

大学英语

快速阅读新目标

总主编 李长忠 李 灏
主 编 王文标

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前言

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前言

Preface

阅读是提高外语技能的重要手段,而快速阅读又是阅读技能的重要方面,进行科学合理的快速阅读训练,有助于帮助学生运用和掌握正确的阅读方法,养成良好的阅读习惯,有效培养阅读能力,从而促进学习者外语综合技能的迅速提高。实际阅读都具有明确和特定的目的:对整篇文章主旨内容的把握,对文章观点的评判,对局部内容的理解,对事实与细节的分辨,对具体信息的捕捉等。

《大学英语快速阅读新目标》第1册至第4册按照《大学英语课程教学要求(试行)》,结合大学英语四级新题型对快速阅读能力的要求,并根据大学英语阅读能力培养的实际需要编写。所选内容遵循的原则是:内容新颖,时代感强,选材既有历史、传统的内容,也有社会、科技发展的最新信息;体裁和题材多样化,考虑到知识的多样性,文、理、工、医等内容兼顾;内容富有知识性和趣味性,既增长学习者的多元知识,又能使学习者保持阅读兴趣;材料来源多样化,语言地道。本套教材共4册,每册及单元之间由浅入深、由易到难、循序渐进。第1册至第4册文章的长度梯度增长,最终与大学英语四级考试的要求相吻合。每册由8个单元构成,每单元有4篇阅读材料。每篇阅读材料后面设10道测试题,按照大学英语四级快速阅读题型设计,一般前7题为理解题,后3题为填空题。为了便于学习者及时检验自己的阅读情况,后面附有参考答案。本教材每单元的内容,一部分可以作为课堂强化训练,一部分可以作为学习者的课后自主练习。

在编写这套教材的过程中,苏州大学出版社给予了多方面的支持。对此,我们表示感谢。

在使用过程中,如发现有不当之处,衷心希望广大老师和同学提出批评意见和建议,以便今后改进和完善。

编者

大学英语 快速阅读 新目标

第1册

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Unit 1

Skimming and Scanning

Directions: In this part, you will have 15 minutes to go over the passage quickly and answer the questions.

For questions 1–7, mark

Y (for YES) if the statement agrees with the information given in the passage;

N (for NO) if the statement contradicts the information given in the passage;

NG (for NOT GIVEN) if the information is not given in the passage.

For questions 8–10, complete the sentences with the information given in the passage.

Passage 1 Get Straight A's

Everyone who has been through it knows that getting straight A's is not a mystery, and you don't have to be Einstein to do it. As anything else in life though, it does require effort, determination, and positive thinking. If your purpose in school is to excel and get great grades, then following these tips might just make it easier for you to achieve your goal.

1. Read your lesson prior to the class. You don't have to study it and memorize it, just read it to have a notion of the topic in class, and to prepare the questions for the teacher to clarify.
2. Take good class notes. Don't write everything the teacher says, just enough bullets or headlines to remind you of the class discussions and significant points. Taking good notes is essential if you want to get high grade. You can't rely on your memory. You'd better take notes according to categories, and then memorize those notes and categories, all depending on the subject matter. Review the material through the notes you have made, reading over that which you have



forgotten. And then, you must make sure you retain all your notes from previous lessons. This will enable you to refer to them, at final exams or State Tests.

3. After the lecture or class, always spend approximately 20 minutes reading your class notes, and reading the material from the book. This is crucial as books are usually written by subject experts and are more extensive and better prepared than the teacher's materials presented during class.
4. Do the exercises at the end of the book. This is the best way to prove to yourself that you understand the material.
5. Find a quiet place, like your room, lock the door, and imagine you are the teacher explaining the subject to a student. This is also a good way to measure your understanding of the material. If you can participate in tutoring programs in school, this serves the same purpose.
6. Be proactive in participating in study groups. To deepen our understanding of a particular subject, it is sometimes beneficial to hear other people's perspectives and explanations. This sometimes helps clarify topics that we may misunderstand or not fully understand.
7. Never stay up late the night before a test. If you are not prepared by the prior evening, chances are you will not get an A, and pulling an all-nighter will only tire you and hamper your focus during the test.
8. The human body learns best at specific times (usually in the morning). Be sure you save this time for studying and internalizing important class materials, and reserve the other time for less thoughtful activities such as homework or socializing. Avoid studying when you are tired. In general, you should try to get at least 8 hours of sleep a night.
9. Always pay attention and be prepared in class. Make sure you have done your homework, and take notes. Show that you are a willing participant and that you are eager to learn.
10. Spend a reasonable amount of time on your assignments. Assignments done at the last minute or poorly will not help you much. Also, they won't reflect your skills as a student and probably will lower your grade.
11. Do your homework. A lot of your mark is based on whether you do your homework and whether you have a good attitude. Chances are, if you do your homework, you'll do better on tests, too. Doing homework does not mean only doing assignments that are going to be collected or graded. For example, if the

teacher asks you to read a section of the textbook, there is a reason for it, and doing all of your homework includes doing every assigned task and taking notes on reading whether it is required or not. This is the most important step to achieving an A in the class. Since you will always be prepared for class, pop-quizzes, it will significantly decrease the amount of time you need to study. For example, if you do this in mathematics class, you will often find that you will not need more than a 10-minute review of the formulas or concepts and that's it!

12. If you didn't study that much last night or want to do a quick review, try reviewing your notes in homeroom or before the teacher starts teaching when you have free time in school and at home.
13. Studying with a partner who is as serious about studying as you can be a good motivator to work harder. If you have problems concentrating, talk to him/ her. You may get help from him/ her.

These are not the only ways of getting straight A's! Since individual learning styles vary, study skills should be developed in accordance with one's personal characteristics.

After some time, your study habits will become a custom, and studying will be more enjoyable and easier to do (as anything in life). So set the study or practice time to suit your goals. And, studying could get addictive. The more you study successfully, the more you find you would like to and you may never leave school, becoming a perennial student till your dying days. Or, maybe you'll become one of the vast majority of us who hate studying but do it anyways. You never know...

(www.wikihow.com)

1. Usually, we consider one who got great performance as a talented person, like Einstein. ()
2. According to the passage, it is important to take good notes and to write every single detail about the teachers' lectures. ()
3. You can take part in tutoring programs, which is good for you to measure your understanding of the material. ()
4. Studying all night to prepare for a test is not a good way to get an A. ()
5. The human body learns best at specific times, so you'd better begin your study at 8 am or 8 pm. ()
6. The purpose of paying attention and being prepared in class is to show that you are



eager to learn. ()

7. It is crucial that you do every task assigned by your teachers and take notes whether asked or not. ()
8. If you cannot focus on your study, you can study with _____.
9. You should have your own learning method according to _____.
10. If you are in the habit of learning, you may find that _____.

Passage 2 Locate a Book in a Library

A library is a building for a collection of books, magazines, periodicals and newspapers. The books are kept on the shelves in the stack room whereas the magazines, journals, etc. in the reading rooms. Modern libraries also have computer rooms and copying and printing rooms.

If you want to borrow reference books or magazines, you can go to the loan desk, look over the correct call numbers in the card catalog and ask the librarian to take them out for you. Or you're allowed to enter the stack room to find books for yourself, you can look up the bound volume or index for the articles relative to the subject, on which you are going to write a thesis. If the library doesn't subscribe to the magazine which carries the article you want, you can borrow the magazine from other libraries by means of interlibrary loan service. Don't forget to show your library card or I. D. card to the librarian before you go into the reading room, where you can read magazines or newspapers. If you find a good article and want to keep it, you can have it duplicated in the copying and printing rooms. Besides, if you want to watch films or slides, you can ask the projectionist to play the videotape for you in the audio visual room, where you can also listen to language tapes and music tapes.

When you go to the library to find a good fiction book, or a novel, a librarian is always there to assist you. However, you might just want to find a book on your own by browsing the shelves or checking the catalog file, which is usually in a computer on a table, easy to access and use.

1. The shelves are marked with the types of books that are on them. Find the section that lists the book you are interested in, whether it could be non-fiction, fiction, recent books, mystery, or novels.
2. Remember that non-fiction books will be shelved separately by some kind of classification system (the most popular are the Dewey Decimal System and the

Library of Congress Classification System). If you don't know how these work, the library staff will be able to help you.

3. In looking for fiction books, try to remember some of the good books you've read and their authors. Write the authors down on a slip of paper. Look up these authors on the library catalog (either a computerized system or a card catalog) or just on the shelves. The fiction shelves are always alphabetized according to the last names of authors. If you find any books by these authors, read the summary to see if it interests you, and consider checking them out. Usually a writer that has written one good book probably has written more.
4. If you can't remember any particular author, you can just browse the shelf, picking up random books, reading the information inside the cover, reading the first page or more, to see if you are interested in the book.
5. A good cover can be an indication of a good book, or the cover can fool you by thinking it is a good book. Only when you start reading it can you see if you are really interested in it.
6. There are tables in the library where selected books are on display. Check these out to see if one of them catches your interest.
7. In addition, the library has books that categorize, index and rate novels in the reference section.
8. If a librarian is available, tell him or her what you like to read and they will probably be able to make a list of recommendations.
9. If you go to the periodicals section, you can find magazines with book reviews like *Publisher's Weekly* or even *People* and *Rolling Stone*. You could also check out the *New York Times* book reviews section.
10. Check out the computer databases. Some libraries subscribe to a huge online database about books.
11. Some award winning books are great even if they are from a style you don't usually like.
12. If you haven't found a good book by now, you might as well check Harry Potter for another time!
13. Always remember that if you have found a non-fiction book on a topic in which you are interested, only some of the rest of the library stock will also be in the same area. If the library shelves their "Out-of-size Books", i. e. very large ones, in a different area, then don't forget to check there as well.



Actually, there is a good way to ask the librarian to show you a list of the best sellers. But a book which isn't a best seller doesn't mean it isn't good. You must know best seller lists can be misleading since the list measures how many copies of books get bought by the bookstores and not by bookstore customers. Since the library is free, this is a good chance to try out new authors and less known books.

You must make sure you have a library card in each particular library, or you will not be able to check a book out. If you do not have one, then before looking for a book, sign up for one. It takes only a few minutes of your time.

(www.wikihow.com)

1. If you can't find the magazine you want to read in the library, just go home. There is no way for you to borrow it. ()
2. If you want to retain a good article, the best way is to take out your pen and notebook and copy it. ()
3. In a modern library, when you want to find a book, you can turn to the computer provided by the library. ()
4. If you don't know how the classification system works, you are not able to find the non-fiction books. ()
5. When you want to read a book by a specific writer, you can find the book according to the writer's last name. ()
6. You can find some useful information on a well-designed cover. ()
7. There are tables and seats in a library, where you can select some books and read them carefully. ()
8. If you don't know what to read in the periodicals section, you can go to read some _____.
9. Besides best sellers, in a free library, you have enough chances to borrow _____.
10. When you want to borrow a book but you have no library card, you can _____.

Passage 3 Ronald Reagan

Ronald Wilson Reagan (February 6, 1911–June 5, 2004) was the 40th President of the United States and the 33rd Governor of California. Reagan was born and raised

in Illinois, but moved to California in the 1930s. His father, Jack Reagan, worked at a general store. The family was poor. Yet, in a book about his life, Ronald Reagan wrote that he never felt poor. He was good at sports, especially football. During the summers, he was a lifeguard at a local swimming pool. He reportedly rescued many people from drowning. Ronald Reagan said there was a feeling of security throughout his childhood. But it was not perfect. His father was dependent on alcohol. Ronald Reagan studied at Eureka College in Illinois. After seeing a play, he said, “More than anything in the world, I wanted to speak the actor’s words.” As a result, he became a successful Hollywood actor, head of the Screen Actors Guild, and a spokesman for General Electric, before entering politics.

At the end of his two terms in office, Ronald Reagan viewed with satisfaction the achievements of his innovative program known as the Reagan Revolution, which aimed to encourage the American people again and reduce their reliance upon Government. He felt he had fulfilled his campaign pledge of 1980 to restore “the great, confident roar of American progress and growth and optimism.”

Ronald Reagan, who died on Saturday after his long battle with Alzheimer’s disease(阿耳茨海默氏病, 早老性痴呆病), projected an aura(气氛) of optimism so bright that it seemed almost a force of nature. Many people who disagreed with his political beliefs still liked him for his personality, and that was a source of frustration for his political opponents who knew how much his beliefs mattered. Looking back now, we can trace some of the flaws of the current Washington mind-set—the tax-cut-driven deficits, the slogan-driven foreign policy—to Mr. Reagan’s example. But after more than a decade of political mean-spiritedness(卑鄙), we have to admit that collegiality(同僚共享权力) and good manners are beginning to look pretty attractive.

President Reagan was, of course, far more than some kind of chief executive turned national greeter. He will almost certainly be ranked among the most important presidents of the 20th century, forever linked with the triumph over the restoration of faith in free markets at home.

He profited from good timing and good luck, coming along when the country was tired of the depressive rule of the Carter administration, wounded by the Iranian hostage crisis, frustrated by rising unemployment and unyielding inflation. Mr. Reagan helped end the cold war. He was fortunate to have as his counterpart Mikhail Gorbachev, a Soviet leader ready to acknowledge his society’s failings and interested



in reducing international tensions. Mr. Reagan's decision to send marines to Lebanon was disastrous, however, and his invasion of Grenada was pure drama. His most reckless episode involved the scheme to supply weapons to Iran as ransom(赎回) for Americans who were being held hostage in Lebanon, and to use the proceeds to illegally finance contra rebels in Nicaragua.

Mr. Reagan showed little appetite for power, even less for the messy detail of politics. He joked about his work habits. "It's true hard work never killed anybody," he said in 1987. "But I figure, why take the chance?" His detachment from the day-to-day business of government was charming for a nation that had been tired of watching Mr. Carter micromanage the White House.

The nation's 40th president was absent from the public eye for a long time after suffering his disease, but his complicated legacy endures. Although Mr. Reagan did reverse course and approve some tax increases in the face of mounting deficits—in stark contrast to President Bush nowadays—he was still responsible for turning the Republican Party away from its fiscally conservative roots. The flawed theory behind the Reagan tax cuts—the ensuing stimulating to the economy would bring in enough money to balance the budget—is still adopted by many of the Republican faithful, including President Bush.

One of Mr. Reagan's advisers, David Stockman, later wrote that the real aim of financial policy was to create a strategy that would close the door to more officials, which meant reducing the size of the federal government. Such thinking is far too prevalent in Washington D. C. to today, and helps explain why plenty of conservatives don't seem all that bothered by the government's inability to balance its books.

When Ronald Reagan was elected, the institution of the presidency and the nation itself seemed to be tottering under a large dark cloud. Into the middle of this came a most improbable chief executive—a former baseball announcer, pitchman for General Electric, Hollywood famous actor and two-term California governor with one uncomplicated message: There was no problem that could not be solved if Americans would only believe in themselves. At the time, it was something the nation needed to hear. Today, we live in an era defined by that particular kind of simplicity, which expresses itself in semi-detached leadership and a black-and-white view of the world. Gray is beginning to look a lot more attractive.

Overall, the Reagan years saw a restoration of prosperity, and the goal of peace

through strength seemed to be within grasp.

(www.cnielts.com)

1. In the 1930s, Reagan moved to California and attended college there. ()
2. Before being the president of the USA, Reagan was a famous movie star. ()
3. Reagan worked as the USA president for 4 years. ()
4. He was elected as president only because many people disagreed with his belief but still liked him for his personality. ()
5. Reagan was regarded as one of the most important presidents of the USA in the 20th century. ()
6. He got good timing and luck when he got elected, because his people disliked President Carter's administration. ()
7. According to the author, Mr. Reagan's decision to send army to Lebanon is a wrong act. ()
8. Mr. Reagan didn't like politics very much, and he didn't show much _____.
9. Mr. Reagan didn't appear before the public for a long time because of _____.
10. According to Mr. Reagan's adviser, David Stockman, the real aim of financial policy was to _____.

Passage 4 How to Avoid Video Game Addiction

Every afternoon hundreds of thousands of youths flood into Internet cafés, switch on a game console, or otherwise sit down to involve themselves in intense fantasy worlds. I'm talking about video games; games like *Counter Strike*, *Diablo*, *Smash Brothers* or *Halo*. These games can be fun and exciting, but we need to watch out for when this pastime becomes an addiction.

If you are one of those video games fans currently addicted to shooter games or fighting playing games online, you are not alone. Games are still making history through the fun play of both national and international audiences through online multi-gaming experiences. Not only can you start having the excitement of playing it with your brother or friend back home, but also you can play with people from Canada, Pakistan, China, Australia, and many other places to shout "I beat you and



I will beat you again”.

Games are often incredibly exciting and dramatic, but they generally aren't very intellectual. Video games are great to play, when there is nothing else to do. Games can be a great way to relax after studying, to connect to our friends, or just to aid our creativity. But if you find you are playing the games rather than reading or doing your chores, or even homework, then it is obvious you have become addicted! Video game addiction is a proposed form of psychological addiction composed of a compulsive use of computer and video games, and is related to Internet addiction disorder. Though there is still great debate as to whether one can become addicted to a video game or computer game, there are people who report that their friends and loved ones have been “sucked into” a game, suddenly becoming self-isolating, preferring to play the game instead of actual personal contact, and focusing almost entirely on the game instead of real life events.

We don't learn as much from games as we would simply read a book. And spending too much time playing them can take away from our study time. We need to remember that we are students first and foremost. Nothing should ever get in the way of proper studying. Games should not become the focus of our life. We need to make sure that playing games never interferes with our studies and that we aren't thinking about them all day. If we ever find ourselves playing them too much, we need to break the addiction. If that happens, we need to step away from the computer or television screen and learn to spend our time more productively.

Besides, video games can also be a bad influence on younger children who may be watching. Many video games are violent and the object in most of them is to kill the other players. This does not send the right message to the children who need to be told that violence is not acceptable and need to be taught how to handle situations maturely. Even if we do decide ourselves to sit down and play a violent video game, we need to make sure that it is not influencing the younger people around us. If we are addicted to games, maybe we don't care it.

Here are seven strategies that work.

1. Make a list of things to do. Write down everything that has to be done during your day and list them in order of importance.
2. Look at the list every day, and follow it. Cross off each as you go through with it. The list should look like this;
 - Make my bed



- Straighten out my room
 - Take out the garbage
 - Do my homework
 - Play video game
3. Tell the people you're playing with that you're going to stop at a certain time. You might be tempted to ignore the fact that you've played for more time than you'd like, or you may not even realize how long you're playing, but others may help to remind you.
 4. Try finding something else you like to do. It could be from drawing to running with your dog. This helps keep your mind off it. If you play because there is nothing better or more fun to do, then you should add something else that is interesting into your life. Join a club, or create a goal. By alternating between the activities, you will not feel the "video game longing", and it may be beneficial in reducing your stress and keeping you on track with your goals.
 5. Try playing a single player game rather than an online game. Playing a single player game eliminates the social aspect of an online game which may keep you from playing for long periods of time.
 6. Do not "marathon play". Take a break every hour for 15 minutes and do something else (preferably physical such as stretching or walking around your home), then return to the game after your break.
 7. If it gets really bad, start deleting the games from your computer or other entertainment files. Write down a list of online games you play and have a friend get on your Internet and block them.

All of above was made for all Game Addicts who would have done better in life, but didn't because he was playing games. Remember games do have real benefits, but must be weighed against the rest of our lives.

(www.wikihow.com)

1. With the popularity of the Internet, it is not difficult for you to play games with net friends in other countries. ()
2. In Paragraph 3, "sucked into" a game means joining in playing a video game. ()
3. Video games spend too much time and occupy our study time. ()
4. If we want to play a video game, it is our duty to avoid the younger people around