

贾正选 总主编

新编大学英语泛读教程



New Extensive Reading for College Students

宁慧萍 主编



中国社会科学出版社

新编大学英语泛读教程

NEW EXTENSIVE READING FOR COLLEGE STUDENTS

上 册

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前 言

《新编大学英语泛读教程》是针对《大学英语教学大纲(修订本)》的要求,以扩大英语学习者的英语阅读量和知识面为目标而编写的。本书分为上、下两册,每册包括上、下两篇各二十个单元。重点体现“新”和“泛”的特点——选材新颖:其中选编了不同领域的最新发展和动态的文章,充分体现时代特色,反映时代潮流;知识面广:所选文章涉及到政治、经济、外交、社会、科学、技术、文学、文化、人文、交通、通讯、医学、生物工程及环境保护等诸多层面,题材广泛,信息量大,涵盖面广;词汇量大:所选文章中除包含《新大纲》所要求的词汇及短语以外,还涉及多个领域的最新词汇。因此,这套泛读教材会使读者在扩大英语词汇量、获得英语语言知识的同时,了解多个领域的最新信息,提高阅读兴趣。

本套书在编写过程中充分考虑到其实用性和可操作性。每个单元围绕一个主题编选文章,设计练习项目与内容。这种编选“主题式”篇章的方式,使读者从不同的角度与层次、不同侧面与渠道吸收同一个主题的丰富语言现象和语料,这是本套书编排创新的突出特色。统一的单元话题也便于教师根据教学内容的需要,或学习者根据自己的实际水平和阅读兴趣进行取舍和选择。另外,所有课后练习都附加答案,便于读者自测。同时,编者对文章中的超纲词汇标注了汉语注释,篇后附有难句翻译,这在一定程度上为读者顺利阅读提供了便利。此外,本书兼顾不同起点的英语学习者,上、下两册难度依次递增。上册上、下篇分别适用于大学一级、二级水平的英语学习者,下册上、下篇分别适用于大学三级、四级水平的英语学习者。

本书适合于普通高校、成人高校的学生作为泛读教材或课外读物,也可供参加自考以及其他广大的英语爱好者使用。

本套书由贾正选教授担任总主编,宁慧萍任上册主编,刘晓虹任下册主编。上册第一至第十二单元以及第十六单元由宁慧萍撰写,第十三至十五单元由张文芳撰写,第十七单元由贾正选撰写,第十八至二十单元由张丽撰写。下册第一至第五单元由胡艳撰写,第六至第十单元由董艳撰写,第十一至二十单元由刘晓虹撰写。

由于时间紧迫,经验不足,教材中一定会有不少错误和疏漏,欢迎批评指正。

编 者
2002 年元月

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PART I

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UNIT One

Learning Strategies

Section A Background Information

Good Study Habits

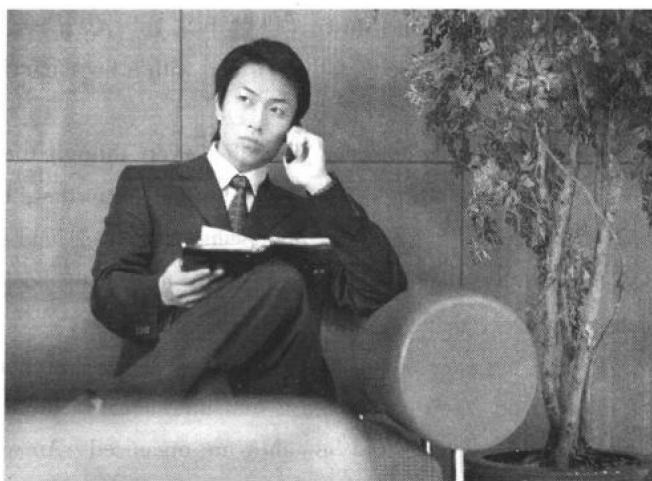
Good study habits are based on two things: a mature (成熟的) mental attitude and appropriate physical techniques (方法).

Required courses provide general knowledge expected of every college graduate. Those who neglect these courses are limiting their intellectual (智力的) growth. Students should spend about forty-five or more hours a week studying them.

Full concentration is essential.

While studying, many students just inattentively (注意力不集中地) run their eyes over a page between frequent distractions (分心) from the radio and conversations. Five hours of this kind of study are worth less than an hour of uninterrupted concentration.

Students should not ignore (忽视) course assignments (指定的作业) until just before an examination. Students with poor study habits often frantically (发狂似地) do all their reviewing just in a day or two. The result usually is that they come to the examination not only exhausted but also confused by a mass (大量) of unrelated facts. They could have avoided all this by keeping up with their assignments, making orderly notes, and reviewing their notes regularly. Students with good study habits can obtain a lot more in their scholastic (学业的) achievements (成绩) than those without.



Section B Reading Practice

Passage 1

Concentration in Reading

Many people are conditioned (形成条件反射) not to concentrate when they read, particularly when they read required texts.¹ Perhaps the most common conditioning **results from** negative experiences when learning to read. If your experiences with reading were unstimulating (不使人兴奋的), too difficult, or generally unpleasant, you may respond by **turning out** (思想开小差) whenever reading is required. You have become conditioned not to concentrate.

But people who have always enjoyed reading also find that reading required texts is sometimes difficult. Again, their habits may be the problem. They may have used reading to put themselves to sleep or to help themselves “**wind down** (松弛下来).” **As a result**, they may have conditioned themselves to read passively. The habit of falling asleep with a book **carries over to** those texts which require complete attention.²

Finally, some people complain that **even though** they read a lot and enjoy reading, they cannot concentrate when reading textbooks. The problem in these cases is that they read **light novels** almost exclusively (排它地). They can understand the novels and concentrate easily because the ideas are simple. But they are conditioned, as a result, to read textbooks with the same superficiality (肤浅). Textbooks, however, demand much greater concentration.

One of the most effective ways to improve concentration is to have some knowledge of the topic even before you read. You can increase your knowledge of the topic by seeing what the main points and sub-points (从属观点) are and how they are organized. An overview (总体浏览) gives you that information.

An overview of a chapter is much like an aerial (空中的) photograph of a land area. In an aerial photograph you can see the whole landscape (地形) in one glance; you can also see the outstanding features (特征) of the landscape. **The same is true of** a chapter overview. You can see the whole chapter in “one glance” and can also note the “outstanding features.” **In other words**, an overview gives you the general topic that will be covered and also shows you how the subtopics will be organized to develop that topic.

A jig-saw (拼图玩具) puzzle serves as another illustration (例证) of the importance of an overview. Imagine trying to **put together** a 1,000 piece when you **have no idea of** what the finished product is **supposed to** look like. But if you were given a picture of the completed puzzle, you would know what you were working toward; you would have an idea of the whole before you began with the pieces. The puzzle would be easier to put together because you had an overview first.

Likewise (同样地), an overview helps you to better understand a chapter in a text. An overview is

“the picture on the box.” It helps you to see the whole and to see how the pieces fit together. As a result, it is easier to follow the author’s ideas — and it is easier to concentrate.

Translation of Difficult Sentences

1. Many people are conditioned not to concentrate when they read, particularly when they read required texts.

许多人已形成了这样一种条件反射,就是一看书,尤其是一看必读课文就无法集中注意力。

2. The habit of falling asleep with a book carries over to those texts which require complete attention.

这种靠读书来帮助入睡的习惯可能会被带到阅读那些需要专心阅读的课文中去。

Comprehension Checkup

A. Choose the answer which is the most suitable for each question.

1. According to the author, _____ will lead to unconcentration in reading.
 - A. some negative experiences such as stimulating reading materials
 - B. an overview of a chapter
 - C. the habit of falling asleep while reading
 - D. unpleasant matters
2. From the text we learn that while some people read a lot or enjoy reading, _____.
 - A. they can't understand what they are reading without difficulty
 - B. they have gradually had the habit of reading actively
 - C. they can't concentrate on reading
 - D. they have used reading to help themselves “wind down”
3. Generally speaking, _____ can be read more easily and need less concentration.
 - A. light novels with complex situations and arguments
 - B. materials with simple ideas
 - C. passages with short sentences and small words
 - D. textbooks with pictures
4. Which of the following can help you improve your concentration according to the text?
 - A. Choose something easy to read and write.
 - B. Skim before you read.
 - C. Look at the pictures first.
 - D. See the whole landscape in one glance.
5. What is the main idea of the article?
 - A. How to improve concentration.
 - B. Some people are conditioned not to concentrate while reading.
 - C. Textbooks demand far greater concentration.
 - D. You have to concentrate on your textbooks.

B. Translate the following sentences into Chinese.

1. Perhaps the most common conditioning results from negative experiences when learning to read.

2. If your experiences with reading were unstimulating, too difficult, or generally unpleasant, you may respond by turning out whenever reading is required.

3. They may have used reading to put themselves to sleep or to help themselves “wind down”.

4. Finally, some people complain that even though they read a lot and enjoy reading, they cannot concentrate when reading textbooks.

5. Imagine trying to put together a 1,000 piece when you have no idea of what the finished product is supposed to look like.

Passage 2**Reading Provides Necessary Survival Skills**

With the coming of the television age and the increasing **emphasis on** pictures and sound **in all quarters of** our society, many people would have us believe that we are moving rapidly away from reading as a necessary life skill.¹ But this is not the case at all.

Good reading is a more important life skill than ever before and the printed word continues to be the cornerstone (基础) of both higher education and better position in the job market. Good reading habits **turn out** an important life skill for anyone.

SCANNING — You can get a good idea about the material by taking a few moments right off to read the title, chapter headings, section titles and headlines (大字标题). The purpose of scanning is to get a quick understanding of what to expect from the reading, so that you will know what you are reading as you go along.

Maps, charts, graphs (图表) and pictures are clues (线索) that will help the reader to **cue in on** (给……提供线索) the content and organization of the material. This simple technique of scanning can help you read for ideas because you will know where you are going when you begin to read.

READING SPEED — Another good reading habit is reading fast. The expression “**Haste makes waste**” does not **apply to** reading. In fact, most people read much too slowly. Right now you are probably reading this slower than you need for good comprehension. Studies show that fast readers are the best readers, and that slow readers often lose their concentration and comprehension abilities because their minds will wander out of boredom.

Remember, **nothing** hurts concentration **more than** reading too slowly. Your mind will **keep up with** your reading speed if you ask it to. By always reading **at your top speed**, you challenge your understanding and make it easier for your mind to concentrate on the **material**.

VOCABULARY BUILDING — For a person with good reading habits, a printed page contains (包含) not only words but ideas, actions, thoughts and feelings. But all these things are **built on** words. The more words you are **familiar with**, the less you are **aware of** reading words and the more you are aware of content and meaning. Expanding your vocabulary will help you to read more effectively and rapidly.

Many people simply skip (跳读) over words they do not understand. This, naturally, hurts their overall (总体的) comprehension. Other people stop at each new word and look it up in the dictionary, but this method can **slow down** your reading, affecting concentration and comprehension.

But you can build your vocabulary without using a dictionary each time. Here are two rules:

1. Pause for a moment on each new word and let it register (记录) in your mind.
2. Try to guess what the word means from context clues, from the words around it.

What happens with this method is that you will see the word again and again. Each time you will **have a stronger impression of** the meaning. Soon, the new word will be familiar and its meaning clear. The key to the method is to be alert to new words. Don't **skip over** them. You'll find you are **adding to** your vocabulary each day and a good strong vocabulary is a great help to reading quickly and with strong comprehension.

Good reading habits like these can help students and working adults alike to be more successful. The special world of school and the real world of school and of everyday life can be more comfortable, productive (富有成效的) and rewarding (有回报的) **with the addition of** simple yet important life skills such as good reading habits.²

Translation of Difficult Sentences

1. With the coming of the television age and the increasing emphasis on pictures and sound in all quarters of our society, many people would have us believe that we are moving rapidly away from reading as a necessary life skill.

随着电视时代的到来以及人类社会的各个方面对图像和声音日益强调,许多人都想让大家相信阅读作为一种必要的生活技能正迅速离我们而去。

2. The special world of school and the real world of school and of everyday life can be more comfortable, productive and rewarding with the addition of simple yet important life skills such as good reading habits.

由于增添了诸如良好的阅读习惯这类简单却重要的生活技能,作为特殊世界的学校生活和实际的学校及日常生活都会变得更加舒适、更富有成效并收获颇多。

Comprehension Checkup

A. Decide whether each of the following statements is true (T) or false (F).

1. Reading is going to be less and less important as we can see pictures and hear sounds everywhere in our society. ()
2. If you want to get a good job, good reading will provide you with more opportunities. ()
3. While reading fast, you are in a hurry and may therefore lose concentration on some important

- points. ()
4. A good habit in reading is to pay attention not only to the printed words but also to the contents expressed by the words. ()
5. Each time you meet a new word, stop reading for a moment so that you can have an impression of the word. ()

B. Translate the following sentences into Chinese.

1. Good reading is a more important life skill than ever before and the printed word continues to be the cornerstone of both higher education and better position in the job market.
2. This simple technique of scanning can help you read for ideas because you will know where you are going when you begin to read.
3. By always reading at your top speed, you challenge your understanding and make it easier for your mind to concentrate on the material.
4. The more words you are familiar with, the less you are aware of reading words and the more you are aware of content and meaning.

Section C Enlarge Your Vocabulary

Words and expressions of learning strategies.

self-reliance 依赖自己	self-development 自我发展
self-centered 自我为中心的	self-motivated 自我激励的
memory vault 记忆库	signal word 信号词, 提供线索的词
implied meaning 隐含的意思	general revision 总复习
academic record 学术成绩	effective study habit 有效的学习习惯
learning method 学习方法	learning ability 学习能力
learning efficiency 学习效率	communicative competence 交际能力
skimming 略读	skipping 跳读
scanning 扫读	cramming 填鸭式的用功
initiative 主动性	creativity 创造性
emotional maturity 情感成熟	emotional adjustment 情绪调整
intake 吸收	have an insatiable desire to learn 学而不厌

output 输出

learn...by heart 把……记住

make inferences 作出推论

avoid redundancy 避免冗余

study for the purpose of application 学以致用

store information 储存信息

reach a conclusion 得出结论

make a sound judgement 作出正确判断

Section D Relax Yourself

An Important Rule

An inspector of the school (校监) was one day visiting an English class. Some of the students were having difficulty in the correct placing of the letter “i” and “e” in such words as “deceive”, “relief”, “believe”, “ceiling”, etc. Finally the inspector said, “Students, I can give you a rule which I always follow and which never fails.” The students were very much interested. Even the teacher seemed eager to learn this important rule.

The inspector continued, “It is simply like this: write the ‘i’ and the ‘e’ exactly alike and then put the dot in the middle over them.”