

College English Textbook Series

大学英语系列教材

—— 总主编 李小辉 张梅 主审 欧玲 ——



NEW ERA 新时代

大学英语视听教程

1

主 编 / 周 梅 刘世平
副主编 / 郭丽静 黄晓莉

College English Listening 1



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内容提要

《新时代大学英语视听教程 1》按主题编写,共 10 个单元。每一单元包含两大部分。第一部分为引入部分,由听写(Dictation)、主题讨论(Discussion)和视频观看(Video Watching)构成。其中听写部分按循序渐进的原则,从短句听写,到长句听写,逐渐过渡到短文听写。视频部分为学生提供了相关文化背景和词汇表等信息,配有选择题和简答题两种听力题型,用以检测学生对视频材料主旨和细节的把握。此外,学生还需完成和视频主题相关的写作任务。本书第二部分为听力实践部分。此部分包含各种听力技巧的详细讲解和大量的听力实践练习,包括短对话(Short Conversations)、长对话(Long Conversations)、新闻报道(News Reports)和学术演讲(Lecture Listening)。本教材选用真实、新颖、地道的语料,贴合时代脉搏,贴近学生生活,充分利用现代信息技术,将视、听、说、读、写相结合,旨在通过真实的语境、地道的语言、灵活多样的练习形式和丰富生动的内容来提高大学生英语视听兴趣,促进其语言综合能力、批判思维能力和跨文化交际能力的提升。

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前言

《国家中长期教育改革和发展规划纲要(2010—2020年)》明确提出要“提高我国教育国际化水平”,培养“大批具有国际视野、通晓国际规则、能够参与国际事务和国际竞争的国际化人才”。学好英语,是学生将来参与国际事务与国际竞争的重要基础。

《新时代大学英语视听教程》以习近平新时代中国特色社会主义思想为指导,以国家最新颁布的《中国英语能力等级量表》为依据,强调教材选材的思想性、真实性。结合目前大学生自身英语视听能力急需加强的现实,本教材充分利用现代化教学手段,采用视、听、说、读、写相结合的方法,旨在通过真实的话题、地道的语言、灵活多样的练习和丰富生动的内容来提高学生的英语综合应用能力。编写特色如下:

一、强调选材主题的思想性

本套书的主题既关注大学生生活与学习,又贴近社会热点。强调在提高语言技能的同时,拓展学生的视野,培养学生的批判性思维能力及跨文化交际能力,提升学生的情怀。

二、注重选材的真实性和时效性

所选音频和视频材料贴近现实生活,以思想有一定高度、政治正确、能够启发学生思考的原版资料为主要编写素材。

三、突出听力技巧训练

第1册强调英语听力技巧训练,涉及数字计算,因果关系判断,场景判断,方向判断,说话人态度判断,请求及反应判断,计划及行动判断,职业、身份与人物关系判断,对照对比判断,根据语音语调、重音、上下文等信息推测判断等,每个单元一个技能。第2册以综合听力技巧贯穿全书。

四、遵循《中国英语能力等级量表》中对视听的要求

本教材无论在视听训练的内容和范围,还是材料的长度和难度上,都力求做到与《中国英语能力等级量表》中5、6级的视听要求一致,认真筛选、精心设计,力求让学生通过本教材的学习,熟悉并了解国内外英语听力测试的最新题型和考试模式,掌握应试技巧,体验考试带来的挑战和乐趣。

五、兼顾课堂教学和自主学习

本教材兼顾课堂教学和自主学习,部分内容可供学生课外自主学习使用。

六、按由近及远、由浅入深的原则安排主题内容

第1册的主题涉及学生的学习和生活,第2册的主题涉及当前人类社会关注的热点问题。两册的难度呈阶梯状上升。

七、凸显图文并茂、版式新颖的特色,注重现代教育技术的应用

《新时代大学英语视听教程》两册配有大量与主题相关的图片,为语言学习提供了生动形象的训练情景,增加了学生英语学习的兴趣性和体验性。同时,教材中的所有视听材料都配有二维码,学生可以通过手机扫描二维码进入视听训练,从而实现真正意义上的移动学习。

《新时代大学英语视听教程》分1、2两册,每册按主题设计安排10个单元。在教材的编写过程中,编者参阅了大量的视听真实材料,选择既符合教学要求,又体现真实语言应用的素材。在此,谨向原材料编者致以衷心的感谢!

由于时间仓促,水平有限,书中难免存在一些不足和缺点,敬请各位同仁和同学不吝批评指正,以便再版时修订,使之日臻完善!

编者
2018年6月

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Unit One

College Experiences



Section A

⇒ Part One Lead in



1 Sentence Dictation

Directions: In this part, you'll listen to five sentences. Each sentence will be read three times. Write down the sentences according to what you've heard on the lines provided below.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

2 Discussion

Directions: Please discuss the following questions in small groups.



- 1) What do you expect from your college as a freshman?
- 2) Have you joined any student clubs? Why or why not?

⇒ Part Two Video Watching

1 Cultural Notes

Directions: Read the following short passage related to the video you are going to watch.

Procrastination

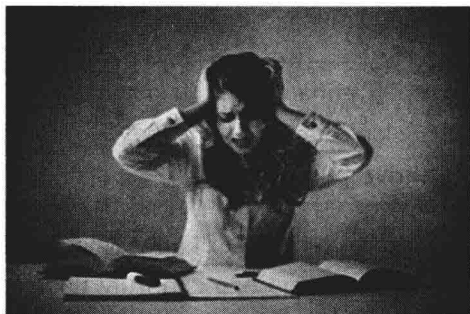
Procrastination is the avoidance of doing a task that needs to be accomplished. It is the practice of doing more pleasurable things in place of less pleasurable ones, or carrying out less urgent tasks instead of more urgent ones, thus putting off impending (迫切的) tasks to a later time. Sometimes, procrastination takes place until the “last minute” before a deadline. Procrastination can take hold on any aspect of life—putting off cleaning the stove, repairing a leaky roof, seeing a doctor or dentist, submitting a job report or academic

assignment or broaching (谈起) a stressful issue with a partner. Procrastination can lead to feelings of guilt, inadequacy, depression and self-doubt.

In a study of academic procrastination from the University of Vermont, 46% of the subjects reported that they “always” or “nearly always” procrastinate writing papers, while approximately 30% reported procrastinating studying for exams and reading weekly assignments (27.6% and 30.1% respectively). Nearly a quarter of the subjects reported that procrastination was a problem for them, regarding the same tasks. However, as many as 65% indicated that they would like to reduce their procrastination when writing papers and approximately 62% indicated the same for studying for exams and 55% for reading weekly assignments.

Another study showed that “52% of surveyed students indicated having a moderate to high need for help concerning procrastination.” It is estimated that 80%–95% of college students engage in procrastination, and approximately 75% consider themselves procrastinators. In a study performed on university students, procrastination was shown to be greater on tasks that were perceived as unpleasant or as impositions (强加) than on tasks for which the student believed he or she lacked the required skills for accomplishing the task.

For some people, procrastination can be persistent and tremendously disruptive (破坏的) to everyday life. For these individuals, procrastination may be symptomatic (有症状的) of a psychological disorder. Procrastination has been linked to a number of negative associations, such as depression, irrational behavior, low self-esteem, anxiety and neurological (神经学) disorders such as ADHD. Others have found relationships with guilt and stress. Therefore, it is important for people whose procrastination has become chronic (慢性的) and is perceived to be debilitating (使人衰弱) to seek out a trained therapist (治疗专家) or psychiatrist (神经病医生) to see if an underlying mental health issue may be present.



2 General Comprehension



Directions: This part contains 5 multiple choice questions based on the following video clip. You should select the best answer to each question. Before you watch the video, study the words and expressions in the table below. The video clip will be played twice. When it is played for the first time, you should pay attention to the main idea and answer some general comprehension questions. When it is played for the second time, you should focus on the important details and answer some specific comprehension questions.

❖ Glossary

1) procrastination [prəʊ,kɹæstɪˈneɪʃn] n. 拖延症	4) freaking [ˈfrikɪŋ] adv. 非常, 十分
2) tackle [ˈtækəl] v. 着手处理	5) assignment [əˈsaɪnmənt] n. 任务
3) thrive [θraɪv] v. 兴盛	6) strategy [ˈstrætədʒi] n. 策略

- 1) Why is it critical to know what kind of student you are in order to beat procrastination?
A. Because no one can truly understand you.
B. Because you can make your own choice.
C. Because useful tips are barely accessible.
D. Because others may feel reluctant to help.
- 2) What is NOT the feature of the first type of students?
A. They usually plan the steps in advance.
B. They get tasks done way before deadlines.
C. They work late with high efficiency.
D. They have quite strong self-discipline.
- 3) When can the second type of students sit down and get to work?
A. When they feel the peer pressure.
B. When deadlines are approaching.
C. When there isn't any distraction.
D. When they are truly in work mode.
- 4) If you are not one of the second type of students, you are advised to _____.
A. make a change to yourself
B. learn from the second type
C. ignore others' suggestions
D. accept who you really are
- 5) What's author's attitude towards these two types of students?
A. She disapproves of the first type.
B. She is neutral to either of them.
C. She is doubtful about both of them.
D. She disapproves of the second type.

3 Detailed Comprehension

Directions: Answer the following questions briefly according to the content of the video you have just watched.

- 1) Why does the author choose procrastination as the topic?

- 2) What should students do if their current study method doesn't work out well?

- 3) What is suggested if students need more specific strategies to beat procrastination?

4 Video-Based Writing

Directions: In this part you are required to write an essay of no less than 120 words based on the video above. Write a short summary of the video and make comments on it.

The Importance of Time Management in College

Section B

⇒ Part One Listening Skills: Directions

日常生活中,问路是我们用英语交流时常常碰到的语境,以下为问路时的常用表达法。

Questions	Answers
Where is...?	Turn right./Turn left.
Where's the nearest...?	It's on the right/left.
How do/can I get to...?	Go straight for...blocks.
Is there a... near here?	It's next to/beside/before/across from/on the
Is there a... close by/around here?	opposite side of/opposite to... / between/on
Could you give me directions to...?	this side of/at the end of/in front of/across the
What direction should I follow to get to...?	road from/round the corner from...
How far is it to...?	It faces...
Am I near... /close to...?	Come off the motorway/highway at Junction/
How long will it take?	Exit 12.
What's the easiest/quickest way to get to...?	
Could you give me the simplest directions to...?	
Is this the shortcut?	

➡ Example

You will hear:

Man:Excuse me, what's the quickest way to get to the Palace Museum?

Woman:You can take the subway. Go straight for one block and the station is opposite to the bus stop.

Question:How can the man get to Palace Museum?

You will read:

A. By walking.

B. By bus.

C. By subway.

D. By taxi.

女士建议男士坐地铁,但到地铁站要先直行,走一个街区。地铁站就在公交车站的对面。从句意中得知答案应为 C 项。

Part Two Listening Practice



1 Short Conversations

Directions: In this section, you will hear 8 short conversations. At the end of each conversation, a question will be asked about what was said. Both the conversation and the questions will be spoken only once. After each question there will be a pause. During the pause, you must read the four choices marked A, B, C and D, and decide which is the best answer.

- 1) A. The grocery store is far away from the street.
B. The grocery store is on the opposite side.
C. The grocery store is on the right side of the street.
D. There is no grocery store here.
- 2) A. It's on the Eleventh Avenue.
B. It's across the central park.
C. It's beside the central park.
D. It's on the Evening Avenue.
- 3) A. It's on the right side of Maple Street.
B. It's two blocks from the Maple Street.
C. It's on the left side of the street where the man is.
D. It's half a block from the street where the man is.
- 4) A. Go down the street for half a mile.
B. Go straight down to the end of the street.
C. Turn right then go straight down the street.
D. Go a mile and a half down the street then turn right.
- 5) A. Drive to Jackson Street then turn right.
B. Turn right in the middle of the park.
C. Drive across the park.
D. Turn left on the Jackson Street.
- 6) A. Go to the second light and turn right, then go to the third stop sign.
B. Go to the third light and turn left, then go to the second stop sign.
C. Go to the second light and turn left, then go to the third stop sign.
D. Go to the third light and turn right, then go to the second stop sign.
- 7) A. He wants to know how to get to the City Hall.
B. He wants the woman to guide him to the City Hall.
C. He wants to know his location.

- D. He wants to buy a map.
- 8) A. She does not know the place the man asks.
B. She comes to the petrol station for the first time.
C. She does not know where the police station is.
D. She does not want to tell the man the direction.

2 Long Conversations

Directions: In this section, you will hear 2 long conversations. At the end of each conversation, some questions will be asked about what was said. Both the conversation and the questions will be spoken only once. After each question there will be a pause. During the pause, you must read the four choices marked A, B, C and D, and decide which is the best answer.

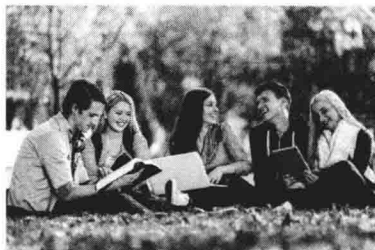
➤ Conversation One

A. Group work: Please discuss the following issue in small groups.

When a student wants to rent an apartment while studying abroad, he is likely to consider the following factors:

- The surroundings of the place
- Monthly rent

Now work in small groups and try to find out some other factors.



B. Listening

Directions: First study the words and expressions in the table below. Then listen to the conversation and select the best answer to each question.



❖ Glossary

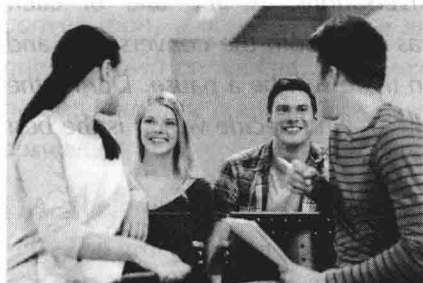
1) vacancy [ˈveɪkənsi] n. 空房	4) sauna [ˈsəʊnə] n. 桑拿浴
2) cut corners 节省开支	5) adjacent [əˈdʒeɪsnt] adj. 邻近的
3) lease [li:s] n. 租约	

- 1) A. To sign a lease with the lady.
B. To rent an apartment.
C. To pay the deposit.
D. To check the apartment.
- 2) A. A recreation area and a swimming pool.
B. Saunas and basketball courts.
C. Tennis courts and a recreation area.
D. Basketball courts and a swimming pool.

- 3) A. He has to wash dishes himself.
 B. He has to share the cost with his girlfriend.
 C. He doesn't need to sign a lease.
 D. He doesn't need to pay too much deposit.

➡ Conversation Two

A. Pair Work: Please discuss the following questions with your partner.



- 1) What is your major? Do you like it or not? Why?
 2) What factors do you consider important when you choose your major?



B. Listening

Directions: First study the words and expressions in the table below. Then listen to the conversation and select the best answer to each question.

❖ Glossary

1) ecology [i'kɒlədʒi] <i>n.</i> 生态学	5) BS 理学学士
2) elective [i'lektiv] <i>n.</i> 选修课程	6) buck [bʌk] <i>n.</i> (美)钱, 元
3) gainful ['geɪnfl] <i>adj.</i> 有利益的	7) bulletin board ['bulitin bɔ:d] 布告牌; 电子公告栏
4) BA 文学学士	

- 4) A. Compulsory courses. B. The courses of Business Administration.
 C. Elective courses. D. The courses of Ecology.
- 5) A. Because it's an elective for her.
 B. Because she needs it for her BS program.
 C. Because it seems interesting and important.
 D. Because she will work for a green company.
- 6) A. Forty-five dollars. B. Under thirty dollars.
 C. Forty dollars. D. Under thirty-five dollars.
- 7) A. He feels many majors have a lot of promise to make money.
 B. He has chosen business administration to be his major.
 C. He'd like to use a second-hand textbook.
 D. He really enjoys university life.

3 News Reports

Directions: In this section, you will hear 3 news reports. At the end of each report, you will hear some questions. Both the report and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A, B, C and D.



➡ News Report One

❖ Glossary

1) valid ['vælid] <i>adj.</i> 有效的	5) standardized ['stændədaɪzd] <i>adj.</i> 标准化的
2) assessment [ə'sesmənt] <i>n.</i> 评估	6) representative [,reprɪ'zentətɪv] <i>n.</i> 代表
3) approach [ə'prəʊtʃ] <i>n.</i> 方法	7) demonstrate [,dɛmə'n'stret] <i>v.</i> 展示, 证明
4) measurement ['meʒərmənt] <i>n.</i> 测量	

- 1) A. It contains various standardized examinations.
B. It can evaluate student's theoretical knowledge.
C. It provides abundant rubrics and suggestions.
D. It aims to measure practical skills and capacities.
- 2) A. They couldn't reflect the real situation of knowledge learning.
B. They couldn't evaluate whether a student can apply knowledge.
C. They couldn't tell how much a student knows about one subject.
D. They couldn't offer enough tests of multiple-choice questions.
- 3) A. 4, 200. B. 40, 200. C. 42, 000. D. 4, 020.



➡ News Report Two

❖ Glossary

1) Nova Southeastern University (NSU) 美国诺瓦东南大学	6) cereal ['sɪriəl] <i>n.</i> 谷物
2) Recyclemania 美国与加拿大高等院校之间关于垃圾管理与回收的比赛	7) ziploc ['ziplɒk] <i>n.</i> 密封塑料袋
3) Green Sharks 诺瓦东南大学的环保组织	8) sustainable [sə'steɪnəbl] <i>adj.</i> 可持续发展的
4) recycle [ri'saɪkəl] <i>vt.</i> 回收利用	9) sustainability [sə'stenə'bɪlɪti] <i>n.</i> 持续性
5) eco-friendly ['i:kəu'frɛndli] <i>adj.</i> 对环境友好的	10) initiative [,ɪnɪ'etɪv] <i>n.</i> 倡议

- 4) A. Students know well the sustainable initiatives on campus.
B. NSU students are actively participating in green activities.
C. NSU's ultimate goal in the Recyclemania is to rank higher.
D. NSU's goal is to promote waste recycling and management.
- 5) A. March 15. B. March 20.
C. March 26. D. March 28.
- 6) A. Individuals can contribute to the ecosystem via recycling.
B. A thrown away straw can bring great harm to a sea creature.
C. The majority of citizens lack adequate recycling knowledge.
D. We humans can connect ourselves with other species daily.



➡ News Report Three

❖ Glossary

1) Odessa [əu'desə] n. 奥德萨市(美国得克萨斯州城市)	4) cater ['keitə(r)] v. 迎合
2) internship ['intə:nʃɪp] n. 实习	5) availability [ə'veɪlə'bɪləti] n. 可利用, 可得到的东西(或人)
3) commitment [kə'mɪtmənt] n. 承担的义务	6) gear [giə(r)] v. 适应,(与……)协调

- 7) A. Online courses offered by Odessa College.
B. The programs offered by major US universities.
C. The various benefits of learning college courses online.
D. The popularity of online courses in American universities.
- 8) A. It is flexible. B. It is traditional.
C. It is inexpensive. D. It is time-saving.
- 9) A. One. B. Two. C. Four. D. Five.
- 10) A. Because traditional classroom setting is uninteresting.
B. Because there is a huge demand emerging among students.
C. Because many traditional courses are not accessible to students.
D. Because students need to do part-time jobs to support themselves.



4 Lecture Listening

Directions: In this section, you will hear a lecture. At the end of the lecture, you will hear some questions. Both the lecture and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A, B, C and D.

❖ Glossary

1)akin [ə'kin] <i>adj.</i> 相似的	5)MCAT <i>abbr.</i> 医学院入学考试
2)GPA <i>abbr.</i> 平均分数(美国四分制考试成绩的计算方法)	6)stellar [ˈstelə(r)] <i>adj.</i> 一流的
3)GMAT [ˈdʒi:mæt] <i>abbr.</i> 研究生管理专业入学考试	7)portfolio [pɔ:tˈfəʊliəʊ] <i>n.</i> 文件夹
4)LSAT <i>abbr.</i> 法学院入学考试	8)apprenticeship [əˈprentɪʃɪp] <i>n.</i> 学徒期
	9)intangible [ɪnˈtændʒəbl] <i>n.</i> 无形资产
	10)coincide[ˌkəʊɪn'saɪd] <i>vi.</i> 与……一致

- 1)A. How to apply for graduate schools.
B. The tips for graduate admissions.
C. The differences between the admission to undergraduate programs and graduate programs.
D. The things that promising applicants need to do when they apply to graduate schools.
- 2)A. Ability of critical thinking.
B. A degree in a relevant filed.
C. Leadership experiences.
D. Academic ability.
- 3)A. A convincing personal statement.
B. Strong letters of recommendation.
C. Extracurricular activities and the LSAT score.
D. GPA and the performance on the MCAT test.
- 4)A. Doctoral programs emphasize conducting and publishing original research.
B. The admission process isn't concerned with your motivation and preference.
C. You may be asked to prove your ability in your intended area.
D. A perfect GPA is very important for students to get a degree.