

工程硕士研究生实用英语教程

Practical English for Master Students in Engineering

视

听

说

学生用书

Student's Book

Watching, Listening and Speaking

主编 仓兰菊



 上海外语教育出版社
外教社 SHANGHAI FOREIGN LANGUAGE EDUCATION PRESS
www.sflep.com

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图书在版编目(CIP)数据

工程硕士研究生实用英语教程. 视听说/仓兰菊主编.

—上海: 上海外语教育出版社, 2011

学生用书

ISBN 978-7-5446-2041-3

I. ①视… II. ①仓… III. ①英语—听说教学—研究生—教材 IV. ①H319.9

中国版本图书馆CIP数据核字(2010)第199659号

出版发行: 上海外语教育出版社

(上海外国语大学内) 邮编: 200083

电 话: 021-65425300 (总机)

电子邮箱: bookinfo@sflep.com.cn

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责任编辑: 陶 怡

印 刷: 上海信老印刷厂

开 本: 787×1092 1/16 印张 13.5 字数 298千字

版 次: 2011年2月第1版 2011年2月第1次印刷

印 数: 3 100 册

书 号: ISBN 978-7-5446-2041-3 / H · 0886

定 价: 28.00 元

本版图书如有印装质量问题,可向本社调换

前言

近十几年来，我国专业学位工程硕士研究生的培养规模逐年扩大，并且从2009年起开始招收全日制该类研究生。为顺应新形势的要求以及为工程硕士研究生的教材建设作贡献，我们编写了这套《工程硕士研究生实用英语教程》。这套教程包括《读写译》与《视听说》，均有学生用书和教师用书，供该类研究生及其他中高级英语学习者使用。所有编著者都是长期担任此项教学任务并具有丰富教学经验的一线教师。

本教程结合建构主义、合作学习、交际法教学等国际最新的TESOL教学理论，其编写理念是：以培养学生的实际英语运用能力为目标，强调以学习者为中心，以实用性和可操作性强为原则，注重学生自主学习能力、合作学习能力、批判性创新思维能力的培养。教程的主要特色如下：一、注重以人为本，从教材的内容选择、体例安排、练习设计到语言难度等方面均围绕学生学习及工作中的具体需求来进行。二、以2006年颁布的《全国工程硕士专业学位研究生英语教学要求》为依据，教学要求突出，重点明确。各单元出现的所有《教学要求》中所需掌握的词汇和构词词缀均用星号标出，方便教师教学与学生自学。三、采用活泼多样的练习形式提高学生参与英语学习的动机及兴趣，培养学生使用英语的自信心，全方位提高学生的语言水平，特别是产出性语言技能。四、难度适中，内容丰富，趣味性、知识性、实用性、可操作性强，现代感突出，编排体例新颖独特。五、学时要求非常灵活，每个单元中的各个活动、项目的设计都以方便课堂使用或学生自学为出发点来设计，供使用单位根据学生水平、需求及学时要求来自由选用及组合。

本套教程是“华南理工大学创新人才培养计划资助项目”（项目编号为2008033），在编写过程中得到华南理工大学研究生院及外语学院的大力支持。秦秀白教授特意为项目组的老师们传授教材编写经验，悉心指导。刘浣波教授审阅了初稿的样课并提出了宝贵的建议。教程的出版得到上海外语教育出版社的大力支持。华南理工大学的外籍教师Janice Nielson审定了视频的文字材料，Mary Brown对教程初稿进行了审阅与修改，本校工程硕士学生试用了教材。在教材出版之际，谨向他们及其他关心教材编写与出版的人士表示诚挚的谢意！由于本教程选材涉及面广，未能在此一一注明，特此说明，并向所有有关方面表示感谢。

由于编著者水平有限，难免有不足或错讹之处，敬请读者批评指正。

编者
2010年2月

编写说明

《工程硕士研究生实用英语教程：视听说》(学生用书)共有6个单元，每个单元有3课。每课围绕一段与单元主题内容相关的视频设计各种视、听、说活动，可安排2-4学时。这6个单元的主题分别是：健康、职业、文化、压力、自然、科技。总共18课的具体内容包括：失眠、健康饮食、健身；职业培训、求职面试、办公室偶像；聊天、沟通技巧、着装规范；压力的症状、处理家庭压力、减轻工作压力；干旱、气候变化、浪漫度假胜地；技术创新、高新技术通讯、高科技犯罪。每课由视前活动、观看视频、视后活动、英语欣赏及专项活动5大板块组成。

视前活动 (Pre-watching Activities)

包括两个练习，是学生观看视频前的热身活动，为学生观看视频并完成相关练习做准备。

1. Topic preview: 关于视频主题的讨论活动，导入视频内容。该部分为学生提供机会进行合作学习、运用已有知识、练习口语、熟悉视频内容。

2. Vocabulary preview: 着重视频中的重点词汇。练习A包含视频中《教学要求》里面出现的词汇(前面标有星号)以及Academic Vocabulary List里面出现的中高级词汇，练习以各种形式直接给出所需要掌握单词的英文释义，希望学生通过做练习学习新词汇，培养学生用英文思维的习惯；练习B通过填空等形式帮助学生掌握练习A中出现的重点词汇。该部分可由学生课前独立完成或在课堂上规定时间内完成。

观看视频 (Watching the Video)

通过反复观看，从不同角度训练学生的多项听力技巧，提高学生的听力理解水平。Notes部分对视频中所出现的文化现象进行了注解，方便教学与学生自学。这一部分有4个练习：

1. Watching for the main idea: 训练学生泛听、掌握视听材料大意的能力。

2. Watching for the important points: 训练学生泛听、掌握视听材料重点的能力。

3. Watching for details: 训练学生选听、掌握视听材料具体信息的能力。

4. Watching for specific language expressions: 训练学生精听、掌握视听材料中某些具体词汇或表达法的能力。

视后活动 (Post-watching Activities)

由3个练习组成, 讨论视频内容及引申的话题, 做词汇扩展练习。

1. 讨论视频内容: 加深学生对视听材料的理解、提高学生的口头表达能力。

2. 词汇扩展学习: 通过多种练习形式帮助学生使用并学习与视听主题相关的词汇及表达法。

3. 讨论由视频主题延伸出来的话题: 为学生进一步提供机会进行合作学习并练习各种口语会话技巧。每课的该部分都为学生列出了供讨论时参考的Useful Expressions(常用表达法)。

英语欣赏 (Enjoying English)

内容广泛, 包括歌曲、诗歌、短文、演讲、电影片段。为方便学生理解, 该部分设计成填空(Filling in the blanks)的形式, 给出了大部分的文字内容; 练习前的注释部分对其背景、作者、其他文化方面及语言难点进行了解释。该部分可以在课前或课间作为休闲活动活跃课堂气氛, 也可供师生们课后欣赏。

专项活动 (Project)

这是一个较具挑战性的课后任务, 要求学生就单元主题做一些专项活动, 比如设计问卷调查表, 进行访谈、调查、综述, 准备PPT, 做好演讲准备等, 训练学生的自主学习与综合语言能力。

参加《工程硕士研究生实用英语教程: 视听说》(学生用书)的编著人员及分工如下: 仓兰菊统稿; 左鸣放安排教材试用; 仓兰菊编写第1、2、3、11课; 陈涛编写第4、5、6课; 姚楠编写第7、8、9课; 左鸣放编写第10课; 陈洪编写第13、14、15课; 刘曦芬编写第12、16、17、18课。

教材中的不足及不妥之处, 敬请读者提出宝贵的意见。

编者
2010年2月

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Unit 1

HEALTH



Unit Objectives

Listening	Speaking	Vocabulary
* Listening globally	* Sharing ideas	* Guessing word meanings
* Listening for	* Summarizing	* Categorizing
• the main idea	* Interviewing	* Filling in the missing words
• the important points	* Role-playing; hypothesizing	* Matching words with definitions
• details	* Discussing causes and consequences, harms and benefits	* Defining words and expressions
• missing words	* Making a presentation	* Making word associations
• language expressions	* Expressing agreeing and disagreeing, accepting and refusing, asking for and giving advice	* Using words related to sleep problems, foods, and exercises

Lesson

1

LOSING SLEEP



I. Topic preview



In pairs or small groups, discuss the questions below and take notes. Be prepared to summarize your discussions when you finish.

1. Where do you think is the person in the picture on Page 2? What is he doing and why do you think he is doing that?
2. How many hours do you sleep each night? Have you ever had sleep problems? Or do you know anybody who has sleep problems? Describe the problems.
3. Losing sleep, or insomnia, may have serious consequences. What are the harms of sleeplessness? How can people have a perfect night's sleep?

II. Vocabulary preview

A. Match each boldfaced word in Column A with its definition in Column B. Write down the letter of your choice on the left.

	A	B
_____	1. a non-profit foundation	a. user; customer; buyer
_____	2. prescription drugs	b. pressure; strain; tension
_____	3. performance * bonus	c. sleep lightly or briefly
_____	4. finance and investment	d. doctor's written instruction
_____	5. consumer complaints	e. expectation; prediction
_____	6. work-related stress	f. treatment using drugs
_____	7. nap in the office at noon	g. income; the management of monetary matters and credit
_____	8. anticipation of expansion	h. additional money as a reward
_____	9. prolonged * medication	i. attention
_____	10. improve concentration skills	j. organization; association

B. Fill in the blanks with the boldfaced words from the previous exercise. Change the word form if necessary.

1. Personal _____ refers to the ways in which individuals or families obtain, budget, save, and spend monetary resources over time, taking into account various financial risks and future life events.
2. If you have a penicillin allergy, it is very important that you tell your doctor in case you need a _____ antibiotic.
3. No matter how tired you are, do not _____ during the day so that you can sleep better during the night.
4. They are rapidly expanding their global network in _____ of increased demand.
5. If you receive the year-end _____ from your employer, you should regard it as an opportunity to enhance your financial security.
6. Many people take anti-depressants or anti-anxiety _____ to help lift their mood.
7. Keep your _____ on what is in front of you. If you are distracted, use the STOP technique to regain it.
8. This book contains advice and information about your legal rights as a _____.
9. The Ford _____ is one of the top four philanthropic organizations in the United States.
10. Any measures taken to reduce _____ have a positive effect on your health.

Notes

1. **the National Sleep Foundation (NSF):** Established in 1990, NSF is an independent nonprofit organization in the USA. Its objectives are to improve public health and safety by achieving understanding of sleep and sleep disorders, and by supporting sleep-related education, research, and advocacy.
2. **pill popping:** taking pills, especially when this is a habit or when the pills are illegal drugs.
3. **a power-nap:** a short sleep which terminates before the occurrence of deep sleep or slow-wave sleep (SWS), intended to quickly revitalize the sleeper.
4. **Manhattan:** Located primarily on Manhattan Island at the mouth of the Hudson River, Manhattan is the smallest in area and most urbanized of the five boroughs of New York City. It is a major commercial, financial, and cultural center of both the United States and the world.

I. Watching for the main idea



Watch the video and try to get a general idea of what it is about.

What is the main idea of this video?

- A. Personal finances.
- B. Sleep and economy.
- C. Yelo Wellness.

II. Watching for the important points



Watch the video again and check (✓) the ideas below that were mentioned in the video.

<input type="checkbox"/>	1. A good night's sleep seems a faint memory due to unemployment.
<input type="checkbox"/>	2. Many Americans are losing sleep over their concerns about their personal finances.

_____	3. Some people say their sleep is getting worse because of the added stress of the economy.
_____	4. Prescriptions for sleep medications are very high.
_____	5. Pill popping sounds like the solution to sleep problems.
_____	6. Taking a nap may be the solution to sleep problems.
_____	7. People actually need their nap.
_____	8. A timely nap can help people overcome exhaustion.

III. Watching for details



Watch the video for the third time and answer the questions below. Circle A, B, or C.

- According to National Sleep Foundation, how many Americans are losing sleep?
A. 54%. B. One third. C. Two thirds.
- If pill popping doesn't sound like the solution, what suggestion do you have?
A. A power-nap. B. A ticket. C. A bonus.
- According to Dr. Gary Zammit, what can replace sleep?
A. Prescription. B. Sleep. C. Exhaustion.
- How much money do people in Manhattan pay for a 40-minute nap?
A. \$56. B. \$45. C. \$30.
- What has napping become in people's life?
A. A faint memory. B. A real necessity. C. An old-fashion.
- According to Caitlin Bush, lawyer and Yelo regular, in which area does napping make a difference?
A. In her work. B. In consumer behavior. C. In handling stress.

IV. Watching for specific language expressions



Watch the video one more time. Fill in the blanks with the words you hear and discuss their meanings.

- Prescriptions for sleep are at a _____ high, topping 56 million in 2008.
- And napping may be just the _____. Business is booming here at Yelo Wellness.
- I do a better job, which means I'm gonna get a better bonus, and I'm not gonna _____.
- Two thirds of adults say sleepiness interferes with their concentration and makes _____ on the job more difficult.
- Coming here, spending the money, taking a nap allows me to kind of burn the candle _____.

I. Video discussion



The questions below are related to the video. In pairs or small groups, discuss the questions and be prepared to summarize the video when you finish.

1. Why are many Americans losing sleep?
2. What kinds of people are having sleep problems?
3. What is the alternative to pill popping?
4. What kind of place is Yelo Wellness?
5. What does Caitlin Bush say about napping at Yelo Wellness?
6. What are the results of sleepiness?

II. Vocabulary expansion

Study the words below and make word associations. In each row, cross out the term that does not relate to the boldfaced word.

1. blame	condemn	accuse	praise	reproach
2. concern	ease	worry	anxiety	trouble
3. problem	dilemma	record	difficulty	disorder
4. top	go beyond	exceed	surpass	overcome
5. solution	ticket	preparation	key	resolution
6. respond	answer	reply	react	add
7. boom	slump	increase	prosper	grow
8. consume	spend	waste	produce	use up
9. concentration	focus	distraction	attention	absorption
10. exhaustion	tiredness	fatigue	weariness	medication

III. Further discussion



In pairs or small groups, discuss the following sayings. What do they mean? Do you agree with them? Explain your reasons. The expressions listed below may be helpful.

- The first wealth is health. — Ralph Waldo Emerson
- Early to bed and early to rise makes a man healthy, wealthy and wise. — Benjamin Franklin
- One hour's sleep before midnight is worth three after. — George Herbert
- Sleep is the best cure for waking troubles. — Miguel de Cervantes Saavedra
- A ruffled mind makes a restless pillow. — Charlotte Brontë
- Fatigue is the best pillow. — Benjamin Franklin
- The secret of staying young is to live honestly, eat slowly, and lie about your age. — Lucille Ball
- After dinner sit awhile, after supper walk a mile. — English proverb



Useful Expressions: Agreeing or Disagreeing

Agreeing

- I agree.
- So do I.
- Me too.
- Me neither. (Agreeing with a negative idea.)
- I don't either. (Agreeing with a negative idea.)
- You're right.
- That's right.
- Good idea.
- I think that's a good idea.

Disagreeing

- I disagree.
- I don't think so.
- (No.) That's not right.
- Yes, but...
- (I'm sorry, but) I don't agree.

Notes

1. **Luther Ronzoni Vandross** (April 20, 1951 – July 1, 2005): a prolific American R&B (Rhythm and Blues) and soul singer, songwriter, and record producer. During his career, Vandross sold over twenty-five million albums and won eight Grammy Awards. He won four Grammy Awards in 2004 for his last album, *Dance with My Father*, including the Grammy Award for Song of the Year for the track “Dance with My Father.” The song was based on his childhood experiences and has justly become one of the biggest hits of Luther’s career.
2. **get one’s way**: get or do what one wants in spite of opposition.
3. **be gone**: pass away.
4. **be dying to dance**: be eager to dance.



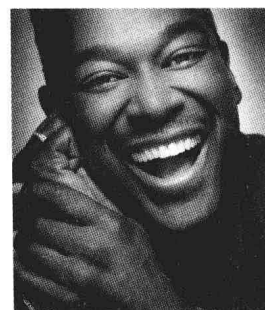
Listen to the song and fill in the blanks with the words you hear.

Dance with My Father

Luther Vandross

Back when I was a child
 Before life removed all the innocence
 My father would lift me high
 And dance with my mother and me and then
 Spin me around till I (1) _____
 Then up the stairs he would carry me

And I knew for sure I was loved
 If I could get another chance
 Another walk
 Another dance with him.
 I’d (2) _____ that would never, ever end
 How I love, love, love
 To dance with my father again



When I and my mother would disagree
To get my way I would (3) _____
He'd make me laugh just to comfort me
Then finally make me do just what my mama said
Later that night when I was asleep
He (4) _____ under my sheet

Never dreamed that he would be gone from me
If I could steal one final glance
One (5) _____
One final dance with him
I'd play a song that would never, ever end
'Cause I love, love, love
To dance with my father again

Sometimes I'd (6) _____
And I'd hear how my mother cried for him
I pray for her even more than me
I pray for her even more than me
I know I'm praying so much too much
But could you (7) _____ the only man she loved
I know you don't do it usually
But dear lord she's dying
To dance with my father again

(8) _____ I fall asleep this is all I ever dream