

Second Edition

第二版

新视野大学英语

主 编：张 宁 姚艳菊



同步辅导

1

外语教学与研究出版社
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

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第二版



新视野大学英语

主 编：张 宁 姚艳菊

副主编：杨瑞芝 韩 洁

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前言

《新视野大学英语（第二版）同步辅导》是与《新视野大学英语（第二版）读写教程》配套编写的同步辅导书，旨在帮助该教材的使用者更好地深化教材内容、巩固语言知识、拓展课外积累和提高应试能力。本丛书在编写过程中始终把握“从学习实际出发，从学生实际出发”的原则，严格遵照教育部颁布的《大学英语课程教学要求》，着力营造“预习→复习→巩固→拓展→提高”的良性学习循环。为了方便使用，本丛书的编写力求化繁为简，“点—线—面”布局清晰，语言简练生动，参考、自测、总结有序递进，供使用者根据自己的需要轻松参阅。本丛书适用于大学在校生的广大英语学习爱好者。

本丛书的主要内容如下：

背景知识	采用地道的英语表述，用词力求浅显易懂，生词部分加注汉语。学习本部分可以有效地扩展课外知识和扩大词汇量。
课前准备听力原文	加强学生听力水平的训练、提高学生英语听力水平。
课文概要	简要和准确地概述课文的主要大意和中心思想，培养英语概括能力。
结构分析	以图表的形式展示了课文的结构框架和各部分的核心内容以及所采用的写作方法和技巧，点、线、面一目了然。
高频词汇精讲	精讲高频核心词汇，补充典型例句，诠释典型用法，单词辨析与词汇扩展相结合。
常用短语典例	精讲文中高频短语，配以典型例句，力求活学活用。
难句解析	剖析文中的疑难句子，对解释的要点进行了“提亮”处理，难点突出，讲解精要。
练习详解	对标准答案加以补充，使之更加贴近学生的实际表达和多元表达。

参考译文	参考译文与原文的篇章段落相匹配，方便参阅。
快速阅读	作为每单元的自测和拓展，快速阅读部分参考了大学英语四级考试的出题模式，同时考虑到本丛书的使用者的实际情况，调整了难度。
心灵氧吧	精心挑选的短小美文如涓涓细流，滋润心灵。
写作特训营	本部分旨在把课文中学到的写作技巧强化到实际写作应用中，分为写作要领、经典范题、（范题）分析、范文和课后习作等部分，集中讲解了写作方法在大学英语写作中的应用技巧。

编者

2007年12月

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Unit 1



SECTION A

Learning a Foreign Language

背景知识

1. Online Learning 网上学习

Online learning is one form of e-learning or computer-enhanced learning. Many technologies can be used in online learning: the use of web-based teaching materials, multimedia CD-ROMs, websites, e-mails, blogs, discussion boards, computer aided assessment (评估), and learning management software, etc. Most online learning courses use combination of the techniques above.

Online learning is naturally suited to distance learning and flexible learning, but can also be used in conjunction with (结合) face-to-face teaching. The most notable advantages of online learning are flexibility, convenience and the ability to work at your own pace. Other advantages of online learning include the ability to communicate with fellow classmates from around the country, a greater adaptability to learners' needs, and more variety in learning experience with the use of multimedia (多媒体).

2. What Is a Good Language Learner? 怎样才是成功的语言学习者?

- A good language learner thinks about how he or she is learning.
- A good language learner is willing to experiment and take risks.
- A good language learner is realistic and independent.
- A good language learner is organized and active.
- A good language learner has a balanced concern for communication and accuracy.

课前准备听力原文

The Internet may be able to help you overcome your frustrations with learning English. I started learning English when I was in junior middle school. I didn't, however, gain command of the language in the classroom. It was only when I tried learning English through an online course that I finally became proficient. The online course was just as difficult as classroom study, but it provided better results. There were many other advantages to online learning as well. For example, it taught me how to manage my time better to include my online studies in my busy schedule.

1. When did the speaker start to learn English, and when did he gain command of the language?

The speaker started to learn English when he was in junior middle school. He gained command of the language after he took English through an online course.



2. Besides the language itself, what else did the speaker gain from learning a foreign language online?

Online learning has taught the speaker to better manage his time so that he could include his online studies in his busy schedule. Learning better time management techniques has paid off since.

3. How could online learning help you with your English?

Open-ended.

课文概要

Foreign language learning is a difficult yet rewarding experience for the author. He describes his four different foreign language learning experiences from regular course to online course and different feelings towards English learning at each stage. Anyhow, he treasures the trying experience of foreign language learning so much that he wouldn't trade it for anything.

结构分析

课文结构	段落大意	写作技巧
Part I (Para. 1)	Learning a foreign language was one of the most difficult yet most rewarding experiences of my life.	Explanation (释义法)
Part II (Paras. 2-4)	My different experiences with the regular course in junior and senior middle schools and at college.	Cause and Effect (因果法)
Part III (Paras. 5-7)	My experiences with the online course helped me reap the benefits of hard work.	Deduction (演绎法)
Part IV (Para. 8)	Learning a foreign language brings me benefits in many aspects.	Induction (归纳法)

高频词汇精讲

1. reward /rɪ'wɔːd/ *vt.* 报答; 酬谢; 值得

n. (1) 报答; 奖赏 (2) 酬金; 奖品

【例句】 The mother rewarded her child with money. 母亲给孩子钱作为奖赏。

There is a reward for whoever finishes first. 谁先完成给谁奖励。

The rewards of study cannot always be measured in money. 学习的回报不能总用金钱衡量。

【用法】 a well-earned reward 受之无愧的报酬

in reward for 作为回报

reward sb. for (doing) sth. 因(做)……酬谢……

reward sb. with sth. 用……回报……

【拓展】 rewarding *a.* 报答的; 有益的; 值得的

【辨析】 reward award

这两个词都可以用作名词和动词。

作名词时, **award** 意为“奖品、奖金”, 与 **prize** 意义近似, 指因为取得杰出成就而获的奖; 而 **reward** 意为“奖赏、酬金”或一些非金钱的报酬。例如: We don't expect substantial rewards. 我们并不期望得到优厚的报酬。

作动词时, **award** 意为“授予、判给”, **reward** 则表示“报答、酬谢”之意。

2. frustrate /frʌ'streɪt/ *vt.* (1) 使沮丧, 使灰心 (2) 使挫败, 使受挫折

【例句】 The bad weather frustrated our plan. 恶劣的天气使我们的计划受挫。

She was deeply frustrated by the criticism her play received. 她因自己的戏受到批评而深感沮丧。

【用法】 be frustrated at/with sth. 对……感到灰心

be frustrated in 在……遭到挫败

【拓展】 frustrated *a.* (指人) 泄气的, 挫败的, 失望的

frustrating *a.* (指物) 令人泄气的, 使人沮丧的

frustration *n.* 挫败, 受挫, 令人灰心的事物; 沮丧; 失意。如: It's healthier to release frustration than to bottle it up. 受挫折后发泄一场比强忍着对健康更有益。



3. positive /'pɒzətɪv/ *a.* (1) 积极的, 肯定的 (2) 确信的, 有把握的
(3) (体检结果) 阳性的 (4) 正数的

【例句】 Are you positive that I switch the iron off? 你确信我关掉了熨斗的开关?

She is quite positive about the amount of money involved. 她对所涉及的钱数很有把握。

She has a positive attitude to everything. 她对所有事情都抱积极态度。

【用法】 a positive number 正数 positive electricity 阳(正)电
当 positive 作“确信的、有把握的”讲时, 常用句型 be positive of/about/that....

【反义词】 negative *a.* 消极的; 否定的

4. former /'fɔ:mə(r)/ *a.* 早先的, 以前的, 旧时的 *n.* 前者

【例句】 The coal industry is now barely half its former size. 现在煤炭业的规模几乎不到以前的一半。

Of the two suggestions, I prefer the former. 两个建议我更倾向前者。

【用法】 the former..., the latter... 前者……, 后者……。如: Tom and John are good friends, and the former is older than the latter. 汤姆和约翰是好朋友, 前者比后者年长。

5. intimidate /ɪn'tɪmɪdeɪt/ *vt.* 恐吓, 威胁

【例句】 They were intimidated into accepting a pay cut by the threat of losing their jobs. 他们因为受到失去工作的威胁而被迫接受降工资。
He said he would never be intimidated by big names and authorities. 他说他决不会被名人和权威所吓倒。

【用法】 intimidate sb. into (doing) sth. 威胁某人做某事

【拓展】 intimidating *a.* 令人紧张不安的 intimidation *n.* 恐吓, 威胁

6. opportunity /ˌɒpə'tju:nəti/ *n.* 机会, 时机

【例句】 Every man should have a fair opportunity to make the best of himself. 每一个人都应该有公平的机会去发挥自己的才智。

Don't miss the opportunity: it may never come again. 良机莫失, 失不再来。



- 【用法】 find/get/make an opportunity 找到/得到/创造机会
 give/offer an opportunity 提供机会
 grab/seize/catch an opportunity 抓住机会
 have the opportunity to do/for sth. 有做某事的机会
 miss/lose an opportunity 失去机会
 take the opportunity to do sth./of doing sth. 抓住机会做某事
- 【拓展】 opportunism *n.* 机会主义 opportunist *n.* 机会主义者
- 【辨析】 opportunity *chance*
 这两个词都有“机会、时机”的意思。
opportunity 表示符合自己想干某事的时机。如: Grasp opportunity for broader experience when it appears. 抓住获得更丰富经历的机会。
chance 更侧重于表示“运气”或“机遇”。如: You still have the chance of catching the train. 你仍然有机会赶上火车。

7. access /'ækses/ *n.* (1) 享用权 (2) 通道; 入口 (3) 接近, 进入
- 【例句】 Citizens have free access to the library. 市民可以自由使用图书馆。
 The children's father was granted access to them at any time. 孩子们的父亲获得随时探视的权利。
- 【用法】 give access to 接见; 准许进入
 have/get/gain/obtain access to 有接近或进入……的机会
 open access (图书馆) 开架阅览
 refuse/grant access to 被拒绝/获得……权
 the access to... 通向……
- 【拓展】 accessibility *n.* 可接近性; 易懂性
 accessible *a.* 可接近的, 可进入的
- 【形似词】 assert *vt.* 断言, 主张 assess *vt.* 估价, 评定
 asset *n.* 资产, 财产 excess *n.* 过度, 超额

8. participate /pɑ:'tɪsɪpeɪt/ *vi.* 参与, 参加
- 【例句】 She is so shy that she never participates in the classroom discussions. 她很害羞, 从不参与课堂讨论。
- 【用法】 participate in 参加, 参与(某项活动)
 participate with sb. in sth. 与……共同分担……。如: She participated with her friend in her sufferings. 她为朋友分担痛苦。

【拓展】 participant *n.* 参与者, 参加者 *a.* 参与的 participation *n.* 参加

9. virtual /'vɜ:tʃʊəl/ *a.* (1) 虚构的, 虚拟的 (2) 实质上的, 实际的

【例句】 The virtual corporation is completely dependent on IT to communicate with others. 虚拟公司完完全全是依靠因特网与其他公司交流。

Nowadays, television has a virtual monopoly over cultural life. 如今, 电视实质上主宰了文化生活。

【用法】 a virtual certainty 实际上已肯定的事 virtual net 虚拟网
virtual reality (电脑) 虚拟现实

10. commitment /kə'mɪtmənt/ *n.* (1) 投入, 致力, 献身 (2) 承诺, 许诺, 保证

【例句】 I'd like to thank the staff for having shown such commitment. 我要对全体员工作出的巨大奉献表示感谢。

He doesn't want to get married because he is afraid of any commitments. 他不想结婚, 因为他害怕任何承诺。

【用法】 make/take/undertake a commitment to do sth. 承诺做……
make a commitment to 致力于……, 献身于……

He has made a profound commitment to the cause of education. 他全身心地投入到教育事业中。

【拓展】 commit *v.* 犯(错误、罪行)
committed *a.* 忠诚的, 坚定的, 有献身精神的

【同义词】 guarantee *n.* 保证。表示对产品质量、服务、义务的实施及发生某事所作的承诺、保证。如: This watch has five-year guarantee. 这只手表保修期五年。

11. minimum /'mɪnɪəm/ *a.* 最低的; 最小的 *n.* 最低限度; 最小量

【例句】 The prices have already been cut to the minimum. 价格已经削减到最低。

They want to spend a minimum of both money and time to achieve the best effects. 他们想花最少的金钱和时间取得最好的效果。

【用法】 a minimum wage 最低工资
at a minimum of expense 以最少的费用
with a minimum of effort 花最小的力气

【拓展】 minimize *v.* 把……减至最小量(程度)

【反义词】 maximum *a.* 最大量的; 最大限度的; 最大值的 *n.* 最大量, 最大值

12. embarrass /ɪm'bærəs/ *vt.* 使尴尬, 使难堪

【例句】 She was embarrassed when people laughed at her mistake. 当人们嘲笑她的错误时, 她感到尴尬。

【用法】 be embarrassed at sth. 对……感到尴尬 / 难堪

【拓展】 embarrassing *a.* 使人尴尬的, 令人难堪的。如: an embarrassing situation 令人尴尬的情形

embarrassment *n.* 窘迫, 尴尬

13. continual /kən'tɪnjuəl/ *a.* (1) 不间断的, 不停的 (2) 多次反复的; 频繁的

【例句】 They lived in continual fear. 他们生活在无休止的恐惧之中。

Her proposal met with continual rejections. 她的建议一再遭到拒绝。

【辨析】 continual continuous

这两个词均有“不停的、不间断的”之意。

continual 一般指多次重复的动作。如: I've had continual problems with this car ever since I bought it. 这辆车自从我买了后就老出毛病。

continuous 强调动作不间断地进行下去, 中间没有停顿。如: My computer makes a continuous low buzzing noise. 我的电脑不停地发出低沉的嗡嗡声。

14. reap /ri:p/ *vt.* (1) 获得, 得到 (2) 收割; 收获

【例句】 As you sow, so shall you reap. (谚) 种瓜得瓜, 种豆得豆。

He felt that he reaped much benefit from conversations with foreigners. 他觉得自己通过与外国人交谈获益匪浅。

【用法】 reap the reward/benefit 获得报偿 / 好处

reaping machine 收割机

15. benefit /'benɪfɪt/ *n.* 益处, 好处 *v.* 有益于

【例句】 It is said yoga is of great benefit to human health. 据说瑜伽功对人体健康有极大好处。



A five-day week benefits more than individually and economically.
五天工作制不仅仅对个人和经济有好处。

- 【用法】 be of benefit to/to the benefit of... 对……有益
benefit from/by sth. 从……中获益
for the benefit of 为了……的好处
get/derive benefit from sth. 从……中获益
- 【拓展】 beneficial *a.* 有益的, 有用的

16. insight /'insart/ *n.* (1) 洞悉 (2) 洞察力, 深刻的见解

【例句】 Good teachers have insight into the problems of students. 好教师能洞察学生的問題。

His speech gave us an insight into the problem of education. 他的演讲使我们对教育问题有了深入的了解。

- 【用法】 gain/give/have an insight into 洞悉……
- 【拓展】 insightful *a.* 富有洞察力的, 有深刻见解的

17. communicate /kə'mju:nɪkət/ *vi.* 交流; 交际 *vt.* 传达; 传播

【例句】 Parents often find it difficult to communicate with their children. 父母常常发现很难跟他们的孩子沟通。

She communicated her suspicions to her teacher. 她把心中的猜疑告诉了老师。

- 【用法】 communicate sth. to sb. 把……传达给……
communicate with sb. 与……交流

【拓展】 communication *n.* 交流; 交际; 通讯
communications *n.* 通信手段; 交通方式
communicative *a.* 健谈的, 善于言谈的

18. favorite /'feɪvərɪt/ *a.* 最喜欢的 *n.* 特别喜爱的人或物

【例句】 He is a great favorite with his teacher. 他是老师最喜欢的学生。
A teacher shouldn't have favorites. 一个教师不应过分宠爱某些学生。

【拓展】 favor *v.* 支持, 赞成; 喜爱 *n.* 赞同; 好事; 偏爱
favorable *a.* 赞同的; 有利的

19. gap /ɡæp/ *n.* (1) 缺口, 裂口 (2) 间隔, 间隙 (3) 差距; 分歧; 隔阂

- 【例句】 There are wide gaps in my knowledge of history. 我的历史知识很贫乏。
The gap between the two parties has narrowed considerably. 双方的隔阂已明显缩小。
The gap between the rich and the poor widens. 贫富之间的差距在扩大。
- 【用法】 generation gap 代沟
bridge/close/fill (in, up)/stop/supply a gap 填补空白 / 弥补缺陷 / 弥合差距
communications gap 思想(感情)隔阂
the gap between imports and exports 进出口差额

常用短语典例

1. be worth (doing) sth.: 值得(做)……的

- 【例句】 Whatever is worth doing at all is worth doing well. (谚) 凡是值得做的事就值得做好。
It was well worth waiting for. 这件事很值得等待。

2. far from: (1) 一点都不, 远非 (2) 远离

- 【例句】 Far from cheap, everything is expensive in this shop. 这家商店的商品很贵, 一点都不便宜。
Far from eye, far from heart. 离远情疏。
Her answer is far from satisfactory. 她的回答远不令人满意。

3. feel like (doing) sth.: 想要(做)……

- 【例句】 I don't feel like calling. 我不想打电话。
I feel like celebrating tonight. 我今晚想庆祝一下。

4. give up: 停止; 放弃

- 【例句】 Giving up his job was the last thing we expected him to do. 放弃工作是我们最不希望他做的事。
After several attempt he gave up. 试了几次以后他放弃了。