

新视野大学英语

*A Learners' Guide to
New Horizon College English*

学习指导与实践 1

外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

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A Learners' Guide to New Horizon College English

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新视野大学英语

学习指导与实践 1

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前 言

随着新世纪全球科学和经济的快速发展,我国大学英语教学也迎来了不断革新和深入发展的良好机遇。《新视野大学英语》系列教材正是符合了这种潮流,为我国大学英语教学改革开辟了一条新路。它一方面继承了传统课堂教学的优势,一方面又以全新的网上教学平台、语料库和试题库等配套课件为我们提供了新的视野,使我们看到了大学英语教学新的发展前景。

从传统课堂教学逐步过渡到全新的教学模式需要我们不断探索。作为一种尝试,我们编写了《新视野大学英语 学习指导与实践》。

本书是配合《新视野大学英语》教学的辅助材料,既为学生提供了网上教学和课堂教学以外的学习指导和实践,也为教师提供了一些教学思路和语言练习材料,从而帮助学生进一步消化吸收所学的内容。

《新视野大学英语 学习指导与实践》大体分成以下几个部分:

一、课文整体分析和理解,段落主题句和重要细节捕捉。在课文篇章和段落两个不同层面给予学生适当的指导,并通过多种形式的练习,使学生在阅读过程中注意对课文整体有较深入的理解,逐步养成良好而有效的阅读习惯。

二、难句分析与翻译。适量插入有针对性的练习,做到分析、讲解和练习密切配合,起到强化训练、促进理解和消化的作用。

三、词组和单词的进一步学习,其中包括词语的用法、单词的含义、搭配和构词法。结合全国四、六级测试有关内容,设计针对性的练习,帮助学生对所学内容融会贯通,从而达到大学英语教学大纲所规定的目标。

本书的编写是建立在学生有一定自学能力和自觉学习态度的基础之上的。希望我们的工作能对本套教材的学习者有所帮助,能为《新视野大学英语》的使用和大学英语教学改革尽一点微薄的力量。

《新视野大学英语 学习指导与实践》共分四册。编者名单如下:

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本书编写中欠妥之处在所难免,欢迎使用本书的广大教师和同学批评指正。

编 者
2003年7月于上海

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SECTION A

Learning a Foreign Language

Text Comprehension

本文主要探讨作者在外语学习过程中的感受和经历,其中包括了从初中到大学及以后的英语学习。在学习课文时,重点理解以下两个问题:

1. How the author feels about his foreign language learning;
2. The author's foreign language learning experiences in four stages: a) in junior middle school; b) in senior middle school; c) in college; d) through online English study.

以下练习检测你是否理解了课文。

Practice A-1 The following adjectives can be used to describe the author's feelings about his foreign language learning. Read the following paragraph and fill in the blanks with the words given.

trying

frustrated

worth

new

unforgettable

rewarding

wonderful

Learning a foreign language has been a most 1 yet most 2 experiences in my life. Though I sometimes felt 3 in my study, it was well 4 the effort. The most 5 result of having learned a foreign language is that my mind has been opened to 6 ways of seeing things. Not only have I gained insights into another culture, but I am also able to communicate with more people and form 7 friendships.

Practice A-2 The following questions are concerned with the author's foreign language learning experiences in four stages. Read the questions carefully and choose the best answer to each question.

1. While in junior middle school, the author took great interest in foreign language learning mainly because _____.
A. it was his first English class
B. all the students encouraged him
C. his teacher was kind and patient
D. he seldom made mistakes

2. The author _____ in senior middle school.
 A. had no desire to speak English B. was still eager to learn English
 C. could say almost anything in English D. gave up his study of English
3. What made him afraid to speak English at college was that _____.
 A. his teachers were unkind to him B. his classes were too large and noisy
 C. he was no match for many of his classmates D. he made many mistakes in English
4. The author has found his online learning very _____ due to his hard work.
 A. embarrassing B. frustrating C. convenient D. fruitful

Practice A-3 Read the following statements. Are they true (T) or false (F) according to the text? Correct the false statements.

- _____ 1. The author often found learning a language frustrating.

- _____ 2. The author's English teacher in senior middle school was patient with all the students.

- _____ 3. The author was afraid to speak English when he was in college.

- _____ 4. Online learning was less challenging than regular classroom study.

- _____ 5. It took the author a long time to get access to the necessary equipment for online learning.

- _____ 6. The author seemed to be sick of learning a foreign language in his online courses.

- _____ 7. The author's hard work finally paid off.

- _____ 8. The author was too shy to communicate with other people in English even long after the online English course.

- _____ 9. The author found learning a foreign language to be a smooth experience in his life.

- _____ 10. The author had benefited a lot from learning a foreign language.

Practice A-4 Fill in the following blanks with the correct information based on the text.

1. The communication medium for online learning was _____, _____, and _____.
2. The author's experience with a foreign language started in _____.
3. When he was in senior middle school, the author lost his joy in _____.
4. The author's college English teachers were all _____.

5. When the author was in college, it seemed that his English was going to _____.
6. Online learning requires _____, _____ and _____ to keep up the flow of the course.
7. The author had to work hard to meet _____ set by the online course and to complete _____.
8. Learning another language gave the author insights into _____.

Paragraph Summary

本文共分为8段，重点要理解每个段落所表达的中心话题，即 What's the topic of this paragraph?

在阅读段落时，必须找出并读懂每段的主题句(topic sentence)。一般来说，每段的第1句话为该段的主题句，但主题句也可出现在段落中间或结尾。比如，在课文的第1段中，第1句话反映了作者对学习外语的感受，即 interesting 和 rewarding，为本段的主题句。故本段的主题为：how the author felt about learning a foreign language.

完成下列练习，检测一下你对课文段落的理解程度。

Practice A-5 Match each paragraph in Column A with its corresponding topic in Column B.
The first paragraph has been done for you.

Paragraph	Topic
Para. 1 (d)	a. the author's foreign language learning experience at college
Para. 2 ()	b. the author's hard work and success in his online learning
Para. 3 ()	c. the benefits of learning a foreign language
Para. 4 ()	d. how the author felt about foreign language learning
Para. 5 ()	e. how the author lost his joy studying English in senior middle school
Para. 6 ()	f. how the author became a top student in junior middle school
Para. 7 ()	g. the nature of online learning
Para. 8 ()	h. how the author started in his online learning

Practice A-6 The following paragraph is concerned with the author's online learning. Read the paragraph carefully and identify the topic and its supporting details. Write (T) for the topic and (S) for the supporting details.

注 通常来说，段落的主题位于开头部分，其他句子则用于说明或补充该主题。因此，读者有必要认真理解每段起始句的真正含义。

That was the situation until a couple of years later, when I was offered an opportunity to study English through an online course. The communication medium was a computer, phone line, and modem. I soon got access to the necessary equipment, learned the technology from a friend and participated in the virtual classroom 5 to 7 days a week.

- _____ what equipment the author needed for online learning
- _____ how the author started his online learning
- _____ how the author learned the technology
- _____ how often the author attended his classes

Sentence Analysis

本文出现了一些较长较难的句子，重点要理解当中的语法现象以及重要的表达法。比如，在第1段的最后部分，我们可以学到这么一句话：Although at times, learning a language was frustrating, it was well worth the effort. 在学习这句话时需注意以下几个要点：

- ▶ **although:** *conj.* in spite of the fact that 尽管，虽然(表示让步)
 - He decided to divorce his wife, **although** his mother begged him not to. 虽然他母亲恳求他别这么做，但他还是决定与老婆离婚。

注 1. 在用 **although** 时，不能再用 **but**。2. **although** 后面的从句主语同主句主语一致时可有省略形式，如：

— He's very kind, **although** a bit rude. 他虽然有点粗鲁，但心地还是很善良的。

- ▶ **at times:** sometimes 有时
 - **At times** she can be extremely bad-tempered. 有时她的脾气会特别暴躁。
- ▶ **well worth the effort:** completely deserving the effort 非常值得去努力
- ▶ **well:** *adv.* thoroughly 完全地，彻底地
 - The exhibition is **well worth** a visit. 这个展览会很值得去看。
 - This movie is **well worth** seeing. 这部电影非常值得一看。
- ▶ **frustrating:** *adj.* disappointing; discouraging 令人沮丧的，使人有挫折感的
 - It's **frustrating** to have all these great plans and no money for achieving them. 有了这些宏伟的计划却无资金去实施真令人沮丧。

因此，我们在学习句子时，不仅要理解全句，还要注意其结构以及关键词和表达法。现在，让我们学习以下句子：

1. (L. 6) **Because of** this **positive** method, I eagerly answered all the questions I could, **never worrying much about** making mistakes.
 - = This good teaching made me eager to answer questions in class without being afraid of making mistakes.
- ▶ **because of:** due to, owing to 由于，因为(后面跟名词或名词词组)
 - **Because of** his stage fright, he wasn't able to sing as well as he used to. (在句首)
因为怯场，他唱歌未能发挥以前的水平。
 - She caught a cold **because of** the sudden drop in temperature. (在句中)
她由于气温突降而感冒了。

► **positive**: *adj.* pleasant and helpful 积极的, 有益的

— We should adopt all **positive** advice. 我们应该采纳一切积极的建议。

► **never worrying much about**: without caring about 不太在乎。worrying 作分词用, 在句中表示伴随情况。

2. (L. 9) **While** my **former** teacher had been **patient with** all the students, my new teacher quickly punished those who gave incorrect answers.

= My new teacher was totally different from my former teacher who was patient with his students.

► **while**: *conj.* but, whereas 而, 然而(引导的从句表示对比关系)

— **While** food was abundant in his house, her family were starving. 他屋子里食品很丰富, 而她全家则在挨饿。

— He was dressed in blue **while** his mother was dressed in red. 他穿着蓝色衣服, 而他的妻子则穿着红色衣服。

— He prefers coffee **while** I like tea. 他喜欢咖啡, 而我则喜欢茶。

注 作此意时通常放在句中, 在句首时常有下列含义:

— **While** I understand what you say, I can't agree with you. 尽管我理解你说的话, 我却无法同意你的观点。

► **former**: *adj.* of an earlier period 从前的, 以前的

— You seem like your **former** self. 你似乎又回到了从前的你。

► **patient**: *adj.* having or showing patience 有耐心的

— She's very **patient with** children. 她对小孩很有耐心。

3. (L. 13) **Not only did** I lose my **joy** in answering questions, **but also** I totally **lost my desire to** say anything at all in English.

= I didn't like or wish to speak in English at all.

► **not only...but also**: 不但……而且, 用于本句是倒装结构。

— **Not only does** she sing well **but she also** dances gracefully. 她不但唱歌唱得动听, 舞也跳得很优美。

注 not only在句首时, 该句的主谓必须颠倒(not only 修饰主语时除外)。另外, not only...but also 可放在句中的不同位置, 如: 1. 放在谓语后面, 如: She is not only an actress but also a composer. 她不但是演员, 还是作曲家。2. 放在谓语前面, 如: I not only have read this poem but have also learned it by heart. 我不但读过这首诗, 而且也能背得下来了。

► **joy**: *n.* great happiness (极大的)乐趣

find/lose **joy** in doing sth. 找到/失去做某事的乐趣

► **lose one's desire to (do sth.)**: lose one's strong hope to (do sth.) 失去做某事的意愿

— Now he has **lost his desire to** surf the Internet. 他现在已经不想在网上冲浪了。

4. (L. 16) **Unlike** my senior middle school teacher, my college English teachers were patient and kind, and none of them carried **long, pointed sticks**!

= My senior middle school teacher was not patient or kind at all, while my college English teacher was very kind.

► **unlike**: *prep.* different from 不像……, 与……不同

— **Unlike** her mother, this movie star has a strong sense of humor. 与她母亲不同的是, 这位影星很有幽默感。

■ **unlike** 作为介词时, 还可用于下列情况:

— The way he speaks is **unlike** that of most people. (人 / 物 + be + unlike + 名词)

他的说话方式同大多数人都不一样。

— It is **unlike** her to be so rude to others. (it + is + unlike + 人 + 带 to 的不定式)

她一般是不会对人如此粗暴的。

► **long, pointed sticks**: 字面意思是“又长又尖的棍子”, 课文中指 pointers “教鞭”。

5. (L. 30) I soon **got access to** the necessary equipment, learned the technology from a friend and **participated in** the **virtual** classroom 5 to 7 days a week.

= With the necessary equipment and the relevant technology, I could now take online courses.

► **get/have access to**: be able to use, reach or obtain 有接近(进入、使用)……的机会或权利; 添置, 弄到, 接触到

— We **got access to** all the important files for writing this report. 我们获得了写这份报告所必需的所有重要文档。

此外, access to 前面还可以跟其他动词, 如:

— He **demand access to** a telephone. 他要求用一下电话。

— The delegation was **denied access to** the building. 该代表团未被获准进入大楼。

— Her office **gives access to** the meeting room. 她的办公室通向会议室。

► **participate in**: take part in 参加

— She hates to **participate in** extracurricular activities. 她不喜欢参加课外活动。

► **virtual**: *adj.* computer-produced but lifelike 虚拟的

— I'm not interested in any **virtual** community. 我对任何虚拟社区不感兴趣。

6. (L. 32) Online learning is not easier than regular classroom study; it requires much time, **commitment** and **discipline to keep up with the flow of the course**.

= Online learning is by no means easy; successful students should spend time, show great devotion, and exercise self-control.

► **commitment**: *n.* loyalty or devotion to certain beliefs or a course of action 专一, 奉献

— This job calls for **commitment** and dedication on the part of the staff. 这项工作要求员工具有奉献精神。

- ▶ **discipline:** *n.* self-control or a state of order and control 纪律, 自律(作不可数名词用)
— Whoever violates **discipline** will be punished. 违反纪律者将受罚。
- ▶ **keep up with the flow of the course:** follow the progress of the course 跟上课程的进度
- ▶ **keep up with:** maintain the same speed or rate of progress as sth. else goes 跟上; 与……保持同样的速度(进展、地位等)
— The young love to **keep up with** the latest fashions. 年轻人喜欢赶时髦。
— Mother walks so fast that I often have to run to **keep up with** her. 妈妈走路太快了, 我常常要跑步才能跟得上她。

7. (L. 37) **Once in a while** I cried with frustration, and sometimes I **felt like giving up**.
= Sometimes I felt so disappointed that I cried, and sometimes I wanted to stop learning.

- ▶ **once in a while:** sometimes, but not often 有时候, 偶尔
— It doesn't matter if the children go to bed late **once in a while**. 孩子偶尔晚些睡觉没关系。
- ▶ **feel like:** have a wish for 想要
— I **feel like** dining out today. 今天我想到外面吃饭。
— Do you **feel like** a cup of black tea? 你想喝杯红茶吗?
此外, **feel like** 还有其他用法:
— She doesn't **feel like** herself today — She's particularly talkative.(跟反身代词)
她今天很不正常——话特别多。
— The screws in his pocket **feel like** coins. 他口袋里的螺丝摸上去好像是硬币。
— She **feels like** a criminal. 她觉得自己是个罪人。

8. (L. 38) But I didn't **feel intimidated** by students who spoke faster than I did because I took all the time I needed to **think out** my ideas and wrote a reply before **posting** it on the screen.
= Because I took a serious attitude to my studies, I was not frightened by other better students.

- ▶ **feel intimidated:** lack confidence; feel frightened and uneasy 受到惊吓; 感到害怕
— Women can come in here and not **feel intimidated**. 女士可以进来, 不会受到恐吓。
- ▶ **think out:** consider carefully and in detail 仔细考虑
— The government must **think out** all the consequences of this policy. 政府必须对这一政策会带来各种后果考虑周全。
- ▶ **post:** *vt.* put up a notice to make sth. public 张贴, 宣布
— **Post** no bills here. 此处禁止张贴。
— The school **posted** the proclamation on the front gate. 学校把公告贴在前门。

9. (L. 50) **Now that** I speak a foreign language, **instead of staring into space** when English is being spoken, I can participate and make friends.
= Because I speak a foreign language, I can now communicate with others and develop new friendship.

► **now (that):** since sth. has happened or since sth. is now true (It is used to introduce a circumstance that makes it possible for a new stage to begin, or necessary for a change to be made) 既然, 由于

— **Now (that)** I've heard the music, I understand why you like it. 听过这个乐曲, 我明白你为什么喜欢它了。

— **Now** you are here, I can leave. 你来了, 我就可以走了。

— **Now that** you are a big boy, you must behave better. 既然你是个大孩子了, 就必须更加举止得体。

— No discussion will work **now that** everything's been arranged. 既然一切都安排好了, 任何讨论都将无济于事。

► **instead of:** rather than; in place of 而不是……; 代替

— We went for a walk **instead of** going straight home. 我们没有直接回家, 而是去散步了。

— As she was ill, I went to the meeting **instead of** her. 由于她生病, 我替她去开会了。

► **stare into space:** look steadily at the sky 字面意思是“凝视着天空”, 课文中指“茫然不解”, 其中 stare 表示“注视”、“凝视”, 后面可跟 at 或 into:

— I **stared at** her out of curiosity. 我好奇地盯着她。

— The teacher **stared me into** silence. 老师盯得我不敢吭声。

10. (L. 52) I am able to **reach out to** others and **bridge the gap** between my language and culture and theirs.

= I can understand others and no language barrier exists now.

► **reach out to:** understand what others say 能理解别人的话

— It took him half a year to **reach out to** American professors. 他花了半年的时间就能听懂美国教授的讲话了。

► **bridge the gap:** shorten the distance 缩小差距; 弥合鸿沟

— This reform aims to **bridge the gap** between the rich and poor. 这项改革旨在缩小贫富之间的差距。

完成下列练习, 检测你是否理解以上句子。

Practice A-7 Translate the above 10 sentences into Chinese.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Practice A-8 Use appropriate sentence patterns to combine the two sentences in each question into one.

1. Our joint venture has made enormous profits this year. His company is just the opposite.
Unlike _____
2. She was the best candidate. She got the job.
Because _____
3. The president has come. We can begin our debate.
Now that _____
4. His father is very generous to everybody. Her father is different.
Unlike _____
5. The fashion model draws well. She also sings beautifully.
Not only _____
6. It rained. Our field trip was cancelled.
It rained, _____
7. He teaches at college. He also runs a business.
Not only _____
8. We are alone. We can speak freely.
Now that _____
9. You have come. You may as well stay.
Now that _____
10. I sympathize. I can't really do very much to help.
While _____

Practice A-9 Fill in each of the following blanks with ONE suitable verb.

1. The government has taken steps to _____ the gap between school and university.
2. Everyone in our company is expected to _____ in the decision-making process.
3. You must _____ out all the consequences of your departure.
4. He has tried every means to _____ out to his alumni(男校友) in Shanghai.
5. She has never _____ up her seat to me in the bus.
6. The girl _____ like vomiting now.
7. The pupils in his school are unable to _____ access to computers.
8. All of us should work hard to _____ up with the times.
9. He visits his ex-wife once in a _____.
10. You must _____ out all the consequences of your decision.

Word Study

本文出现了不少常见而重要的单词,学习时要重点理解这些词汇的意义和用法,尤其是它们在不同语境和搭配中的不同语义。现在,让我们较为深入地探讨以下重要词汇的用法和意义:

1. (L. 4) in **junior** middle school

► **junior**: *adj.* of low(er) rank or younger age 较年轻的,资历较浅的

— He teaches at a **junior** college. 他在一所大专任教。

— She is **junior** to me by five years. 她比我小5岁。

junior 的反义词为 senior。

2. (L. 32) **require** much time, commitment and discipline

► **require**: *vt.* call for 要求,需要

— This task **requires** precision. 这项任务要求精确。

— I **require** him **to** finish his assignments on time. 我要求他按时完成作业。

— She **required** an immediate explanation from me. 她要求我马上作出解释。

— Secrecy is **required of** all the participants. 所有与会者均要求保密。

requirement *n.*

— She failed to meet our enrollment **requirements**. 她未能满足我们的入学要求。

- 3 (L. 34) to **complete** assignments on time

► **complete**: *vt.* finish or perfect 完成,使完善

— She **completed** her Japanese course in three months. 她用三个月修完了日语课程。

— He **completed** his article with a short paragraph. 他用一小段结束其文章。

4. (L. 37) I made many, sometimes, **embarrassing**, mistakes.

► **embarrassing**: *adj.* causing to feel anxious and uncomfortable 令人尴尬的, 窘迫的
— She is now in a very **embarrassing** situation. 她目前处于一种很尴尬的局面。

embarrassment *n.*

— He tried to hide his **embarrassment**. 他尽力掩饰自己的窘迫。

embarrass *v.*

— Her remarks **embarrassed** me. 她的话弄得我很尴尬。

5. (L. 42) reaped the **benefits** of all that hard work

► **benefit**: *n.* anything that brings help, advantage, or profit 利益, 好处, 恩惠
— We've acquired much **benefit** from this project. 我们从这个项目中得到很大好处。
— I exercise for the **benefit** of my own health. 我为自己的健康而锻炼。
— Holidays can be of much **benefit** to us. 假期能给我们带来很多好处。
— These reforms are to everyone's **benefit**. 这些改革对大家有好处。

6. (L. 45) but one that I wouldn't **trade** for anything

► **trade**: *v.* (*AmE*) agree to exchange one thing for another thing 换取, 交易
— They decide to **trade** land **for** peace. 他们决定以土地换取和平。
— He **traded** on his father's position **to** get this job. 他利用父亲的地位获取了这份工作。

■ **trade** 原意是 exchange or buy and sell goods (进行贸易, 做生意)。

— I won't want to **trade with** his company. 我不想跟他的公司做生意了。
— She **trades in** clothing. 她做的是服装生意。

7. (L. 46) gave me **insights** into another culture

► **insight**: *n.* a sudden, clear, but not always complete understanding 领悟, 见解
give / provide sb. with **insights into** sth.: help sb. to have an understanding of sth.
— His job as a salesman **gave** him an **insight into** the toughness of the business world.
推销员一职使他认识到商界工作的艰辛。
— This poet has shown great **insight into** human character. 这位诗人显示出了对人性的深刻洞察力。
— She is a woman of great **insight**. 她是一个很有见解的女性。

Practice A-10 Translate the following expressions into English, using the above words.

- | | |
|---------------------|---------------|
| 1. 以时间换空间 | 2. 要求绝对的保密 |
| 3. 法律事务所中的一个地位较低的律师 | 4. 目睹了令人尴尬的一幕 |

5. 平等互利的原则

6. 一位极有眼光的企业领袖

7. 服完三年的刑期

Practice A-11 Read the following sentences, and then write out the synonyms of the words in brackets with the help of the initial letters.

1. Are you p_____ (sure) that you've locked the lab?
2. We r_____ (ask) all passengers to show their tickets.
3. He met only a j_____ (low-ranking) minister.
4. You'll have the b_____ (advantage) of a first-class education in our school.
5. His f_____ (previous) girlfriend has come to see him.
6. I want her to c_____ (finish) this job in 5 days.
7. He is against military d_____ (order).

Practice A-12 Read the following sentences, and then write out the antonyms of the words in brackets with the help of the initial letters.

1. John is s_____ (junior) to me in the company.
2. In the end he gave a n_____ (positive) answer.
3. His parents often c_____ (praise) him for his laziness.
4. The d_____ (benefits) of this program cannot be overlooked.
5. I've never made such a p_____ (embarrassing) speech.
6. His p_____ (former) position is at stake.
7. I'm getting more and more i_____ (patient) with her.

SECTION B

Keys to Successful Online Learning

Understanding the Text

本文主要探讨的是网络学习的七大成功诀窍。在学习课文时，重点要掌握这些诀窍的具体内容，并能用英语表达出来。比如，课文中谈到的第7个诀窍是 Keep up with the progress of the course(跟上课程的进度)。

以下练习检测你是否理解了课文。