



普通高等教育“十一五”国家级规划教材
21世纪高职高专精品教材·英语系列

21世纪

总主编 张道真 邱立志

实用英语

第2册

教学参考用书 (第二版)



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Unit 1

Teaching Tips



Words and Expressions to Master

complicated measure opposite puzzle scornfully metropolitan uptown campus
confused Broadway learned undoubtedly simply distraction gradual literacy
disturb respectfully specialized technological sharpen concentration ongoing
drain motivation automatically constantly actual fluent consult psychological
as far as traffic lights be careful of come about in character such as in a way
by the end of refer to concentration on turn down ask for in the long run



Important Sentence Patterns

1. Only...do... 只有……才……
2. on (the) one hand...on the other (hand) ...一方面……, 另一方面……
3. blame... for 为……而怪罪……; 为……承担责任
4. concentrate on something 集中; 汇集; 全神贯注于某事
5. be filled with 充满
6. just as=equally as 和……一样
7. what is more 而且; 更重要的是



Language Skills

Listening	有关迷路和问路的用语, 如 Excuse me. Would you please tell me how to get to...?
Speaking	注意问路需要讲究的礼貌原则。问前先说 Excuse me, 问完了要说 Thank you for telling me 或 Many thanks 等感谢对方的帮助。即使对方回答不知道具体位置, 我们同样要说 Thank you all the same.
Reading	本单元的几篇文章都与读书和学习有关。其中 Integrated Course 部分是关于读书的习惯和学习的外界干扰的, Reading Training 部分中的三篇文章都围绕着英语学习这个主题展开, 对英语学习者有较好的指导作用。

Writing	本单元训练如何写信。书信在日常生活中常会用到，学习书信的写法对日常交流将有很好的促进作用。
Translation	熟悉 Only... do..., on the one hand...on the other (hand) ..., blame... for, what is more, be pleased to, as soon as, enable somebody to do something 等句型和短语的运用，并正确翻译句子。

Listening Comprehension

Short Conversations

Answers

1. the East Park; opposite to
2. as far as
3. 514 Fourth Street
4. manager’s office; I’ll show you
5. English Department

Transcripts

1. A: Excuse me. Which is the way to the East Park, please?
B: Let me see. Er, walk along this road and turn right. Go on until you reach the traffic lights. You’ll find the park is opposite to you.
2. A: Does Bus No. 84 go to the park?
B: It goes as far as the railway station; from there you’ll have to walk.
3. A: Is this 415 Fifth Street?
B: No, it’s 514 Fourth Street.
4. A: Can you tell me where the manager’s office is?
B: I’m on my way there myself, so I’ll show you.
5. A: Excuse me. Where can I find the English Department?
B: Sorry, I can’t help you. I’m new here.

Situational Dialogues

Dialogue 1

Answers

1. B
2. C
3. B
4. D
5. A

Transcript

Mike: Excuse me. Is Xidan far from here?
Lily: Yes, quite far. It will take you twenty-five minutes by bicycle.
Mike: Is it easy to take a bus?
Lily: Yes, very easy. You just take seven stations to go to Xidan. You can’t miss it.
Mike: And could you tell me how far it is to Fuyoujie from here?
Lily: On your way to Xidan, you’ll pass by Fuyoujie.

Mike: Is it far from Fuyoujie to Xidan?

Lily: Not too far, you just need to walk for ten minutes.

Mike: Thank you very much.

Lily: You are welcome. Have a nice day.

Dialogue 2

Answers

1. B 2. C 3. C 4. A 5. C

Transcript

Green: Excuse me, officer. Can you help me?

Policeman: Sure.

Green: Where's the International Hotel?

Policeman: Well, the International Hotel is that way. Look at this map. You are on Dong-feng Road.

Green: Yes, how can I get to the hotel?

Policeman: You should keep along this street, walk two blocks and take the second turning on the right at the traffic lights, and then you'll be on Huanshi Road. Go along the road, and you'll see a flyover. The hotel is over there, on the right.

Green: Well, sorry, it's all too complicated for me.

Policeman: In that case, you can take a taxi on the opposite side of the street.

Green: That's a good idea. Thanks.

Policeman: You're welcome.

Passage Listening

Answers

1. (1) driving along (2) attention to (3) realized (4) expecting to (5) replied
(6) without stopping (7) a little louder (8) measured (9) scornfully
(10) at least
2. (1) F (2) T (3) F (4) F (5) T

Transcript

A man from a big city with a new wagon and a beautiful pair of horses was driving along a country road. He did not give much attention to where he was going. Pretty soon he realized that he was lost, but he continued to drive, expecting to find his way or to meet someone who would tell him how to get back to the town.

When it was almost dark, he saw in a cornfield a tall farmer plowing the land. He stopped and called out, "Hello, farmer."

"Hello, yourself," the farmer replied.

"Where does this road go?"

"I haven't ever seen it go anywhere. It always stays right where it is," said the farmer,

without stopping his work.

"How far is it to the next town?" said the stranger, speaking a little louder.

"Don't know, never measured it," replied the farmer.

By this time the city man was getting angry. "What do you know? You're the biggest fool I ever saw."

The farmer stopped the plow and turned and looked for a long time at the city man. Then he said scornfully, "Maybe I don't know much. Perhaps I am a fool. But at least I'm not lost!"

Speaking Development



Oral Practice

Creative Practice

- (1) You will go to Huangshan for traveling, but you don't know the best way to get there. In order to avoid getting lost, you ask your teacher or friend about it, and he or she explains it for you in detail.
要点: 谈论到另外一个城市要乘坐的交通工具。常用词汇及句型: take a plane / train / coach, ticket price, how long will the trip take, What's the best way to get there.
- (2) You are going to see your friend who is sick in the Zhongshan Hospital, but you can't find the way to the hospital after getting off the bus. So you ask the stranger on the street about the right way, and he or she gives you the direction.
要点: 谈论方向以及距离。常用词汇及句型: bus station, cross road, traffic lights, blocks, turn left / right, go straight, how can I get to this place, thanks all the same, excuse me, do you know where...等。
- (3) Suppose you are a tour guide. Now you are required to introduce today's plan and route to the foreigners.
要点: 时间以及地点、距离的综合谈论。常用词汇及句型: we will depart at...o'clock, bus, ferry, please arrive at the hotel hall at...o'clock, ...is 5 kilometers off the mainland/island/restaurant.



Cultural Background

一、街道的英语称呼

美国是近 200 年发展起来的国家,城市建设都是按照规划进行的,街道比较规整。林荫大道叫作 **Boulevard**, 通常缩写为 **Bld.**; 宽大的马路叫 **Avenue**, 多为南北走向, 缩写为 **Ave.**; 一般的街道称为 **Street**, 缩写为 **St.**; **Drive** 是对通向某个学校或住户或机构的道路的称呼, 其沿途较少建筑物。每条街道都有名称和编号。每个城市的街区地图都非常详细, 只要知道街道名称都可以在地图中找到。美国的门牌号码的编排与我们不同, 其第一个或前两

个数字代表街区，后面的数字是该地址在本街区的排序。例如：3022 Washington Blvd 表明该住户位于“华盛顿大街的第 30 个街区的第 22 号”；若你看到 248 D Street，要找 511 D Street，方法就是往数字大的方向再走三个街区，进入 500 街区，很快就可找到 511 D Street 了。

二、问路技巧

1. 选准对象。问路要选熟悉当地的人士，如警察、小贩、小店店主等。
2. 称呼得当。见到成年男子称 Sir，Miss 是对未婚女子的称呼，Madam 用来称呼成年女性。不确定如何称呼就选用礼貌句式，如 Would you please tell me the way to... 或者 Excuse me, could you show me how to drive to... 等。
3. 问得具体。问路之前要搞清楚自己要去的地点在什么街、具体名称是什么等。

Integrated Course

Text A



Information Related to Text A

阅读：朗读与默读

一、朗读

朗读是凭借声音、语调领会作者思想情感的阅读方法，是把无声的文字化作有声的语言，把单纯的视觉作用转化为各种感觉的综合作用，从而加强对书面语言的理解和掌握。朗读不仅可增强阅读感受力、理解力、欣赏力，而且可以激活思维，引起联想，培养语感，陶冶情操。

朗读技巧的练习应突出停顿、重音、语调、节奏四个方面。

1. 重音。重音包括词重音和语句重音。词重音是指多音节词里那些重读的音节。语句重音是指在朗读时需要强调或突出的词或短语甚至某个音节。重音在词句中出現，是体现语意的重要手段。例如：“山朗润起来了，水涨起来了，太阳的脸红起来了。”“我特地起个大早。”“燕子飞倦了。”重音还要根据作者的着眼点和表情达意的重点而定。如“盼望着，盼望着，东风来了，春天的脚步近了。”“盼望”一词反复出现，表达了对春天的期盼之情，均应重读。“近”字重读，突出春天临近大地时给人带来的亲切感。

2. 停顿。朗读中的停顿，不单是生理上换气的需要，更主要的是表情达意的需要。一般地说，停顿有语法停顿、逻辑停顿和感情停顿三种。语法停顿基本上是与段落、标点符号一致的，逻辑停顿是为揭示思想逻辑或揭示事物之间的逻辑关系而作的停顿。在表示激动的感情时，可以延长或缩短语法停顿的时间，这种停顿就是感情停顿。

3. 语调。用来表情达意的抑扬顿挫、轻重缓急的调子叫语调。语调有四种类型：平直调、上扬调、下降调、曲折调。朗读叙述性的句子或比较严肃的内容，一般用平直调；表示疑问、惊喜、命令、号召等感情，多用上扬调；下降调多用于表示坚决、自信、祝愿、感叹、心情沉重；曲折调常用来表示惊讶、幽默、含蓄、讽刺等。朗读前要仔细琢磨文章的内涵，是悲，是喜，是豪迈、雄壮，还是婉转、细腻，掌握了文章内涵才能控制好语调，读出

情感来。

4. 节奏。节奏指的是朗读全篇作品过程中所显示的声音形式的回环往复。节奏的把握应立足于作品的全篇和整体。首先应该考虑层次、段落的区别和联系，并落实于语气的衔接和转换；其次考虑声音的力度和速度；最后还要考虑句子的停连和转换等。朗读时把握节奏应从具体作品、具体层次、具体思想感情的运动状态入手。课堂朗读并不要求非常艺术化，一般来说只要能控制语调和语速，不要忽高忽低、忽快忽慢，读得从容镇静就可以了。

二、默读

默读是与朗读相对的一种阅读方法。默读是不出声的阅读，即视觉接受文字符号后，直接发射给大脑，大脑立即进行译码、理解，而不需要像朗读那样将文字转化为口语，用口、耳作媒介再进行理解。现代社会要求阅读提高速度，默读则是快速阅读的理想方式；而且默读允许在不理解的地方停留或反复，因此，默读较朗读理解得更透彻、深刻。由于默读速度快而且理解深，所以实用价值更高，是具有广泛适应性的阅读方式。我们所说的阅读能力，实际上多指默读能力。

默读应着重以下几方面的训练：

1. 速度。主要是进行扩大视觉幅度的训练，增加一次辨认的字的数量，同时提高视觉接受文字符号的速度，减少眼停次数和回视次数。

2. 理解。阅读是以了解意义为中心的活动，默读对于迅速准确地把握阅读材料的意义更为有利，因此必须重视提高默读理解的效率。可采用手脑配合的方法来加快思考的速度，加深理解的深度。即读前提出明确的目标，带着任务读；读中标记、评点、摘录、写提要、批随感、提问题等，以促进思考；读后要根据读前提出的目标进行检测。可采用限量法、竞赛法等进行训练。限量法，即在一定时间内限定读一定数量的读物，读后马上测查理解和记忆的质量。竞赛法即多人在同一时间、地点默读同一材料，以回答问题的形式检查各人的理解程度。默读练习中，还应学会如何调动想象、联想、思维和记忆的作用，提高理解读物内容的深度和速度。

3. 习惯。好的默读习惯有认真、专注、边读边思、边读边记等。特别是在默读训练的初期，应重视纠正默读时的不良习惯，如出声读、唇读（不出声但嘴唇动）、喉读（不出声，嘴唇不动，但嗓子里仍有气流冲击声带）、心读、指读（用手指头指着文字读）等。



Detailed Study of Text A

1. Silent reading was an activity which was almost unknown to the learned in the early days of the history, while during the fifteenth century the term “reading” undoubtedly meant reading aloud. 历史上早些时候，默读行为还几乎不为学者所知。15 世纪时，“阅读”这个词毋庸置疑是大声朗读的意思。

◆an activity which was almost unknown...是定语从句，先行词是 activity，定语成分 which was almost unknown...修饰 an activity。

◆the learned 和 the old, the young 一样表示一类人，它在这里的意思是“学者”。

2. Only during the nineteenth century did silent reading become popular. 直到 19 世纪默读才变得普遍。

◆这个句子作者用了倒装句型，起强调作用。

例如：

Also said to be under consideration is a performance in Guangzhou. 据说也考虑在广州上演。

Only in this way can you finish the task. 只有用这个方法你才能完成任务。

3. One should be careful, however, of supposing that silent reading came about simply because reading aloud is a distraction to others. 然而，每个人都应该注意，不能假设默读的产生仅仅是因为大声朗读会使其他人分心。

◆be careful of 是“小心，注意”的意思，和 be cautious of 的意思相近。however 在这里是插入语。

例如：

You should be careful of the glasses when you handle them. 你搬动那些玻璃杯时要当心。

Mara was extremely careful of what she ate. 玛拉在饮食上极为小心。

◆come about: (尤指不受控制地) 产生，发生

例如：

How did it come about that humans speak so many different languages? 人类会说这么多语言的现象是如何产生的呢？

Animal species' extinction came about because of human beings' destruction to the environment. 动物物种灭绝是因为人类对环境的破坏。

4. Examination of reasons connected with the historical development of silent reading shows that it became the usual mode of reading for most adult reading tasks mainly because the tasks themselves changed in character. 针对有关默读发展史原因的研究表明，默读成为大多数成年人完成阅读任务的一般模式，主要是因为阅读任务本身在性质上产生了变化。

◆connected with the historical development of silent reading 为定语，修饰 examination of reasons，此句为定语从句，connected 前省略了 which are。

◆in character: be typical of one's character 合乎……的性格/特性

例如：

His behavior was totally in character. 他的行为与个性完全相符。

◆out of character: be untypical of one's character 与……的性格/特性不相符。

例如：

His response was so much out of character that it amazed me. 他的回答与其性格如此不符，使我感到吃惊。

I can't believe she lied to me—it seems so out of character. 我想不到她会对我撒谎，这不符合她的个性。

5. The last century saw a gradual increase in literacy and thus in the number of readers. 上个世纪，读写能力和读者数目都逐步提高。

◆see 在这里是“引起，象征或以……为特点”的意思。

例如：

Last year saw his most great success since he started to work. 去年是他工作以来最成功的一年。

The past twenty years saw a fast development of Chinese economy. 过去 20 年中国经济发展迅速。

6. As readers increased, so the number of listeners dropped, and thus there was some reduction in the need to read aloud. 随着读者数量的增加, 听众数量在减少, 大声朗读的需要也相应减少。

◆as: (正当)……的时候, 随着

例如:

As time passed, things seemed to get worse. 随着时间的推移, 情况似乎变得更加糟糕了。

I saw Peter as I was getting off the bus. 我下公共汽车的时候看到了彼得。

7. As reading for the benefit of listeners grew less common, the popularity of reading became a private activity in such public places as libraries, trains and offices, where reading aloud would disturb other readers in a way. 当为了听者利益而朗读的普遍性越来越低时, 默读的普及在图书馆、列车、办公室等公共场合成为了一种个人行为, (因为) 大声朗读在某种程度上会打搅其他读者。

◆“...in such public places as libraries, trains and offices, where reading aloud would disturb other readers in a way” 中的 where 做定语从句的关系副词。

例如:

The book is on the table where you left it. 书在桌上, 你放在那里的。

He lives in a town where the climate is mild. 他住在一个气候温暖的镇里。

◆such as: 像, 诸如, 例如

例如:

There are many kinds of books in this bookshop such as dictionaries, children's books and text books. 这个书店有诸如字典、儿童读物和教科书之类的很多种书籍。

The local community is still reliant on traditional industries such as farming and mining. 当地的社区仍然依赖农业和采矿之类的传统产业。

◆in a way: 在某种程度上, 稍微

例如:

I play basketball well in a way. 在某种程度上, 我篮球打得很好。

In a way, it's kind of nice to be working alone. 从某种意义上讲, 独自一个人干活相当不错。

还有几个短语会经常用到: in the way (挡道), on one's way (在去……的途中) 或 on the way (在途中), by way of (通过, 经由; 以……的方式)。

8. Towards the end of the century there was still heated argument over whether books should be used for information or treated respectfully, and over whether the reading of material such as newspapers was in some way mentally weakening. 接近世纪末时, 如下激烈的争论仍然存在: 到底书籍是应该被当作信息还是应被尊敬地对待, 以及阅读材料比如报纸在某种程度上是否是一种智力弱化。

◆argument about/over something: 关于……的争论 (争吵)

这里讲到关于两个方面的争论, 一个是 whether books should be used for information or

treated respectfully, 另一个是 whether the reading of material such as newspapers was in some way mentally weakening.

例如:

The argument seemed to be about who was going to take the cat to the vet. 争论似乎是关于由谁带猫去看兽医。

The couple had a heated argument over who should stay at home and look after the baby. 这对夫妇就谁留在家里照看孩子展开了激烈的争论。

9. Indeed this argument still remains in education. 事实上, 这个争论在教育领域还是存在着的。

◆indeed (*adv.*): 真正地, 确实

例如:

Thank you very much indeed. 实在非常感谢您。

10. However, whatever its advantages are, the old shared literacy culture had gone and was replaced by the printed mass media on the one hand and by books and magazines for a specialized readership on the other. 然而, 无论它的优势是什么, 旧的分享的读写文化已经逝去。一方面, 它被印刷大众传媒所代替; 另一方面, 又被适应专门读者群的书籍杂志取代。

◆on (the) one hand...on the other (hand)...: 一方面……, 另一方面……

例如:

On the one hand I want to sell the house, but on the other hand I can't bear the thought of moving. 一方面我想把房子卖掉, 但另一方面我又不愿搬家。

On one hand, this is a good proposal, but on the other it will cost us so much money that we can't afford. 一方面这是个很好的建议, 但另一方面这将花费太多的金钱, 我们负担不起。

11. By the end of the century students were being advised to have some new ideas of books and to use skills in reading them which were not proper, if not impossible, for the oral reader. 到世纪末时, 学生们都被建议对书籍进行新的思考并使用阅读技巧。对于出声朗读的读者来说, 这些技巧即使不是不可能的, 也是不恰当的。

◆by the end of: 到……末为止

例如:

I have to finish my homework by the end of April 4th. 我必须在4月4日之前完成我的作业。

By the end of last month, the total revenue of the company amounted to twenty million dollars. 到上个月末为止, 公司总收入达到了2000万美元。

与 by the end of 容易混淆的词组还有 at the end of (在……的结尾、末端) 和 in the end (最后, 终于)。

12. The social, cultural, and technological developments in the century had greatly changed what the term "reading" referred to. 在这个世纪里, 社会、文化和科技的发展大大改变了“阅读”这个词的意思。

◆在这里 what 做宾语从句的关联词。

例如：

She saw what food I bought. 她看见我所买的食物。

I have no idea what you are talking about. 我不知道你在说什么。

◆refer to: 指的是……, 提到, 谈到

例如：

Although she didn't mention any names, everyone knew who she was referring to. 尽管她没有提到任何名字, 但大家都知道她指的是谁。

What does the word "it" in Paragraph Four, Line Three refer to? 第四段第三行的“它”指的是什么?



Keys to Comprehension of Text A

- (1) Because few people could read for themselves.
(2) A change in the nature of reading.
(3) The value of different types of reading material.
(4) Because reading for the benefit of listeners grew less common.
(5) Social, cultural, and technological developments.
- The meaning of "reading" had changed greatly during the last century because of the developments of society, culture and technology.



Translation of Text A

读书习惯的发展

历史上早些时候, 默读行为还几乎不为学者所知。15 世纪时, “阅读”这个词毋庸置疑是大声朗读的意思。直到 19 世纪默读才变得普遍。

然而, 每个人都应该注意, 不能假设默读的产生仅仅是因为大声朗读会使其他人分心。针对有关默读发展史原因的研究表明, 默读成为大多数成年人完成阅读任务的一般模式, 主要是因为阅读任务本身在性质上产生了变化。

上个世纪, 读写能力和读者数目都逐步提高。随着读者数量的增加, 听众数量在减少, 大声朗读的需要也相应减少。当为了听者利益而朗读的普遍性越来越低时, 默读的普及在图书馆、列车、办公室等公共场合成为了一种个人行为, (因为) 大声朗读在某种程度上会打扰其他读者。

接近世纪末时, 如下激烈的争论仍然存在: 到底书籍是应该被当作信息还是应被尊敬地对待, 以及阅读材料比如报纸在某种程度上是否是一种智力弱化。事实上, 这个争论在教育领域还是存在着的。然而, 无论它的优势是什么, 旧的分享的读写文化已经逝去。一方面, 它被印刷大众传媒所代替; 另一方面, 又被适应专门读者群的书籍杂志取代。

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Information Related to Text B

如何克服学习的外界干扰

外界的干扰是学生学习时的巨大障碍,如自习环境太吵、灯光太强、同桌的脚太臭、他人不断走动……如此种种,在紧张焦虑的心理环境下,都可能对学生造成巨大的干扰。从外部因素来说,噪音、其他人活动的干扰、不适当的光线和温度等都会分散人的注意力,环境的混乱或过分舒适也会对注意力的集中产生不良影响。而对于没有养成良好学习习惯的学生来说,来自个人自身内部的干扰对注意力集中的影响甚至超过外部因素的消极作用。很多学生都有一种习惯,每学习一会儿,便会找各种理由起来活动,如找书、找笔记本、拿几张纸。这些习惯不仅直接引起学习活动的中断,更重要的是,它使学习者的思维总是在一个肤浅的层面上简单重复,而不能有纵向的深入。心理学研究揭示,许多学习和学习性质的发现与体悟,要在思维深入到一个较深的层次时才能够完成。

当学习活动频繁中断和思维缺乏注意力高度集中的支持时,学习者的思维根本不能被预热到高度敏感和深入的水平,因而也不能真正掌握知识和提高分析、解决问题的能力以及获得至关重要的思维经验。事实上,心理过度紧张与怯弱的人最易受外界因素干扰。抗干扰的第一要素在于心境的平和,同时我们也可以合理利用干扰为自己创造好的学习环境。

1. 增强抗干扰能力。要想增强抗干扰能力,既要靠平时培养意志力,也要掌握一些心理暗示的方法和沟通技巧。比如说,在噪音大、干扰多的环境里做作业时,同学们可以反复在心里说:“让他们吵吧,我照样能专心学习……”直到自己进入忘我状态。人的说话声、走动声带来的干扰是影响学习的最大因素。有时同学们也可携带随身听,用抒情的乐曲来掩盖周围的噪声,旋律优美、动听的音乐也能促使人投入较高效率的学习中。

2. 改变干扰的影响。如果你正在看书学习而身边有几个同学不停地讲话,你会很烦恼,会尽各种努力去排除干扰,但往往不管用,而且这些努力还可能强化反感心理,使自己更烦恼。此时,你不是因为干扰学不下去,而是因为心烦才学不下去的。这种情形下,你不妨放下手中的事,热情地参与他们的闲聊,这样做既缓解了心中对干扰源的反感,也可以趁机休息一下。闲聊之后,你和这几个同学的关系就近了一层,再坐下来学习时,可假想他们是自己最亲密的朋友,这样不良情绪就会减少许多,而有了一种对假想好友的宽容,就很容易进入忘我境界。

3. 集中注意力,养成良好的学习习惯。我们都有这种体会,当极力想听到一个不大的特殊声音时,注意力就十分集中,这时即使有人大声叫,你也听不见。可见,注意力集中才最重要。学习时集中注意力,养成良好的学习习惯,是节省学习时间和提高学习效率最基本的方法。如果学习过程中注意力高度集中,学习者就可以做到对周围其他事情视而不见、充耳不闻。注意力高度集中,使人的心理能量能够集中地投入到正在进行的思维活动,使思维在特定的问题上处于最佳激活状态,从而使人脑能够高效地进行信息加工和解决问题。实际上,智力差异并不是成绩分化的唯一原因,对于许多学生来说,其成绩落后是由于缺乏注意力高度集中的习惯,国内外心理学家的研究都证明了这一点。

4. 要努力做到“五到”:眼到、耳到、口到、手到、心到。有许多人可以通宵达旦地干

一件事却不感到累：打牌。原因是他们打牌时心里想赢，脑子不断思考，耳在听，口在说，眼看牌，手抓牌。心理学研究表明，大脑神经与身体的各个部位的神经是紧密相连的，当全身各部位都协调地运动，大脑便不容易疲劳。又如，单位所有人各司其职，都在活跃地工作，任务当然能顺利完成；若只有一个人干，干的人很累，而结果大家还不满意。我们调查后发现，只听效率为 13%，只看效率为 18%，只动口效率为 32%；如果耳、眼、口并用，效率为 52%；如果加上双手不断地、自然地做动作，效率可高达 72%，而且不会感到累。

5. 减轻焦虑，科学调节。面临重大事件时，一般人都会出现心理紧张等本能反应，只是每个人的紧张程度会有所不同。这是很正常的。有些同学特别担心自己出现焦虑征状，甚至稍有紧张就担心得不得了，把所有的注意力都集中到如何消除紧张上，结果适得其反。对外界干扰过度敏感就是过于紧张的反应之一。



Detailed Study of Text B

1. When studying a foreign language, many students often blame outside distractions for their learning problems. 学习一门外语时，很多学生经常将他们在学习中出现的问题归咎于外界干扰。

◆blame ... for...: 为……而怪罪……，为……承担责任

例如：

They blamed George for the failure. 他们把失败归咎于乔治。

We are ready to be blamed for what had happened. 我们愿意为已经发生的事情负责任。

2. In fact all you may need is to sharpen your skills in studying and concentration while learning. 事实上，你只需要在学习的过程中提高技巧并更集中注意力。

◆sharpen: 加强，提高

例如：

Cold weather sharpens the pain in my knee. 寒冷的天气使我的膝盖更疼了。

Her voice sharpened as she became impatient. 当她不耐烦的时候，嗓门就提高了。

3. The ongoing education process of learning in college will require a high level of concentration on studies. 时下在大学中的学习要求学生在学习上全神贯注。

◆concentration on something: 集中精神/力量，全神贯注于某事上（动词形式是 concentrate on something）

例如：

Concentration on strengthening the team's defense is essential. 集中力量加强球队的防守是绝对必要的。

She was too distracted to concentrate properly on her book. 她心烦意乱，根本无法专心读书。

4. Find a place to study and keep it for study use only. 找个地方学习并将它只用于学习。
5. Keep this environment filled with anything you may need to complete your task, and while keeping you in your study space. 让这个学习环境充满你完成学习任务所需的所有东西，使自己沉醉学习的世界里。

◆be filled with: be full of 充满

这里 filled with anything you may need to complete your task 是过去分词短语做定语。

例如：

The bath has been filled with water. 浴盆已经放满了水。

The next drawer was filled with neat piles of shirts. 下一个抽屉装满了叠放整齐的衬衫。

6. Controlling noises around you will aid in your relaxation while studying. 控制你周围的噪音将有助于你在学习过程中放松。

◆此句是-ing 分词短语做主语。课文中还有类似的句子，如：Having a set goal will increase your motivation to complete the task, and will increase your concentration levels automatically.

◆while studying 中的 while 指的是“当……的时候”，和 when 意思相同，但是 while 后面要接动词的进行时态。这里 studying 的主语 you 和谓语 are 都已省略。

7. You can study between classes, on your lunch break, or in the morning before your classes start. 课间、午餐小憩或者早上上课前，你都可以学习。

8. However, if you try to study too long at one time your body will become restless, draining your concentration levels. 但是，如果你试图一次性学习很久，身体就会疲惫，注意力集中水平会下降。

◆draining your concentration levels 表伴随状态，是指身体得不到休息后随之而来的后果。

9. Set your goals—how much do you want to cover per day in your studies, how much of your paper are you going to write today. 制定目标——每天的学习范围，今天你想完成论文的多少。

- (10) Having a set goal will increase your motivation to complete the task, and will increase your concentration levels automatically. 有个既定目标可以增加你完成任务的动力，还可以自动地提高你的注意力集中水平。

◆此句是-ing 分词短语做主语。

11. Keep your radio turned down. Try to go out of the dorms to study. 关掉你的收音机，试着去宿舍以外的地方学习。

◆turn down 在这里是“（把音量）调低”的意思。

例如：

Turn that radio down at once! 立刻把收音机的音量调小些！

Can you please turn the TV down? I can't hear myself think! 请你把电视的声音关小点行吗？我没法静下心来思考！

另外，turn down 还有“拒绝”的意思。

例如：

We politely turned down the invitation. 我们有礼貌地拒绝了邀请。

Pauline has turned down the offers from several different law firms. 波林拒绝了好几家不同的律师事务所的聘请。

另外，还有几个短语也值得关注：turn up（调高音量、强度等；露面；出现；发生），turn on（打开），turn off（关闭）。