完全符合某位读者的要求,敬请使用本书的读者提出中肯的意见,以便在再版时加以修正。

编著者

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### Unit One

## Text A Secrets of A Students

### The Gist of the Text

Why can some students who are very active in school activities still get A's in their study? Brains aren't the only answer, and hard work isn't the whole story either. There are some secrets. These secrets are to concentrate on one's work, to study anywhere, to organize one's materials, to organize one's time, to learn how to read, to take good notes, to ask questions and to study together. Any student can learn and master them and become an A student too.

EThe Outline of the Text

Para. 1	Two examples of A students.
Paras. 2~3	Reasons why they can get A's while they are very active in school activities.
Paras. 4~11	Eight secrets to successful learning.
Para. 12	You can also learn and master these secrets and become an A student.

## The Text-related Background Information 与文章相关的背景规识。.

生化100
□natural science: 自然科学,包括 biology, chemistry 和 physics。
比较:social science: 社会科学,也称 social study,包括 history, politics,
比较:social science: 社会科学,也称 social study,包括 history, politics, economics 和 anthropology (人类学)。
□Cambridge: 即 Cambridge University 剑桥大学
比较:Oxford (University): 牛津大学; Oxbridge: 牛津与剑桥大学
□Manchester: 曼彻斯特,英国英格兰西北部港市。
□Bristol University:布里斯托尔大学
□Bristol: 布里斯托尔,英国英格兰南部港市。
□Arizona: 亚利桑那州,美国西南部的一个州。缩写为 AZ。
□New Mexico:新墨西哥州,美国西南部的一个州,缩写为 NM。
□Oklahoma、俄克拉荷马州、美国的一个州、略写为 OK。

□the University of California at Berkeley:加(利福尼亚)州大学伯克利分校。
□Berkeley: 伯克利,美国加利福尼亚州旧金山湾地区的一个城市。
[Kampri/benjan]n·硬酮(为); 级括.

Comprehension of the Text

◇1. Alex, now a first-year student in natural science at Cambridge, played football for his school in Manchester and directed the school production of a play—but he left school with five A's. (Para. 1)阿历克斯现在是剑桥大学理科一年级学生,他在曼彻斯特中学时踢过足球校队,还导演过一出学校戏剧,可是中学毕业时,他得了五个A。

理解: Alex is now a freshman (大学一年级学生) in natural science at Cambridge University. When he was in the school in Manchester, he was a school football player and was a director of a play in the school, but he graduated from his school with five A's.

Vand directed the school production of a play: and was a director of a school play

◆2. How do A students like these do it? Brains aren't the only answer. The most gifted students...(Para. 2) Smart[5ma; t] ad . 東明的 ; 好好的 洋河阳 .

注意课文中对各种学生的不同表达方法,如:

A students 优等生; the most gifted students 最有天赋的学生; high-achieving students 成绩优秀的学生; underachieving students 学习成绩欠佳的学生; lower-scoring students 考试成绩不好的学生; students at the top of the class 班级中拔尖的学生; smart students 聪明的学生; curious students 好追根究底的学生; graduate students 研究生; Asian-American students 美国亚裔学生

◆3. Brains aren't the only answer. (Para. 2)智力天赋并非是惟一的答案。 理解: Intelligence isn't the only answer.

这里的 brains 是比喻用法,指智慧、智力天赋,如:

You need brains to become a university professor. 要成为大学教授需具有天赋。

◇4. Hard work isn't the whole story either. (Para. 3)学习努力也不能说明全部问题。

理解: Hard work is not enough to explain why these students can always get their A's.

当你说"something is not the whole story"或"only part of the story",意指所提供的解释或信息不足以说明某一情况。(不是我们以,是是我们以)。

♦5. The students at the top of the class get there by mastering a few basic

techniques that other students can easily learn. (Para. 3)班级里拔尖的学生掌握了一些基本的技能,取得了优异成绩。这些基本技能其他学生也能很容易学会。

理解:The top students have mastered some basic learning skills and with these skills they get their A's / make their achievements in their study. Other students can learn these skills easily.

◇6. When a teacher set a long essay, Alex would spend a couple of days reading round the subject and making notes, then he'd do a rough draft and write up the essay. (Para. 7)当老师布置写一长篇论文时,阿历克斯会花上两三天时间去阅读与题目有关的资料,并做笔记,然后写出草稿,再写成论文。

理解:When a teacher assigned a long essay to him/ asked him to write a long essay, Alex would spend two or three days reading materials related to the subject and making notes, then he'd write his first outline, and using this outline, he wrote the essay.

◆7. "I used to spend hours going through irrelevant material," Amanda remembers. (Para. 8)阿曼达回忆道:"我过去常常花许多时间阅读一些无关的资料。" 以及 to do 针,过去存存极其复决在不多).

理解: Amanda remembers that in the past she would often read material which was not related to her subject / purpose.

used to v. 表示过去经常发生的事物,注意与 be/get/become used to something/V-ing 的区别,后者表示习惯于(做)某事。

◆8. a book's table of contents: 书的目录 (Para. 8)

◆9. Then, when I began to read, I had a sense of the material and I retained a lot more. (Para. 8)这样,当我开始阅读时,我对这份材料已有了一定的了解,而且能记住更多的内容。

理解:Then, when I began to read, I had a general feeling about the material and I remember a lot more of what I was reading.

◇10. To such students, the secret of good reading is to be an active reader—one who keeps asking questions that lead to a full understanding of the material being read. (Para. 8)这些学生认为善于阅读的奥秘在于做一位主动阅读者,即能不断地提出问题,这些问题能使人充分理解所读材料。

理解:These students believe that the secret of good reading is to read actively, not passively; when they are reading, they constantly ask questions and in this way they will understand fully what they are reading.

\$\rightarrow\$11. ... the left part is about a third of the page wide; the right, two thirds. I write my notes in the wider part, and put down the main ideas on the

left. (Para. 9)左边部分宽约占纸的三分之一,右边部分约占三分之二。我把笔记写在较宽的一边,把要点写在左边。

理解:...the left part is about a third of the page in width and the right part is about two thirds of the page in width. I write my notes in the wider part (the right part), and write down the main ideas in the left part.

◇12. In a lecture on economics, for example, curious students would ask how the Chinese economy could be both socialist and market-driven, thus interesting themselves not only in whats, but also in whys and hows. (Para. 10)例如,在一堂经济学课上,一些好奇的学生会问,中国经济怎么会既是社会主义的,又是市场驱动的,从而使自己不仅对于"是什么",而且对于"为什么"和"如何"产生了兴趣。

理解:In a lecture on economics, for example, curious students would ask how the Chinese economy could be both socialist and market-driven and in this way they became interested in not only what the Chinese economy was but also in the reasons why China had such an economic system and how the system worked.

economy: 经济,经济制度

a market economy 市场经济(制度); a capitalist economy 资本主义经济(制度); a planned economy 计划经济体制; commodity economy 商品经济

plan our national economy 规划我国的国民经济, develop economy 发展经济 whats, whys, hows 这里用作名词复数,分别表示"是什么,实质","为何,理由","如何,怎么会",比如:

A very curious boy, Tom is interested not only in whats but also in whys and hows. 汤姆是个非常好奇的男孩,他不仅对"是什么"感兴趣,而且也对"为什么"和"怎么会"感兴趣。

### Key Words, Phrases and Structures

essential perform focus assign memorise concentrate irrelevant intellectual schedule retain interruption due solution deadline economy approach ignore persuade curiosity missing =make the full use of/make the best use o count for much hand in make the most of stick to cut down on work wonder lead to lay one's hand on write up put away √go un-V-ed The use of "thus", "so that", and "while"

4

◇1. Yet she still managed to get four A's. (Para. 1)但是她仍然还是得了四 manage:设法做到 monage to do sth. be busy with sth.

Though she was very busy with her studies, Amanda managed to find time to play tennis regularly. 尽管阿曼达学习很忙,她还是设法找时间经常去打网球。

♦2. The most gifted students do not necessarily perform best in exams. (Para. 2)最有天赋的学生不一定在考试中取得最佳成绩。

Vnot necessarily: 不一定,未必 gifted (ad,)有形成的;天际高阶。

He is very rich, but that does not necessarily mean he is happy. 他很有钱, 可是,这未必说明他很幸福。

perform: 1) to do; work 做,完成

Our team performed very well on Saturday. 我们队星期六表现出色。

A skilled worker can perform the task easily. 一个熟练工人能够容易地完成 这项任务。

2) to act; play 演出,表演

He will be performing publicly next week. 他下周将进行公开演出。

I've never seen Othello performed so brilliantly. 我从未看过《奥赛罗》演得如 此出色。

♦3. Knowing how to make the most of one's abilities counts for much more. (Para. 2)知道如何充分发挥自己的能力更为重要得多。

make the most of: 充分利用/make the full use of /make the best use of.

make the most of one's chances / opportunities / talents 充分利用自己的机 会/机遇/才能

It's my first holiday for two years so I'm going to make the most of it. 这是 我两年来的第一次假期,所以我要充分地利用好它。

Tom studied hard. He wanted to make the most of his time in college to learn as much as he could. 汤姆学习很用功,他想充分利用在大学的时间尽可能 多学一些东西。

Vcount (for much /little):(很)有价值或重要性/没有价值或重要性

Knowledge without common sense counts for little. 仅有知识而无常识没有 多大价值。

√First impressions of people do count. 给人的最初印象十分重要。

♦4. Some of these high-achieving students actually put in fewer hours than their lower-scoring classmates. (Para. 3)实际上有些成绩优秀的学生在学习上花 的时间比他们班上考试成绩欠佳的同学还要少。

#### put in 花费(时间、努力等)做某事

You have to put in a lot of effort to learn a new language. 学会一门新的语言,你得尽很大的努力。

◇5. Top students allow no interruptions of their study time. (Para. 4)拔尖 学生不允许自己的学习时间受到干扰。

interruption: 打扰,干扰,中止

He spoke for 10 minutes without interruption. 他一口气说了十分钟。

Numerous interruptions have prevented me from finishing my work. 众多的干扰使我未能完成工作。 prevent sb. from doing sth.

◇6. Once the books are open, phone calls go unanswered, TV unwatched and newspapers unread. (Para. 4)—旦书本打开,便电话不接,电视不看,报纸也不读。

理解: As soon as they open their books, they will not answer their phone calls, and nor will they watch TV, or read newspapers.

注意 go un-V-ed 结构,表示"不做……"的意思,比如:

Why do so many crimes go unreported? 为什么发生了这么多罪案没有报道呢?

此结构有时还可以用 remain 等动词,比如:

Some of the most important questions remain unanswered. 有些最重要的问题仍没有回答。

mean 表示"意指,意味"意义时,后接-ing,如: mean doing sth. The

It means planning your study time so that you can concentrate. (Para. 4)这意味着安排好学习时间,这样你能全神贯注。

mean 表示"意欲、打算"时,后接"to V",如: mean to do sth. 打算你一

I meant to go to the exhibition but forgot. 我本打算去参观展览会,但却忘记了。

注意 ignore 和 neglect 两个词在词义上的区别:

You've been ignoring me. 你一直不理睬我。

We often ignore advice which we do not wish to hear. 我们常常对我们不愿听的意见置之不理。Tank th. 不经人知识 th.

ignore regulation /advice /criticism /feelings 无视规章制度/忠告/批评/感情 I said hello to her, but she ignored me completely. 我向她打了招呼,可是她全然不理睬我。

Ineglect oth.

She accused them of *neglecting* their studies /children / health. 她责怪他们忽略了他们的学业/孩子/身体。

He neglected to write and say "Thank you". 他忘了写信说"谢谢"。

Heavy drinking is one reason why some people *neglect* themselves. (不能用 ignore)

I won't accept any responsibility if you choose to *ignore* my advice. (不能用 neglect)

◇8. It means planning your study time so that you can concentrate. (Para. 4)这意味着安排好学习时间,这样你能全神贯注。

△ so that 引导表示结果的状语从句,如:

Learn and master the secrets of A students so that you can become one, too. 学习和掌握优等生的奥秘,这样你也能成为一名优等生。

△Thus 也能用以引导表示结果状语,如:

He took a reading course and learned some speed-reading skills, and thus greatly increased his reading speed. 他选了一门阅读课,学会了一些快速阅读技能,从而大大提高了阅读速度。

They planned to reduce waste and thus to cut down costs. 他们打算减少浪费,这样就能降低成本。

concentrate 和 focus 在表示"集中"之意时是近义词:

I can't concentrate (on my study) with all that noise going on. 噪声不断,我无法专心(学习)。

concentrate on science subjects /on the Chinese market 集中钻研自然科学学科/研究中国市场

I'm so tired I can't *focus* (on anything) today. 我今天太累了,思想集中不起来。

Suspicion focused on the company chairman. 怀疑集中在公司总裁身上。

◆9. A university professor in Arizona assigned to tutor underachieving college athletes, recalls a runner who exercised daily. (Para. 5)亚利桑那州一位教授被派去教大学成绩欠佳的运动员。他记得有一名赛跑运动员每天都要锻炼。

Vassign someone to do something 或 to something 意思是"委派某人去做某事"

Troops were assigned to protect visitors. 派遣了部队去保护参观者。 The evening newspaper is going to assign a couple of reporters to cover the Olympic Games in Sydney. 这家晚报将派遣几名记者去报道悉尼奥运会。

比较:The two large classrooms have been assigned to us. (assign something

assign sth. to sb. 把sth.s配给sb.

to someone) 两间大教室分配给我们使用。

recall: to bring something /someone back into the mind; remember something 回忆,(使人)想起

I can't recall his name. 我回想不起他的名字。

If I recall correctly, I left the keys on the shelf. 如果我记得正确的话,我把钥匙放在书架上了。

◇10. He *persuaded* him to use the time to *memorise* <u>biology terms</u>. (Para. 5)他劝说他利用这段时间背记生物学术语。

persuade 的动词句型:

persuade someone to do something persuade sb. to do 5th. AM TRABSDESTA.

Even the doctor couldn't persuade Tom to give up smoking. 甚至医生也劝说不了汤姆戒烟。 try to do sth. 恶放敌th. persuade sb. into doing oth.

Please try and persuade her to come with us. 请尽量劝她跟我们一起来。
persuade someone into V-ing /something

He can *persuade* himself into believing anything he wants to believe. 他能说 服自己相信自己想相信的事。

memorise: to learn something well enough to remember it exactly 记住,熟记We have all memorised the passage. 我们都已背熟了这篇文章。

◆11. I was too busy to waste time looking for a pencil or a missing notebook. (Para. 6)我这么忙,不能为了找一支铅笔或一本不见的笔记本而浪费时间。 waste time (jn) during sth.

注意 waste time V-ing 结构,如:

There is no use wasting time discussing the matter. 浪费时间去讨论这件事一点用处也没有。 The TS NO use domy 5th.

类似的结构还有:spend time V-ing (见 Para. 8)

missing: 缺掉的,失去的,失踪的 和的.

We found the *missing* pen under the chair. 我们在椅子下找到了丢失的钢笔。 The soldiers were reported *missing*, possibly dead. 据报道这些战士失踪了,可能已经死了。

◇12. "...I kept everything just where I could get my hands on it," he says. (Para. 6)他说:"……我把每样东西都放在随手可取的地方。"

√get /lay one's hands on: 得到,把……弄到手

They all want to get their hands on my money. 他们都想得到我的钱。

During those years in the countryside, she was reading everything she could get her hands on. 在农村的这些岁月,她阅读了凡是她能得到的一切书。

◇13. ...the other (folder) for homework completed and ready to hand in. (Para. 6)……另一个文件夹放已完成要交的家庭作业。

hand in: to give a piece of written work to a teacher 交,把书面作业交给老师 The teacher asked her students to hand in their homeworks on time. 这位老师要求自己的学生准时交作业。报时)

◆14. A drawer keeps essentials together and cuts down on time-wasting searches. (Para. 6)—个抽屉放必需的用品,这样就可减少因找东西而浪费掉的时间。

essentials: something that is important because it is necessary for life or for doing something 必需品

He earns \$200 a week and has little money for anything except the essentials of life. 他每周挣200美元,购买完生活必需品,就所剩无几了。

cut down (on): to reduce the amount of something that you eat, buy, use, etc. 削減,減少

You smoke too much—you should try to cut down. 你烟抽得太多,你应该尽量少吸些。

My doctor's told me to cut down on cigarettes. 我的医生告诉我要减少吸烟。

◇15. ... Alex would spend a couple of days reading round the subject and making notes, then he'd do a rough draft and write up the essay. (Para. 7) ····· 阿历克斯会花上两三天时间去阅读与题目有关的资料,并做笔记,然后写出草稿,再写成论文。

a couple of:两个,三两个,几个

I met him a couple of years ago. 我几年前曾见到过他。

write up: to write a report, article, etc. using notes made earlier 利用所作的笔记写报道、文章等

Most students spend two years doing research for their thesis and one year writing it up. 大部分学生用两年的时间为论文做研究,再用一年时间写论文。

◇16. He would aim to finish a couple of days before the assignment was due so that if it took longer than expected, he'd still meet the deadline. (Para. 7)他总是力求在作业该交的前两三天完成,这样如果花费的时间比预料的长,他还能在规定的期限前完成。

/ be due: 到期,应到的,应发生的

The rent is due tomorrow. 明天该付房租了。

The flight from Beijing is due at 10:40. 从北京来的航班应在十点四十分到。 The meeting isn't due to start until three. 会议三点才举行。 meet the deadline: to finish by the time or date one has to do or complete something 遵守期限

There's no way I can meet the deadline. 我没办法遵守期限。

deadline: a time or a day by which something must be done 最后期限

Next Monday is the *deadline* for handing in this essay. 下星期一是交这篇文章的最后期限。

The deadline for application is May 30th. 申请的最后期限是5月30日。

◇17. Amanda stuck to a study schedule that included breaks every two hours, (Para. 7)阿曼达严格遵守学习时间表,其中包括每隔两小时休息一次。

stick to: 坚持,信守,遵守

I'm sticking to my original plan. 我坚持我原来的计划。

Do we have to stick rightly to the rules? 我们必须完全遵守这些规则吗?

If you make a promise, you should *stick to* it. 作出了承诺,你就应该信守。 schedule: 计划(表),日程(表)

draw up/ make out/ make up/ plan a schedule 制订计划;安排日程

◇18. Even a short break to *stretch* or get some fresh air can *work wonders*. (Para. 7)甚至短暂的休息,伸展一下身体或呼吸一些新鲜空气,也能带来意想不到的效果。

stretch: 1) 伸出(手臂、腿等)

He woke up, yawned and stretched. 他醒了,打个呵欠,伸展了一下身体。

2)(使)展开,延伸

They have stretched pipelines across the road. 他们已经把铺设的管道延伸到了马路对面。

✓work /do wonders: 创奇迹,产生奇妙的作用

After a hard day at the office, a hot bath will work wonders. 在办公室艰苦工作了一天,洗个热水澡会产生意想不到的效果。

Doctors have discovered that keeping a pet can <u>do wonders</u> for your health. 医生已经发现养宠物对身体健康会带来奇妙的作用。

◇19. ...to spend hours going through irrelevant material... (Para. 8) ······· 花许多时间阅读一些无关的资料······

/go through: 浏览,阅读完通读.

I'll try to go through the books as quickly as I can. 我将尽快把那些书读完。irrelevant:不相关的,不相干的

Age is irrelevant if he can do the job. 如果他能做这项工作,年龄是不相干的。

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