



英语基础 技能拓展

连爱玲 主编

陕西师范大学出版总社



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前言

《英语基础技能拓展》是为满足新形势下大学英语教学的需求,以教育部 2007 年 7 月颁发的《大学英语课程教学要求》为指导进行设计和编写的一本旨在提高学生大学英语听说能力、帮助他们适应四、六级考试新题型的拓展性教材。

大学英语的教学目标是培养学生的英语综合应用能力,特别是听说能力,使他们在今后学习、工作和社会交往中能够用英语有效地进行交际,同时增强其自主学习能力,提高综合文化素养,以适应我国社会发展和国际交流的需要。2016 年 6 月,大学英语四、六级考试作了相应改革,强调对学生英语听说能力为主的综合应用能力的测试。在这一教学改革的背景下,《英语基础技能拓展》应运而生。

《英语基础技能拓展》的选材来源社会实际,贴近学生生活;题材内容上除满足提高语言技能、语言应用、跨文化交际等语言的能力外,还概括性地介绍了英美等国家社会与文化等方面的内容,以开拓学生视野,激发学习兴趣;编写形式上以《大学英语课程教学要求(试行)》中有关四、六级教学的要求和规定为准绳。听力理解中选用了新闻、讲座、广播电视节目等更具真实性的材料,阅读部分可以测试使用者的各种阅读技巧和语篇语境能力,主观试题的广泛选材能够客观的测试使用者的实际语言能力。《英语基础技能拓展》将学生平日里的教材学习和国家的大学英语四、六级考试相结合,互通互融,相辅相成,架起一座沟通的桥梁。

参与本书编写工作的所有成员都是从事大学英语教学的一线教师,他们对《大学英语课程教学要求(试行)》及大学英语四级考试制度有着深刻的理解,对学生在大学阶段英语学习过程中遇到的各种问题十分熟悉。相信本书会对广大学生有所帮助。

编 者

2016 年 8 月



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Unit 1

Part I

Writing

(30 minutes)

Directions: *For this part, you are allowed 30 minutes to write A letter of thanks to your parents. You should write at least 120 words but no more than 180 words.*

A letter of thanks to your parents

Part II

Listening Comprehension

(25 minutes)

Section A

Directions: *In this section, you will hear three news reports. At the end of each news report, you will hear two or three questions. Both the news report and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D).*

Questions 1 and 2 are based on the news report you have just heard.

1. A) The law of weapon purchasing in Illinois State.
B) The relationship between crime and mental illness.
C) The graduate student of Northern Illinois University.
D) The shooting happened in Northern Illinois University.
2. A) The gunman has mental disease.
B) The gunman is dissatisfied with the University.
C) The gunman is dissatisfied with the lecture.
D) It is not clear.

Questions 3 and 4 are based on the news report you have just heard.

3. A) It has been influenced by war.
B) It is devalued by its government.
C) It is more competitive than before.
D) It has turned into a global currency.
4. A) Most experts support the four countries' currency change.
B) The meeting on Friday is useless for global recovery.
C) Currency wars threaten global economic recovery.
D) Policymakers should cooperate with central bankers.

Questions 5 to 7 are based on the news report you have just heard.

5. A) The preservation of coastal resorts.
B) The closure of political disputes.
C) The gap between the rich and the poor.
D) The commitments to reduce carbon emissions.
6. A) Promising. B) Hopeful. C) Disappointing. D) Satisfying.
7. A) 18. B) 80. C) 94. D) 194.

Section B

Directions: *In this section, you will hear two long conversations. At the end of each conversation, you will hear four questions. Both the conversation and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D).*

Questions 8 to 11 are based on the conversation you have just heard.

8. A) He finds it hard to afford the rent all by himself.
B) He feels lonely living all by himself.
C) He needs to find somebody to make the apartment more comfortable.
D) He wants to get help with his courses from his roommate.
9. A) The carpet in the living room is soiled in several places.
B) The carpet in the living room is worn out in several places.
C) The toilet is clogged and the sink has a few leaks.
D) The windows in the bathroom can keep out rain and snow.
10. A) He used some cardboard to keep it shut.
B) He applied some super glue to keep the hinges on tightly.
C) He pushed a box against the door to keep it shut.
D) He pushed a chair against the door to keep it shut.
11. A) Find a job for the man. C) Help Dave fix up the house.
B) Split the rent. D) Look for another place.

Questions 12 to 15 are based on the conversation you have just heard.

12. A) To place an order. C) To return some goods.
B) To apply for a job. D) To make a complaint.
13. A) He works on a part-time basis for the company.
B) He has not worked in the sales department for long.
C) He is not familiar with the exact details of the goods.
D) He has become somewhat impatient with the woman.

14. A) It is not his responsibility. C) It depends on a number of factors.
B) It will be free for large orders. D) It costs £ 15 more for express delivery.
15. A) Make inquiries with some other companies.
B) Report the information to her superior.
C) Pay a visit to the saleswoman in charge.
D) Ring back when she comes to a decision.

Section C

Directions: *In this section, you will hear three passages. At the end of each passage, you will hear some questions. Both the passage and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D).*

Questions 16 to 19 are based on the passage you have just heard.

16. A) Famous creative individuals. C) A major scientific discovery.
B) The mysteriousness of creativity. D) Creativity as shown in arts.
17. A) It is something people all engage in. C) It starts soon after we are born.
B) It helps people acquire knowledge. D) It is the source of all artistic work.
18. A) Creative imagination. C) Natural curiosity.
B) Logical reasoning. D) Critical thinking.
19. A) It is beyond ordinary people. C) It is part of everyday life.
B) It is yet to be fully understood. D) It is a unique human trait.

Questions 20 to 22 are based on the passage you have just heard.

20. A) Cooking. B) Cleaning. C) Sink care. D) Painting.
21. A) 50%. B) 40%. C) 30%. D) 20%.
22. A) How to release oil from seeds C) How to test the local market for oil
B) Food and oil D) Soybean and oil

Questions 23 to 25 are based on the passage you have just heard.

23. A) To determine whether the Earth's temperature is going up.
B) To study the behavior of some sea animals.
C) To measure the depths of the ocean.
D) To measure the movement of waves in the ocean.
24. A) To attract more sea animals to the testing site.
B) To drive dangerous sea animals away from the testing site.
C) To help trace the sea animals being tested.

- D) To determine how sea animals communicate with each other.
25. A) They were frightened and distressed.
- B) They swam away when the speaker was turned on.
- C) They swam closer to “examine” the speaker when it was turned off.
- D) They didn't seem to be frightened and kept swimming near the speaker.

Part III

Reading Comprehension

(40 minutes)

Section A

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item. You may not use any of the words in the bank more than once.

Questions 26 to 35 are based on the following passage.

It's easy to assume that when you finally lose those excess pounds, life will change for the better. But dieting can in fact make you 26 and more at risk of depression, a study claims.

Researchers found that losing weight didn't make people happy. 27, those who successfully slimmed down were almost twice as likely to feel sad, lonely and lethargic (无生气的) than those who 28 the same weight or got fatter. The large-scale research, at University College London, found that the advertising industry tells dieters their lives will be 29 when they are thinner. They then feel disappointed when they discover little has changed other than their weight. In 30, dieting itself can be difficult, which in turn can cause people to feel down. The findings come from a study of almost 2,000 31 and obese men and women aged 50 and over. They were weighed at the start of the study and answered questions about how 32 they felt sad, lonely and listless. Four years later, some 14 percent of the volunteers had 33 at least 5 percent of their body weight — an amount known to improve health. Tests showed their blood pressure and levels of harmful blood fats had dropped, 34 their mood was also lower. Researcher Sarah Jackson said: “We do not want to discourage anyone from trying to lose weight, which has tremendous physical 35, but people should not expect weight loss to instantly improve all aspects of life.”

A) however	B) stayed	C) addition	D) therefore	E) often
F) average	G) Instead	H) still	I) transformed	J) diversity
K) miserable	L) lost	M) benefits	N) behaviors	O) overweight

Section B

Directions: *In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.*

Studying Abroad and Culture Shock

- [A] If you have been to the UK already, then you will roughly know what to expect. If it is your first time in the country — and perhaps your first time abroad — you may find that settling in is not an automatic process but that it requires a bit of effort. You may be surprised by this, and at some stages you will probably use the term culture shock to explain your reactions.
- [B] For over thirty years, culture shock has been a bona fide field of research for European and American anthropologists (人类学家) and psychologists. They have studied the reactions and experiences during the first few months in a new country of travelers and diplomats, business people and international students.
- [C] The anthropologist Dr. Kalvero Oberg was the first to use the term. Others have since experienced with “culture fatigue” and “role shock” but these have not made it into everyday usage. Culture shock is snappy (简洁的) and somehow we all know what it means to us, although if asked, we may find it as difficult to define as “jet lag” or “homesickness”.
- [D] Some researchers describe five stages, others believe it is a six or even seven stage processes. Not everyone experiences the exact stages but most travelers will go through the highs and lows, the positive as well as the negative aspects of living in a new culture. The different stages roughly are as follows:
- [E] At first you are excited by the new environment and a few frustrations (挫折) do not spoil your enthusiasm. When experiencing some difficulties with simple things like making telephone calls, or using public transport, you tend to underestimate negative emotions.
- [F] Then follows a period in which cultural differences in behavior and values become more obvious. What previously seemed exciting, new and challenging is now merely frustrating. You may feel isolated and become withdrawn from life around you. You seek security in the familiar. Food from home, possibly even what you never particularly enjoyed, becomes a focus, maybe an obsession.
- [G] In the next stage you may reject what is around you, perhaps becoming opinionated (固执己见的) and negative. You may feel that everyone is against you and that nobody understands you. You cling to other students from your home country, hoping to have your negative stereotypes (成见) of the British and life in Britain reinforced. However, you are beginning to reassert yourself.
- [H] Based on your successes in negotiating (克服, 解决) a variety of social situations and

maybe, increased language skills, yourself — esteem grows. You can accept the negative differences and tolerate them. Knowing that you cannot change your surroundings, you now enjoy certain aspects of British culture and feel relieved strengthened from having overcome the difficulties. You may even feel a sense of belonging.

[I] Just as everyone's experience of culture shock is unique, the symptoms associated with it vary, too. They can range from the physical — headaches, lethargy, sleep problems, loss of appetite and digestive irregularities to the psychological irritability (易怒) and anger over minor frustrations, confusion about morals and values. Suffering from culture shock often leaves people feeling moody, isolated and insecure.

[J] What strategies can you use to minimize, and cope with culture shock? Research has shown that our expectations affect how we react to a new country. Therefore, thorough pre-departure preparations are necessary:

- Read the very useful booklet: How to Live in Britain (from the British Council).
- Perhaps you know someone who has lived in the UK, or better still studied at the university or college you are going to. Talk to them but beware (当心, 注意), they may indulge in some nostalgia (乡愁) when looking back on their student days. Ask them what problems and disappointments they have experienced.
- Read all the pre-departure literature sent to you by your university or college. Write to the International Welfare Officer for information if you are unsure about anything.
- Before leaving home, try and find out some social survival skills:
 - i how to address people in different social groups
 - ii how gender roles affect social relationships
 - iii what constitutes acceptable behavior in a range of everyday situations
 - iv how gestures and body language differ from your country's
- Do not rely on TV or cinema films to provide you cultural pointers. British soap operas and films only give you a stereotypical and often idolized (崇拜, 热爱) view.

[K] After arriving at your new university or college, the following suggestions may assist you in reducing the strain of culture shock:

- Soon after arriving, explore your immediate environment. Having taken advice on personal safety, walk around and get to know your neighborhood. Create a mental map of your surroundings.
- Be courageous and introduce yourself to your neighbors. If you live in university accommodation, there are likely to be other students who feel just the way you do.
- Locate useful places such as the post office, the doctor's surgery and the university welfare office so that you know where they are when you need them.
- If you are unsure of your English, boost your confidence by remembering that most British people do not speak a foreign language. Make an effort at improving your language skills by watching TV and listening to the radio. Your institution may run free courses for international students.
- Ask questions about social customs from people with whom you feel comfortable.

You will always find someone who will assist you in finding out about life in Britain. This can be a two-way exchange, with you telling people about life in your home country.

- Avoid comparing them and us, good and bad. Establishing why people behave the way they do and placing their behavior in a social or economic context is more help.
- If you are feeling very low, talk to someone about it. This could be your fellow students, your landlord, or university staff such as the International Welfare Officer or Student Counselor.
- Write down things you like and do not like. Can you change them? If not, perhaps you can find a way of living with them.

[L] Adapting to a different climate, different social conventions and different cultural values can be a complex and sometimes painful process, but coming out at the other end is rewarding, enriching and definitely worth the effort!

36. The term “culture shock” was firstly used by the anthropologist Dr. Kalvero Oberg.
37. You may feel depressed and lonely, and then seek security in your familiar things.
38. Different people have different performance about the cultural shock.
39. With the improvement of language and communication skills, your self-esteem also slowly ascends.
40. After arriving at a new place, you should be familiar with the surrounding environment and build a map in the brain.
41. Firstly, you will be full of enthusiasm and curious about the new environment.
42. These people who suffered from cultural shock will become depressed.
43. When you are going to a new place, you must make enough preparation.
44. You become stubborn, unhappy, and refused to communicate with others.
45. Don't compare with them, no matter it is good or bad.

Section C

Directions: There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice.

Passage One

Questions 46 to 50 are based on the following passage.

A recent global survey of 2,000 high-net-worth individuals found that 60% were not planning on a traditional retirement. Among US participants, 75% expected to continue working in some capacity even after stepping away from full-time jobs. “Many of these people made their wealth by doing something they’re passionate (有激情的) about,” says Daniel Egan, head of behavioral finance for Barclays Wealth Americas. “Given the choice, they prefer to continue working.” Barclays calls these people “nevertirees”.

Unlike many Americans compelled into early retirement by company restrictions, the average nevertiree often has no one forcing his hand. If 106-year-old investor Irving Kahn, head of his own family firm, wants to keep coming to work every day, who’s going to stop him? Seventy-eight-year-old Supreme Court Justice Ruth Bader Ginsburg’s job security is guaranteed in the Constitution.

It may seem that these elderly people are trying to cheat death. In fact, they are. And it’s working. Howard Friedman, a professor at UC Riverside, found in his research that those who work hardest and are successful in their careers often live the longest lives. “People are generally being given bad advice to slow down, take it easy, stop worrying, and retire to Florida,” he says. He described one study participant, still working at the age of 100, who was recently disappointed to see his son retire.

“We’re beginning to see a change in how people view retirement,” says George Leeson, co-director of the Institute of Population Ageing at Oxford. Where once retirement was seen as a brief reward after a long struggle through some miserable job, it is now akin (近似) to being cast aside. What Leeson terms “the Warren Buffett effect” is becoming more broadly appealing as individuals come to “view retirement as not simply being linked to economic productivity but also about contribution.”

Observers are split on whether this is a wholly good thing. On the one hand, companies and financial firms can benefit from the wisdom of a resilient (坚韧的) chief. On the other, the new generation can find it more difficult to advance — an argument that typically holds little sway to a nevertiree.

46. What do we learn about the so-called “nevertirees”?

- A) They are passionate about making a fortune.
- B) They have no choice but to continue working.
- C) They love what they do and choose not to retire.
- D) They will not retire unless they are compelled to.

47. What do Irving Kahn and Ruth Bader Ginsburg have in common?

- A) Neither of them is subject to forced retirement.
- B) Neither of them desires reward for their work.
- C) Both cling to their positions despite opposition.

- D) Both are capable of coping with heavy workloads.
48. What is the finding of Howard Friedman's research?
- A) The harder you work, the bigger your fortune will be.
- B) The earlier you retire, the healthier you will be.
- C) Elderly people have to slow down to live longer.
- D) Working at an advanced age lengthens people's life.
49. What is the traditional view of retirement according to the passage?
- A) It means a burden to the younger generation.
- B) It is a symbol of a mature and civilized society.
- C) It is a compensation for one's life-long hard work.
- D) It helps increase a nation's economic productivity.
50. What do critics say about "nevertirees"?
- A) They are an obstacle to a company's development.
- B) They lack the creativity of the younger generation.
- C) They cannot work as efficiently as they used to.
- D) They prevent young people from getting ahead.

Passage Two

Questions 51 to 55 are based on the following passage.

A is for always getting to work on time.

B is for being extremely busy.

C is for the conscientious (勤勤恳恳的) way you do your job.

You may be all these things at the office, and more. But when it comes to getting ahead, experts say, the ABCs of business should include a P, for politics, as in office politics.

Dale Carnegie suggested as much more than 50 years ago: Hard work alone doesn't ensure career advancement. You have to be able to sell yourself and your ideas, both publicly and behind the scenes. Yet, despite the obvious rewards of engaging in office politics — a better job, a raise, praise — many people are still unable or unwilling to "play the game."

"People assume that office politics involves some manipulative behavior," says Deborah Comer, an assistant professor of management at Hofstra University. "But politics derives from the word polite. It can mean lobbying and forming associations. It can mean being kind and helpful, or even trying to please your superior, and then expecting something in return."

In fact, today, experts define office politics as proper behavior used to pursue one's own self-interest in the workplace. In many cases, this involves some form of socializing within the office environment — not just in large companies, but in small workplaces as well.

"The first thing people are usually judged on is their ability to perform well on a consistent basis," says Neil P. Lewis, a management psychologist. "But if two or three candidates are up for a promotion, each of whom has reasonably similar ability, a manager is going to promote the person he or she likes best. It's simple human nature."

Yet, psychologists say, many employees and employers have trouble with the concept of politics in the office. Some people, they say, have an idealistic vision of work and what it takes to succeed. Still others associate politics with flattery (奉承), fearful that, if they speak up for themselves, they may appear to be flattering their boss for favors.

Experts suggest altering this negative picture by recognizing the need for some self-promotion.

51. "Office politics" (Line 2, Para. 4) is used in the passage to refer to _____.
 A) the political views and beliefs of office workers
 B) the interpersonal relationships within a company
 C) the various qualities required for a successful career
 D) the code of behavior for company staff
52. To get promoted, one must not only be competent but _____.
 A) avoid being too outstanding C) honest and loyal to his company
 B) get along well with his colleagues D) give his boss a good impression
53. Why are many people unwilling to "play the game" (Line 4, Para. 5)?
 A) They are not good at manipulating colleagues.
 B) They feel that such behavior is unprincipled.
 C) They think the effort will get them nowhere.
 D) They believe that doing so is impractical.
54. The author considers office politics to be _____.
 A) unwelcome at the workplace
 B) bad for interpersonal relationships
 C) an important factor for personal advancement
 D) indispensable to the development of company culture
55. It is the author's view that _____.
 A) self-promotion does not necessarily mean flattery
 B) hard work contributes very little to one's promotion
 C) many employees fail to recognize the need of flattery
 D) speaking up for oneself is part of human nature

Part IV

Translation

(30 minutes)

Directions: For this part, you are allowed 30 minutes to translate a passage from Chinese into English.

几千年的中国文化充实着中国梦,同时,过去三十几年的改革开放也激励着中国梦。中国梦最显著的特征是包容性和双赢合作。这些也是使中国梦扩大它的全球影响范围和被其他国家的人民认可的基本特征。中国梦是民族复兴的梦。它是建设一个强大繁荣的国家,给中国人民带来幸福生活的梦。中国梦需要维持稳定健康的经济发展,科学管理社会,以及有效应对外部发展的风险和挑战。

Unit 2

Part I

Writing

(30 minutes)

Directions: *For this part, you are allowed 30 minutes to write a composition entitled **How to Get Along with Your Roommates**. You should write at least 120 words but no more than 180 words.*

How to Get Along with Your Roommates

Part II

Listening Comprehension

(25 minutes)

Section A

Directions: *In this section, you will hear three news reports. At the end of each news report, you will hear two or three questions. Both the news report and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D).*

Questions 1 and 2 are based on the news report you have just heard.

1. A) They made more efforts to find more new cases.
B) They tried to prevent the disease out of the capital.
C) They held a public movement on hygiene information.
D) They boosted the accuracy and promptness of their report.
2. A) It's the first time that ingestion disease has broken out in Haiti.
B) The death rate of ingestion disease is too high.
C) Death number will keep increasing for a long time.
D) Ingestion disease could join other local diseases in Haiti.

Questions 3 and 4 are based on the news report you have just heard.

3. A) The children of the international diplomatic corps.
B) The program of International Baccalaureate schools.
C) The school district in the suburb of Detroit, Michigan.
D) "Mother Earth" class in IB elementary schools.
4. A) Subject areas are separated.
B) Classes are held in the open air.
- C) "Mother Earth" class covers math.
D) Teachers prepare classes together.

Questions 5 to 7 are based on the news report you have just heard.

5. A) White ash. C) Poison gas.
B) High temperature water. D) Hurricane.
6. A) Less than 10. B) About 20. C) About 120. D) More than 750.
7. A) They have found too many dead bodies.
B) They want to persuade people to move away.
C) They don't know what might happen next.
D) They need space to carry out the research.

Section B

Directions: In this section, you will hear two long conversations. At the end of each conversation, you will hear four questions. Both the conversation and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D).

Questions 8 to 11 are based on the conversation you have just heard.

8. A) She wants him to review the lessons before finals.
B) She wants him to have her car repaired.
C) She wants to borrow his camping equipment.
D) She wants him to go canoeing with their classmates.
9. A) They won't have another break until after the final exams.
B) It'll be very exciting as the river has some rapids this time of the year.
C) If it gets too hot they can swim.
D) Many students will go so he can know more people.
10. A) Drinks. B) Food. C) A bathing suit. D) A Tent.
11. A) The specific time they'll set out.
B) What he needs to bring.
C) Whether he has to drive his car or not.
D) Whether he has decided to go or not.

Questions 12 to 15 are based on the conversation you have just heard.

12. A) Teacher. B) Journalist. C) Editor. D) Typist.
13. A) The beautiful Amazon rain forests.
B) A new railway under construction.
C) Some newly discovered scenic spot.