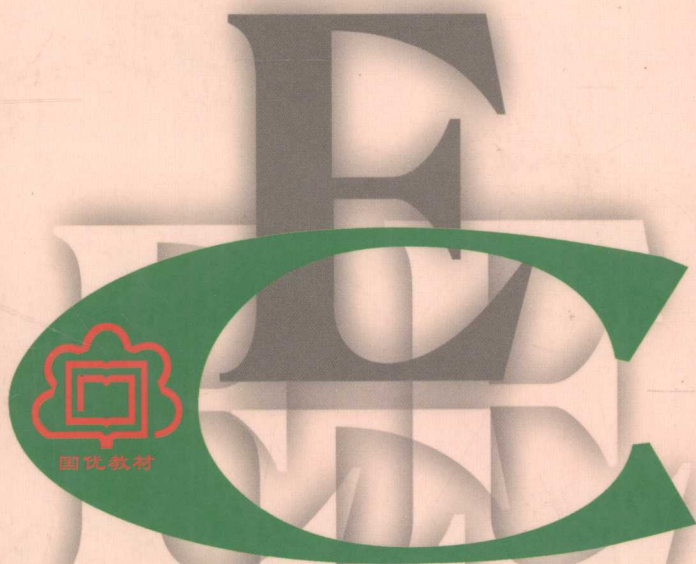


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大学英语

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总主编 董亚芬

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(Revised Edition)

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为了繁荣我国的大学外语教育事业,支持我国的大学外语教学改革,上海外语教育出版社开发了《大学英语》(修订本)多媒体系列教学光盘。该系列教学光盘与《大学英语》(修订本)系列教材同步。精读和听力的每册教材各配 2 张光盘。

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修 订 本 前 言

《大学英语》是根据国家教育委员会审定批准的《大学英语教学大纲(文理科本科用)》编写的一套系列教材,分精读、泛读、听力、快速阅读、语法与练习五种教程,于1986年出版试用本,1992年出版正式本。

本教材的精读、泛读、快速阅读和听力教程各按分级教学的要求编写六册,每级一册,供1—6级使用;语法与练习编写四册,供1—4级使用。精读与听力教程均配有教师用书和录音磁带;泛读教程1—6级也配有教师用书。对低于大纲规定入学要求的学生,另编预备级精读、泛读教程各两册。全套教材由复旦大学、北京大学、华东师范大学、中国人民大学、武汉大学和南京大学分工编写,复旦大学董亚芬担任总主编。前大学外语教材编审委员会综合大学英语编审组的全体成员对这套教材的设计与编写自始至终给予关注。

这次修订是在广泛听取全国各地使用本系列教材的教师们的意见并通过问卷形式对数以万计的师生征求意见的基础上进行的。大学外语教学指导委员会综合大学英语组对本教材的修订提供了多方面的指导与帮助。修订的宗旨是“面向21世纪,将大学英语教学推上一个新台阶”。修订本根据各教程的具体情况,对课文作适当调整,提高大纲词汇的覆盖率和常用词汇的重现率,进一步完善练习,突出重点词语的操练;同时加强各教程间的横向联系,做到既自成体系又相互补充,形成整体。修订本更加注意文、理、工、农、医等各科的通用性,力求给学生打好“宽、厚、牢”的语言基础。

精读教程的修订重点放在改善对词汇的处理和改进练习两个方面,在培养学生阅读能力的同时,更好地加强对学生表达能力的训练,具体说来,有如下几点:

一、筛选出每课的重点词,加以反复操练。1. 将每课生词表中凡属《大学英语教学大纲通用词汇表》的词,一律用黑体标出。某些词虽不是大纲词,但确系较为常用的,亦用黑体标明;2. 从上述用黑体标出的词中,每课再精选出20—30个左右更具活力的常用词,连同词组一起作为该课练习的重点。为醒目起见,将这部分重点词另用“Words to Drill”一栏列出。一至四册重点操练的词和词组总计1345个。

二、进一步提高大纲词汇的覆盖率和重现率。修订本尽可能在各种练习中补进课文没有覆盖的《大纲通用词汇表》中的词。凡在书中各种场合出现的1—4级大纲词汇,在该册附录的词汇表(Glossary)中,均用“*”号标明;5—6级大纲词,用“△”号标注。

三、修订本对练习部分作了较大的修订,以加强句子和语篇水平上的操练。1. 词语练习改为全部围绕各课列出的重点操练词和词组进行;2. 进一步增加主观题:除保留各单元阅读材料中的英译汉练习外,一至六册均设汉译英练习;一至四册每课增设一篇根据课文内容写成的完形填空题(Cloze);各册均增设了简答题、改写句子等练习;改进写作练习,从第一册起就让学生开始写成段文章,使其在写作实践中学会写作。

四、一至四册增设复习题(Revision Exercises)。除对原有的两套自测题(Test Yourself)加以改进,分别置于各册的第五单元和第十单元后面外,每册再各增两套复习题,分别放在第三单元和第八单元之后。主要用于进一步操练并巩固所学过的有关各课

的重点词语和语言技能。

五、新增科普文章阅读(Supplementary Reading in Popular Science)一栏。每册增收数篇反映当前各种科普内容的文章,每两个单元一篇,并附若干简答题,供学生自测。

《大学英语》精读教程由复旦大学大学英语教学部负责编写。翟象俊主编第一、二、五册;李荫华主编第三、四、六册;程雨民、孙骊担任主审。参加编写第一册的还有张增健、王德明、任建国、赵建、杨晨等。英国专家 Anthony J. Ward 和美国专家 Craig M. Breon 以及 Janet W. Helfand 协助编写和审阅。

本书为精读教程第一册的修订本,供大学英语一级学生使用,由翟象俊主编,程雨民,孙骊主审,王德明负责具体修订工作。参加修订的还有夏国佐、赵建等。美籍专家 John Parker 和 Mark Eades 协助编写和审阅。上海外语教育出版社的编辑同志在付梓前仔细编审,精心设计,谨此一并致谢。

由于编者水平与经验有限,教材中难免还有不足之处,希望广大读者继续批评指正。

本书录音磁带由上海音像出版社出版发行。

编 者
1997 年 3 月

使用说明

本书为《大学英语》精读教程第一册。学生在学习本册之前应该已经掌握英语的基本语音和语法知识及 1,600 个英语单词,并在读、听、写、说等方面受过初步的训练。

第一册共有十个单元,供一个学期使用。每一单元由课文(Text)、生词(New Words)、注释(Notes)、练习(Study & Practice)、阅读练习(Reading Activity)和有引导的写作(Guided Writing)六部分组成。重点放在培养学生的阅读能力上,也兼顾写和说的能力的培养。

课文全部选用原文材料,但有少量删改。选材力求题材、体裁多样,内容丰富有趣,并具有一定的启发性。讲解课文时应从全篇内容着眼,并对一些常用词和词组的用法进行分析,既要防止只讲语言点而忽略通篇内容,也要避免只注意文章内容而不重视语言基础训练。

为便于学生学习,生词释义采用英、汉结合的方式。在一般情况下,尽可能用英语释义,并酌情加注汉语,难以用英语解释清楚的则直接用汉语释义。

注释尽量用浅近的英语,主要介绍有关的背景知识,说明一些特殊的语言现象,供学生预习时参考。

本册的练习包括朗读和背诵(Reading Aloud and Memorizing)、课文理解(Comprehension of the Text)、词汇(Vocabulary)、构词(Word Building)、结构(Structure)、完形填空(Cloze)和翻译(Translation)等部分。朗读和背诵练习主要要求学生掌握句重音和意群划分,并熟记课文中有关段落。最初几个单元的练习按意群和句重音分别用符号标明;后几个单元的练习则只注了句重音而未划意群。课文理解练习要求学生根据课文回答问题或要求学生针对某些内容陈述自己的看法。有条件的班级可用一定的时间在教师引导下进行讨论,以提高学生的口头表达能力。词汇练习旨在巩固课文中所学常用词和词组的用法。构词练习要求学生熟悉现代英语中的主要构词法,熟练掌握一些常用的前缀、后缀,借以扩大词汇量。结构练习的目的是使学生掌握一些英语常用句型,以提高学生的表达能力。完形填空是一种综合性的练习,分 A、B 两篇。前者根据课文写成,主要围绕该课重点词和词组作语篇水平的操练;后者选自课外的文章。这一练习有一定难度,需要由教师予以启发引导。翻译练习每课安排八句汉译英,可作为课外书面作业。

阅读练习旨在培养学生的阅读技能,每一(或二)单元编列一项技能,并配有一篇内容与课文相近但难度较浅的阅读材料;其中 1—4 级的大纲词汇均加注汉语,放在前面,希望学生尽量掌握。教师应紧扣技能的培养,不必在语言现象的讲解上花太多时间。新增的科普阅读文章(Supplementary Reading in Popular Science)主要供学生自学,教师也可酌情选用。

有引导的写作在本册中除了培养学生连词成句的能力之外,还要求学生学会段落写作,使其在写作实践中学会写作。

书中每隔两或三单元后所设的复习题(Revision Exercises)或自测题(Test Yourself),供学生复习并巩固所学内容用,书末附有参考答案。

总之,练习是按照教学大纲和本册教程的要求编写的,练习量较大,难度适当照顾各类学生的需要。教师可根据学生的具体情况有选择地加以使用。

编 者
1997 年 3 月

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UNIT 1

TEXT

Want to know how to improve your grades without paying to spend more time studying? Sounds too good to be true? Well, read on ... 听起来好像让人难以置信。



How to Improve Your Study Habits

Perhaps you are an average student with average intelligence. You do well enough in school, but you probably think you will never be a top student. ^{普通智力 智商} *Intelligence Quotient* This is not ^{然而并非如此} necessarily the case, ^{nevertheless} however. You can receive better grades if you want to. Yes, even students of average intelligence can be top students without additional work. Here's how: 5

1. Plan your time carefully. Make a list of your weekly tasks. Then make a schedule or chart of your time. Fill in committed time such as eating, sleeping, meetings, classes, etc. Then decide on good, regular times for studying. Be sure to set aside enough time to complete your normal reading and work assignments. Of course, studying shouldn't occupy all of the free time on the schedule. It's important to set aside time for relaxation, hobbies, and entertainment as well. This weekly schedule may not solve all of your problems, but it will make you more aware of how you spend your time. Furthermore, it will enable you to plan your activities so that you have adequate time for both work and play. 10 15

2. Find a good place to study. Choose one place for your study area.

{ Skim 略读. read quickly to get the main ideas of the passage
 { scan 扫读. look at all parts successively

It may be a desk or a chair at home or in the school library, but it should be comfortable, and it should not have distractions. When you begin to work, you should be able to concentrate on the subject.

20 3. Skim before you read. This means looking over a passage quickly before you begin to read it more carefully. As you preview the material, you get some idea of the content and how it is organized. Later when you begin to read you will recognize less important material and you may skip some of these portions. Skimming helps double your reading speed and
25 improves your comprehension as well.

4. Make good use of your time in class. Listening to what the teacher says in class means less work later. Sit where you can see and hear well. Take notes to help you remember what the teacher says.

5. Study regularly. Go over your notes as soon as you can after class.
30 Review important points mentioned in class as well as points you remain confused about. Read about these points in your textbook. If you know what the teacher will discuss the next day, skim and read that material too. This will help you understand the next class. If you review your notes and textbook regularly, the material will become more meaningful and
35 you will remember it longer. Regular review leads to improved performance on tests.

6. Develop a good attitude about tests. The purpose of a test is to show what you have learned about a subject. The world won't end if you don't pass a test, so don't worry excessively about a single test. Tests provide grades, but they also let you know what you need to spend more time
40 studying, and they help make your new knowledge permanent.

There are other techniques that might help you with your studying. Only a few have been mentioned here. You will probably discover many others after you have tried these. Talk with your classmates about their
45 study techniques. Share with them some of the techniques you have found to be helpful. Improving your study habits will improve your grades.

NEW WORDS

average /'ævərɪdʒ/ *a.*

intelligence /in'telɪdʒəns/ *n.*

necessarily /'nesɪsərɪli/ *ad.*

case /keɪs/ *n.*

additional /ə'dɪʃənəl/ *a.*

addition *n.*

common. regular

ordinary 普通的; 中等的

ability to learn and understand 智力

inevitably 必定

what has really happened; actual condition 实情

added 附加的, 额外的

UNIT 1
monthly 每月 *yearly* 每年 *monthly* 每月 *lonely* 孤独的 *lovely* 可爱的
weekly /'wi:kli/ *a.* done or happening every week 每周的;
一周一次的

schedule /'fedju:l, 'skedʒul/ *n.*

chart /tʃɑ:t/ *n.*

timetable 时间表

(sheet of paper with) information written or drawn in the form of a picture 图 (表)

commit /kə'mit/ *vt.*

指定...用于

aside /ə'saɪd/ *ad.*

to the side 在旁边;到(向)一边

etc. /ɪt'setə/

(Latin, shortened form for et cetera) and other things 等等

normal /'nɔ:ml/ *a.*

usual 正常的

reading *n.*

the act or practice of reading 阅读

assignment /ə'saɪnmənt/ *n.*

sth. given out as a task (布置的)作业

occupy /'ɒkjupaɪ/ *vt.*

take up 占用

relaxation /rɪ'læks'eɪʃən/ *n.*

(sth. done for) rest and amusement 休息,娱乐

relax *v.*

hobby /'hɒbi/ *n.*

what one likes to do in one's free time 业余爱好

entertainment /ɪntə'teɪnmənt/ *n.*

show, party, etc. that people enjoy 娱乐

entertain *vt.*

solve /sɒlv/ *vt.*

find an answer to (a problem) 解决(问题)

aware /ə'weə/ *a.*

having knowledge or understanding 知道的;意识到的

furthermore /'fɜ:ðə'mɔ:/ *ad.*

moreover; in addition 而且;此外

enable /ɪ'neɪbl/ *vt.*

make (sb.) able (to do sth.) 使(某人)能(做某事)

activity /æk'tɪvɪti/ *n.*

sth. (to be) done 活动

adequate /'ædɪkwɪt/ *a.*

as much as one needs; enough 充分的;足够的

distraction /dɪ'strækʃən/ *n.*

sth. that draws away the mind or attention 分心(或分散注意力)的事物

concentrate (on or upon)

/'kɒnsəntreɪt/ *vi*

pay close attention (to) 全神贯注(于)

skim /skim/ *vt.*

read quickly to get the main ideas (of) 略读

preview /'pri:vju:/ *vt.*

have a general view of (sth.) beforehand 预习

content /'kɒntent/ *n.*

what is written in a book, etc. 内容

organize /'ɔ:gənaɪz/ *vt.*

form into a whole 组织

later /'leɪtə/ *ad.*

后来;以后

skip /skip/ *vt.*

pass over 略过

portion /'pɔːʃən/ *n.*

double /'dʌbl/ *v.*

comprehension /ˌkɒmpri'henʃən/
n.

mention /'menʃən/ *vt.*

confused /kən'fjuːzd/ *a.*

confuse *vt.*

textbook *n.*

performance /pə'fɔːməns/ *n.*

meaningful *a.*

attitude /'ætɪtjuːd/ *n.*

purpose /'pɜːpəs/ *n.*

excessively /ɪk'sesɪvli/ *ad.*

excessive *a.*

permanent /'pɜːmənənt/ *a.*

technique /tek'niːk/ *n.*

helpful *a.*

part; share 一部分; 一份

make or become twice as great or as many (使)增加一倍

the act of understanding or ability to understand 理解(力)

speak or write about (sth.) in a few words 提及

mixed up in one's mind 迷惑的, 混淆的

a standard book for the study of a subject 教科书; 课本

achievement 成绩

having important meaning or value 富有意义的

what one thinks about sth. 态度, 看法

aim 目的, 意图

too much 过多地, 过分地

lasting for a long time; never changing 持久的; 永久的

way of doing sth. 技巧, 方法

useful; providing help or willing to help 有益的; 给予帮助的, 肯帮忙的

PHRASES & EXPRESSIONS

fill in

write in 填写, 填充

decide on

make a choice or decision about 选定, 决定

set aside

save for a special purpose 留出

as well

also; too; in addition 也, 还; 同样

be aware (of)

know (sth.); know (what is happening) 知道, 意识到

concentrate on

direct one's attention, efforts, etc. to 全神贯注于

look over

examine (quickly) 把...看一遍, 过目

go over

review 复习

lead to

result in 导致

NOTES

1 This text is adapted (改编) from *Lado English Series, Book 6*.

2 This is not necessarily *the case*, however; But this is not inevitably (必然地) *true*.

Other examples:

He thought he had found the right answer, but that was not *the case*.

—Is it *true* that Mary is leaving tomorrow morning?

—No, that's not *the case*.

- 3 Fill in *committed time* such as eating ...

"Committed time" is the time during which a person feels it necessary to do certain things.

- 4 ... plan your activities *so that* you have adequate time for both work and play.

"So that" is used here to introduce an adverbial clause of purpose (目的状语从句).

Other examples:

Prof. Smith spoke slowly at first so that we could follow him easily.

I got up very early this morning so that I could catch the first bus to town.

STUDY & PRACTICE

Words to Drill

adequate	attitude	average	aware	case
commit	concentrate	confuse	double	enable
furthermore	helpful	later	mention	necessarily
occupy	organize	performance	purpose	skim
solve				

Reading Aloud and Memorizing

- 1 Read the following paragraph (段) until you learn it by heart, paying special attention to sense groups (意群) and the sentence stress (句重音):

'Plan your 'time 'carefully. // 'Make a 'list of your 'weekly 'tasks.
 // 'Then / 'make a 'schedule or 'chart of your 'time. // 'Fill 'in com'mitted
 'time / such as 'eating, / 'sleeping, / 'meetings, / 'classes, et'c. // 'Then
 / de'cide on 'good, 'regular 'times for 'studying. // Be 'sure to 'set a'side
 e'nough 'time / to com'plete your 'normal 'reading / and 'work as'signments.
 // Of 'course, / 'studying 'shouldn't 'occupy 'all of the 'free 'time / on the
 'schedule. // It's im'portant / to 'set a'side 'time / for rela'xation,
 / 'hobbies, / and enter'tainment as 'well. // 'This 'weekly 'schedule/ may
 'not 'solve 'all of your 'problems, / but it will 'make you 'more a 'ware of
 'how you 'spend your 'time. // 'Further 'more. / it will e'nable you / to 'plan