

捷进大学英语国际化立体化网络化系列教材

捷进高职高专英语

快读教程 ④

College Fast Reading



吉林出版集团有限责任公司 外语教育出版社
Foreign Language Teaching Books, Jilin Publishing Group

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前言

《高职高专英语课程基本要求》规定学生能阅读中等难度简短英语材料并能填写和模拟套写简短的英语应用文;能借助词典翻译中等难度的英文材料。据此我们编写了《捷进高职高专英语快读教程》。

《捷进高职高专英语快读教程》具有以下特点:

一、以主题统领体裁和题材,充分体现时代感、知识性、信息性和趣味性。

二、以高频词汇控制语言结构,充分体现语言表达和使用的丰富性和精确性。

三、以阅读策略设置测试形式,旨在全面提高学生的阅读技巧和能力。

四、与高等学校英语应用能力考试 A、B 级接轨,充分体现应用与应试的和谐统一。

五、快读引领精读,开创了“快餐亦是精品”的创作模式,具有长期的使用价值和学习效益。

本书与《捷进大学英语阅读教程》(预备级、1-4)、《捷进大学英语听说教程》(预备级、1-4)、《捷进大学英语写作教程》(1-4)、《捷进大学英语泛听教程》(1-4)、《捷进大学英语快读教程》(1-4)、《捷进大学英语测试教程》(综合训练、写作训练、听力训练、710 分新题型模拟训练)配套,各高校可以根据实际情况选用。

捷进大学英语编委会

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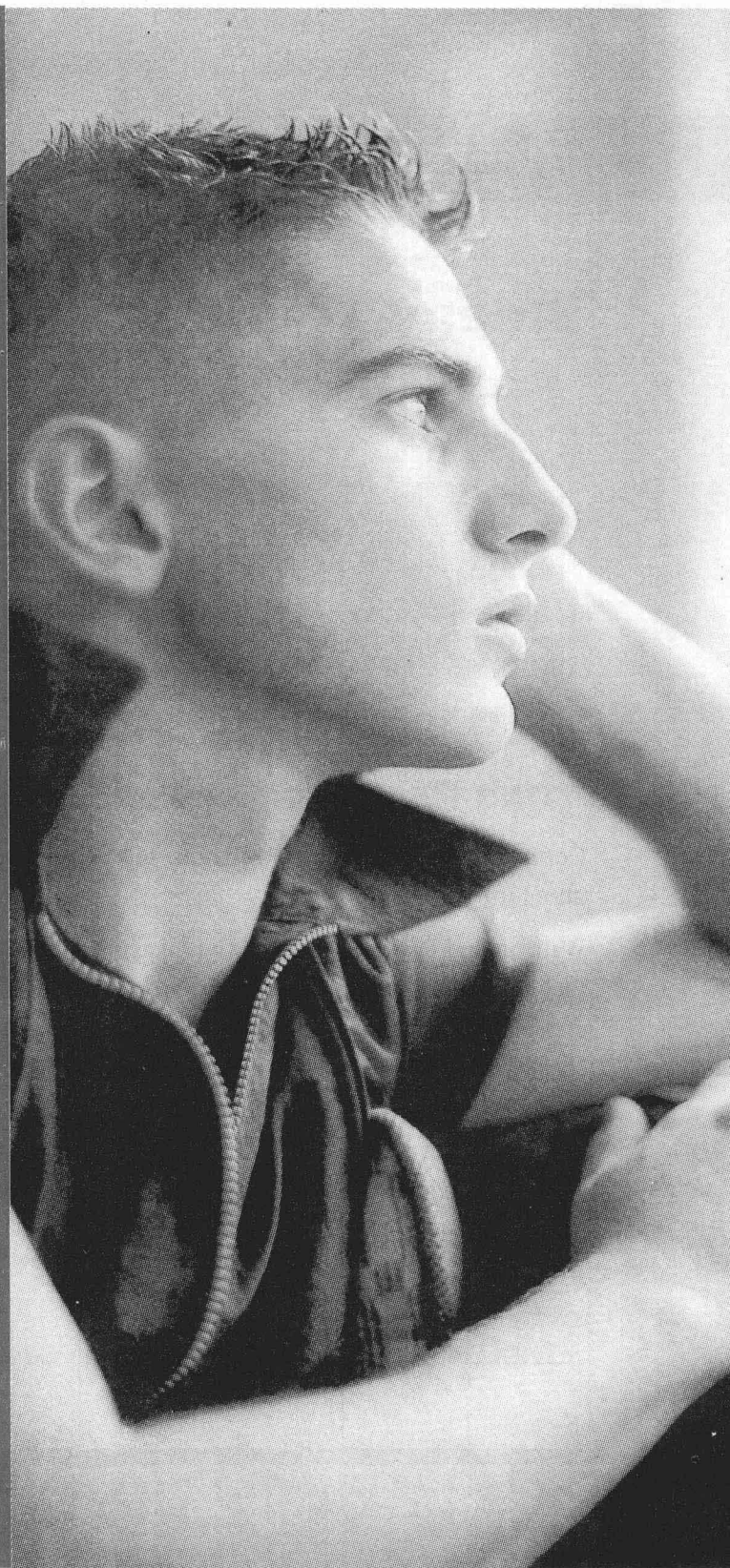
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UNIT 1

**THE
CHALLENGES
OF YOUTH**



CHAPTER 1

Sleepy Teens



Why is this teenager so sleepy?

GETTING READY TO READ

Complete the activity below. Then, talk with a partner or in a small group about the results.

Walk around the class, and ask your classmates about their sleeping habits. Try to find at least one person for each category. Write their names in the chart. Ask your classmates if they are happy with their sleep habits. If not, what would they like to change?

Gets enough sleep	Doesn't get enough sleep	Falls asleep during class	Sleeps less than 6 hours a night	Sleeps more than 8 hours a night	Likes to take naps	Usually goes to bed before 10:00

READING

Read the text once without stopping.

Sleepy Teens

- 1 When school superintendent¹ Russell Dever enters the local coffee shop at around 7:20 A.M., it is crowded with students. "The line is out the door because our high school kids are getting coffee," he said.
- 2 And they are not standing in line for the decaf²—they need the caffeine³ to stay awake in class. Talk to American high school students and you hear the **complaints** about how late they **stay up**, how little they sleep—and how early they must be in class.
- 3 These days, there is increasing **concern** in schools across the United States about students who are not completely awake in morning classes. School **officials** in some states have even changed start times so teenagers can sleep later.
- 4 According to sleep **expert** Mary Carskadon, the fact that many teenagers work long hours outside of school and have computers and televisions in their bedrooms contributes to a serious **lack** of sleep. But, she said, the problem is also due to biology⁴. As the bodies of teenagers develop, their brains also change. These changes make teens more **likely** than adults to have trouble sleeping at night.
- 5 Teenagers need **at least** eight to nine hours of sleep a night, but the average teen gets a lot less. Carskadon's study, completed in the fall of 2001 with researcher Amy Wolfson, showed that nearly 30 percent of students in the tenth grade slept less than six hours on school nights. Less than 15 percent got more than eight hours of sleep each night. Eighth-graders averaged eight hours of sleep a night, although that age group, she said, needs at least nine hours a night.

¹ a school *superintendent* = someone who is responsible for all of the schools in a particular area of the United States

² *decaf* = short form of the phrase *decaffeinated coffee*, coffee that has had the caffeine removed

³ *caffeine* = the chemical substance in coffee, tea, and some other drinks that makes people feel more active

⁴ *biology* = the scientific study of living things

- 6 Even more remarkable are the results of a 1997-1998 school year study. In that study, 12 out of 24 U.S. high school students who were part of an **experiment** at a sleep laboratory had brain wave **patterns** similar to those of someone with narcolepsy, a serious condition that affects sleep. "What's going on is that at 8:30 in the morning these kids... would normally be in school sitting in a classroom, but... their brain is still in the middle of the night," said Carskadon.
- 7 Parent Dawn Dow says her 12-year-old son just cannot go to bed before 10 P.M. "Last year he was trying to put himself to bed at 8:30 and was coming in at 9:30 and 10 **in tears** saying, 'I just can't go to sleep.' It is not a case of children wanting to be up late...It is a change in his chemistry."
- 8 So would letting teenagers wake up later make a difference? Kyla Wahlstrom of the University of Minnesota in the United States studies the effects of earlier school start times. She has looked at students in Edina and Minneapolis, two cities in Minnesota, where public school officials have moved high school starting times past 8:30 A.M. In Minneapolis, the middle school begins at 9:30 A.M. She said the later starting times have **reduced** student **absences**. They have also lowered **dropout** rates by 8 percent over four years. In addition, she said, teachers report that students are not sleeping at their desks during the first two hours of class anymore. She said 92 percent of parents from Edina reported that their teenagers are easier to live with. The students reported that they were feeling less **depressed** and were getting better grades.
- 9 Big changes in school start times may not be possible in some areas. However, Wahlstrom said her research shows that even small changes can contribute to a solution to this serious problem.

Notes

Mary Carskadon is professor of psychiatry⁵ and human behavior at Brown University in Providence, Rhode Island, U.S.

A. and director of sleep and chronobiology⁶ at Bradley Hospital in East Providence, Rhode Island, U.S.A.

Amy Wolfson is a researcher at the College of the Holy Cross in Worcester, Massachusetts, U.S.A.

Kyla Wahistrom is associate director⁷ of the Center for Applied Research and Educational Improvement at the University of Minnesota, U.S.A.

⁵ *psychiatry* = the study and treatment of mental illness

⁶ *chronobiology* = the study of the effects of time on living things

⁷ *an associate director* = someone who assists the director

Comprehension Check

Read these sentences. Circle T (true) or F (false). If you circle F, change the sentence to make it true. Check your answers with a classmate. If your answers are different, look back at the reading.

- | | | |
|---|---|---|
| 1. Often, teenagers sleep more than they should. | T | F |
| 2. There are scientific reasons that explain why teenagers have difficulty sleeping at night. | T | F |
| 3. The brains of teenagers are the same as the brains of adults. | T | F |
| 4. Teenagers can do their best schoolwork in the early morning. | T | F |
| 5. It's easier for adults to fall asleep at night than teenagers. | T | F |
| 6. Some schools start their classes later so that teenage students can get more sleep in the morning. | T | F |

EXPLORING VOCABULARY

Thinking about the Vocabulary

Guessing Strategy

Often, writers don't want to repeat a word, so they use a **synonym**. Synonyms are words that have similar meanings. If you don't know a word, look at the sentences nearby to see if there is a synonym. Look at the example.

Some students who don't get enough sleep get **depressed**. And because they feel so unhappy, they can't concentrate on their schoolwork.

Based on the context, you can guess that the words **depressed** and **unhappy** are similar in meaning.

Try It!

Circle the word in the second sentence that is a synonym for the **boldfaced** target word.

She said the later starting times have **reduced** student absences. They have also lowered dropout rates by 8 percent over four years.

Look at the target words and phrases. Which ones are new to you? Circle them here and in the reading. Then read "Sleepy Teens" again. Look at the context of each new word and phrase. Can you guess the meaning? Use the Guessing Strategy where possible.

Target Words and Phrases

complaints (2)	expert (4)	experiment (6)	absences (8)
stay up (2)	lack (4)	patterns (6)	dropout (8)
concern (3)	likely (4)	in tears (7)	depressed (8)
officials (3)	at least (5)	reduced (8)	

Using the Vocabulary

These sentences are **about the reading**. Complete them with the words and phrases in the box. Circle the words or phrases in the sentences that help you understand the meanings of the target words.

absences	at least	complaint	concern	dropout	experts
lack	likely	officials	reduced	stay up	

1. Russell Dever is a school _____. He is responsible for several schools.
2. High school students _____ late at night, so they have trouble waking up early to go to school.

3. A common _____ from young people is that they don't get enough sleep. They are unhappy that school begins so early in the morning.
4. Some parents and school officials are worried that many high school students are too tired to learn. Because of their _____, some school officials have decided to change the time when high school classes start.
5. Researchers who study human sleep patterns say that teenagers get much less sleep than they really need. According to these _____, there are many different reasons for this serious _____ of sleep.
6. The main reason that teenagers are more _____ to have trouble sleeping than adults is due to the fact that their bodies are changing.
7. Most teenagers need _____ eight hours of sleep a night. In fact, it's even better if they get nine or ten hours.
8. When teenagers don't get enough sleep, they are more likely to miss class. In one school where start times were changed from 8:30 A.M. to 9:30 A.M., there are now fewer _____. The later start times seem to have _____ the number of students who don't go to class because they can't wake up in the morning.
9. The later start times have also lowered the _____ rate. This means that fewer students are quitting school.

DEVELOPING READING SKILLS

Understanding Main Ideas, Major Points, and Supporting Details

A reading generally has one **main idea**, with several **major points** to support it. Those major points are supported by **supporting details**. For example, in "Sleepy Teens" there is one main idea, three major points to support it, and many supporting details to illustrate the major points.

Answer these questions.

1. What is the main idea of "Sleepy Teens"?
 - a. Some schools in the United States are experimenting with later school start times because experts say that teenagers will be happier and do better in school if they get more sleep.

- b. Many teenagers have difficulty falling asleep at night because of the biological changes in their brains and because they have televisions and computers in their rooms.
- c. Most American teenagers are depressed because they do not get enough sleep.
2. Which of these sentences are major points and which are supporting details?
Write MP (major point) or SD (supporting detail).

- MP 1. There are many reasons that teenagers have trouble sleeping at night.
- _____ 2. Research shows that many teenagers do not get enough sleep.
- _____ 3. Many teenagers work long hours outside school.
- _____ 4. Thirty percent of students in the tenth grade sleep less than six hours on school nights.
- _____ 5. Schools that are experimenting with later start times are happy with the results.
- _____ 6. There are biological changes in the brains of teenagers that make it difficult for them to fall asleep at night.
- _____ 7. In one school that changed its start time from 8:30 to 9:30 A.M., the number of student absences has gone down.
- _____ 8. The students feel less depressed and get better grades when they get enough sleep.

EXPANDING VOCABULARY

Using the Vocabulary in New Contexts

These sentences use the target words and phrases in new contexts.

Complete them with the words and phrases in the box.

absences	at least	complaint	concern	dropout	expert
lack	likely	official	reduce	stay up	

1. She has written more than ten books on education. She is an _____ on the subject?
2. I don't remember exactly how much money I have in the bank, but I know it's _____ \$500. I might have more. I'll have to call the bank to check.
3. I'm going to take a nap so that I can _____ late to watch that TV special.

4. Take your umbrella. The weather report said that rain is _____ later this afternoon.
5. The service in that restaurant was terrible. I'm going to write a letter of _____ to the manager.
6. Thank you for your _____, but I'm fine. Don't worry about me.
7. If you want to lose weight, you must _____ the amount of food that you eat.
8. They are concerned about their son's complete _____ of interest in his studies. He doesn't seem to be interested in any subject.
9. You have too many _____. You need to make sure you attend all of the rest of the classes, or you will have to repeat the course.
10. My town has a serious _____ problem. Students are leaving high school early and can't find jobs.
11. He works for the government. He is the _____ who is responsible for public safety.

PUTTING IT ALL TOGETHER

Discussion

Share your ideas in a small group. As you talk, try to use the vocabulary below. Each time someone uses a target word or phrase, put a check (✓) next to it.

absence	at least	complaint
concern/concerned	depressed/depressing/depression	dropout/drop out
lack	likely	official
reduce/reduction	stay up	

1. Talk about problems that specifically affect teenagers. Give your opinion about the causes of the problems, and as a group come up with some possible solutions.
2. Not everyone agrees that changing school start times is such a good idea. As a group, come up with as many reasons as you can why schools should **not** change their start times.

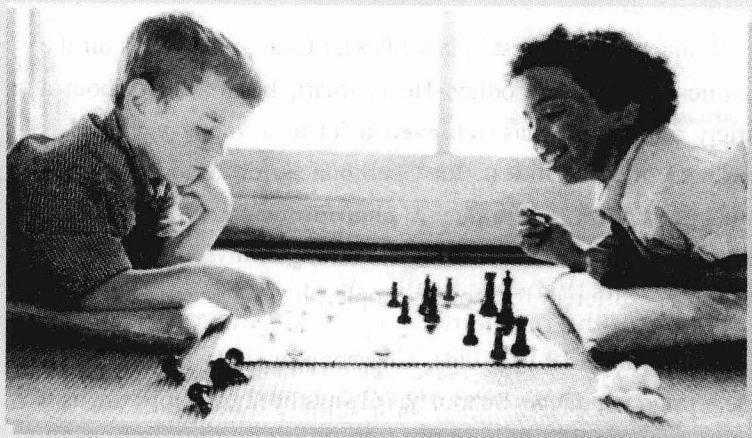
Writing

Complete one or both of these writing topics. When you write, use at least five of the target words from the chapter. Underline the target words in your paper.

1. Imagine that you are the parent of a teenage girl in the Edina school system, and you do not agree with the change in the school start times. Write a letter about your concerns to an official at your daughter's high school.
2. Choose a problem that affects teenagers, and write an essay explaining the problems, the causes, and some possible solutions. Be sure to support your major points with details.

CHAPTER 2

Growing up Gifted



Many chess prodigies start playing at a very young age.

GETTING READY TO READ

Talk with a partner or in a small group.

1. Do you have a special skill or talent (for example in sports, music, painting, mathematics, science)? What is it? At what age did you become aware that you had talent?
2. If you could choose to be talented in one thing, what would you choose? Why?
3. A *child prodigy* is someone who shows remarkable talent in a particular subject at a very young age. Put a check (✓) next to the phrases that you believe would describe most child prodigies. Compare your answers, and discuss any differences.

___ know a lot about many different things ___ have a large vocabulary
___ want to be perfect ___ love school ___ are happy
___ are original thinkers ___ are self-confident