

高中英语选修读本

朱大龙 编著

MY WAY

路



南京师范大学出版社  
NANJING NORMAL UNIVERSITY PRESS



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# 路



编著 朱大龙

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# 编者寄语

《英语课程标准》指出：“英语课程的学习，既是学生通过英语学习和实践活动，逐步掌握英语知识和技能，提高语言实际运用能力的过程；又是他们磨砺意志、陶冶情操、拓展视野、丰富生活经历、开发思维能力、培养合作精神、发展个性和提高人文素养的过程。因此在教学中，教师不仅仅是传授知识，而且还应当关注每个学生的情感，利用专业知识，利用一切可能的机会让学生在语言学习之际汲取情感素养的精华，从而接受品德教育，形成美好的心灵品格。”《大纲》中也表明：“各科教学是向学生进行思想品质教育最经常、最基本的途径，它对培养学生的思想品质是具有最重要作用。”苏霍姆林斯基说过“美是一种心灵的体操，她使我们精神正直、良心纯洁，情感和信念端正”。让我们为孩子们创设一个真、善、美的情感空间，使他们在语言学习的同时把握情感品质的内化力量，让他们在语言的天空中感受纯我本色。

《英语课程标准》要求我们运用新课程的理念重组教材。教师们不能仅仅满足于对教材的讲授，更要走近学生，了解他们的兴趣所在，以此重组教材，更新教学模式。

当然，英语教学的德育要做到既有趣味性，又有思想性，要避免向学生讲大道理，使学生感到枯燥乏味。形式多样的教学材料、教学风格会使学生在英语学习过程中更好地接受品德教育，从而提高课堂德育的效果。

面对我们的学生，他们拥有人生路上最抢眼的曙光，但风华正茂时他们往往会在风云变幻中迷失方向，常常在各种诱惑中面临着对与错的分歧、正与邪的划分。他们肩负珍惜时光、学会合作、尊重师长、广泛交友、成就学业和顺应社会等诸多使命。他们究竟怎样面对自己的人生？他们最终会走出一条什么样的路？对此，我们有着神圣的责任。

《路》这一书名由此而生。

《路》由南京市金陵中学高中英语选修材料整合而成，选择这些材料的初衷是源于笔者个人的研究课题——《高中英语阅读教学中的德育渗透》。因为老师们普遍认为现行的高中英语教材中美文和经典的诵读篇章数量不足。所以教学中我们往往见缝插针地让学生朗读和背诵这些短文，同时和同学们共同分析和欣赏，并对文章中的词汇、语法和理解部分作出分类处理。经过一年多来的实践，感觉到学生有所共鸣，也有所裨益。

《路》中的材料贴近学生的学校生活、家庭生活和社会生活中生动的情景，其中包含极其丰富的德育内容。读者可根据读本内容进行适当的选择。

全书共分五个部分：

第一部分，我的责任——家庭社会；

第二部分，科学素养——学习能力；

第三部分，真正的我——人际交往；

第四部分，幸福源泉——健康快乐；

第五部分，成功秘诀——追随梦想。

在编写《路》的过程中，参考了国内外一些书籍和资料，在此一并表示感谢！

作者

2008年5月于南京

# 读者反馈表

尊敬的读者：

您好！感谢您使用南京师范大学出版社基础教育类辅导图书，也让我们有机会能在您学习成功的路上尽一份绵薄之力。

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★《路》

# contents

# 目录

## 第一部分 The sense of responsibility 家庭社会 001

1. Home is where the school is 家庭是所学校 ..... 001
2. Improve parent-child relationship 跨越代沟 ..... 004
3. Equality in a healthy family 健康家庭中的平等观 ..... 007
4. What we should value most 什么最珍贵 ..... 010
5. The position of money 金钱的位置 ..... 014
6. When do you become an adult? 不断成长 ..... 017
7. To be a good listener 聆听对方 ..... 020
8. To be interested in other people 关注他人 ..... 023
9. A problem of modern life 现代生活的遗患 ..... 026
10. Protect our environment 保护环境 ..... 029
11. Environment pollution 温润泽国的命运 ..... 032
12. The sense of responsibility 我的责任 ..... 035
13. Diploma and social expectations 学历与社会需求 ..... 038
14. How to deal with stress? 如何减压? ..... 041
15. Which type are you of? 你属于哪一类人? ..... 044
16. A new meaning in competition 审视竞争 ..... 047

## 第二部分 Diathesis of a scientist 学习能力 050

17. English is an international language 英语是一门国际语言 ..... 050
18. Effective foreign language learning 有效的外语学习 ..... 053
19. Language learning begins with listening 语言学习从听力开始 ..... 057
20. How to use our brains? 怎样科学用脑? ..... 060
21. Education and schooling 教育与学校教育 ..... 063
22. Critical thinking is at the heart of education. 教育的本质是培养批判性思维 ..... 067



23.	Teaching and learning 明晰教与学的关系 .....	070
24.	What determines intelligence? 什么决定人的智力因素? .....	073
25.	How to get rid of absent mindedness? 怎样克服心不在焉? .....	076
26.	Diathesis of a scientist 科学家的素养 .....	079
27.	Interests and genius 兴趣与天才 .....	082
28.	How to be a good reader? 怎样做个好读者? .....	085
29.	Write between the lines 读书笔记 .....	088
30.	Those things that hurt, instruct 梅花香自苦寒来 .....	091
31.	Are you a passive learner? 你是被动型学习者吗? .....	094
32.	To be an automatic reader 行云流水的阅读 .....	097
33.	Self-discipline 学会自律 .....	100
34.	Learn to use a computer 科学使用计算机 .....	103

### 第三部分 Be yourself 人际交往 107

35.	Are you popular? 你受人欢迎吗? .....	107
36.	Inner-relationships and quality of our lives 人际关系与生活质量 .....	111
37.	How to make friends? 怎样交友? .....	114
38.	The art of pleasing 取悦的艺术 .....	117
39.	How to communicate with others? 何为交往的技巧? .....	120
40.	The most valuable quality—admit your mistakes 最宝贵的品质——勇于认错 .....	123
41.	How to get rid of shyness? 如何克服羞怯? .....	126
42.	Tell the meaning behind words 学会判断话外音 .....	130
43.	Get along well with your teacher 建立良好的师生关系 .....	133
44.	How to make a proper introduction? 怎样算是得体的引见? .....	137
45.	The importance of team work 团队合作的重要性 .....	140

46. Effects from peers 来自同龄人的影响 .....	143
47. Be yourself 做真正的我 .....	146
48. Self-confidence 建立自信心 .....	149
49. Idea of beauty 审美 .....	152
50. How to face bullying? 如何面对恃强凌弱? .....	155
51. Personality and attractiveness 人格与魅力 .....	158

#### 第四部分 What can make you happy? 健康快乐 162

52. What can make you happy? 幸福在哪里? .....	162
53. What's happiness? 快乐是什么? .....	166
54. Five simple rules to happiness 幸福五要诀 .....	169
55. How to keep fit? 如何保持健康? .....	172
56. What's subhealth? 何为亚健康? .....	175
57. Biological age 生理年龄 .....	178
58. Three kinds of loneliness 三种孤独 .....	181
59. Laughter is the best medicine 笑一笑,十年少 .....	184
60. Happiness and pains 幸福与痛苦 .....	187
61. Controlling your feelings is good for your health 控制情绪有益健康 .....	190
62. Positive thinking 积极的思维方式 .....	193
63. No honesty, no happiness 没有诚信,无从快乐 .....	196
64. Honorable actions create happiness 快乐源自高尚情操 .....	201

#### 第五部分 Secret of success 追随梦想 204

65. Secret of success 成功的秘诀 .....	204
66. How do successful people think? 何为成功者的思维? .....	208
67. Too many worries lead to nothing 心无旁骛,孜孜以求 .....	211
68. Make a mental blueprint of your desire 勾画你的蓝图 .....	214
69. Failure, good or bad? 塞翁失马,焉知非福? .....	217

70. Making a direct attack 直面进攻 .....	220
71. What's worth thinking about? 什么是当务之急? .....	223
72. The value of fear 害怕的价值 .....	225
73. Failure is a part of life 生活中注定有失败 .....	228
74. Build your identity for college life 规划你的大学生活 .....	231

参考答案 .....	234
------------	-----

后 记 .....	242
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# 第一部分 家庭社会

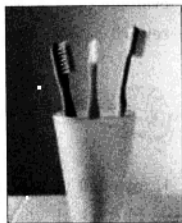
## The sense of responsibility

### 1. Home is where the school is 家庭是所学校



家庭是所学校,家庭也是个舞台,每个成员都有各自的角色,你扮演的是什么角色?你最希望父母给你什么?你认为学习是个什么样的过程?你可以从以下给父母的建议中得到启示。

	285 words		4 min
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Every member in your family needs to help out around the house in order to make things run smoothly. It is difficult for parents of nearly every family to teach their children to be responsible for housework. Home is where the school is. With one of the following suggestions, you really can get your children to help at home.

If you give your children the impression that they can never do a thing quite right, then they will regard themselves as unfit or unable persons. Unless children believe they can succeed, they will never become totally independent.

My daughter Carla's fifth grade teacher made every child in her class feel special. When students received less than a perfect test score, she would point out what they had mastered and declared firmly they could learn what they had missed.

You can use the same technique when you evaluate your child's work at home. Don't always scold and give lots of praise instead. Praise your child every time he does something good or something right. If children receive praise for a job well done, it encourages them to do well the next time too. But if their efforts go unnoticed they will not bother to try so hard the next time. If you praise your child

often, you will notice a dramatic improvement in your child's behavior over time. If your child completes a difficult task, reward him with a Sunday trip or a ball game with Dad.

Learning is a process of trying and failing and trying and succeeding. If you teach your children not to fear a mistake or failure, they will learn faster and achieve success at last.



**be responsible for** 为……负责任

**evaluate** *vt* 评价, 评估

**reward** *n* 报酬, 奖金; *vt* 酬劳, 奖赏

**declare** *vt* 宣告, 宣布

**bother** *n/vt/vi* 烦扰, 打扰



**respond, response, responsible, responsibility**

**1. respond** *vi* 回答, 响应

She asked where he'd been, but he didn't respond.

她问他到什么地方去了, 他却 not 回答。

She responded to my letter with a phone call. 她收到我的信, 给我回了个电话。

**2. response** *n* 回答, 响应

Her cries for help met with no response. 她那求救的呼声没有激起任何反应。

**3. responsible** *adj* 有责任的, 可靠的

All pilots are responsible for their passengers' safety.

凡是飞行员均应对乘客的安全负责。

**4. responsibility** *n* 职责, 责任

It's my responsibility to lock the classroom doors. 我负责锁教室的门。



**A. Find words in the passage with meanings similar to these.**

1. make sth known clearly \_\_\_\_\_
2. something given or received in return for work or services \_\_\_\_\_



3. find out or form an idea of the amount or value of sb/sth \_\_\_\_\_  
 4. cause trouble to sb \_\_\_\_\_

B. Use the words in correct forms in the box below to complete the following sentences.

declare, evaluate, bother, reward, be responsible for

1. He received a medal in \_\_\_\_\_ for his bravery.
2. I'm sorry to \_\_\_\_\_ you, but could you tell me the way to the station?
3. I can't \_\_\_\_\_ his ability without seeing his work.
4. After I helped her mend her car, she \_\_\_\_\_ me with a smile.
5. Everyone should \_\_\_\_\_ his or her work.
6. Did you have much \_\_\_\_\_ finding the house?
7. "I'm not coming with you and that's final!" \_\_\_\_\_ Mary.
8. He is \_\_\_\_\_ to be the Winner of the game.



Choose the best answer from the following choices according to the passage.

1. The whole text deals with \_\_\_\_\_.

- A. social education                      B. school education  
 C. family education                      D. pre-school education

2. What does the author believe?

- A. There is no easy way to get children to help at home.  
 B. It is of great difference to make children responsible at home as in school.  
 C. The more encouragement, the more responsible children will become.  
 D. Everyone can teach their children well at home instead of sending them to school.

3. What can we conclude after reading the text?

- A. Pride goes before a fall.  
 B. Practice makes perfect.  
 C. No pains, no gains.  
 D. Failure is the mother of success.

## 2. Improve parent-child relationship 跨越代沟



生活在不同时代的两代人或三代人之间不可避免地存在着或大或小的代沟,为了亲人也为了自己能够幸福地生活,缩小或者填平代沟成了许多人的梦想和追求。



It is natural for young people to be critical of their parents at times and to blame them for most of the misunderstandings between them. They have always complained, more or less justly, that their parents are out of touch with modern ways, that they do not trust their children to deal with difficulties, that they talk too much about certain problems—and that they have no sense of humor, at least in parent-child relationships.

I think it is true that parents often underestimate their teenage children and also forget how they themselves felt when young.

Young people often irritate their parents with their choices in clothes and hairstyles, in entertainments and music. This is not their motive. They feel cut off from the adult world into which they have not yet been accepted. So they create a culture and society of their own. Then, if it turns out that their music or entertains or vocabulary or clothes or hairstyle irritate their parents, this gives them additional enjoyments. They feel they are superior, at least in a small way, and that they are leaders in style and taste.

Sometimes you are resistant, and proud because you do not want your parents to approve of what you do. If they approve, it looks as if you are betraying your own age group. But in that case, you're assuming that you are the underdog; you cannot win but at least you keep your honor. This is a passive way of looking at things. It is natural enough after long years of childhood when were completely under your parents' control. But it ignores the fact that you are now beginning to be responsible for yourself.



If you plan to control your life, cooperation can be part of that plan. You can charm others, especially your parents, into doing things the way you want. You can impress others with your sense of responsibility and practical abilities, so that they will give you the right to do what you want to do.



**critical** *adj* 批评的, 非难的

**superior** *adj* 有优越感的

**assume** *v* 假定, 设想

**irritate** *v* 使某人愤怒, 烦恼或急躁

**betray** *v* 出卖, 背叛

**underdog** *n* 失败者, 受压迫者



*resist, resistant, resistance*

1. **resist** *v* 抵制, 抵抗

Jill couldn't resist making jokes about his boldness. 吉尔忍不住拿他的秃顶开玩笑。

2. **resistant** *adj* 抵抗的, 对抗的

We can't be resistant to change. 我们无法抗拒变革。

3. **resistance** *n* 抵抗, 对抗

The demonstrators offered little or no resistance to the police. 示威群众对警方没怎么抵抗。



A. Find words in the passage with meanings similar to these.

1. accept sth as true before there is proof \_\_\_\_\_
2. make sb angry, annoyed or impatient \_\_\_\_\_
3. to be disloyal to sth \_\_\_\_\_
4. showing that one thinks one is better than others \_\_\_\_\_
5. looking for faults; pointing out faults \_\_\_\_\_

B. Use the words in correct forms in the box below to complete the following sentences.



assume, irritate, betray, superior, critical

1. In failing to return the money he \_\_\_\_\_ our trust.
2. "Don't be so \_\_\_\_\_! Maybe some day we will be worse off," said Father.
3. We cannot \_\_\_\_\_ anything in this case.
4. The inquiry was \_\_\_\_\_ of her work.
5. It \_\_\_\_\_ me to have to shout to be heard.



Choose the best answer from the following choices according to the passage.

1. The first paragraph is mainly about \_\_\_\_\_.
  - A. the teenagers' criticism of their parents
  - B. the teenagers' ability to deal with crises
  - C. the control of the parents over their children
  - D. misunderstandings between teenagers and their children
2. Teenagers tend to have strange clothes and hairstyles mainly because they \_\_\_\_\_.
  - A. want to irritate their parents
  - B. have no other way to enjoy themselves better
  - C. have a strong desire to be leaders in style and taste
  - D. want to show their existence by creating a culture of their own
3. To improve parent-child relationships, teenagers are advised to be \_\_\_\_\_.
  - A. active
  - B. responsible
  - C. cooperative
  - D. independent
4. Sometimes children do not want their parents to approve of their decisions because \_\_\_\_\_.
  - A. they do not want to betray their own age group
  - B. they admit that they are the underdogs
  - C. they have been under their parents' control for many years
  - D. they are not responsible for all the decisions