

21世纪高校英语规划教材

大学综合英语

University Integrative
English

下

主编 魏少敏
周树兰
李 萍

河南人民出版社



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前 言

英语是当今世界上主要的国际通用语言之一,也是世界上最广泛使用的语言,在政治、军事、经济、科技、文化、贸易、交通运输等领域,英语是一个重要的交际工具。

本书所有课文均以催人奋进、生动幽默或者妙趣横生为入选标准,同时还要满足句子结构方面的要求。由于这些课文选自不同的图书、杂志和报纸,其目标读者是以英语为母语的人,而非不以英语为母语的英语学习者,你也许会发现你对某些单词或语法结构不太熟悉。但你没有必要什么都懂,虽然这对许多学生来说是个巨大的障碍,保留一点模棱两可的东西实际上有助于你成为一个更好的语言学习者,因为在两个人交流的时候,对语言的理解总是会存在一些差别,以英语为母语的人与不以英语为母语的人之间都会存在这种差别。我们之所以挑选这样的课文是想让你学习原汁原味的英语,更好地完成从课堂英语学习者到现实生活中英语使用者的过渡。

本书的目标是:

培养学生对东西方文化差异方面的意识,提高学生的英语阅读理解技巧,增强学生对于语法结构的认识,扩大学生的词汇量,提供实用性强的写作指导和写作练习,提供生动有趣的讨论话题,帮助学习者准备以下考试:大学入学考试、大学英语4级考试、大学英语6级考试和考研英语、雅思和托福考试。

本书由魏少敏、周树兰、李萍主编,段道焕、马文超、王丽春、曾霞、郭淑萍、赵楠、王焰、许峻铭为副主编。周树兰编写 Lesson 1~Lesson 7;陈永烨编写 Lesson 8~Lesson 11;郭淑萍编写 Lesson 12~Lesson 15;王会凯编写 Lesson 16~Lesson 19;张甜编写 Lesson 20~Lesson 23;王绚编写 Lesson 24~Lesson 27;刘桂杰编写 Lesson 28~Lesson 31;周冠琼编写 Lesson 32~Lesson 35;程淑丽编写 Lesson 36~Lesson 40;宋秋萍编写 Lesson 41~Lesson 45;石崎、马贺丹编写 Lesson 46~Lesson 47。

在本书的编写和出版过程中,得到了河南农业大学、华北水利水电学院、郑州轻工业学院、河南大学、河南工业大学、郑州大学西亚斯国际学院、洛阳理工学院、信阳职业技术学院、防空兵指挥学院、中原工学院、郑州牧业工程高等专科学校、河南财政税务高等专科学校、河南教育学院、郑州师范高等专科学校、郑州旅游职业学院、河南经贸职业学院等多所学校的大力支持,在此表示感谢!

限于编者水平有限,本书难免存在疏漏之处,恳请广大师生和读者批评指正。

编者

2009年8月

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Lesson 1

Pre-reading

Cultural note

Tom Cruise plays the leading role in the Hollywood blockbuster *Jerry Maguire*. He is a sports agent who one day, dissatisfied with his work, decides that his company has to change. So he sits up all night and writes a long letter (or a mission statement) to his coworkers explaining in detail in what areas the company needs to improve. However, his bosses don't agree with his vision, and Cruise's character loses his job. Eventually, he discovers that the mission statement was not for his firm but for himself. Over the course of the movie Tom Cruise's character struggles to grow into the kind of person he wants to be, trying to achieve the exact goals, which he wrote down in the statement. The *San Francisco Chronicle* called it "wonderfully entertaining". Have a look!

Warm-up questions

Do you have any firm principles or beliefs that guide you through your life?

What are some goals you are planning to accomplish in the future?

A Personal Mission Statement

The most effective way I know to begin with the end in mind is to develop a personal mission statement or philosophy or creed. It focuses on what you want to be (character) and to do (contributions and achievements) and on the values or principles upon which being and doing are based.

Because each individual is unique, a personal mission statement will reflect that uniqueness, both in content and form. My friend, Rolf Kerr, has expressed his personal creed in this way:

Succeed at home first.

Seek and merit divine help.

Never compromise with honesty.

Remember the people involved.

Hear both sides before judging.

Obtain counsel of others.

Defend those who are absent.

Be Sincere yet decisive.

Develop one new proficiency a year.

Plan tomorrow's work today.

Hustle while you wait.

Maintain a positive attitude.

Keep a sense of humor.

Be orderly in person and in work.

Do not fear mistakes—fear only the absence of creative, constructive and corrective responses to those mistakes.

Facilitate the success of subordinates.

Listen twice as much as you speak.

Concentrate all abilities and efforts on the task at hand, not worrying about the next job or promotion.

Susan Stantus, a woman seeking to balance family and work values has expressed her sense of personal mission differently:

I will seek to balance career and family as best I can since both are important to me.

My home will be a place where I and my family, friends, and guests find joy, comfort, peace, and happiness. Still I will seek to create a clean and orderly environment, yet livable and comfortable. I will exercise wisdom in what we choose to eat, read, see, and do at home. I especially want to teach my children to love, to learn, and to laugh and to work and develop their unique talents.

I value the rights, freedoms, and responsibilities of our democratic society. I will be a concerned and informed citizen, involved in the political process to ensure my voice is heard and my vote is counted.

I will be a self-starting individual who exercises initiative in accomplishing my life's goals. I will act on situations and opportunities, rather than to be acted upon.

I will always try to keep myself free from addictive and destructive habits. I will develop habits that free me from old labels and limits and expand my capabilities and choices.

My money will be my servant, not my master. I will seek financial independence over time. My wants will be subject to my needs and my means. Except for long-term home and car loans, I will seek to keep myself free from consumer debt. I will spend less than I earn and regularly save or invest part of my income.

Moreover, I will use what money and talents I have to make life more enjoyable for others through service and charitable giving.

You could call a personal mission statement a personal constitution. Like the United States Constitution, it's fundamentally changeless. In over two hundred years, there have been only twenty-six amendments, ten of which were in the original Bill of Rights.

The United States Constitution is the standard by which every law in the country is evaluated. It is the document the president agrees to defend and support when he takes the Oath of Allegiance. It is the criterion by which people are admitted into citizen ship. It is the foundation and the center that enables people to ride through such major traumas as the Civil War, Vietnam, or Watergate. It is the written standard, the key criterion by which everything else is evaluated and directed.

The Constitution has endured and serves its vital function today because it is based on correct principles, on the self-evident truths contained in the Declaration of Independence. These principles

empower the Constitution with a timeless strength, even in the midst of social ambiguity and change. "Our peculiar security," said Thomas Jefferson, "is in the possession of a written Constitution."

A personal mission statement based on correct principles becomes the same kind of standard for an individual. It becomes a personal constitution, the basis for making major, life-directing decisions, the basis for making daily decisions in the midst of the circumstances and emotions that affect our lives. It empowers individuals with the same timeless strength in the midst of change.

People can't live with change if there's not a changeless core inside them. The key to the ability to change is a changeless sense of who you are, what you are about and what you value.

With a mission statement, we can flow with changes. We don't need prejudgments or prejudices. We don't need to figure out everything else in life, to stereotype and categorize everything and everybody in order to accommodate reality.

Adapted from *The Seven Habits of Highly Effective People*

By Steven Covey

New words

personal *adj.* 私人的, 个人的, 亲自的, 容貌的, 身体的, 人身的, 针对个人的

attitude *n.* 姿势, 态度, 看法, 意见

mistake *n.* 错误, 过失 *v.* 弄错, 误解, 把... 误认为

creed *n.* 信条

merit *n.* 优点, 价值 *v.* 有益于

compromise *n.* 妥协, 折衷 *v.* 妥协, 折衷, 危及... 的安全

constitution *n.* 宪法, 构造, 体质, 体格, 国体, 章程, 惯例

evaluate *vt.* 评价, 估计, 求... 的值 *v.* 评价

judgment *n.* 判断

charitable *adj.* 仁慈的, (为) 慈善事业的, 宽恕的

compromise *n.* 妥协, 折衷 *v.* 妥协, 折衷, 危及... 的安全

Language points

Infinitive of purpose

An infinitive is often used to express a purpose or intention. Take this sentence as an example:

I will be a concerned and informed citizen, involved in the political process to ensure my voice is heard and my vote is counted.

The use of the infinitive to express intent or purpose is called an infinitive of purpose.

Here are some more examples:

I will exercise on a regular basis to improve my personal health.

I will read and write on a regular basis in order to improve my vocabulary.

Exercise 1 : True/False/Not Given

After reading the text decide whether the following statements are True or False. If you think the information given in the text is not sufficient to select either True or False, mark Not Given.

1. The US constitution has endured because its fundamental principles have been adjusted to fit into modern times.
2. The US presidents swear to improve upon the Constitution during their time in office.
3. A personal mission statement can be just as unique in form and content as the person who composes it.
4. US President Thomas Jefferson became famous for his writing an amendment to the US Constitution which ensured religious freedom.

Exercise 2 : Multiple choice

Choose the best answer.

1. What is a personal mission statement?
 - A. A list that reminds a person of the goals he wants to achieve.
 - B. A personal creed that expresses how a person would like to balance his professional life and his family life.
 - C. A collection of truths that is enduring and timeless just like those in *the US Declaration of Independence* and *the US Constitution*.
 - D. A personal philosophy that focuses on who a person wants to be and what he wants to do.
2. Covey explains that the Constitution has enabled the US to “ride through major traumas.” Which one of the following is not one of his examples?
 - A. The Watergate Affair
 - B. The US Civil War (1861—1865)
 - C. The 1980 Olympic Games
 - D. The Vietnam War
3. What does Susan mean when she says the following: “My wants will be subject to my needs and my means?”
 - A. She will only purchase things that are necessary and meaningful.
 - B. She will think about her personal budget and her requirements before purchasing what she wants.
 - C. When deciding what she wants to buy or to have she will take her personal finances and personal requirements into consideration.
 - D. When deciding what she wants to buy she will consider neither her personal finances nor her personal requirements.
4. Which of the following is not a characteristic of a personal mission statement or a personal constitution as described by Covey?

- A. It is based on correct principles.
- B. It is the basis for major, life-directing decisions.
- C. It is the basis for making daily decisions that affect our lives.
- D. It is a fundamental aspect of personal growth.

Exercise 3: Matching

In the text Covey gives two examples of a personal mission statement, one of his friend (Rolf) and one of another woman (Susan). Match the statement with the speaker.

1. Do not fear mistakes—fear only the absence of creative, constructive, and corrective responses to those mistakes. Rolf or Susan?
2. Concentrate all abilities and efforts on the task at hand, not worrying about the next job or promotion. Rolf or Susan?
3. My money will be my servant, not my master. Rolf or Susan?

Exercise 4: Key structures

Take a look at the following examples from the text and write a sentence of your own by using the expressions in bold.

1. I will act on situations and opportunities **rather than** to be acted upon.
2. **Except for** long-term home and car loans, I will seek to keep myself free from consumer debt.

Exercise 5: Multiple choice

Choose the answer that best completes the sentence.

1. Rolf still called himself a religious man but his _____ had changed considerably.
A. credibility B. credentials C. credit D. creed
2. As a result he altered his personal mission statement, which, he thought, should _____ this fundamental transformation of his beliefs.
A. notice B. discuss C. reflect D. start
3. Fortunately, he did not have to erase anything. Instead he simply added an _____ to his personal constitution.
A. allowance B. amendment C. alternate D. alternative
4. Circumstance forced Susan into a _____ situation. While she usually picked up her kids from school, her oldest daughter now drove her to and from work.
A. peculiar B. particular C. special D. vital
5. In order to achieve your goals you must _____ yourself to be all that you can be.
A. accommodate B. empower C. exercise D. assure
6. His performance did not _____ any applause. He was rather disappointed about his failure.
A. reflect B. merit C. seek D. involve
7. The new and improved guidelines should _____ the development of our project.

- A. facilitate B. fabricate C. evaluate D. empower
8. The _____ ingredient in tobacco is called nicotine.
A. addictive B. additional C. adjacent D. adverse
9. Let's try to _____ these essays according to their dates of publication and the author's last name.
A. contain B. cater C. categorize D. calculate
10. There was no _____ in his statements. We all understood exactly.
A. ambition B. ambiguity C. ammunition D. amendment

Exercise 6: Substitution

Substitute the underlined word in the following sentences with one of your own.

- All major creeds regard killing people as a sin.
- Can you counsel him on his future career path?
- This city has over one million citizens.
- We have tried to complete the work using several different means.
- It is vital that we finish everything by Tuesday.

Exercise 7: Cloze

Complete the following passage with the given words and phrases. Use only those that make sense and change the form where necessary.

compromise hustle exercise initiative evaluate
accommodate at hand be subject to keep oneself free from
in the midst of figure out act on

The problem ____ 1 ____ is this: should we continue to ____ 2 ____ outside forces or should we do something to change our situation and accomplish what we have always wanted? Of course we must take ____ 3 _____. You know that much. However, getting started is a difficult task ____ 4 ____ your daily routines and obligations. Maybe you are busily ____ 5 ____ others' needs all the time and you have to ____ 6 ____ all over town. Well, try to ____ 7 ____ when you can have some personal time just for yourself. Don't ____ 8 ____ here. Then try to ____ 9 ____ your situation. What do you want to do? Who do you want to be? Answering these questions in writing will be a valuable ____ 10 _____. You are now on the way to writing your own personal mission statement.

Exercise 8: Paraphrase

Paraphrase the following sentences from the text.

- I will seek to keep myself free from consumer debt.
- I will act on situations and opportunities, rather than to be acted upon.
- Because each individual is unique a personal mission statement will reflect that uniqueness, both in content and form.

Exercise 9: summary

Summarize the text in no less than four and no more than six sentences.

Exercise 10: Discussion and writing

Share the ideas you have gathered in the previous exercise with your classmates. Then select the best ideas and group them into specific categories, for example “goals I want to achieve at school/at work” “or” goals I want to achieve in my personal life. “Using at least 250 words, write three paragraphs about goals you want to achieve in three different areas of your life. Include ways in which you plan to accomplish them.

Activities

With a partner or in a small group, come up with answers to the following tasks and questions.

As a student of English it is your overall goal to improve your English. But what are small goals you want to achieve in the process? Make a list of at least ten goals you have. These might include reading at least one English book a month or watching one English language movie a week.

Setting goals is an important part of improving yourself and improving your life. How would you explain the importance of goal setting to your friends and family? Practice with a classmate how you can encourage important people in your life to improve their lives through goal setting.

What do you think about the last word? Do you know any other quotes about goalsetting or self-improvement?

The last word

“The person who makes a success of living is the one who sees goal steadily and aims for it unswervingly. That is dedication.”

—Cecil B. De Mille

Answer Key

Exercise 1

- | | | | |
|----------|----------|---------|--------------|
| 1. False | 2. False | 3. True | 4. Not Given |
|----------|----------|---------|--------------|

Exercise 2

- | | | | |
|------|------|------|------|
| 1. D | 2. C | 3. C | 4. D |
|------|------|------|------|

Exercise 3

- | | | |
|---------|---------|----------|
| 1. Rolf | 2. Rolf | 3. Susan |
|---------|---------|----------|

Exercise 4

1. We should try to work together rather than to obstruct each other's progress.
2. Except for that one time when we met at David's house, Mark and I have not spent much time together.

Exercise 5

- | | | | |
|------|-------|------|------|
| 1. D | 2. C | 3. B | 4. A |
| 5. B | 6. B | 7. A | 8. A |
| 9. C | 10. B | | |

Exercise 6

- | | | |
|-----------------|--------------|-----------------------|
| 1. religions | 2. advise | 3. inhabitants/people |
| 4. methods/ways | 5. essential | |

Exercise 7

- | | | | |
|------------------|------------------|---------------|--------------------|
| 1. at hand | 2. be subject to | 3. initiative | 4. in the midst of |
| 5. accommodating | 6. hustle | 7. figure out | 8. compromise |
| 9. evaluate | 10. exercise | | |

Exercise 8

1. I don't want to buy too many things and owe money to the bank.
2. I will be active and take initiative instead of being passive.
3. A personal mission statement will be as unique as the person who is writing it.

Exercise 9

In his text, “A Personal Mission Statement”, Covey illustrates the concept of a mission statement, which he says will allow a person to achieve his goals and to endure difficult situations. He compares it to the US Constitution, another document that is based on fundamental principles. In addition, he explains that a personal constitution (personal mission statement) will empower any person because it will give him a sound foundation in a world full of change and ambiguity. The statement, which can take various forms and include different kinds of information, focuses on what a person wants to do and who a person wants to be. Covey gives two different examples of a personal mission statement.

Exercise 10

For the last five years, I have been thinking about taking a teacher training course, but unfortunately *never got further than discussing it with other teachers*. First, I need to decide what kind of course I would like to take. Then, I need to do a little research on the schools that offer the course. After coming up with enough money to pay for the course, I need to register for the course. And finally, I need to complete the course, which I hope to do by the end of next year.

Balancing personal life with work has become increasingly more difficult in the last few years. In order to deemphasize the importance of work in my life, I’d like to learn to play the piano, take a painting class and start cooking meals at home instead of eating out every day. In order to make this happen, I will put an advertisement in a magazine to look for a teacher, talk to my friends about taking a class with me, and plan on going to a class once a week. I will also start collecting recipes and will try cooking a new recipe at home at least once a week.

There are two kinds of people in this world. One does the bare minimum, and the other tries to move ahead in life. I’m the second kind of person, especially when it comes to work. There are a few specific goals I’d like to work on in order to get a promotion and a pay raise. First, I need to show my leadership skills in meetings and when working on group projects. Secondly, I need to show that I’m working harder than others by working overtime, offering to come in on Saturdays and by coming in early. Finally, I need to improve my computer skills. After a few months of working on these skills, I will discuss a possible promotion with my boss.

Lesson 2

Pre-reading

Cultural note

Warren Buffett was born in Omaha, Nebraska, in 1930. From an early age the son of a former stockbroker and politician displayed signs of strong work ethic and ambition, which would make him the world's most successful investor. Irrespective of his family's wealth, he delivered newspapers as a young boy to supplement his allowance, and, who knows, this might have sparked his interest in the world of news media and publishing. Today he owns a considerable portion of the *Washington Post*, a stock he vows never to sell. For over fifty years Buffett's name has been synonymous with investment success, and his name, as well as his life story, are well known by aspiring entrepreneurs.

Warm-up questions

What qualities do you look for in a friend?

How can you find out whether or not a person really possesses those qualities?

Three Big Questions

Business mogul Warren Buffett is one of the best-known and most successful investors in the world today. His company, Berkshire-Hathaway, has grown from a few private clients with modest holdings to a multibillion-dollar enterprise. Mr. Buffett is famous for careful analysis and for investing in long-term opportunities. He rarely sells his stock after making an investment. His intensive preparation includes a thorough analysis of the numbers, especially the company balance sheet. If these are to his liking, he spends considerable time meeting key people in the organization, getting to know how they run the business. He observes their philosophy and how they treat their staff, suppliers and clients. When this is completed, Buffett asks himself three questions concerning the key people: "Do I like them? Do I trust them? Do I respect them?"

If any one of these questions results in a "No," the deal is off. It doesn't matter how good the numbers look or the potential for growth. These three simple, powerful questions are the foundation for Warren Buffett's relationships. Adopt them as your own. They will ultimately determine how rich you become.

A few years ago, Buffett was the wealthiest man in America. He recently relinquished this title to Bill Gates, founder of Microsoft. It's interesting to note that despite the age gap, these two phenome-