



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1册)

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北京理工大学出版社

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《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,使学生不断加深对所学知识和技能的掌握与提高,为今后进一步学习英语打下扎实的基础。

根据高职高专英语课程设置的要求和特点,本教材共由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,最终使学生在听、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1册的学生用书,共10个单元,供大学一年级第一学期使用。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,听、说训练始终贯穿其中,使学生对即将学习的内容产生浓厚的兴趣。

2. Practical Reading

综合阅读部分。文章主题贴近学生生活,反映时代热点。每单元包括两篇课文以及相应的词汇、课内练习和课外练习。编者在设置练习时,认真分析了历年全国高等学校英语应用能力考试B级的实考试题,充分体现了学习、应用、备考三位一体的备考原则,能够很好地帮助高职高专学生通过高等学校应用能力考试。

3. Grammar

语法部分。语法项目都是在归纳近年英语应用能力考试B级实考试题的基础上选择的,所选实例大多是学生易错、易混淆的,具有很强的实用性和指导性。

4. Practical Writing

写作部分。写作内容的选择以英语应用能力考试B级的考点作为蓝本,一方面可以训练学生遣词造句的基本功,另一方面也可以培养学生阅读和模拟套写《基本要求》规定的常用应用文的能力。

5. Fun Time

课后欣赏部分。课后欣赏的内容十分广泛,有诗歌、谚语等。学生可以从中得到放松,并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1册由钟山职业技术学院外语系邢艳丽、任莉枫担任主编,第1、2单元由邢艳丽编写,第3、10单元由任莉枫编写,第4、9单元由翁丽新编写,第5、6单元由王伟伟编写,第7、8单元由许珂编写。

此外,为了方便学生参加应用英语能力等级考试,我们还在本书后附录了B级考试所需的词汇(根据难易程度分成了1级和2级),供学生复习时参考。

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

Education

教 育

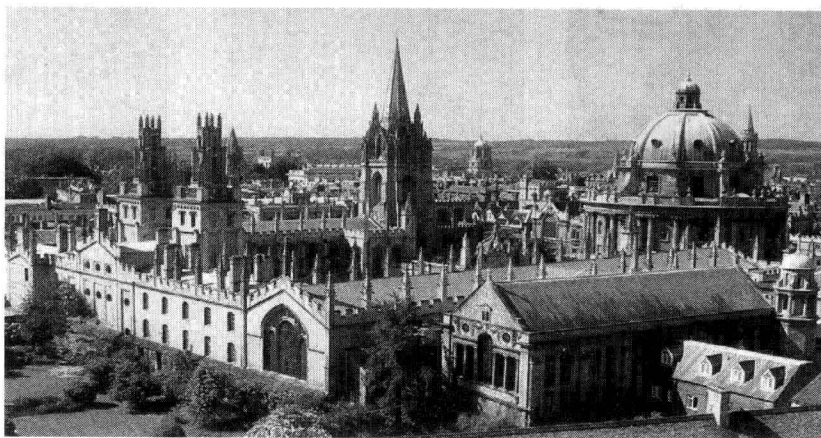
I. Lead In

1 Reading and Practising

Now you are a college student, happy and proud. Sure, in college you will have more time to spare, and sure, you will have to decide how to spend your own time and how to make the most of it. "I want to be cool at college," you may say. Good. Being cool is the first step. Now take the second: answering the following questions.

Please notice that the following questions are open with no right or wrong answers. You should work in pairs and ask each other the questions, while checking (✓) the answers and/or providing your own answers in the blanks.

What is your purpose of going to college?



My purpose

for my country
for my parents
to have a degree
to acquire more knowledge
to have a better future
to serve people better in the future
other purposes _____

My classmates' purpose

for the country
for parents
to have a degree
to acquire more knowledge
to have a better future
to serve people better in the future
other purposes _____

What does going to college mean to you?**To me it means**

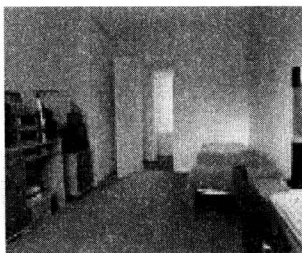
having more fun
making more decisions
learning as much as possible
a bright future
more than just getting a good grade

To my classmates it means

having more fun
making more decisions
learning as much as possible
a bright future
more than just getting a good grade

2 Answer the following questions.

- 1) What do you think living in a dorm is like?
- 2) Whom do you turn to for help when you have trouble in college? Why?
- 3) Do you think dorm life can benefit you?



II. Practical Reading

Text A

Surviving College Dorm Life

*We comfort you when you feel anxious ,
 We help you when you are in trouble ,
 We encourage you when you want to do something ,
 We are your roommates , and we stay with you forever .*

You will be entering a new time in your life from the home that you have known for years. Every student that goes to college and lives in a dorm does have their own **routines¹** and **daily life habits .** You will have to remember that living in a dorm will be like an over-sized **extension²** of a family, having to share space, bookshelves, bathrooms with those who will be strangers at first.

Learning to live in the same room can be exciting and frightening for those who have never lived away from home before. You and your roommates will need to sit down, and discuss about the arrangement **in regard to** the cleaning of your room. The sooner you **agree on a schedule³** that may include your work, the easier this **transition⁴** will be. A full-time student can **adjust⁵** easily **to** this type of situation because many classes, studying hours and extra **curriculum⁶** activities are scheduled for them. **Fitting** your personal lifestyle **into** these routines will not be so much of a challenge as one might think. However, this can be **treated as** a lifelong learning experience that will educate you and others about how to **interact⁷ with** strangers on a daily personal **basis⁸ .**

On the whole , dorm life is about **patience⁹ , compromise¹⁰ ,** and giving. **Be considerate¹¹** of your roommates and they **in return** will be considerate of your time, friends and space. Discuss and try to communicate what you **are upset¹² about** with your roommates and they will **give you a hand** when you are **in need .** **Keep in mind** that you can learn to live with almost anyone with an open mind and the **willingness¹³** to compromise.

New Words

- (1) **routine** [ru:'ti:n] *n.* 常规, 程序性工作 fixed and regular way of doing things
- (2) **extension** [iks'tenʃən] *n.* 延长, 扩展; 增加, 扩大 process or action of extending
- (3) **schedule** ['skedʒjul] *n.* 时间表, 时刻表 program of work to be done or of planned events; *v.* 将...列入进度表, 为...安排时间 arrange sth. for a certain time
- (4) **transition** [træn'ziʒən, -'sɪʃən] *n.* 过渡, 转变 changing from one state or condition to another
- (5) **adjust** [ə'dʒʌst] *v.* 调整, 使适应 become or make suited (to new condition); adapt
- (6) **curriculum** [kə'rikjuləm] *n.* (pl ~s or curricula) (全部的) 课程 subjects included in a course of study
- (7) **interact** [ˌɪntər'ækt] *v.* 互相作用, 互相影响 have an effect on each other
- (8) **basis** ['beɪsɪs] *n.* 基础 the main principle that underlies sth.; foundation
- (9) **patience** ['peɪʃəns] *n.* 耐心 ability to accept annoyance or suffering without complaints
- (10) **compromise** ['kɒmprəmaɪz] *n.* 妥协; 和解 giving up of certain demands in a dispute to reach an agreement which satisfies both to some extent *v.* 妥协, 以折中的方法解决分歧、争端 settle a dispute by making a compromise
- (11) **considerate** [kən'sɪdərɪt] *a.* 体贴的, 通情达理的 careful not to hurt others; thoughtful
- (12) **upset** [ʌp'set] *a.* 混乱的; 不安的
- (13) **willingness** ['wɪlɪŋnɪs] *n.* 愿意, 同意 having no objection to do sth.

Phrases and Expressions

- | | |
|---|----------------------------------|
| ① daily life habit 每日生活习惯 | ② in regard to 关于 |
| ③ agree on 就...达成一致 | ④ adjust to 适应..., 习惯于... |
| ⑤ fit... into/in... 使(空间、时间等)适合于 | ⑥ treat... as 把...当成 |
| ⑦ interact... with 相互影响 | ⑧ on the whole 整体上 |



⑨ be considerate of 周到的,为他人着想的

⑪ be upset about 担心...,牵挂...

⑬ in need 需要(帮忙)

⑩ in turn 反过来,作为回报

⑫ give sb. a hand 帮忙,给...提供帮助

⑭ keep...in mind 把...牢记在心

Text-Related Exercises

A. Group survey.

Work in groups of six and make a survey among the group members, trying to find out whether they treat it as an important experience to live in the dorm and make a list of principles to get along well with their roommates; finally ask those who once lived in the dorm to tell their dorm stories.

B. Choose the sentence that is the closest in meaning to the model.

- (1) Fitting your personal lifestyle into these routines will not be so much of a challenge as one might think.
 - A. Fitting one's personal lifestyle into others is very difficult.
 - B. It is a great challenge to be accustomed to the routines of dorm life.
 - C. It might be not very difficult as one think to adapt oneself to dorm life.
 - D. Dorm life is a great challenge for college students who are unwilling to change their lifestyle.
- (2) Keep in mind that you can learn to live with almost anyone with an open mind and the willingness to compromise.
 - A. Everyone likes to live with those people with an open mind and the willingness to compromise.
 - B. If you can remember that you have learned to live with other people, you will have an open mind.
 - C. Learning to live with other people should be kept in mind.
 - D. If you are open-minded and unselfish, you will learn to live with any people.
- (3) The rainforests cover no more than 7 per cent of the earth's surface.
 - A. The rainforests cover less than 7 per cent of the earth's surface.

- B. The rainforests cover not more than 7 per cent of the earth's surface.
 C. The earth's surface is covered by 7 per cent rainforests.
 D. The rainforests cover more than 7 per cent of the earth's surface.
- (4) If I had remembered to check the mailbox, I might have found your note.
 A. Since I forgot to look in the mailbox, I missed your note.
 B. I don't remember seeing anything when I went to check the mailbox.
 C. I remembered having checked the mailbox and found your note.
 D. I did not find your note although I checked the mailbox.
- (5) In that small town, I rarely see anything but familiar faces.
 A. In the small town, I seldom see any familiar faces.
 B. I almost know everyone in the small town.
 C. I am not familiar with the small town.
 D. The small town is my hometown.

C. Fill in the blanks with the expressions given below. Change the form if necessary.

open mind	on the whole	share with	be upset about
adjust to	interact with	more than	in return
personal lifestyle	in need		

- There has been a big change in her _____ since she moved to Shanghai.
- It is important for students to set up a personal study plan and do what they are supposed to _____ the scheduled time.
- He is a man of an _____.
- _____, I am satisfied with his progress.
- He _____ his mother's illness.
- Would you like to _____ your experience _____ the rest of the group?
- Some people with open personality can easily _____ their lives abroad.
- You are _____ welcome if you decide to stay with us.
- I sent him a bar of chocolate as a Christmas gift and he, _____, gave me a bunch of flowers.
- A friend _____ is a friend indeed.

D. Translate the following sentences from Chinese into English.

1. 我喜欢大海而他则喜欢高山。(while)

2. 在异国他乡生活对有些人来说确实是个挑战。(survive)

3. 我生病时你放下工作来照顾我,真是体贴入微。(considerate)

4. 她定于今晚乘飞机去伦敦。(schedule)

5. 我把他的话当成玩笑。(treat)

Text B**Education in Different Cultures*****Learning in China — Old Master in a New World*****Teachers Get Respect**

China is one country that truly celebrates Teachers' Day. The Chinese people celebrate it every year on September 10th. The Chinese **pay** huge **respect** to their teachers — past and present. The Chinese culture **places** very **high value on** age and **wisdom**¹, and the Chinese **term**² for the teacher is **literally**³ translated into old master.

A person does not have to be old to be an important teacher in Chinese society.

Confucius is considered the greatest old master. His teachings even **impact**⁴ other cultures — Western children learn the phrase “Confucius says...” and connect it with things considered to be wise.

Learning in Germany — Start Learning Young!

Did you go to kindergarten? Did you ever wonder why it was called by that funny-sounding name “kindergarten”?

Garden of Children

In 1837, a German education **pioneer**⁵ called Friedrich Frobel started the first kindergarten,



which means garden of children, as a place where **pre-school**⁶ children could learn, play, and grow together. Many Germans **mocked**⁷ at his ideas, but over time the kindergarten concept proved to work.

Today, kindergarten is **available**⁸ to German children aged from 3 to 6. Germany has **exceptional**⁹ education, and school is required for children from ages 6 – 15. Most Germans study English, and do not be surprised if they seem to speak it better than you do!



Learning in the United States — Land of Life-long Learning Choices

Generally speaking, the U. S. always leaves the door open for people to choose their education, **as long as** they come out with eight years of school and can pass **standard**¹⁰ tests in reading, writing and **arithmetic**¹¹.



In the U. S. most students go to public schools — paid for by public tax money. But if a student feels the public system is not right for them, there are plenty of **private**¹² schools, run by churches, **individuals**¹³, and private groups. Many of those schools use teaching methods that are **non-traditional**¹⁴, allowing students to mix with other age groups or even **focus**¹⁵ on **personal preferences**¹⁶ or talents.

In America, if you do not like the education your children receive at school, you can even choose to teach them at home. As long as they pass basic **annual**¹⁷ exams, anything goes!

New Words

- (1) **wisdom** ['wɪzdəm] *n.* 智慧, 才智 experience and knowledge; quality of being wise
- (2) **term** [tɜ:m] *n.* 某种语言, 选用的词 word or phrase used as the name or symbol of sth.
- (3) **literally** ['lɪtərəli] *ad.* 照字面意义地, 逐字地 in a literal manner; exactly
- (4) **impact** ['ɪmpækt] *v.* 对...产生影响 have an effect on sth.
- (5) **pioneer** ['paɪə'niə] *n.* 先驱, 倡导者 person who is the first to study or explore new area of (knowledge or land etc.)
- (6) **pre-school** *a.* 学龄前的, 早期的 of the time or age before a child is old enough to go to school

- (7) **mock** [mɒk] *v.* 嘲笑, 嘲弄 to make fun of sb./sth.
- (8) **available** [ə'veɪləbəl] *a.* 能提供的; 可利用的; 存在的 that can be used or obtained
- (9) **exceptional** [ɪk'sepʃənl] *a.* 例外的, 异常地; 杰出的, 优秀的 very unusual; outstanding
- (10) **standard** ['stændəd] *n.* 标准 thing used as a test or measure for weights, length, quality, etc.
- (11) **arithmetic** [ə'riθmətik] *n.* 算术 branch of mathematics that deals with calculations using numbers
- (12) **private** ['praɪvɪt] *a.* 私人的, 非国有的 belonging to or for the use of one particular person or group only; not state-controlled
- (13) **individual** [ˌɪndɪ'vɪdʒuəl] *a.* 个别的, 个人的 single, separate *n.* 个人, 个体 single human being
- (14) **non-traditional** *a.* 非传统的 not being tradition
- (15) **focus** ['fəʊkəs] *v.* 聚焦; 集中于某事 to be concentrated on sth.
- (16) **preference** ['prefərəns] *n.* 偏爱, 优先选择 liking for sth.
- (17) **annual** ['ænjuəl] *a.* 每年的, 一年一次的 happening every year

Phrases and Expressions

① pay respect to 尊重

③ mock at 嘲笑

⑤ as long as 只要

⑦ personal preference 个人爱好

② place value on 认为...有价值

④ generally speaking 一般说来

⑥ focus on 专注于

Text-Related Exercises

A. Decide on the best choice for each of the following questions according to the passage.

1. Teachers are called old masters in China because _____.

- A. teachers in China are usually old
B. teachers in China are highly valued
C. teachers in China are relatively older
D. teachers in China are senior citizens
2. Confucius is famous _____.
A. only in the United States
B. only in China
C. both in China and in the United States
D. neither in China nor abroad
3. The three "Rs" of American standard tests stand for _____ tests.
A. listening, speaking and reading
B. listening, reading and arithmetic
C. reading, writing and arithmetic
D. listening, speaking and writing
4. In Germany, the first kindergarten concept was _____.
A. laughed at
B. praised
C. accepted
D. encouraged
5. If the American students are not satisfied with the education in the public school, they can _____.
A. study at home
B. choose private school
C. complain to the government
D. both A and B

B. Translate the following sentences into Chinese.

1. The Chinese culture places very high value on age and wisdom, and the Chinese term for the teacher is literally translated into old master.

2. A person does not have to be old to be an important teacher in Chinese society.

3. Many Germans mocked at his ideas, but over time the kindergarten concept proved to work.
4. The U. S. has always left the door open for people to choose their education, as long as they come out with eight years of school and can pass standard tests in the three "Rs".
5. Many of those schools use teaching methods that are non-traditional, allowing students to mix with other age groups or even focus on personal preferences or talents.

Additional Exercises

1. Directions: There are 10 incomplete statements here. You are required to fill in each blank with the proper form of the word or words given in the blanks.

- (1) It is true that a duck can swim (well) _____ than a hen.
- (2) The other (advantage) _____ is her age and that is the reason she loses the chance.
- (3) The twins don't look at all (like) _____.
- (4) It is of no use (argue) _____ with him. You'd better obey his order.
- (5) He is adapted to (rise) _____ early. So am I.
- (6) You must wash your hands before (handle) _____ the new instrument.
- (7) He sold the house he (purchase) _____ only two years before.
- (8) Often we have to make a (choose) _____.
- (9) The bride looked quite (charm) _____ with the gown at the wedding ceremony.
- (10) This town (rank) _____ high among beautiful places.

2. Directions: There are 5 incomplete statements here. You are required to complete each one by choosing the appropriate one from the 4 choices.

- (1) I don't _____ that as a serious mistake.
A. recommend B. regard C. receive D. suggest
- (2) A bottle weight more after air is put in. _____ proves that air has weight.
A. We B. It C. Which D. What
- (3) _____ people say, I am sure that he is innocent.