

21世纪大学英语导学经典

【第二册】

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21世纪

大学英语 导学经典

【第一册】

胡友珍 主编

English

新 华 出 版 社

21 世纪大学英语 导 学 经 典

(第一册)

主 编 胡友珍

副主编 柳 得

编 者 孙悦芬 李九辰 时凌君

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UNIT 1

I . The Main Idea of Text A : Secrets of A Students

Getting good grades in college doesn't depend on how smart you are or even on how hard you work. In fact, the biggest key to success in college is learning how to study effectively. The secrets of A students are as follows: First of all, concentrate! Secondly, study everywhere. Third, organize your materials. Fourth, organize your time. Fifth, learn how to read selectively. Sixth, take good notes. Seventh, ask questions. Finally, study together.

大学里取得好成绩并不取决于你多么聪明,或你学习多么刻苦。其实大学里获得成功的最大奥秘就是学会如何有效地学习。下面就是大学优等生学习的秘诀:①全神贯注;②随时随地学习;③安排好资料;④安排好时间;⑤学会阅读;⑥做好笔记;⑦多提问;⑧共同学习。

II . The Language Points of Text A :

1. **A students**: 优等生。英、美等国普遍采用字母表示学生的学习成绩:A = 优秀,B = 良好,C = 一般,D = 及格,F = 不及格。如果学生那门课得 A,那他这就是这门课的优等生。
2. **L6: manage**: (vt.) 设法完成(某件困难的事)。后面多跟不定

式。

- (1) He managed to get what he wanted, anyhow.

无论如何,他设法得到了他想要的。

- (2) I wish very much you could manage to come over.

我非常希望你能设法过来。

- (3) Do you suppose you can manage to get me a passport.

你认为你能设法为我弄本护照吗?

3. L9: **make the most of**: 充分利用

- (1) We must make the most of the fine weather.

我们必须充分利用好天气。

- (2) The government is determined to make the most of the region's natural resources to further promote economic and social progress.

政府决定充分利用这个地区的自然资源进一步促进经济和社会进步。

- (3) College students should make most of the university library.

大学生应该充分利用大学图书馆。

4. L10: **count for much/little/nothing**: 很有/没有多少价值,有/没有重要性

- (1) Knowledge without common sense counts for little.

有知识而无常识则无甚价值。

- (2) A man with no sense of responsibility does not count for anything.

没有责任感的人无足轻重。

- (3) He seems to count for quite a lot in his company.

在他公司他似乎举足轻重。

5. L12: **put in**: 花费(时间或金钱等)

- (1) He put in an hour a day reading.

他每天花一个小时时间读书。

- (2) I hurried to the library, only to find that there was still an hour to put in before it opened.

我匆匆赶到图书馆, 结果发现离开门时间还有一个小时。

- (3) Put in some time asking yourself why.

花一些时间多问自己为什么。

6. L18: **phone calls go unanswered**: 不接电话。句型“go + (un)p. p.”中过去分词是主语的补足语, 一般放在“go”之后。

- (1) The problem went unsolved.

问题没有解决。

- (2) The decision will go unchanged.

此项决定不会变。

- (3) His poor performance in exams went unmentioned in his letter to his parents.

在给他父母的信中他没有提到他考试不好。

7. L30: **while brushing his teeth**: 当他刷牙时。这是省略句型, 等于“while he was brushing his teeth”。“while + doing”意思等同于“while + clause”。

- (1) He fell asleep while doing his English exercises.

他在做英文练习的时候睡着了。

- (2) While in London he studied music.

他在伦敦的时候研究音乐。

- (3) Before writing anything, I divide my page into two parts.

我在写东西之前将每页分成两部分。

8. L34: **get one's hands on**: 把... 弄到手

- (1) The man smashed every plate he could get his hands on in a terrible fight with his wife.

这个男人在和他妻子的一次恶战中摔碎了他能拿到手的

每一个盘子。

- (2) If the police can get their hands on him, they will put him in jail.

如果警察能抓到他,就会将他关进监狱。

- (3) The hungry boy ate up everything he could get his hands on from the refrigerator.

这个饥饿的男孩吃光了他从冰箱里拿到的任何东西。

9. L37: **cut down on**: 减少

- (1) He is trying to cut down on cigarettes and beer.

他在设法减少吸烟和饮啤酒的量。

- (2) The already skinny girl declared she would cut down on food so as to lose weight.

这个已经很瘦的女孩宣称她要节食减肥。

- (3) It is said that they are going to cut down on government spending.

据说他们打算减少政府开支。

10. L39: **set**: (vt.) 出(考题), 布置(作业)

- (1) Who will set the papers for the examination?

这次考试谁命题?

- (2) The teacher set the children a difficult problem.

教师给孩子们出了一道难题。

- (3) The manager set his secretary various tasks when he was away on business.

经理出差时给他的秘书布置了各种任务。

11. L41: **write up**: 整理好写成文章, 写好一篇文章

- (1) I must write up my history notes.

我必须整理好我的历史笔记。

- (2) The pupils were asked to write the chemistry experiment up into

a report.

要求学生们将化学试验整理成一份报告。

- (3) It took the student reporter a whole week to write up a story to the satisfaction of the newspaper editor.

学生记者花了整整一周的时间才写好一篇令报纸编辑满意的故事。

12. L44: **deadline**: (n.) 限期, 截止日期, 时限(常和 the 连用)

- (1) The deadline for making application is next Friday.

申请的截止日期是下周五。

- (2) I hope we can finish this task before the deadline!

我希望我们能在截止日期前完成任务!

- (3) The teacher is pressing them to meet the deadline.

教师敦促他们在截止时限内做完。

13. L44: **stick to**: 坚持(真理等), 遵循, 按... 做

- (1) If you stick to the truth, you've nothing to fear.

你如果坚持真理, 就无所畏惧。

- (2) The government sticks to the present policy despite the difficulties.

尽管困难重重, 政府坚持目前政策不变。

- (3) He is a man of principle—he always sticks to his principles.

他是一个有原则的人——他总是遵循他的原则。

14. L47: **work wonders**: 创奇迹, 产生奇妙作用

- (1) This new machine has worked wonders for my backache.

这种新机器为我的背痛创造了奇迹。

- (2) He looked so tired before, but his holiday has worked wonders in him.

他以前看起来如此疲倦, 假期却使他发生了奇迹般的变化。

- (3) A few words of encouragement may work wonders when one is in despair.

当一个人绝望时,几句鼓励的话可能会产生奇妙的作用。

15. L48: **used to do sth.**: 过去常常做什么(现在已不做)

- (1) I used to write poetry myself when I was his age.

我像他这么大时常常自己写诗。

- (2) He used to be devoted to her when she was a little girl.

当她是小女孩时,他倾心于她。

- (3) We used to grow beautiful roses.

我们过去常常种植很多美丽的玫瑰。

16. L50: **get used to doing sth.**: 习惯于

- (1) He got used to having his own way.

他习惯于按自己的方式做事。

- (2) I have got used to dealing with matters of this sort.

我已习惯于处理这类事情。

- (3) I don't get used to being treated like this.

我不习惯于别人这样对待我。

17. L60: **lead to**: 导致,引起

- (1) Too much work and too little rest often leads to illness.

过度劳累又缺乏休息常常导致疾病。

- (2) I welcome any change that will lead to something better.

我欢迎引起改良的任何变化。

- (3) Rising political tension in the region led to violence.

这个地区不断升级的紧张政局引起了暴力。

18. L66: **put down**: 写下,记下

- (1) Here is my address——put it down before you forget it.

这是我的地址——写下来,免得忘了。

- (2) Everything he said was at once put down.

他说的每一件事情立刻被记了下来。

- (3) If there is damage done, put it down in the bill.

如果有损坏, 记在账单上。

19. L69: **rather than**: 而不是

- (1) The colour seems green rather than blue.

这颜色似乎是绿色而不是蓝色。

- (2) He ran rather than walked.

他是跑而不是走。

- (3) It was what he meant rather than what he said.

这是他的意思但不是他说的。

20. L71: **put away**: 收起来

- (1) If you have finished with those tools, I wish you would put them away.

如果你用完了那些工具, 我希望你把它们收起来。

- (2) The business correspondence was all put away in numbered files.

商业信函都编好号收藏起来了。

- (3) The naughty boy never put his toys away.

这个淘气的男孩从不收拾他的玩具。

21. L86: **approach**: (n. 可数) 对待(处理)的方式或方法

- (1) There is no very easy approach to mathematics.

学数学是没有非常容易的方法的。

- (2) When learning a foreign language, the best approach is the study of the spoken language.

学外语时, 最佳途径是学习口语。

- (3) His book represents a new approach to the difficulty.

他的书介绍了一种解决困难的新方法。

22. L89: **time after time**: 一再, 屡次

(1) He had asked himself that question time after time.

他一再问他自己那个问题。

(2) The child was told time after time not to go near the railway.

这个孩子一再被告知不要靠近铁路。

(3) I've told you time after time not to touch the vase!

我已经屡次告诉你不要碰这花瓶!

23. L90: **after all**: 到底, 毕竟

(1) He came after all.

他到底还是来了。

(2) The day turned out fine after all.

天气毕竟变好了。

(3) John thought he couldn't go to the party because he had too much homework, but he went after all.

因为有太多作业, 约翰以为参加不了晚会, 但他到底还是去了。

III . The Language Points of Text B : Bittersweet Memories

1. L4: **approach**: (vi. 不及物) 接近, 快到, 来临

(1) As winter approached the weather became colder.

冬季来临时, 天气变冷。

(2) The time is approaching when we must leave.

我们必须离开的时间快到了。

(3) Standing on the steps of the post office, he saw his father approaching.

站在邮局的台阶上, 他看见他的父亲正走来。

2. L5: **come of age**: 成年, 满法定年龄

(1) My daughter comes of age on May 25th of this year.

我女儿今年5月25日成年。

(2) He should be responsible for his actions because he has come of age.

因为他是成年人,所以他应该为他的行为负责。

(3) I feel very excited because of my coming of age today.

因为今天我成年,我很兴奋。

3. L7: **look over sb.'s shoulder**: 监视某人

(1) My mother always looks over my shoulder when I stay together with boys.

当我和男孩们在一起时,我妈妈总监视我。

(2) No one likes to be looked over his / her shoulder.

没有人喜欢被监视。

(3) The police looked over the suspect's shoulder day and night.

警察日夜监视着嫌疑犯。

4. L14: **happen to**: 恰好,碰巧,偶然

(1) He happened to be a man of progressive views.

他碰巧是一位有着进步思想的人。

(2) We happened to be in the neighborhood.

我们恰好是邻居。

(3) Someone in the ticket office happened to notice her.

售票处有个人碰巧注意到了她。

5. L15: **it was established that ...**: 已认定,已证实,已确认

(1) It was established that the suspect was guilty.

已认定这个嫌疑犯是有罪的。

(2) After investigation it was established that this temple was built by him.

经过调查已确认这座寺庙是他建造的。

(3) It was established that it was Newton who discovered the law of gravity.

已证实是牛顿发现了万有引力定律的。

6. L30: **turn out to be**: 原来是, 结果竟是, (最后) 证明是

(1) The meeting turned out to be interesting.

会议结果竟很有意思。

(2) Though it looked like rain this morning, it has turned out to be a fine day.

尽管早晨看起来像要下雨, 结果天气却很不错。

(3) The noise turned out to be the dog scratching at the door.

噪音原来是狗在抓门声。

7. L32: **set in**: 到来, 开始

(1) The rainy season has set in.

雨季已开始了。

(2) The tide is setting in.

潮水正在上涨。

(3) Go to see your dentist before decay of the teeth sets in.

在牙齿开始腐蚀以前去看牙医。

8. L36: **being on the bottom rung of the ladder**: 在梯子的最低一级。

经常比喻在社会或服务等上处在最低阶层。本文指在大学一年级或大学新生。

9. L42: **file into**: 排成一行(前进)

(1) The students filed into the assembly hall.

学生们排成一行进入会堂。

(2) The soldiers filed into the barracks.

士兵们成单行进入兵营。

10. L42: **well up**: (眼泪等)涌上, 夺眶而出, 泛出

(1) Tears welled up in her eyes when she heard the news.

当她听到这消息, 眼泪夺眶而出。

(2) Oil welled up out of the ground.

石油从地下涌出。

(3) Pity welled up in her heart as she watched the poor child.

当她看着这可怜的孩子时,心中泛起一股怜悯之情。

11. L44: **in a daze**: 茫然之中, 眩晕状态, 神志模糊的状态

(1) The accident left him in a daze.

事故使他神志不清。

(2) After the accident, she walked around in a daze.

事故之后, 她恍恍惚惚地走着。

12. L46: **reach out**: 伸出(手或臂)

(1) He reached out his hand across the table.

他从桌子对面伸过他的手。

(2) The child reached out his hand for the knife, but it was too far away.

孩子伸手拿那刀子, 但太远了, 够不着。

13. L56: **as for**: 至于, 关于, 说到

(1) As for me, I shall not return there either.

至于我, 也不会回到那儿。

(2) As for her father, she was not sure whether he would receive her or not.

至于她父亲, 她不敢肯定他是否会接受她。

(3) As for being shy, you'll get over that.

关于害羞, 你会克服它的。

14. L59: **for good**: 永远地, 长期地

(1) He has gone for good.

他永远地走了。

(2) She says that she is leaving the country for good.

她说她将永远地离开这个国家。

(3) When John graduated from the school, he decided that he was

done with study for good.

当约翰从学校毕业时,他决定永远结束学习。

IV. Translation

课文 A 优等生的秘诀

现在是剑桥大学理科一年级学生的阿里克斯,曾在曼彻斯特中学踢过足球,导演过戏剧——但他中学毕业时得了五个 A。布里斯托尔大学攻读英语的阿曼达在中学里参加过戏剧演出,还经常打网球,可是她还是得了四个 A。

像他们这样的优等生是如何做到这一点的呢?脑子好使并不是惟一答案。最有天赋的学生不一定在考试中取得最好成绩。知道如何充分发挥自己的能力要重要得多。

学习刻苦也不能说明全部问题。有些成绩优秀的学生投入学习的时间其实比那些分数低的同学还少。班级中拔尖的学生的成功在于他们掌握了一些基本技巧,这些技巧其他的人也很容易学到。据教育专家和学生们自己的讲述,以下是优等生成功的秘诀。

1. 全神贯注! 拔尖生不允许他们的学习时间受干扰。一旦打开书本,便不接电话,不看电视,不读报纸。“这并不意味着对生活中重要事情不闻不问,”阿曼达解释说,“安排好学习时间,以便能全神贯注。如果我牵挂一位患病的朋友,我会在做功课之前给她打电话。那样当我坐下来学习时,我就能真正注意力集中了。”

2. 随时随地学习。亚利桑那州一位大学教授受命辅导大学内一些成绩欠佳的运动员。他记得有一名赛跑运动员每天都要锻炼。他劝他利用这段时间记忆生物学术语。另一名学生把一份词汇表贴在浴室的墙上,这样每天刷牙时都学会一个生词。

3. 安排好资料。汤姆在中学时是打篮球的。“我这么忙,不可能为了找一支铅笔或一本不见了的笔记本而浪费时间。我把每样东西都放在随手可取的地方,”他说。新墨西哥州学生保罗每门

功课备有两个文件夹,一个放当天布置的作业,另一个放已完成要交的家庭作业。一个抽屉放必须使用的物品,这样就可减少因找东西而浪费掉的时间。

4. 安排好时间。当教师布置写一长篇论文时,阿历克斯会花两三天时间去阅读与题目有关的资料,并做笔记,然后写出草稿,再写成论文。他在交作业的前两三天完成,以便如果花费的时间超过预期,他还能在规定的最后期限前完成。阿曼达严格遵守一张学习时间表,其中包括每两小时休息一次。“在你过度疲劳时还试图学习并不明智,”她说,“短暂的休息,那怕只是伸展一下身体,呼吸新鲜空气,也能带来意想不到的效果。”

5. 学会阅读。“我过去花许多时间阅读一些无关的资料,”阿曼达回忆说,“但是后来我习惯了快读;如果一段文章的第一句话无关紧要,我便转而阅读下一段。”“我选修过的最佳课程便是快速阅读课,”一名俄克拉荷马州的学生说,“我不仅增加了每分钟阅读的词数,而且学会了首先看书的目录和插图。这样,当我开始阅读时,我对这份材料已有了一定的了解,而且能记住更多的内容。”在这些学生看来,有效阅读的奥秘在于做一个主动的阅读者,即能不断提出问题,这些问题能使人充分理解所读材料。

6. 做好笔记。“在写东西之前,我把一页纸分成两部分,”阿曼达说,“左边占纸宽三分之一;右边占三分之二。我将笔记记在较宽的一边,而把要点写在左边。这在复习时十分有用,因为你马上就能看到,为什么这些材料是有关的,而不用为信息量太大发愁。”在下课铃响之前,多数学生便合上书本,收好作业,和朋友们聊聊天,准备离开了。而聪明的学生却利用那几分钟,用两三句话概括这堂课的要点,这样他就能在下次上课前浏览一遍。

7. 提出问题。“如果你提出问题,你立刻就会知道,你是否掌握了要点,”阿历克斯说。课堂参与是求知欲的表现。例如,在一堂经济学课上,一些好刨根问底的学生会问,中国经济怎么可能既