



高职高专公共英语类课程规划教材

# 新进阶

## 实用英语综合教程

### New Graded Practical English

(第4册)

● 总主编 卢炳群  
● 主 编 戴晓玲 张 军  
● 副主编 刘 黎 王 莹

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BEIJING INSTITUTE OF TECHNOLOGY PRESS

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大学英语 教学大纲

NEW GRADED PRACTICAL ENGLISH

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## Preface

《新阶进实用英语》是一套为高职高专英语教学编写的教材。

本书遵循教育部颁布的《高职高专英语课程教学基本要求》(以下简称《基本要求》),紧扣《高等学校英语应用能力考试大纲》,在多年教学经验和教学资料积累的基础上,以全面提高学生综合素质为宗旨,注重以人为本;同时,全套教材本着“实用为主”的原则,以全面提高学生的应用能力为目标,针对高职高专学生英语学习的特点,将课堂学习与课外练习结合起来,使学生牢固掌握所学的知识和技能,为今后进一步学习英语打下坚实的基础。

根据高职高专英语课程设置的要求和特点,本套教材共由4册组成。其中第1册和第2册为基础教程,注重基础语言知识的学习和基本技能的训练。通过对第1册的学习,学生应达到《基本要求》中规定的B级水平;通过对第2册的学习,学生应达到《基本要求》中规定的A级水平。第3册和第4册是高级教程,注重培养学生的语言应用能力,提高实际生活和职场英语的应用能力。整套教材由浅入深,循序渐进,最终在听、说、读、写、译各个方面达到高职高专英语课程教学的基本要求。

本书为《新阶进实用英语》第4册的学生用书,共10个单元,供大学2年级第2学期使用。每个单元的基本内容如下。

### 1. Lead In

导入部分。形式多样,丰富多彩,话题讨论贯穿其中,使学生对即将学习的内容展开讨论,从而激发学生对其产生兴趣。

### 2. Text

课文主题贴近当代生活、网络时代及职场文化的热门话题。每单元包括一篇课文、相应的词汇、要点注释以及课内练习。

### 3. Exercises

课外练习。编者在设置练习时,紧扣近几年“专转本”英语试卷的项目、题型、出题的思路和风格,组织编写了供高职高专学生“专转本”英语备考试题,就一些学习要点、应用实例进行讲解。通过练习,学生可以发现自己英语学习中存在的弱点,以便进一步加强,从而做到有的放矢地加以强化。写作内容的选择以“专转本”英语以及大学英语四级考试的要求为基础,训练学生对不同的话题、以不同的文体进行写作的能力。

## 4. Fun Time

课后欣赏部分。课后欣赏的内容十分广泛,有幽默故事、谚语、趣味测试等。学生可以从中体会到英语学习的乐趣,提高对英语的鉴赏能力。

《新阶进实用英语》由钟山职业技术学院外语系卢炳群教授担任总主编,负责全书的总体设计、编排和书稿的审定。

《新阶进实用英语》第4册由钟山职业技术学院外语系戴晓玲、张军担任主编,刘黎、王莹担任副主编。第4、7、10单元由戴晓玲编写,第5、6、9单元由张军编写,第2、8单元由刘黎编写,第1、3单元由王莹编写。

本书遵循的是崭新的编写思路,虽然经过广泛征求意见,深入讨论,但囿于编者学识,疏漏之处在所难免,恳请广大读者及同仁批评指正。

编 者

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# Unit 1

## Hard Working

### Part One Lead In

Strive ever to be at the top of your condition. Hope lifts us step by step up the mysterious ladder, the top of which no eye has ever seen. Though we do not find what hope promised, yet we are stronger for the climbing, and we get a broader outlook upon life which repays the efforts. If you want to succeed, you have to pay the price.

In your opinion, what is the most essential character of a successful person?

#### Ideas:

Plan thoroughly

Get organized before you get started

Inspect what you expect

Measure what gets done

Keep people informed

High scores and low abilities

The knocking brick of one's carrier

One's own endeavor

Knowledge accumulation process

Innumerable great achievements

### Part Two Text

#### The Meaning of Hard Work

The meaning of hard work in a manual economy is clear. Without the leverage of machines



and organizations, working hard meant producing more. Producing more, of course, was the best way to feed your family.

Those days are long gone. Most of us don't use our bodies as a replacement for a machine — unless we're paying for the privilege and getting a workout at the gym. These days, 35% of the American workforce sits at a desk. Yes, we sit there a lot of hours, but the only heavy lifting that we're likely to do is restricted to putting a new water bottle on the cooler. So do you still think that you work hard?

You could argue, "Hey, I work weekends and pull all-nighters. I start early and stay late. I'm always on, always connected with a BlackBerry. The FedEx guy knows which hotel to visit when I'm on vacation." Sorry. Even if you're a workaholic, you're not working very hard at all.

Sure, you're working long, but "long" and "hard" are now two different things. In the old days, we could measure how much grain someone harvested or how many pieces of steel he made. Hard work meant more work. But the past doesn't lead to the future. The future is not about time at all. The future is about work that's really and truly hard, not time-consuming. It's about the kind of work that requires us to push ourselves, not just punch the clock. Hard work is where our job security, our financial profit, and our future joy lie.

It is hard work to make difficult emotional decisions, such as quitting a job and setting out on your own. It's hard work to invent a new system, service, or process that's remarkable. It's hard work to tell your boss that he's being intellectually and emotionally lazy. It's hard work to tell senior management to abandon something that it has been doing for a long time in favor of a new and apparently risky alternative. It's hard work to make good decisions with less than all of the data.

Today, working hard is about taking apparent risk. Not a crazy risk like betting the entire company on an untested product. No, an apparent risk: something that the competition (and your coworkers) believes is unsafe but that you realize is far more conservative than sticking with the status quo.

None of the people who are racking up amazing success stories and creating cool stuff are doing it just by working more hours than you are. And I hate to say it, but they're not smarter than you either. They're succeeding by doing hard work.

As the economy plods along, many of us are choosing to take the easy way out. We're going to work for the Man, letting him do the hard work while we work the long hours. We're going back to the future, to a definition of work that embraces the grindstone.

Some people (a precious few, so far) are realizing that this temporary recession is the best opportunity that they've ever had. They're working harder than ever — mentally — and taking all sorts of emotional and personal risks that are bound to pay off.

Hard work is about risk. It begins when you deal with the things that you'd rather not deal with: fear of failure, fear of standing out, fear of rejection. Hard work is about training yourself to leap over this barrier, tunnel under that barrier, and drive through the other barrier. And, after you've done that, to do it again the next day.

The riskier your (smart) coworker's hard work appears to be, the safer it really is. It's the people having difficult conversations, inventing remarkable products, and pushing the envelope (and, perhaps, still going home at 5 pm) who are building a recession-proof future for themselves.

So tomorrow, when you go to work, really sweat. Your time is worth the effort.

## Notes

1. **BlackBerry**: It is a wireless handheld device introduced in 1997 which supports push e-mail, mobile telephone, text messaging, Internet faxing, web browsing and other wireless information services. It is a prime example of convergent device.
2. **FedEx**: FedEx Corporation is a leading logistics services company, based in the United States. FedEx is a syllabic abbreviation of the company's original name, Federal Express, used until 1994.

## Words & Expressions

**manual** [ˈmænjuəl] *adj.* of, done with or controlled by the hands 手工的

**leverage** [ˈli:vərɪdʒ] *n.* action or power of a lever 杠杆

**replacement** [rɪˈpleɪsmənt] *n.* person or thing that replaces another 替代

**privilege** [ˈprɪvɪlɪdʒ] *n.* special right or advantage available only to a particular person, class or rank, or to the holder of a certain position 特权

**restrict** [rɪsˈtrɪkt] *v.* put a limit on sb./sth.; ~ sb./sth. to sth. 限制

**workaholic** [ˌwɜ:kəˈhɒlɪk] *n.* person who works obsessively and finds it difficult to stop

工作狂

**punch** [pʌntʃ] *v.* strike sb./sth. hard with the fist 击打(多用拳头)

**quit** [kwit] *v.* stop doing sth., be rid of sb./sth. 辞去, 辞职

**abandon** [ə'bændən] *v.* go away from (a person or thing or place) not intending to return;  
forsake; desert 放弃

**alternative** [ɔ:l'tə:nətiv] *n.* choice of two or more possibilities 可供选择项

**status quo** [steitəs 'kwəu] *n.* situation or state of affairs as it is now, or as it was before a  
recent change 现状

**plod** [plɒd] *v.* walk with heavy steps or with difficulty; trudge 拖步前进

**embrace** [im'breis] *v.* accept or take (an idea, etc.) willingly 乐意地接受

**grindstone** ['graɪndstəʊn] *n.* stone shaped like a wheel, turned on an axle, against which  
one holds knives or other tools to sharpen them 磨石

**temporary** ['tempərəri] *adj.* lasting or meant to last for a limited time only; not permanent  
暂时的

**recession-proof** [ri'seʃənpru:f] *adj.* providing protection against temporary decline in  
economy activity or prosperity 不能后退的

### Part Three Exercises

#### I

**Directions:** Fill in the blanks with the words given below. Change the form where necessary.

restrict

punch

quit

bound

embrace

apparent

abandon

privilege

favor

stick

1. Big business enjoys certain \_\_\_\_\_ that smaller ones do not.
2. And why, after all, should football \_\_\_\_\_ to men?
3. All the nails \_\_\_\_\_ in, so that the surface is quite smooth.
4. Kate \_\_\_\_\_ because her salary was too low.
5. She \_\_\_\_\_ herself to a life of pleasure.

6. His course of study \_\_\_\_\_ History, Geography and Economics.
7. In the long run, it is \_\_\_\_\_ to deepen the eventual economic collapse.
8. The people of Germany were overwhelmingly \_\_\_\_\_ this arrangement.
9. It was \_\_\_\_\_ that the young people had disgraced themselves and their respective parents.
10. \_\_\_\_\_ me until we get out of the crowd.

## II

### Section A Reading Comprehension

**Directions:** In this part there are four passages. Each passage is followed by a number of questions. Choose the best answer for each of them.

#### Questions 1 to 5 are based on the following passage:

The making of glass is a very old industry — at least 4,500 years old. Glass has many extraordinary qualities and it is frequently being used in new ways.

One of the most interesting new uses for glass is in telephone communication. Scientists have developed glass fibres as thin as human hair which are designed to carry light signals. When the light reaches the other end, it is first changed into electrical signals, which are in turn converted into sound messages.

Called lightwave communication, the new system was used successfully in an experiment in Chicago in 1977. During the experiment, two glass fibres were able to carry 672 conversations at the same time. The lightwave cable, containing 144 glass fibres, has the capacity to carry 50,000 conversations at the same time.

The lightwave communication system has two important advantages. First, the glass fibre cables are smaller and weigh less than copper cables. Second, they cost less.

Perhaps it can be said that telephone communication has entered the age of light!

1. One of the extraordinary qualities of glass is that it can carry \_\_\_\_\_.  
A. sound signals      B. light signals      C. electrical signals      D. any signal
2. Before you can hear a message on the telephone using the new system, \_\_\_\_\_.  
A. electrical signals must first be changed into light signals and then into sound  
B. the light signals have to be changed directly into sound messages  
C. light must first be changed into electrical signals and then into sound  
D. either the light or the electrical signals have to be changed into sound messages

3. According to the passage the new telephone communication system \_\_\_\_\_.
- had been used within limited scope before 1977
  - was first put into actual use in 1977
  - had been repeatedly experimented on before 1977
  - was put on experiment in 1977
4. From the passage, you can tell that people prefer glass fibre cables to copper cables because \_\_\_\_\_.
- glass fibres are less expensive
  - glass fibres deliver messages directly
  - glass fibres are more up to date
  - glass fibres are easier to make
5. Which of the following statements best expresses the main idea of the passage?
- Glass is very useful because it has many unusual qualities.
  - Light signals have changed the use of glass in industry.
  - Glass fibres have reduced the cost of telephone communication.
  - The use of glass fibres to carry telephone messages is an interesting new development.

**Questions 6 to 10 are based on the following passage:**

Psychology is the study of the mind and mental activities. For example, psychologists are interested in why some things make you sad, but others make you happy. They want to know why some people are shy, but others are quite talkative. They also want to know why people do the things that they do. They test intelligence.

Psychologists deal with the minds and behavior of people. Your mind consists of all your feelings, thoughts, and ideas. It is the result of one part of the brain called the cerebrum (大脑). Your behavior is the way you act or conduct yourself. Examples of behavior include shouting, crying, laughing, and sleeping.

Several people have been instrumental in the field of psychology. Wilhehn Wundt set up the first psychological laboratory in Leipzig, Germany, in 1879. Ivan Pavlov, a Russian, is noted for his experiments with dogs in which he studied their reflexes (反射作用) and reactions. Around 1900, Sigmund Freud stated his theory that people try to repress any memories or thoughts that they believed were not good.

Psychologists should not be confused with psychiatrists. Psychiatrists deal only with mental illness. They are medical doctors who treat people.

6. A good title for this selection is \_\_\_\_\_.
- Studying the Mind
  - Feelings and Behavior of Human Beings
  - Psychology and Psychiatry
  - Famous Psychologists

7. "Some people are shy." That means \_\_\_\_\_.  
 A. they are modest B. they are quiet  
 C. they never say a word D. they are ashamed
8. We may conclude that psychologists \_\_\_\_\_.  
 A. study physical diseases as well  
 B. deal with animals more often than with people  
 C. are not medical doctors  
 D. are interested in things that make you sad
9. Pavlov worked with \_\_\_\_\_.  
 A. people B. dogs  
 C. mental illness D. abnormal behavior
10. The cerebrum controls \_\_\_\_\_.  
 A. the mind B. the body  
 C. the whole brain D. the field of psychology

**Questions 11 to 15 are based on the following passage:**

So long as teachers fail to distinguish between teaching and learning, they will continue to undertake to do for children what only children can do for themselves. Teaching children to read is not passing reading on to them. It is certainly not endless hours spent in activities about reading. Douglas insists that "reading cannot be taught directly and schools should stop trying to do the impossible."

Teaching and learning are two entirely different processes. They differ in kind and function. The function of teaching is to create the conditions and the climate that will make it possible for children to devise the most efficient system for teaching themselves to read. Teaching is also a public activity; it can be seen and observed.

Learning to read involves all that each individual does to make sense of the words of printed language. Almost all of it is private, for learning is an occupation of the mind, and that process is not open to public scrutiny.

If teacher's and learner's roles are not interchangeable, what then can be done through teaching that will aid the child in the quest (探索) for knowledge? Smith has one principal rule for all teaching instructions. "Make learning to read easy," which means making reading a meaningful, enjoyable and frequent experience for children.

When the roles of teacher and learner are seen for what they are, and when both teacher and learner fulfill them appropriately, then much of the pressure and feeling of failure for both is

eliminated. Learning to read is made easier when teachers create an environment where children are given the opportunity to solve the problem of learning to read by reading.

11. The problem with the reading course as mentioned in the first paragraph is that \_\_\_\_\_.
  - A. it is one of the most difficult school courses
  - B. students spend endless hours in reading
  - C. reading tasks are assigned with little guidance
  - D. too much time is spent in teaching about reading
12. The teaching of reading will be successful if \_\_\_\_\_.
  - A. teachers can improve conditions at school for the students
  - B. teachers can enable students to develop their own way of reading
  - C. teachers can devise the most efficient system for reading
  - D. teachers can make their teaching activities observable
13. The word "scrutiny" (Sentence 2, Para. 3) most probably means \_\_\_\_\_.
  - A. inquiry
  - B. observation
  - C. control
  - D. suspicion
14. According to the passage, learning to read will no longer be a difficult task when \_\_\_\_\_.
  - A. children become highly motivated
  - B. teachers' and learners' roles are interchangeable
  - C. teaching helps children in the search for knowledge
  - D. reading enriches children's experience
15. The main idea of the passage is that \_\_\_\_\_.
  - A. teachers should do as little as possible in helping students learn
  - B. teachers should encourage students to read as widely as possible
  - C. reading ability is something acquired rather than taught
  - D. reading is more complicated than generally believed

**Questions 16 to 20 are based on the following passage:**

The way people hold to the belief that a fun-filled, pain free life equals happiness actually reduces their chances of ever attaining real happiness. If fun and pleasure are equal to happiness, then pain must be equal to unhappiness. But in fact, the opposite is true: More often than not, things that lead to happiness involve some pain.

As a result, many people avoid the very attempts that are the source of true happiness. They fear the pain inevitably brought by such things as marriage, raising children, professional achievement, religious commitment (承担的义务), and self-improvement.

Ask a bachelor (单身汉) why he resists marriage even though he finds dating to be less and



less satisfying. If he is honest he will tell you that he is afraid of making a commitment. For commitment is in fact quite painful. The single life is filled with fun, adventure, and excitement. Marriage has such moments, but they are not its most distinguishing features.

Couples with infant children are lucky to get a whole night's sleep or a three-day vacation. I don't know any parent who would choose the word "fun" to describe raising children. But couples who decide not to have children never know the joys of watching a child grow up or of playing with a grandchild.

Understanding and accepting that true happiness has nothing to do with fun is one of the most liberating realizations. It liberates time; Now we can devote more hours to activities that can genuinely increase our happiness. It liberates money; Buying that new car or those fancy clothes that will do nothing to increase our happiness now seems pointless. And it liberates us from envy; we now understand that all those who are always having so much fun actually may not be happy at all.

16. According to the author, a bachelor resists marriage chiefly because \_\_\_\_\_.
  - A. he is reluctant to take on family responsibilities
  - B. he believes that life will be more cheerful if he remains single
  - C. he finds more fun in dating than in marriage
  - D. he fears it will put an end to all his fun adventure and excitement
17. Raising children, in the author's opinion, is \_\_\_\_\_.
  - A. a moral duty
  - B. a thankless job
  - C. a rewarding task
  - D. a source of inevitable pain
18. From the last paragraph, we learn that envy sometimes stems from \_\_\_\_\_.
  - A. hatred
  - B. misunderstanding
  - C. prejudice
  - D. ignorance
19. To understand what true happiness is one must \_\_\_\_\_.
  - A. have as much fun as possible during one's lifetime
  - B. make every effort to liberate oneself from pain
  - C. put up with pain under all circumstances
  - D. be able to distinguish happiness from fun
20. What is the author trying to tell us?
  - A. Happiness often goes hand in hand with pain.
  - B. One must know how to attain happiness.
  - C. It is important to make commitments.
  - D. It is pain that leads to happiness.