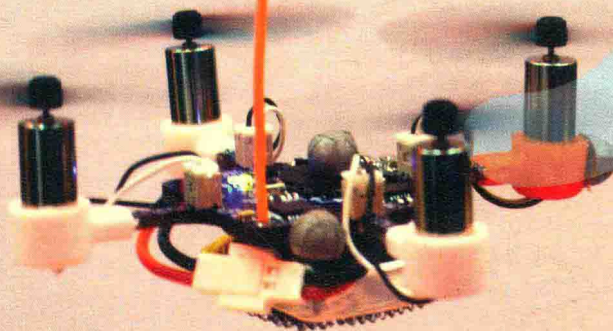


Experiencing English Viewing, Listening & Speaking

第四版  
听说教程  
4

# 大学体验<sup>®</sup>英语

总主编 李霄翔 主编 李霄翔



Helen Stephenson  
Lewis Lansford  
Paul Dummett



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Keynote 4 Student book

Helen Stephenson, Lewis Lansford, Paul Dummett

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# 前言

《大学体验英语（第四版）听说教程》改编自圣智学习集团出版的*Keynote*（American）系列教程。本套教程的主要视听材料选取自TED（即Technology, Entertainment和Design三个单词的首字母缩写）大会上的真实演讲，其演讲内容贴近生活、语言自然流畅、题材包罗万象、形式新颖独特、素材短小精悍。本套教程在其框架设计、内容选择和练习编写中力求体现语言教学的思想性、人文性、趣味性和实用性原则，既保留了TED语料原汁原味的特色，又灵活多样地采用由易到难、过渡有序、循序渐进的练习形式，兼顾英语语言基本要素学习和语言技能在实际生活中的应用。这种教程设计有助于学生克服对真实素材的恐惧心理，增强用英语交际的自信心，也有助于教师结合实际需要，博采众长、灵活运用多种教学方法，切实提升学生的英语视听说水平和应用能力，帮助学生达到《大学英语教学指南》所提出的英语教学目标。

作为一套服务于普通高校非英语专业大学生的视听说教程，《大学体验英语（第四版）听说教程》具有以下几个显著特点：

1. **用思想启智，培养世界公民意识。**本套教程主要取材于TED演讲。TED演讲汇集各国思想领袖与实干家积极有益的精神理念和工作生活经验，期望用思想的力量来改变世界。针对我国大学生的社会生活经历和知识结构特点，本套教程精选了具有较强知识性、趣味性的视听和文字素材，涵盖的48个单元主题涉及中外文化、科技探索、环境保护、人生思考、伦理道德、风土人情、生活常识、名人逸事等社会生活各个层面。各单元主题旨在传递真理、真情、真谛，或者宣介相关领域最新信息和进展。演讲内容的可思性、趣味性和多样性有效地增强了学习素材的可视、可听和可说性，可有效激发学生英语学习的积极性，激活他们批判性思辨和创新的潜能，拓展他们的生活视野，丰富他们的生活经历，在感受震撼的同时学会将个人的行为与责任放大到全球去考量，培养独立的人格。
2. **用演讲抒怀，提高英语表达能力。**本套教程注重语言表述的得体性和交际需求的真实性，精选TED演讲中突显演讲技巧的片段专项解析和训练英语演讲技能。通过规范的语言、丰富的修辞、张弛有度的节奏和演讲者在演讲过程中呈现出来的外部表现和内在素质将学生置身于真实的聚光灯下。这种身临其境的感觉将有效地调动学生的多种认知感官，促进多种文化和语言认知策略的形成和发展，有助于充分激发和维系学生的好奇、求知和模仿的内驱力，使得教学活动沉浸在一种既有挑战又有享受的环境之中。全套教程的语速基本上保持了均衡，语言表达凸显公共英语演讲的特色，为学生综合素养的提升提供了直观的学习范例。这种设计一方面借鉴了交际教学法的原则，追求语言交际的真实性，有利于缩短英语学习与英语应用之间的距离，另一方面通过词汇控制手段、碎片化短视频辅助操练等方法，有效降低视听难度，保证对原汁原味的语言学习、模仿和应用的效能，促使学生敢于表述、乐于分享，以演讲为载体，释放语言的力量。
3. **在国际语境中加入中国叙事，中外融合创新。**本套教程由中外主编团队合力打造，既保留了原版教程的科学架构，又能满足中国学生英语学习的客观需要。在改编过程中增强了本土化关联，引导学生加强对中国特色、中国文化、中国实际的关注，培养学生用英语讲好中国故事的能力。另外，专项设计了语言基础知识和能力的相关练习，又突出语言学习策略的系统性培养，以典型范例多层次展示，方便学习和操练。练习之间注重转承递进的合理性和相关性，将学习训练过程与学生所处的环境、所思

所想相关联,体现了“Learning by doing”和学以致用、学用结合的指导思想。

4. **满足多层次视听说教学需求,灵活易用。**本套教程的练习设计力求体现建构主义的认知原理,注重语言要素的输入质量,各类练习之间互为关联,逐层递进,既可帮助学生扫清入门障碍,又可为教学设计提供灵活选择和组合的条件。聚焦于不同语言技能操练的练习也可为教师采用不同训练方法、促进信息流和语言技能转换和开展教学互动创造良好的条件。练习设计体现了“高质量输入为先,吸收消化为重,互动式输出为主”的指导思想,为教学模式和方法论的创新奠定了坚实的基础。形式多样的交互式练习将英语语言基础知识学习、语言应用技能训练和文化背景知识介绍有机地融合,突出语言的交际语境和实用的功能意念,在强化语言基本功训练的同时,注重语言交际技能的培养和训练,力求使英语学习做到学用结合、学以致用、学后会用。
5. **教学资源丰富,教辅功能强大。**本套教程配备了详尽的教学参考资料和教学活动指导,其内容除练习的参考答案以外,还提供了相关文化背景介绍、教学重点注释以及教学提示和建议等小贴士,为教师教学和学生自主学习提供了有效的指导和操作便利。本套教程还配备了与教学活动相配套和适应多层次教学需求的iSmart信息化课堂教学平台和教学资源,为开展混合式或翻转课堂教学提供了有力支撑。本套教程共有4个级别,每个级别包含12个单元。每册教程均附有音频和视频资源,在纸质书标记前印有二维码,学生可以通过有扫描二维码功能的手机app扫描观看,或者登录iSmart平台,进入相关课程学习,登录方式详见“郑重声明”页说明。

在本套教程的改编过程中,难免存在一些不足之处。恳请各位专家、同仁和广大使用者提出批评建议。

编 者

2018年1月于北京

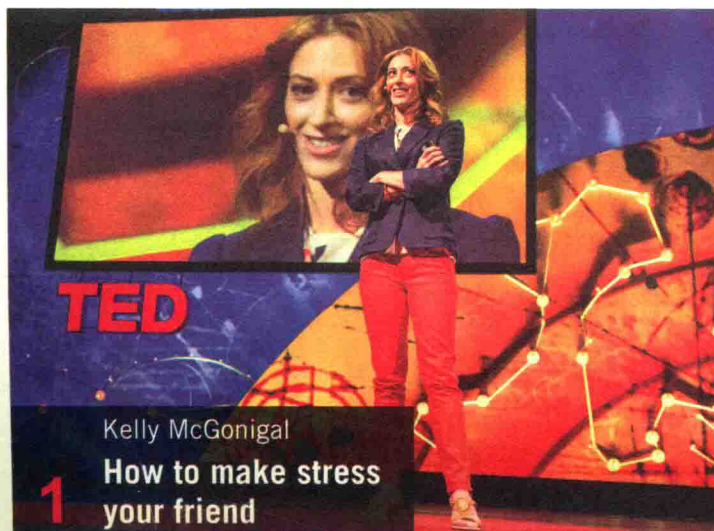
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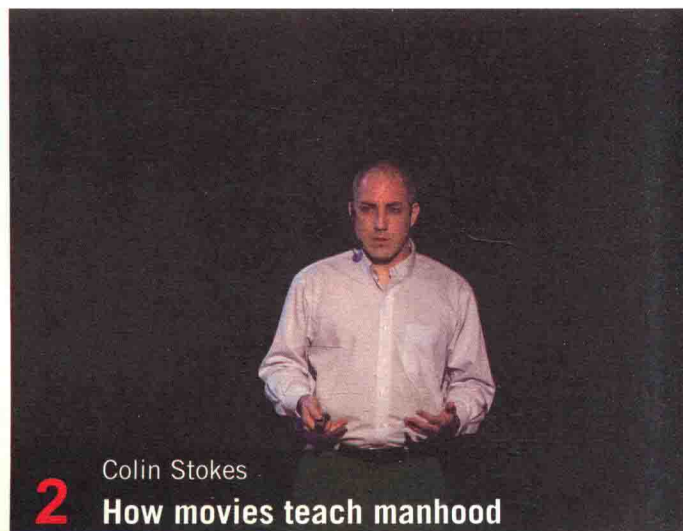


# Featured **TED**TALKS



Kelly McGonigal

**1** How to make stress your friend



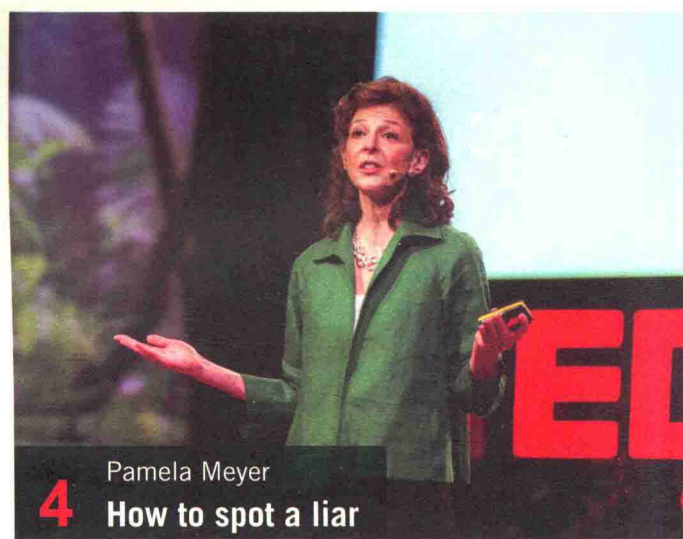
Colin Stokes

**2** How movies teach manhood



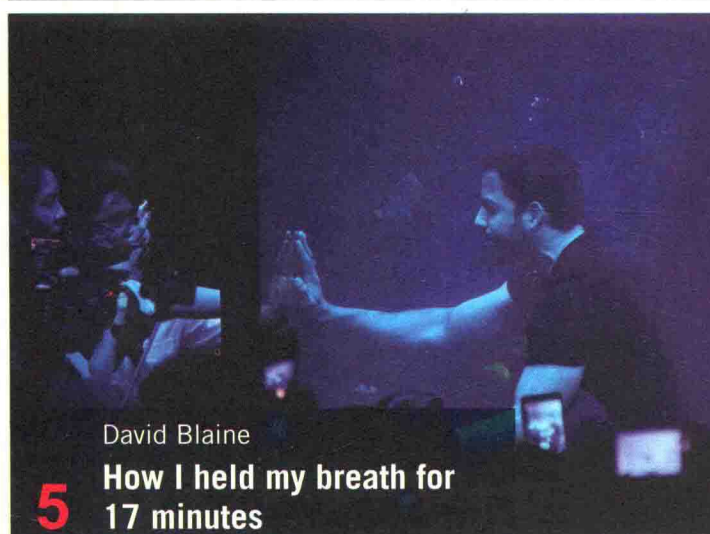
Hans Rosling

**3** Global population growth, box by box



Pamela Meyer

**4** How to spot a liar



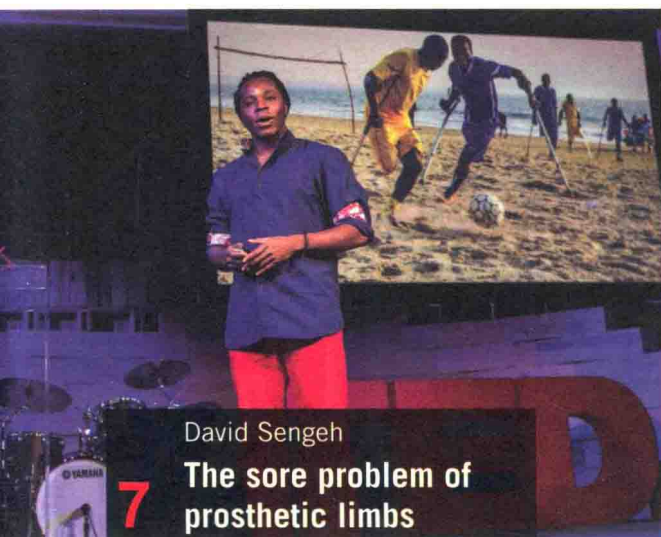
David Blaine

**5** How I held my breath for 17 minutes



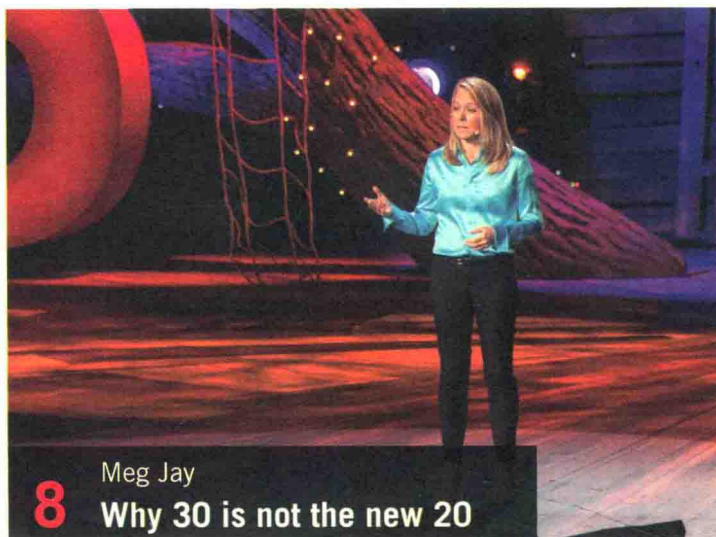
Bill and Melinda Gates

**6** Why giving away our wealth has been the most satisfying thing we've done



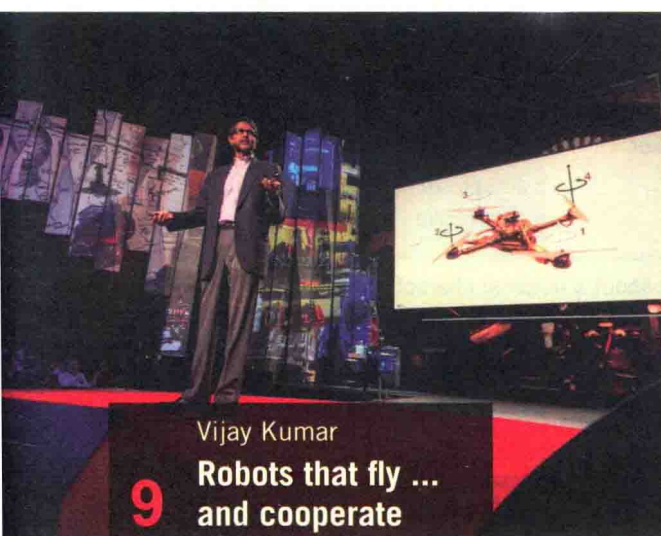
David Sengeh

**7** The sore problem of prosthetic limbs



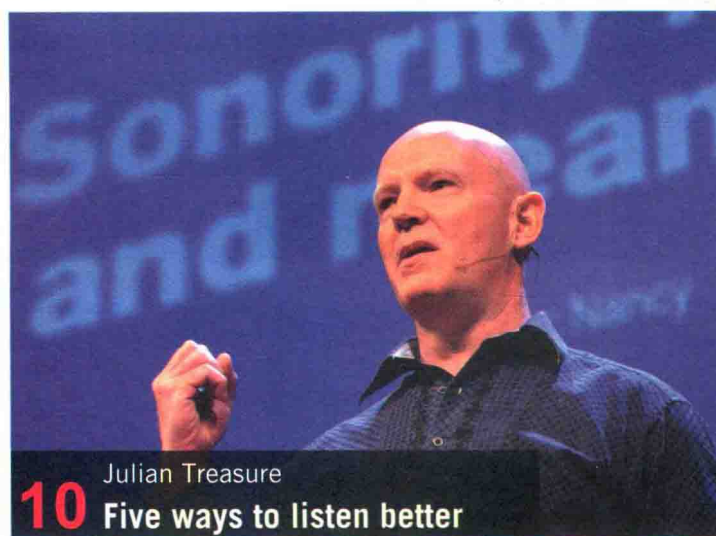
Meg Jay

**8** Why 30 is not the new 20



Vijay Kumar

**9** Robots that fly ... and cooperate



Julian Treasure

**10** Five ways to listen better



Gavin Pretor-Pinney

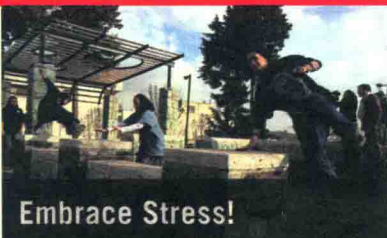


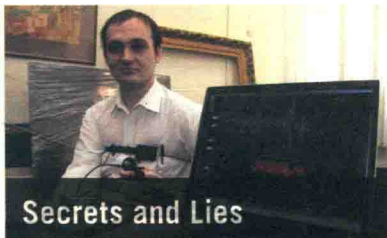
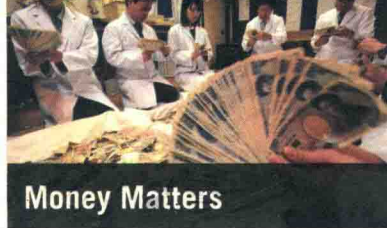
**11** Cloudy with a chance of joy



Margaret Heffernan

**12** Dare to disagree

# Scope and Sequence

		LESSON A		LESSON B	
UNIT		VOCABULARY	LISTENING	LANGUAGE FOCUS	SPEAKING
1	 Embrace Stress!	Stress collocations	<b>Leading a stress-free life</b> <i>Dr. Trudi Edginton, psychologist</i>	<b>Function</b> Talking about jobs and stress <b>Grammar</b> Gerunds and infinitives	Ways to relax
2	 Media Influences	Influences	<b>Movies and career choices</b> <i>Mamta Nagaraja, aerospace engineer</i>	<b>Function</b> Talking about media and inspirations <b>Grammar</b> Relative clauses	Ranking movies
3	 Development	Goals and ambitions	<b>International development</b> <i>Linda Steinbock, aid worker</i>	<b>Function</b> Talking about change <b>Grammar</b> Present perfect and present perfect progressive	Talking about expenses
<b>PRESENTATION 1</b> Talking about a fictional character who inspires you					
4	 Secrets and Lies	Collocations with <i>truth</i> and <i>lie</i>	<b>Lying in a job interview</b> <i>Erin Wong, recruiter</i>	<b>Function</b> Speculating about the truth <b>Grammar</b> Modals of deduction and speculation	Speculating about real and fake photographs
5	 To the Edge	Describing challenges and successes	<b>Facing challenges</b> <i>Nadia Ruiz, marathon runner</i>	<b>Function</b> Describing accomplishments <b>Grammar</b> Past perfect and past perfect progressive	Talking about yesterday's activities
6	 Money Matters	Money collocations	<b>Crowdfunding</b> <i>Shree Bose, entrepreneur</i>	<b>Function</b> Using phrasal verbs <b>Grammar</b> Phrasal verbs	Planning a budget

**PRESENTATION 2** Talking about your most significant achievement

## LESSON C

## LESSON D

TED TALKS	PRESENTATION SKILLS	COMMUNICATING	GROUP WORK
<b>HOW TO MAKE STRESS YOUR FRIEND</b> <i>Kelly McGonigal</i>	Involving the audience	Dealing with stress	Role-play a piece of advice
<b>HOW MOVIES TEACH MANHOOD</b> <i>Colin Stokes</i>	Knowing your audience	Assessing movies	A movie review
<b>GLOBAL POPULATION GROWTH, BOX BY BOX</b> <i>Hans Rosling</i>	Using props	The distribution of wealth	Problems of unequal distribution of wealth
<b>HOW TO SPOT A LIAR</b> <i>Pamela Meyer</i>	Beginning with a strong statement	The lying game	Debate: To lie or not to lie
<b>HOW I HELD MY BREATH FOR 17 MINUTES</b> <i>David Blaine</i>	Explaining technical words	Talking about big achievements	Making a comparison
<b>WHY GIVING AWAY OUR WEALTH HAS BEEN THE MOST SATISFYING THING WE'VE DONE</b> <i>Bill and Melinda Gates</i>	Being authentic	Convincing people to give to your project or charity	Promoting a charity initiative

# Scope and Sequence

UNIT	LESSON A		LESSON B	
	VOCABULARY	LISTENING	LANGUAGE FOCUS	SPEAKING
7	 <b>Medical Frontiers</b>	The language of discovery  <b>Drug discovery and development</b> <i>Dr. Michael Hanley, biotech executive</i>	<b>Function</b> Making predictions  <b>Grammar</b> Modals of probability	Talking about future technology
8	 <b>Life Decisions</b>	Describing milestones in life  <b>Comparing generations</b> <i>Dr. Laurence Steinberg, psychologist</i>	<b>Function</b> Talking about milestones  <b>Grammar</b> Future perfect and future perfect progressive	When will you ...?
9	 <b>Technology and Innovation</b>	What can robots do?  <b>Robobees</b> <i>Robert Wood, roboticist</i>	<b>Function</b> Talking about conditions  <b>Grammar</b> First conditional and second conditional	Discussing the impact of driverless cars
<b>PRESENTATION 3</b> Stating your position on a controversial topic and explaining your reasons				
10	 <b>Connections</b>	Collocations with <i>listen</i>  <b>Mediation</b> <i>David Walker, mediator</i>	<b>Function</b> Reporting what someone said  <b>Grammar</b> Reported speech	A survey
11	 <b>Life in the Slow Lane</b>	Slowing down  <b>Living in the present</b> <i>Carl Honoré, author</i>	<b>Function</b> Talking about quantity  <b>Grammar</b> Articles and quantifiers	A multitasking test
12	 <b>Make Yourself Heard</b>	Voicing an opinion  <b>The Challenger disaster</b>	<b>Function</b> Talking about the imaginary past  <b>Grammar</b> Third conditional and mixed conditionals	A moral dilemma

**PRESENTATION 4** Talking about a vacation to slow down and enjoy nature

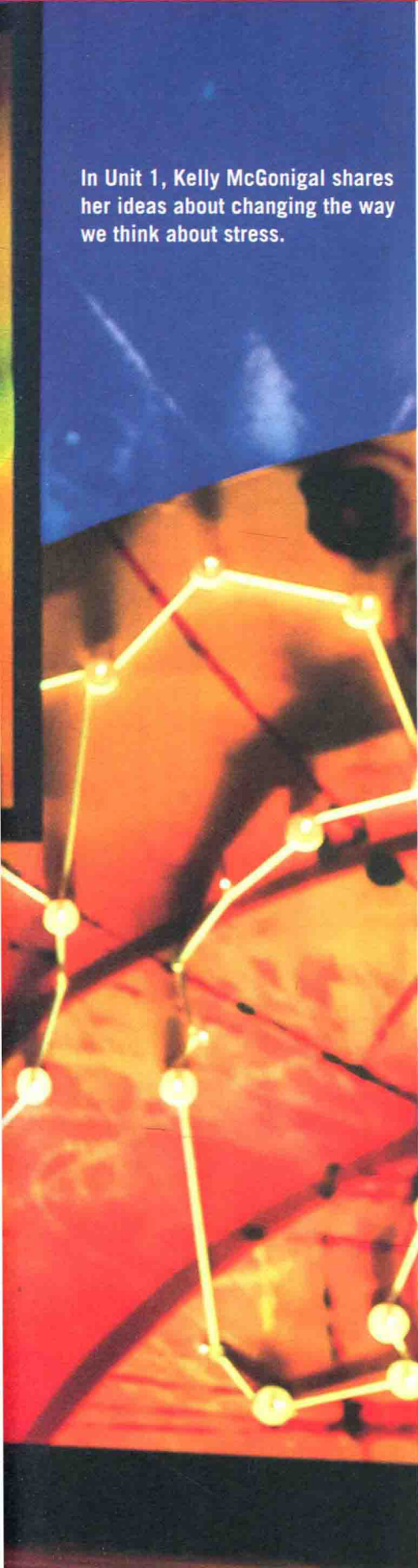
## LESSON C

## LESSON D

TED TALKS	PRESENTATION SKILLS	COMMUNICATING	GROUP WORK
<b>THE SORE PROBLEM OF PROSTHETIC LIMBS</b> <i>David Sengeh</i>	Body movement and gestures	Pitching an invention	Pitching an invention
<b>WHY 30 IS NOT THE NEW 20</b> <i>Meg Jay</i>	Using a case study	Giving advice	Role-play a piece of advice
<b>ROBOTS THAT FLY ... AND COOPERATE</b> <i>Vijay Kumar</i>	Referring to visuals	Debating	Critical thinking and presentation
<b>FIVE WAYS TO LISTEN BETTER</b> <i>Julian Treasure</i>	Using acronyms to summarize	How good are your listening skills?	An oral report
<b>CLOUDY WITH A CHANCE OF JOY</b> <i>Gavin Pretor-Pinney</i>	Being enthusiastic	Slow movement organizations	Slow movement organizations
<b>DARE TO DISAGREE</b> <i>Margaret Heffernan</i>	Using pauses	A company meeting	Role-play an oral report

In this book, you will develop your English language skills and explore great ideas with authentic TED Talks. Each unit topic is based around a TED speaker's main idea.

TED



In Unit 1, Kelly McGonigal shares her ideas about changing the way we think about stress.

## LISTENING AND SPEAKING

- Practice listening to real people talking about the unit topic. Real-life people featured in this book include a psychologist, an aid worker, and a marathon runner.
- Develop your **speaking confidence** with a model conversation and guided speaking tasks.

See pages 3, 5

## VOCABULARY AND GRAMMAR

- In each unit, you'll learn key words, phrases, and grammar structures for talking about the unit topic.
- Build **language and visual literacy skills** with real-life information—In Unit 1, you'll learn about high- and low-stress jobs.

See pages 2, 4

## VIEWING

- Practice your viewing and **critical thinking** skills as you watch specially adapted TED Talks.
- Notice how TED speakers use effective language and **communication** skills to present their ideas.

See pages 6–8

## COMMUNICATING AND PRESENTING

- Use your **creativity** and **collaboration skills** in a final task that reviews language and ideas from the unit.
- Build your **speaking confidence** further in a Presentation task (after every three units).

See page 9

See page 31

## CRITICAL THINKING

- Communicate your own ideas with the unit topic in a controlled discussion.

See pages 7, 17

# What is **TED**?

TED has a simple goal: to spread great ideas. Every year, hundreds of presenters share ideas at TED events around the world. Millions of people watch TED Talks online. The talks inspire many people to change their attitudes and their lives.

## SPREADING IDEAS WORLDWIDE

Over **10,000**  
**TED**x events in  
**167** countries

Over **2,200**  
**TED**TALKS recorded

**TED**TALKS  
translated into  
**105** languages

Over  
**1,000,000,000**  
views of **TED**TALKS at TED.com

1

# Embrace Stress!

“I have changed my mind about stress, and today, I want to change yours.”

# TED

**Kelly McGonigal**  
Health psychologist, TED speaker

## UNIT GOALS

In this unit, you will ...

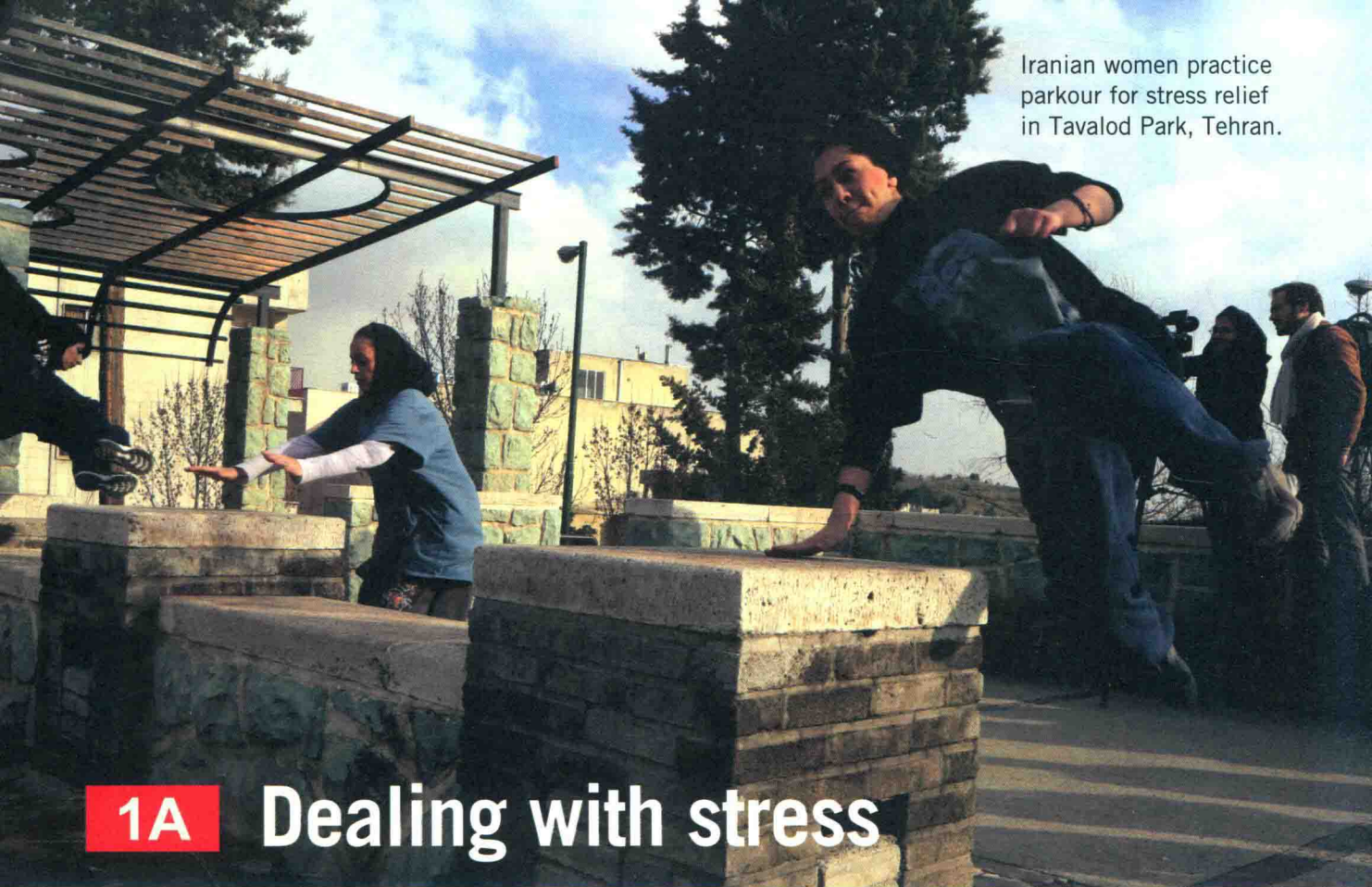
- talk about dealing with stress.
- watch a TED talk about dealing with stress.
- give advice about managing stress.

## WARM UP



▶ **1.1** Watch part of Kelly McGonigal's TED Talk. Answer the questions with a partner.

- 1 Do you think stress is harmful for your health?
- 2 What do you think Kelly McGonigal will say to change your mind about stress?



Iranian women practice parkour for stress relief in Tavalod Park, Tehran.

# 1A Dealing with stress

## VOCABULARY Stress collocations



**A** **1.2** Listen to the paragraph below and fill in the blanks with words or phrases you've heard. Then add what you've filled in to the column that describes the meaning.

Many college students \_\_\_\_\_. Being away from home for the first time is one major cause; the pressure of exams is also a factor. Since \_\_\_\_\_ is common to college life, counselors often recommend that students find ways to \_\_\_\_\_ it. There are many techniques for \_\_\_\_\_. Physical exercise is one. Listening to music is another. In addition, talking to people—especially friends and family back home—can be an excellent way to \_\_\_\_\_. Even though it is a fact of college life, having ways to \_\_\_\_\_ can help give students a sense of control over their lives.

have stress	manage stress	lower stress

**B** Work with a partner. Discuss your answers to these questions.

- 1 What are some other causes students feel stress?
- 2 What are some other ways students can cope with stress?