



普通高等教育农业部“十二五”规划教材
全国高等农林院校“十二五”规划教材

大学英语


快速阅读

College English
Fast reading

王晓丽 主编

第3册



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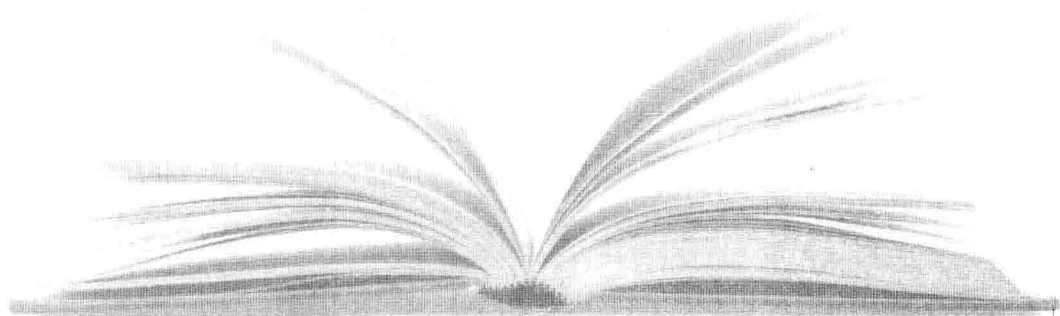


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前言

《大学英语快速阅读》是普通高等教育农业部“十二五”规划教材、全国高等农林院校“十二五”规划教材，本书供高等农林院校非英语专业一年级和二年级使用，也适用于同等程度本专科院校学生及其他英语学习者。教材旨在提高学生的阅读理解能力、扩大词汇量、掌握阅读技巧，通过4个学期的授课和自学达到大学英语教学的基本要求，并掌握基本专业英语知识。

本教材的主要特点为：

一、阅读材料题材广泛，涉及英语国家社会、经济、人文等诸多领域，内容新颖，同时兼顾了农业院校的专业特点，收入了有关最新科学技术，尤其是农林方面发展的文章，注重文章的趣味性、可读性及文体的多样化，更加贴近大学英语四级考试。

二、鉴于农林院校学生的外语水平、学校教学条件及语言学习环境等方面的实际情况，本教材切合学生语言学习和专业学习的实际需要，既注重提高学生的英语学习水平，扩大学生的专业知识视野，又注重增加文化背景知识，全面提高学生的英语素养，达到迅速提高英语水平、学习英美文化、了解农业基本知识的目的。

三、本册教材是依据《大学英语教学要求》所规定的三级水平选材的，采用最新大学英语四级考试阅读的题型编辑成书的，并增加了关键词注释、大学英语常见固定搭配等项目，更加适用于大学本科四级备考。

本系列书共4册，每册16单元，供大学英语教学一到四学期使用。每单元有2篇文章，附有相关注释，并配有相应的阅读题。每篇文章后附有详细解析，供教师及学生参考。本册教材的编写分工如下：第一、二单元由王晓丽编写，第三、四单元由王曦编写，第五、六单元由张建慧编写，第七、八单元由孙宇编写，第九、十单元由王天昊编写，第十一、十二单元由王艳编写，第十三、十四单元由孟庆玲编写，第十五、十六单元由张博编写。全书由王晓丽负

责内容设计及统稿工作。

受编写时间与编者经验水平所限，不当之处在所难免，诚望广大读者不吝指正。

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2012年2月

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◀ Unit 1 ▶

Passage 1

To Find Happiness, Try These Exercises

Directions: *In this part, you will have 15 minutes to go over the passage quickly and answer the questions.*

For questions 1 - 7, mark

Y (for YES) if the statement agrees with the information given in the passage;

N (for NO) if the statement contradicts the information given in the passage;

NG (for NOT GIVEN) if the information is not given in the passage.

For questions 8 - 10, complete the sentences with the information given in the passage.

As a motivational speaker and executive coach, Caroline Adams Miller knows a few things about using mental exercises to achieve goals. But last year, one exercise she was asked to try took her by surprise.

Every night, she was to think of three good things that happened that day and analyze why they occurred. That was supposed to increase her overall happiness.

"I thought it was too simple to be effective," said Miller, 44, of Bethesda, Md. "I went to Harvard. I'm used to things complicated."

Miller was assigned the task as homework in a master's degree program. But as a chronic(长期的) worrier, she knew she could use the kind of boost

(推动力) the exercise was supposed to deliver.

She got it.

“The quality of my dreams has changed, I never have trouble falling asleep and I do feel happier,” she said.

Results may vary, as they say in the weight-loss ads. But the exercise is one of several that have shown preliminary promise in recent research into how people can make themselves happier — not just for a day or two, but long-term. It’s part of a large body of work that challenges a long standing skepticism(怀疑态度) about whether that’s even possible.

There is no shortage of advice in how to become a happy person, as a visit to any bookstore will demonstrate. In fact, Martin Seligman of the University of Pennsylvania and colleagues have collected more than 100 specific recommendations, ranging from those of the Buddha through the self-improvement industry of the 1990s.

The problem is, most of the books on store shelves aren’t backed up by vigorous research, says Sonja Lymbomirsky, a psychologist at the University of California-Riverside, who is conducting such studies now (She’s also writing her own book). In fact, she says, there has been very little research in how people become happier.

Why? The big reason, she said, is that many researchers have considered that quest to be futile(无用的). As two researchers put it in 1996, “it may be that trying to be happier is as futile as trying to be taller.” But recent long-term studies have revealed that the happiness thermostat(温度调节装置) is malleable(能根据环境的变化而调节的).

Psychologist Richard E. Lucas of Michigan State University says, “most people are happy most of the time.” That is, in a group of people who have reasonably good health and income, most will probably rate a 7.5 or so on a happiness scale of zero to 10, he says.

Still, many people want to be happier. What can they do? That’s where research by Sonja Lymbomirsky, Seligman and others come in. The think-of-three-good-things exercise that Miller, the motivational speaker, found so simplistic at first is among those being tested by Seligman’s group at University of Pennsylvania.

People keep doing it on their own because it’s immediately rewarding,

said Acacia Parks, a colleague of Seligman's. It makes people focus more on good things that happen, which might otherwise be forgotten because of daily disappointments, she said.

Miller said the exercise made her notice more good things in her day and now she routinely lists 10 or 20 of them rather than just three.

A second approach that has shown promise in Seligman's group has people discover their personal strengths through a specialized questionnaire. Then, every day for a week, they are to apply one or more of their strengths in a new way. Strengths include things like the ability to find humor or summon enthusiasm, appreciation of beauty, curiosity and love of learning. The idea of the exercise is that using one's major "signature" strengths may be a good way to get engaged in satisfying activities.

These two exercises were among the five tested on more than 500 people who had visited a Web site called "Authentic Happiness". Seligman and colleagues reported last year that the two exercises increased happiness and reduced depressive for the six months that researchers tracked the participants. The effect was greater for people who kept the exercises frequently. A follow-up study has recently begun.

It'll take more work to see just how long the happiness boost all these exercises actually lasts, with studies tracking people for months or years, Lymbomirsky said. Any long-effect will probably depend on people continuing to work at it, just as folks move to southern California can lose their appreciation of the ocean and weather unless they pursue activities that highlight those natural benefits, she said.

In fact, Diener says, happiness probably is really about work and striving. "Happiness is the process, not the place," he said via e-mail. "So many of us think that when we get everything just right, and obtain certain goals and circumstances, everything will be in place and we will be happy— But once everything is in place, we still need new goals and activities. The Princess could not just stop when she got the Prince."

(854 words)

Notes

thermostat: 温度调节装置, 恒温器。加热或冷却系统的一个组成部分, 也可能是加热器或者空调的一个部分。温度调节装置(恒温器)利用各种传感器测量温度, 该传感器的外接设备控制加热或冷却装置。

1. Caroline Adams Miller was initially skeptical of the effect of the simple exercises of thinking of and analyzing three good things a day. _____
2. Miller found the exercise worked just fine, much more effective than she had expected. _____
3. Almost everyone has something to say as to how to be a happier person. As a result, there are a good many books on this subject available in bookstores. _____
4. The author advises that people may just as well follow some of the specific recommendations provided in some books, for most of them are based on, or supported by, solid researches. _____
5. According to psychologist Sonja Lybomirsky, there has been very little scientific research in this respect, for researchers have thought of such a spiritual search as invalid or useless. _____
6. People used to believe that human sense of happiness tended to be more or less stationary or stable, but recent long-term studies have proven otherwise: happy people want to be happier and they can be happier. _____
7. The simple exercise of thinking of three good things in a day is effective because it helps one recover from daily disappointments and feel uplifted immediately. _____
8. People take to the think-of-three-good-things exercise because it is not only simple but _____ as well.
9. Another rewarding exercise is to have people think of their strengths and _____.
10. Happiness is the process of how you get everything right rather than the status when you _____.

答案与解析

1. 【答案】[Y]

【解析】细节题。题干是“Caroline Adams Miller 最初怀疑每天思考并分析三个好的事情这个简单练习的效果。”与之相关的部分在文中第三段第一句话：“I thought it was too simple to be effective,” said Miller. 这与题干的意思表述一致。因此，答案为 Y。

2. 【答案】[NG]

【解析】推断题。题干是“Miller 认为这个训练有效果，比她期望的效果大得多。”以及后面的段落没有再涉及训练的效果，由此推断，本题干的内容没有在文章中给出。因此，答案为 NG。

3. 【答案】[Y]

【解析】细节题。题干是“差不多每个人就如何成为幸福的人都有话要说，因此，书店里有大量的关于这个主题的书出售。”与之相关的句子是“‘There is no shortage of advice in how to become a happy person, as a visit to any bookstore will demonstrate.’”译为“去一次书店就知道，根本不缺少关于如何成为幸福的人的建议。”这与题干的意思表述一致。因此，答案为 Y。

4. 【答案】[N]

【解析】推断题。题干是“作者建议人们最好按照书本里提供的具体建议做，因为很多建议是基于充分的研究或有坚实的研究作支撑。”与之相关的句子是“‘The problem is, most of the books on store shelves aren’t backed up by vigorous research, says Sonja Lymbomirsky,...’”和“‘In fact, she says, there has been very little research in how people become happier.’”这与题干的意思表述相反。因此，答案为 N。

5. 【答案】[Y]

【解析】细节题。题干是“根据心理学家 Sonja Lymbomirsky 的观点，这方面几乎没有科学研究，因为，科研工作者认为这样的精神研究是无效的，或者是无用的。”与之相近的句子是“‘In fact, she says, there has been very little research in how people become happier. Why? The big reason, she said, is that many researchers have considered that quest to be futile (无用的).’”因此，答案为 Y。

6. 【答案】[Y]

【解析】细节题。题干是“过去人们认为幸福感或多或先是静止不动的，但是，最近研究证明：幸福的人希望更幸福，而且他们也能更幸福。”与之相关的句子

是“Psychologist Richard E. Lucas of Michigan State University says, ‘most people are happy most of the time.’ That is, in a group of people who have reasonably good health and income, most will probably rate a 7.5 or so on a happiness scale of zero to 10, he says.” 因此, 答案为 Y。

7. 【答案】[NG]

【解析】推断题。题干是“每天思考三个好的事情这个简单训练是有效的, 因为它能帮助人们从日常的沮丧中走出来, 立刻使人感到精神振作起来。”与之相关的句子是“‘It makes people focus more on good things that happen, which might otherwise be forgotten because of daily disappointments, she said.’ 但是, 题干中“feel uplifted immediately”在文章中没有提到, 因此, 答案为 NG。

8. 【答案】rewarding immediately

【解析】细节题。本题空白处问“人们开始进行思考三个好的事情的训练, 因为这个训练不仅简单而且立即能够得到回报。”文中相关的句子是“The think-of-three-good-things exercise that Miller, the motivational speaker, found so simplistic at first... People keep doing it on their own because it’s immediately rewarding, said Acacia Parks.”意思是“开始时 Miller 发现思考三个好的事情的训练很简单... Acacia Parks 说人们坚持进行这个训练, 因为它能马上给人带来回报。”因此, 答案为 rewarding immediately。

9. 【答案】apply one or more in a new way

【解析】细节题。本题空白处问“另外一个值得训练的是它让人想到自己的优点, 而且以一种新的方法应用它。”文中相关的句子是“A second approach that has shown promise in Seligman’s group has people discover their personal strengths through a specialized questionnaire. Then, every day for a week, they are to apply one or more of their strengths in a new way.”因此, 答案为 apply one or more in a new way。

10. 【答案】have everything in place

【解析】细节题。本题空白处问“幸福是你如何把事情做好的过程, 而不是一切就绪的状态。”文中最后一段的句子“‘Happiness is the process, not the place,’ he said via e-mail. ‘So many of us think that when we get everything just right, and obtain certain goals and circumstances, everything will be in place and we will be happy—But once we everything in place, we still need new goals and activities.’”因此, 答案为 have everything in place。

Passage 2**Olympics 2016: Chicago Makes Its Case**

Directions: *In this part, you will have 15 minutes to go over the passage quickly and answer the questions.*

For questions 1 - 7, *choose the best answer from the four choices marked A, B, C and D.*

For questions 8 - 10, *complete the sentences with the information given in the passage.*

In recent days, Chicago has gotten a makeover of sorts. The tops of many of the buildings that make up its iconic (图标) skyline are decked out in the Olympic colors of blue, red, yellow, green and black, while placards (布告) hoisted along its streets proclaim the slogan, LET FRIENDSHIP SHINE. It's all in preparation for this weekend's visit of 13 representatives from the International Olympic Committee, whose judgment could make or break Chicago's bid to host the 2016 Summer Games.

It's an opportunity that city officials don't want to slip by them again. In 1901, Chicago won the right to host the first-ever Midwestern Olympics, in 1904, but lost the Games to its then-rival St. Louis after that city threatened to host a competing event. For many here, the prospect of hosting the Olympics is a point of significant pride, evidence that America's third-largest city has shed its image as a blue-collar also-ran to the more urbane coastal centers.

And the city's mayor, Richard M. Daley, clearly views winning the Games as a capstone of his nearly two-decade rule. "The Olympics is the No. 1 showcase on the world circuit of mega events," says John R. Gold, professor of social sciences and law at Britain's Oxford Brookes University, and co-author of *Olympic Cities: City Agendas, Planning, and the World's Games*, 1896—2012. He adds, "Even to be on the short-list is a major achievement—it puts you right up there with the world's major cities."