

CELC: Learning at Your Own Pace

大学英语

进阶

听力教程

总主编: 张隆胜

副总主编: 杨虹 陈琳

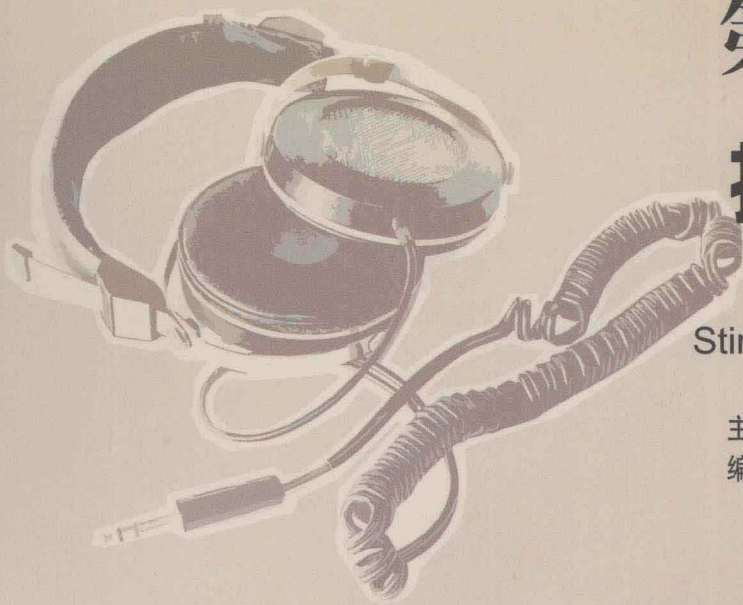
第3册


持续发展

Book Three  
Stimulating Development

主编: 邹心胜

编者: 曾敏 刘滢 邹心胜



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# 前 言

教育部颁布的《大学英语课程教学要求》，作为大学英语改革的纲领性文件，明确提出要在大学英语的教学过程中培养学生的英语综合应用能力，特别是要加强听说能力的培养，为此我们组织编写了这套《大学英语进阶听力教程》。该教程适应大学英语教学改革形势发展的需要，特别注重训练语言学习者的听力并讲授提高听力的方法，以满足广大教师和学生英语学习的新需求。

本套教程分为 6 册，每册重点明确，循序渐进，形成一个有机的整体，系统性强。

第一册《优化音调》的内容有：音素、元音辨识、辅音辨识、辅音连缀、重读与轻读、不完全爆破、同化与省音、连读、意群与停顿、词重音与句子重音、重音轻移、节奏及语调。

第二册《稳步前进》含有体育、爱好、家庭、工作、童年、乡村、宠物、影视、大学生活、金钱、音乐、购物、情感、假期和代沟等 15 个主题内容。

第三册《持续发展》含有青春时尚、旅游度假、广告、交通运输、成功与失败、神话传说、电脑、媒体报纸、住房、商业、友谊、身体语言、犯罪和暴力、风俗和休闲等主题内容。

第四册《加速进取》含有著名人士、出国留学、结婚及婚礼习俗、政府机构、科学与技术、暴力及犯罪、环境、演说、诚实、战争与和平、文化、社会问题、语言学习、经济、健康及医疗保险等主题内容。

第五册《融会贯通》涉及警句、谚语、习语搭配、幽默、哲理故事集锦、英文歌曲填词、谜语、智力游戏大挑战等。

第六册《应用自如》主要取材于近年来美国之音(VOA)及英国广播公司(BBC)的英语广播节目，涉及的主题多样，与日常生活、社会经济、科技发展等人们普遍关注的问题紧密相关。语言正式、规范，发音清晰，语速由慢及快。

第一、五、六册由于训练目标不同，有所侧重，故自成体系；第二、三、四册体系相同，但训练要求逐步提高，体现在每册选材的难度及语速的阶梯式上升。第二、三、四册均由 Warm-up Exercises、Jogging Exercises、Running Exercises、Dashing Exercises 和 Relaxing Exercises 五个部分组成，但选材的难度及语速形成了一个坡度。

教程以培养和提高学生实际应用语言能力为宗旨,立足于最大限度地调动学习者的积极性和主动性,将语言知识、文化知识和听力技巧有机地结合起来,并巧妙地将教师要讲授的内容纳入教程的练习之中,使学习者能根据自己的实际情况有针对性地进行练习,做到有的放矢,有效地提高学习效率。选材注重思想性、时代性、科学性、趣味性和实用性相结合,内容涵盖广泛。背景知识配有简明、有助于理解的注释。每册都附有录音文字材料和练习参考答案并随书附赠录音资料光盘。学习者可根据自己的实际能力和水平,选择听力教程的内容,确定学习进度,修完前4册,相当于达到大学英语课程教学的一般要求。本套教程适合在校大学生和具有相当英语水平而又想提高听力的所有人员。由于该教程充分考虑学习者的不同起点和学习进度,使学习者能更有效地利用学习时间,其效果比整齐划一上课要好。

本书是教程的第三册,由曾敏、刘滢、邹心胜编写。

本套教程在立项、编写、录音制作的整个过程中得到了华中师范大学教务处的的大力支持与经费上的扶持,特在此表达我们的真诚谢意。

编者

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# Unit 1

## Youth and Fashion

### Part A

#### Warm-up Exercises

**Directions:** You are going to hear a poem. Fill in the blanks with the information you get from the tape.

#### Lost Youth

Bouncy (1) \_\_\_\_\_, slides and (2) \_\_\_\_\_,  
The park is full of exciting things.  
Children laughing, running, at play,  
In a (3) \_\_\_\_\_ world they live in today.  
Sun shines on (4) \_\_\_\_\_ flowers,  
(5) \_\_\_\_\_ from their eyes for hours.  
The smell of (6) \_\_\_\_\_, sweet to the taste,  
Their senses of life, a terrible (7) \_\_\_\_\_.  
To grow up too soon, (8) \_\_\_\_\_,  
Dream of days gone by play on your mind.  
(9) \_\_\_\_\_ that you are they,  
The children, laughing, singing, (10) \_\_\_\_\_.

### Part B

#### Jogging Exercises

Dialogue



## Fashion in the Life

### Words and Phrases

artificial /ɑ:trɪ'fɪʃəl/ adj. 人造的, 虚  
伪的

glossy /'glɒsɪ/ adj. 平滑的, 有光泽的

advertisement /əd'vɜ:tɪsmənt/ n. 广告

dustbin /'dʌstbɪn/ n. [英] 垃圾桶

bulk /bʌlk/ n. 大批, 大多数

publicity /pʌb'lɪsəti/ n. 公开

throw-away society 丢弃型的社会

injustice /ɪn'dʒʌstɪs/ n. 不公平, 不  
公正

### Background Information

**Throw-away society** A throw-away society is a way of living characterized by a high level of product consumption and discarding, especially if the products are meant for one-time use.

**Directions:** Listen to the dialogue and choose the best answer to the following questions with the information you get from the tape.

- A. He regards it as a waste of money.  
B. He takes it as a waste of resources.  
C. He considers it a waste of time.  
D. He looks on it as a waste of passion.
- A. At the dentist's.                      B. In the supermarket.  
C. In the library.                         D. At home.
- A. It is full of advertisements.  
B. It is a waste of paper.  
C. It talks too much about environmental protection.  
D. It is losing popularity.
- A. She doesn't think it adds to the cost of the newspaper.  
B. She doesn't think it is a waste of time to read through all the advertisements in the newspaper.  
C. She doesn't think the advertisement is interesting.  
D. She doesn't think much of reading the newspaper.
- A. Advertisements promote the quality of the product.  
B. People's demand is constantly changing.

- C. Advertisements influence purchases to a certain degree.  
 D. Advertisements always mislead women to waste money.
6. A. Positive. B. Negative.  
 C. Critical. D. Neutral.

## Part C

### Running Exercises

#### Passage One



#### Youth and Fashion

##### Words and Phrases

portray /pɔ:'treɪ/ v. 描绘, 描述

aspire /ə'spaɪə/ vi. 热望, 渴望, 追求, 立志于

curriculum /kə'rɪkjʊləm/ n. 课程

alternative /ɔ:l'tɜ:nətɪv/ n. 二中择一, 可供选择的办法、事物

bureaucracy /bjʊə'rɒkrəsi/ n. 官僚, 官僚作风, 官僚机构

#### Exercise 1

**Directions:** You are going to hear a passage. Listen carefully and answer the following questions with the information you get from the tape.

- A. They think smoking is fashionable.  
 B. They think smoking means maturity.  
 C. They have more pocket money.  
 D. They have part-time jobs.
- A. They portray images of beauty that teenagers aspire to.  
 B. They portray girls' dieting.  
 C. They portray boys' bodybuilding.  
 D. They portray their peers' behavior.
- A. Scouts. B. Church groups.  
 C. Youth clubs. D. Pub culture.
- A. Smoking. B. Car accidents.  
 C. Sports. D. Clothes.
- A. There arise many new chances in kids' activities nowadays.

- B. With their pocket money, kids have taken a healthier lifestyle.
- C. Students today are more independent in making their own judgments.
- D. Fashionable students will smoke a lot.

### Exercise 2

**Directions:** Listen to the passage again and fill in the blanks with the information you get from the tape.

1. Teachers will not like to take time to \_\_\_\_\_.
2. \_\_\_\_\_ has an influence.
3. \_\_\_\_\_ are declining in popularity.
4. \_\_\_\_\_ have had a noticeable increase.
5. Indoor individual activities such as \_\_\_\_\_ outweigh \_\_\_\_\_.

### Passage Two



#### The Lost Lamb

#### Words and Phrases

psychiatry /saɪ'kɪətri/ n. 精神病学, 精神病治疗法	delinquent /dɪ'lɪŋkwənt/ n. 失职者, 违法者
juvenile /'dʒu:vənəl/ adj. 青少年的, 幼稚的 n. 青少年, 少年读物	detainee /'di:teɪ'ni:/ n. 被拘留者, 未判决囚犯
counterpart /'kauntəpɑ:t/ n. 副本, 极相似的人或物, 配对物	rampant /'ræmpənt/ adj. 猖獗的, 蔓生的, 猛烈的

### Background Information

**Scouts(童子军)** Scouting is a world-wide youth organization which was initiated in the United Kingdom in 1907. Its aim is to develop young people physically, spiritually and mentally through non-formal education with emphasis on practical activities in the outdoors so that youth may take a constructive place in society.

**Psychiatry(精神病学)** Psychiatry is a branch of medicine that studies and treats mental and emotional disorders.

**The juvenile justice system** America's juvenile justice system is responsible for

keeping citizens safe and rehabilitating delinquent youth. The juvenile justice system has been studied and adjusted in response to statistical alarms and specific successes. The system finds itself irresolute at present, faced with the discouraging prevalence of crime, a lack of funding for preventative programs, and disagreement over the principles that define its very foundation.

### Exercise 1

**Directions:** *You are going to hear a passage. Listen carefully and answer the following questions with the information you get from the tape.*

1. A. Minority groups.  
B. Young people with mental illnesses.  
C. Adults with mental illnesses.  
D. Prisoners with medical treatment.
2. A. She advocates treatment of their mental disorders rather than imprisonment.  
B. She ignores their emotional behavior.  
C. She is concerned about the mental health of young prisoners.  
D. She believes it is more difficult to treat young people's mental illness.
3. A. 25.            B. 600.            C. 1,830.            D. 1,200.
4. A. They are eager to be involved voluntarily.  
B. They are disinterested in the research.  
C. They feel grateful that the researchers remember their birthday.  
D. They feel hopeless about the results of the research.
5. A. It is too expensive to supervise young people.  
B. It is too costly to screen youth with mental illnesses in the justice system.  
C. He underestimates Dr. Treplin's work.  
D. Ignoring young people with mental illnesses will lead to more damage to the young and the society.

### Exercise 2

**Directions:** *Listen to the passage again and match the words in the left column with the corresponding percentage in the right column.*

- |                  |                                     |
|------------------|-------------------------------------|
| 1. Violent death | A. 22% of female.                   |
| 2. Alcoholism    | B. 2/3 of detainees.                |
| 3. Taking drugs  | C. 25% of subjects in the research. |



4. Suffering from depression

D. 2/3 of subjects in the research.

## **Part D**

### **Dashing Exercises**

**Directions:** *In this section you will hear a passage three times. When the passage is read for the first time, you should listen carefully for its general idea. Then listen to the passage again. When the passage is read for the second time, you are required to fill in the first seven blanks with the exact words you have just heard. For the rest of the three blanks you are required to fill in the missing information. You can either use the exact words you have just heard or write down the main points in your own words. Finally when the passage is read for the third time, you should check what you have written.*

#### **Lifestyles: Low-fat Dieting!**

This is for people who are interested in adopting a low-fat lifestyle or for those who are already living a low-fat lifestyle. My husband and I (1) \_\_\_\_\_ consume 20—40 grams of fat each day. I count grams of fat rather than (2) \_\_\_\_\_ the percentage of fat/calories because I find it much easier and less (3) \_\_\_\_\_. Our daily fat percentage of calories runs from 10% to 20%. We have lost a significant amount of weight, and we are very healthy and full of (4) \_\_\_\_\_. Living a low-fat lifestyle is not difficult. It just takes a little (5) \_\_\_\_\_ and determination to change the way you eat as a lifestyle change, not as a diet. The problem with a diet is that when you think about going on a diet, you think of it as having a beginning and an end. The end is the problem. I have been on (6) \_\_\_\_\_ diets in my lifetime and lost more weight than I care to think about, only to gain it all back in less time than it took to lose it! Making a (7) \_\_\_\_\_ to living a low-fat lifestyle for the rest of your life is the key. All the recipes in this form have 15 grams of fat or less per serving and most have under 10 grams.

The following are some tips on low-fat food:

Learn to drink non-fat milk. Eat more vegetarian meals. (8) \_\_\_\_\_

\_\_\_\_\_.

Eat eggs. One egg contains 5 grams of fat. I have found that in most recipes that call for whole eggs, you can substitute an equal amount of egg whites. I have also