

大学英语

读写教程名师暗读

COLLEGE ENGLISH

主编王鸣苑春鸣



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新视野大学英语

读写教程名师暗读

NEW HORIZON COLLEGE ENGLISH

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前言

《新视野大学英语读写教程名师陪读》是一套旨在帮助学生在课堂上及课后学习《新视野大学英语读写教程》的辅导教材。我们在编写前通过调查和分析,发现目前市场上同类辅导材料众多,但能满足学生及教师需求的却少之又少,其中一个主要原因是众多辅导材料未能从满足学生学习需求出发,未能将辅导材料与教材紧密结合,从而导致学生在使用过程中出现学习效率降低、学习难点查找困难、知识理解欠佳、掌握不牢等现象。因此,本书在编写过程中力求围绕教材原文展开知识讲解及考题练习,使本书成为教材原文真正的知识"超链接"。让学生在使用过程中,真正感觉到查找知识点的方便、探索学习的乐趣,体会到本书作为教学辅导材料的真正价值。

本书编写特点包括以下四个方面。

一、版式新颖,译文与原文丝丝入扣,一览无"疑"

译文与原文左右对照,既整体流畅、和谐,又在细节上与原文丝丝人扣。使学生在使用过程中,能以最短的时间,查到原文中每个知识点在译文中的含义。

二、讲解深入浅出,如同名师伴你共读

本书着重**教师提示**部分,每课后均有**教师提示**,对课文中**重点词汇、短语、语法进行注释、讲解、引申**,并附有**相关例句、原文出处、相近知识点的区别等**,使学生既能从原文出发,理解各知识点的含义,又能通过相关知识点的比较,理解其中的细微差别,达到触类旁通、举一反三的效果。

三、课后练习面面俱到,增进理解

本书除了给出原文练习的答案之外,还对各练习中相关知识点进行了详尽的讲解,并对应给出译文和出处,使学生在看到答案后"知其然并知其所以然"。

四、经典考题,实战演练,通关无敌。

目前国内对各高校学生学习效果的主要检验手段为大学英语四、六级考试。针对学生这一学习要求,本书各单元针对原文中知识点选用了**大量大学英语四、六级考试历年典型考题作为例证和练习**,使学习与应考紧密相连。这样,学生在学习过程中既掌握了知识,也增强了应考能力。

编者 2007年7月

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Section C

How Not to Cheat?

Unit 1

课文背景

Online Learning

Online learning, a form of distance education, refers to learning and other supportive resources that are available through a network computer. With the development of the Internet, online learning often takes place on the Internet. In an online lesson, the computer displays material in response to a learner's request. The computer asks the learner for more information and presents appropriate material based on the learner's input. It can be as simple as traditional lessons and tests that are transcribed into a computer program. The material can also be a complex system that tracks users' input and suggests relative learning material as a result.

在线学习

在线学习作为一种远程教育形式,指的是通过网络计算机可获得的学习性及其他支持性的教育资源。随着互联网的发展,在线学习通常以互联网为媒介。在在线学习课程中,计算机会根据学习者的要求展示材料。在询问了更多的信息之后,计算机会根据学习者输入的资料显示出确切的学习材料。这些材料可以是编计算机程序的传统课程和考试材料,也可以是根据使用者的输入信息提供相关学习材料的复杂系统。

课文简介

English language learning is not easy and at times frustrating. The author started to learn English when he was in junior middle school and just like every one of others he was happy with his successes and cried at his failures. Only when he had a chance to learn English through a computer course did he finally succeed in learning English. Besides, the author gained many other things from it. It taught him the value of hard work and helped him understand another culture.

Section A

Learning a Foreign Language 学习外语

Learning a foreign language was one of the most difficult yet most rewarding experiences of my life. Although at times, learning a language was frustrating, it was well worth the effort.

My experience with a foreign language began in junior middle school, when I took my first English class. I had a kind and patient teacher who often praised all of the students. Because of this positive method, I eagerly answered all the questions I could, never worrying much about making mistakes. I was at the top of my class for two years.

When I went to senior middle school, I was eager to continue studying English; however, my experience in senior school was very different from before. While my former teacher had been patient with all the students, my new teacher quickly punished those who gave incorrect answers. Whenever we answered incorrectly, she pointed a long stick at us and, shaking it up and down, shouted, "No! No! No!" It didn't take me long to lose my eagerness to answer questions. Not only did I lose my joy in answering questions, but also I totally lost my desire to say anything at all in English.

However, that state didn't last long. When I went to college, I learned that all students were required to take an English course. Unlike my senior middle school teacher, my college English teachers were patient and kind, and none of them carried long, pointed sticks! However, the situation was far from perfect. As our classes were

学习外语是我一生中最艰难也最有收获 的经历之一。虽然时常遭遇挫折,但付出的 努力还是值得的。

我学外语的经历始于初中时我的第一堂 英语课。老师和蔼、耐心,经常表扬所有的学 生。这种积极的教学方法鼓励我踊跃回答我 会答的所有问题,从不怕出错。有两年时间, 我在班上一直名列前茅。

上高中后,我仍渴望继续学习英语。然而高中的经历与以前大相径庭。我以前的老师对所有的学生都很耐心,而新老师则总是立刻惩罚答错的学生。每当有谁答错了,她就会用一根长长的教鞭指着我们,上下挥舞着,大喊道:"错!错!错!"没多久,我就不再渴望回答问题了。我不仅失去了回答问题的乐趣,而且根本就不想再用英语讲话了。

然而,这种情况并没有持续很久。上大学后,我了解到英语是所有学生的必修课。与高中老师不同的是,我的大学英语老师们耐心而和蔼,他们没一个人带着长长的、尖尖的教鞭!不过,情况却远不尽如人意。由于是大班上课,每堂课轮到我回答的问题寥寥无几。上了几周课后,我发现,许多同学的英

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very large, I was only able to answer a couple of questions in each class period. Also, after a few weeks of classes, I noticed there were many students who spoke much better than I did. I began to feel intimidated. So, once again, although for different reasons, I was afraid to speak. It seemed my English was going to stay at the same level forever.

That was the situation until a couple of years later, when I was offered an opportunity to study English through an online course. The communication medium was a computer, phone line, and modem. I soon got access to the necessary equipment, learned the technology from a friend and participated in the virtual classroom 5 to 7 days a week.

Online learning is not easier than regular classroom study; it requires much time, commitment and discipline to keep up with the flow of the course. I worked hard to meet the minimum standards set by the course and to complete assignments on time.

I practiced all the time. I carried a little dictionary with me everywhere I went, as well as a notebook in which I listed any new words I heard. I made many, sometimes embarrassing, mistakes. Once in a while I cried with frustration, and sometimes I felt like giving up. But I didn't feel intimidated by students who spoke faster than I did because I took all the time I needed to think out my ideas and wrote a reply before posting it on the screen. Then, one day I realized I could understand just about everything I came across, and most importantly, I could "say" anything I wanted to in English. Although I still made many mistakes and was continually learning, I had finally reaped the benefits of all that hard work.

Learning a foreign language has been a most

语说得比我要好得多。我开始产生一种畏惧感。于是,虽然原因与高中时不同,但我却又一次不敢开口说英语了。看来我的英语水平要永远止步不前了。

这种情况一直持续到两三年后,当我得到一次通过在线课程学习英语的机会时才有所改善。所需的通讯设备是一台电脑、电话线和调制解调器。我很快配齐了必要的设备并跟一个朋友学会了电脑操作技术,每周用5到7天在网上的虚拟课堂里学习英语。

在线学习并不比普通的课堂学习容易。 学习者需要投入很多时间、精力并且需要有 很强的自控能力,才能跟上课程进度。我努力学习并按时完成作业,争取达到课程的最低要求。

我随时随地地练习。不管去哪里,我都随身携带一本小字典和一个笔记本,只要听到生词就记在笔记本上。我出过许多错,有时是令人尴尬的错误。有时我会因受挫而哭泣,有时也想过放弃。但我从未因别的同学英语说得比我快而感到紧张,因为我可以从容地花时间理出思路,写好答案,然后再把答案贴到屏幕上去。后来,有一天我发现我能够理解所看到的一切了。最重要的是,我能明英语"说"我想"说"的一切了。尽管我还是常常出错,仍处于继续学习阶段,但我已尝到刻苦学习的甜头了。

学外语对我来说充满艰辛,但它也是一

Unit 1

trying experience for me, but one that I wouldn't trade for anything. Not only did learning another language teach me the value of hard work, but it also gave me insights into another culture, and my mind was opened to new ways of seeing things. The most wonderful result of having learned a foreign language was that I could communicate with many more people than before. Talking with people is one of my favorite activities, so being able to speak a new language lets me meet new people, participate in conversations, and form new, unforgettable friendships. Now that I speak a foreign language, instead of staring into space when English is being spoken, I can participate and make friends. I am able to reach out to others and bridge the gap between my language and culture and theirs.

种千金难买的经历。学外语不仅使我懂得了刻苦努力的价值,而且使我了解了另一种文化,让我懂得以崭新的视角去看待事物。学外语带给我最奇妙的收获是我能与更多的人交流。我最喜欢做的事情之一是与人交谈,因此掌握一种新的语言使我能结识新朋友,与他们谈笑风生,并建立起难忘的友谊。而我现在已经会说外语了,别人讲英语时我也不再茫然不解,所以也就能够与别人畅谈,结交新朋友了。与外国朋友进行交流缩短了我们之间由于语言和文化不同所造成的差距。

重点词汇及短语

1. rewarding adj. 报答的,有益的,值得的

经典例子 Teaching can be a very rewarding career. 教书是一个很值得的职业。

相关词语 reward vt. 报答,酬谢,奖励(reward sb. for sth., reward sb. with sth.)

n. (1) 报答,奖赏 (2) 报酬,酬金

形近词汇 award vt. 授予,判给(award sb. sth.)

2.at times 有时,不时

经典例子 At times I wonder if it's all worthwhile.有时我怀疑干这件事是否值得。

形近词组 at the time 那时(指过去某一时刻)

at a time 每次,一次

at one time 曾经,一度

at all times 总是,随时

at no time 从不,决不

3. frustrate vt. (1) 使沮丧, 使灰心 (2) 使挫败, 使受挫折

经典例子

- (1)The lack of evidence in this case is frustrating the police.警方因缺乏证据而感到很伤脑筋。
- (2)The bad weather frustrated our hopes of going out.坏天气打消了我们外出的念头。

相关词语 frustrating adj. 令人沮丧的

frustrated adj. 沮丧的,失败的(be frustrated at / with sth.对……感到沮丧)

frustration n. 沮丧,挫折(do sth. with / in frustration)

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4. be (well) worth + sth./ doing sth. 值得……的

经典例子 This report about the effect of modernization on human nature is well worth reading. 这份关于现代化对于人性影响的报告很值得一读。

形近词汇 worthy adj. 可敬的;值得的

The suggestion is worthy of careful consideration. 这个建议值得认真考虑。

worthwhile adj. 值得的,值得花精力、时间等的

It is worthwhile taking the trouble to explain the regulations to the public. 向公众解释这些规则是值得一做的。

5. **patient** (1) adj. 耐心的(+ with) (2) n. 病人

经典例子

- (1)The teacher was very patient with the children.老师对孩子们很耐心。
- (2) I heard the patient groaning with pain. 我听到那个病人在痛苦地呻吟。

相关词语 patience n. 耐心

patiently adv. 耐心地

impatient adj. 不耐心的

6. positive adj. (1) 积极的 (2) 确实的,明确的 (3) 肯定的

经典例子

- (1)Don't just watch me; give me some positive advice.别只是看着我,给我提些积极的建议吧。
- (2)He was expected to make a positive decision about whether these workers were to be fired. 他应对是否解雇这些工人做出明确的决定。
- (3) Are you positive that he's the man you saw yesterday? 你能确定他就是你昨天看到的那个人吗?

常用词组 be positive about /of 确信,确知

7. eager adj. 热切的,渴望的,热心的(+for, + to do sth.)

经典例子 She was eager to tell us her strange experience. 她急切地告诉我们那次奇特的经历。

相关词语 eagerness n. 渴望(+ for/about sth.) eagerly adv. 热切地,渴望地

8. former (1) adj. 在前的,以前的,旧时的 (2) n. 前者(the former 前者, the latter 后者) 经典例子

- (1)In former times, people were hanged for stealing in Britain.以前在英国小偷被处以绞刑。
- (2)Of the two possibilities, the former is more likely.在两者之中,前者可能性更大。

近义词汇 preceding *adj*. 在前的,前述的 **previous** *adj*. 在前的,早先的

9. point (...) at (把……)指向某人,对准某人

经典例子 Don't point the gun at me.不要用枪对着我。

近义词组 aim (...) at (把……)指向

10. **unlike** *prep*. 不像;和……不同

经典例子 Her recent report is quite unlike her earlier work.

她最近的报告与以前的大不相同。

形近词汇 dislike ut.讨厌,不喜欢 n. 嫌恶

11. far from 一点都不

经典例子 Far from (being) angry, he's very happy.他一点都不生气,很快乐。

常用词组 as far as 远到,一直到,至于

by far 最,显然

far and away 在很大程度上

so far 迄今为止

12.a couple of 两三个

经典例子 I saw a couple of children playing in the garden.

我看见两三个孩子在花园里玩耍。

近义词组 a pair of 两个,一双

a pair of earrings 一对耳环 a pair of shoes 一双鞋 a pair of gloves 一副手套

13. intimidate vt. 恐吓,威胁

经典例子 He said he would never be intimidated by big names and authorities.

他说他决不会被名人、权威所吓倒。

相关词语 intimidation n. 威胁, 恐吓

近义词汇 bully n. 欺凌弱小者 vt. 威吓,威逼

cow vt. 威吓

imperil vt. 使处于危险,危害

menace n. 威胁, 危险物 v. 恐吓, 危及, 威胁

threaten u. 恐吓,威胁,预示(危险)可能来临

14. opportunity n. 机会,时机

经典例子 He loved music, but because his family was poor, he had no opportunity to take lessons. 他喜爱音乐,但因家里太穷,他没有机会去学。

近义词汇 opportunity, opening, chance

opportunity 是一种有利的状态或合适的时机

opening 是一种提供成功可能性的机会

The lawyer waited patiently for her opening, then exposed the inconsistency in the testimony. 律师耐心地等待着对她有利的机会,然后揭露其证据的不连续性。

chance 常意味着因为运气或偶然而出现的机遇

Don't throw this chance away; it won't come around again.

不要让这个机会溜走;否则它是不会再来的。

15. **medium** (1) n. 媒质,媒介物,传导体([复] media 或 mediums)

(2) adj. 中等的,适中的

经典例子

- (1)TV can be a medium for giving information and opinions. 电视是传递信息和观点的媒体。
- (2) They have a medium-sized house in the heart of the city. 他们在市中心有幢中等大小的房子。

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16. access (+ to)n. (1) [U] 接近,进人 (2) 通道,人口 (2) 使用……的权利 经典例子

- (1)The people in the school have access to that computer lab for free. 在这个学校里的人可以免费使用那间电脑室。
- (2) That is the only means of access to the building. 这是通向大楼的唯一通道。
- 17. participate in 参与,参加

经典例子 Our teacher often participates in our discussions. 我们的老师经常参加我们的讨论。

近义词组 take part in / be in for 参加,参与

18. virtual adj.(1)【计】虚构的,虚拟的 (2) 实质上的,事实上的,实际上的 经典例子

- (1) With the use of the Internet, many virtual communities are set up. 由于互联网的使用,许多虚拟社区建立起来。
- (2) The king was so much under the control of his wife that she was the virtual ruler of the country. 国王完全受他妻子的控制,以至于她成了这个国家的实际统治者。
- 19. **commitment** n. (1) 信奉,献身 (2) 承诺,保证,责任 **经典例子**
- (1) The online course would not have succeeded without the commitment of all the teachers. 没有所有教师全身心的投入,网络课程不会成功。
- (2) Some people don't want to get married because they don't want any commitments. 有些人不想结婚,因为他们不想承担任何责任。

相关词语 commit *u*. (1) 犯(错误),干(坏事) (2) 把……交托给,提交 20. discipline *n*. (1) 纪律;控制 (2) 惩罚,处分 (3) 学科 经典例子

- (1) He did not like the aimy because of the strict discipline. 他不喜欢军队生活,因为纪律太严。
- (2)That child needs discipline! 这孩子要管教管教!
- (3) She has not yet decided which discipline to study at college. 她还没有决定在大学进修哪门学科。
- 21. keep up with 跟上,赶上

经典例子 It is hard to keep up with the changes in computer technology. 要跟上计算机技术的变化是很难的。

常用词组 keep at 坚持做……,继续某项工作或行为

keep down 压制,镇压

keep off 躲开,避开

keep to 坚持,信守

22. **minimum** (1) adj. 最低的,最小的 (2) n. 最低限度,最少量**经典例子**

(1) The minimum amount of money to open an account at that bank is ten dollars.

在那个银行开立账户至少要有10美元。

反义词汇 maximum (1)adj. 最高的,最多的,最大极限的 (2)n. 最大量,最大限度,极大

(1) the maximum temperature 最高温度 / maximum price 最高价

(2)I can swim a maximum of a mile. 我游泳最多能游一英里。

23. as well as (除……之外)也,还,而且

经典例子 They have a house in the city as well as a villa in the country. 他们在城里有所房子,另外在乡村还有所别墅。

24. embarrassing adj. 令人尴尬的

经典例子 This was an embarrassing situation for the gentleman for he couldn't afford the dinner. 这位先生很尴尬,因为他付不起晚餐的钱。

相关词语 embarrass vt. 使窘迫,使尴尬,使不好意思 embarrassed adj. 尴尬的,窘迫的

25. once in a while 偶尔,有时

经典例子 Once in a while we go to the movies on Saturday night. 有时我们星期六晚上去看电影。

近义词组 between times / every once in a while / now and then 有时,偶尔

26. feel like sth./doing sth. 想要

经典例子 Could we stop playing cards? I feel like having a rest. 可以不打牌了吗?我想休息一会儿。

27. give up 放弃,停止

经典例子 Though faced with many difficulties, he would not give up online learning. 虽然面临着许多困难,他不会放弃网上学习。

28. come across 偶然遇到,碰上

经典例子 You can ask him for help when you come across some difficulties. 你遇到困难时可以向他求助。

常用词组 come about (1)出现;发生 (2)转向 come along (1)进展 (2)跟随 (3)表现;出现 come at (1)获得 (2)对……冲击;攻击

29. continually adv. 不间断地,不停地

经典例子 (1)They lived in continual fear. 他们生活在无休止的恐惧之中。

(2)continual requests for improved working conditions 不断要求改善工作环境

相关词语 continual adj. (1)不间断的,不停的 (2)多次重复的,频频的

形近词汇 continual 和 continuous

continual 通常指一段时间内多次重复,并带有一定规律的动作; continuous 强调在空间或时间上无间断的连续动作。

(1)the continual interruptions 一再的打扰

(2)The brain needs a continuous supply of blood. 大脑需要不断的血液供应。

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30. reap vt. (1)获得,得到 (2)收割,收获

经典例子 (1) Now they have come to reap the benefits of our hard work. 现在他们要来得到我们艰苦劳动的成果了。

(2) reap wheat 收割小麦

近义词汇 garner vt. (1)收藏,储藏 (2)取得,获得

gather *vt*. 使聚集, 搜集, 积聚 *vi*. 集合,聚集

glean vt. 粉拾、收集 vi. 粉拾落穗

harvest *ut*.(1)从……收割庄稼 (2)接受(一种行为所带来的好处或结果) *vi*. 收获

31. trade (in) ... for... 用……换取……

经典例子 In order to pay off his debts, he had to trade in his piano for money. 为了还债,他只好把钢琴拿去换钱。

形近词组 trade on 利用

He traded on the old man's kindness to get more money from him. 他利用老人的善良,想从他那儿多弄点钱。

32. insight n. 洞察力,洞悉,深刻的见解

常用词组 gain / have an insight into (1)了解,熟悉 (2)看透,识破

33. favorite ($\langle 英 \rangle$ favourite) (1) adj. 特别喜爱的 (2) n. 特别喜爱的人(或物)

经典例子

(1) Red is my favorite color. I like red more than all of the other colors. 红色是我最喜爱的颜色。我喜爱红色胜过其他任何颜色。

(2) I like all her books but this is my favorite. 她写的书我都喜欢,但最喜欢这本。

相关词语 favor n. 好感, 宠爱, 关切, 喜爱 u. 支持, 照顾, 喜欢, 证实, 赐予 34. now that 既然

经典例子 Now that John has arrived, we can begin our English class. 既然约翰来了,我们可以开始上英语课了。

35. reach out to 接触,联系

经典例子 With the introduction of the Internet, we can reach out to our friends by e-mail. 由于互联网的使用,我们可以通过电子邮件与朋友联系。

形近词组 reach out for 设法抓住

You must reach out for any opportunity that comes your way.

你必须抓住所遇到的任何机遇。

reach for 伸手去拿

He reached for the phone and dialed the number. 他伸手拿起电话,拨了号码。

36. **bridge** v. 弥合,跨接

经典例子 The decision is an attempt to bridge the distance between the rich and poor. 这个决定旨在缩短贫富之间的差距。

Unit 1

常用词组 bridge the gap between ... and ... 缩小……和……之间的差距

Learning a foreign language helps us bridge the gap between two different cultures. 学习外语有助于缩小不同文化间的差距。

37.gap n. (1)缺口,裂口 (2)差距

经典例子 (1)He has a gap between his two front teeth. 他的两个门牙之间有一个缺口。

(2)a gap between revenue and spending 收入和消费之间的差距

近义词汇 blank n. 空白

cleft n. 裂缝, 隙口

crevice n. (墙壁, 岩石等的)裂缝

rift n. 裂缝, 裂口; 长峡谷; 不和

重点句型

1. Learning a foreign language was one of the most difficult yet most rewarding experiences of my life.

learning a foreign language 是动名词短语,作句子主语,谓语动词用单数。两个并列的形容词最高级 the most difficult 和 most rewarding 之间用 yet 表示转折。

2. While my former teacher had been patient with all the students, my new teacher quickly punished those who gave incorrect answers.

这个句子是对 my former teacher 和 my new teacher 两者进行的比较。我们应注意连词 while 的用法, while 在课文中用于两个人或两个事物之间的比较, 中文意思是"而"。

注意: while 是很常用的连词, 意思很多, 这里我们略加总结:

- (1)当……时候,和……同时(注意与 when, as 的区别)
- (2)(两者比较)而

I like listening to music while my brother likes sports. 我喜欢听音乐,而我哥哥喜欢运动。

(3)虽然,尽管

While he is bright, he can be difficult to work with. 尽管他很聪明,但却很难相处。

3. Whenever we answered incorrectly, she pointed a long stick at us and, shaking it up and down, shouted...

这句话中,主语是 she,谓语动词是 pointed ... at ...和 shouted。shaking it up and down 是分词 短语作状语, whenever we answered incorrectly 是时间状语从句。

4. It didn't take me long to lose my eagerness to answer questions.

It takes sb.... to do sth.是一个固定句型,意为"某人花费多长时间做某事"。句中 it 是形式主语,不定式短语 to do sth.是真正的主语。take 的主语除了用形式主语 it 外,还可以是人或物。

It took me two hours to get home yesterday.

I took two hours to get home yesterday.

The journey took us two hours.

5. Not only did I lose my joy in answering questions, but also I totally lost my desire to say

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anything at all in English.

这是 not only ... but also...的并列句。注意: "not only" 或"only" 位于句首,其后的句子要 采用倒装形式。

Only in this way can you hope to finish the work at the end of this month.

只有用这种方法你才有望在月底之前完成这项工作。

Not only did we enjoy the film, but we also had a wonderful time.

我们不仅看了电影,而且玩得很痛快。

6. As our classes were very large, I was only able to answer a couple of questions in each class period.

这里 as 意为 because,表示原因。

注意: as 作连词时的不同含义:

- (1)当……时,在……的同时(时间状语从句)
- (2)以……方式,如同……那样(方式状语从句)
- (3)像……一样(比较状语从句)
- (4)因为,由于(原因状语从句)

As he is not ready, we have to wait longer. 由于他没有准备好,我们只得多等一会。

(5)虽然,尽管(让步状语从句,句子需要倒装)

Tired as he was, he decided to go on working. 尽管很累,但他决定继续工作。

as 作关系代词时相当于 which。

As we know from his accent, he is a southerner. 从他的口音我们得知,他是南方人。

7. I worked hard to meet the minimum standards set by the course and to complete assignments on time.

句中 set by the course 是过去分词短语作定语,修饰名词 standards。而 to meet the minimum standards...和 to complete assignments on time 是两个并列的不定式短语,作目的状语。

8 Learning a foreign language has been a most trying experience for me, but one that I wouldn't trade for anything.

句子的主语是动名词短语 learning a foreign language。副词 most 在这里不表示最高级,而是 相当于 very, 意为"非常, 很"。代词 one 代替上文中的 experience。

注意: one, ones, that, those 都可代替前文中的名词,区别在于代词 one 用来代替前面出现 的单数可数名词,既可指人,也可指物。

one 的复数形式是 ones,用来代替前面出现的复数可数名词。

I don't like this book. Show me a more interesting one. 我不喜欢这本书,给我一本更有趣的。

There are good books as well as bad ones. 有好书,也有坏书。

that 可代替单数可数名词,也可以代替不可数名词。

No bread eaten by man is so sweet as that earned by his own labor.

任何面包也不如由自己劳动所得的面包吃起来香甜。

that 的复数形式是 those,用于代替复数可数名词,既可指人,也可指物。