



普通高等教育“十一五”国家级规划教材



大学英语快速 阅读 3

(第二版)

College English
Fast Reading

新题型

杨跃 郝涂根 主编



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College English Fast Reading

大学英语快速阅读3

(第二版)

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第二版前言

《大学英语快速阅读》是北京大学出版社出版的大学英语立体化网络化系列教材之一,是“十一五”国家级规划教材。本教材共收录短文32篇,内容涉及科学教育、网络技术、风俗人情、饮食文化、假日旅游、语言知识和社会焦点等各个方面,按主题分8个单元。

编写此书时,编者除注意到内容的科学性、文化性、可读性和趣味性外,还突出体现了内容的丰富性、新颖性以及语言的地道性和准确性,同时对其实用性也给予了充分的注意,以满足广大院校学生的需求。

此教材旨在帮助读者扩大英语词汇量,提高阅读速度,增强阅读理解能力,从而广泛深入地了解有关历史、文化、经济、风俗以及自然科学和人文科学方面的信息。本教材注重学生英语快速阅读策略和技巧的培养,通过本教材系统的学习和科学的强化训练,学生的英语阅读速度可在短时间内得到大幅度提高。书中阅读练习完全依据教育部最新颁布的《大学英语课程教学要求》关于大学英语四、六级学生的快速阅读要求和《关于试点阶段的大学英语四级考试说明》而设计的。在练习设计上编者没有按照以语言为中心的旧模式编写,而是侧重培养学生快速浏览和查读能力,以及正确理解文章的大意、抓住主要事实和有关细节的能力。同时为了便于读者更好地把握阅读速度,编者还给出了每篇文章阅读所需要的参考时间,对于篇幅稍长且难度较大的文章可适当调整阅读速度。

本套教材适合我国高校非英语专业大学低年级开设阅读课程使用,也适合参加公共英语等级考试和大学英语四、六级考试的广大读者学习使用。

本套教材阅读练习设计与2013年12月四、六级改革后的新题型挂钩,能在很大程度上提高学生的备考能力。

由于编者水平和时间所限,难免还有不足之处,敬请广大读者批评指正。

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Unit 1

Passage 1 (Time Required: 14'50")

Do It Now!

Vocabulary Tips

ado *n.* 纷扰, 麻烦

strikeout *n.* 三击不中出局

homerun *n.* 全垒打

anathema *n.* 诅咒; 令人厌恶的人

Starting Time _____ Finishing Time _____

- A When going to college many years ago, I decided to challenge myself by setting a goal to see if I could graduate in only three semesters, taking the same classes that people would normally take over a four-year period.
- B I accomplished my goal by graduating with two Bachelor of Science degrees (computer science and mathematics) in just three semesters without attending summer school. I slept seven to eight hours a night, took care of my routine chores (shopping, cooking, etc.), had a social life, and exercised for 30 minutes every morning. In my final semester, I even held a full time job (40 hours a week) as a game programmer and served as Vice Chair of the local Association of Computing Machinery (ACM) while taking 37 units of mostly senior-level computer science and math courses. I graduated with a 3.9 GPA and also received a special award given to the top computer science student each year.
Without further ado, here's the best of how I made it.
- C Clarity is key. The first step is to know exactly what you want. In a Tae Kwon Do studio where I used to train, there's a huge sign on the wall that says, "Your goal is to become a black belt." This helps remind each student why s/he is going through such difficult training. When you work for yourself, it's easy to spend a whole day at your desk and accomplish nothing of value. This almost always happens when you aren't really clear about what it is you're trying to do. In the moments when you regain your awareness, ask yourself, "What exactly is it that I'm trying to accomplish here?" You must know your destination with as much clarity as possible. Make your goals specific, and put them in writing. Your goals must be so clear that it would be possible for a stranger to look at your situation objectively

and give you an absolute “yes” or “no” response as to whether you’ve accomplished each goal or not. If you cannot define your destination precisely, how will you know when you’ve arrived?

- D Failure is your friend. Most people seem to have an innate fear of failure, but failure is really your best friend. People who succeed also fail a great deal because they make a lot of attempts. The great baseball player Babe Ruth held the homerun record and the strikeout record at the same time. There is nothing wrong or shameful in failing. The only regret lies in never making the attempt.
- E Understand that failure is not the opposite of success. Failure is an essential part of success. Once you succeed, no one will remember your failures anyway. Microsoft wasn’t Bill Gates’ and Paul Allen’s first business venture. Who remembers that their original Traf-o-Data business was a flop? The actor Jim Carey was booed off many a stage while a young comedian. We have electric light bulbs because Thomas Edison refused to give up even after 10,000 failed experiments. If the word “failure” is anathema to you, then reframe it: You either succeed, or you have a learning experience.
- F Do it now! W. Clement Stone, who built an insurance empire worth hundreds of millions dollars, would make all his employees recite the phrase, “Do it now!” again and again at the start of each workday. Whenever you feel the tendency towards laziness taking over and you remember something you should be doing, stop and say out loud, “Do it now! Do it now! Do it now!” I often set this text as my screen saver. There is a tremendous cost in putting things off because you will mentally revisit them again and again, which can add up to an enormous amount of wasted time. You don’t get paid for your thoughts and plans—you only get paid for your results. When in doubt, act boldly, as if it were impossible to fail. In essence, it is.
- G Cultivate your enthusiasm. The word “enthusiasm” comes from the Greek entheos, which means literally, “the god within.” I really like that definition. While in college I could not afford to let my enthusiasm fade, or I’d be dead. I quickly learned that I needed to make a conscious effort to reinforce my enthusiasm on a daily basis. I always had my Walkman cassette player with me (there were no portable MP3 players back then), and while walking from one class to the next, I would listen to motivational tapes. I kept my motivation level high by reinforcing my enthusiasm almost hourly. Even though I was being told by others that I would surely fail, these tapes were the stronger influence because I never went more than

a few hours without plugging back in.

Maintain balance.

- H I don't think it's easy to sustain long-term productivity, health, and happiness if your life is totally unbalanced. To excel in one area, you can't let other areas lag behind and pull you down. While in college I made an effort to take off a full day each week to have a personal life. I exercised, went to parties, attended club meetings, played computer games and pool, and even had time to vacation in Las Vegas during my final semester. To focus exclusively on your primary work at the expense of every other area of your life will only hurt you in the long run. Maintain balance by paying attention to every area of your life. As you grow in your career, be sure that your personal life grows as well.
- I Probably my biggest regret about going through college in three semesters is that I never had a girlfriend during this time. While I had plenty of good friends (both male and female), got involved in clubs, and enjoyed fun social activities every week, I definitely didn't have enough time to pursue an intimate relationship on top of everything else.
- J If I had to do it all over again, I think my college experience would have been even better if I'd stretched it to four or five semesters and allowed myself time for a girlfriend. It would have been great to have someone else to share my life with, not to mention all the other benefits of intimacy. At least I had plenty of time for dating after graduating. Within a few months I had a steady girlfriend, and four years later we were married. She and I actually went to the same college at the same time, but we never happened to meet while we were there, although it turned out we had a few mutual acquaintances.
- K I believe by getting clear about what you want and then developing a collection of habits that allow you to efficiently achieve your goals, you'll enjoy a much richer, more fulfilling life than you would otherwise. When I look back on my college days from more than a decade in the future, I feel a sense of gratitude for the whole experience. I set an enormous stretch goal and grew tremendously as a person in the pursuit of that goal. It was one of the best times of my life.

(1191 words)



Comprehension Exercises

The following statements contain 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.

1. _____ It only took me three semesters to get two bachelor's degrees.
2. _____ Successful people also fail a lot because they tried a lot of times before they finally succeed.
3. _____ You have to define your goal precisely; otherwise you won't know when you have achieved it.
4. _____ It is a big waste of time if you put things off and mentally revisit them a lot of times.
5. _____ I had a lot of extracurricular activities to keep me a balanced life.
6. _____ Motivational tapes kept me high all the time while in college.
7. _____ Making clear your goals and developing some good habits help you achieve your goals.
8. _____ I had so many things to do that I didn't have time to have a girlfriend.
9. _____ I regretted for not having a girlfriend and not having a longer college life.
10. _____ I do not support that time is only spent on primary work and every other activity is cancelled.

Passage 2 (Time Required: 12'15")**College Dorm Life and Beyond****Vocabulary Tips**overdue *adj.* 迟到的upbringing *n.* 抚育confine *vt.* 限制regulation *n.* 管理; 规则prevalent *adj.* 普遍的; 流行的respondent *n.* 回答者

Starting Time _____ Finishing Time _____

Chinese universities stopped punishing students for dating about two decades ago. Five months ago, the Education Ministry lifted the ban preventing students marrying. And recently, they revised restrictions on students living outside of university dormitories.

"Universities should strengthen administration on students who have to rent off-campus properties when the institutions have difficulty arranging accommodations," said a Ministry regulation released in late July. Significantly, it dropped the clause "in principle, students should not be permitted to live in non-university properties," which appeared in an earlier version released in June 2004.

Chinese college students have been required to live in cheap, crowded dorms with four to seven peers for decades. But there are problems with the alternative as well, of course. Last year's ban came as the media emphasized cases of criminals targeting the increasing number of students who chose to live off-campus.

Despite this, no doubt most young students received news of the regulation change joyfully. Those who wish to and can afford it can now start house-hunting before the new semester begins in September.

Parents and university administrations understandably reacted differently. They voiced concerns about security, and the threat of off-campus lifestyles getting out of control.

Their apprehension aside, the policy changes, together with previous ones on student dating and marriage, reflect the growing trend of deregulation in China's higher education administration. It is as if an old lady is reluctantly loosing her grip on her naughty growing-up children. It is a trend that should be encouraged.

The reasons are simple. First, the revisions represent a humanistic approach in administrating students. Despite all the social expectations of them to concentrate on

studying to become an educated elite, they are, above all, young adults. If young people outside universities have the right and opportunities to enjoy romance, an earlier family life, or a freewheeling lifestyle, so should those inside the Ivory Tower.

The regulatory changes are merely an overdue recognition and accommodation of young people's physiological, psychological and physical needs.

Second, the step away from over-protection and over-regulation opens up many life choices to students. At the same time it enables them to form new social links. These skills are much needed to allow young adults to grow up independently and find their places in society.

In a society where parental and institutional overprotection and supervision has been universal in most young people's upbringings, these steps are all the more necessary.

When they are children and adolescents, most students, being the only child in a family, are the focus of attention at home. The result of this is that many of life's challenges and decisions are taken care of by their parents. When competition for quality education gets tough at all levels, expectations of their social roles in most cases narrow to simply being a "good student." When only academic scores matter, other human qualities like character, and life and social skills, are neglected and left far from fully developed.

Higher education certainly opens new possibilities for the young to explore, but with supervision and safeguarding regulations prevalent, and parental financial support continuing to a large extent, their experiences of life, and chances of learning from mistakes, are limited. Most of a student's activities and relationships are confined to within the campus walls. In recent years, because of this, internships and other ways of brushing up social skills have soared in popularity, as graduates face a tough job market.

The reality remains that some are not fully prepared to meet life's challenges and shoulder responsibilities when they graduate.

A recent survey reported that only one third of college graduate respondents said they could adjust to their work environment within a year's time. The rest said they needed at least two to three years. Many find it hard to adapt to the fast-moving real world. Coping with work pressure can be difficult, and relationship problems often set in.

Some are so afraid of life outside the Ivory Tower that they don't leave. The last two years have seen a record number of students sit postgraduate entrance exams.

Although universities should not be the only ones blamed, they cannot ignore their partial responsibility. Higher education is a vital period in a young person's transition to full adulthood.

To generate enough independent, responsible, (not only educated) youth for Chinese

society to prosper, higher education regulators must get real. They must understand the challenges and profound social changes present to young people. They should adjust their administration to remove the barriers to individuals' social and personal development.

By giving students the rights and opportunities to decide whether to live on or off campus, whether to marry or not marry, and even have children while still studying, universities are letting them learn their own valuable lessons.

With this in mind, the revisions are positive signals that things are getting better. They should be carried even further by, for example, lifting all the rules on dorm living.

There might be crimes off-campus, but are there not crimes on campus? There may become more cases of co-habitation and perhaps pre-marital pregnancy and abortion, but shouldn't parents and educators be tolerant and allow the young adults to learn from their own lessons?

Transforming over-regulation does not mean hands-off governance. It's more like a new way of thinking.

Policy makers could unlock higher education's potential by removing regulatory constraints on universities. To date they have impeded many universities' ability to respond quickly to new opportunities and challenges.

And universities themselves could protect, sustain and direct student growth by providing more practical services. Student service associations, with housing information, sample contracts, security hotlines and personal development and career consultants are all norms in other countries' university systems.

Once these are freely on offer, it is up to the students to make their own decisions. And all we can wish them is "bon voyage."

(972 words)

