



普通高等教育“十一五”国家级规划教材

# NEW ESSENTIAL COLLEGE ENGLISH

## 新起点

[修订版]

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## 大学基础英语教程

总主编：杨治中 主 编：吴鼎民



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学习方法  
与阅读

外语教学与研究出版社  
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS



普通高等教育“十一五”国家级规划教材  
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NEW ESSENTIAL  
COLLEGE ENGLISH

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[修订版]

# 新起点 大学基础英语教程

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# 前言

高职高专教育是我国高等教育的一个重要组成部分，高职高专学生是我国大学生中一个十分重要的群体。针对这一学生群体的特点，教育部于2000年颁布了《高职高专教育英语课程教学基本要求》（试行）（简称《基本要求》）。该《基本要求》明确指出，高职高专的英语教学应该以培养学生实际运用语言的能力为目标，突出教学内容的实用性和针对性。

根据《基本要求》的这一指导思想，外语教学与研究出版社组织编写了《新起点大学基础英语教程》系列教材。这套教材自2004年出版以来，被众多高职高专院校采用，作为提高学生英语综合应用能力的主要教材，受到师生的广泛好评。近年来，随着我国社会与经济的发展，国家对高职高专院校人才培养提出了更明确的要求，高职高专院校的英语教学改革也在不断深入。面临新的发展和新的要求，《新起点大学基础英语教程》的编者遵循教育部的指导方针，结合实际使用中的反馈意见，经过认真细致的调研、策划与筹备，对第一版教材进行了认真修订，以满足新形势下高职高专英语教学的需求。

为配合高职高专院校的教学安排，《新起点大学基础英语教程》（修订版）每册调整为10个单元，删除并更换了部分选篇。其中《读写教程》还重新编写了语法内容，应用英语写作的教学从第一册开始。此外，《读写教程》和《听说教程》还配备了助学光盘，使该套教材更加立体化。

《新起点大学基础英语教程》（修订版）设1—4级，供两个学年使用。每一级别均由《读写教程》、《听说教程》、《学习方法与阅读》和《自主综合训练》组成。与教材配套的还有录音带、学习光盘、电子课件和试题库，各院校可根据实际需要选择使用。

编者

2008年9月



# 编写说明

本教材属于《新起点大学基础英语教程》中的学习方法与阅读系列，与读写系列、听说系列话题融通，技能互补，构成一个整体。

本册共 10 个单元，每个单元由 5 个板块构成。第一板块是微型讲座 (Mini-lecture)，主要介绍学习方法，回答英语学习过程中的常见问题，并提出一些有效的建议，目的是指导学生学学习。第二板块是阅读实践 (Reading Practice)，每单元 4 篇短文，内容围绕同一个话题，目的是使学习者通过阅读增加词汇量，开阔视野，逐步掌握阅读方法。第三板块是中英文对照阅读 (Bilingual Reading)，内容多为中国文化知识，旨在使学习者了解有关中国文化的英文表达方式，提高应用英语的能力。第四板块是格言警句 (Famous Sayings)。每单元选取了 5 句短小精炼、值得背诵的英语成语或古今中外的名人名言，希望学习者在诵读过程中既培养英语语感，又能启迪智慧，感悟人生。第五板块是看电影学英语 (Film Clips)。节选了一些经典和流行的英文电影片断，目的在于引导学生通过看电影听台词，既劳逸结合，寓学于乐，又能了解和学学习鲜活的英语口语。

本书注释详细，配有总词汇表，每单元的练习答案都附在书后，便于在课时不够的情况下由学生自主学习。

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# Unit One

# 微型讲座

Mini-lecture

## 自主学习与目标管理

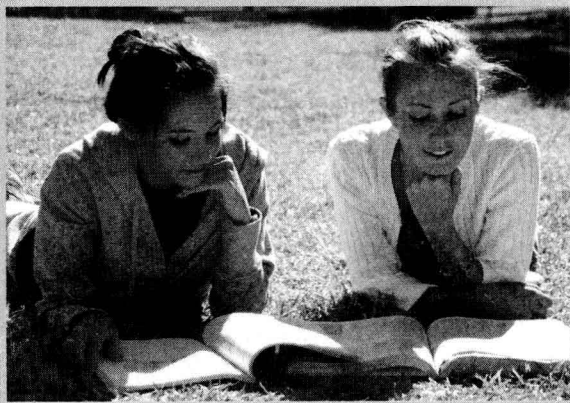
随着学习型社会的到来，自主学习成为国内外教育学和心理学研究的热点。自主学习，顾名思义，就是不依赖于别人独立自主地学习。有了一定的自主学习能力，学生就不再是被动地接受知识的机器，而是能够主动学习的主人。他们会用科学的方法积极探求知识，敢于质疑问难，其个性也能得以充分发展。

自主学习是指在老师的指导下，学生根据自己的学习基础和特点，自主制定学习计划。就像老师上课时要有教案一样，学生学习也要有自己的“学案”。“学案”应该在老师的指导下自己制定。它包括学习目标、学习内容、学习方式、学习策略、学习场所以及学习所需要的材料。自主学习要求学生不仅有较强的自学能力，同时还要有合理分配学习时间、及时反馈学习效果、恰当调节学习行为的能力。

自主学习的基本操作过程是：确定学习目标→制定学习计划→明确学习内容→选择学习方法和策略→监控学习过程→评价学习结果。

自主学习可以采用“目标管理”（Management by Objectives，简称为MBO）。这个具有划时代意义的概念是由现代管理大师彼得·德鲁克（Peter F. Drucker）在1954年提出的。“目标管理”已成为当代管理学的重要组成部分。它的主要贡献之一就是它使得我们能自我控制的管理来代替由别人统治的管理。德鲁克认为：组织的目的是使平凡的人做出不平凡的事。

检验“目标管理”的有效性可以用以下方法：Specific（详细而明确的），Measurable（可测量的），Achievable（可完成的），Realistic（现实的），Time-related（有时限的），其缩写为SMART。



管理是一种实践，其本质不在于“知”，而在于“行”。下面就让我们把“目标管理”用于自主学习吧。

学生可以按如下方法制定一个周的学习计划：

学习目标：扩大词汇量，并学会使用常用单词。

学习计划：每周75个单词，平均每天15个（周一至周五），周末复习。

学习内容：本周学习的课文中出现的 B 级和 A 级新单词。

学习方法和策略：通读课文，抄下新单词，写在词卡上（参见第二册第 1 单元的微型讲座：怎样记忆单词？）。每天早晨上课前大声朗读 20 遍，并说出中文意思；下午抄写 20 遍；晚上默写一遍。选取你认为最重要的 5 个单词各造一个句子，并把句子念出来。每天如此，周末总复习。

监控学习过程：每天记录学习结果，记下全部掌握的（会读、知道中文意思、会写）单词数量，把没有掌握的单词放在第二天的学习计划中。每周统计一次学习成果，把没有掌握的单词放在下一周的学习计划中。

评价学习结果：选定一本难度合适的考试题，每两周做一份试卷，看看成绩有无提高。

### 即学即练

按照上面的操作过程，制定一份听力自主学习计划（包括听教材的课文录音和电影剪辑等）。

# 阅读实践

## Reading Practice

### 1

### Duties of Students

Students will make the most intelligent members of the society. It is necessary for them to prepare for shouldering the responsibilities that will fall upon them in the course of time. Wisdom and foresight urge all students to perform their duties well. That is why every student has to make the best use of his or her school days.

As future masters of the society, students must get prepared for a strenuous life. In other words, it is their lot to face life's hardships. One who is bodily weak cannot hope to have great success. It is very important, therefore, for students to develop fully their physical prowess by taking regular exercise.

To render themselves really useful, students are expected to specialize along some line of study. Their ambition should be to know everything about something rather than to know something about everything. The 21st century has no place for those who have no special knowledge or training.

Moreover, students must cultivate the habit of self-research. This means that they should not rely upon their teachers or textbooks. The world is full of truths. Classroom work alone will not make one achieve much towards the goal of perfection. Students should rely upon their own efforts and try to be active seekers of knowledge if they expect to enter upon a successful career.

## Notes

- |  |  |
|--|--|
| 1. intelligent /m'telɪdʒənt/ <i>adj.</i> 聪明的, 有才智的 | 7. render /'rendə(r)/ <i>vt.</i> 使得, 使成为       |
| 2. shoulder the responsibility 承担责任                | 8. specialize /'speʃəlaɪz/ <i>vi.</i> 专攻, 专门研究 |
| 3. in the course of time 终于, 总有一天                  | 9. ambition /æm'bɪʃən/ <i>n.</i> 雄心, 野心        |
| 4. strenuous /'strenjuəs/ <i>adj.</i> 艰苦的          | 10. cultivate /'kʌltɪveɪt/ <i>vt.</i> 培养       |
| 5. lot /lɒt/ <i>n.</i> 命运; 份额                      | 11. perfection /pə'fekʃən/ <i>n.</i> 尽善尽美, 完美  |
| 6. prowess /'praʊɪs/ <i>n.</i> 杰出的才能 (或技巧), 高超的本领  |  |

1. Choose the best answer for each of the following questions.

- The sentence "Students will make the most intelligent members of the society." means "\_\_\_\_\_".
  - Students will produce or create future generations who are very bright and clever
  - Students will clone the most intelligent citizens for the future society
  - Students will become the brightest part of the future society
  - Students will become college teachers to cultivate talents for the society
- According to the passage, young students should be prepared to lead a \_\_\_\_\_ life in the future.
 

A. tough            B. happy            C. miserable        D. simple
- To make themselves really useful for the future society, students are supposed to \_\_\_\_\_.
  - be very strong by taking regular exercise
  - have specialized knowledge in a certain field
  - become advanced blue-collar workers
  - be ambitious in their line of study
- What does the sentence "Their ambition should be rather to know everything about something than to know something about everything." mean?
  - Students should have the desire to study widely and to know everything, not just something.
  - Students should be so ambitious as to master everything, instead of knowing something about a certain subject.
  - Students should have the ambition to know everything, not just some line of study.
  - It is better for students to have a specialized knowledge of a certain field than to have a little knowledge of many fields.
- According to the passage, if a student wants to be successful in his future career, which piece of advice is he expected to follow?
  - He should do his research all by himself.
  - He should rely more upon his teachers or textbooks for knowledge and future development.
  - He should be an independent and active researcher and a seeker of knowledge.
  - He should rely upon classroom work alone for the goal of perfection.

## II. Choose the best answer to complete each of the following sentences.

1. Living at college, first of all, gives me a sense of \_\_\_\_\_, of being on my own.  
A. humor            B. experience            C. responsibility            D. claim
2. It \_\_\_\_\_ John as an only child to support his mother after his father died.  
A. fell upon            B. took the responsibility  
C. shouldered the responsibility            D. prepared for
3. He is a man with \_\_\_\_\_ habits, doing the same thing at the same time every day.  
A. usual            B. regular            C. certain            D. frequent
4. Such good fortune falls to the \_\_\_\_\_ of few men.  
A. fate            B. lot            C. misfortune            D. promise
5. The reason nations trade with one another is that it pays to \_\_\_\_\_. Specialization makes the best use of a country's productive resources—its natural resources.  
A. specialize            B. trade            C. produce            D. export
6. An accident has \_\_\_\_\_ him helpless.  
A. tended            B. saved            C. given            D. rendered
7. He tries to \_\_\_\_\_ the sort of people who may be useful to his business in the future.  
A. form            B. render            C. research            D. cultivate
8. His curiosity about the surroundings led him to a \_\_\_\_\_ in science.  
A. career            B. way            C. dream            D. road
9. If you had had more \_\_\_\_\_, you would have saved yourself much trouble.  
A. sight            B. proposal            C. foresight            D. view
10. Michael Jordan is famous for his \_\_\_\_\_ with basketball.  
A. business            B. feeling            C. job            D. attitude

## III. Writing

As a future master of the society, you are supposed to take responsibilities. To perform your role successfully, what preparations are you going to make? Write an essay of 120 words to tell about your plan.

## 2

### Attendance and Academic Progress

The best way to learn English is to come to class regularly and to do your homework. If you miss several days of classes, for any reason, you cannot keep up with the other students. The Language and Cultural Center (LCC) is a serious academic program in intensive English and wants all of its students to succeed. Therefore, students are expected to attend all classes regularly, do all classroom assignments, meet all class requirements, and make academic progress. Students who do not meet these standards may be placed on academic probation. Students placed on academic probation will meet with their teachers and with either or both the associate director and foreign student advisor. Students will be informed in writing of the terms and length of their probation.

Students who have 30 hours of absence are in danger of being placed on academic probation.

Students failing to meet the terms of their probation will be terminated from the LCC for the remainder of the semester. This is also likely to result in the loss of students' status with the US Immigration and Naturalization Service.

Students who have 50 hours of absence will not receive a Certificate of Successful Completion and will be terminated from the program.

If a student is absent for ten consecutive days with no explanation, the student will be terminated automatically from the program.

### Notes

- |  |   |
|--|---|
| 1. attendance /ə'tendəns/ <i>n.</i> 出勤         | 3. terminate /'tɜ:mɪneɪt/ <i>v.</i> 停止, 结束    |
| 2. probation /prəʊ'beɪʃən/ <i>n.</i> 试用(期); 察看 | 4. consecutive /kən'sekjətɪv/ <i>adj.</i> 连续的 |

- I. Choose the best answer for each of the following incomplete statements.
- According to the passage, attending classes regularly and finishing assignments is \_\_\_\_\_.
    - the best way to learn English
    - an unnecessary way to learn English
    - a personal way to learn English, not necessarily suitable for others
    - the most important and only way to learn English
  - The result of your absence from classes for several days is that \_\_\_\_\_.
    - you will be unable to get a diploma
    - you will be placed on academic probation
    - you will be unable to keep up with the class
    - you will be terminated from the LCC
  - If a student at the LCC \_\_\_\_\_, he will be placed on academic probation.
    - meets all class requirements
    - attends all classes regularly
    - does all classroom assignments
    - fails to make academic progress
  - If a student at the LCC misses \_\_\_\_\_, he is likely to be placed on academic probation.
 

A. a week's classes	B. 30 hours' classes
C. a term's classes	D. 50 hours' classes
  - Students' failure to meet the terms of their probation will directly result in \_\_\_\_\_.
    - termination from the center for the remainder of the semester
    - loss of students' status with the US Immigration and Naturalization Service
    - departure from the USA
    - not receiving a Certificate of Successful Completion

II. Complete the following flow-charts of actions and their consequences by choosing the appropriate consequence from the list given below. (You may use any consequence more than once.)

- A. will be terminated from the program
- B. may lose students' status with the US Immigration and Naturalization Service
- C. will receive advice and counseling
- D. may be put on academic probation

Students who frequently  
fail to complete their  
homework

→     1     and →     2    

Students who do not  
meet the terms  
of their probation

→     3     and →     4    

Students absent  
for 30 hours

→     5    

Students absent  
for 50 hours

→     6     and →     7    

III. Choose the best answer to complete each of the following sentences.

1. Nowadays mass media can keep us \_\_\_\_\_ of the latest news and developments.  
A. informing      B. inform      C. informed      D. to be informed
2. It was his long time of absence from class that \_\_\_\_\_ his failure in the exam.  
A. resulted from      B. resulted in      C. happened to      D. led into
3. She studied hard in order to \_\_\_\_\_ her classmates.  
A. keep up      B. keep at      C. keep out      D. keep up with
4. He is the municipal government's \_\_\_\_\_ on the environmental problem.  
A. advice      B. advising      C. advisor      D. advises
5. The professor expected us to complete our class \_\_\_\_\_ right now.  
A. assessment      B. assignment      C. exception      D. access
6. The clothes a person wears may show his \_\_\_\_\_ or social position.  
A. curiosity      B. determination      C. status      D. significance
7. We're writing to express our regret of not being able to meet your \_\_\_\_\_ stated in your letter dated on September 30.  
A. determination      B. assignments      C. specials      D. terms
8. After a period of \_\_\_\_\_, he became a regular member of the club.  
A. probation      B. observation      C. trial      D. examination
9. His membership will be \_\_\_\_\_ due to his absence from yesterday's meeting.  
A. eliminated      B. destroyed      C. terminated      D. finished



10. She is critically ill and \_\_\_\_\_ losing her life.  
 A. in trouble of      B. in danger of      C. in difficulty of      D. in terms of

## 3 The Teacher-student Relationship

Many instructors believe that an informal, relaxing classroom environment is helpful to learning and improvement. It is common for students to have easygoing and friendly relationships with their professors. The informal professor is not necessarily a poor one and is still respected by students. Although students may be in a lower position, some professors treat them as equals. However, no matter how equal professors would like to be, they still are in a position of power.

Professors may establish social relationships with students outside of the classroom, but in the classroom they keep the instructor's role. A professor may have coffee one day with students but the next day expect them to meet a deadline for the submission of a paper. Professors have several roles in relation to students; they may be counselors and friends as well as teachers. Students must realize that when a teacher's role changes, they must appropriately adapt their behaviour and attitudes.

Many teachers believe that the responsibility for learning lies with the student. The ideal student is considered to be one who is motivated to learn for the sake of learning, not the one interested only in getting high grades.

Professors will help students who need it, but prefer that their students not be overly dependent on them. In the United States, professors have other duties besides teaching. Often they are responsible for administrative work within their departments. In addition, they may have to publish articles and books. Therefore the time that a professor can spend with a student outside of class is limited. If a student has problems with classroom work, the student should either approach a professor during office hours or make an appointment.

### Notes

- |   |  |
|---|--|
| 1. easygoing /'i:zɪgəʊɪŋ/ <i>adj.</i> 平易近人的           | 4. motivate /'məʊtɪveɪt/ <i>v.</i> 激发……的积极性<br>(或学习兴趣) |
| 2. submission /səb'mɪʃən/ <i>n.</i> 提交                | 5. overly /'əʊvəli/ <i>adv.</i> 过度地                    |
| 3. counselor /'kaʊnsələ(r)/ <i>n.</i> (学生) 辅导员;<br>顾问 |  |

1. Choose the best answer for each of the following questions.
- Which of the following statements is true?
    - Many teachers in the United States prefer to be informal with students in class because they want to please their students.
    - Many teachers in the United States think that a relaxing classroom environment does not help students to learn better.
    - Many teachers in the United States believe that students can learn better and be more creative in an informal atmosphere.