

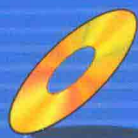


高等职业教育“十二五”规划教材

Practical College English Course

大学实用英语教程 (第一册)

舒大平 唐冰然 主编



本书配CD-ROM



北京理工大学出版社

BEIJING INSTITUTE OF TECHNOLOGY PRESS

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内容提要

《大学实用英语教程》系列教材是根据《高职高专教育英语课程教学基本要求》组织编写的、专供全国高职高专院校使用的公共英语教材。

本套教材遵循“边学边用，学用结合”的原则，突出听说技能的训练，注重应用文体的写作和阅读能力的培养，将语言应用能力与实际涉外交际相结合。

本套教材还注重教、学、考相互照应。学完第一册即可参加“高等学校英语应用能力考试”的B级考试，学完第二册可参加A级的考试。

本书为《大学实用英语教程》第一册，共10个单元。每个单元都由听、说、读、写、语法和名言警句6个部分组成。

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前言

一、编写说明

为适应我国高等职业教育的发展，推动教学改革的不深入，我们在认真调研、广泛征求意见的基础上，根据教育部《高职高专教育英语课程基本要求》，编写了《大学实用英语教程》系列教材供全国高职高专院校使用。本套教材贯彻实用为本的设计理念，体现新时期高职英语的特点，符合高职英语的教学需求，涵盖学生需要掌握的实用英语语言知识和交际技能。本套教材旨在把听说读写译有机地结合起来，注重培养学生的职场通识英语语言的的实际应用能力、沟通能力和创新能力，引导学生在实践中正确地运用英语进行交际。

二、编写框架

本套教材充分吸收和借鉴了国内外优秀英语教材的优点，根据我国当前的英语教学要求和条件，我们进行了认真自主的规划、选材和编写。本套教材内容的选取紧密结合高职高专学生的学习和生活，注重学生的职业发展，激发学生的学习兴趣，奠定学生坚实的专业基础，同时也兼顾学生今后的求职需要，为就业做好铺垫。本套教材致力于全面提高学生实际应用英语的能力，促进学生自我发展能力的培养。

本套教材包括《大学实用英语教程》《大学实用英语教程同步拓展训练》（每一种均为1~2册）及配套的录音光盘等，其中教程的练习答案和参考译文都编入拓展训练中。

《大学实用英语教程》每册10个单元，每单元包括听、说、读、写、语法和名言警句6个部分。全书语言知识与语言技能并举，各个部分环环相扣，使整个单元形成一个有机的整体，并以重点突出培养学生的应用能力为中心，循序渐进地引导学生达到既定的学习目标。

《大学实用英语教程同步拓展训练》是《大学实用英语教程》的配套拓展练习，10个单元与《大学实用英语教程》各单元主题呼应，提供形式多样的语言综合实训。其内容既是主教材的拓展和深入又与高等学校英语应用能力考试的A、B级密切相关。我们希望此书能为学生参加考试做好准备。

三、教材特色

本套教材具有以下特点：

1. 本教材体现了实用为主、够用为度的编写原则

本套教材全部由一线教师进行编写，难易程度把握适度，梯度明显，针对性强。我们依据学生的接受能力和实际需求选取学习内容，层次分明，结构紧凑，能够满足不同基础学生的学习需要。

2. 本套教材内容丰富, 题材多样

我们所选内容着重广泛性、趣味性、信息性和实用性。主题均贴近学生生活, 关注社会热点, 反映时代节奏, 充分体现英语教学以学习者为中心, 融“教、学、做”为一体的教学理念。我们希望通过本教材的学习, 学生能把“Learning by doing”真正落到实处。

3. 本套教材教学活动的设计突出以学生为中心, 调动学生的参与意识, 重视学生基本功的训练

我们照顾大多数学生的水平, 不简单重复高中阶段已学过的内容, 而是重在应用能力的进一步提升, 拓展训练的每单元都设计了 Data Bank, 给教师和学生提供结合实际情况灵活调整内容的空间。

4. 本套教材的编写着眼于提高学生的职业技能和素质

我们主张理工渗透、强调职场就业、体现通识性教育。学生通过切合实际的学习会打下坚实的基础, 从而在日常或涉外工作时能更加熟练地掌握和使用英语。

四、编写队伍

本册教材由营口职业技术学院的舒大平、唐冰然担任主编。其他编写人员均为营口职业技术学院外语系具有丰富教学经验的一线教师。美国籍教师 Kyle H. Davis 参与了全书的修改审订工作。在此, 对北京理工大学出版社对编者的信任和给予的帮助表示深深的谢意。

编写本套教材对我们来说是一次新的尝试, 由于编者水平和视野的限制, 加之时间仓促, 尽管编写过程中反复审改, 但难免还会有疏漏和不当之处, 恳请专家和读者不吝赐教。

编 者

2014 年 6 月

目 录

Unit One.....	1
Part One Listening	1
Part Two Speaking	2
Part Three Reading	3
Text A	3
Text B	9
Part Four Grammar	13
Part Five Writing	15
Part Six Famous Quote	16
Unit Two.....	17
Part One Listening	17
Part Two Speaking	18
Part Three Reading	19
Text A	19
Text B	26
Part Four Grammar	29
Part Five Writing	31
Part Six Famous Quote	32
Unit Three	33
Part One Listening	33
Part Two Speaking	34
Part Three Reading	35
Text A	35
Text B	44
Part Four Grammar	48
Part Five Writing	50
Part Six Famous Quote	51
Unit Four	52
Part One Listening	52
Part Two Speaking	53
Part Three Reading	54
Text A	54



<i>Text B</i>	59
Part Four Grammar	62
Part Five Writing	65
Part Six Famous Quote	66
Unit Five	67
Part One Listening	67
Part Two Speaking	68
Part Three Reading	69
<i>Text A</i>	69
<i>Text B</i>	75
Part Four Grammar	79
Part Five Writing	81
Part Six Famous Quote	84
Unit Six	85
Part One Listening	85
Part Two Speaking	86
Part Three Reading	87
<i>Text A</i>	87
<i>Text B</i>	93
Part Four Grammar	96
Part Five Writing	98
Part Six Famous Quote	99
Unit Seven	100
Part One Listening	100
Part Two Speaking	101
Part Three Reading	102
<i>Text A</i>	102
<i>Text B</i>	108
Part Four Grammar	111
Part Five Writing	113
Part Six Famous Quote	115
Unit Eight	116
Part One Listening	116
Part Two Speaking	117
Part Three Reading	118

<i>Text A</i>	118
<i>Text B</i>	124
Part Four Grammar	128
Part Five Writing	130
Part Six Famous Quote	132
Unit Nine	133
Part One Listening	133
Part Two Speaking	134
Part Three Reading	135
<i>Text A</i>	135
<i>Text B</i>	141
Part Four Grammar	145
Part Five Writing	147
Part Six Famous Quote	148
Unit Ten	149
Part One Listening	149
Part Two Speaking	150
Part Three Reading	151
<i>Text A</i>	151
<i>Text B</i>	157
Part Four Grammar	160
Part Five Writing	162
Part Six Famous Quote	163
单元词汇表	164
单元短语表	185
词汇表 (按字母顺序)	191
词组表 (按首字母顺序)	208



Unit One

Part One Listening

Task I Listen to the following sentences once and fill in the blanks with the missing words you hear in the recording.

1. I asked him to lend me _____ pounds.
2. The _____ may begin at any moment.
3. _____ is my favorite sport.
4. The _____ was dressed in a blue coat.
5. The crowd suddenly grew _____.

Task II Listen to the following sentences twice and choose the best answer to each question you hear in the recording.

1.

A. Yes, I know that.	B. Yes, I'd like to.
C. Yes, I'm all right.	D. Yes, I'm sure.
2.

A. Please do.	B. Not yet.
C. Yes, I know.	D. Most of the time.
3.

A. Yes, of course.	B. Is it true?
C. You are welcome.	D. No, thanks.
4.

A. No, thanks.	B. I often drink tea at home.
C. Not likely.	D. No problem.
5.

A. I'm sorry to hear that.	B. No, thanks.
----------------------------	----------------

C. My pleasure.

D. Yes, I'd love to make it.

Task III Listen to the following short conversations twice and choose the best answer to each question you hear in the recording.

1.

A. A salesman.

B. A doctor.

C. An engineer.

D. A secretary.

2.

A. Buy a new computer.

B. Try the computer again.

C. Use her computer.

D. Have the computer repaired.

3.

A. A working schedule.

B. A computer problem.

C. A business plan.

D. A computer class.

4.

A. She doesn't need his help.

B. She doesn't like the man.

C. She wants to work for the man.

D. She wants to ask for help.

5.

A. To get some medicine.

B. To have a check-up.

C. To visit a patient.

D. To look after the man.

Part Two Speaking



Task I Conversation

A: Hi! My name is Liu Gang. We haven't met before, have we?

B: No, we haven't! My name is Kate.

A: Nice to meet you.

B: Nice to meet you, too.

A: Are you a new student?

B: Yes, I am. What about you?

A: Yeah, me too! What are you studying here?

B: Chinese. What about you?

A: I'm doing history. But I may change to law later.

Task II Make a dialogue in the following situation.

Situation: Two college students meet on the campus. They talk about the school uniform.

Student A: Speaking tips: 1) The uniform is good.

2) College students should focus on their study not the appearance.

Student B: Speaking tips: 1) The uniform is old-fashioned and college life should be colorful.

2) Students may have their own choices at weekends.

Task III Learn and remember the proverbs and sayings.

It is never too late to learn. 活到老，学到老。

Pride goes before a fall. 骄者必败。

Time and tide wait for no man. 岁月不等人。

Part Three Reading

Text A

Adjusting to College Life

Adjusting to college life can be very difficult for students because everything is new and different. However, students who consider the following tips will certainly be better prepared for college life and will adjust quickly and easily.

Tip 1—Get Involved

There are many activities on campus, so go ahead and get involved in your first week of your freshman year. This will allow you to meet friends, be part of a social group as well as making a difference in the university, and you will have a healthier attitude regarding college altogether.

Tip 2—Stay on Campus

Staying on campus is an important way to adjust to college life. You will have a roommate, meet new friends, and learn a lot about yourself as well as others. In addition, staying on campus makes you close to all campus activities, parties, the library and extracurricular activities.

Tip 3—Eat and Sleep Regularly

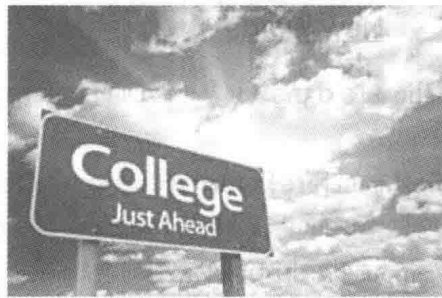
It is very important to eat and sleep on schedule. Make sure you eat three healthy meals a day, sleep at least eight hours a night, and you will feel happier and healthier and better able to adjust to college life.

Tip 4—Manage Stress

College is stressful, and for a beginning freshman it might be overwhelming. However, manage your stress by working out, practicing yoga, deep breathing, or any other method you find helpful.

Tip 5—Stay Focused

Because college can be so much fun, it might be difficult to stay focused on your work. However, remember why you are at college in the first place. You want to get a degree and ultimately a good job.



So, keep your mind focused on your major more than extracurricular activities.

Tip 6—Attend Every Class

You should attend every class unless you are seriously ill. In the event you must miss a class, let your professor know why and ask if you can get the notes.

Tip 7—Look on the Bright Side

You need to always keep a positive attitude when it comes to adjusting to college life. It is truly difficult to always look on the bright side when your entire life has changed.

Tip 8—Party!

College is known for partying. You can party at weekends after you have finished your homework and simply enjoy hanging out with friends and meeting new people.

Tip 9—Communicate

Make sure you always communicate openly and honestly about your feelings while respecting other people as well. Don't let others take advantage of you by communicating openly.

When you follow these suggestions you will certainly adapt to college life quickly, easily and without needing a lot of time to settle in.



New Words

adjust [ə'dʒʌst] *v.*

freshman ['freʃmən] *n.*

campus ['kæmpəs] *n.*

attitude ['ætɪtju:d] *n.*

regularly ['regjuləli] *adv.*

regular ['regjulə] *adj.*

regarding [rɪ'gɑ:dɪŋ] *prep.*

extracurricular [ˌekstrəkə'rikjulə] *adj.*

stress [stres] *n.*

v.

stressful ['stresfəl] *adj.*

overwhelming [əʊvə'welmɪŋ] *adj.*

become or make suited (to new conditions); adapt 使适合 (新环境等); 适应; 调整; 校准

student in his/her first year at college, high school or university 大学学院或中学一年级学生

grounds and buildings of a university or college (大学或学院的) 校园

way of thinking or behaving 看法; 态度

at regular intervals or times 有规律地; 有规则地; 定期地; 经常地

规则的; 有秩序的; 经常的; 定期的

concerning, with reference to 关于; 至于; 对于

outside the regular course of work or studies at a school or college 课外的

pressure or worry caused by the problem in sb's life 压力, 重压; 紧迫, 紧张

强调, 着重; 把重点放在

causing stress 有压力的

too great to resist or overcome, very great 压倒一切的; 无法抗拒的; 巨大的

focus ['fəukəs] <i>v.</i>	concentrate (on sth.) 集中 (于某事物)
major ['meɪdʒə] <i>n.</i>	principal subject or course of a student at college or university (大专院校学生的) 主修科目, 主修课程
positive ['pɒzɪtɪv] <i>adj.</i>	showing confidence and optimism 乐观的; 自信的; 积极的; 肯定的
communicate [kə'mju:nikeɪt] <i>v.</i>	exchange news, information, ideas, etc. 交流情况, 交换消息, 交流思想等
communication [kə,mju:ni'keɪʃən] <i>n.</i>	传递; 传播; 通讯; 联络
adapt [ə'dæpt] <i>v.</i>	make fit for, or change to suit a new purpose 使适应, 使适合; 改编, 改写
advantage [əd'vɑ:ntɪdʒ] <i>n.</i>	condition or circumstance that gives one superiority or success (esp. when competing with others) (尤指与他人竞争时) 优越的或成功的条件或环境; 优势
addition [ə'dɪʃən] <i>n.</i>	person or thing added or joined 增加的人或事; 加另外的; 附加的; 外加的
additional [ə'dɪʃənəl] <i>adj.</i>	in the end; finally 最后; 终于
ultimately ['ʌltɪmətli] <i>adv.</i>	small but useful piece of practical advice 有用的小建议; 实用的小建议; 小费
tip [tɪp] <i>n.</i>	make one's home in a place; deal with sth. 定居; 安家落户; 解决
settle ['set(ə)l] <i>v.</i>	include or affect (sb. /sth.) in its operation; cause (sb. /sth.) to take part in an activity or a situation 包括; 牵涉 (某人 / 某事物)
involve [ɪn'vɒlv] <i>v.</i>	

Phrases and Expressions

be prepared for sth.	对某事物做好准备
adjust (sth./oneself) to (sth.)	(使) 适应; (使) 适合
get/be involved in	涉及; 包含在……中; 跟……有牵连; 参与
focus sth. on sth.	将 (注意力) 集中于 (某事物)
adapt (oneself) to sth.	适应; 使适应
in addition (to)	除 (此) 之外
settle in	迁入新居, 并安顿下来; 适应 (或习惯于) 新环境 (或新工作等)
make sure	确保; 核实或查明某物; 有把握
when it comes to sth./doing sth.	当涉及 (做) 某事物的情况, 事情或问题时
as well as	除……之外; 也; 还; 而且
make a/no/some etc. difference	有 / 没有 / 有些作用或影响

take advantage of
on schedule
hang out

充分利用
按时间表; 及时; 准时
经常出没; 常去某处; 居住

Notes

1. (Para. 1) However, students who consider the following tips will certainly be better prepared for college life and will adjust quickly and easily.

分析: who consider the following tips 是定语从句, 修饰先行词 students。

译文: 然而, 考虑了下列的建议, 学生们当然就会为大学生活做好准备而且会迅速容易地适应。

2. (Para. 4) Make sure you eat three healthy meals a day, sleep at least eight hours a night, and you will feel happier and healthier and better able to adjust to college life.

分析: make sure 把事情弄清楚; 核实或查明事物。you eat three healthy meals a day, sleep at least eight hours a night 是宾语从句, 作 make sure 的宾语。

译文: 确保一天三顿饭吃得很健康, 每晚至少八个小时的睡眠, 那么你就会更愉快, 更健康, 更能适应大学生活。

Task I Choose the best answer for each of the following questions.

1. Altogether there are _____ suggestions listed for the students to follow.
A. 5
B. 9
C. 10
D. 7
2. Getting involved in activities on campus will allow you to _____.
A. make a difference in the university
B. meet friends
C. be part of a social group
D. all of the above
3. According to the text, you should keep your mind focused on _____ more.
A. parties
B. meeting new friends
C. your work
D. none of the above
4. You can manage stress by _____.
A. working out
B. practicing yoga
C. deep breathing
D. all of the above
5. In the author's opinion, _____.
A. adjusting to college life is very easy for freshmen
B. you should attend every class unless you are seriously ill
C. college is not stressful
D. it's not important to eat and sleep on schedule

Task II Choose the definition from Column B that best matches each word or phrase in Column A.**A**

1. stress
2. freshman
3. campus
4. regularly
5. attitude
6. tip
7. communicate
8. adjust
9. positive
10. make sure

B

- a. become or make suited (to new conditions)
- b. way of thinking or behaving
- c. pressure or worry caused by the problem in somebody's life
- d. small but useful piece of practical advice
- e. grounds and buildings of a university or college
- f. exchange new information, ideas etc.
- g. find out whether sth. is definitely so
- h. student in his/her first year at college or university
- i. at regular intervals or times
- j. showing confidence and optimism

Task III Fill in the blanks with the words or expressions given below. Change the form where necessary.

adapt to	consider	on schedule	as well as	positive
take advantage of	regularly	in addition to	allow	involve in

1. He _____ changing his job, but then he changed his mind.
2. _____ some dictionaries, there are some books and pens on the desk.
3. Mrs. Green does not _____ people to smoke in her home.
4. You've got to be more _____ about your work.
5. Like so many others _____ the case, her mother was out to make money.
6. He grows flowers _____ vegetables.
7. My daughter soon _____ herself _____ the college life.
8. I am also aware of the importance of completing this job _____.
9. The villagers are _____ their natural resources to better their life.
10. His doctor told him to take the medicine _____ three times a day.

Task IV Fill in the blanks with the proper form of the words given in the brackets.

1. Lily enjoys _____ (talk) with him because he has a good sense of humor.
2. I need _____ (go) there by bike; but something is wrong with my bike, so the bike needs _____ (repair).
3. She finds her new teaching job very _____ (stress).
4. Tom practices _____ (throw) the ball into the net everyday.
5. Keep your mind _____ (focus) on your major more than extracurricular activities.

6. He quickly _____ (adjust) to many black American expressions.
7. Check out the _____ (difference) activities available at your university.
8. Mary's grandfather is in the best of _____ (healthy).
9. They use sign language as a means of _____ (communicate).
10. Here are some _____ (suggest) for you that might help you get out of trouble.

Task V Translate the following sentences into English paying attention to the underlined parts.

1. 你要确保在午夜之前到达这里。(make sure)
2. 妈妈和三个孩子一起被送进了医院。(as well as)
3. 这个国家卷入了战争。(get involved in)
4. 你如果不努力, 考试就不会及格。(unless)
5. 说到旅游, 你今年要去什么地方吗?(when it comes to)

Task VI Translate the following sentences into Chinese.

1. In addition to some small shops, there are a couple of Japanese department stores.
2. I would like to go, however, I think I'd better not.
3. It's hard to find an ideal job without a degree.
4. If you go, I will go as well.
5. His mother was prepared for power cuts by buying a lot of candles.

Data Bank

dormitory	宿舍
undergraduate	大学本科学生
postgraduate	研究生
scholarship	奖学金
tuition	学费
diploma	文凭
flunk	挂科; 考试不及格
attendance	出席; 出席人数
compulsory	必须做的; 按规定要做的
specialized	专门的
thesis	论文
assignment	作业
transcript	成绩单
commuter student	走读生
make-up exam	补考
freshman/sophomore/junior/senior	大一 / 二 / 三 / 四学生