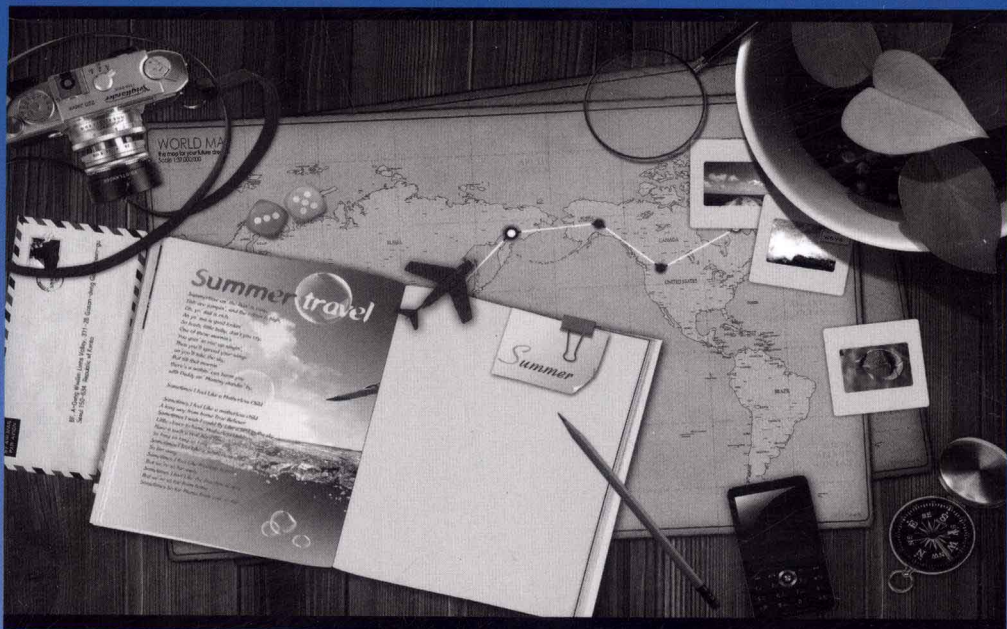




新世纪

新世纪应用型高等教育公共英语类课程规划教材
普通高等教育“十二五”规划教材



大学英语进阶教程 能力拓展训练 4

DA XUE YINGYU JINJIE JIAOCHENG NENGLI TUOZHAN XUNLIAN

新世纪应用型高等教育教材编审委员会 组编

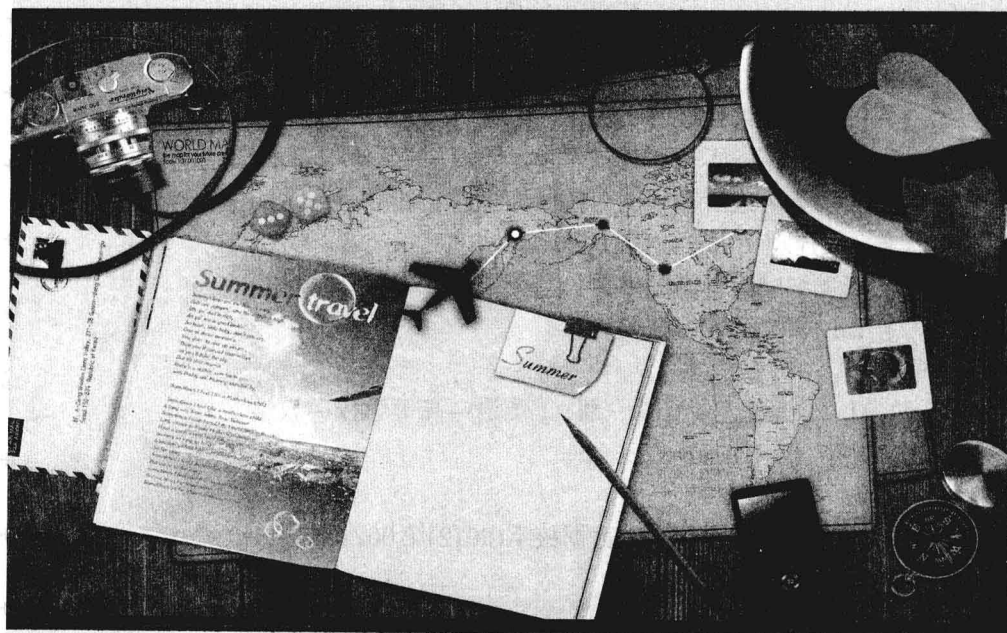
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大连理工大学出版社



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前言

《大学英语进阶教程能力拓展训练》是与《大学英语进阶教程》同步编写的系列配套用书,目的在于帮助学生拓宽视野,增强自主学习意识,在掌握课本中每单元应该掌握的词汇、语法、听说、阅读、翻译、写作等各项英语语言基本知识的基础上,进一步夯实基础,拓展技能,提升他们的英语语言实际应用能力。

本书为《大学英语进阶教程能力拓展训练4》,与《大学英语进阶教程4》配套,供第四学期使用。全书共有10个单元,其中第5和第10单元为自测单元。《训练》中每个单元主题仍沿用学生用书中的单元主题,以保持整套教材的统一性、科学性和完整性。每单元由词汇结构(Vocabulary and Structure)、改写句子(Rewriting Sentences)、快速阅读(Reading Comprehension: Skimming and Scanning)、深度阅读(Reading Comprehension: Reading in Depth)、完形填空(Cloze)、翻译(Translation)、写作(Writing)等部分组成。帮助学生在完成前三册学习的基础上,对英语听、说、读、写、译各方面能力进行巩固和提高。

各校可根据实际教学时数,在课堂上选择使用每单元中的相关内容,亦可将各部分内容按需要作为学生课前预习、课后复习或自测提高之用。

本书由颜泓担任主编,由曾小娟、陈蓓蕾担任副主编,操昌林、罗霞、温群芳参与了编写工作。

教材中如存在纰漏之处,敬请各相关院校和读者在使用本教材的过程中给予指正,并将改进意见及时反馈给我们,以便下次修订时完善。

所有意见和建议请发往:dutpwy@163.com

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UNIT 1 Philosophy of Life

Part I Read and Recite

Directions: *There are 20 incomplete sentences in this part. For each sentence there are four choices marked A, B, C, and D. Choose the one that best completes the sentence.*

1. Nothing can _____ me to leave my own country.
A. verse B. attract C. tempt D. attempt
2. He received four years of training in English and two years in English teaching. He is a _____ English instructor.
A. responsible B. scared C. vast D. qualified
3. By _____ the parts of the sentence we learn more about English grammar.
A. analysing B. studying C. choosing D. separating
4. This river is so big that it is impossible to build a _____ under it without modern technology.
A. canal B. tunnel C. channel D. cable
5. The news has not yet been officially _____ by the government.
A. struck B. confirmed C. founded D. pointed
6. If you need further information, please _____ our office.
A. constant B. construct C. contact D. contain
7. This man has been proved _____ of murder.
A. guilty B. spoil C. flash D. curious
8. All the memories of his childhood had _____ from his mind by the time when he was 65.
A. faded B. illustrated C. confirmed D. concerned
9. What are the _____ farm products in this region?
A. principle B. princess C. principal D. prince
10. This tree is too _____ to be planted in this area.
A. tremendous B. vigorous C. shy D. tender
11. The next time I buy a typewriter, I'm going to buy a _____ model.
A. sulphur B. portable C. suspending D. tender

12. Water is as _____ to fish as air is to man.
A. obvious B. basin C. indispensable D. constant
13. The _____ Court is the highest court in the United States.
A. Vital B. Thunder C. Reverse D. Supreme
14. This dress is made of _____, isn't it?
A. nylon B. monument C. mutual D. nod
15. Please be _____. Your question is too general.
A. limited B. narrow C. specific D. thorough
16. What time is the mail _____ on Saturday?
A. objected B. outlet C. delivered D. starved
17. Mr. Wang _____ his wife and children when he went to the United States.
A. prescribed B. delayed C. decreased D. deserted
18. This tree is _____ for its beautiful flowers.
A. hooked B. stemmed C. cultivated D. parceled
19. All _____ glitters is not gold.
A. / B. that C. which D. what
20. She is the only girl _____ has been elected president of the union.
A. who B. whom C. that D. which

Part II Rewriting Sentences

A

Directions: Reinforce the following sentences with inverted structure. Take the word in the following brackets as the first word.

Model: I haven't seen such a swarm of ants. (never in all one's life)

→ Never have I seen such a swarm of ants in all my life.

21. All the pupils live nearby. They rarely go to school by bus. (rarely)

22. The boy failed. He hardly wrote a single paper last term. (hardly)

23. He had scarcely got to the office when his boss wanted to see him. (scarcely)

24. He spoke so impressively that everyone listened in awed silence. (impressively)

25. I will not give up halfway for anything. (not for)

B

Directions: *Rephrase the following sentences using the correct passive form of the non-finite verbs.*

Model: I want other people to leave me alone.

→I want to be left alone.

26. She objects to them disturbing her when she's reading.

27. He insists on us showing him respect.

28. She doesn't like them to flatter her.

29. I strongly desire that he will be punished.

30. We must not allow anybody to violate the interests of the people.

Part III / Reading Comprehension (Skimming and Scanning)

Directions: *In this part, you will have 15 minutes to go over the passage quickly and answer the questions. For questions 31–37, 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. For questions 38–40, complete the sentences with the information given in the passage.*

How to Deal With Difficult People

In New York City one day, a businesswoman got into a taxi. Because it was rush hour and she was hurrying for a train, she suggested a route. "I've been a cabby (车夫) for 15 years!" the driver yelled. "You think I don't know the best way to go?"

The woman tried to explain that she hadn't meant to offend him, but the driver kept yelling. She finally realized he was too upset to be reasonable. So she did the unexpected. "You know, you're right," she told him. "It must seem dumb for me to assume you don't know the best way through the city."

Taken aback, the driver flashed his rider a confused look in the rear-view mirror, turned down the street she wanted and got her to the train on time. "He didn't say another word the rest of the ride," she said, "until I got out and paid him. Then he thanked me."

When you encounter people like this cab driver, there ' s an irresistible urge to dig in your heels. This can lead to prolonged arguments, soured friendships, lost career opportunities and broken marriages. As a clinical psychiatrist, I ' ve discovered one simple but extremely unlikely principle that can prevent virtually any conflict or other difficult situation from becoming a recipe for disaster.

The key is to put yourself in the other person ' s shoes and look for the truth in what that person is saying. Find a way to agree. The result may surprise you.

Sulkers Steve ' s 14-year-old son, Adam, had been irritable for several days. When Steve asked why, Adam snapped, " Nothing ' s wrong! Leave me alone! " and stalked off to his room.

We all know people like this. When there ' s problem, they may sulk (生闷气) or act angry and refuse to talk.

So what ' s the solution? First, Steve needs to ask himself why Adam won ' t talk. Maybe the boy is worried about something that happened at school. Or he might be angry at his dad but afraid to bring it up because Steve gets defensive whenever he is criticized. Steve can pursue these possibilities the next time they talk by saying, " I noticed you ' re upset, and I think it would help to get the problem out in the open. It may be hard because I haven ' t always listened very well. If so, I feel bad because I love you and don ' t want to let you down. "

If Adam still refuses to talk, Steve can take a different tack: " I ' m concerned about what ' s going on with you, but we can talk things over later, when you ' re more in the mood. "

This strategy allows both sides to win: Steve doesn ' t have to compromise on the principle that ultimately the problem needs to be talked out and resolved. Adam saves face by being allowed to withdraw for a while.

Noisy critics.

Recently, I was counselling a businessman named Frank who tends to be overbearing (专横的) when he ' s upset. Frank told me that I was too absent-minded with money and that he shouldn ' t have to pay at each of our sessions. He wanted to be billed monthly.

I felt annoyed because it seemed Frank always had to have things his way. I explained that I had tried monthly billing, but it hadn ' t worked because some patients didn ' t pay. Frank argued that he had impeccable (无可挑剔的) credit and knew much more about credit and billing than I did.

Suddenly I realized I was missing Frank ' s point. " You are right, " I said. " I ' m being defensive. We should focus on the problems in your life and not worry so much about money. "

Frank immediately softened and began talking about what was really bothering him, which were some personal problems. The next time we met, he handed me a check

for 20 sessions in advance!

There are times, of course, when people are unreasonably abusive and you may need to just walk away from the situation. But if the problem is one that you want solved, it's important to allow the other person to keep some self-esteem. There's nearly always a grain of truth in the other person's point of view. If you acknowledge this, he or she will be less defensive and more likely to listen to you.

Complainers.

Brad is a 32-year-old Detroit chiropractor (按摩师) who recently described his frustration with a patient of his: "I ask Mr. Barry, 'How are you doing?' and he dumps out his whole life story—his family problems and his financial difficulties. I give him advice, but he ignores everything I tell him."

Brad needs to recognize that habitual complainers usually don't want advice. They just want someone to listen and understand. So Brad might simply say: "sounds like a rough week, It's no fun to have unpaid bills, people nagging you, and this pain besides." The complainer will usually run out of gas and stop complaining. The secret is not to give advice. Just agreeing and validating a person's point of view will make that person feel better.

Demanding friends.

Difficult people aren't always angry or just complaining. Sometimes they are difficult because of the demands they place upon us. Maybe a friend puts you on the spot with a request to run an errand for him while he's out of town. If you have a crowded schedule, you may agree but end up angry and resentful. Or if you say no in the wrong way, your friend may feel hurt and unhappy. The problem is that, caught off guard, you don't know how to deal with the situation in a way that avoids bad feelings.

One method I've found helpful is "punting". You're punting when you tell the person you need to think about the request and that you'll get back about it. Say a colleague calls and pressures me to give a lecture at his university. I've learned to say, "I'm flattered that you thought of me. Let me check my schedule, and I'll call you back."

This gives me time to deal with any feelings of guilt if I have to say no. Suppose I decide it is better to decline; punting allow me to plan what I will say when I call back, "I appreciate being asked," I might indicate, "but I find I'm over-committed right now. However, I hope you'll think of me in the future."

Responding to difficult people with patience and empathy can be tough, especially when you feel upset. But the moment you give up your need to control or be right, the other person will begin relaxing and start listening to you. The Greek philosopher Epictetus understood this when he said nearly 2,000 years ago, "If someone criticizes you, agree at once. Mention that if only the other person knew you well, there would be more to criticize than that!"

Real communication results from a spirit of respect for yourself and for the other person. The benefits can be amazing.

31. The principle the writer has discovered to stop any conflict from going worse is to find a way to agree.
32. The taxi driver thanked the businesswoman because she was very polite to him.
33. Difficult people mentioned in the passage include those who give occasional complaints.
34. One way to deal with the person who is unreasonably abusive is to walk away from the situation.
35. If Mr. Barry had followed Brad's advice, he would have solved all his personal problems.
36. What habitual complainers need is a good listener.
37. It will end up in unhappiness whether you have satisfied your friend's request or not.
38. You will be rewarded with a real communication if you _____ for others.
39. A difficult person can become a relaxing and good conversational partner if you _____ your control.
40. According to the author, one effective way to deal with a demanding friend is _____.

Part IV / Reading Comprehension (Reading in Depth)

A

Directions: *There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A, B, C and D. You should decide on the best choice.*

Passage One

In the 1960s, many young Americans were dissatisfied with American society. They wanted to end the Vietnam War and to make all of the people in the U.S. equal. Some of them decided to “drop out” of American society and form their own societies. They formed utopian communities, which they called “communes”, where they could follow their philosophy of “do your own thing”. A group of artists founded a commune in southern Colorado called “Drop City”. Following the ideas of philosopher and architect Buckminster Fuller they built dome-shaped houses from pieces of old cars. Other groups, such as author Ken Kesey's Merry Pranksters, the followers of San Francisco poet Steve Gaskin, and a group that called itself the Hog Farm, lived in old school houses and traveled around the United States. The Hog Farm became famous when they helped organize the Woodstock Rock Festival in 1969. Steve Gaskin's followers tried to settle

down on a farm in Tennessee, but they had to leave when some members of the group were arrested for growing marijuana.

Not all communes believed in the philosophy of “do your own thing,” however. Twin Oaks, a commune founded in Virginia in the late 1960s, was based on the ideas of psychologist B.F. Skinner. The people who lived at Twin Oaks were carefully controlled by Skinner’s “conditioning” techniques to do things that were good for the community. In 1972, Italian architect Paolo Soleri began to build Arcosanti, a utopian city in Arizona where 2500 people will live closely together in one large building called an “archology.” Soleri believes that people must live closely together so that they will all become one.

41. Why did some young Americans decide to “drop out” of society during the 1960s?

- A. They were not satisfied with American society.
- B. They wanted to grow marijuana.
- C. They wanted to go to the Vietnam War.
- D. They did not want all people to be equal.

42. Where did the members of the Hog Farm commune live?

- A. In dome-shaped house.
- B. In old school houses.
- C. On a farm in Tennessee.
- D. In an archology in Arizona.

43. Who gave the people of Drop City the idea to build dome-shaped houses?

- A. Paolo Soleri.
- B. B.G. Skinner.
- C. Steve Gaskin.
- D. Buckminster Fuller.

44. What was the Twin Oaks commune based on ?

- A. The philosophy of “do your own thing”.
- B. Virginia in the late 1960s.
- C. The ideas of psychologist.
- D. The belief that people must live closely together.

45. What is an “archology” (Para.2, Line 6)?

- A. A person who studies archaeology.
- B. A large building where people live closely together.
- C. A city in Arizona.
- D. A technique to control people.

Passage Two

Without most people realizing it, there has been a revolution in office work over the last ten years. Before that time, large computers were only used by large, rich companies that could afford the investment. With the advancement of technology, small computers have come onto the market which are capable of doing the work which used to be done by much larger and more expensive computers, so now most smaller companies can use them.

The main development in small computers has been in the field of word processors, or WP’s as they are often called. 40% of British offices are now estimated to have a

word processor for both secretary and manager. The secretary is freed from a lot of routine work, such as re-typing letters and storing document. He or she can use this time to do other more interesting work for the boss. From a manager's point of view, secretarial time is being made better use of and money can be saved by doing routine jobs automatically outside office hours.

But is it all good? If a lot of routine secretarial work can be done automatically, surely this will mean that fewer secretaries will be needed. Another worry is the increasing health problems related to work with visual display units(VDU). The case of a slow loss of sight among people using word processors seems to have risen greatly. It is also feared that if a woman works at a VDU for long hours, the unborn child in her body might be killed. Safety screens to put over a VDU have been invented but few companies in England bother to buy them.

Whatever the arguments for or against word processors, they are a key feature of this revolution in office practice.

46. Ten years ago, smaller companies did not use large computers because_____.
- A. these companies had not enough money to buy such expensive computers
 - B. these computers could not do the work that small computers can do today
 - C. these computers did not come onto the market
 - D. these companies did not need to use this new technology
47. According to the writer, the main feature of the revolution in office work over the last ten years is_____.
- A. the saving of time and money
 - B. the use of computers in small companies
 - C. the wide use of word processors
 - D. the decreasing number of secretaries
48. It is implied but NOT directly stated in the passage that with the use of word processors _____.
- A. some secretaries will lose their jobs
 - B. routine jobs can be done automatically outside office hours
 - C. health problems related to work with a VDU have increased
 - D. using word processors, secretaries can get more time to do more interesting work for their bosses
49. Which of the following statements is NOT true?
- A. There are both advantages and disadvantages in using a word processor.
 - B. The British companies care much for the health of the people using word processors.
 - C. The technology in the field of computers has been greatly advanced over the last ten years.
 - D. Using word processors, secretaries can get more time to do more interesting work for their bosses.

50. It can be concluded from the passage that_____.

- A. safety screens are of poor quality
- B. working at a VDU for a long time is good for one's health
- C. more and more British offices will use word processors
- D. British companies will need fewer and fewer managers

B

Directions: *In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. You may not use any of the words in the bank more than once.*

Sophy Brent came to visit me nearly every day. She made me feel uneasy most of the time. She smoked 51 and never used an ashtray. She followed me into the kitchen while I made tea or coffee or supper and 52 herself to the children's orange juice. She made a great hit with my two-year-old daughter Flora, who would 53 about her for hours and refer to her lovingly as "sofa", and she was always talking about my husband and asking me where he was.

I could not decide why she chose my 54, although I realized that nobody else paid her very much attention. Her situation was very difficult in that she was 55 out of drama school and only nineteen, but being 56 to play a leading part in a company of fairly 57 and experienced actors. They would not have liked her much even if she had been good, and as, from all accounts, she was not good so they took every 58 to run her down. I think she thought that I was the only person around who was both unconnected with the theatre and tolerably 59. To associate with me was not, at any rate, to step down the scale. And for my part, although I felt troubled by her I did not dislike her. There was something genuinely outstanding in her personality, and she had such physical 60 that with me she could get away with anything. She was nice to have around, like flowers or a bowl of fruit.

- | | | | |
|----------------|------------|-----------------|------------------|
| A. helped | B. smart | C. constantly | D. treated |
| E. required | F. supreme | G. hang | H. charm |
| I. continually | J. company | K. opportunity | L. distinguished |
| M. straight | N. partner | O. disappointed | |

Part V Cloze

Directions: There are 20 blanks in the following passage. For each blank there are four choices marked A, B, C and D. You should choose the one that best fits into the passage.

One day a police officer managed to get some fresh mushrooms. He was so 61 what he had bought that he offered to 62 the mushrooms with his brother officers. When their breakfast arrived the next day, each officer found some mushrooms on his plate.

"Let the dog 63 a piece first," suggested one 64 officer who was afraid that the mushrooms might be poisonous. The dog seemed to 65 his mushrooms, and the officers then began to eat their meal saying that the mushrooms had a very strange 66 quite pleasant taste.

An hour 67, however, they were all astonished when the gardener rushed on and said 68 the dog was dead. 69, the officers jumped into their cars and rushed into the nearest hospital. Pumps (泵) were used and the officers had a very 70 time getting rid of the mushrooms that 71 in their stomachs. When they 72 to the police station, they sat down and started to 73 the mushroom poisoning. Each man explained the pains that he had felt and they agreed that 74 had grown worse on their 75 to the hospital. The gardener was called to tell the way 76 the poor dog had died. "Did it 77 much before death?" asked one of the officers, 78 very pleased that he had escaped a 79 death himself. "No," answered the gardener looking rather 80. "It was killed the moment a car hit it."

- | | | | |
|--------------------|-------------------|-----------------|--------------------|
| 61. A. sure of | B. careless about | C. pleased with | D. disappointed at |
| 62. A. share | B. grow | C. wash | D. cook |
| 63. A. check | B. smell | C. try | D. examine |
| 64. A. frightened | B. shy | C. cheerful | D. careful |
| 65. A. refuse | B. hate | C. want | D. enjoy |
| 66. A. besides | B. but | C. and | D. or |
| 67. A. later | B. after | C. past | D. over |
| 68. A. cruelly | B. curiously | C. seriously | D. finally |
| 69. A. Immediately | B. Carefully | C. Suddenly | D. Slowly |
| 70. A. hard | B. busy | C. exciting | D. unforgettable |
| 71. A. stopped | B. dropped | C. settled | D. remained |
| 72. A. hurried | B. drove | C. went | D. returned |
| 73. A. study | B. discuss | C. record | D. remember |
| 74. A. this | B. these | C. it | D. they |
| 75. A. road | B. street | C. way | D. direction |

- | | | | |
|----------------|---------------|--------------|----------------|
| 76. A. how | B. in that | C. which | D. in which |
| 77. A. suffer | B. eat | C. harm | D. spit |
| 78. A. to feel | B. feeling | C. felt | D. having felt |
| 79. A. strange | B. painful | C. peaceful | D. natural |
| 80. A. happy | B. interested | C. surprised | D. Excited |

Part VI Translation

Direction: Complete the sentence by translating the Chinese given in brackets into English.

81. He _____ (抑制不住好奇心) and opened the letter addressed to his sister.
82. How can I ever _____ (报答你的恩惠)?
83. They _____ (承认有需要) to take the problem seriously.
84. We had doubts about _____ (他们观点的有效性).
85. If I ran a business, _____ (会用相反的原则).

Part VII Writing

Directions: For this part, you are allowed thirty minutes to write a composition on the topic *How I Finance My College Education*. You should write no less than 120 words and base your composition on the outline (given in Chinese) below:

1. 上大学的费用(tuition and fees)可以通过多种途径解决;
2. 哪种途径适合我(说明理由)。

UNIT 2 Health

Part I Vocabulary and Structure

Directions: *There are 20 incomplete sentences in this part. For each sentence there are four choices marked A, B, C and D. Choose the one that best completes the sentence.*

1. China needs to expand domestic _____.
A. payment B. demand C. command D. foment
2. Such investments are controversial because of their environmental _____.
A. respective B. respect C. impact D. aspect
3. The unhappy man has a(n) _____ attitude toward life.
A. affirmative B. positive C. active D. negative
4. However, before I could find a job matching my knowledge, the _____ job is still my bread and butter.
A. curative B. current C. currant D. currency
5. The police have been unable to find any trace of the _____.
A. gang B. gander C. gamy D. gangling
6. After a crime, suspicion naturally falls on the person who has a _____.
A. motion B. motivate C. motto D. motive
7. I admit _____ feeling proud of my discovery.
A. as B. to C. in D. on
8. Prices _____ from month to month.
A. various B. different C. vary D. divert
9. There are some people _____ on the beach.
A. lie B. lay C. lying D. have been lying
10. All effects are _____ their causes.
A. dependent on B. depend on C. independent on D. dependent
11. Why should we _____ good policies?
A. abdess B. abate C. abduct D. abandon
12. She blamed him _____ the failure of their marriage.
A. to B. at C. for D. over