

PE 重庆市高职高专规划教材

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成长英语 自主学习用书 进阶篇

“成长英语系列教材”编写组 编

Progressing English



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第 1 版前言

《成长英语·自主学习用书》(Progressing English—Workbook)是《成长英语·综合教程》的同步自学练习用书。本书根据教育部《高职高专教育英语课程教学基本要求》精神,紧密结合《成长英语·综合教程》的单元主题和教学内容,本着“贴近生活、贴近实践、贴近实战”的原则,精心设计与之适应的练习形式,旨在巩固和拓宽教材所涉及的语言技能、词汇和语法等语言知识。

本书由 8 个自学练习单元和 3 套自测练习题组成,主要具有以下几个方面的特点:

一、选材新颖,题材广泛,难度适中,集时代性、趣味性、实用性和思想性于一体。

二、采用在阅读文章边栏标注生词的形式,方便学生自学阅读使用。

三、练习形式采用客观练习题型为主,兼顾《高等学校英语应用能力考试大纲》所要求的测试题型,所涉及的练习与教材密切配合,既便于学生自主练习,又能达到复习巩固教材学习内容的目的。

四、本书中 3 套自测练习题的设计遵循《高等学校英语应用能力考试大纲》(B 级)的要求,并针对重庆地区考生在《高等学校英语应用能力考试》中的薄弱环节,设计了相关的语言技能训练项目。

本书既可用作《成长英语·综合教程》第二册的课外练习,又可用作高职高专英语的辅助教材和具有相应水平的英语爱好者的自学教材。

《成长英语·自主学习用书》由重庆科技学院刘寅齐教授和重庆第二师范学院张泽健教授担任总主编,重庆大学余渭深教授担任总主审,澳大利亚专家 Dennis Hulse 先生担任语言顾问。

本教材的编写得到了重庆市教委高教处的大力支持,特别是在编写过程中得到了有关高校领导的关心和帮助,在此,我们一并表示诚挚的感谢。

《成长英语·自主学习用书》是我们在高职高专教学内容和课程改革方面所作的一次大胆尝试,书中定会有不当和疏漏之处,敬请广大使用者批评指正。

编 者

2010 年 7 月

第2版前言

《成长英语》自2010年出版发行以来,受到了广大师生和社会使用者的认可和喜爱。在5年的使用过程中,我们广泛听取了来自教师和学生使用意见和建议,并在《成长英语》第1版的基础上,修订和完善了教材的总体框架,更加体现了主线人物的成长历程;调整了三册之间的难度梯度;进一步丰富了练习形式和内容,更加适应当前的教学实际。期望《成长英语》第2版不仅能契合当前“90后”大学生的群体特点,也能满足《高职高专教育英语课程教学基本要求》提出的“实用为主、够用为度”的教学原则,更能满足一线教师对英语教学改革的要求。

《成长英语(第2版)》主要进行了以下修订:

1.更新了话题和课文:贴近生活,突出应用

3册书均不同程度地调整了部分单元主题和相应的文章。使教学内容更加贴近高职高专学生的校园和社会生活,更有利于提高学生的兴趣,突出学用结合,便于教师组织教学活动,提高学生在教学过程中的参与性,促进教学的互动性。

2.增加了练习设计:引导参与,突出综合

1)每个单元新增了 *Do Your Project* 板块,结合所在单元主题,设计了针对学生实际的相应的活动项目,增加了学生语言应用的机会。练习的设计突出综合性,体现了高职高专教育的特点。

2)每个单元新增了视听部分,选材注重了语言的原汁原味,突出了学生听说交际能力的训练和培养。

3)全新编写了语法部分,突出了“够用为度”的原则,改变了常规语法学习“规则—练习”的模式,采用“体验—总结—应用”的模式,旨在帮助学生尽快掌握使用英语语法的技能。

4)根据“高等学校英语应用能力考试”的题型变动,调整了部分练习题的形式,使之更契合考试题型,突出了练习的针对性,有利于帮助学生适应新题型。

3.重新设计了教学课件:科学合理,兼顾个性

新设计的配套教学课件,注重了设计的科学性和实际使用的方便性。丰富了网络课件的内容,便于教师根据教学情况灵活选取备课资源。

4.重新设计了教学版式:大方时尚,清新美观

《成长英语(第2版)》分基础篇、进阶篇、提高篇3册,每册包括《学生用书》《自主学习用书》《教师用书》及配套的多媒体光盘。各册内容循序渐进,语言技能要求逐步提高。《学生用书》《自主学习用书》和《教师用书》每册各有8个单元,教学内容适中,能够满足高职高专学校的教学需要。

《成长英语(第2版)》修订工作由总主编刘寅齐教授和张泽健教授统筹,分册主编负责实施,各高职院校的骨干教师参加了具体的修订工作。

《成长英语自主学习用书·进阶篇》由张琪、彭丽担任主编,黄又竹、徐亚玲担任副主编。参加《成长英语自主学习用书·进阶篇》编写的作者为(以编写内容先后为序):况东林、郑玮、徐亚玲、黄又竹、白连弟、何德胜、皮艳玲、李擎。其中陈崇国负责“Model Test 1—3”模拟试题部分的重新编写。

编者

2015年6月

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Unit 1

New Semester, Future Dreams



Part 1: Listening

Exercise 1

There are 5 recorded dialogues. After each dialogue, there is a recorded question. The dialogues and questions will be spoken only once. When you hear a question, you should decide on the correct answer from the 4 choices marked A), B), C) and D) given below.

1. A) On Jan. 25th. B) On Jan. 24th. C) On Jan. 26th. D) On Jan. 27th.
2. A) He learnt a lot. B) He spent plenty of time sleeping at home.
C) He had an interesting winter holiday. D) He knew what he should do in the new term.
3. A) Improve his English. B) Make a study plan.
C) Work out a practical plan. D) Discuss with his English teacher.
4. A) The man's campus life is interesting.
B) The man wrote back to his parents.
C) The man's parents hoped to go to the campus to see him.
D) The man should have a better campus life.
5. A) A boss and an employee. B) A teacher and a student.
C) A coach and an athlete. D) A doctor and a patient.

Exercise 2

There are 2 recorded conversations. After each conversation, there are some recorded questions. Both the conversations and questions will be spoken two times. When you hear a question, you should decide on the correct answer from the 4 choices marked A), B), C) and D) given below.

Conversation 1

6. A) Her maths is bad. B) She attends classes irregularly.
C) She gives up maths. D) She takes deep interest in maths.
7. A) To take notes. B) To do homework. C) To attend classes. D) To make progress.

Conversation 2

8. A) The freedom of learning. B) The campus.
C) The students' life. D) The atmosphere.

9. A) To make a plan. B) To work harder.
C) To put his heart into study. D) To do something about his major.
10. A) English. B) Computer Science.
C) Association of Social Volunteers. D) Not mentioned.

Exercise 3

You will hear a recorded short passage. The passage is printed below; please complete the missing words or phrases after you hear the passage three times.

The spring term will begin immediately. In the new term, I have 11) _____ to do. Firstly, I want to stay healthy. I have to 12) _____ every morning. I plan to eat more healthy food, such as 13) _____. Eat less junk food and cut down on coffee. Secondly, I will study hard and try to improve my physics and mathematics. 14) _____, do homework and if possible, I will work part-time. After school, I will go home to help my mother do some 15) _____ chores, such as washing dishes and making bed. I hope my new term will be interesting and fruitful.



Part 2: Reading

Passage A

Returning for the Spring Semester

Returning to college from a long lazy winter break is difficult. Many college students **have** well over a month **off** before they are expected to return for the spring semester. During this time students enjoy a variety of **pastimes**, from earning extra cash for next semester to spending time with family.

Even though school is just **around the corner**, many students put off preparing for the upcoming semester. When the first day arrives these students find that they are unprepared to begin class. When the semester does **commence**, time seems to move more slowly for students.

Outline Your Goals for the Semester

By now, you've received your grades from the fall semester. If they aren't what you expected, it may be time to focus on your personal **schedule** and goals so that you can get organized over the spring semester. **Identify** where you fell short in the past few months. Did you **skip** classes? Fail to complete homework **assignments**? As soon as you

have... off 放假

pastime *n.* 娱乐, 休闲活动

around the corner 很近; 迫在眉睫

commence *v.* 开始

outline *v.* 列出大纲

schedule *n.* 时间表

identify *v.* 找到, 发现

skip *v.* 不参加

assignment *n.* 任务, 作业

can identify why you fell short of your goals, you can begin making new ones.

Get Organized

Clean out your **folders** and start **afresh**. Organize your new materials to fit your new schedule, and store all of your old papers in a safe place. Old **class notes** are useful **reference** materials, but don't allow them to get mixed in the current semester's work. Know where all your classes are **located** and what your weekly schedule looks like.

Focus

You're only half way to the summer break. Don't check your brain at the door when you return to campus for the spring semester. Focus on **achieving** your goals for the semester and hold fast to the schedule you've outlined.

Take an Interest in Your New Classes

Establishing a **consistent routine** at the beginning of each semester is one of the best ways to **ensure** that your schedule is manageable. Skipping a class or two can unnecessarily put you behind before the semester is **underway**. The best way to break into the second semester is to **proceed full steam ahead**—don't let a little **exhaustion** stand in the way of your success.

folder *n.* 文件夹

afresh *ad.* 再,重新

class notes 课堂笔记

reference *n.* 参考

locate *v.* 位于

achieve *v.* 完成,达到

consistent *a.* 连续的,持续的

routine *n.* 常规,正常顺序

ensure *v.* 确保

underway *a.* 在进行中,已经开始

proceed full steam ahead 开足马力,全速前进

exhaustion *n.* 疲劳

✦ Reading comprehension

Exercise 1

Please complete the information by filling in the blanks using no more than 3 words in the table below.

Returning for the Spring Semester

Outline Your Goals for the Semester:

- You should 1) _____ so that you can get organized over the spring semester.
- Identify 2) _____ in the past few months.

Get organized:

Organize your new materials to 3) _____, and store all of your old papers in a safe place.

Focus:

Focus on 4) _____ for the semester and hold fast to the schedule.

Take an Interest in Your New Classes:

Establishing 5) _____ at the beginning of each semester is one of the best ways to ensure that your schedule is manageable.

Exercise 2

Choose the best answer to each of the following questions.

1. The new semester seems to move more slowly because _____.
A) many students have to earn extra money
B) many students are not ready for the new semester
C) many students are lazy
D) many students enjoy a lot of pastimes
2. If you skip classes or fail to complete homework, you _____.
A) are lazy
B) are not ambitious
C) are short of goals
D) are unprepared
3. Which of the following statements is NOT true?
A) Your new materials should match the new schedule.
B) You can refer to old class notes.
C) You should make a weekly schedule.
D) The folders should not be cleaned before you start the new term.
4. According to the passage, the best way to begin the new semester is _____.
A) to be energetic
B) to skip one or two classes
C) to have goals
D) to be manageable
5. What is the main idea of this passage?
A) Returning to college after the winter holiday is not easy.
B) Having goals is very important for the new semester.
C) Offering tips about starting the new semester.
D) How to make a study plan for the new semester.

✦ Words and expressions

Exercise 3

Please choose the best meaning for each word underlined or complete each statement by choosing the appropriate answer from the 4 choices marked A), B), C) and D).

1. If they aren't what you expected, it may be time to focus on your personal schedule and goals so that you can get organized over the spring semester.
A) timetable B) plan C) goal D) location
2. Focus on achieving your goals for the semester and hold fast to the schedule you've outlined.
A) getting B) reaching C) doing D) succeeding
3. The summer holiday is _____, we can make a plan about how to spend it.
A) around the corner B) at the corner
C) in the corner D) behind the corner

4. You can get the keys to the questions in the _____ book.
A) referring B) referred C) refer D) reference
5. Our college is _____ in the centre of the city.
A) placing B) placed C) located D) locating
6. The first task is _____ who is qualified for this job.
A) to identify B) to locate C) to pursue D) to focus
7. Do you know the _____ the teacher asks us to do?
A) means B) assignments C) way D) routine
8. How can you _____ that your methods are effective?
A) insure B) keep C) ensure D) sure

Exercise 4

Complete the sentences by translating into English the Chinese given in the brackets.

- If you _____ (缺钱), please feel free to ask me for help.
- The concert which is scheduled to be on Friday will be _____ (推迟到明年).
- You cannot _____ (把白糖和盐混到一起).
- Don't let _____ (误会阻碍我们的友谊).
- He was punished by his teacher for his _____ (逃课) in the first week of this term.

Passage B

A Letter to My Parents

Dear Parents,

I know that I owe you a lot. You **gave birth to** me, you gave me drink, you fed me, and you brought me up. You even loved me. You got me here, in a world where you were forced to **abandon** me every day and run to jobs. You got me here and then started looking for a place you **parked** me in. You kept taking me to school, and because this was not enough, you kept sending me to a bunch of private **tutors** and lessons. Since my future was supposed to be so **precarious**, and you even made this planet dangerous, why did you get me here? What's the purpose of my life?

I want to see the world, to spread my wings to fly and see everything in a single moment. I want to get out, to meet others, to play, to **entertain** myself, to feel joy ful and not to care about the fact that tomorrow I'll be going to school without having studied. I want to dream

give birth to 生育

abandon v. 抛弃

park v. 停泊

tutor n. 家庭教师

precarious a. 不稳定的; 不确定的

entertain v. 娱乐

| | |
|--|---|
| <p>a world where people won't be looking for a place to park me, where they won't always have work to do, where it won't be dangerous to meet other people, where future won't be scaring me, and where there'll be no masters and slaves.</p> <p>I watch your misery but I'm not used to it and I don't want to get used to it either. I won't bow my head just because you did. I don't want to become anyone's slave or master; I want to be left alone.</p> <p>I love you in my own way. But I have to make my own world so that I can live my own free life, and in order to do this I have to take down the world you made for me. This is what's most important to me. To phrase it in your language: this is my own job.</p> <p style="text-align: right;">Yours, Son</p> | <p>scare <i>v.</i> 使害怕</p> <p>master <i>n.</i> 主人</p> <p>misery <i>n.</i> 忧伤; 痛苦</p> <p>get used to 习惯</p> <p>leave alone 放任不管</p> <p>take down 摧毁</p> <p>phrase <i>v.</i> 表达</p> |
|--|---|

✦ Reading comprehension

Exercise 1

Decide whether each of the following statements is true or false, and then write T for true, F for false, according to the passage you read.

- () 1. The writer was abandoned by his parents when he was young.
- () 2. The parents think that the world is dangerous for their son.
- () 3. The writer wants his future world to be peaceful and free.
- () 4. The writer likes everything that his parents have made for him.
- () 5. The son writes to his parents to tell them that he wants to create a world of his own.

Exercise 2

Please complete the statements that follow the questions.

- What did the parents do when they thought that taking their son to school was not enough?
They kept sending their son to many _____.
- What is the world like in the eyes of the parents?
The world is supposed to be _____.
- How does the son want to see the world?
He wants to spread his wings to fly and see everything _____.
- Why doesn't the writer want to be anyone's master or slave?
Because he wants to _____.

5. What is the most important thing for the son?

To _____ so that he can live his own free life.

★ Words and expressions

Exercise 3

Please choose the best meaning for each word underlined or complete each statement by choosing the appropriate answer from the 4 choices marked A), B), C) and D).

1. You kept sending me to a bunch of private tutors and lessons.

- A) supervisors B) tourists C) teachers D) guides

2. I want to get out, to meet others, to play, and to entertain myself.

- A) enjoy B) play C) pastime D) delight

3. I watch your misery but I'm not used to it and I don't want to get used to it either.

- A) pity B) unhappiness C) pressure D) despair

4. The future of the world won't be scaring me.

- A) dangerous B) frightening C) afraid D) surprising

5. You were forced to abandon me every day and run to jobs.

- A) give away B) take away C) help out D) give up

6. You are not allowed to _____ your car in the street.

- A) parking B) pausing C) park D) pause

7. They will _____ the old house and build a new one there.

- A) take away B) take up C) take back D) take down

8. He is _____ to come here at 5 o'clock.

- A) planned B) supposed C) thought D) supposing

Exercise 4

Complete the sentences by translating into English the Chinese given in the brackets.

1. My mother _____ (生下我) when she was 40 years old.

2. He is very helpful and _____ (关心身边的每一个人).

3. He just arrived in the city, so he should spend some time in _____ (适应这里的生活).

4. I won't _____ (向困难低头) in my work.

5. You can do anything that you like. I will _____ (不管你).



Part 3: Writing

Writing letters is a good way to communicate with others, though more and more people don't do that nowadays. Please read the following two letters.

Sample 1

Dear Mom and Dad,

I just arrived at school yesterday. I feel fresh and relaxed when I am in school. I have met many classmates and all of them look energetic. Everyone is making a plan for the new semester. My plan is to develop my interest in English and maths because I want to take the postgraduate entrance exam before my graduation. I will try my best to be a top student.

I will write often to you about my study and life on the campus. I hope that you will be healthy and happy every day.

Yours,

Daughter

Sample 2

Dear Sir or Madam,

I am an American who likes travelling. Recently, I got to know there are many scenic spots with long history in your city. I plan to visit your city in summer. I write to get some information about your hotel. First, I want to know its location. Second, I want to know available facilities and the prices of your rooms. Third, I wonder if there is tourism service at your hotel.

Please write back as soon as possible so I can decide on the date of my travel.

Yours truly,

Ben Johnson

Data bank

1. To Whom It May Concern 致启者
2. Dear Sir/Madam/Students... 亲爱的先生/女士/同学……
3. write to get information 写信来询问信息
4. the purpose of this letter 本次写信的目的
5. receive/get the letter 收到来信
6. write back/respond a letter 写回信
7. Yours truly/sincerely/faithfully 你诚挚的

8. Yours Lovely 爱你的
9. send a letter 寄信
10. look forward to hearing from you 等候佳音
11. enclose a card 附寄一张卡片
12. An early response will be very much appreciated. 盼望早日回复, 不胜感激。
13. a quick reply 快速回信
14. Attached is my résumé/application. 随信寄送我的简历/申请。
15. I am writing to enquire about... 我写信来咨询……

Match Exercise

The following is a list of terms related to the topic of mail. After reading them, you are required to match the English expressions with the Chinese ones.

- | | |
|--------------------------------|----------------------------|
| A — Best regards | B — ASAP |
| C — hear from you | D — keep you posted |
| E — Please find enclosed... | F — write to inquire |
| G — Air Mail | H — forward the attachment |
| I — remember me to your family | J — enclose the attachment |
| K — feel free to contact | L — Attached here to... |
| M — Please note that... | N — Thanks Note |

Example: (G) 航空邮件

(N) 感谢信

- | | |
|---------------|----------|
| 1. () 注意 | () 尽快 |
| 2. () 收到来信 | () 写信询问 |
| 3. () 附件关于…… | () 转发附件 |
| 4. () 保持联络 | () 代问家眷 |
| 5. () 随时联系 | () 诚挚问候 |



Part 4: Grammar

Exercise 1

In this section, there are 10 incomplete sentences. You are required to complete each one by choosing the most appropriate word or words from the 4 choices marked A), B), C) and D)

1. I come from the government with a message _____ the meeting won't be held tomorrow.
A. if B. that C. whether D. which
2. The reason is _____ he is unable to operate the machine.

- A. because B. why C. that D. whether
3. _____ is known to us all that America is a developed country.
A. Which B. As C. What D. It
4. Do you know _____ during the coming holiday?
A. what will Tom do B. what did Tom do C. what Tom will do D. what Tom did
5. He often asked me the question _____ the work was worth doing.
A. whether B. where C. that D. when
6. — We haven't heard from Tom for several months.
—What do you think _____ to him?
A. was happening B. to happen C. has happened D. happening
7. What surprised me was not what he said but _____ he said it.
A. the way B. in the way that C. in the way D. the way which
8. _____ we'll go camping tomorrow depends on the weather.
A. If B. Whether C. That D. Where
9. The question is _____ we will have our sports meeting next week.
A. that B. if C. when D. whether
10. —What did your parents think about your plan for the summer vacation?
—They always let me do _____ I think I should.
A. when B. that C. how D. what

Exercise 2

Please fill in each blank with that, what, how, whether, why or when.

1. It is a fact _____ English is being accepted as an international language.
2. _____ he solved the problem successfully interested all of us.
3. The trouble is _____ we are short of tools.
4. He didn't know _____ he should go or not.
5. The coach wrote an article on _____ the team had lost the match.

Unit 2

Precious Friendship, Priceless Fortune



Part 1: Listening

Exercise 1

There are 5 recorded dialogues. After each dialogue, there is a recorded question. The dialogues and questions will be spoken only once. When you hear a question, you should decide on the correct answer from the 4 choices marked A), B), C) and D) given below.

- | | | | |
|-----------------------------|-------------------------|-----------------------------------|---------------------------|
| 1. A) It's cloudy. | B) It's nice. | C) It's rainy. | D) It's snowy. |
| 2. A) He can't go with her. | B) He will go with her. | C) He isn't interested in sports. | D) He is a fan of sports. |
| 3. A) Snacks. | B) Camera. | C) Water. | D) Umbrella. |
| 4. A) 7:30. | B) 8:00. | C) 8:30. | D) 9:00. |
| 5. A) To climb mountain. | B) To have a picnic. | C) To go boating. | D) To go to cinema. |

Exercise 2

There are 2 recorded conversations. After each conversation, there are some recorded questions. Both the conversations and questions will be spoken two times. When you hear a question, you should decide on the correct answer from the 4 choices marked A), B), C) and D) given below.

Conversation 1

- | | | | |
|-------------------|---------------|-----------------|-----------------|
| 6. A) Windy. | B) Rainy. | C) Sunny. | D) Snowy. |
| 7. A) Go surfing. | B) Go hiking. | C) Go shopping. | D) Go swimming. |

Conversation 2

- | | |
|---------------------------|----------------------------|
| 8. A) The New Year party. | B) The speaking contest. |
| C) The sports meeting. | D) The coming examination. |
| 9. A) To climb mountain. | B) To play tennis. |
| C) To go boating. | D) To have a picnic. |
| 10. A) At the playground. | B) At the bus station. |
| C) At the school gate. | D) At the river bank. |

Exercise 3

You will hear a recorded short passage. The passage is printed below; please complete the missing words or phrases after you hear the passage three times.

New Orleans Mayor encouraged citizens not to go out today because of 11) _____ in this area. Severe weather hit the New Orleans area Sunday morning, causing some 12) _____. Lots of trees have been reported down. The zoo will be closed all day. All the flights have been 13) _____ because of the bad weather. "If you have to drive during this time, you should 14) _____ in areas with standing water," the Mayor said in 15) _____.



Part 2: Reading

Passage A

Making MySpace Friends a Reality

I have been making net friends for years, because having been raised on a country farm 45 minutes from the nearest major town I experienced **extreme isolation** from my social life. Mostly they are my age, but also a little older.

We **have** so much **in common** and they help me out with my personal life when I need their advice, knowing they won't judge me because they don't really know me.

I'm always finding new **folk** every day, and **deleting** people from my **MSN** list when I don't really like them any more. It's really a great way to meet people, learning new things from the experiences they have had.

Recently, I met three of my net friends along with a close friend of mine on the steps of **Fed Square** and they were all beautiful people. We all **hung out** in the city, had dinner at a **sushi** bar and then we finished the evening at a **gelato** bar. We arranged to catch up again when I'm next in **Melbourne**, hugging each other as though we were best friends.

I met all three of them through MySpace but if you looked at the closeness between us and how we all got on so well together, you'd think that we've known each other for years. They were honestly **a** really good

MySpace 聚友网(全球最大的在线交友平台)

extreme *a.* 极度的

isolation *n.* 隔离

have... in common 有相同之处

folk *n.* 人们

delete *v.* 删除

MSN *abbr.* Microsoft Network
微软公司网络(进行信息交流的软件)

Fed Square 美联储广场

hang out 闲逛

sushi *n.* 寿司

gelato *n.* 意大利冰淇淋

Melbourne 墨尔本