

NEW 新境界英语
Balance
English

1

第二版
2nd Edition

Extended Book | **拓展教程**

总主编 郑仰成 史洁

高等教育出版社

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前言

让英语学习快乐起来,这一直是我们关注和探索的课题!

随着我国经济发展和社会建设的加速,社会对人才培养提出了更高要求。在人才需求多元化的背景下,教育部一直在积极推进高等职业教育改革。高职高专英语课程教学改革是其中的重要组成部分,而教材是教学改革成功的根本保证和具体体现。《新境界英语》按照教育部高职高专英语类课程教学指导委员会新近颁布的《高等职业教育英语课程教学要求(试行稿)》进行编写,基于“以学生为中心,以教师为主导,以社会需求和实用为导向”的教育理念,采用先进的教学方法(Integrative Teaching Methods综合教学法),从听、说、读、写、语法构成等五大模块展开教学。本书在加强英语语言基础知识和基本技能的同时,更好地体现了高职高专层次公共英语教学的特点和要求,真正做到以学生为主体,从学生的实际需求出发,让学生快乐地学英语。

本书听说部分亦称为《小野西游东归记》,以主人公小野高中毕业后到国外留学生活,再回到国内工作的经历为主线,将出国前的手续办理,出国后的入境程序、校园生活、社会实践、职场文化等实用英语情景对话囊括其中,对即将迈入社会、走向世界、进入各行各业工作岗位的高职学生起到指南的作用。

阅读部分针对高职学生的特点和学习需求,精心选择丰富多彩的范文。范文题材广泛,贴近学生生活,兼顾趣味性、思想性和哲理性,力求使学生在学地道语言的同时学会思考,学会生活。

写作部分每单元由两个板块组成:板块一旨在提高学生记叙文、议论文和说明文等文体的写作能力,板块二训练学生写作各种实用文体(电子邮件、海报、失物招领等等)的能力。

语法构成部分注重体现英语语法的规律性和系统性。第一册侧重词法,第二、三册侧重句法。语法讲解突出重点,在总结归纳中学阶段语法知识难点和疑点的同时,为进一步学习英语打好基础。

本书五大部分内容紧密联系、有机统一。除听、说内容具有相关性外,写作部分的范文与阅读部分选材的主题也有机结合,互为补充,实用文体写作与听说部分的内容衔接,语法板块中的例句也多有使用听、说、读、写各部分的原句,有助于学生更好地理解 and 掌握教材内容。

本书练习形式生动活泼,大胆创新,充分体现“以学生为中心”的教学理念和“行动学习”的先进教学模式。大量精心设计的课堂活动,围绕需要探讨的实际问题,引导学生组成

学习团队,群策群力,互相支持,在获得知识、分享体验和创造性地解决各种实际问题的过程中,享受学习英语的乐趣。

本教材由郑仰成、史洁负责总体设计。史洁负责编写理念的贯彻和全书统稿。第一册由史洁主编。听力部分由史洁、徐泽光、曹新平、杨辉负责编写;口语部分由郝小野、张静、关红峻负责编写;阅读部分由史洁、赵继云、李若红负责编写;写作部分由赵莹、康珉、刘利斌、杨建勋负责编写;语法部分由郭玉兔、王海燕负责编写。

本次修订根据《新境界英语(第二版)综合教程》的改版作了相应的调整。词汇和翻译练习,按照更新的阅读文章重新设计,方便学生通过实践巩固提高。

高等英语教育任重道远。本教材的构想、编写过程也是编者不断学习、反省和修正的过程。我们希望,本教材的推出能填补我国高职高专英语教材的一个空白。但我们也充分认识到,要完成高职高专英语教学的世纪转型,靠一两个人、一两个团队的力量,的确杯水车薪;我们的思考和探索只是一种选择、一条路径,并且由于水平所限,在本教材中不能完全贯彻到位。粗陋之处,敬请各位专家和读者不吝赐教!

本书在编写过程中得到了高等教育出版社领导和编辑的大力支持和帮助,在版式设计、质量把关等方面都提供了可靠的保障。对此,全体编写人员深表感谢!

让我们共同努力,英语学习一定能够快乐起来!

《新境界英语》编写委员会

2015年11月


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Listening


Task 1 Practice Sounds

Step One

Directions: Pronounce the following words and write them down as they are usually spelled in English. Then listen to the recording and check. 

/hændl/	_____	/ˈpʌnɪʃ/	_____	/ˈwɜːθˈwaɪl/	_____
/rɪˈspekt/	_____	/səˈvaɪv/	_____	/rɪˈspɒnsɪbl/	_____
/ˈpɒzɪtɪv/	_____	/rɪˈgɑːdlɪs/	_____	/pliː/	_____
/θruː/	_____	/ˌʌndəˈstʊd/	_____	/ɪgˈnɔː/	_____

Step Two

Directions: Listen to the short passage once and fill in the blanks with the words you hear from the recording. 

There was a little boy with a bad 1_____. His father gave him a bag of nails and told him, every time he lost his temper, to hammer a nail in the back 2_____.

The first day the boy had driven 37 nails into the fence. Then it 3_____ decreased. He discovered it was easier to hold his temper than to drive those 4_____ into the fence. Finally the day came when the boy didn't 5_____ at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence. He

said, "You have done well, my son, but look at the 6 _____ in the fence. The fence will never be the same. When you say things in anger, they leave a 7 _____ just like this one".

A verbal(言语的) wound is as bad as a 8 _____ one.

More Reference for Students

There are 48 English phonemes, which are divided into vowels and consonants.



Task 2 Spelling

Directions: Listen and write down the words on Careers. 



1. _____



2. _____



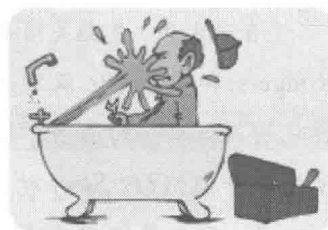
3. _____



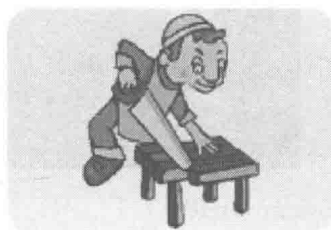
4. _____



5. _____



6. _____



7. _____




8. _____



9. _____

Task 3 Relaxation

Directions: You will hear a song from *The Sound of Music* twice. While listening, fill in the blanks with the missing words. 

DO-RE-MI

Let's start 1 _____ the very beginning.

A very good place to 2 _____.

When you read you begin with a-b-c.

When you sing you begin 3 _____ do-re-mi.

Do-re-mi, do-re-mi.

The first three notes just happen to be

Do-re-mi, do-re-mi.

Do-re-mi-fa-so-la-ti.

Let's see if i can make it easy.

Doe, a deer, a 4 _____ deer.

Ray, a 5 _____ of golden sun.

Me, a name I call myself.

Far, a long, long way to run.

Sew, a 6 _____ pulling thread.

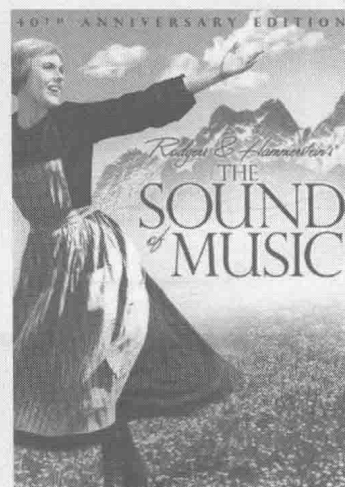
La, a note to follow 7 _____.

Tea, a drink with 8 _____ and bread
that will bring us back to do (oh-oh-oh).

...

《音乐之声》是由美国音乐剧的泰斗理查德·罗杰斯(Richard Rodgers)和奥斯卡·汉默斯坦二世(Oscar Hammerstein II)根据玛丽亚·冯·特拉普(Maria Von Trapp)的自传《冯·特拉普家的歌手们》(*The Story of the Trapp Family Singers*)改写而成的。1965年,二十世纪福克斯电影公司(20th Century Fox)拍的电影版《音乐之声》使它登上了世界舞台,受到全世界各个国家数百万观众的喜爱,成为人类记忆中最值得珍惜和细细回味的艺术佳作,是好莱坞音乐歌舞片中经典中的经典和电影史上绝妙的神来之笔。

推荐指数: ★★★★★



Talking

Task Pair Work

Directions: Talk with your learning partner and fill in the chart where necessary. You may use dictionaries or other tools.

Job	What do they do?	Where do they work?
Accountants		
	Bake bread.	They work in a bakery.
Butchers		
Chambermaids		They work in a hotel.
Dentists	Look after people's teeth.	
Flight attendants		They work in an airplane.
	Judge and sentence people.	They work in a law court.
Opticians		
Porters		
	Meet and greet visitors.	They work in reception.
Sales Assistants		
Surgeons	Operate on people who are sick.	
	Design, make, alter or repair garments.	They work in factories and shops.
	Look after people's animals.	

After-class Reading

Task 1 Vocabulary Activities

Step One

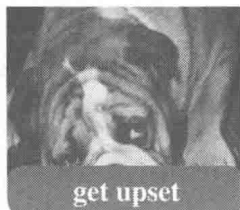
Directions: Practice using each of the following words learned in the Reading 1 and Reading 2 in a sentence given below. Change the word form where necessary.

<i>deserve</i>	<i>avoid</i>	<i>opportunity</i>	<i>flexible</i>	<i>contribute</i>
<i>encounter</i>	<i>compromise</i>	<i>perspective</i>	<i>accommodate</i>	<i>engage</i>

1. Better master one than _____ with ten.
2. The cottage could _____ up to five people.
3. It's hard to _____ mistakes.
4. Don't be afraid to _____ risks. It is by taking chances that we learn how to be brave.
5. If you have the respect of your competitors, you probably _____ it.
6. _____ does not knock twice. Seize it.
7. Art is uncompromising, and life is full of _____.
8. To unite, compromise. To work with others, be _____.
9. From what _____ are we viewing this problem?
10. The only thing I can _____ is, however, my belief and support.

Step Two

Directions: Look at the following pictures first, then try to describe them and make sentences with the phrases given below.

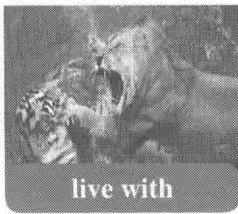


1. _____

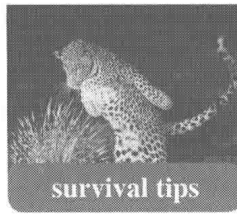
2. _____

3. _____

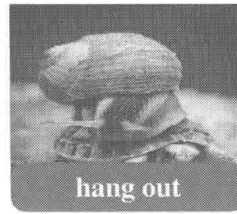
4. _____



live with



survival tips



hang out



watch out for

5. _____

6. _____

7. _____

8. _____

Task 2 Reading Activities

Step One Answer the Questions

Directions: After reading the passage, you should give brief answers to the 5 questions that follow in no more than 3 words.

The measure of a man's real character is what he would do if he knew he would never be found out.

— Thomas Macaulay

Some thirty years ago, I was studying in a public school in New York. One day, Mrs. Nanette O'Neil gave an arithmetic test to our class. When the papers were marked, she discovered that twelve boys had made exactly the same mistakes throughout the test.

There is nothing really new about cheating in exams. Perhaps that was why Mrs. O'Neil didn't even say a word about it. She only asked the twelve boys to remain after class. I was one of the twelve.

Mrs. O'Neil asked no questions, and she didn't scold us either. Instead, she wrote on the blackboard the above words by Thomas Macaulay. She then ordered us to copy these words into our exercise-books one hundred times.

I don't know about the other eleven boys. Speaking for myself, I can say: it was the most important single lesson of my life. Thirty years after being introduced to Macaulay's words, they still seem to me the best yardstick because they give us a way to measure ourselves rather than others.

Few of us are asked to make great decisions about nations going to war or armies going to battle. But all of us are called on daily to make a great many personal decisions: should the wallet, found in the street, be put into a pocket or turned over to the policeman? Should the extra change received from the store be forgotten or returned? Nobody will know except you. But you have to live with yourself, and it is always better to live with someone you respect.

1. Where did the author get an important lesson?

2. What did Mrs. O'Neil ask the twelve boys to do after the papers were marked?

3. How many times did Mrs. O'Neil ask the twelve boys to write down the words by Thomas Macaulay?

4. What did the words by Thomas Macaulay mean to the author?

5. What did Mrs. O'Neil use the words by Thomas Macaulay for?

Step Two Reading Comprehension

Directions: After reading the following passage, you will find 5 questions or unfinished statements. For each question or statement there are 4 choices marked A, B, C and D. You should make the correct choice.

Have you ever tried to draw a straight line only to find it turns out all wrong? Or, wanted to show yourself off at a party and the song you'd practised so many times suddenly becomes more difficult?

I've had both these experiences. As a senior school student, I have to take many exams. Each time I enter one, thinking "I can't fail this time", I get a low mark.

But don't be surprised — it's not because we don't try, or make enough

preparations or take it seriously. On the contrary, it is because we give it too much attention. It is thinking "I must" that makes us taste the terrible flavor of failure.

We often say to our friends "Don't be too hard on yourself ". But, when we set our own goals, we may not listen to our own advice.

But, we are making our path to success increasingly difficult.

So why not throw away this crazy pursuit to get the best? Just face the problem lying before you with a calm mind, enjoy the hard work and you will succeed.

In my opinion, keeping a calm state of mind is a skill for life. For people who want to succeed, realizing this is a very important lesson.

So next time when you're trying to draw a straight line or put on a performance, tell yourself, "If I can just do it better than last time, it's a success."

Keep a calm state of mind, and you will be happy whether you succeed or fail.

1. Which of the following is an idea the writer is trying to get across? _____
 - A. You don't need to practise so many times to sing a song well.
 - B. We don't always have to follow our own advice.
 - C. We should not force ourselves to do well in exams.
 - D. To draw a straight line needs a lot of skills.
2. What the writer tells us not to be surprised at is that _____.
 - A. people fail though they've tried hard
 - B. people may succeed though they don't try
 - C. straight lines are not really straight
 - D. everybody should taste the flavor of failure
3. Choose the correct order in which the article is organized. _____
 - A. Suggestions to try for success.
 - B. Cause of failure.
 - C. Examples of failure.

A. A—B—C	B. B—A—C
C. C—A—B	D. C—B—A

4. The underlined paragraph mainly tells us _____.
A. why we make our path to success difficult
B. how to keep a calm state of mind
C. how important it is to be calm
D. why some people are successful in life
5. Which of the following can be a proper title for the article? _____.
A. Calm People Win Success.
B. Hope for the Best, Plan for the Worst.
C. Failure Is the Mother of Success.
D. Hard Work Leads to Success.

Translation

Task 1

Directions: Translate the following sentences into English.

1. 无需人人都爱我或喜欢我。

2. 我们都应该得到基本的尊重。

3. 我才是生命的主宰。

4. 我们应该尊重彼此的隐私和个人空间。

5. 交流是处理人际关系的关键。

Task 2

Directions: Translate the following famous sayings into Chinese.

1. Admonish your friends privately, but praise them openly.

2. Experience more than sufficiently teaches that men govern nothing with more difficult than their tongues.

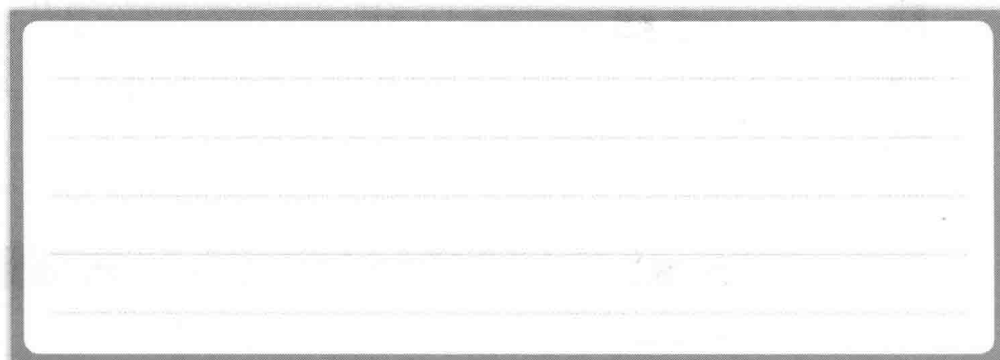
3. All things in their being are good for something.

4. The measure of a man's real character is what he would do if he knew he would never be found out.

5. Mutual forgiveness of each vice, such are the gates of Paradise.

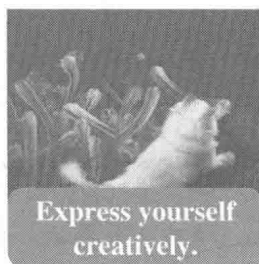
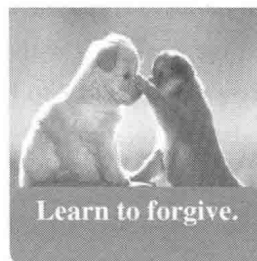
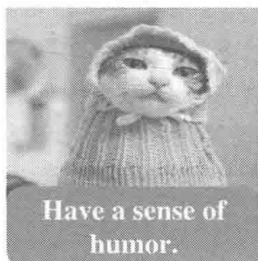
Writing**Task 1** Free Writing

Directions: For ten minutes, write as many ideas as you can think of about a topic. Don't worry about spelling, grammar, or punctuation. The purpose is to record free thoughts that you will sort out at a later point.



Task 2 Thinking Time

Directions: You are allowed 30 minutes to write an article by the title: **How to Be Happy in New Surroundings** after seeing the following pictures.



Blank area for writing an article.

Appreciation

Throw Away Unnecessary Stubbornness

There once were two poor woodsmen who made a living by collecting woods in the mountain. One day, they happened to discover two large bags of cotton in the mountain and felt surprisingly happy. The cotton was light but valuable, so they carried it on their back and went back home.

有两个贫苦的樵夫靠上山捡柴糊口。有一天,他们在山里发现两大包棉花,两人喜出望外。棉花轻但很贵,当下两人各背了一包棉花赶路回家。