

根据最新《大学英语教学指南》编写

总 主 编 向明友  
系列主编 屠国元

# New Voyage

## 新起航大学英语

### College English

主 编 肖 辉 易来宾

## 泛读教程

Extensive Reading

# 1



上海交通大学出版社  
SHANGHAI JIAO TONG UNIVERSITY PRESS

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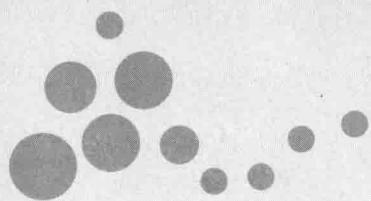
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《新起航大学英语》系列教材

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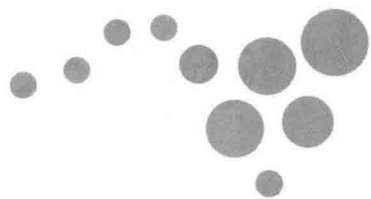
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# PREFACE 总序

自 20 世纪五六十年代我国开启大学英语教学以来,出于社会不同发展阶段的不同需求,受制于不同的客观实际,基于不同人的不同理解,就大学英语教什么、教多少、如何教的问题,从教育主管部门到学界一直存在不同的声音。反映在大学英语教材建设上,文革前有《文科英语》《理科英语》和《高等工业学校英语》的三足鼎立;从文革结束到 20 世纪 80 年代中叶仍然延用《英语》(供理科用)、《英语》(高等学校文科非英语专业教材)及《英语》(供工科用)的三足模式;伴随 1985 年和 1986 年分别供理工科和文理科使用的两份《大学英语教学大纲》的先后颁布,《大学英语》《大学核心英语》《新英语教程》及《现代英语》等教材应运而生;随着 1999 年大学外语教学指导委员会对原理工科和文理科两份《大学英语教学大纲》的修订、合并完毕,尤其是 2007 年《大学英语课程教学要求》的问世,国内《新编大学英语》《21 世纪大学英语》《全新版大学英语》《新视野大学英语》《现代大学英语》《新世纪大学英语》等教材如雨后春笋般涌现。群雄并起的大学英语教材编写战可谓一路硝烟。如今,大学英语的内涵已不再是一门大学英语课所能包含的,其工具性和人文性的双重特质不断得以彰显;其作为我国高等学校人文教育一部分的功能已为大家所认知;其量大面广的优势已成为不争的事实。致力于指导和规范我国大学英语教学的《大学英语教学指南》(简称《指南》)即将面世。《指南》呼吁构建“服务于学校办学目标、院系人才培养目标和学生个性化发展需求”的新的大学英语课程体系,倡导“can do”理念,提出“基础”、“提高”和“发展”三级教学目标,推荐“通用英语”、“专门用途英语”和“跨文化交际”三大教学内容。修正旧问题,应对新要求,建设服务于新的大学英语课程体系的新教材已成为我国大学英语教育工作者无法回避的重要使命。因应这一新的形势,在上海交通大学出版社的推动下,我们策划出版《新起航大学英语》系列教材。该系列教材由《读写教程》《泛读教程》和《听说教程》等三套主干教材和一套《阅读》辅助教材构成,每套教材分别包括四个分册。

我们认为,英语更多是学生学出来的,不完全是教师教出来的。学好英语的关键是学生的内生动力,而非单靠教师的课堂操劳。在英语学习过程中,教师仅发挥组织教学、引导学习的教练作用。一套好的教材对帮助教师组织课堂,激发学生学习积极性、主体

性有着不可替代的作用。依循英语学习规律,编写一套力求简单、明了,突显趣味性、科学性、思辨性和时代性的大学英语教材,既能激发学生的内生动力,又能满足大学英语教学新内涵的要求。

《新起航大学英语》系列教材中的《读写教程》《听说教程》和《泛读教程》等三套主干教材撇开应试干扰,着重培养学生的英语应用能力。《阅读》辅助教材旨在巩固学生英语知识的同时,引导学生熟悉和适应国家级英语水平考试。本系列教材参照《大学英语教学指南》“基础”和“提高”阶段的教学目标要求,按每周4个学时设计。

《读写教程》在系统讲解英语构词、语法、修辞、文体知识的基础上,着重训练学生“读”、“写”能力,兼顾“说”的能力,并适时导入跨文化交际、学业英语及批判思维元素。

《听说教程》为引进改编教材,旨在培养学生英语“听”、“说”能力,兼顾“写”的能力。教材在保留原版教材生动鲜活语料的基础上,通过改编使之契合整套系列的理念、定位和目标。

《泛读教程》旨在培养学生良好的阅读习惯和有效的阅读技巧,在重点提升学生阅读能力,兼顾“说”、“写”训练的同时,扩大学生知识面,补充学生学习和工作所需的专门用途英语知识,课文选题涵盖自然科学、社会科学、人文素养及工程技术等五十余个学科。

《阅读》作为教辅,既是《读写教程》的延伸补充,又是对国家级英语水平考试的训练。本教辅围绕《读写教程》的单元主题设计阅读题目,题型向国家级考试靠拢,同时体现《大学英语教学指南》的要求与精神。

本套教材具有定位明确、目标清晰、手段具体、可操作性强等特点。我们按照不同规格高校人才培养的不同需求,把本套教材的服务对象明确定位为“985”院校的非英语专业学生。三套主干教材遵照《大学英语教学指南》有关“基础”和“提高”阶段大学英语教学要求,以“can do”为目标,训练学生用英语交流和思辨,增强学生跨文化交际意识和交际能力,培养学生批判思维能力,提升学生综合文化素养,丰富学生专门用途英语知识,倡导并向学生输入正确价值观,鼓励学生不仅学会用英语讲述西洋风情,

还要会用英语介绍中国故事,可谓目标清晰;本系列教材启用听、说、读、背、咏、辩、写等多种训练手段,多管齐下,多模态综合,操练手段十分具体;本系列教材以《读写教程》为龙头,以《听说教程》和《泛读教程》为主体,形成教材主干,集知识、素养、能力提升于一体,着力增强学生英语应用能力、思辨能力和跨文化交际能力,把《阅读》列为辅助教材,引导学生掌握国家级考试的相关要求,这样既务实,又可操作。

针对教材服务对象的客观实际,我们综合参照高中英语选修1课程要求和“Collins Co-build”基础词表,核准本教材的起点词汇,不追求英语词汇量的盲目扩大,也不赶长难句的时髦,注重新知识的系统循序导入,严把词汇及知识点的重现率,让学生能够温故知新,以简单、有趣和省力来激发学生学习英语的内生动力。

感谢本套教材的全体主创人员,正是得益于大家的共同努力,本套教材才能够按计划如期面世。上海交通大学出版社领导对这套大学英语系列教材的出版提供了可贵支持,我向他们致以最真挚的敬意!

向明友

2016年3月于北京



# INTRODUCTION 编写说明

泛读是语言技能训练的重要途径。学生通过广泛、系统地阅读不同领域的语篇,增强精读语言知识的输入和输出,巩固和强化良好的阅读习惯,掌握英语语篇阅读技巧,并有效理解英语语篇的思维结构与词、句特征,从而为更好的写、译、说技能奠定坚实的基础。为此,我们协同上海交通大学出版社及相关院校,依据新的《大学英语教学指南》,策划出版《泛读教程》,作为《新起航大学英语》系列的主干教材之一。

《泛读教程》包括四册,每册包含八个单元,每个单元由长篇阅读、阅读与翻译技巧、深度阅读三个部分组成。依据由基础通用向专门用途过渡发展的教学原则,《泛读教程》各册长篇阅读的单元主题与《读写教程》保持一致;深度阅读的文章主题分为社会科学、人文素养、工程与技术和自然科学,根据难易程度,组合放置在各个单元。关于阅读与翻译技巧,第一、二册主要解析 16 个阅读技巧,第三、四册集中解析 16 个翻译技巧。

各单元第一部分由 2 篇 900 ~ 1200 词的长篇阅读文章构成。第一篇 Text A 为主阅读,旨在从题目、主旨大意、细节例证、说明与推理等方面培养学生良好的阅读与思维习惯,题型以问题为主,引导学生依据题目把握相关信息要点,回答问题。第二篇 Text B 为辅助阅读,侧重训练学生四、六级阅读测试技能,即要点信息的理解与匹配。文章主题与 Text A 相呼应,或是整体与部分关系,或是观点相反,或是相互补充。题型采用标准测试的 Match 题,各单元题量为 10 个。

第二部分为阅读技巧与翻译技巧解析,第一、二册中,分别案例式地讲解了预测(Predicting)、上下文语义推理(Infering Meaning from Context)、略读(Skimming)、寻读(Scanning)等 16 个阅读技巧,涵盖了阅读技能的各个要素;第三、四册中,分别讲解了词义选择与翻译、名词化结构的英汉翻译、量词和倍数的翻译、被动句子的英汉翻译等 16 个翻译技巧。讲解依据两篇长阅读提取相应技巧阅读与翻译案例,并在第三部分的三篇深度阅读文章中加以体现和强化。为便于学生的理解和把握,此部分采用了中文对技巧进行解析和说明。

第三部分为深度阅读部分,包括 3 篇 250~350 词左右的阅读文章。本部分旨在让学生熟悉四、六级考试题型训练,加强专门用途英语的学习,拓展学科知识,培养跨文化交际



能力。为避免重复,每册依据大类学科下面的子学科选出 24 篇文章,围绕上下文设置选词填空题,主旨、细节、推理等选择题和补全信息题等题型,开展有针对性的阅读技能训练。

通过编委的精心策划和全体编辑的不懈努力,《泛读教程》在内容编排、难点处理等方面形成了鲜明特点。各册学科相关内容的统一体现了从通用基础到专门用途较高水平发展的理念,案例式的阅读技巧和翻译技巧解析为学生提供了更直观的技能学习与训练。为适应泛读的需要,减轻学生的压力,两篇长阅读的生词采用旁注,用中文标注文中出现的具体含义。两篇长阅读涉及的文化背景知识,以文后注释的方式呈现,以中文提要解释其文化内涵和意义。

感谢参与本套《泛读教程》的全体主创人员,感谢参编教师的辛勤耕耘,正是由于他们的共同努力,本套教材才得以按计划如期面世。在此,也向为《泛读教程》的筹划、论证、组织、编校付出大量心血的上海交通大学出版社领导及教材图书出版中心的编辑致以最真挚的敬意!

编 者

2016 年 3 月

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# Unit 1

## University Campus





## Text A

## 10 Ways Students Waste Money in College

In college, you don't have much **disposable** income, so it's imperative that you find ways to reduce your outgoing expenses. The average student will waste thousands of dollars during college. Are you making these money-wasting mistakes?

### 1. Buying new textbooks

Brand new textbooks cost a fortune. Don't make this **rookie** mistake. Instead, save money by buying used ones, renting, sharing with a friend, or going digital. You'll save hundreds of dollars over the semesters.

### 2. Eating out too often

Fifteen bucks for a pizza. Eight bucks for Chinese **takeout**. Two dollars at the **vending machine**. It all adds up pretty quickly and before you know it, you've spent \$200 in one month just on fast food. Stop wasting your money on eating out too often. If you have a meal plan, eat most of your meals on campus. If you don't have a **meal plan**<sup>1</sup>, start cooking your meals at home. Stop the visits to the vending machines and buy your snacks at the grocery store.

### 3. Not using resources on campus

Most colleges have **mandatory** fees beyond the basic cost of tuition. These fees, such as campus center fees, health service fees, technology fees,

disposable

可支配的

rookie

没经验的新手

takeout 外卖

vending machine

自动售货机

mandatory

强制性的

etc., provide a complete range of student services that support the academic environment. Since you are already paying for these services, make sure that you **utilize** them. Use the campus fitness center instead of paying for a membership at an **off-site** gym. When you are sick, be sure to visit the health services center on campus instead of paying for a visit to a private physician's office. Having computer issues? Visit the technology service center on campus for assistance with hardware and software instead of taking your computer to an off-site computer repair shop. Research any other mandatory fees at your college and be sure to use the services as not to waste further money.

#### 4. Skipping classes

How many times have you skipped college classes (or plan on skipping once you **enroll**)? You do realize that is your money (or your parents' money) going **down the drain**, right? Why even bother going to college at all if you aren't going to put forth the effort to attend classes and get as much information as possible? Stop being lazy and go to class! You are paying for it after all.

#### 5. Withdrawing from classes after the drop date<sup>2</sup>

The drop deadline for full-time courses is typically two weeks following the course start date (although this will vary among schools). This should give you enough time to know if you want to stay enrolled in the class. If you stop attending the class and fail to drop within the **refund** deadline, you will lose a portion of the money you spent on tuition. Don't waste this money by making sure you drop any unwanted classes by the refund deadline.

#### 6. Failing classes

If you skip classes and choose not to study for them, chances are pretty high that you will fail some courses during your college career. This is a complete waste of money because not only will you not have a chance for a refund (as you do if you withdraw before drop date mentioned above) but if the course is required for your major, then you will have to take the class again. And pay for it again. If you find that you are having trouble in a course, consider getting a **tutor**.

utilize 使用

off-site

场外; 校外

enroll 入学

down the drain

白白浪费的

refund 退款

tutor 家教



## 7. Overspending on dorm decoration

Of course you want to make your home away from home comfortable and stylish, but that doesn't mean that you need to spend big bucks on your decorations. Stay away from expensive stores and choose furnishings from Walmart, Amazon, or Dormco.

## 8. Using credit cards

On average, college students **rack up** \$3,000 to \$5,000 in credit card bills by the time they graduate. Add **interest payments**<sup>3</sup> to those figures, and you're looking at a whole lot of money wasted. Stop using your credit card(s) for items you don't need; use it for emergency circumstances only. Get in the habit of shopping with cash only. Check out more tips for avoiding credit card sorrows.

## 9. Visiting expensive spring break destinations

Who said **spring break**<sup>4</sup> destinations had to be at some faraway, tropical location? Go against the **norm** and stop wasting money (that you probably don't have) on a trip to Cancun<sup>5</sup>. Once you graduate and obtain a full-time job with a decent salary, you will have plenty of time to enjoy a tropical vacation. For now, **opt for** cheaper spring break destinations, like going on a camping trip with friends, going home to visit your family, or staying in your city to do volunteer work for your community.

## 10. Missing out on student deals

Stop wasting money paying full price and break out your student ID. From deals on computers to deals on travel, college students have it made when it comes to discounts. When you need to make a purchase, do a little research to see if you can get a discount with your student ID; you could save quite a bit of money over your four years of college. As a college student, you are also **eligible** for the Student Advantage Discount Card and Amazon Student, both of which could save you money throughout college.

Remember that a penny saved is a penny earned. Stop making these money-wasting mistakes. Your bank account will thank you. (906 words)

rack up

导致损失

norm 普遍做法

opt for 选择

eligible 合格的





#### Notes

1. **a meal plan** 指的是在大学食堂吃饭时用餐次数的规格。一般以一周为单位，且大部分都是周一到周五适用。一般来说会使用充值的饭卡来购买，分为早、午、晚餐，进入食堂前需要刷卡。例如，10-meal plan，每天两顿饭；14-meal plan 就是一周14顿，按照周一到周五算就是有四天吃三顿，有一天吃两顿（一般这种适合长期住校的学生）；5-day freedom plan就是自由预定周一到周五这五天吃几顿饭。
2. **drop date** 课程弃选截止日。在截止日前申请退选，可以申请退回选课费用，而且在成绩报表中不会留有任何记录，否则将视为退选（withdrawl）。
3. **interest payments(for credit card)** 信用卡利息支付。一般的信用卡消费只要按期还款是没有利息的，但取现或逾期还款要收取手续费或利息。
4. **spring break** 美国大学的春假。基本相当于复活节假日，在三四月份，时间一到两周。
5. **Cancun** 坎昆。坎昆是墨西哥著名国际旅游城市，位于加勒比海北部。

**Directions:** Answer the following questions according to the passage you have just read.

1. Why is it necessary, according to the author, for college students to budget their money?
2. In what occasion does the author advise students to eat on campus?
3. Why and how is the visit to the health services center on campus better in saving money than a private physician's office?
4. Why is the author against skipping classes?
5. What are the consequences of failing to meet the drop deadline?
6. When does the author support the use of credit cards?
7. Why does the author mention Cancun?
8. How can student ID save money for you?



## Text B

# 7 Ways to Get More from Student Life in London

**A** When you first arrive, student life in London can be somewhat **daunting**, but the opportunities for fun and friendship as well as boosting your education and career are virtually limitless. Studying and living in the UK capital is the chance of a lifetime; do not let it pass you by. Here are some tips on making the most of your time in “the most influential city in the world” (according to *Forbes*<sup>1</sup>).

### 1. Relish the city's multicultural character

**B** London's **vibrant** atmosphere is owed to the many different cultures which have found a home in the city. Communities from every continent have settled in the capital and brought with them customs, cuisines and styles which breathe life into all corners of the city. As a student, there are endless opportunities to experience these cultures through the food, shops, events and people.

**C** Brick Lane in East London hosts a **myriad** of curry restaurants; Ridley Road Market in Dalston has **stalls** selling wares from Africa, Asia and the Caribbean; and Golborne Road in Kensington is referred to as “Little Morocco”, with shops and restaurants selling North African produce.

**D** There are many organizations set up to help students and non-students from around the world to meet up, practice their language skills and share their different cultural experiences. The Language and Cultural Exchange, which meets every Sunday in the Crypt Café in Trafalgar Square, organizes day trips to **landmarks** and other activities to encourage **integration**. You can find similar groups on the website Meetup.

daunting  
使人畏惧的

relish 细细品味

vibrant  
充满生气的

myriad 无数  
stall 货摊

landmark 地标  
integration  
(种族)融合