

# STAR好学英语拓展课程系列

丛书主编 应建芬 唐艳芳

## 美文诵读 与 听说实战

Essays for  
Recitation and  
Dictation

主编◎应建芬 丁笑微



ZHEJIANG UNIVERSITY PRESS

浙江大学出版社

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应建芬 丁笑微 主编

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## 前 言

“STAR 好学英语拓展课程系列”依托浙江师范大学 2014 年度校级重点教材建设项目“STAR 特色大学英语拓展课程系列教材”,应用 2010 年度浙江省新世纪教改项目“‘FRIENDS’教育理念下‘大学英语听说、综合课程 2+3 教学模式’的改革与实践”与 2013 年度浙江省课堂教学改革项目“‘SPORTS’理念下基于校园网的大学英语听说课程教学模式改革”两大省级教改项目的结题成果,旨在紧密结合教育国际化与数字化时代发展特征,大力满足学生个性化与专业化发展需求,全面构建富含 STAR 特色的拓展类课程教学资源。

“STAR 好学英语拓展课程系列”阐释 STAR 内涵,遵循多元性、动态性和广博性的编写理念:

### 1. 能力多元性

S 代表技能和策略(Skills and Strategies),T 代表思考(Thinking),A 代表实际应用(Application),R 代表知识重构再生(Reproduction)。STAR 教材的文本和文本解构的教学活动旨在把师生从应试型主导思想解放出来,为学生由浅入深提升能力,发展多元智力服务。

### 2. 生成动态性

S 代表以学习者为主体(Student-centered),从学生的个性化需求出发,从学生的专业化发展出发,从学生成长为具有国际视野的中国

公民的育人目标出发,让学生在教材使用中发挥主体作用,赋予教材个性化的解读。

T 代表教师作为教材建构者(Teacher as Curriculum Constructer)。教师从传统的教材输送者和教材中介的角色转换到教材的建构者,将教师的教学生活与教材有机融合,实现教师即课程的理念。

AR 代表教学行动研究(Action Research)。采用探究式和研究型的学习方式使教学活动从简单的教和学发展到对相关话题的深入探讨和研究。STAR 教材的使用过程致力于教师与学生一起开展与教材的对话,使原本文本化的静态的教材,通过教师和学生的教与学的活动,成为一个动态生成的过程,增强交际互动性,使教材成为师生理解世界、对话世界的媒介,提高师生的专业素养,促使师生进行教研活动。

### 3. 资源广博性

S 代表科学(Science),T 代表技术(Technology),A 代表艺术(Art),R 代表各类资源(Resources)。教材的选材注重人文素养与科学素养并重,数字资源与科学技术结合,篇章类型多样,语言情境丰富,实现立体化和数字化的建构。

## 编者的话

语言是有声的,所以语言的积累是听和说的积累。

语言是有形的,所以语言的积累是读和写的积累。

语言是有情的,所以语言是唤醒真情、提升心智的媒介。

通过美文诵读,让我们的语言更优美。

通过美文赏析,让我们的认知更丰富。

通过感悟分享,让我们的世界更广阔。

《美文诵读与听说实战》一书精心挑选与编辑 100 篇寓意深刻的文章,涵盖了人生目的意义、人生价值的实现等系列主题。学习者在美文的海洋中遨游,感悟自尊自爱、勤奋执着、善良友爱、坚强勇敢和积极进取,体验认识自我、发现自我、改变自我和实现自我的精彩生命旅程。同一主题下包含难度各异的多篇美文,并配以实用契合的听说训练,实现真正把英语作为感知世界、对话世界的工具的目的。其中听写练习设计基于大学英语四、六级核心语言点,重复滚动,有助于学生运用和提升大学英语核心语言技能。口语训练编写参照雅思、托福、全国大学生英语竞赛等口语考题形式,内容上尤其观照当下社会现实与中国传统文化,有助于学生拓宽和训练批判性思辨能力。

“一本书”带走“一个课堂”。本书采用立方书的创新教材形态,通过互联网、移动互联网技术,以嵌入二维码的纸质教材为载体,每一篇

美文对应一个音频二维码,配套手机端应用、PC端平台,将教材、课堂、教学资源三者融合,营造教材即课堂、即教学服务、即教学环境的产品生态,读者可随时随地进行学习、交流与互动。该书既可作为大学英语拓展课程听说类课程教材,也可供高水平高中生、大学生、研究生以及其他英语学习爱好者自主学习使用。希冀通过经典美文的诵读与赏析,学习者能获得理性的知识,提高感性的认知能力,从而达到智商与情商的协调发展。

该书编写过程中,浙江师范大学外国语学院英本155班25位同学参与了美文听抄、录音与文本核对、听写答案审校等多项工作,在此特别鸣谢。谨向100篇美文的原作者致以最崇高的敬意。本书必有疏漏与不妥之处,敬请专家、同行和教材使用者批评指正,使其日臻完善。

应建芬

2016年1月28日

于芙蓉峰畔

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## Passage 1 The True Nobility



In a calm sea every man is a 1 \_\_\_\_\_. But all sunshine without shade, all pleasure without pain, is not life at all. Take the lot of the happiest—it is a tangled yarn. Bereavements and 2 \_\_\_\_\_, one following another, make us sad and blessed by turns. Even death itself makes life more loving. Men come closest to their true selves in the sober moments of life, under the 3 \_\_\_\_\_ of sorrow and loss.

In the 4 \_\_\_\_\_ of life or of business, it is not intellect that tells so much as 5 \_\_\_\_\_, not brains so much as heart, not genius so much as self-control, patience, and 6 \_\_\_\_\_, regulated by 7 \_\_\_\_\_. I have always believed that the man who has begun to live more 8 \_\_\_\_\_ within begins to live more simply without. In an age of extravagance and waste, I wish I could show to the world how few the real wants of 9 \_\_\_\_\_ are. To regret one's 10 \_\_\_\_\_ to the point of not 11 \_\_\_\_\_ them is true repentance.

There is nothing noble in being 12 \_\_\_\_\_ some other man. The true 13 \_\_\_\_\_ is in being 14 \_\_\_\_\_ your 15 \_\_\_\_\_ self.

### Points for further thinking and discussion:

1. What do you know about the author Ernest Miller Hemingway?
2. What is the true nobility according to the article? To what degree do you agree or disagree with it?

3. What is your understanding or interpretation of the true nobility?
4. In Chinese expression, “富贵” are always put together. Do you think they mean the same thing? Why or why not?
5. Please comment on “The man who has begun to live more seriously within begins to live more simply without.”
6. Please comment on “No wants, no needs.”
7. Do you agree that the more noble, the more humble?
8. In the class, the pupils are talking about “What do you want to be when you grow up?” “Scientist, doctor, lawyer, teacher, engineer...” are the answers. Then a boy says “I want to be me.” All the others laugh at him. If you were the teacher, what would you say and what would you do?



## Passage 2 The Genuine Heroes

Like many of my 1 \_\_\_\_\_, I have a weakness for 2 \_\_\_\_\_. At some point, however, we all begin to question our heroes and our need for them. This leads us to ask: What is a hero?

3 \_\_\_\_\_ in cultures, heroes around the world generally share a number of 4 \_\_\_\_\_ that instruct and 5 \_\_\_\_\_ people.

A hero does something worth talking about. A hero has a story of adventure to tell and a 6 \_\_\_\_\_ who will listen. But a hero goes beyond 7 \_\_\_\_\_ fame.

Heroes serve powers or 8 \_\_\_\_\_ larger than themselves. Like high voltage 9 \_\_\_\_\_, heroes take the energy of higher powers and step it down so that it can be used by ordinary people.

The hero lives a life 10 \_\_\_\_\_. Those who imitate a 11 \_\_\_\_\_ hero experience life with new depth, 12 \_\_\_\_\_, and meaning. A sure test for would be heroes is what or whom do they serve? What are they willing to live and die for? If the answer or 13 \_\_\_\_\_ suggests they serve only their own fame, they may be famous persons but not heroes. Madonna and Michael Jackson are famous, but who would claim that their fans find life more 14 \_\_\_\_\_?

Heroes are catalysts for change. They have a 15 \_\_\_\_\_ from the mountain top. They have the skill and the charm to 16 \_\_\_\_\_. They create new possibilities. Without Gandhi, India might still be part of the British Empire. Without Rosa Parks and Martin Luther King, Jr., we might





still have 17 \_\_\_\_\_ buses, restaurants, and parks. It may be possible for 18 \_\_\_\_\_ to occur without leaders with magnetic 19 \_\_\_\_\_, but the pace of change would be slow, the vision uncertain, and the 20 \_\_\_\_\_ meetings endless.

### Points for further thinking and discussion:

1. What is a hero according to the article?
2. What is your definition of the hero?
3. Do you think the definitions of the hero changes in the past and at present? How about the people's attitude toward the heroes?
4. Who do you think young children admire nowadays? Who did your grandparents or parents admire when they were young?
5. Do you have a favorite idol? Why do you admire him/her most?
6. Who is your favorite film/sports/movie/star? Why do you like him or her?
7. What kind of people become famous people these days?
8. What are the differences between achievements that make people famous in the past and at present?
9. Have you heard the song "Hero" by Mariah Carey? Which lines impress you most?
10. Please comment on the lines "So when you feel like hope is gone, look inside you and be strong. And you'll finally see the truth that a hero lies in you."



## Passage 3 The Definition of a Gentleman

Hence it is, that it is almost a 1 \_\_\_\_\_ of a gentleman, to say he is one who never inflicts pain. This 2 \_\_\_\_\_ is both refined and, as far as it goes, 3 \_\_\_\_\_. He is mainly occupied in 4 \_\_\_\_\_ removing the 5 \_\_\_\_\_ which 6 \_\_\_\_\_ the free and unembarrassed action of those about him; and he concurs with their movements rather than takes the 7 \_\_\_\_\_ himself. His benefits may be considered as parallel to what are called comforts or 8 \_\_\_\_\_ in arrangements of a personal nature: like an easy chair or a good fire, which do their part in dispelling cold and 9 \_\_\_\_\_, though nature provides both means of rest and animal heat without them.



He is never mean or little in his 10 \_\_\_\_\_, never takes unfair advantage, never mistakes 11 \_\_\_\_\_ or sharp sayings for arguments or insinuates evil which he dare not say out. From long-sighted prudence, he observes the maxim of the 12 \_\_\_\_\_ sage, that we should ever conduct ourselves towards our enemy as if he were one day to be our friend.

He has too much good sense to be affronted at insults, he is too well 13 \_\_\_\_\_ to remember injuries, and too engaged to bear malice. He is patient, tolerant, and resigned, on philosophical 14 \_\_\_\_\_; he submits to pain, because it is inevitable, to the death of family members, because it is irreparable, and to death, because it is his





15 \_\_\_\_\_.

If he 16 \_\_\_\_\_ controversy of any kind, his disciplined intellect preserves him from the blundering discourtesy of better, though less educated minds; who, like blunt weapons, tear and hack instead of cutting clean, who mistake the point in argument, waste their strength on trifles, misconceive their adversary, and leave the question more 17 \_\_\_\_\_ than they find it.

He may be right or wrong in his opinion, but he is too clear-headed to be unjust; he is as simple as he is forcible, and as brief as he is decisive. Nowhere shall we find greater candor, 18 \_\_\_\_\_, indulgence; he throws himself into the minds of his opponents, he 19 \_\_\_\_\_ their mistakes. He knows the weakness of human reason as well as its 20 \_\_\_\_\_, its province and its limits.



### Points for further thinking and discussion:

1. What kind of people can be regarded as gentlemen according to the article? What is your definition of the gentleman?
2. What typical features or characters does a gentleman have in your opinion?
3. Who is/are the real gentleman/gentlemen in your mind? Please say something about him/them.
4. Have you read the book or watched the movie *Pride and Prejudice*? How do you think about Mr. Darcy? Is he a gentleman?
5. In your opinion what a gentleman value most in his life?
6. What can be done to help build and cultivate people's character?
7. How will you explain Chinese “君子” to foreign friends?
8. In your opinion, what the similarities and differences are between the English “gentleman” and Chinese “君子”?