



高职高专规划教材

# 高职英语

## 综合教程 3

《高职英语》编写组 编  
(美) Eve Bower 审

ENGLISH

ENGLISH

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主要内容

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## 内 容 提 要

《高职英语》是依据教育部颁布的《高职高专教育英语课程教学基本要求》和《高等学校英语应用能力考试大纲》编写而成的，是供高职高专学生使用的大学英语系列教材。

全套教材共分四册，每册包括《高职英语综合教程》（附赠光盘）、《高职英语综合练习》（附赠光盘）和《高职英语教师参考书》三个分册。本书为《高职英语综合教程3》。全书共分10个教学单元。每个教学单元主要由听说技能部分、综合运用和泛读材料部分和写作部分四个板块组成。

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## 前言

# Preface

高职高专规划教材《高职英语》是依据教育部颁布的《高职高专教育英语课程教学基本要求》和《高等学校英语应用能力考试大纲》编写而成的，是供高职高专学生使用的大学英语系列教材。本套教材的培养目标是学生实际应用语言的能力，具体涉及四个方面：1. 一定的英语基础知识和技能；2. 阅读和翻译有关英语资料的能力；3. 进行简单日常会话的能力；4. 模拟套写简单英语应用文的能力。本套教材分一至四册，每册包括《高职英语综合教程》(附赠光盘)，《高职英语综合练习》(附赠光盘)和《高职英语教师参考书》三个分册。

《高职英语综合教程》一至四册，每册有10个教学单元。每个教学单元从话题导言(Topic Introduction)开始，由四个板块组成。第一板块为听说技能部分(Listening Comprehension and Speaking Development)，围绕教学单元的主题展开，力求使学生在听、说两方面进一步得到训练，包括对话(Dialogues)、听写填空(Spot Dictation)、常用句型及表达(Useful Sentences and Expressions)等内容。第二板块为综合运用(精读)(Intensive Reading)，包括课文、词汇(Vocabulary)、短语及常用表达(Phrases & Expressions)、课文阅读理解(Comprehension Check)等内容，其中写作训练(Writing Work)自第二册开始。第三板块为泛读材料(Extensive Reading)，由课内



阅读 (In-Class Reading) (配阅读理解练习题)、课外阅读 (Complementary Reading) (为课外补充阅读材料, 可不做课堂讲解)等内容组成, 选材与综合运用部分一致, 强化学生的阅读能力。第四板块为写作 (Writing) 此外部分单元还补充了快乐学习 (Merry Learning) 和拓展学习 (Learning More)。阅读材料都注明了字数, 便于学生自测阅读速度。

《高职英语综合练习》为同步编写的系列配套用书, 旨在帮助学生深入透彻地了解 and 掌握《高职英语综合教程》中每个单元应该掌握的语言知识、语法知识、写作知识、翻译知识和阅读知识, 进一步巩固和拓展学生的英语语言基本知识和技能, 培养学生课外自学的能力和自觉意识, 强化学生阅读、翻译和写作等实际运用英语语言的能力。练习兼顾《高职英语综合教程》中语言知识点的复习和巩固, 注重语言应用能力的培养。编写的原则是: 基于课文, 难易适度, 以点带面, 学练结合, 引导学生循序渐进。保持与教材的统一性和延续性, 每个单元主题都延续了教材中的单元主题, 练习设计从高职高专学生的实际英语水平出发, 紧密结合高等学校英语应用能力考试的特点和题型, 形式多样。每个单元一般分为六个部分: 1. 听力理解; 2. 词汇操练; 3. 语法巩固; 4. 阅读理解; 5. 翻译训练; 6. 模拟套写。

《高职英语教师参考书》为教师提供每单元的相关背景知识、难句解释、语言点释例、补充材料、课文参考译文和练习答案以及听说技能训练部分中的听力原文。

一本好的英语教材, 应该同时注重知识(Knowledge)、技能(Skills)、技巧(Techniques)三个范畴。知识范畴包括四个方面: 词汇(Vocabulary)、语法(Grammar)、语篇(Discourse)和文化背景(Cultural Background)。技能范畴包括: 听(Listening)、说(Speaking)、读(Reading)、写(Writing)。技巧范畴包括两个方面: 学习技巧(How to Learn)和考试技巧(How to Take Tests)。本教材注重均衡配合, 全面发展。

为了更好地体现高职高专层次公共英语教学的特点和要求, 真正做到以学生为主体, 从学生的实际和需要出发, 本套教材在编写体例、教材结构、课堂教学等多



方面体现了如下原则和特点:

1. 实践“模仿—记忆—思考—表达”的教学模式,用学母语的方法学外语,让学生接触规范地道的英语,从模仿入手,杜绝错误、别扭的中式英语;了解如何用简单的常用词汇表达复杂的意思和思想。

2. 坚持“内容教育”。突出主题学习,为学生提供了大量自主学习和创造性学习的实用语言资料,使英语应用能力的培养始终贯穿于教学当中,强调在语境中学习语言,让学生了解语言是文化的载体,潜移默化地了解文化差异。

3. 紧密结合教学大纲要求和课堂教学实际,从高职高专英语教学现状出发,按学生实际情况(如阅读量不足、知识面窄)和培养目标选编教学材料,适应学生入学时的英语水平和就业后的应用需要。选材广泛,教学任务量适中。不再让教师成为课堂的绝对中心,而是学生学习的引导者和课堂教学的组织者。力求最大限度地调动学生课堂参与的积极性,让学生得到充分的训练,扩充知识面,实现“任务型学习”和“自主学习”,练习部分兼顾了高等学校英语应用能力考试,适应学生考试需要。

4. 体例新颖。采用综合本形式和板块式结构,听读并重,循序渐进,坚持表达优先,强化表达训练。在听说训练方面注重学生日常交流能力的培养,精读和泛读的内容围绕一个主题训练学生的综合技能,写作部分注重写作方法、写作技巧和日常应用文的练习,使学生的听、说、读、写及英语综合运用能力得以同步提高;按照“欣赏—模仿—精听—表达—强化阅读—拓展阅读”的顺序构建教学体系。内容多选自最新的报纸、杂志和网络,文章可读性和趣味性强,形式活泼,充分体现时代特征,是真正的“活”英语,并渗透对学生人生观、世界观和价值观的教育。

5. 突出实用、系统、丰富、新颖和适用的原则。“实用为主,够用为度”,融知识性、趣味性、实用性为一体,让学生“学一点,会一点,用一点”。“学用结合,为用而学”,构建更为实用合理的英语教学模式,使学生课堂学习时有兴趣,课后自主学习有目标,循序渐进地提高听、说、读、写、译等各项能力。



《高职英语》系列教材主编由吴大可（河北石油职业技术学院）担任，主审由美籍专家 Eve Bower 担任。

《高职英语综合教程3》主编为薛君彦（渤海石油职业学院）、庄玮（克拉玛依职业技术学院），参加编写的还有：刘胜坤（渤海石油职业学院）、贾丽珍（渤海石油职业学院）、钟蜀玲（克拉玛依职业技术学院）、廖莎莎（克拉玛依职业技术学院）、周何（河北石油职业技术学院）、田丽（河北石油职业技术学院）、丁志刚。在本书的编写过程中，美籍教师 Sharon Gralapp、Gregg Vossler 对本书的内容提出了宝贵意见和建议，在此表示感谢。

由于编者经验与水平所限，书中不足与疏漏之处在所难免，恳请广大读者批评指正。在编写过程中我们参阅了大量的国内外相关资料，借鉴了一些很有价值的文章，在此向有关机构、作者和资料的提供者一并致以诚挚的谢意。

编者

2009年1月

# Contents

## Unit 1 Work to Live or Live to Work?

- Topic Introduction ..... 1
- Section A Listening Comprehension and Speaking Development ..... 2
- Section B Intensive Reading ..... 7
  - Do You Work for Happiness or for Money? ..... 7
- Section C Extensive Reading ..... 16
- Writing Poster ..... 21
- Merry Learning ..... 23

## Unit 2 Hobbies and Interests

- Topic Introduction ..... 24
- Section A Listening Comprehension and Speaking Development ..... 25
- Section B Intensive Reading ..... 29
  - Collectibles and the Art of the Hobby ..... 29
- Section C Extensive Reading ..... 38
- Writing Notice and Announcement ..... 43
- Merry Learning ..... 45





### Unit 3 Sports and Games

■ Topic Introduction .....	46
■ Section A Listening Comprehension and Speaking Development.....	47
■ Section B Intensive Reading – NBA: Palace for Basketball Players.....	56
■ Section C Extensive Reading .....	66
■ Writing Letter of Congratulation .....	73
■ Merry Learning .....	75

### Unit 4 Seeing a Doctor

■ Topic Introduction .....	76
■ Section A Listening Comprehension and Speaking Development .....	77
■ Section B Intensive Reading – First Aid.....	80
■ Section C Extensive Reading .....	87
■ Writing Letter of Apology .....	92
■ Merry Learning .....	94

### Unit 5 At the Post Office

■ Topic Introduction .....	95
■ Section A Listening Comprehension and Speaking Development.....	96
■ Section B Intensive Reading – Supply Chain Solutions of UPS.....	100
■ Section C Extensive Reading .....	107
■ Writing Letter of Advice .....	112
■ Merry Learning .....	114



## Unit 6 At the Bank

■ Topic Introduction .....	115
■ Section A Listening Comprehension and Speaking Development .....	116
■ Section B Intensive Reading – Credit Cards .....	121
■ Section C Extensive Reading .....	128
■ Writing Letter of Inquiry .....	137
■ Merry Learning .....	138

## Unit 7 At the Airport

■ Topic Introduction .....	139
■ Section A Listening Comprehension and Speaking Development .....	140
■ Section B Intensive Reading – Getting to the Airport .....	146
■ Section C Extensive Reading .....	154
■ Writing Letter of Application .....	158
■ Merry Learning .....	162

## Unit 8 Résumé

■ Topic Introduction .....	163
■ Section A Listening Comprehension and Speaking Development .....	164
■ Section B Intensive Reading – Personality and Career Options .....	168
■ Section C Extensive Reading .....	174
■ Writing Résumé/Curriculum Vitae I .....	182
■ Merry Learning .....	185



### Unit 9 Job Hunting

115	Topic Introduction .....	186
116	■ Topic Introduction .....	186
121	■ Section A Listening Comprehension and Speaking Development .....	187
128	■ Section B Intensive Reading – Your Ideal Job: A Click Away .....	190
127	■ Section C Extensive Reading .....	197
138	■ Writing Résumé/Curriculum Vitae II .....	206
	■ Merry Learning .....	210

### Unit 10 Job Interview

139	Topic Introduction .....	211
140	■ Topic Introduction .....	211
146	■ Section A Listening Comprehension and Speaking Development .....	212
154	■ Section B Intensive Reading – How to Prepare for an Interview .....	216
158	■ Section C Extensive Reading .....	222
163	■ Writing Letter of Recommendation .....	229
	■ Merry Learning .....	232

	■ Vocabulary .....	233
	■ Phrases & Expressions .....	247



# Work to Live or Live to Work?



## Topic Introduction

In modern society work is regarded as the primary human activity. For most of us, work is the most important means of survival. A person's standard of living and his place in society mainly depends on what kind of job he does. That does not mean we should do any job that is given to us so long as we are paid for what we do. The ideal situation is that we do the kind of job that we know is worth doing and that also gives us lots of satisfaction. When work is a pleasure, life is a joy. When work is a duty, life is slavery. We don't live to work but work to live.

Section A



Listening Comprehension and  
Speaking Development

Part I Dialogues

Task 1

**Directions:** This section is to test your ability to understand short dialogues. After each dialogue, there is a recorded question. Both the dialogues and questions will only be spoken once. When you hear a question, you should decide on the right answer from the four given choices marked A, B, C and D.

1. A. 38 hours    B. 40 hours    C. 42.5 hours    D. 45 hours
2. A. She's so happy they don't have to work on Friday.  
B. It would be nice if they could finish their work on Friday.  
C. She wonders if the man would be nice enough to come in to work in her place on Friday.  
D. It's too bad they must work on Friday.
3. A. They are going on strike.  
B. They are lying down on the job.  
C. They are being released from their jobs.  
D. They are relaxing too much at the factory.
4. A. She worked late at a conference.  
B. Her meeting was canceled.  
C. She called a conference at work.  
D. She was late to a conference.
5. A. Management will offer to pay raises on Friday.  
B. The policy has not yet been decided.



- C. The manager is full of hot air.  
D. The plane has not yet landed.
6. A. He made money at first.  
B. He can't sell books.  
C. He and his boss get along well.  
D. He prefers to be a fireman.
7. A. To return home.                      B. To retire.  
C. To go on holiday.                      D. To be fired.
8. A. She enjoys to be a secretary.  
B. She has better choice.  
C. She needs the salary.  
D. J. D. is a very famous company.
9. A. secretary    B. teacher    C. nurse            D. sales clerk
10. A. The man would understand if he had Frank's job.  
B. Frank could help him get a job on an airplane.  
C. Waiting on tables is an enjoyable job.  
D. She is tired of always waiting for him.

## Part II Spot Dictation

**Directions:** In this section you will hear a recorded passage. You are required to fill in the blanks. The passages will be read two times. Now the passage will begin.

\_\_\_\_\_ job changes are not especially bad and not especially good. It depends on the \_\_\_\_\_. You may be setting your own standards of work which could be in conflict with those of your employer. This, of course, leads to \_\_\_\_\_ and dissatisfaction on the part of both you and your \_\_\_\_\_. More often, it is time to leave a situation where your values are not \_\_\_\_\_ with those of the company you are with. Either you reconsider your own values and standards so that they are more acceptable to others, or you keep moving toward some \_\_\_\_\_ that will enable you to \_\_\_\_\_ the high standards you set for yourself.

## Useful Sentences and Expressions

1. We don't live to work, but work to live. 我们活着不是为了工作, 但工作是为了活着。
2. You can't work too hard. 工作累不死人的。
3. Work experience adds value. 工作经验即财富。
4. In order that people may be happy in their work, three things are needed: they must be fit for it; they must not do much of it; and they must have a sense of success in it. (John Ruskin, British writer) 为了使人们在工作的时候感到快乐, 必须做到以下三点: 他们一定要胜任自己的工作; 他们不可做得太多; 他们必须对自己的工作有成就感。(英国作家, 约翰·罗斯金)
5. To do great work a man must be very idle as well as very industrious. (Samuel Buber, American educator) 要从事伟大的工作, 一个人必须既非常勤奋又非常空闲。(美国教育家, 塞缪尔·勃特勒)
6. Always stand on your ground and defend your work if you think you have done a good job. 如果你认可自己的工作表现, 一定要坚持立场, 捍卫自己的工作。
7. Suppose you won \$20 million in the lottery, would you still work?  
假如你彩票中奖2千万美元, 你还会工作吗?
8. How much do you enjoy your job?
9. What do you think your ideal job should be?
10. How important is job satisfaction to you?
11. What are your opinions about choice of careers and job opportunities in China today?
12. Are you doing the job you want to do at the time?
13. Do you know what you really want to go in for as a career?
14. Why are you doing the job you are doing?
15. What is most important to you in your job? Interest in the job itself? The pay? The working conditions? The people you work with or the prospects for promotion?
16. What do you dislike most about your job?



17. What kind of job are you interested in? - A desk job (clerical, office work, receptionist), a caring profession (nursing, medicine), a communication position (public relations, journalism, etc. ), a uniformed job (police, army, air force, etc. ), a technical position (electrician, computer programmer), a teaching position, or commercial work?
18. As long as I earn a lot of money, I don't care what job I do.
19. I'm determined to get the job I am interested in.
20. I don't mind being unhappy at work as long as I enjoy my home life.
21. I don't expect I'll ever enjoy my work very much.
22. I'd like to do the kind of job which offers good working conditions and prospects for promotion.
23. I'm determined to give full play to my talent.
24. What is most important to you in your ideal job? - Security, satisfaction, excitement, or good working conditions (including the pay, hours, holidays, etc. )?
25. How many of the people you know do you think are happy in their work?
26. What do you think prevents people from taking up the careers of their own choice? - Lack of education, lack of opportunity, lack of ambition, lack of determination, lack of guidance, or lack of information?
27. To what extent do you think your time at school helped you or will help you to get the job you want? A lot? Not much? Not at all?
28. We can't all expect to get the jobs we want.
29. Do you think you will get your ideal job one day? - If I try hard enough. / If I wait long enough. / If someone discovers me.
30. What do you think is the most important factor that influences one's choice of a career? Family background? Educational qualifications / background? Or personality and ability? 你认为影响个人择业的最主要因素是什么? 家庭背景、学历, 还是个性和能力?
31. What do you think is the best way to get a job? Looking through





1. newspaper advertisements? Writing to companies? Going to job markets? Asking your parents' friends? Making a good impression at the job interview?
32. What sort of career opportunities are there for young people in China?
33. What sort of jobs are open to women in China? Nowadays we find women in nearly all careers.
34. People should be allowed to change jobs whenever they like.  
只要自己乐意, 应当允许人们换工作。
35. It is difficult these days for a young person to find a well-paid job.
36. If you are an employee, you have to do what your boss tells you.
37. It is wise to choose a career before leaving school.
38. I'm not qualified to do a different job.
39. What do you do/ plan to do for a living?
40. What do you expect from a job? 你对工作有什么样的期望?

### Related Vocabulary

paycheck / hours of work / journey to and from work / physical working conditions / relationship with colleagues / relationship with boss / work efficiency / chances of promotion / pay day