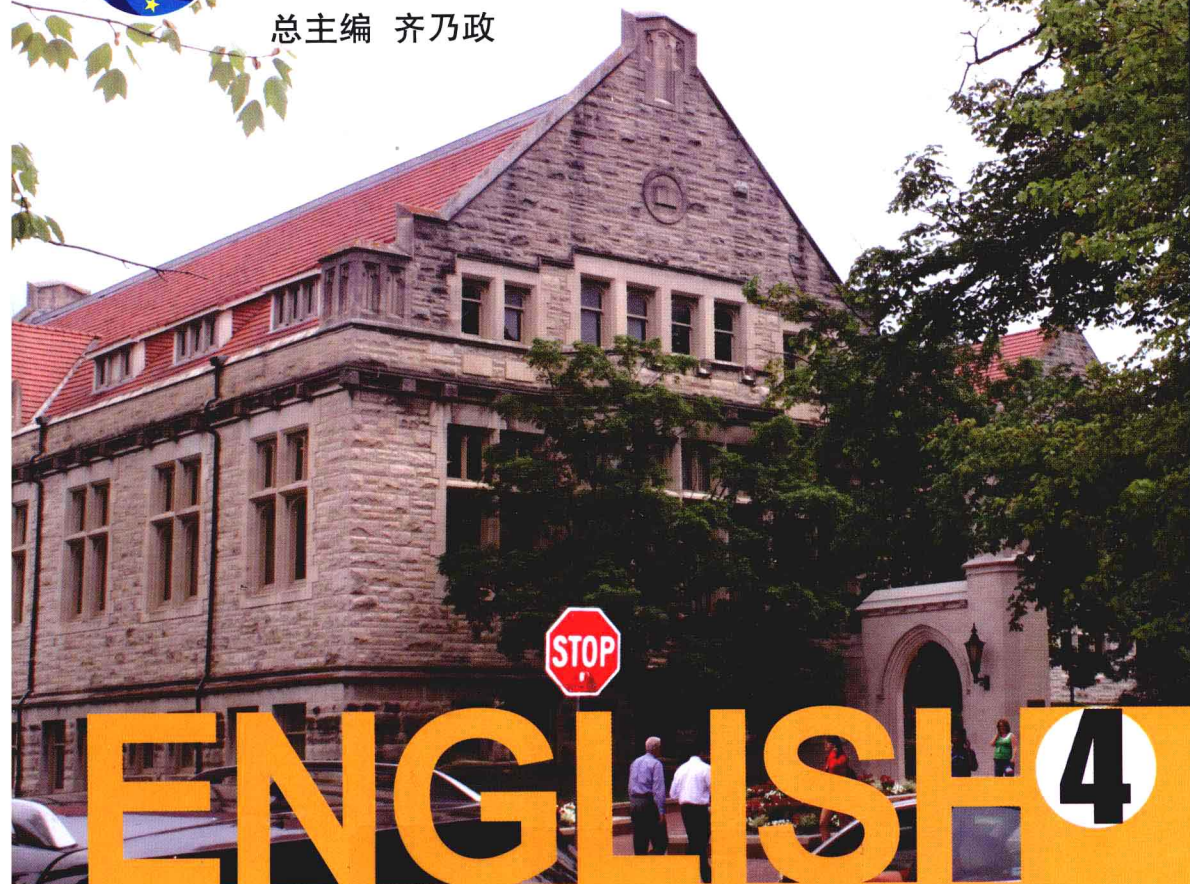




普通高等教育“十一五”国家级规划教材

总主编 齐乃政



周明 都宁 ©主编

(第二版)

新编英语专业

口语教程

A New Coursebook of College Spoken English



北京大学出版社
PEKING UNIVERSITY PRESS



北京高等教育精品教材
BEIJING GAODENG JIAOYU JINGPIN JIAOCAI

总主编 齐乃政

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第二版 前言

《新编英语专业口语教程》(1—4)于2004年至2006年首次出版,其编写初衷是有感于国内高等院校英语专业口语教材形式单一,话题陈旧,对学生的吸引力不大。几年来,在本套教材的使用过程中,我们陆续收集到各院校英语专业师生对教材的使用意见和建议。根据使用反馈,在第二版中,编者适当降低了练习难度。第一册各单元练习的设计原则上要让学生从替换单词,选择适当的词汇表达某一话题逐渐过渡到就某一话题自行组织简单对话。由于听说是相辅相成不可分离的两部分,一册以听说为主,二册增加了听说内容的难度和长度,这两册主要是通过听力练习来提高英语口语能力。而三、四册鼓励学生谈论抽象话题。在本次修订过程中,各单元话题以及具体内容根据现有情况进行了调整,保证话题的新颖以及与学生生活工作的契合度,这样能够充分调动学生的学习兴趣以及口语教材的适用性。此外,在修订中加入了商务谈判和会议基础内容的练习,学生毕业后到外企工作能直接胜任谈判、口译等工作。

前 言

语言是一种技能,没有大量的实践,不可能准确而熟练地掌握英语。口语技能的提高更是如此。培养学生的口头交际能力是口语课的宗旨,而交际能力在这里主要是指语言的达意及得体。所谓达意,是指用语言准确地表达思想,而得体是指语言的可接受性,也就是说,所用语言要符合讲英语的国家的习俗和惯例。

随着对外交流的日益增多,口语水平的高低直接影响着人们之间的相互沟通和工作效率,而现有的口语教材无论从内容上还是形式上已很难满足英语学习者的需求。本教材正是为了适应时代的发展和英语教学的需要而编写的。本教材供高等院校英语专业学生使用,也适合成人教育学院、民办院校、广播电视大学、远程教育英语专业学生及自考生和广大英语自学者使用。

本教材的编写原则:

1. 以《高等院校英语专业学习大纲》为依据。
2. 以交际话题的难易为依据——从具体至抽象,由浅入深。
3. 以功能意念为线索,融功能意念于交际之中。
4. 以日常生活中经常使用的话题为重点。这部分主题在各册有时会重复出现,区别主要体现在材料的难易及就该主题谈论的深度。

本教材在编写中努力体现:

1. 听说结合。听力水平和口语水平密不可分,只有先听懂,然后才能够说出来。因此本教材将听说练习结合起来,让学生在提高口语水平的同时兼顾听力水平的提高。
2. 口语材料新颖实用。本教材的所有材料均来自最新的期刊、报纸、书籍等,无过时而用法。选材注重实用性和趣味性相结合,贴近生活,体现时代特色。
3. 练习形式多样,注重引导和启发。本教材在编写过程中借鉴了许多国外最新的口语资料,结合中国口语教学的实际情况,在编写练习的过程中,力求形式多样,内容充实,引导学生从模仿练习开始逐渐过渡到自己能够自然流畅地表达。
4. 难度阶梯化。每册书都有难度较大的单元,以满足不同学员的需求。

全套教材共分4册,每册16单元,配有录音。

第一册各单元涉及日常生活有关话题,例如学校、家庭、旅游、娱乐等。

第二册各单元既涉及日常生活重要话题,例如住房、健康等,同时也涉及一些较为抽象的话题,例如个性、美与时尚等。部分话题是第一册主题的展开与延伸,例如第一册的假期旅行与第二册的异国旅行等。

第三册各单元涉及一些常见社会问题的相关话题,例如污染、人口、交通等。同时,从整体上看,又是前两册主题的进一步延展。

第四册各单元涉及复杂的抽象话题,例如艺术、心理学等。

第一、二册目标在于帮助学员打好口语基础,第三、四册则侧重于培养学员的交流技巧,如公共演讲技巧、研讨谈判技巧等。

每册 16 个单元均以主题为线索,将相关主题单元临近排列。每课编排了大量的练习题,教师可根据学生的实际情况选择使用进行教学,也有内容、形式多样的练习可供学生课外完成。

编 者

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1

Motivating Yourself



Learning Goals

By the end of this unit you will be able to

- talk about motivation;
- present on motivation techniques;
- practice building positive mindset.

Regardless of what happened to you the last time, this time it's a brand new day...

—Zig Ziglar

1.1 Handling Failure

Passage A

Handling Failure

Lead-in questions:

1. Who's the most motivating person you've met? Describe him/her to your partner.
2. How do you explain the word motivation?

Words & Expressions

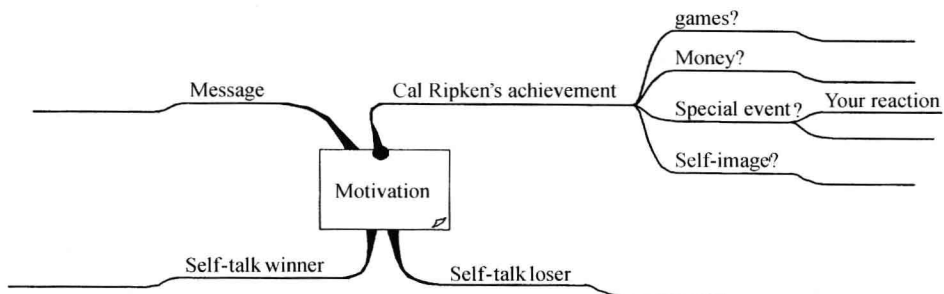
consecutive	describes events, numbers, etc. that follow one after another without an interruption
plate	in baseball, the place that the player has to stand next to in order to hit the ball, and the last place they have to touch to score a point
pitcher	a player who pitches the ball in a baseball game
come (after)	runaway game
elated	to have or achieve a particular position in a race, competition, list, etc.
	extremely happy and excited, often because something has happened or been achieved

A. Pair work :


Work with your partner, guess what lose games and runaway game mean to you. Then try to think of ways to memorize words listed above, and take turns to cook up a story orally with each of the new words.

B.

a. Listen to the passage and complete the mind-map below.



b. Listen to the passage again and jot down details for Ripken's self-talk as a winner.



c. Think of ways of motivating yourself and talk about them with your partner.

Self Motivation

- Self talk
- Use success imagery
- Keep your track record of success
-
-
-

d. Create your own daily self talk in English, picturing yourself as a winner. Read aloud your self talk till you can recite it.

Passage B

The Six Basic Messages of a Motivational Speaker

by Chris Widener

Words & Expressions

persevere	to try to do or continue doing something in a determined way, despite having problems
pick oneself up	something which makes you feel better, often a drink or a tonic (= a type of medicine)
brush oneself off	to refuse to talk or be pleasant to oneself
positive	hopeful and confident, or giving cause for hope and confidence
stuff	used to refer to a substance or a group of things or ideas, etc. , often with a description of their general type or quality or saying who they belong to, without saying exactly what they are

C.

- a. Study the new expressions listed above and cook up a story orally with your partner, trying to use as many new expressions as possible.
- b. Listen to the passage and complete the table below.

Six Basic Messages

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

- c. Share with your partner what you would do with the six basic messages.
- d. Prepare a three-minute presentation on your action plan for any of the six messages.
E. g. With “CAN” attitude, I would choose to say “I can” to myself when I feel I am in doubt.
- e. In groups of three, discuss the following questions:
 - Can you choose to be a person with a positive attitude? Why or why not?
 - Have you helped others and planned to do so for the rest of your life? Why or why not?

1.2 Secret

Passage A

The Secret to Creating Unlimited Inspiration

by Jason Michael Gracia

He was reaching the end of his days and he knew it. It had been an amazing adventure of great triumph and devastating^① defeat. As he sat on his front porch, pen in hand, he closed his eyes and looked back over the story of his life, everything he accomplished and everything he regretted not pursuing.

It was here, in his home at Mount McGregor in New York, that our 18th president, Ulysses S. Grant, wrote his personal memoirs. His recollections^② of his life went on to become one of the finest autobiographies written in the English language.

You may not write your thoughts down on paper, but you will reach a point in your life when you reflect on what you have done with your time, what kind of person you have become. You, just as Grant did over 118 years ago, will gather together your recollections of your life and hold them tightly in your mind.

The question is: will you look back with satisfaction or regret?

Life Is Short

We do not have an eternity^③ on Earth, and that is one of the most motivating forces to use. If you had forever to accomplish your goals, you wouldn't feel the need to push yourself, to chase your dreams. But we will reach the end of the road, and when we do, we'll turn around to see the story we have created.

🗨️ (Stop here and talk about your goal for this week.)

Here is the exciting part—you can create new meaningful memories starting today. It doesn't matter what you have done up to this point in your life, you can do more. Perhaps you have already accomplished a great deal. Excellent. Now is your time to keep the streak^④ going.

🗨️ (Stop here and talk with your partner about meaningful memories you would like to create.)

① devastating: causing a lot of damage or destruction

② recollection: a memory of something

③ eternity: time which never ends or which has no limits

④ streak: a long thin mark which is easily noticed because it is very different from the area surrounding it

The story of your life has yet to be finished. You have to finish the book. Each choice you make, each action you take, will continue the story until its end. What are you going to add to the tale of your life today?

If you're like most people, you want to accomplish a goal or pursue a dream, but you haven't taken decisive action yet. The majority^① of those with goals but no action will continue to keep their ambitions and hopes tied up in their minds, never to make them real. They will look back on the life they have created with regrets.

Regret is a very sad and unfortunate state of mind. Sad because it can chip^② away at the fulfillment and meaning every human being is seeking. Unfortunate because it doesn't have to be. You still have the time and resources to create the life you have always wanted to live. Tell yourself, "I don't have forever. If I'm going to do it, I've got to do it now."

🗨️ (Stop here and list orally all your resources in life.)

Never a Better Time than the Present

Now is the best time to start. You don't have to recreate your entire life. A small step, in the right direction, is all it takes. It doesn't matter what you want in life, you can get it. But you have to start the process. Find time today to put your goal in motion.

A. Paraphrase the underlined sentences orally.

B. Please make an oral summary of the passage.

Passage B

Four Steps to Enjoying Every Moment

by Jason Michael Gracia

Step 1: Realize You're in the Moment

The first step is to realize that you are in the middle of something good. It could be a beautiful day on your family vacation, or a perfect afternoon with your children. You are the judge of what moments you'd like to appreciate.

Step 2: Take a Step Back

This is the main part of the system. Once you realize you are experiencing a moment you'd like to have last forever, stop yourself for a moment and take a Step Back.

Take yourself away from the situation. Take a short walk, a quick break, or simply close

① majority: the larger number or part of something

② chip: to accidentally break a small piece off something

your eyes.

Once you are removed from the situation, think about it as if it happened in the past.

Picture how happy you were, the details of the scene, and the others around you. Feel the emotions you felt, see and hear the faces and sounds. Remember how much you enjoyed the time, and how much you'd like to enjoy it again.

Step 3 : Make Your Re-Entry

Once you feel the happiness of the moment, think about this; it's no longer in the past, it's right now! You just thought about how great you felt in that past moment, and now you can live it in the present.

You just appreciated the current^① moment by looking back on the situation. Once you are in the middle of the moment again, remember. . .

Step 4 : Enjoy Yourself

This will be a moment that, like all others, will eventually pass. With this in mind, really let it sink in. Take a look around, and realize you are in the middle of something great.

Taking a Step Back every now and then will help you appreciate life. No longer will you be one who takes life for granted. You will make happy moments happier, and you will also help to make them last forever.

C. Paraphrase the underlined sentences orally.

D. Retell the four steps to a friend.

1.3 Motivate Yourself

A. Reasons for lack of motivation

① current, of the present time

Questions	Candidates' Response			
	1	2	3	4
1. Do not have a written list of important goals that define success for you personally.				
2. Believe that present goals or activities are wrong for you.				
3. Feelings/emotions about present activities are generally negative.				
4. Don't have (or believe you don't have) the ability to do present activities or obtain future goals.				
5. Satisfaction of achieving goals seems in distant future.				
6. Present activities not seen as related to important goals				
7. Important goals conflict with present activities.				
8. Extrinsic incentives are low.				
9. Personal problems interfere with present activities.				

[Adapted from: Stipek, D. (1988). *Englewood Cliffs, NJ: Prentice Hall.*]

- a. Interview at least four people in the class on their reasons for lack of motivation. Read the statement to them one by one and put a tick/ a cross to indicate yes/no answer under the candidates response's column.
 - b. Make a mini presentation on lack of motivation with the data in A-a.
- B.** Each of the following statement serves as the beginning of one of your mini presentation. Practice making as many mini presentations as possible with motivation as the central theme.
1. Confidence is the key for motivation ... (Jason Michael Gracia)
 2. A man can be destroyed, but can't be defeated. (Ernest Heiming way)
 3. Life is too short for fooling round in failures.
 4. Someone else has done it. (Jason Michael Gracia)
 5. It doesn't matter what you have done up to this point in your life, you can do more. (Jason Michael Gracia)

1.4 Tapescript

Passage A: Handling Failure

Cal Ripken is known for breaking Ty Cobb's "unbreakable" record of playing in 2,130 consecutive professional baseball games, and for signing a five-year contract for more than \$30 million in the 1990s. However, during one particular year of that contract, Cal got only about one hit for every four times at bat. Think about it. If you had failed three times out of four in your job, how would you feel about it? What would your self-image or picture of yourself be?