

*21st Century Practical College English*  
**21世纪大学实用英语**

Student's Guidance Book

**导学 1**

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# 21 世纪大学实用英语导学

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## 内 容 提 要

《21 世纪大学实用英语导学》为配合普通高等教育“十一五”国家级规划教材《21 世纪大学实用英语》系列教材的教学而编写,旨在帮助学生快速理解教材新思路,及时掌握教材内容,更好地复习、巩固课堂所学的知识,并在检验学习成果的同时,为各类标准考试做好准备。全书紧扣教材内容,以 Text A 和 Text B 为重点,通过“相关链接——背景知识介绍、文章中心思想或摘要”、“重点难点解析——重点词汇和词组的释义和举例、难句翻译和分析”以及“补充练习——课文练习、PRETCO 和 CET 模拟精练”等内容,帮助学生全面、系统、高效地学习大学基础英语,是一本可读性好、实用性强的读物,既可供教师教学时作为参考,又可供学生自学迎考之用。

# 前 言

《21 世纪大学实用英语》系列教材自问世以来,为广大高职高专学生和教师所接受和使用,并被纳入全国普通高等教育“十一五”国家级规划教材。为了使学生能更好地理解 and 掌握这套教材的特点和精华,我们特编写了与之相配套的学习辅导书。全书共 4 册,与教材 1—4 册密切结合。

《21 世纪大学实用英语导学》突出体现了以下 5 个特点:

1. 简要介绍 Text A(精读材料)和 Text B(泛读材料)的背景知识和文章摘要。其目的是帮助学生在正式学习之前,了解作者和专有名称的相关信息,了解该课文的文化背景和时代特点,使学生不仅学到课文中的语言知识,而且从其知识性、趣味性、教育性中受益。而针对 Text C(扩展阅读材料),《导学》则提供文章内容摘要,供学生自学之用,以排除学生在自学中对文章内容理解方面可能产生的一些障碍。

2. 详细地列出了每一篇课文的语言难点:单词、词组、句型和难句分析,并配以例句。《导学》还特意归纳了常用单词的近义词、反义词及相关词组。须特别说明的是,《导学》中所举的例句大多具有原创性,并尽可能反映出时代气息。

3. 教材“听说部分”中的第 10 个练习是就所给的主题进行讨论,如: To live is to give (Unit 2, Book 1), We all would be thankful if we were more thoughtful (Unit 3, Book 1)等。许多学生在做这一练习时遇到了相当大的困难,针对这一情况,《导学》为这一练习编写了范文,供学生参照使用。

4. 实用写作(Practical Writing)是高职高专英语教学的基本要求之一,是学生必须掌握的一项实用技能。《导学》列出每一种写作必须包含的基本内容。在此基础上,学生可以根据写作的内容加以补充和延伸。此外,《导学》对每一种写作都提供了常用词汇和表达方式。

5. 每一单元后都配有各种形式的练习,供学生自学。练习分为两类:一类供学生复习当课内容,另一类取自历年高等院校英语应用能力考试(PRETCO A级和B级)的真实考题及模拟题,第四册还增加了大学英语四级考试(CET-4)的内容,以利于学生为将来参加这两种全国统一考试做好准备。

本套《导学》由上海四所高职高专院校共同编写。作为初次尝试,必然有许多不妥和需要改进之处,希望使用者不吝指正并提出建议。

编 者

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# Unit 1

## Text A College — A Transition Point in My Life

### 相关链接

#### 一、背景知识介绍

##### 美国高校的学制 (Educational System of America)

美国大学一学年 (Academic Year) 的长度, 大约是 9 个月, 开学的日期大约在每年的 8 月底或 9 月初, 到次年的 5 月或 6 月底。美国大学所采行的学历 (Academic Calendar System) 因学校而异, 可细分为早学期制 (Early Semesters)、学期制 (Semesters)、学季制 (Quarters)、三学期制 (Trimester) 和四一四制 (4-1-4) 等 5 种。不同的学制会影响毕业学分的计算、开课方式及修业周期等学习因素。在美国, 早学期制越来越受到欢迎, 许多学校也都从学季制及学期制转入早学期制。早学期制将一学年 (9 个月) 分成两个 15—18 个星期的单位, 第一个学期 (秋季班) 比第二个学期 (春季班) 稍微短一些。第一个学期在 8 月底开始至 12 月 20 日左右结束。第二个学期在 1 月中旬开课, 5 月中旬结束, 之后可自由选修暑期课程 (Summer Session)。

#### 二、文章内容摘要

本文讲述作者由中学到大学在学习、生活和交友等方面的转变过程。作者入学时担心学业不好, 害怕独自一人在外, 对交友没有信心。很快地, 他认识到一切得靠自己, 并制定了一份学习计划。不久, 他就建立了一种真正属于他自己的常规。结果, 他开始从一个不同的视角看待自己, 而且感觉很好, 甚至有了一定的成就感。

## 重点难点解析

### 一、词汇

#### 1. enter

[词义] *v.* go or come into (a place); become a member of (an institution or a profession); register to take part in (a competition); record (names, details, etc.) in a book, computer, etc. 进入;加入;登记,记入

例: Tom finally entered the college he had longed for. 汤姆终于考上了自己向往的大学。

He entered the second round of the competition smoothly. 他顺利地进入了第二轮比赛。

Don't enter without knocking. 进门前先敲门。

I haven't entered your name and occupation yet. 我尚未登记你的名字和职业。

[关联词] *entrance n.* 入口,进口;进入;入会;入学 *entry n.* 进入;入场;入口,大门;(参加比赛的)人(或物);(词典、账目等的)条目

例: The college entrance examination is very important to us. 高考对于我们来说很重要。

We can't go along that road because the sign says "No Entry". 我们不能走那条路,因为牌子上写着“禁止入内”。

[短语] enter for 报名参加

例: Many students have entered for the Oral English Contest held by the English Department. 许多同学已报名参加英语系举办的英语口语比赛。

#### 2. afraid

[词义] *a.* frightened 畏惧的,害怕的

[用法] (1) be afraid of (doing) sth.

例: Being shy by nature, Jane is always afraid of talking to strangers. 简生性害羞,害怕跟陌生人讲话。

(2) be afraid to do sth.

例: Don't be afraid to ask for help if you need it. 倘若需要帮忙的话,尽管

提出来。

(3) be afraid that

例: With only 5 minutes left, John was afraid that he might miss the flight. 由于只剩5分钟了,约翰担心会误了航班。

### 3. off

[词义] *ad.* away 离开

[用法] be off

例: I've got to be off now. 我现在得走了。

My father was off on a business trip to Beijing last Friday. 我父亲上周五出差到北京去了。

### 4. surround

[词义] *vt.* be or move into position all around (sb. or sth.) 包围; 围住; 环绕

例: Beautiful trees surround our teaching building. 我们的教学楼周围都是漂亮的树木。

At the college I am surrounded by love and kindness. 上大学期间我生活在充满爱和仁慈的氛围中。

[关联词] surroundings *n.* 周围的事物, 环境

### 5. compete

[词义] *vi.* try to win sth. by defeating others in a particular subject 竞争; 对抗

[用法] compete against/with (sb.) for (sth.)

例: Several world-famous foreign trade companies are fiercely competing against/with each other. 好几家世界著名的外贸公司在激烈竞争。

The two athletes are competing against/with each other for the gold medal. 那两名运动员在争夺金牌。

[关联词] competition *n.* 竞争, 比赛 competitor *n.* 竞争者; 对手  
competent *a.* (指人)能胜任的; 能干的 competitive *a.* 竞争的

### 6. succeed

[词义] *vi.* do what one is trying to do; achieve the desired end 成功; 达到目的

[用法] succeed (in sth./doing sth.)

例: China succeeded in launching the first man-made satellite in 1970. 中国在 1970 年成功地发射了第一颗人造卫星。

With the help of her teacher, Helen Keller succeed in expressing herself at last. 在老师的帮助下, 海伦·凯勒终于成功地表达出了自己的想法。

[关联词] success *n.* 成就, 成功 successful *a.* 成功的 successfully *ad.* 成功地

[反义词] fail *v.* 失败; 不及格; 未能(做某事)

例: I failed in the French examination because of my illness. 我因病未能通过法语考试。

Tom never fails to write to his mother every week. 汤姆每周都给母亲写信。

## 7. regulate

[词义] *vt.* control (time, speed, etc.) so that it functions as desired; control or direct (sth.) by means of rules and restrictions 调整, 调节(时间、速度等); 使有条理/秩序, 整顿

例: With the air-conditioner the operation room can be regulated to a constant temperature. 有了空调, 手术室内的温度就能加以调节而保持恒温。

Many police officers were commanded to regulate the traffic during the festival. 节日期间很多警察被调来疏导交通。

[关联词] regulation *n.* 调整; 规章 regular *a.* 有规律的; 经常的 irregular *a.* 不规则的; 无规律的

## 8. shortly

[词义] *ad.* in a short time; not long; soon 不久; 很快

例: The medical team began to work shortly after their arrival. 医疗队刚到不久就开始投入了工作。

## 9. share

[词义] *v.* have or use (sth.) with others; tell (sb.) about (sth.); give a share of sth. to others 与别人分享(或合用)(某物); 把(某事)告诉(某人); 分配, 均分

[用法] share (sth. with sb.)

例: Every four persons share a bedroom in our university. 在我们大学里每4人住一间房。

I'd like to share with you my good news of getting the part-time job. 我想把我得到了这份兼职工作的好消息告诉你。

The profits are shared (out) equally among the partners. 合伙人均分利润。

### 10. routine

[词义] *n.* fixed and regular way of doing things 惯常的程序; 常规

例: Our English teacher arrives at seven thirty, teaches until eleven thirty and then has a meal; that is her morning routine on workdays. 我们英语老师7点半到校, 上课上到11点半, 然后吃饭; 那是她工作日上午的例行安排。

### 11. perspective

[词义] *n.* a way of looking at things and forming a judgment (观察问题的) 视角; 观点

例: The young man has his personal perspective of the planning of the company. 这个年轻人对于公司的规划有自己的看法。

### 12. responsible

[词义] *a.* [for] legally or morally obliged to take care of sb. or sth. or to carry out a duty, and liable to be blamed if one fails; (of people) capable of being relied on, trustworthy (法律或道义上) 需负责任的, 承担责任的; (指人) 可靠的, 可信赖的

例: The young man holds a highly responsible position. 这位年轻人在公司担任重要职务。

We are expected to be responsible citizens. 我们应该做有责任心的公民。

[关联词] responsibility *n.* 责任

例: The president of our college is a man of responsibility. 我们的院长是个负责任的人。

[短语] be responsible for sth. /sb.

例: It is this young man who is responsible for the building of the bridge.

负责这座大桥建设的正是这位年轻人。

Smoking is responsible for many cases of lung cancer. 吸烟是许多人患肺癌的致病因素。

### 13. handle

[词义] *vt.* deal with; manage; control 处理,应付;管理;操纵,控制

*n.* part of a tool, cup, bucket, door, drawer, etc., by which it may be held, carried or controlled (工具、杯、桶、门、抽屉等的)柄,把,把手,拉手

例: I was impressed by your handling of the problem. 我觉得你对这个问题的处理很了不起。

A manager must know how to handle his employees. 经理应该懂得怎样管理雇员。

The cargo that this port handles has doubled. 这个港口的货物吞吐量已增长为过去的两倍。

### 14. dependent

[词义] *a.* [on, upon] needing support from sb. or sth. 依靠的,依赖的

[用法] be dependent on

例: You can't be dependent on your parents all your life. 你不可能一辈子都依赖父母。

[关联词] depend (on) *v.* 依靠 dependence (on) 依靠 independent (of) 不依靠的 independence (on) *n.* 独立

## 二、词组

### 1. do well

[释义] be successful, especially in work or business 干得好

例: Most of us did well in English learning at college. 我们中多数人在大学时英语都学得很好。

The manager praised him because he did very well at work. 由于他工作出色,经理表扬了他。

### 2. keep up with

[释义] move or progress at the same rate as 跟上

例: The courses last term were very difficult for me, but I managed to keep up with the others. 上学期的课程对我来说很难,但我还是努力跟上了其他同学。

### 3. be up to

[释义] be left to (sb.) to decide 取决于…的,须由…决定的

例: It's up to you whether you'll find a job or further your studies after your graduation. 毕业后是找工作还是深造得由你自己决定。

### 4. have sth. under control

[释义] have sth. managed, dealt with, or kept in order successfully 使某事恢复正常;使某事处于控制之下(强调动态的过程)

例: You must get your spending under control to make (both) ends meet. 你必须节制开支以便保持收支平衡。

The fire-fighters had had the fire under control by 10:00 p. m. 到晚上10点,消防人员已控制住了火势。

[辨析] (sth.) be under control 处于被控制的状态(强调静态的结果)

例: Having got the call, they hurried to the spot, only to find everything was under control. 接到电话,他们立刻赶到现场,却发现一切都已在控制之下。

[相关词组] get out of control 失去控制

例: The teenagers got out of control when the supergirls finally entered the hall. 当超女们终于进入大厅时,这些少男少女们都控制不住自己了。

### 5. hand in

[释义] give sth. to sb. in authority 交上

例: Hand in your examination papers, please. 请把试卷交上来。

Jane finished writing her term paper last week, but she just handed it in yesterday. 简上周就写好了学期论文,但是昨天才提交。

[相关词组] hand out 分发,散发 hand over 交出,移交

### 6. in addition

[释义] as sth. extra; besides 另外;加之

例: In the summer vacation I did a part-time job. In addition, I taught

myself Japanese. 在暑假中我做了一份临时工作,另外还自学了日语。  
In addition to the names on the list there are six other applicants. 除名单上的人之外,还有 6 个申请人。

### 7. set up

[释义] establish 建立

例: Our college has set up a fund for poor students. 我校为贫困学生设立了一项基金。

We four roommates are planning to set up our own import-export business after graduation. 我们四位室友正计划毕业后开办自己的进出口公司。

### 8. meet sb.'s needs

[释义] satisfy the needs of sb. 满足某人的需要

例: The school authorities have improved the canteen to meet our needs. 校方已改进食堂以满足我们的要求。

### 9. as a result

[释义] coming or happening as a natural consequence 结果

例: He made a serious mistake and, as a result, lost his job.  
= He lost his job as a result of a serious mistake he made. 他犯了一个大错,结果丢了工作。

### 10. look on/upon... as

[释义] regard (sb./sth.) in the specified way (以特定目光或情绪)看;看待

例: We look on/upon our teachers as our friends. 我们把老师看作我们的朋友。

[相关词组] see... as 把...看作

例: The elderly teacher sees us as his own children. 那位年长的老师把我们看作他自己的孩子。

### 11. turn out

[释义] prove to be; produce; assemble or attend 原来是,结果是,证明是;生产;集合,出席

例: The poorly dressed old man turned out to be a millionaire. 那位衣着褴褛的老人原来是个百万富翁。



Our college has turned out some first-rate scholars. 我们学校培养出了一些一流的学者。

The factory turns out 1,000 cars a week. 该厂每周生产 1 000 辆汽车。

Almost all the villagers turned out to welcome the Olympic champion. 几乎所有的村民们都出来欢迎这位奥运冠军。

[相关词组] turn on 接通, 打开 turn off 关掉, 断开 turn down 关小, 调低; 拒绝, 驳回 turn up 出现, 来到 turn in 交出, 上缴 turn into 变成 turn over 仔细考虑 turn to (sb.) 求助于

### 12. in store

[释义] (be)about to happen; waiting 即将发生; 等待着

例: One never knows what's in store for him. 人们永远也不会知道等待着他们的是什么。

You have a surprise in store for you when you go home tonight. 你今晚回到家时将有一个意外的惊喜在等着你。

### 13. ahead of

[释义] in front of; earlier than 在...前面; 提前

例: With our efforts, the report on social practice was completed five days ahead of schedule. 在我们的共同努力之下, 我们的社会实践报告提前 5 天完成了。

London is about five hours ahead of New York. 伦敦时间比纽约早 5 小时左右。

## 三、难句分析

1. Here I was surrounded by people I did not know and who did not know me. 这里周围都是我不认识的人, 他们也不认识我。

**解析** and 连接两个定语从句, 修饰 people。第一个定语从句前省略了 who(m)。

2. I had to decide when to go to bed, when and what to eat, when and what to drink, and with whom to be friendly. 我必须决定什么时候上床睡觉, 什么时候吃什么, 什么时候喝什么, 对什么人表示友好。