

新视野

NEW HORIZON
COLLEGE ENGLISH

大学英语

学习指导

沈阳出版社

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新视野大学英语学习指导

1

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前 言

由外语教学与研究出版社出版，郑树棠教授为项目总负责人和教材总主编，全国十几所重点院校的专家、教授参加编写的《新视野大学英语》是教育部“世纪网络课程建设工程”的项目之一。该教材以全新的教学理念为指导，以大纲（修订版）为基础，系统地总结了改革开放以来大学英语的教学经验，综合了国内外许多有影响的教材的长处，编写体例更为严谨，选材更具科学性、合理性和实用性。因此，这套教材一出现立即引起英语教育界的重视并为许多大学所采用。

为了给读者提供一套翔实、可靠的教学参考和自学辅导书，我们编写了这套书。该书与教材同步，分为四册，每册十个单元。每单元由 1. 内容提要；2. 相关知识；3. 重点词汇；4. 难点注释；5. 巩固练习；6. 单元练习详解；7. 参考译文等部分组成。其中课文导读主要对课文内容、文章体裁以及写作特点作了简要介绍。同时提供了必要的背景知识以使读者加深对课文的了解。在重点词汇及巩固练习部分，我们以课文中出现的重点词汇为主，对历年大学英语四、六级考试中出现频率较高的词汇进行了分析归纳，筛选出二十条左右的重点词汇，编选了二十道相应的试题并从记忆法与考点两个方面作了详尽的解释。以期引起读者的注意，达到加深理解，巩固记忆之目的。难点注释部分为本书的重点，该部分不仅对课文中的难句和重点句子用英文作了解释并附有汉语译文。同时对课文中出现的重点词、词组、句型及各种语言现象进行了说明，提供了有关搭配和例句。例句注重准确性、知识性和趣味性。对易混淆的同义词进行了辨析。本书对教材中的练习均作了详细的解析，全部附有汉语译文以方便读者自学。

来自辽宁省内二十多所高校从事英语教育多年、经验丰富的教师参加了本书的编写工作。全书由张志明教授担任总主编。沈阳出版社为本书的问世做了大量的工作。他们积极组织，精心编排，认真校对，在版式和装帧方面颇有创新，为本书增色不少。由于时间仓促及其他条件所限，本书未尽人意之处在所难免，恳请读者不吝赐教。

编 者

2002 年 8 月

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UNIT ONE

Learning a Foreign Language

学 外 语

内容提要

本文为人物传记性记叙文(narrative writing)。文章开宗明义谈到学习外语虽倍尝甘苦却值得为之努力。紧接着作者按时间先后顺序(time sequence)分别叙述了他在初中、高中、大学以及后来网上学习外语的经历及感受。文章条理清楚,层次分明,详略得当,语言简练,通俗易懂,形象生动,使读者感到真实可信。尤其在文章的末尾,作者深有体会地谈到外语学习可以提高一个人的交流能力;帮助人们感悟异域文化;理解努力奋斗的意义,这些观点都是很有见地的。

相关知识

1. 计算机远程教育

计算机远程教育即计算机网上学校,也称为电子学校(cyberschool)或虚拟学校(virtualschool)。这种全新的教育形式将许多优秀的教育资源汇集于网上,使人们不出家门即可接受教育,并取得相应的学位,具有方便、快捷和信息量大等许多特点。因此,许多发达国家和地区都制定了基于 internet 的教育发展战略。在美国,几乎所有的大学都建立了校园网。这些大学和政府部门、大型组织一道,为中小学的师生提供了许多教学、学习、讨论和交流的机会,为他们提供了大量的网络资源。与传统的教育手段相比,计算机教育大致有以下几个优点:(1)网络办学需要很少的教室和实验室等硬件条件;(2)由一位优秀教师,按一套优秀计算机教学软件库组织教学;(3)克服地理及方言上的障碍,建立网上教师培训机制。这种不受时空限制的教学形式不仅可以大大改变一国、一地区的办学条件,提高基础教育水平,同时也给教育理念和思维带来了革命性的变化。

2. 美国的中等教育

美国的中等教育与中国有许多相似之处。比如有三·三制,即初中、高中各三年。当然也有把初高中合为一体的六年制,以及一种四年制(即小学八年,中学四年)。不管如何划分,从小学到高中均为十二年。美国中等教育的一个明显特点是除了传授基础文化知识以外,普遍重视学生们的课外活动,注重学生的兴趣、性格和社会活动能力的培养以及个性的发展。戏剧、体育、航空航海、学生办报等各类课外活动都很普遍。



重点词汇

1. **reward** [ri'wɔ:d] vt. 报答, 酬谢, 奖励 || n. 报答, 奖赏, 报酬, 酬金

【典型考题】For his services the King _____ him a medal.

A. awarded B. granted C. gave D. rewarded

答案 D. 句意: 因他的工作表现, 国王奖给他一枚勋章。reward 为及物动词, 可跟双宾语, 表示对做出杰出贡献、立功或优胜者的奖励, 后接介词 for 表示受奖的原因, 接 with 表示以……为奖励; award 多指官方根据法令判给某人钱物; grant 同意, 准予; give 赠予。

【记忆技巧】相关词: rewarding a. 报答的, 有益的, 值得的; rewardless a. 无报酬的, 徒劳的。

2. **frustrate** [frʌ'streit] vt. 使沮丧, 使灰心, 挫败, 使受挫折

【典型考题】The team's efforts to score were _____ by the opposing goalkeeper.

A. fractured B. flushed C. fluctuated D. frustrated

答案 D. 句意: 对方的守门员使该队进球的努力受挫。fracture 使断裂, 折断; fluctuate 使波动, 使起伏; flush 清除。

【记忆技巧】相关词: frustrated a. 挫败的, 失望的; frustrating a. 令人泄气的, 使人沮丧的。

3. **unlike** [ʌn'laik] prep. 不像, 和……不同

【典型考题】_____ his sister, Jack is quiet and does not easily make friends.

A. Dislike B. Unlike C. Alike D. Liking

答案 B. 句意: 与他的姐姐不同, 杰克很安静, 不轻易交朋友。dislike 不喜欢, 厌恶; alike 相似, 相像的; liking n. 爱好。

4. **access** ['ækses] n. 进入, 通道, 入口

【典型考题】Undergraduate students have no _____ to the rare books in the school library.

A. access B. entrance C. way D. admission

答案 A. 句意: 太学生们没有机会阅读学校图书馆里的珍本书籍。have(get) access to sth. 可以使用, 获得; entrance n. 入口, 入场, 入学; way 方法, 办法; admission 允许, 承认。

【常用词组】have(get) access to sth. (sb.) 可以使用, 获得, 接近(或进入, 享用)的机会。

5. **favo(u)rite** ['feivərit] a. 特别喜爱的 || n. 特别喜爱的人或物

【典型考题】Cartoons are great _____ of the children.

A. favorable B. favorite C. favored D. feasible

答案 B. 句意: 卡通画特别受儿童的喜爱。favorable 赞成的, 赞许的, 有利的; favored 是动词过去分词构成的形容词, 受到优待的; feasible 可行的, 可能的。

【记忆技巧】相关词: favor n. 喜爱, 宠爱 || vt. 赞同, 喜爱, 偏爱; favorable a. 称赞的, 赞同的。

6. **minimum** ['miniməm] a. 最低的, 最小的 || n. 最低限度, 最小量

【典型考题】He couldn't join the police, because he was below the _____ height allowed by the government.



A. least B. lowest C. minimum D. minima

答案 C. 句意: 他不能当警察, 因为他的身高达不到政府要求的最低标准。minima 为 minimum 的名词复数形式; least 常指数量上的少。

【词汇拓展】相关词: minimal adj. 最小的, 最低限度的; minimize vt. 使减少(或缩小)到最低限度。

7. **positive**['pɒsɪtɪv] a. 积极的, 肯定的, 正的, 阳性的

【典型考题】In an electrical circuit, electrons flow to the _____ terminal.

A. positive B. north C. plus D. sure

答案 A. 句意: 在电路中, 电子流向正极。plus prep. 加, 加上。

8. **commitment**[kə'mɪtmənt] n. 信奉, 献身, 承诺, 许诺, 保证

【典型考题】It was felt that he lacked the _____ to pursue a difficult task to the very end.

A. persuasion B. engagement C. commitment D. obligation

答案 C. 句意: 他使人感到缺乏彻底完成困难任务的奉献精神。persuasion 劝说, 说服; engagement 约会, 约定; obligation 责任, 义务。

【词汇拓展】相关词: commit vt. 犯(错误, 罪行等), 干(蠢事, 坏事); committee n. 委员会。

9. **medium**['mi:djəm] n. 媒体, 媒介物, 导体 || a. 中等的, 适中的

【典型考题】The _____ are covering the presidential election thoroughly.

A. television B. media C. broadcasting D. medium

答案 B. 句意: 大众传媒全面报道了总统竞选。media 作主语, 谓语可以是单数或复数, 其它各词均为单数形式; media 是 medium 的复数形式。

10. **insight**['ɪnsaɪt] n. 洞察力, 洞悉, 深刻的见解

【典型考题】These excursions will give you an even deeper _____ into our language and culture.

A. inquiry B. input C. investigation D. insight

答案 D. 句意: 这些旅游活动会使你对我们的语言和文化有更深刻的认识。insight 之后接 into 时表示对……的理解, 洞察; inquiry 询问; investigation 调查; input 投入, 输入。

11. **embarrass**[ɪm'bærəs] vt. 使窘迫, 使尴尬, 使不好意思

【典型考题】Alice was greatly _____ when her partner made a spectacle of himself on the dance floor last night.

A. overwhelmed B. pleased C. misled D. embarrassed

答案 D. 句意: 昨晚在舞池中爱丽丝的舞伴当众出丑, 这使她很尴尬。be overwhelmed 被淹没, 被击败; pleased 感到高兴; be misled 被误导; make a spectacle of oneself 使自己出丑。

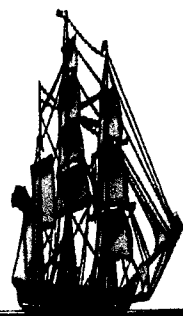
【词汇拓展】相关词: embarrassing a. 令人尴尬的事, 问题, 错误; embarrassingly ad. 使人尴尬地, 使人为难地; embarrassment n. 困窘, 局促不安, 难堪。

12. **discipline**['dɪsɪplɪn] n. 纪律, 控制, 惩罚, 处分, 学科

【典型考题】The soldiers showed perfect _____ under the fire of the enemy.

A. check B. flame C. discipline D. entrance

答案 C. 句意: 在敌人的炮火下, 那些士兵表现了良好的纪律性。check 检查, 核对; flame



火焰, 热情; entrance 入口, 入场。

13. benefit ['benɪfɪt] n. 益处, 好处 || vi. 受益于

【典型考题】If you get up early and run every day, you will _____ a lot from it.

A. profit B. benefit C. derive D. receive

答案 B. 句意: 每天早起跑步, 你会从中得到很多好处。benefit 一般指获得身心方面的好处, 也指精神, 物质上的好处; profit 一般指金钱上的好处; derive 取出, 导出。

【记忆技巧】相关词: benefit a. 有益处的, 有益的, 有助的。

【常用词组】be of benefit to 对……有好处; for the benefit of 为了……的好处; give (have) the benefit of the doubt (在不能肯定的情况下) 被认为无罪或无问题

14. communicate [kəm'mju:nikeɪt] vt. 传达, 传播; || vi. 交流, 交际

【典型考题】The two friends haven't _____ with each other for years.

A. associated B. communicated C. assisted D. compacted

答案 B. 句意: 这两个朋友已经很多年没联系了。associate 把……联系在一起; assist 帮助; compact 使紧凑, 压缩。

【记忆技巧】相关词: communication n. 交流, 交际, 通信。

15. participate [pɑ:'tisipeɪt] vi. 参与, 参加

【典型考题】Many eminent scientists from all over the world came to China to _____ in the forum on nuclear physics.

A. attend B. celebrate C. observe D. participate

答案 D. 句意: 许多来自世界各地的著名科学家来中国参加有关核物理的讨论会。attend 出席; celebrate 庆祝, 庆贺; observe 观察。以上三个词均为及物动词。participate 参与, 参加, 常与 in 连用。

【记忆技巧】相关词: participant n. 参加者, 参与者; participation n. 参加, 参与, 分享。

【常用词组】participate in 参与, 参加, 分享, 分担。

16. worth [wɜ:θ] prep. 值……钱的, 相当于……价值的, 值得……的 || n. 价值

【典型考题】Be careful with this ancient basin as it is _____ a lot.

A. worth B. worthy C. worthwhile D. deserving

答案 A. 句意: 该古盆价值昂贵, 对它一定要倍加小心。worth 用作表语, 后跟动名词和表示价钱的名词或代词; worthy 可作定语或表语, 作定语时往往有讽刺意味, 作表语时和 of 连用, 后接名词、动名词及不定式的被动态; worthwhile 一般用于 it is worthwhile + doing / to do 句型; deserve 没有进行时代。

【记忆技巧】相关词: worthy a. 值得的, 配得上的, 有价值的, 可尊敬的; worthwhile a. 值得(做)的。

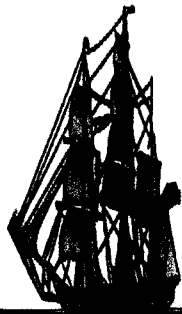
【常用词组】be worth sth. / doing sth. 值得

17. reflect [rɪ'flekt] vt. 反映, 显示, 反射, 映现, 深思, 考虑, 反省

【典型考题】The water was so clear that it _____ the trees on the river bank.

A. shadowed B. shaded C. photographed D. reflected

答案 D. 句意: 湖水如此清澈映出了岸边树的倒影。shadow 投影于, 跟踪; shade 遮蔽, 遮光; photograph 拍照。



【记忆技巧】相关词: reflectance n. 反射, 反射能力, 反射系数; reflection n. 反射, 映照; reflective a. 反射的, 反映的; reflector n. 反射器, 反射镜。

18. reinforce [riːnˈfɔːs] vt. 增强, 加强, 加固

【典型考题】The body of this new car is not strong. It has to be _____ with a steel band.

A. reinforced B. relayed C. registered D. revealed

答案 A. 句意: 新车的车身并不坚固, 应用钢箍予以加固。relay 传送, 转播; register 登记, 注册; reveal 揭示, 暴露。

【记忆技巧】相关词: reinforcement n. 增援, 支援, 加强。

19. arise [əˈraɪz] vi. 产生, 出现, 发生, (from)(由……)引起, (由)产生, 起源于, 起身, 起床

【典型考题】A completely new situation will _____ when the examination system comes into existence.

A. arise B. rise C. raise D. arouse

答案 A. 句意: 考试制度出台时, 将会出现全新的形势。rise 上升, 生起; raise 举起; arouse 激起, 唤起。

【记忆技巧】相形词: rise 升起, 上升, 起立, 起床, 上涨, 增加; raise 举起, 提高, 提升, 增加; arouse 引起, 激起, 唤起, 唤醒, 筹集, 征集。

20. visual [ˈvɪʒuəl] a. 视觉的, 看得见的

【典型考题】The animal's _____ organs are different from ours.

A. visible B. visual C. vital D. vertical

答案 B. 句意: 动物的视觉器官与我们的不同。visible 可看见的; vital 极其重要的; vertical 竖直的。

【记忆技巧】相关词: visualize vt. 使可见, 设想, 想象; visualization n. 形象, 形象化。

■ 难点注释

1. Learning a foreign language was one of the most difficult yet most rewarding experiences of my life. (L. 1): Learning a foreign language was one of the hardest things to do in my life. But on the other hand, it gave me great pleasure and satisfaction. 学习外语是我一生中最艰苦但却最有收获的经历之一。

(1) reward: vt. give sth. in return for good or valuable doings 报答, 酬谢, 奖励

例: a. He rewarded the boy for bringing back the lost dog.

因为男孩找回了走失的狗, 他奖励了这个男孩。

b. They rewarded his service.

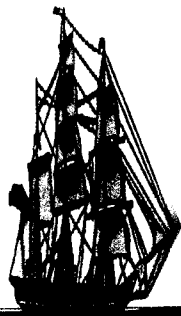
他们对他的服务给予了奖赏。

c. The old man rewarded the boys with two dollars each.

老人赏给每个孩子两美元。

n. sth. as a return for good and valuable doings 报答, 奖赏, some money given to someone for his good doings 报酬, 酬金

例: a. The police are offering a reward of £1000 for the information about the robbery.



警方为得到有关抢劫案的情报悬赏一千英镑。

b. She got nothing in reward for her kindness.

她的好心没得到一点报偿。

注意：作及物动词用时，reward 的宾语有大致以下几种情况：①宾语指人，后接介词 for，表示受奖的原因；②宾语直接表示奖励的原因，其前用物主代词或名词所有格；③宾语指奖赏的对象或原因，后接 with，表示“以……为奖励”。

(2)rewarding: a. worth doing or having; satisfying(指活动等)值得做的,有益的,令人满意的
例: a. Reading can be very rewarding for everyone.

阅读对每个人都有莫大的好处。

b. Tour of the harbour is an immensely rewarding experience.

参观港口是一次极有意义的经历。

2. Although at times, learning a language was frustrating, it was well worth the effort.

(L. 2): Although sometimes learning a language made me disappointed, it was good enough to devote a great deal of time and energy to it. 尽管有时学习的过程并不一帆风顺,然而却很值得为之努力。

(1)frustrate: vt. cause sb. to have feelings of disappointment 使沮丧, 使灰心, cause the failure of sth. 使挫败, 使受挫折

例: a. She felt frustrated when she didn't get a promotion after all her hard work.

她辛辛苦苦地工作, 却没得到提升, 这使她灰心丧气。

b. The bad weather frustrated all our hopes of going out.

恶劣的天气使我们外出的全部希望都落空了。

(2)frustrating: a. annoying, discouraging 使人灰心的, 使人沮丧的

例: a. I find it frustrating that I can't speak other languages.

我不会说别的语言, 感到惘然若失。

b. Learning is not fun. It is actually quite frustrating.

学习并不是好玩的事, 实际上在学习的过程中, 人们会受到许多挫折。

(3)be worth sth. /doing sth. : giving a satisfactory or rewarding return for time or effort 值得

例: a. The scheme is well worth a try.

这个计划倒值得一试。

b. An old house badly maintained would not be worth spending money on.

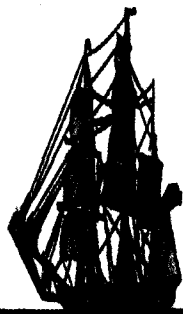
把钱花在一栋年久失修的房子不值得。

3. My experience with a foreign language began in junior middle school, when I took my

first English class. (L. 4): When I came to the English class for the first time in middle school, I began my experience of learning a foreign language. 自从在初中上第一节英语课时起, 我学外语的经历就开始了。

4. Because of this positive method, I eagerly answered all the questions I could, never worrying much about making mistakes. (L. 6): Because of the helpful and constructive teaching

method(the teacher used in class), I was active in answering all the questions I could, never afraid of making mistakes. 由于这种积极的教学方法, 一遇到会的问题我就争先恐后地发



言, 从不担心出错。

positive: a. leading to a practical action 积极的, 肯定的, sure, having no doubt 确定的、明确的

例: a. Don't just watch me, give me some positive advice.

别只看着我, 给我提些积极的建议吧。

b. Can you be positive about what you saw?

你能肯定你看得真切吗?

c. It was a positive delight to hear her singing so beautifully.

听见她动听的歌声确实是一种享受。

5. **I was at the top of my class for two years. (L. 7):** I became one of the best students in my class for two years. 两年中, 我在班级一直名列前茅。

6. **It didn't take me long to lose my eagerness to answer questions. (L. 12):** Before long I lost my strong interest in answering questions. 没多久我回答问题的热情就荡然无存了。

7. **Not only did I lose my joy in answering questions, but also I totally lost my desire to say anything at all in English. (L. 13):** I not only didn't take delight in answering questions, but also didn't want to say anything at all in English. 我不仅对回答问题兴趣索然, 同时一句英语也不想讲。

not only... but also: 不但……而且, not only 或 only 置于句首时该句要倒装。

例: a. Not only did he write his own plays, he also acts in them.

他不仅自编剧本, 还扮演其中的角色。

b. Not only were the grandparents there but also the aunts, uncles and cousins.

不光祖父母, 连姑母, 叔父及子女也在那儿。

注意: 在使用该连词时要遵守平行原则, 即两边的词性要一致。

8. **However, that state didn't last long. (L. 15):** But that situation didn't go on for a long time. 但是这种热情并没有持续多久。

注意: long, for long, a long time, for a long time 为同义词。其中 a long time 为 for a long time 的简略式。以上单词和短语均可用于问句及否定句中。但在肯定句中应用短语, 不宜用单独的副词。

例: ——Did she stay long(for long, for a long time)?

——No, she didn't stay long(for long, for a long time).

——Yes she stayed(for) a long time.

——她呆很久吗?

——没有, 她没呆多久。

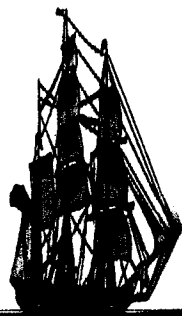
——是的, 她呆了很久。

9. **Unlike my senior middle school teacher... (L. 16):** Different from my high school teacher... 与我高中的老师不同……。

unlike: prep. not like, being different from 不像, 和……不同

例: a. The picture is unlike him.

这张照片一点儿不像他。





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b. How unlike you to make these remarks!

你怎么会说出这样的话来!

10. However, the situation was far from perfect. (L. 18): But the situation was not satisfactory at all. 不过事情远不尽如人意。

far from: not at all, rather than (常跟形容词连用) 远远不, 完全不, 非但不

例: a. What he said was far from reasonable.

他说的话一点儿道理也没有。

b. Far from being satisfied with his work, I am actually totally disappointed with him.

我不但对他的工作不满意, 而且对他彻底失望了。

11. As our classes were very large, I was only able to answer a couple of questions in each class period. (L. 19): Because there were many students who attended our classes, I could only have two or three questions to answer in each period. 由于班大, 学生多, 一节课我只能回答两三个问题。

a couple of: a few, two or three 两三个, 几个

例: ——Can you lend me a couple of dollars?

——Yes, for a couple of days.

——你能借我几块钱吗?

——可以, 但是只能借两三天。

12. I began to feel intimidated. (L. 23): I began to feel frightened, uneasy and had no self-confidence. 我开始感到畏惧了。

intimidate: frighten by making threats 恐吓, 威胁

例: a. An older boy intimidated the little children when he took their lunch money.

一个年龄大一点儿的男孩恐吓那些小孩, 并且拿走了他们的午饭钱。

b. They were intimidated into accepting a pay cut by the threat of losing their jobs.

他们因受到失去工作的威胁而吓得答应削减工资。

13. It seemed my English was going to stay at the same level forever. (L. 25): It seemed I was unable to make any progress in English ever since. 看来我的英语水平将永远裹足不前了。

14. ...I was offered an opportunity to study English through an online course. (L. 28):

...I got a good chance to study English through a networked computer. 我有机会通过网上课程学习英语。

opportunity: a good chance, favourable time 机会, 良机

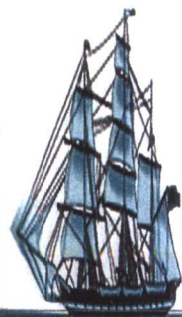
例: a. Opportunity knocks but once.

机不可失, 失不再来。

b. Let me take this opportunity to say a few words.

请让我趁此机会讲几句话。

15. I soon got access to the necessary equipment, learned the technology from a friend and participated in the virtual classroom 5 to 7 days a week. (L. 30): I soon got an opportunity to use the necessary equipment, and a friend of mine taught me how to use it. Then I could



take online course 5 to 7 days a week. 很快我有机会得到了必要的设备, 跟一位朋友学会了操作技术。于是我每周 5-7 天的时间在网上的虚拟课堂上学习英语。

(1) *access* n. means or right of using, reaching 接近, 进入, means of entering, or a way in 通道, 入口

例: a. You can easily get access to him.

你很容易接近(或见到)他。

b. Students need easy access to books.

学生需要有借书的权利。

c. The only access to that building is along a muddy track.

去那幢楼房唯一的路是一条泥泞的小路。

(2) *virtual* a. nearly, almost, but not quite 实际上, 事实上, 差不多, 几乎, make-up(计算机)虚拟的

例: a. Our deputy manager is the virtual head of the business.

我们的副经理是公司的实际负责人。

b. The reply is a virtual acceptance of our offer.

这个回答实际上是接受了我们的建议。

c. With the use of the Internet, many virtual communities are set up.

由于因特网的使用, 许多虚拟社区建立起来。

16. ... it requires much time, commitment and discipline to keep up with the flow of the course. (L. 32): In order not to fall behind others in the progress of the course, one should spend a lot of time, keep all one's efforts, thoughts and attention to it and learn in a self-controlled way. 它需要大量的时间, 需要学习者具有奉献精神以及自我约束能力以便跟上学习进度。

(1) *commitment* n. devotion to 信奉, 献身, a promise to follow certain benefits or action 承诺, 许诺, 保证

例: a. He has made a commitment to pay off all his debts.

他作出了还清所有债务的承诺。

b. Lisa displays a lot of commitment to her job.

丽莎积极地投入到工作中去。

(2) *discipline* n. a state of order and control, self-control 纪律, 控制, punishment 惩罚, 处分, a branch of learning 学科

例: a. The teacher can't keep discipline in her classroom.

那位教师无法维持课堂纪律。

b. That child needs discipline.

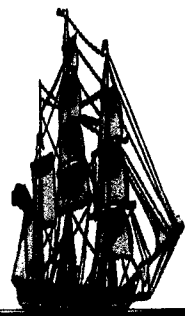
那个孩子应该受到惩罚。

c. —In which discipline does that teacher work?

—She teaches mathematics.

—那位老师教哪门课?

—她教数学。



17. I work hard to meet the minimum standards set by the course and to complete assignments on time. (L. 33): I worked hard to reach the lowest standard established by the course and finish the homework on time. 我刻苦学习以达到课程规定的最低标准并按时完成作业。

minimum: ① a. the smallest 最低的, 最少的 ② n. the smallest amount 最低限量, 最少量

例: a. The price has already been cut to the minimum.

价格已削减到最低限度。

b. He couldn't join the army, because he was below the minimum height allowed by the rule.

他不能参军, 因为他的身高低于规定的最低标准。

18. I made many, sometimes embarrassing, mistakes. (L. 36): I made many mistakes which sometimes made me feel awkward and uncomfortable. 我犯过许多有时是令人尴尬的错误。

embarrass: vt. cause to feel ashamed, uncomfortable, or anxious 使窘迫, 使为难, 使焦急

例: a. I didn't like making speeches in public; it's so embarrassing.

我不喜欢在大庭广众下演讲, 因为这太使人窘迫了。

b. Her boyfriend embarrassed her by teasing her about her new hairstyle in front of others.

她的男友在别人面前嘲笑她的新发型, 使她感到难堪。

19. Once in a while I cried with frustration and sometimes I felt like giving up (L. 37):

Occasionally I cried because of disappointment, and sometimes I wanted to stop online learning. 偶尔因为失望我还哭过, 有时也想放弃学习。

(1) feel like sth. / doing sth.: have a desire for, wish for 想要(做)某事

例: a. She doesn't feel like a swim; she feels like having a good rest.

她不想游泳, 她想好好休息一下。

b. Do you feel like a beer?

你想喝杯啤酒吗?

(2) give up: stop doing or having 停止, 放弃

例: a. Jimmy is giving up his job as a newsboy when he goes back to school.

吉米回校后将辞去报童的工作。

b. Jane hated to give up her friends when she moves away.

搬家后简不愿意抛弃朋友们。

注意: give up 后不可接不定式作宾语。

20. ... to think out my ideas and wrote a reply before posting it on the screen. (L. 39):

... to consider my ideas in detail and made answer and then sent it through a networked computer. 琢磨自己的想法并把答复写下来, 然后通过电脑发送出去。

21. ... I realized I could understand just about everything I came cross. (L. 40): I was

aware that I could understand almost everything I met with. 我意识到, 我几乎可以理解遇到的一切问题。

(1) just about: almost, nearly 几乎



例: a. Can you wait a minute ?I have just about finished my homework.

你能等一会儿吗? 我快做完作业了。

b. The accident just about finished him as a footballer.

那次事故几乎使他作不成足球运动员。

(2) find or encounter by chance 偶然遇见, 碰上, make an impression 留下印象

例: a. Searching through his briefcase, he came across a letter.

他在箱子里找东西时, 偶然发现了一封信。

b. We came across one or two nasty problems.

我们碰上了一两个棘手的问题。

c. He came across badly in meetings, but he is really just shy.

开会时他的表现不好, 但是他的确太害羞了。

d. Your speech came across very well; everyone likes it.

你的演讲非常受欢迎, 大家都很喜欢。

22. I had finally reaped the benefits of all that hard work. (L. 42): At last I had received positive results for all that hard work. 终于, 全部心血使我获益匪浅。

(1) vt. gather or take (a crop, harvest etc.) 收割, 收获, get as a return or result 获得, 得到

例: a. In the autumn, farmers reap their crops.

秋天农民收割庄稼。

b. The company reaped large profits in its first year.

该公司第一年收获颇丰。

(2) : ① n. advantage, profit, good effect 优越条件, 利益, 好处 ② vt. do good to, to be useful or profitable to 有利于, 有益于

例: a. She had the benefit of a good education.

她受过良好的教育, 这是她的优越之处。

b. The changes are to our benefit.

这些变革对我们有利。

c. Such foolish behavior will not benefit you.

这种愚蠢的行为不会对你有好处。

d. The company benefited from selling a new product.

公司从一种新产品的销售中获利。

23. Learning a foreign language has been a most trying experience for me, but one that I wouldn't trade for anything. (L. 44): Learning a foreign language has been an experience hard to put up with, but I still put it above everything else. (or regard it as the most enjoyable and valuable thing.) 对我来说, 学习外语是最为艰辛的经历, 却弥足珍贵。

(1) a. hard to bear 使人受考验的, 令人难受的

例: a trying day 令人烦恼的日子

a trying situation 尴尬的局面



a trying fellow 叫人难以忍受的家伙

We have had a trying time.

我们度过了一段难捱的时光。

(2) trade... for; exchange... for 用……交换……

例: a. I traded a watch for a bicycle.

我用一块手表换了一辆自行车。

b. The farmer decided to trade his one remaining pig for two bags of rice.

这个农民决定用剩下的一头猪换两袋大米。

24. Not only did learning another language teach me the value of hard work, but it also gave me insight into another culture, and my mind was opened to new ways of seeing things. (L. 45): Learning another language not only enabled me to know the significance of hard work but also allowed me to see clearly the real nature of another culture and I was willing to regard things from a new point of view. 学习外语不仅使我认识到努力奋斗的意义, 也使我对异域的文化有了深刻的了解, 并乐于接受新的观察事物的方法。

insight: n. ability to see into the true nature of things, deep understanding 洞察力, 深刻的了解

例: a. Balzac's novels show insight into human character.

巴尔扎克的小说表现了对人性的深刻了解。

b. Visiting London gave me insight into the lives of the people who live there.

参观伦敦使我对那里的居民的生活情况有了深入的了解。

25. Talking with people is one of my favorite activities... (L. 48): Talking with people is one of the activities I enjoyed very much... 和人们交谈是我的爱好之一……

favo(u)rite: ① a. most loved 特别受宠的 ② n. something or someone that is loved above all others 特别喜爱的人(或物)

例: a. Beethoven is his favourite composer.

贝多芬是他的最喜爱的作曲家。

b. That song is a great favourite of mine.

那首歌是我非常喜爱的。

26. ...so being able to speak a new language lets me meet new people, participate in conversations, and form new, unforgettable friendships. (L. 49): The ability to speak a foreign language provides me with opportunities to meet with the people I didn't know, join in the conversation and make new friends, whom I can't forget. 会讲一门外语使我能结识过去不认识的人, 参与交谈, 建立新的令人难忘的友谊。

participate in: join in, take part in 参加, 参与

例: a. He actively participated in the mass sports activities.

他积极地参加群众性体育活动。

b. How many countries will be participating in the Olympic Games?

有多少国家要参加奥林匹克运动会?

27. Now that I speak a foreign language, instead of staring into space when English is being spoken, I can participate and make friends (L. 50): Since I can speak English, I can take

