

PE 重庆市高职高专规划教材

总主编 刘寅齐 张泽健

总主审 余渭深

成长英语 1

自主学习用书

主 编 全 冬 李志萍



重庆大学出版社

<http://www.cqup.com.cn>

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1

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内 容 提 要

本书为重庆市高职高专规划教材《成长英语》(Progressing English)的配套学习用书。本书包括8个单元,每个单元由 Listening, Reading 和 Writing 三个部分组成。其中 Listening 部分包括情景对话、对话理解和短文听写,Reading 部分包括两篇短文,分别提供单词、阅读理解练习、重点词汇和句型的练习,Writing 部分给出了例文和词汇\句型资料。全书以任务为引导、实际运用为重点、语言技能训练为基础,内容循序渐进,语言技能要求逐步提高,适合高职高专学生使用。

图书在版编目(CIP)数据

成长英语 1·自主学习用书/全冬,李志萍主编. —重庆:
重庆大学出版社,2010.8(2011.7重印)
重庆市高职高专规划教材
ISBN 978-7-5624-5521-9

I. ①成… II. ①全…②李… III. ①英语—高等学校:技术
学校—教学参考资料 IV. ①H31

中国版本图书馆 CIP 数据核字(2010)第 148234 号

重庆市高职高专规划教材 成长英语 1·自主学习用书

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策划编辑:周小群 牟 妮
责任编辑:陈 亮 罗 亚 版式设计:陈 亮
责任校对:夏 宇 责任印制:赵 晟

*
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全国新华书店经销
重庆升光电力印务有限公司印刷

*
开本:787×1092 1/16 印张:9.5 字数:219千
2010年8月第1版 2011年7月第2次印刷
ISBN 978-7-5624-5521-9 定价:22.00元(含1CD)

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前 言

《成长英语·自主学习用书》(Progressing English—Workbook)是《成长英语·综合教程》的同步自学练习用书。本书根据教育部《高职高专教育英语课程教学基本要求》精神,紧密结合《成长英语·综合教程》的单元主题和教学内容,本着“贴近生活、贴近实践、贴近实战”的原则,精心设计与之适应的练习形式,旨在巩固和拓宽教材所涉及的语言技能、词汇和语法等语言知识。

本书由8个自学练习单元和3套自测练习题组成,主要具有以下几个方面的特点:

一、选材新颖,题材广泛,难度适中,集时代性、趣味性、实用性和思想性于一体。

二、采用在阅读文章边栏标注生词的形式,方便学生自学阅读使用。

三、练习形式采用客观练习题型为主,兼顾《高等学校英语应用能力考试大纲》所要求的测试题型,所涉及的练习与教材密切配合,既便于学生自主练习,又能达到复习巩固教材学习内容的目的。

四、本书中3套自测练习题的设计遵循《高等学校英语应用能力考试大纲》(B级)的要求,并针对重庆地区考生在《高等学校英语应用能力考试》中的薄弱环节,设计了相关的语言技能训练项目。

本书既可用作《成长英语·综合教程》第一册的课外练习,又可用作高职高专英语一年级的辅助教材和具有相应水平的英语爱好者的自学教材。

《成长英语·自主学习用书》由重庆科技学院刘寅齐教授和重庆教育学院张泽健教授担任总主编,重庆大学余渭深教授担任总主审,澳大利亚专家 Dennis Hulse 先生担任语言顾问。

本教材的编写得到了重庆市教委高教处的大力支持,特别是在编写过程中得到了有关高校领导的关心和帮助,在此,我们一并表示诚挚的感谢。

《成长英语·自主学习用书》是我们在高职高专教学内容和课程改革方面所作的一次大胆尝试,书中定会有不当和疏漏之处,敬请广大使用者批评指正。

编 者

2010年7月

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Unit 1

A New Life, A New Beginning



Part 1: Listening

Exercise 1

There are 5 recorded questions. After each question, there is a pause. The questions will be spoken two times. When you hear a question, you should decide on the proper response from the 4 choices marked A), B), C) and D) given below.

- | | |
|---------------------------------------|--|
| 1. A) I come from Chengdu. | B) I'd like to visit Beijing this summer. |
| C) I was born in Chongqing. | D) I have never been to Kunming. |
| 2. A) Let me have your name, please. | B) My name is Mark White. |
| C) I really have a special name. | D) I can't tell you my name. |
| 3. A) I'm used to the weather here. | B) It's a wonderful experience. |
| C) Not bad, it's dull. | D) Pretty good. Don't worry about me. |
| 4. A) It is about 5 minutes' walk. | B) Go ahead and turn left, you'll find it. |
| C) You are welcome. | D) I plan to go there this summer. |
| 5. A) I'm glad to hear that. | B) I'm not sure of it. |
| C) I like it more than anything else. | D) I'm not interested in the activities. |

Exercise 2

There are 2 recorded conversations. After each conversation, there are some recorded questions. Both the conversations and questions will be spoken two times. When you hear a question, you should immediately decide on the correct answer from the 4 choices marked A), B), C) and D) given below.

Conversation 1

- | | | | |
|-----------------|--------------|-----------------|-----------------|
| 6. A) Paris. | B) London. | C) Washington. | D) Sydney. |
| 7. A) One week. | B) One year. | C) Three weeks. | D) Three years. |

Conversation 2

8. A) Business English. B) Business Management.
C) Software Engineering. D) Software Management.
9. A) City Management College. B) Business Management College.
C) Southwest College. D) Southeast College.
10. A) The West Bank Dining-Hall. B) The West Bank Hotel.
C) The West Bank Restaurant. D) The West Bank Café.

Exercise 3

You will hear a recorded short passage. The passage is printed below; please complete the missing words or phrases after you hear the passage three times.

After college entrance examination, I couldn't 11) _____ my college life. Now I have been in Southwest College for 12) _____, and I find that college life is easier and 13) _____ than high school life. In high school, I used to get up early and stay up late to finish my homework. In college, I have more time to arrange things 14) _____, so I have taken part in 15) _____ and made a lot of friends.



Part 2: Reading

Passage A

What Does College Life Bring to Me?

My **roommate** always jokes that I am **constantly** writing papers. Sometimes, I think she's right. But the fact is that I myself choose classes with papers **intentionally**—I hate studying for tests or doing problem sets.

I have found for the first time in my life that I spent more time doing work outside of class. Now, the classroom teaching is brief and **concise**. There's no **attendance roll** or explaining the homework. All we have to do is to pay attention and learn.

roommate *n.* 同住一室的人
constantly *adv.* 始终, 一直
intentionally *adv.* 故意地, 有意地

concise *a.* 简明的, 简洁的
attendance roll 考勤

But these short classes are another change from high school—lots of out-of-class work. Although I do have more hours free than last year I still feel as busy as a bee. It was almost two months later when I found the **balance** between classroom learning and out-of-class work. The library has been my **savior** more than once on Saturday, when my friends and my **cozy** bed tried to **beckon** me away from my papers.

There's a difference between the **busyness** of this semester and my **stress-filled** days of high school. I am choosing these classes. I am choosing to write these **essays** on various topics. I am choosing to work harder than I would be if I went back home. In my **academic** life, I am busy learning, not busy doing useless **assignments**. So bring on the papers, I am ready for the challenge.

balance *n.* 平衡, 均衡

savior *n.* 救世主, 救星

cozy *a.* 舒适的, 安逸的

beckon *v.* 示意, 召唤

busyness *n.* 繁忙, 忙碌

stress-filled *a.* 压力重重的

essay *n.* 文章, 短文

academic *a.* 学术的, 纯理论的

assignment *n.* 工作, 任务

✦ Reading comprehension

Exercise 1

Please complete the information by filling in the blanks using no more than 3 words in the table below.

The main idea:

During my college years, I choose classes with papers intentionally because I hate

1) _____ or doing problem sets.

My college experience:

- I spent more time doing work 2) _____;
- I have more free time but I feel 3) _____ a bee;
- The library has been my 4) _____;
- I am busy learning, not busy doing 5) _____.

Exercise 2

Choose the best answer for each of the following questions.

1. The author choose writing class because she _____.

- A) likes writing papers constantly B) spends more time doing out-of-class work
C) wants to play joke with his roommates D) hates studying for tests
2. It can be inferred that high school class _____.
A) has more work inside of class B) always checks the attendance
C) tends to be very difficult D) assigns less homework
3. The author thought the classroom teaching was _____.
A) busy but enjoyable B) brief and concise
C) easy and interesting D) short but full of work
4. After entering college, the author spent more time doing work _____.
A) at dorm with roommates B) mostly in the classroom
C) at the library out of class D) at the library on weekends
5. In the author's mind, library is _____.
A) a place to balance learning and work B) a savior to encourage him to study
C) a room to escape from the cozy life D) a storage full of variety of books

★ Words and expressions

Exercise 3

Please choose the best meaning for the word underlined or complete the statements by choosing the appropriate answer from the 4 choices marked A), B), C) and D).

1. In my opinion, fashion(时尚) is constantly changing.
A) sometimes B) always C) accidentally D) never
2. While teaching the pre-school children, the teaching content should be more concise.
A) less detailed words B) brief with simple words
C) smaller explanations D) more interesting comments
3. Believe it or not. He is the best man who can finish the assignment for us.
A) something B) task C) housework D) planning
4. Cathy beckoned to me from across the street when I was waiting for the bus.
A) cried B) shouted C) waved D) called
5. I _____ to catch the early train, but I didn't get up in time.
A) intended B) intentionally C) intention D) intend
6. He has finished five _____ this semester.

A) essay

B) essays

C) essaies

D) essays

7. I shall be _____ the class.

A) attending

B) attendance

C) attend

D) attends

8. College helps us get ready _____ the future challenge.

A) to

B) at

C) for

D) with

Exercise 4

Complete the sentences by translating into English the Chinese given in the brackets.

1. _____ (事实是) I gave up the exam at the last minute.

2. Although I _____ (真的有) the time, I still feel time is quite limited.

3. The final examination is coming, so my sister and I are _____ (忙于准备) it.

4. I know you didn't break the window _____ (故意).

5. The college student seems to be as busy _____ (很忙碌) before graduation.

Passage B

Higher Education System in the USA

In the USA, **undergraduates** are students in the first four years of higher education, or what Americans call college, which means the four years after high school.

But the work does not all have to be done at the same college. For example, a student may first attend a two-year school, also called a community college or **junior** college. Students who complete a two-year course of study **earn** an **associate** degree. Starting at a community college can save a lot of money if students want to go on to a four-year college or university. Many four-year schools will accept this work as the first two years toward a **bachelor's degree**.

undergraduate *n.* 本科生

junior *a.* 年少的, 资历较浅的

earn *v.* 赢得, 获得

associate *a.* 副的, 有联系的

associate degree 副学士

bachelor's degree 学士学位

<p>To earn a bachelor's degree, students usually take general subjects during their first two years. After that they take classes in their major area of study. Students who major in a scientific area receive a Bachelor of Science degree, known as a B. S. Schools may also offer other degrees, like B. A. — a bachelor of arts, or a bachelor of music.</p>	<p>general <i>a.</i> 全体的, 总的 major <i>a.</i> 主要的 scientific <i>a.</i> 科学的</p>
<p>After students have a bachelor's degree, they may go on to earn a graduate degree — either a master's degree or a doctorate.</p>	<p>master <i>n.</i> 硕士 doctorate <i>n.</i> 博士学位</p>
<p>A master's degree generally takes two to three years of full-time study. A doctorate can take much longer. A student may earn a Doctor of Philosophy degree, known as a PhD, or a professional degree in an area like medicine, law or education.</p>	<p>philosophy <i>n.</i> 哲学, 哲理 professional <i>a.</i> 职业的, 专业的 medicine <i>n.</i> 医学</p>

✦ Reading comprehension

Exercise 1

Decide whether each of the following statements is true or false, and then write T for true, F for false, according to the passage you read.

- () 1. Undergraduates are students in the first two years of higher education.
- () 2. Every four-year school must accept graduates from community colleges.
- () 3. A master's degree generally takes two to three years of part-time study.
- () 4. In the USA, a doctorate takes longer time than a master's degree does.
- () 5. If you major in a scientific area, you will receive a Bachelor of Science degree.

Exercise 2

Please complete the statements that follow the questions.

1. In the USA, what does "undergraduate" mean?

"Undergraduates" are students in the _____ of higher education.

2. What subjects do college students take during their first two years?

They usually take _____ during the first two years.

3. What will a student earn if he completes a two-year course of study?

He will receive _____.

4. What degree does a college student receive if he majors in a scientific area?

He will receive a _____.

5. How long will it take for receiving a master's degree in the United States?

It will take _____ years of full-time study.

✦ Words and expressions

Exercise 3

Please choose the best meaning for the word underlined or complete the statements by choosing the appropriate answer from the 4 choices marked A), B), C) and D).

1. We _____ at least 9 projects since last March.

A) have completed B) will complete C) are completing D) complete

2. If you had accepted my suggestion, you _____ the unnecessary expense.

A) would save B) would have saved C) will save D) will have saved

3. Miss Zhang is _____ Professor.

A) an Associate B) the vice C) the second D) a junior

4. She is paid less than she really _____.

A) earn B) earns C) earned D) earning

5. As far as I know, she majored _____ biology and physics.

A) at B) of C) in D) with

6. He is a _____ football player and playing football is his job.

A) temporary B) professional C) serious D) hard-working

7. The manager was so young that he was junior in age to some of his employees.

A) older... than B) elder... than C) senior... to D) younger... than

8. A master's degree generally takes two to three years of full-time study.

A) mostly B) probably C) completely D) likely

Exercise 4

Complete the sentences by translating into English the Chinese given in the brackets.

1. Mr. Ward is _____ (被认为是) a great painter.

2. I will _____ (主修) accounting.
3. Students who completed the project can _____ (挣得学分).
4. College usually begins with _____ (通识课程).
5. It will take _____ (两到三) years to finish such a construction.



Part 3: Writing

Sample 1

Registration	
First Name	Yufeng
Last Name	Yang
Language	Chinese
Nationality	Chinese
Home Address	222 Renmin Road, Chengdu
Zip Code	610015
Telephone	028-87417885
Gender	[<input checked="" type="checkbox"/>] Male [<input type="checkbox"/>] Female
Date of Birth	Month <u>01</u> Day <u>15</u> Year <u>1979</u>
Occupation	Software Engineer
Marital Status	Single

Sample 2

Registration	
First Name	John
Last Name	Brown
Date of Birth	July 11, 1979
Nationality	French
Gender	Male

Marital Status	Married
Identity Card Number	51036619790711432X
Occupation	Social Worker
Permanent Address	No. 55, Fifth Street, Mange, Paris

Data bank

1. I am a freshman of Beijing University, my family name is Yang and given name is Yufeng.

我是北京大学的一名新生，姓杨名玉枫。

2. I am single. 我尚未结婚。

3. I was born in Chengdu on Jan. 15, 1979. 我 1979 年 1 月 15 日出生在成都。

4. I have been living at 222 RenminRoad, Chengdu with my parents.

我和父母一直居住在成都市人民路 222 号。

5. My mother language is Chinese. 我的母语是汉语。

6. I have been a software engineer before I came here to do further study.

我在到这里进修前一直担任软件工程师。

7. I am a male student. 我是男生。

8. My zip code is 610015. 我的邮政编码是 610015。

9. You can contact me by calling 028-87417885. 你可以拨打 028-87417885 与我联系。

10. My Identity Card Number is 51036619790711432X.

我的身份证号码是 51036619790711432X。

Unit 2

Well Begun, Half Done



Part 1: Listening

Exercise 1

There are 5 recorded questions. After each question, there is a pause. The questions will be spoken two times. When you hear a question, you should decide on the proper response from the 4 choices marked A), B), C) and D) given below.

- | | | | |
|----------------------------------|-------------------------|----------------------------|-------------------------|
| 1. A) Yes, I'd love to. | B) It's boring. | C) Yes, I got it. | D) It begins at 7:00. |
| 2. A) It's close at 10 pm. | B) Thank you. | C) I don't think so. | D) Sorry, I'm new here. |
| 3. A) Oh, no. | | B) You're welcome. | |
| | C) Thank you very much. | D) Don't mention it. | |
| 4. A) Sorry, I'm short of money. | | B) I'm sorry to hear that. | |
| | C) Sure. Here you are. | D) No, thanks. | |
| 5. A) I've taken 5 courses. | B) I'm not sure. | C) Go ahead. | D) I can't agree more. |

Exercise 2

There are 2 recorded conversations. After each conversation, there are some recorded questions. Both the conversations and questions will be spoken two times. When you hear a question, you should immediately decide on the correct answer from the 4 choices marked A), B), C) and D) given below.

Conversation 1

- | | | | |
|--------------------------------------|-----------------------------|---|------------|
| 6. A) Pretty good. | B) Knowledgeable. | C) Easygoing. | D) Strict. |
| 7. A) The students' class behaviors. | | B) The students' test scores. | |
| | C) The students' abilities. | D) The students' after-class exercises. | |

Conversation 2

- | | |
|-------------------------------|---------------------|
| 8. A) English Writing Course. | B) Professor Smith. |
| C) Final exam. | D) First lesson. |

9. A) 14 weeks. B) 8 weeks. C) 4 weeks. D) 6 weeks.
10. A) It is about the introduction. B) It focuses on the class performance.
C) It is not very difficult. D) It is as usual.

Exercise 3

You will hear a recorded short passage. The passage is printed below; please complete the missing words or phrases after you hear the passage three times.

When you choose your 11) _____, please pay attention to the ones that your college does not offer every semester. You should take them as early 12) _____. Otherwise, you'll find out that your college does not offer the class 13) _____ when you are 14) _____ graduation. You also need to watch for classes like mathematics, sciences and 15) _____. If you have any of these subjects, begin taking them in your first semester.



Part 2: Reading

Passage A

My Learning Experience

The first day of class, I was excited about everything. When I walked into the room, I had just a quick look at the people in the room. They were from different **continents**, Asia, Europe and Africa. The teacher was a very kind person and that made me feel very **comfortable**.

From the first lesson I knew that it was not easy, but it was not too hard to learn and everybody in the class had the same **feeling**. We got homework from every lesson both easy and hard. The hardest part for me was the writing. After the teacher checked my homework I got a good **mark**. I was very proud of myself that I could do it.

The teachers also **encouraged** us to learn outside college. They arranged trips to York, Cambridge and many other places around the UK. It was not just about learning **communication**, we also learned about social and **cultural** differences.

continent *n.* 大陆, 洲

comfortable *a.* 舒适的

feeling *n.* 感觉

mark *n.* 分数

be proud of 以……而骄傲, 自豪

encourage *v.* 鼓励, 促进, 支持

communication *n.* 沟通, 交流

cultural *a.* 文化的

<p>In the class during break time I was talking with friends some of whom had come to the UK for the life experience and intended to go back to their countries when they have completed their courses. For me my goal is to continue studying here and hopefully one day to become a qualified interpreter.</p>	<p>break <i>n.</i> 休息 intend <i>v.</i> 想要, 计划</p>
<p>As for my college experience, I think having the education and learning the language in class or from the book is not enough. You can learn from everything in your life experience every day whatever you do. You can learn on the bus, watching TV, reading newspapers and magazines, listening to radio, even going to the cinema.</p>	<p>hopefully <i>adv.</i> 怀着希望地 qualified <i>a.</i> 有资格的 interpreter <i>n.</i> 译员, 口译者 as for 至于, 就……方面说</p>

Notes

1. UK: 英国, 全称为 The United Kingdom of Great Britain and Northern Ireland (大不列颠及北爱尔兰联合王国)。
2. York: 约克郡, 是英格兰东北部的一个郡。
3. Cambridge: 剑桥, 是英国剑桥郡首府, 是剑桥大学所在地。

★ Reading comprehension

Exercise 1

Please complete the information by filling in the blanks using no more than 3 words in the table below.

<p>The main idea:</p> <p>Getting an education is not just from within a class, or in the book, but from everything about 1) _____.</p> <p>My learning experience:</p> <ul style="list-style-type: none"> • I was very 2) _____ about everything in the first class. • I thought the lesson was 3) _____ in the first class. • I gained confidence after I got 4) _____ in my homework. • I learned communication, the social and 5) _____ by taking trips to many places around the UK.
