

《大学英语》(修订本)教学光盘图书版系列

大学英语(修订本)精读

读

教学光盘图书版

第

1

册

上海外语教育出版社



精读  
大学英语  
教学光盘图书版

College English  
On CD-ROM

(Book Edition)

*Intensive Reading*

华南理工大学外语系 编

第 1 册

(修订本)

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# College English On CD-ROM (Book Edition)

# 大学 英语

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## 前 言

《大学英语》(修订本)精读多媒体教学与辅导光盘1—4册于1998年由上海外语教育出版社出版,到2000年底已发行数万套。自出版以来,这套光盘受到国内外英语教育专家及计算机辅助教学专家的高度评价,受到全国高校师生的热烈欢迎,已被全国数百所高校作为教学手段改革与更新的第一手教材使用,并取得了良好的教学效果。该套光盘于2001年获国家级高校优秀教学成果二等奖,广东省优秀教学成果一等奖。

这套多媒体教学光盘是以语言习得理论为基础,以教育部颁发的《大学英语教学大纲》为依据,按照交互式教学法原则,将多媒体技术与我国高校大学英语教学实践全面结合起来的结晶。研制《大学英语》(修订本)精读多媒体教学与辅导光盘1—4册的指导思想是:“突破传统教学模式,丰富课堂教学手段,解决师资短缺矛盾,提高大学英语教学质量。”实践证明:这套多媒体教学光盘突破了传统教学模式,从多种途径丰富了课堂教学手段,不仅有助于提高大学英语教学质量,而且可以在一定程度上缓解当前我国大学英语师资短缺的困难。

《大学英语》(修订本)精读多媒体教学与辅导光盘1—4册是在国优教材《大学英语》(修订本)精读1—4册(著名英语教育家董亚芬教授任总主编;上海外语教育出版社出版)的基础上研制开发的。光盘的课文取自《大学英语》(修订本)精读教材1—4册,其它内容均由课题组人员参照该教材自己撰写和开发。

本套丛书系该多媒体教学与辅导光盘的文字版。其用途有二:一是辅助教师课堂教学,为教师提供丰富的供备课和课堂讲解使用的语料,以便减轻教师的工作强度;二是方便学生课下自学,实现课堂应用与课下自学相结合。而对于那些目前还不具备使用多媒体光盘条件的学校、教师、学生和英语自学者而言,光盘文字版则是一套运用全新教学模式开展《大学英语》(修订本)(精读)教学的辅导资料。

丛书共分4册,与4册光盘配套。每册包括三个主要部分:1. 课文讲解,2. 巩固提高,3. 阶段测试。

课文讲解(Presentation)部分是按照大学英语教学大纲的要求及多数教师经常采用的教学过程而设计的,内容包括“文化背景”、“词汇”、“语言点”、“篇章结构”、“课文翻译”(文字部分)、“课文朗读”及“英文歌曲”(录音部分)等七个部分。这七个部分包括了英语课堂教学的各个环节,涵盖了从词语到句子再到语篇三个层次的教学全过程。因此课文讲解部分既能从不同层次为教师开展“以学生为中心”的课堂教学活动提供便利条件,也能从不同的角度引导学生开展自学活动。

巩固提高(Consolidation)是课文的练习部分,旨在帮助学生巩固在课文讲解部分所学的知识,加强听、说、读、写诸方面的技能训练。本部分包括“听力理解”、“重点词和短语操练”、“语法结构”、“完形填空”和“写作”等五项练习。各项练习均设计成“主观题”形式,即学习者必须经过独立思考方能完成各项练习。这就避免了简单的“客观多项选择题”的练习方式,能帮助学生准确掌握知识和习得技能。为了培养学生规范而恰当地运用英语的良好习惯,各项练

## 前 言

习均提供了必要的解题指导。

**阶段测试**(Progress Check)部分旨在检查学生对课文掌握的情况,属于“学业测试”(Achievement Test)类型的学习活动。重点检测学生在课文讲解部分学习过并在巩固提高部分练习过的内容,每两个单元进行一次测试,每册均有五个测试。测试内容包括“听力理解”、“词汇”、“语法结构”和“完形填空”四项。阶段测试设计成客观型的多项选择题。

由于本丛书是基于多媒体教学辅导光盘的文字版,它弥补了光盘版中资料不能复制、不能修改或补充等不足之处,因此对使用大学英语多媒体教学与辅导光盘的教师和学生也具有使用价值。如能把光盘与本丛书结合起来使用,当是最佳的选择。

本丛书由华南理工大学外语系《大学英语》精读(修订本)教学与辅导光盘课题组集体编写,由上海外语教育出版社出版。由于是第一次从事这样的光盘开发研制与文字配套工作,我们的水平有限,又缺乏经验,疏漏之处在所难免,敬请读者批评指正。

编 者  
2001年9月

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# UNIT ONE

## PART ONE PRESENTATION

### Text

*Want to know how to improve your grades without having to spend more time studying? Sounds too good to be true? Well, read on ...*

### HOW TO IMPROVE YOUR STUDY HABITS

- 1 Perhaps you are an average student with **average intelligence**\*. You do well enough in school, but you probably think you will never be a top student. This is not necessarily the case, however. You can receive better grades if you want to. Yes, even students of average intelligence can be top students without additional work. Here's how:
- 2 1. Plan your time carefully. Make a list of your weekly tasks. Then make a schedule or chart of your time. Fill in\*\* committed time such as eating, sleeping, meetings, classes, etc. Then decide on good, regular times for studying. Be sure to set aside enough time to complete your normal reading and work assignments.
- 3 Of course, studying shouldn't occupy all of the free time on the schedule. It's important to set aside time for relaxation, **hobbies**, and entertainment as well. This weekly schedule may not solve all of your problems, but it will make you more aware of how you spend your time. Furthermore, it will enable you to plan your activities so that you have adequate time for both work and play.
- 4 2. Find a good place to study. Choose one place for your study area. It may be a desk or a chair at home or in the school library, but it should be comfortable, and it should not have distractions. When you begin to work, you should be able to

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\* 参见本书 Cultural Information

\*\* 参见本书 Expressions to Drill



## UNIT ONE

concentrate on the subject.

- 5 3. Skim before you read. This means looking over a passage quickly before you begin to read it more carefully. As you preview the material, you get some idea of the content and how it is organized. Later when you begin to read you will recognize less important material and you may skip some of these portions. **Skimming** helps double your reading speed and improve your comprehension as well.
- 6 4. Make good use of your time in class. Listening to what the teacher says in class means less work later. Sit where you can see and hear well. Take notes to help you remember what the teacher says.
- 7 5. Study regularly. Go over your notes as soon as you can after class. Review important points mentioned in class as well as points you remain confused about. Read about these points in your textbook.
- 8 If you know what the teacher will discuss the next day, skim and read that material too. This will help you understand the next class. If you review your notes and textbook regularly, the material will become more meaningful and you will remember it longer. Regular review leads to improved performance on tests.
- 9 6. Develop a good attitude about tests. The purpose of a test is to show what you have learned about a subject. The world won't end if you don't pass a test, so don't worry excessively about a single test. Tests provide grades, but they also let you know what you need to spend more time studying, and they help make your new knowledge permanent.
- 10 There are other techniques that might help you with your studying. Only a few have been mentioned here. You will probably discover many others after you have tried these. Talk with your classmates about their study techniques. Share with them some of the techniques you have found to be helpful. Improving your study **habits** will improve your grades.

## Words to Drill

### adequate

- a.            1) enough in amount, and good enough in quality 足够的  
— The supply is not adequate to the demand.  
— None of his workers received adequate safety training.
- 2) good enough to be used or accepted 恰当的  
— What she said was a solution adequate to the problem.  
— How do you feel when you couldn't think of an adequate answer to your son's question?

### attitude

- n.            1) a way of feeling, thinking or behaving; opinion 态度;看法

- My cousin held a different attitude to my suggestion.
- We should develop a good attitude about (towards) tests.
- They are adopting our attitude to life.
- 2) the position in which one holds one's body 姿势
- He paid much attention to his attitude when he sang on the stage (舞台).
- He sat in an easy attitude.

**average**

- a.*
- 1) of the usual or ordinary kind or standard; ordinary 平常的;普通的
  - There was nothing special about it; it was only average.
  - Although he is an average student at present, he can be a better one if he has better learning techniques.
  - The average family spends \$ 50 a week on food.
  - In an average week, I watch TV for about 20 hours.
  - 2) 平均的
  - The average age of the students in the class is 19.

**aware**

- a.*
- having knowledge or understanding 知道的;认识到的
  - I wasn't aware that they were in trouble.
  - He became aware that the man sitting opposite him was staring at him intently.

**case**

- n.*
- actual state of affairs or actual condition 事实,实情
  - If you say something is the case, you mean that it is true or correct.
  - He said he had cleaned the floor, and it was really the case.
  - "Is it true that he has lost all his money?"
  - "No, that's not the case."

**concentrate**

- vt. & vi.*
- 1) (cause to) come together in or around one place 聚集,聚结
  - Thousands of people concentrated in the city square.
  - The population of India is concentrated in large cities.
  - Concentrate on your driving!
  - 2) 浓缩
  - He concentrated fruit juice by boiling it.

**confuse**

- vt.*
- mix up in one's mind 搞乱,混淆
  - You must be confusing me with someone else.
  - I often confuse her with her sister because they look very much

## UNIT ONE

alike.

### confused

- a.* mixed up in one's mind; unable to understand what has happened 混淆的, 迷惑的
- I'm still confused although you've explained it three times.
  - There are many crossroads in this city and drivers often get confused.
  - Every time someone explains the Internet to me, I get even more confused.

### confusing

- a.* making sb. feel confused 令人迷惑的
- I found some of the questions really confusing.

### enable

- vt.* to give someone the ability or opportunity to do something 使……能够做……
- EMS (邮件特快专递) enables letters to be delivered more quickly.
  - Your help will enable them to go back to school.
  - The bird's large wings enable it to fly fast.
- allow sb. (to do sth.) 允许某人(做某事)
- The money from my grandmother enabled us to buy the house.

### furthermore

- ad.* besides; in addition 另外; 而且
- He is not intelligent, and furthermore, he is not diligent (勤奋的).
  - The shirt is expensive, and furthermore, it is not of good quality.
  - It's getting dark. Furthermore, it's going to rain.

### helpful

- a.* useful; providing help or willing to help 有益的; 肯帮助的
- She gave us some helpful advice about renting an apartment.
  - I hope the dictionary will be helpful to you.
  - He's always helpful when I'm busy.

### later

- ad.* not now 后来; ……之后; 将来, 以后
- I'm busy right now. I'll speak to you later.
  - She said she would go with me, but I don't know why she changed her mind later.
  - Tom arrived at 8:15; twenty minutes later Jane came.
  - We heard later that he had gone back to Japan.
  - He had no idea what to do later.
- a.* (用于名词前)后来的

- In a later speech, Reagan admitted he had been wrong.
- The meat can be frozen and used at a later date.

**mention**

- vt.* speak or write sth. about 说到;写到;提及
- My father has mentioned her name several times, but I have never seen her.
  - I mentioned the idea to Joan, and she seemed to like it.
  - He mentioned to me that he was going to Beijing during the vacation.
- n.* talking / speaking of sth. briefly (简单的) 陈述,言及,记载
- Did she make any mention of having lost her job?

**necessarily**

- ad.* in a way that must be so; inevitably 必定;必然地
- War necessarily causes unhappiness.
  - Big men are not necessarily strong.
  - Tourism is an industry that has a necessarily close connection with governments.

**occupy**

- vt.* take up; be busy doing 占用; 忙于……
- Though a student's main task is to study, studying should not occupy all his time.
  - Playing football occupies him one hour a day.
  - At the pub, his usual corner seat was occupied.
  - They were occupying themselves in growing their own vegetables.

**organize**

- vt.* form into a whole or make arrangements for (sth.) 组织
- The story would be more interesting if it were organized in another way.
  - How are the contents of the book organized?
  - They organized a meeting to discuss the present situation in their factory.

**organization**

- n.* a group of people with a special purpose, such as a club or business 组织, 团体
- Most big organizations employ their own legal experts.

**performance**

- n.* 1) achievement 成绩
- Jame's performance in the exams was disappointing.
  - Our football team's performance has been excellent during the

## UNIT ONE

whole year.

2) 表演, 演出

— His performance in the play *A Midsummer Night's Dream* was very good.

3) 执行

— She was successful in the performance of her duty.

### purpose

n.

aim 目的, 意图

— I went down the street with no purpose before me.

— The purpose of his visit was to set up a peaceful relationship between the two countries.

— The buildings are now used as a prison, but they were not built for that purpose.

on purpose 故意地

— Is it possible that he broke the window on purpose?

— He went there on purpose, to see what had happened.

### skim

vt. & vi.

1) read quickly 略读

— Skim and get some idea of the material before you read it more carefully.

— Instead of reading the sports news word for word, I skimmed (through) it.

— I didn't have time even to skim (through) the book.

2) move quickly along just above (a surface) 掠过

— I was very excited when I saw many birds skimming (over) the water.

— The gulls (海鸥) were skimming over the waves.

### solve

vt.

find an answer to (a problem, etc.); find a way out of (a difficulty, etc.) 解答; 解决

— This physics problem is too difficult for me to solve.

— Are you able to solve all the problems in this lesson?

— Do you think he can find another way to solve the difficulty?

## Expressions to Drill

### fill in/out

write in; complete sth. by putting in whatever is needed 填写, 填充

— Listen carefully and fill in the numbers you've heard from the tape.

**decide on**

choose from two or more possibilities or make a decision about 选定, 决定

— I've decided on leaving for New York the day after tomorrow.

**set aside**

keep or save for special use or purpose 留出

— Why don't you set aside some money so that you can use it when you're in need?

**be / become aware of**

know sth. ; know (what is happening) 知道, 意识到

— Are you aware of the importance of learning a foreign language?

**concentrate on (upon)**

give all one's attention or efforts, etc. to 全神贯注于

— I can't concentrate on my studies for I'm homesick.

**look over**

read quickly 很快地看一遍

— She looked over the passage and found there weren't many new words in it.

**go over**

review 复习; examine or think about carefully 审查, 仔细查看

— Going over your lessons regularly will help improve your performance on tests.

**lead to**

cause; result in; bring ... about 导致; 引起

— Careless driving often leads to accidents.

## Cultural Information

### 1. Average intelligence

Here "average intelligence" means "normal ability to learn and understand". A student with average intelligence or an average student is a student neither very bright nor very dull who does sufficiently well but wins no distinction.

### 2. Hobby

A leisure-time interest or activity taken up primarily for pleasure. A hobby may involve the development of intricate knowledge of or capability in a special field. For example: stamp-collecting, photography, traveling, and birdwatching.

### 3. Skimming and scanning

Skimming and scanning are two major fast reading skills. These two terms are sometimes used interchangeably. Generally, however, skimming is defined as the ability to identify main ideas while rapidly discarding minor points. Scanning, in contrast, is defined as the ability to locate specific information or facts as rapidly as possible.

### 4. Habit

*Habit*: a tendency to repeat an act again and again, or a behavior pattern that has a

## UNIT ONE

degree of unconscious stubborn repetition. For example: the habit of scratching one's head when thinking, the habit of smoking, the habit of thrift (节俭), a reading habit, and a note-taking habit.

### Reference to the Text

#### 1. Average intelligence

The word "intelligence" may mean many things. The basic meaning is "the capacity to acquire and apply knowledge". Here "average intelligence" means "normal ability to learn and understand". A student with average intelligence or an average student is a student neither very bright nor very dull who does sufficiently well but wins no distinction (声誉). When we say a person is intelligent, we usually mean he or she studies and learns fast, or comes up with clever solutions to problems.

#### 2. Hobbies and Habits

**Hobby**: a leisure-time interest or activity taken up primarily for pleasure. A hobby may involve the development of intricate (复杂的) knowledge of or capability in a special field. For example: stamp-collecting, photography, traveling, and birdwatching.

**Habit**: a tendency to repeat an act again and again, or a behavior pattern that has a degree of unconscious stubborn repetition. For example: the habit of scratching one's head when thinking, the habit of smoking, the habit of thrift (节俭), a reading habit, and a note-taking habit.

#### 3. Skimming and scanning

Skimming and scanning are two major fast reading skills. These two terms are sometimes used interchangeably. Generally, however, skimming is defined as the ability to identify main ideas while rapidly discarding minor points. Scanning, in contrast, is defined as the ability to locate specific information or facts as rapidly as possible. Usually, when you scan for information, you know what you are looking for before you begin.

### Notes to the Language Points

#### 1. This is not necessarily the case, however: (para. 1)

But this is not inevitably (必然地) true.

Examples:

— He thought he had found the right answer, but that was not *the case*.

— "Is it *true* that Mary is leaving tomorrow morning?"

— "No, that's not *the case*."

**2. Here is how: (para. 1)**

The complete sentence is "Here is how students of average intelligence can be top students without additional work." Here "how" is a conjunctive adverb (连接副词) used to introduce a predicative clause which is omitted (省略的) here.

**3. Fill in committed time such as eating ... (para. 2)**

"Committed time" is the time during which a person feels it necessary to do certain things.

**4. Be sure to set aside enough time to complete your normal reading and work assignments. (para. 2)**

You mustn't forget to save enough time to finish the regular reading and homework assigned by the teacher.

**be sure (to do sth.):** not fail / not forget (to do sth.)

Examples:

- *Be sure to* turn off the lights before you leave.
- *Be sure to* hand in your exercise books this afternoon.
- I've never been to Guangzhou before. *Be sure to* meet me at the station.

**5. ... make you more aware of how you spend your time: (para. 3)**

... make you know more about how you spend your time

The pattern of this sentence is: **make sb. + adj.**

— The news made me happy.

**6. ... plan your activities so that you have adequate time for both work and play. (para. 3)**

"So that" is used here to introduce an adverbial clause of purpose (目的状语从句).

Examples:

- Prof. Smith spoke slowly at first *so that* we could follow him easily.
- I got up very early this morning *so that* I could catch the first bus to town.

**7. as well as: (para. 7)**

besides; in addition to 除……之外(还)

- He sent me an old book *as well as* a new one.
- They travelled by night *as well as* by day.
- It is an important matter for you *as well as* for me.

cf. (and ...) as well; too, also

- If you will go, I'll go *as well*.
- They travelled by day and by night *as well*.
- It's important to set aside time for relaxation, hobbies, and entertainment *as well*.

**8. The world won't end ...: (para. 9)**

It doesn't matter much ...



## Organization

### 1. Main idea of each part

Note: para. = paragraph; paras. = paragraphs

The text may be divided into three major parts.

Part I: (para. 1) The author points out that even students of average intelligence can receive better grades or be top students without additional work.

Part II: (paras. 2-9) The author suggests six ways of improving one's study habits if one wants to achieve one's objective.

Part III: (para. 10) The author emphasizes that improving study habits will improve grades.

### 2. Summary

Good study habits, or effective learning techniques, will lead you to a successful college career. In this lesson, the author suggests several simple ways of improving your study habits. They are: 1. Plan your time carefully; 2. Find a good place to study; 3. Skim before you read; 4. Make good use of your time in class; 5. Study regularly and 6. Develop a good attitude about tests. Of course, students may have come up with some helpful learning techniques of their own. The author points out that even students of average intelligence can be top students without additional work, and that improving your study habits will improve your grades.

## Translation

想知道怎样不花更多的时间来提高你的分数吗? 听上去好得难以置信? 那么就请读下去吧……

### 怎样改进你的学习习惯

你也许是个智力一般的普通学生。你在学校的学习成绩还不错,可你也许会觉得自己永远也成不了优等生。然而实际情况未必如此。你要是想取得更好的分数,也还是能做到的。是的,即使中等智力水平的学生,在不增加学习负担的情况下,也能成为优等生。其诀窍如下:

1. 仔细安排你的时间。把你每周要完成的任务一一列出来,然后制订一张作息表或时间分配图。先把用于吃饭、睡觉、开会、听课等这样一些非花不可的时间填上,然后再选定合适的固定时间用于学习。一定要留出足够的时间来完成正常的阅读和课外作业。

当然,学习不应把作息表上的空余时间全都占去,还得给休息、业余爱好和娱乐活动留出一定的时间,这一点很重要。这张周作息表也许解决不了你所有的问题,但是它会让你比较清楚地了解你是怎样使用你的时间的。此外,它还能让你安排好各种活动,既有足够的时间工作,也有足够的时间娱乐。