

根据教育部《大学英语课程教学要求》编写

1

College English Fast Reading

# 大学英语快速阅读



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北京大学出版社  
PEKING UNIVERSITY PRESS

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## 大学英语快速阅读 1

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# 前言

《大学英语快速阅读》(1)是北京大学出版社出版的大学英语立体化网络化系列教材之一,共收录短文 32 篇;内容涉及科学教育、网络技术、风俗人情、饮食文化、假日旅游、语言知识和社会焦点等各个方面。按主题分 8 个单元。

编写此书时,编者除注意到内容的科学性、文化性、可读性和趣味性外,还突出体现了内容的丰富性、新颖性以及语言的地道性和准确性,同时对其实用性也给予了充分的注意,以满足广大院校学生的需求。

此教材旨在帮助读者扩大英语词汇量,提高快速阅读速度和增强阅读理解能力,从而广泛深入地了解有关历史、文化、经济、风俗、人情以及自然科学和人文科学方面的信息。本教材着重学生英语快速阅读策略和技巧的培养,通过本教材系统、科学的强化训练,学生的英语阅读速度可在短时间内得到大幅度提高。书中阅读练习是依据新颁布的《大学英语课程教学要求》(试行)关于大学英语四六级学生的快速阅读要求和《关于试点阶段的大学英语四级考试说明》而设计编写的。在练习设计上编者没有按照以语言为中心的旧模式编写,而是侧重培养学生快速浏览和查读能力,以及正确理解文章的大意、抓住主要事实和有关细节的能力。题型的设计包括是非判断、句子填空和多项选择,练习数量为七题。同时为了便于读者更好地把握阅读速度,编者还给出了每篇文章阅读所需要的参考时间,对于篇幅稍长且难度较大的文章可适当调整阅读速度。

本册教材适合我国高校非英语专业大学二年级第一学期开设快

速阅读课程使用，也适合参加公共英语等级考试和大学四六级考试的广大读者学习使用。

由于编者水平和时间所限，难免还有不足之处，敬请广大读者批评指正。

编者

2005年8月



# Contents

<b>Unit 1</b> .....	1
Passage 1   Setting Goals .....	1
Passage 2   A New Policy on Absence .....	5
Passage 3   Rules for the University Entrance Examination .....	9
Passage 4   Listening and Note-making .....	13
<b>Unit 2</b> .....	17
Passage 1   A Magnificent Hunter .....	17
Passage 2   A Story about a Cat .....	21
Passage 3   Americans Love Pets .....	25
Passage 4   Training of Animals .....	29
<b>Unit 3</b> .....	33
Passage 1   How to Shop Economically in the Grocery Store .....	33
Passage 2   Paying for What We Get .....	37
Passage 3   Our Changing Diet .....	41
Passage 4   Where to Eat, Drink and Meet? .....	45
<b>Unit 4</b> .....	49
Passage 1   Spring Festival .....	49
Passage 2   Christmas in America .....	53
Passage 3   A Meaningful Experience .....	57
Passage 4   An Unforgettable Experience Abroad .....	61
<b>Unit 5</b> .....	65
Passage 1   London .....	65
Passage 2   Beijing .....	69
Passage 3   Tourism .....	73
Passage 4   Travel .....	77

<b>Unit 6</b> .....	81
Passage 1 The Secret Language of Success .....	81
Passage 2 Vocabulary Building .....	85
Passage 3 Learning Reading for Meaning .....	89
Passage 4 Words Can Give You Power .....	93
 <b>Unit 7</b> .....	 97
Passage 1 The SARS Virus .....	97
Passage 2 The Founding of the European Union .....	101
Passage 3 The Olympic Games .....	105
Passage 4 A Speech to American Young People .....	109
 <b>Unit 8</b> .....	 113
Passage 1 A Wonderful Machine .....	113
Passage 2 IAD .....	117
Passage 3 Space Discoveries .....	121
Passage 4 The Internet Introduces New Words .....	125
 <b>Mark Sheet</b> .....	 129
 <b>Timed Reading Rate Chart</b> .....	 130
 <b>Key to Comprehension Exercises</b> .....	 131



# Unit 1

## Passage 1 (Time Required: 4'11")

### Setting Goals

#### Vocabulary Tips

set a goal	设定目标	destination <i>n.</i>	目标;目的地
have something in mind	把……放在心上	aimlessly <i>adv.</i>	无目标地,无目的地
follow through	坚持到底		

Starting Time

Finishing Time

Why is setting goals important? Because goals can help you do, be, and experience everything you want in life. Instead of just letting life happen to you, goals allow you to make your life happen.

Successful people imagine how their life should be and set lots of goals. By setting goals you are taking control of your life. It's like having a map to show you where you want to go. Think of it this way. There are two drivers. One has a destination in mind (her goal) which can be found on a map. She can drive straight there without any wasted time or wrong turns. The other driver has no goal or destination or map. She starts off at the same time from the same place as the first driver, but she drives aimlessly around, never getting anywhere, just using up gas. Which driver do you want to be?

Winners in life set goals and follow through on them. They decide what they want in life and then get there by making plans and setting goals. Unsuccessful people just let life happen by accident. Goals aren't difficult to set—and they aren't difficult to reach. It's up to you to find out what your goals really are. You are the one who must decide what to achieve and in what direction to aim your life.

Research tells us that when we write a goal down we are more likely to achieve it. Written goals can be reviewed regularly, and have more power. Like a contract with yourself, they are harder to neglect or forget. Also when you write your goals in a particular way you are able to make yourself continuously aware of situations that will bring you nearer to your goal.

(297 words)





## Comprehension Exercises

Without referring back to the reading article, do the following exercises.

I. Decide whether the statements are true or false. Mark them with the letter "T" or "F".

1. Goals can help you experience all the things you want in life. (X)
2. Goals are easily set, but they are difficult to reach. (V)

II. Fill in the blanks with the information you've obtained from the reading.

3. By setting goals people can take control their life
4. Winners decide what they want in life and then get there by making plans and setting goals

III. According to the information given in the article, select the best answer from the four options to each of the following questions below. Circle the choice.

5. Who can always set goals and follow through on them?

- ☒ A. Winners.
- ☐ B. Unsuccessful people.
- ☒ C. Successful people.
- ☐ D. Research.

6. The author mentions two drivers in the passage \_\_\_\_\_.

- ☒ A. to explain the importance of setting goals
- ☐ B. to show how to set goals in life
- ☐ C. to guide people to their destinations
- ☐ D. to make people know how to make plans

7. The author means \_\_\_\_\_ when he says that unsuccessful people just let life happen by accident.

- ☐ A. unsuccessful people live a comfortable life
- ☐ B. unsuccessful people are usually very carelessly
- ☐ C. unsuccessful people neither make plans nor set goals in their life
- ☒ D. written goals can be reviewed regularly

Reading enriches the mind.

开卷有益。



## A New Policy on Absence

### Vocabulary Tips

cut classes	旷课	be against	违反, 反对
show up	出现, 显现	fuss	vi. 抱怨; 大惊小怪
morale <i>n.</i>	精神面貌, 道德规范	mean business	办事认真, 说话算数
caring <i>adj.</i>	关心他人的, 有爱心的	do good to somebody	对……有益
life <i>n.</i>	生活方式		

Starting Time \_\_\_\_\_

Finishing Time \_\_\_\_\_

Last year I announced to my classes my new policy on absences: None would be allowed, except for illness or personal emergency. Even though this was against the rule on cutting classes in the student handbook, my students didn't fuss. When the students who missed classes received telephones or warning notices from me, they knew I meant business. Most students seemed to recognize that it did good to their own study. It was also a rule that all of them would have to follow throughout their working lives. In fact, a major part of making it in life is simply showing up.

I told my classes about recent research that if students want to do well in school, they have to attend classes regularly. Like other teachers, I feel disappointed when I carefully prepare for a class but only a small number of students attend. I want my students to get the message that I care about their learning and expect them to care about my professional effort.

After I took the no-cut rule, student performance in my classes improved greatly. Such a result is surely worth thinking over. Additional advantages of the policy are those that result from a full classroom. Student morale is higher, as is mine. Discussions are livelier, homework is generally handed in on time, and very few students miss quizzes.

I was a little busier than usual because of the policy, especially at first. I called or mailed notes to several students about their cuts, some more than once. I finally advised a few with poor attendance to drop my course.

No doubt this kind of policy is easier in a small college. But it can work almost anywhere where a teacher cares enough to make it work. The important element is caring.

(303 words)



## Comprehension Exercises

Without referring back to the reading article, do the following exercises.

**I. Decide whether the statements are true or false. Mark them with the letter "T" or "F".**

1. Students were not allowed to cut classes for any reasons. ( )
2. Students were allowed to cut classes according to the rule in the student handbook. ( )

**II. Fill in the blanks with the information you've obtained from the reading.**

3. In Paragraph 1 the author means \_\_\_\_\_ in life is displayed by saying "a major part of making it in life is simply showing up."
4. The cause of the author's disappointment is carefully preparing for a class but \_\_\_\_\_.

**III. According to the information given in the article, select the best answer from the four options to each of the following questions below. Circle the choice.**

5. The phrase "mean business" in Paragraph 1 means \_\_\_\_\_.  
 A. run a small business  
 B. do things carefully  
 C. order something  
 D. refer to a company
6. After the no-cut rule was taken, \_\_\_\_\_.  
 A. student homework was handed in later than before  
 B. student morale greatly decreased  
 C. a great number of students missed quizzes  
 D. student performance in the author's class greatly improved
7. What is good about a full classroom?  
 A. The rate of students missing class increases.  
 B. Students want to do well in school.  
 C. Discussions are livelier than before.  
 D. Student morale is higher.

Books are the stepping stones to human progress.

书籍是人类进步的阶梯。





## Rules for the University Entrance Examination

### Vocabulary Tips

proof *n.* 证明, 证据

calculator *n.* 计算器

supervisor *n.* 监督人

head set 一副耳机

Starting Time \_\_\_\_\_ Finishing Time \_\_\_\_\_

You must be at the examination center ten minutes before the examination starts. If you are more than ten minutes late, you may not enter the examination center. The examination takes place at the same time in different states.

You must have proof of your name and grade as well as official examination number. Show these when you come to the examination center.

Depending on which examination you are taking, you may bring certain items into the examination center. Mathematics examinations may allow you to use electronic calculators. Other subjects may allow you to use dictionaries and other reference material. Please read the notes sent with your timetable carefully.

You must bring your own pencils. None will be provided for you. The following items are not allowed in the examination center: walkmans and radios, head sets, any food or drink, schoolbags, electronic equipment (unless specifically permitted for various subjects), and mobile phones.

Once in the center, you must sit at the desk with your examination number on it. When you sit down, place your examination number at the top corner of your desk.

You must remain silent during the examination. You must not disturb other people who are taking the test.

If you need a drink or toilet break, you should raise your hand and wait for the supervisor to speak to you. You will be given water or the supervisor will take you to the bathroom. You are not allowed to talk with anyone during the break.

You must write your answers in the official answer sheet. Your supervisor will provide extra paper if you wish to make notes.

You may leave the examination room at any time if you do not plan to return. If you finish early and walk to leave, please move well away from the examination center.

The supervisor will warn you fifteen minutes, five minutes and one minute before the end of the examination. When the supervisor says that the time is up, you must put down your pencil and wait at your desk until your paper is collected.

(351 words)