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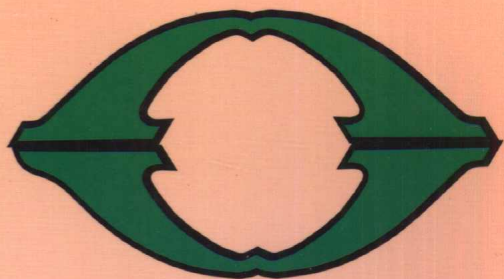
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### A TRUE ENGLISH CLASSROOM

# 全英文课堂

大学英语精读课题调研组

丛书主编 万 之



# 全

英文授课，是提高英语学习效率的最佳途径

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英文授课，不仅倍增英文信息获取量

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# 大学英语

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# A TRUE ENGLISH CLASSROOM

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——万之

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# Unit 1

## How to Improve Your Study Habits

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### I. Learning Target

#### I. Key Words and Expressions

**Words:** average; case; commit; occupy; concentrate; enable; adequate; organize; double; mention; confuse; purpose; permanent

**Expressions:** fill in; decide on; be aware of; set aside; as well; look over; make use of; go over; lead to

#### II. Grammar:

1. as well
2. so...that...
3. too...to...
4. as...as...

#### III. Reading skills:

It is advisable to read a comprehension passage at least twice: the first time, to obtain a general impression of the text, and then a second time to concentrate on the important details. Sometimes a third reading is necessary – to check items that caused difficulty.

First reading can be done at your normal speed, trying to get a good general idea of what the passage is about.

When you do your second reading, try to remember the important details and pay due attention to points that seem difficult. If there is a word you are not familiar

with, do not waste too much time worrying about what it might mean. Just look at what comes before and after, make an intelligent guess and then go on.

#### **IV. Text:**

The text is an expository writing. The structure pattern is:

- 1). Introduction (para. 1) : which puts forward the topic: how a student of average intelligence becomes a top student without hard work.
- 2). Body (para. 2 - 7) : which explains the six commonly used study habits.
- 3). Conclusion (para. 8) : The conclusion is improving your study habits will improve your grades.

#### **V. Writing Skills**

##### **Using Connectives**

Connectives can be used to combine two sentences together and make the sentences groups move smoothly from one to the other. They can also make your expression clear and easy understanding.

1. Use connectives to combine two sentences together.
2. Use connectives to write a one-paragraph composition.

## **II. Background Information of the Text**

### **1. Average intelligence**

Intelligence is an abstract concept. A person's intelligence level is decided by his Intelligence Quotient (i. e. IQ), a psychological term that is used to show whether one is intelligent or not. And the IQ of a person is usually decided by the score of his ability to answer a series of questions that are specially designed for the particular purpose. When your IQ is between 80 - 100, you are of average intelligence; when your score is more than 130, you can be regarded as talent.

### **-2. Learning Skills**

All sorts of learning require motivation, patience, and practice.

Different subjects require different study habits. Learning a language, for instance, is a slow cumulative process. It is impossible to become fluent in English, for example, in short time. Studying literature is not like solving a mathematical problem. A lot of memorization may be very necessary in some courses but useless and inappropriate in others. Students often become very discouraged when they start comparing themselves to other students. It is always possible to find someone who is able to achieve results much faster than himself. However, one of the keys to productive studying is to find and to accept one's own pace. Some people take more time to do things than others, but that does not mean they are less intelligent. Different people have different abilities and very few people excel without hard work. There is no doubt that being a good learner requires concentration and self-discipline, but it is important to recognize that people process information differently. Some people re-

ly heavily on visual reminders, while others are more auditory and need to hear explanations. In taking responsibility for their own learning, students become active learners who know which study habits and which learning skills are the most efficient for them.

### III. Summary of the Text

This text is a typical expository essay. The author believes that with a good studying method, a good studying habit, an average student can become a top student without additional work. He introduces and explains 6 good studying methods: Plan your time carefully; Find a good place to study; Skim before you read; Make good use of your time in class; Study regularly; Develop a good attitude about tests. If you improve your studying method, you are sure to get a higher score.

### IV. Key Words and Expressions

#### I) Words:

#### 1. **sound** ① *n.* that which is or can be heard.

e. g. : We were within the sound of the guns.

[ derivative ] soundless *adj.* , soundlessly *adv.*

[ synonym ] sound, voice, noise

*sound*: indicate which ever can be heard. It is the most general term.

*voice*: indicating sounds uttered by a person, esp. considered in relation to their quality

e. g. : I did not recognize her voice.

*noise*: loud and unpleasant sound, esp. when confused and undesired

e. g. : Don't make so much noise.

#### ② *adj.*

(1) healthy; in good condition; not hurt, injured or decayed

e. g. : He has got a sound body by playing football.

e. g. : He came home safe and sound.

(2) thorough; complete

e. g. : I have got a sound sleep this morning.

#### ③ *v.*

(1) *vt.* produce sound from; make sth. produce sound;

e. g. : The naughty boy sounded the trumpet.

(2) *vi.* give an impression when heard ( often figurative )

e. g. : It sounds to me as if there's a tap running somewhere.

#### 2. **habit** *n.*

(1) [C] sb's settled practice, esp. sth. that cannot easily be given up

e. g. : He has got the habit of smoking when thinking.

[phr v] get into the habit of; have/acquire the habit of

(2) [U] usual behavior

e. g. : Habit is second nature.

[synonym] habit, hobby

*habit*: sb's usual way of doing things

*hobby*: [C] occupation, not one's regular business, for one's leisure time

e. g. : His hobby is to collect stamps.

[derivative] *habitual adj.*, *habituate v.*

3. **average** ① *n.*

(1) [C] result of adding several quantities together and dividing the total by the number of quantities

e. g. : This mathematics exercise is to find the average of all the numbers.

(2) [U] standard or level regarded as ordinary or usual

e. g. : Tom's work at school is above the average.

[phr.] be on (an/the) *average*: according to the average.

② *adj.*

(1) found by making an average.

e. g. : The average income of these villagers is 5,00 dollars per year.

(2) of the ordinary or usual standard

e. g. : They are not boys of average intelligence.

[synonym] *average adj.*, *common adj.*

*average*: suggesting things that are ordinary; the number (amount) is either not too many (much) or not too few (less)

*common*: *adj.* usual and ordinary, happening or found often and in many places

e. g. : Pine-trees are common in many parts of the world.

4. **case** *n.*

(1) instance or example of the occurrence of sth.; actual state of affairs; circumstances or special conditions relating to a person or thing

e. g. : Is it the case that you fail the examination?

(2) (medicine) person suffering from a disease; instance of a diseased condition

e. g. : The worst cases were sent to hospital.

[idiom] a case in point: one connected with the subject being discussed

e. g. : Let me give you a case in point.

in case of; in the event of

e. g. : In case of fire, ring the alarm bell.

in no case; in no circumstances;

e. g. : I will give up in no case.

5. **schedule** ① *n.* [C] list or statement of details, esp. of times for doing things; program or timetable for work

e. g. : This is a full schedule of my week days.

[phr.] on / behind the schedule; on / not on time.

(according) to schedule; as planned

ahead of schedule; in advance

② vt. [ ~ for] make a schedule of; put in a schedule; enter in a list of arrangements

e. g. : The Primer is scheduled to come to China tomorrow morning.

6. **commit** vt.

(1) decide to give (time, money, etc. ) for special usage.

e. g. : We're committing money to the task of turning the sun into energy.

(2) perform (a crime, foolish act, etc. )

e. g. : I committed a great mistake yesterday.

(3) [ ~ sb. /sth. to] entrust, give up, hand over to, for safe keeping or treatment

e. g. : When she is busy, she often commits her daughter to her mother.

(4) [ ~ oneself to] make oneself responsible; undertake

e. g. : He has committed himself to support these orphans.

[derivative] uncommitted *adj.*, commitment *n.*

7. **sure** ① *adj.*

(1) [predicative only] free from doubt; having confidence; knowing and believing; having, seeming to have good reason for belief.

e. g. : I'm quite sure that she will come this evening.

[phr.] feel /be sure about sth. ; have no doubts about sth.

feel /be sure of sth. /that... : have confidence

be sure to do sth. : don't fail to

make sure that... / of sth. : feel sure; satisfy oneself

(2) (attributive and predicative) proved or tested; reliable

e. g. : There is no sure remedy for cold.

② *adv.* certainly, in fact. It is usually used in some phrases:

e. g. : It sure was cold.

[phr.] sure enough; certainly, in fact

for sure; certainly

as sure as; as certain as

[derivative] sureness *n.*, surely *adv.*

8. **occupy** vt.

(1) take and keep possession of (towns, countries, etc. , in war)

e. g. : We occupied the enemy's capital yesterday morning.

(2) take up, fill (space, time, attention, the mind)

e. g. : He is occupied in translating the modern Chinese novel into English.

[derivative] occupant *n.* (a person), occupation *n.* (act of occupying)

9. **aware** *adj.* [of /that] having knowledge or realization

e. g. : I'm fully aware of the gravity of the situation.

e. g. : Are you aware that you are doing something foolish?

[ derivative ] awareness *n.*

[ synonym ] aware, conscious

*aware*: referring that you know and realize because something outside world is having effect on you.

*conscious*: *adj.* indicating that you know things because one is using the bodily senses and mental powers.

e. g. : A healthy man is not conscious of his breathing.

10. **enable** *vt.* make able, give authority or means ( to do sth. )

e. g. : Traveling round the world will enable you to meet and understand all kinds of people.

note: word formation:

"en + noun / adjective", to change the word to be verb, meaning "to make. . ."

e. g. : en + rich = enrich ( meaning "to make rich" )

en + large = enlarge ( to make large )

en + courage = encourage ( to make. . . full of courage )

11. **adequate** *adj.* satisfactory; sufficient; satisfying a requirement

e. g. : One hundred yuan is not adequate to support a family of three in a city.

[ derivative ] adequately *adv.*, adequacy *n.*

[ synonym ] adequate, enough, sufficient, abundant

*adequate*: suggesting the amount is satisfactory

*enough*: ( of quality ) as great as is needed; as much or as many as necessary.

It is the most general term.

e. g. : I've had enough of your complaint.

*sufficient*: *adj.* enough. written language. It usually indicates enough to meet both material need and mental need.

e. g. : We have sufficient food for ten people.

*abundant*: *adj.* more than enough; plentiful; rich in; well supplied with. It usually indicates the amount.

e. g. : We have abundant proof of his guilt.

12. **organize** *v.* ( 1 ) put into working order; arrange in a system; make preparations for

e. g. : They want to organize a new football club.

( 2 ) ( of workers, etc. ) form into, join, a trade union

e. g. : Have you organized a trade union?

[ derivative ] organization *n.* organized *adj.*

13. **mention** ① *vt.* speak or write sth. about; say the name of; refer to

e. g. : He mentioned this matter to us when we visit him.

[ idiom ] not to mention / without mentioning: It is used to indicate either excuse

mention of sth. unimportant or to emphasize sth. important

e. g. : We're too busy to take a long holiday this year, not to mention the fact that we can't afford it.

Don't mention it: phrase used to indicate that thanks, an apology, etc. are unnecessary.

② *n.*

(1) [U] mentioning or naming

e. g. : He made no mention of the incident.

(2) [C] brief notice of reference

e. g. : The performance has got a brief mention in the paper.

[derivative] mentioned *adj.*

14. **confuse** *vt.* (1) put into disorder; mix up in the mind

e. g. : Don't ask me any questions. You've almost confused me.

(2) [ ~ with] mistake one thing for another

e. g. : Don't confuse Austria with Australia.

[derivative] confusedly *adv.*, confusion *n.*

[synonym] confuse, mix

"confuse" implies objective and passive behaviors while "mix" suggests subjective and active behavior

15. **develop** *v.*

(1) [ ~ (from) (into)] (cause to) grow larger, fuller or more mature, organized; (cause to) unfold

e. g. : Plants develop from seeds.

e. g. : He planned to develop his interest in literature.

(2) (of sth. not at first active or visible) come or bring into a state in which it is active or visible.

e. g. : He developed a cough.

(3) use (an area of land) for the building of house (or shops, factories, etc.) and so increase its value.

e. g. : The government has planned to develop the Western land of the country.

[derivative] development *n.*, developer *n.*

16. **permanent** *adj.* not expected to change; going on for a long time; intended to last

e. g. : It's difficult for us to keep a permanent address in this varying society.

[derivative] permanence *n.*, permanently *adv.*

[antonym] temporary

[synonym] permanent, everlasting, eternal, perpetual

*permanent*: indicating things is always put under the condition or kept unchanged.

*everlasting*: *adj.* suggesting things continue, go on for ever

e. g. : I'm tired of his everlasting complaints.

*eternal; adj.* without beginning or end; lasting for ever. It usually indicates life lasting forever.

e. g. : Many Kings desire an eternal life.

*perpetual; adj.* continue; often repeated; going on for a long time or without stopping. It usually implies sth. boring or tiresome.

e. g. : She's tired of his perpetual questioning.

[ phr. ] permanent wave: style of hairdressing in which artificial waves or curls are put in the hair so that they last several months.

## II ) Expressions:

### 1. fill in:

(1) write in

e. g. : In order to obtain a passport you must first fill in the official form.

(2) to be used as a temporary substitute.

e. g. : The teacher was sick and Miss Jones filled in for her.

### 2. decide on:

make a choice or decision about sth.

e. g. : The two countries have decided on the establishment of diplomatic relations.

e. g. : Finally, she decided on the white and yellow striped material.

### 3. set aside:

(1) save for a special purpose

e. g. : Let's set aside one hour a day for review purposes.

(2) put sth. aside; ignore sth.

e. g. : In these discussions, all formality was set aside.

(3) cancel; claim sth. to be of no avail

e. g. : The judge set aside the decision of the lower court.

### 4. concentrate on:

direct one's attention, efforts, etc. to sth.

e. g. : He can't concentrate his attention on what he is reading since it's too noisy outside.

### 5. look over:

(1) examine (quickly)

e. g. : We looked over several kinds of new cars before deciding.

(2) ignore sth., forgive sb.

e. g. : You have done wrong, but I shall look over it this time.

### 6. go over

(1) review

e. g. : Let's go over the text once more.

(2) examine, check



e. g. : We must go over the accounts carefully before we settle them.

7. **lead to**

(1) result in, cause

e. g. : The earthquake led to great damage.

(2) guide the actions and opinions of; influence; persuade

e. g. : What led you to this conclusion?

(3) be a path, way or road to

e. g. : All roads lead to Rome.

8. **make use of**: use

e. g. : You should make full use of your college life.

e. g. : You must make good use of any opportunities you have of practicing English.

9. **be aware of /that**: know (sth. ); know ( what is happening )

e. g. : We are fully aware of the consequences of such a military operation.

e. g. : Are you aware that you're sitting on my hat?

## V. Difficult Sentences

1. **Sounds too good to be true.** ( Introduction )

It is an elliptical sentence. The subject "it" is omitted here. This idea is so good that you can hardly believe it.

sound; seem when heard

e. g. : Your story sounds to be true.

e. g. : It sounds to me as if you really did it for me.

"Too...to..." structure indicates negative meaning ( "too...to..." ) :

e. g. : The water is too dirty to drink.

e. g. : The problem is too difficult to solve.

2. **This is not necessarily the case, however.** ( L. 3 )

This is a typical simple sentence, though there is a little bit difficulty for us to understand the meaning. The word "This" indicates the previous two sentences: "Perhaps you are an average student with average intelligence", "You do well enough in school, but you probably think you will never be a top student." The word "case" is a multivocal word.

"However" is used to indicate conversion. It can be put at the beginning, the middle, or the end of the sentences.

e. g. : Most men, however, can't stand such an insult.

3. **Yes, even students of average intelligence can be top students without additional work.**

( L. 4-5 )

"Yes" is used here not to answer a question, but to emphasize what is going to say or discuss. It is used in the text to emphasize the point: "receive better