

NEW HORIZON 新视野 大学英语 学习策略

主编：阎嘉昀 陈 健



第 **1** 册

中国电力出版社
www.sjdf.com.cn

NEW HORIZON

新视野 COLLEGE ENGLISH

大学英语

学习策略

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中国电力出版社
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图书在版编目(CIP)数据

新视野大学英语学习策略. 第1册/阎嘉昀,陈健主编.

北京:中国电力出版社, 2006.8

ISBN 7-5083-4760-9

I.新... II.①阎... ②陈... III. 英语-高等学校-教学参考资料 IV.H31

中国版本图书馆 CIP 数据核字(2006)第 084907 号

新视野大学英语学习策略·第1册

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责任编辑: 王辉宇

出版发行: 中国电力出版社

社 址: 北京市西城区三里河路6号(100044)

网 址: <http://www.sjdf.com.cn>

印 刷: 北京市同江印刷厂

开 本: 185 mm × 260 mm

印 张: 16.5

字 数: 361千

版 次: 2006年9月第1版 2006年9月第1次印刷

书 号: ISBN 7-5083-4760-9

定 价: 25.00元

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☆ 前 言 ☆

新视野大学英语(New Horizon College English)是由外语教学与研究出版社编写出版的一套大学英语教材,供非英语专业的大学生使用,是各高校目前首选的教材之一。但是由于学生英语水平参差不齐,课堂教学课时有限,这就要求学生在课下进行有效的自主学习。为了使学生深入理解教材,掌握一定的学习方法和技巧,更有效地进行自主学习,提高学生综合应用语言的能力,我们编写了本套《新视野大学英语学习策略》丛书。

本丛书的主要内容和编写特点如下:

与《新视野大学英语读写教程》同步。《新视野大学英语读写教程》的每一册分十个单元,每单元包括三个部分,即 Section A, Section B 和 Section C。本丛书共分四册,每册书各单元的结构和内容与教材每个单元对应,重点介绍学习策略、方法和应试技巧,重在培养学生综合应用语言的能力。本丛书除了为学生进行《新视野大学英语读写教程》的学习提供指导之外,各单元后面的“自主练习”和“四级真题”则通过相当数量的真题学练强化学生的各项知识和能力;每一册该部分的侧重有所不同:

第一册围绕基础语法,特别是偏、特、难语法现象和语言点,并突出实用词汇的积累,强化四级语法、词汇训练。

第二册以听力训练为主线,稳扎稳打地操练常规听力技巧和四级听力应试技巧。

第三册以阅读能力训练为主线,系统地训练英语阅读的常见题型和应试对策。

第四册着重翻译和写作能力的培养。

本书每单元内容包括课文相关背景知识介绍、课文精读、课后练习解析及参考译文、学习策略、自主练习、四级全真和词汇拾粹。

课文相关背景知识将教材的相关写作背景及英美文化知识作简要介绍,以帮助学生在深刻理解课文知识的同时拓宽英美文化常识。

课文精读部分细分为重点词汇、重点短语和难句分析。重点词汇和短语主要讲解词和词组的惯用法、最新用法、特殊用法;突出每单元的重点词组、同义词辨析、反义词及常用搭配;提示单词记忆技巧,引申词汇扩展,突出考点提示。难句分析着重讲解语言用法难点和辅助的背景知识,以及课文中较难的或重点的句型。

课后练习解析给出课后练习答案,并尽可能给出句子的参考译文,以方便学生自查,找出差距,消除疑问,提高学习效率。

课文参考译文可以帮助学生更好地理解课文内容。本书翻译只作参考,不是惟一标准。

学习策略重在介绍学习方法和学习难点,这是本套丛书的重要特色之一。

自主练习紧跟在学习策略之后,围绕学习策略介绍的方法提供一些练习题,让学生进行自测,检查对学习策略的掌握情况。

四级全真根据四级考试大纲要求,结合学生实际情况,介绍最新的真题并进行详细讲解,便于学生自查自练。

词汇拾粹介绍一些和生活密切相关的词汇,提高学生记忆词汇的兴趣,便于学生查找和自己生活密切相关的词语。

该套丛书是编者经过几年的教学实践,以大学英语教学大纲为依据,遵循英语教学客观规律,参阅和研究历年来的四级考试试卷而编写的,以期真正成为学生的良师益友。

新视野大学英语学习策略研究小组

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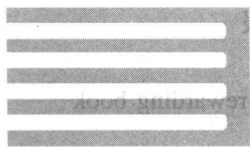
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Unit 1



一、课文相关背景知识

Online learning (网上学习):

Or e-learning, distance learning (DL) refers to communication between the teacher and students through a networked computer. The student's computer is connected with the online classroom. The online classroom provides teaching materials and various teaching ways like message board, chatting room, forum and so on. Online learning is a form of distance education, which is available to the learners wherever they are. It also provides a chance of autonomous learning (自主学习).

Online course (网上课程):

Online courses refer to a way of redesigning the teaching method, which is quite different from the traditional one. Traditional teaching used to divide the material according to chapters and sections while online courses divide the material into fragments. Learners can do online reading, ask questions and get feedback from the teacher at current time.

SAT (学业能力倾向测试): The Scholastic Aptitude Test

The SAT exam is a measure of the critical thinking skills you'll need for academic success in college. The SAT assesses how well you analyze and solve problems skills you learned in school that you'll need in college. The SAT is typically taken by high school juniors and seniors.

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二、课文精读

Section A Learning a Foreign Language

(一) 重点词汇

1. reward *n.* (可数名词) something that you are given; or a sum of money offered to anyone who gives you help 报答, 酬谢, 奖励 *vt.* often used with this form: "be rewarded with



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(by)..." 得到……回报 rewards *n.* (可数名词复数形式) benefit 收益, 回报

【记忆技巧】相似词比较记忆: award *n.* 奖, 奖金; *vt.* 给予奖赏

【词汇扩展】rewarding *a.* satisfying, worthwhile 值得做的, 有益的; a rewarding book 值得读的书

【参考例句】His efforts were rewarded by success. 他的努力获得了成功。

The company is only just starting to reap the rewards of long-term investments. 公司刚开始从长期投资中获益。

2. frustrate *vt.* ① to cause sb. to feel angry or disappointed 使沮丧, 使灰心

② to prevent someone's plans, efforts from succeeding 挫败, 阻挠

【记忆技巧】构成词: frustration *n.* frustrated *a.* frustrating *a.* 近义词: discourage, annoy, disappoint, upset

【参考例句】A poor memory frustrated her efforts to become an actress.

糟糕的记忆力阻碍了她成为一名演员。

3. positive *a.* ① effective, helpful 积极的 ② definite and clear 确实的, 明确的

【记忆技巧】反义词: negative *a.* 消极的, 否定的

【常用搭配】positive answer (orders/instructions/proof/evidence/attitude/method)

【参考例句】It was a positive delight to hear her sing so beautifully.

听她美妙的歌声绝对是一种享受。

The most disabled person in the world is an egative thinker.

世界上最无能的人就是思想消极的人。

4. unlike *prep.* 不像……, 和……不同

【记忆技巧】unlikely *a.* 未必的, 未必可能的 like *v.* 喜欢 *prep.* 像……一样 *n.* (常用复数) 喜好 likely *a.* 很可能的, 有希望的 liken *vt.* 把……比做 (to) liken one's work to a battle 把工作比做战斗 dislike *v.* 不喜欢 likewise *ad.* 同样地

【参考例句】She is unlike her mother; she is tall and her mother is very short.

她不像她妈妈; 她很高, 而她妈妈很矮。

Unlike the girl I came across in the senior middle school, she is very self-important, never looking me in the eye. 与我在高中时遇到的女孩不同, 她很高傲自大, 从不正眼看我一眼。

5. communicate *vi.* exchange ideas 交流, 交际

【记忆技巧】构成词 communication *n.* 交流, 交际 communicative *a.* 交流的, 交际的

【参考例句】When do you communicate with your parents?

I communicate with my parents when they misunderstand me.

你什么时候与父母交流? 当他们误解我时。

6. access *n.* 接近, 进入; 接近的方法

【记忆技巧】构成词 accessible (to) *a.* 易接近的, 易受影响的, 可以理解的 accession (to) *n.* 到达, 接近

【常用搭配】have/get/gain access to 可以接近…… easy of access 易于接近

【参考例句】Before liberation, the labouring people had no access to education.
解放前, 劳动人民没有受教育的机会。

Students need access to books. 学生需要使用书本。

7. embarrass vt. 使窘迫, 使尴尬

【记忆技巧】构成词 embarrassed *a.* 窘迫的, 尴尬的 embarrassing *a.* 令人为难的, 麻烦的 embarrassment *n.* 窘迫, 使人为难的事物

【参考例句】It embarrassed him that he had no idea of what was going on.
他对即将发生的事情毫不知情, 这让他无所适从。

8. benefit *n.* advantage, profit 益处, 好处 *v.* be helpful 有益, 有帮助

【考点提示】for sb.'s benefit (for the benefit of sb.) 为了……的利益 benefit from 得益于 be beneficial to 有助于 derive/gain/get benefits from 从……中获得益处

【参考例句】It is said Yoga is of great benefit to human health.

据说瑜珈对人体健康有极大好处。

A five-day week benefits more than individually and economically.

五天工作制不仅仅对国家经济和个人有好处。

9. favorite *a.* 最喜欢的 *n.* 最喜欢的人或物

【记忆技巧】同根词 favor *n.* 好感, 喜爱; 恩惠 favorable *a.* 称赞的, 赞成的

【词汇扩展】favoring *a.* 顺利的, 有利的

【考点提示】be a favorite with sb. 为某人所特别喜爱 do sb. a favor 帮……一个忙
He is favorable to our plan. 他赞成我们的计划。

【参考例句】A teacher shouldn't have favorites.

一个教师不应过分宠爱某些学生。

Baked apples are his favorite dish. 烘苹果是他最爱吃的菜。

(二) 重点短语

1. be (well) worth sth./doing sth. 值得……的

【参考例句】Not everything in life is well worth our risk.

生活中并非一切都值得我们去冒险。

2. to be at the top of the class 在班里名列前茅

【参考例句】On the list of good policies in social contact, honesty should be at the top.
在社交方面所有的良策之中, 诚信应列在首位。

3. feel like doing sth. want to do sth. 想要, 想做

【参考例句】Unlike him, some officials only feel like enjoying pleasures as much as possible.

不像他那样, 一些官员只想及时行乐。

(三) 难句分析

1. Although at times, learning a language was frustrating, it was well worth the effort.
(L2-3)



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Paraphrase: Although sometimes learning a language was disappointing, it was rewarding enough to spend the time and effort on it.

翻译: 虽然学习一种语言时常遭遇挫折, 但付出的努力却很值得。

2. Because of this positive method, I eagerly answered all the questions I could, never worrying much about making mistakes. (L6 - 7)

Paraphrase: Because of the effective and helpful method, I was very willing to answer all the questions I could, and I never worried about making mistakes.

翻译: 由于这种积极的教学方法, 我踊跃回答各种问题, 从不怕答错。

语法知识: because of 和 because 的区别

because of + sth. /doing sth. , because + a sentence

例如: She had to quit school because of ill health. 因为身体欠佳, 她不得不退学。

He can not remember the new words because he never uses them. 他记不住这些新词, 因为他从来不用它们。

worrying about making mistakes 是现在分词短语做状语。现在分词短语在句子中做主句的伴随状语。例如:

When we climbed to the top of the tower, we saw a beautiful sight.

Climbing to the top of the tower, we saw a beautiful sight.

Because he didn't want to meet John there, he refused to attend the party.

Not wanting to meet John there, he refused to attend the party.

3. Not only did I lose my joy in answering questions but also I totally lost my desire to say anything at all in English. (L13 - 14)

Paraphrase: I not only didn't feel happy answering questions, but also didn't want to say anything in English.

翻译: 我不仅失去了回答问题的乐趣, 而且根本就不想再用英语说半个字。

语法知识: 表示否定意义的副词或短语放在句首做状语时, 句子用部分倒装。这些词或短语有: never, little, few, hardly, seldom, nowhere, in no way, under no circumstances, no sooner... than... 等等。

4. I worked hard to meet the minimum standards set by the course and to complete assignments on time. (L33 - 34)

Paraphrase: I worked hard to reach the lowest standards allowed by the course and to finish the homework on time.

翻译: 我尽力达到课程的最低限度的要求, 并按时完成任务。

5. Learning a foreign language has been a most trying experience for me, but one that I wouldn't trade for anything. (L44 - 45)

Paraphrase: Learning a foreign language has been an experience full of difficulties, but I wouldn't exchange it for anything else.

that I wouldn't trade for anything 为定语从句。one 代表 a most trying experience.

翻译: 学习外语对我来说是非常艰辛的经历, 却又是一种无比珍贵的经历。

6. Now that I speak a foreign language, instead of staring into space when English is

being spoken, I can participate and make friends. (L50 - 52)

Paraphrase: Now, as I can speak a foreign language, I can take part in the conversation and make friends, and I no longer look into the distance when someone is speaking English.

now that = because (something has happened) ...

翻译:现在我已能够说外语,别人讲英语时我不再茫然不解了,我能够参与并结交朋友。

7. I am able to reach out to others and bridge the gap between my language and culture and theirs. (L52 - 53)

Paraphrase: I am able to communicate with others and make smaller the differences between my language and culture and theirs.

翻译:我能理解别人的话,并能够弥合我所说的语言和所处的文化与他们的语言和文化之间的鸿沟。

Section B Keys to Successful Online Learning

(一) 重点词汇

1. expand *v.* 扩大,扩充; 张开; 阐述, 详谈(on, upon)

【记忆技巧】expensive *a.* 价钱贵的

【词汇扩展】expansion *n.* 张开,伸展 expansionary *a.* 扩张性的,展开性的
expansive *a.* 使扩张的,展开的,广阔的,开朗的 expanse *n.* 广阔(的区域),苍天,浩瀚

【参考例句】arms expansion of territory 领土扩张
an expansive person 胸襟开阔的人 the vast expanse of China's territory
辽阔的中国领土

We have to expand the size of the image. 我们必须扩大想象力。

I owned a bookshop and desired to expand the business.

我拥有一个书店,可还想扩大生意。

2. aware *a.* 意识到,知道的

【词汇扩展】awareness *n.* unaware *a.* unawareness *n.*

【参考例句】An increasing number of people have become aware of the important role that information plays in modern life.

越来越多的人意识到了信息在现代社会中的重要作用。

【考点提示】be/become (un)aware of /that (不)知道的,(没有)意识到的
come to the awareness of /that 意识到

3. requirement *n.* sth. that is needed or necessary

【词汇扩展】require *v.* 需要

【参考例句】What are the requirements of your parents for you?

你父母对你的要求是什么?



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4. commit v. ① decide to use for a particular purpose 承诺, 保证, 许诺

② to do sth. wrong 犯……罪

【记忆技巧】相似词比较记忆: permit v. 允许 transmit v. 传播, 传输 limit n. 限制, 界限 summit n. 顶点 submit v. 使服从, 顺从 admit v. 承认 omit v. 省略, 遗漏

【词汇扩展】commitment n. 委托, 许诺 committee n. 委员会 commission n. 委员会 v. 佣金; 委托

【参考例句】This is a man who has committed murder. 就是这个人犯了谋杀罪。

【考点提示】commit mistakes 犯错误 commit suicide 自杀 commit an offence 犯罪 commit murder 谋杀

5. challenge v. question the truth, rightness of... 对……质疑 n. sth. that tests strength, skill, or ability 要素, 要点

【词汇扩展】challenger n. 挑战者 challenging a. 引起挑战性兴趣的

(二) 重点短语

1. play a role in... have a position or role in 起……作用

【参考例句】People have come to understand that computers are playing a more and more important role in our life.

人们开始认识到计算机在我们的生活中起着越来越重要的作用。

2. be aware of/that having knowledge or understanding of... 对……清楚

【参考例句】He was so deep in his reading that he wasn't aware that his father had entered. 他沉浸于书的世界, 以至于父亲进来都不知道。

(三) 难句分析

1. While regular schools still exist, the virtual classroom plays an important role in today's learning community. (L1-2)

Paraphrase: Though there are regular schools, the virtual classroom has a very important position in today's education.

翻译: 虽然常规的学校仍然存在, 但虚拟课堂在今天的教学领域中起着重要的作用。

语法知识: While 此处为“虽然”的意思。While 作为连词有很多意义。

① 在时间状语从句中, 为“在……进行期间, 与……同时”, 例如:

I picked up a wallet while I was walking in the park in the morning. 在我晨练散步时, 我捡到一个钱包。

② 用来表示对比或相反的情况, “而”的意思, 例如:

English is understood all over the world while Turkish(土耳其语) is spoken by only a small number of people.

英语在全世界大多数地区广泛应用, 而土耳其语却很少有人懂。

③ “尽管”的意思, 等于 although。例如:

While she is a pleasant girl, she will also have some trouble things with her life.

尽管她是个乐观的女孩,在她的生活中也会有不尽人意之事。

2. This forum for communication removes the visual barriers that hinder some students from expressing themselves. (L9 - 10)

Paraphrase: As a platform for communication, the online method doesn't require people to see each other. So some students won't feel it difficult to express their ideas.

翻译:这一交流场所消除了一些学生自我表达的视觉障碍。

3. In the virtual classroom nearly all communication is written, so it is critical that students feel comfortable expressing themselves in writing. (L14 - 15)

Paraphrase: In the online classroom, people communicate with each other by writing, so it is very important that students do feel at ease in writing to express their opinions.

翻译:虚拟课堂的交流几乎都是书面形式的,因而很重要的一点是在书面交流中要让学生感到很舒服。

语法知识:

It is critical that + 主语 + (should) + do/be done.....是很重要的

It is critical that you (should) keep up with the progress of an online course.

跟上网络课程的进度十分重要。

4. If another student is able to help, she/he probably will. (L27)

Paraphrase: If another student knows the answer, she/he will probably help you solve the problem you take.

翻译:如果有哪个学生能解决,他(她)也许就会帮助你。

5. Requirements for online courses are not less than those of any quality program. (L31 - 32)

Paraphrase: Requirements for online courses are higher than those of any quality program.

翻译:远程课程的要求比任何一种优秀课程都要求得更高。

语法知识: not less than 并不比.....少

no more than 不过,仅仅;同.....不一样

not more than 至多,不超过



三、课后练习解析及参考译文

Section A

Comprehension of the text

II.

1. The kind and patient teacher and her positive method of praising all students often.



2. In junior middle school, his English teacher was kind and patient. He liked to answer questions in class and he made much progress in English. But, in his senior middle school, his teacher punished those who gave wrong answers. He didn't want to answer questions any more in class. As a result, he did not make much progress in English.

3. In college and junior middle school, his English teachers were both patient and kind, but he didn't have as many chances to answer questions in college as he did in junior middle school.

4. It requires much time, commitment and discipline to keep up with the flow of the course.

5. Hard work.

6. He could take all the time he needed to consider his ideas and write a reply before posting it on the screen.

7. Learning a foreign language taught him the value of hard work and gave him insights into another culture.

8. He could communicate with many more people than before.

Vocabulary

III.

1. embarrass 翻译: 约翰打算告诉朋友们玛丽体重增加了多少, 以使她感到尴尬。

2. Discipline 翻译: 自律能力对于一个成功的科学家来说必不可少, 如果他不能有次序地展开工作, 就没有希望取得任何进步。

3. access 翻译: 随着网络时代的到来, 年轻人可以了解到世界各处最近发生的事。

4. positive 翻译: 只告诉我去做这件事没用, 得给我些做这件事的建议。

5. commitment 翻译: 他作出承诺要让所有的孩子学英语, 但很快发现如果没有网络课程根本实现不了。

6. frustrate 翻译: 不要问一些学生们无法理解的问题, 这样会让他们丧气。

7. intimidate 翻译: 老板威胁要罢工的下属, 如果罢工就解雇他们。

8. reap 翻译: 只要你坚持经常锻炼, 就一定会从中受益。

IV.

1. into 翻译: 那些威胁人们接受不合理决定的企图没有得逞。

2. into 翻译: 我希望这次谈话能让你对我们一直从事的工作有所了解。

3. from 翻译: 很明显, 他说的话大多不是真的。

3. to 翻译: 你得对小孩子耐心些, 因为他们无法辨别是非。

4. about 翻译: 两个月前, 约翰的妻子去世了, 工作也丢了, 朋友们鼓励他要乐观面对未来, 继续像常人一样生活。

5. with/in 翻译: 当她第三次失败时, 她沮丧得哭了, 并打算放弃努力。

6. in 翻译: 他希望有机会参与运动会的筹备工作。

Structure**V.**

1. Climbing to the top of the tower, we saw a beautiful sight.

翻译: 攀上塔顶后, 我们看到了一幅美丽景象。

2. Not wanting to meet John there, he refused to attend the party.

翻译: 他没答应参加那场宴会, 因为他不愿在那儿看到约翰。

3. Turning to the right, you will find a path leading to the cottage.

翻译: 向右转, 你就会找到通往村舍的路。

4. It rained for two weeks, completely ruining our holidays.

翻译: 连下了两周雨, 让我们的假期完全泡汤了。

5. Staring into space, the small girl felt frustrated at what the teacher asked her.

翻译: 小女孩被老师的问题难住了, 茫然不知如何解答, 感到很沮丧。

VI.

1. Not only does he easily accept other people's opinions, but he is also patient.

翻译: 他不但很容易接纳别人的建议, 而且还很耐心。

2. Not only does she sing beautifully but she also dances wonderfully.

翻译: 她不仅歌唱得好, 舞也跳得非常棒。

3. Not only did we lose all our money, but we also came close to losing our lives.

翻译: 我们不仅丢了所有的钱, 还差点搭上性命。

4. Not only did we learn the technology through an online course but we also learned to communicate with friends in English.

翻译: 通过网上课程的学习, 我们不仅掌握了技术, 还会用英语同朋友们交流了。

5. Not only did Smith learn the Chinese language but also bridged the gap between his culture and ours.

翻译: 史密斯不仅学会了汉语, 而且还填补了他们国家文化与中国文化之间的鸿沟。

Translation**VII.**

1. We can reap a lot from the rewarding experience of communicating with native speakers of English.

2. With the mayor's help, we were at last allowed access to those people who suffered from the traffic accident.

3. Bob and Frank didn't get along well with each other. It was embarrassing that they were to work in the same department.

4. As a boy, I used to intimidate my sister into crying by telling her that a wolf was coming.

5. It is not easy to do scientific research; it requires time, energy and money as well as



discipline and commitment.

VIII. 略(见课文译文)

Story Summary

IX.

- | | | | |
|---------------|----------------|-----------------|--------------|
| 1. experience | 2. but also | 3. eagerly | 4. worrying |
| 5. Other | 2. lose | 7. to | 8. However |
| 9. fewer | 10. intimidate | 11. they | 12. not |
| 13. but | 14. on | 15. learning | 16. insights |
| 17. of | 18. makes | 19. communicate | 20. between |

Text Structure Analysis

X.

The topic of the paragraph—My learning experience in junior middle school.

My experience with a foreign language began in junior middle school, when I took my first English class.

The cause:

I had a kind and patient teacher who often praised all of the students.

The effect:

Because of this positive method, I eagerly answered all the questions I could, never worrying much about making mistakes. I was at the top of my class for two years.

Structured Writing

XI.

My friend Li Ming succeeds in learning a foreign language. Everyday, he does a lot of practice. He goes anywhere with a dictionary as well as a notebook to look up and write down what he sees. Besides, he manages to meet minimum standards set by the course and never fails to finish assignments on time. After several years later, he finally reaps the benefits of all the efforts he makes.

参考译文:

学外语

学习外语是我一生中最艰苦也是最有意义的经历。虽然时常遭遇挫折,却非常有价值。

我学外语的经历始于初中的第一堂英语课。老师很慈祥耐心,时常表扬学生。由于这种积极的教学方法,我踊跃回答各种问题,从不怕答错。两年中,我的成绩一直名列前茅。

到了高中后,我渴望继续学习英语,然而高中时的经历与以前大不相同。以前老师对所有的学生都很耐心,而新老师则总是惩罚答错的学生。每当有谁回答错了,她会用长教鞭指着我们,上下挥舞着,大喊道:“错! 错! 不对!”没有多久,我便不再渴望回答