



普通高等教育“十三五”规划教材  
互联网+本科英语教学重点推荐教材



# E时代大学英语

[含微课] —— 读写教程 1

E-TIME COLLEGE ENGLISH — READING AND WRITING

颜莉 谭念 李伟 【主编】

外借

PRACTICE

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# PREFACE 前言

非常感谢大家使用《E时代大学英语》系列教材。

随着信息时代的来临,大学英语的教学理念、教学方法、教学模式和教学技术都发生了很大的变化。为了实现《大学英语教学指南》提出的要求,大学英语教学不仅要帮助学生打好语言基础,更要与现代教学技术结合,注重培养学生的学习兴趣和英语应用能力。这就要求我们对大学英语教学进行改革与创新。

大学英语教学的创新首先是教材的创新。为此,我们历经多年,对市场上的大学英语教材进行了充分研究,分析它们的优缺点,并走访了众多院校,举办了数次大学英语教学改革和教材编写研讨会,与众多英语教学专家和优秀一线教师反复讨论、研究,编写了《E时代大学英语》系列教材。

《E时代大学英语》系列教材体现了外语教育者在教材改革方面所做的开拓创新尝试,借鉴与采纳近年来大学英语教学改革的成功经验与教学实践的成果,采用科学的教学设计,多样的教学手段和创新的教学方法,力求提升学生的英语综合应用能力,支持教师提高课堂教学质量,推动大学英语教学迈向新台阶。

本系列教材理论、结构、教法互为依据、互为完善、互为转换,构成了一个灵活、方便、经济、高效、便于更新、易于操作的教学系统。

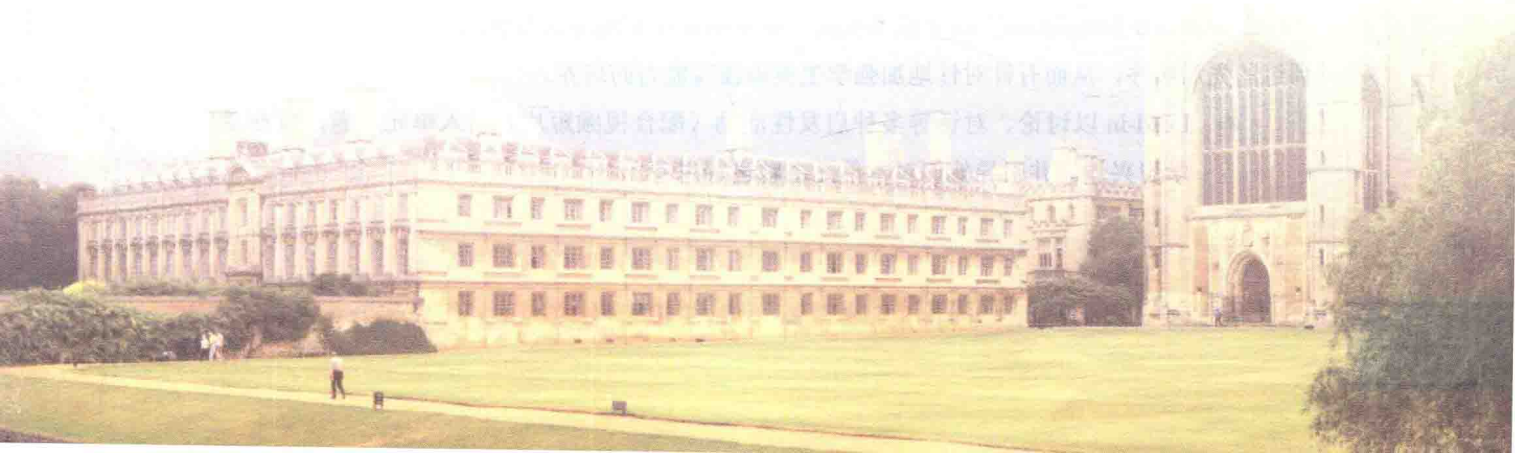
## 一、《E时代大学英语》系列教材简介

《E时代大学英语》系列教材以教育部颁发的《大学英语教学指南》为指导,在设计和编写中准确把握大学英语的课程定位和性质,深入分析教学目标和教学要求,总结归纳课程结构与内容,设计了多种教学方法和教学手段,力求将能力培养和能力测试紧密结合,以促进大学生知识、能力和综合素质的协调发展。同时,《E时代大学英语》借鉴与采纳了近年来大学英语教学改革的成功经验与教学实践的成果,希望通过新的教材体系与教学理念进一步推动大学英语教学的发展。

该系列教材包括《E时代大学英语——读写教程》《E时代大学英语——视听说教程》《E时代大学英语——阶梯阅读教程》《E时代大学英语——快速阅读教程》和《E时代大学英语——综合训练》。

## 二、《E时代大学英语——读写教程》特色

《E时代大学英语——读写教程》结合现代高等教育教学的特点,融入了全新的教学理念、教学方法和教学技术,具有鲜明的时代性、思想性、实用性、渐进性、趣味性、多样性和精美性,并配有丰富的数字化教学资源。其特色具体表现在以下几个方面。



### 1 选材新颖,紧跟时代

本套教材充分考虑了时代的发展和新一代大学生的特点,在介绍前沿的科技进展、管理经验和思想理念的同时,兼顾学生的认知和兴趣,既考虑到语言形式的多样化和复杂性,也照顾到选材的新颖性和趣味性。力求引发学生共鸣,激发学习兴趣,并能学习和了解世界优秀文化和文明,树立先进的世界眼光。

### 2 思想碰撞,文化交流

本套教材在贯彻其工具性,提高学生英语听、说、读、写、译的能力的同时,注重其人文性,强调语言作为文化载体的作用,旨在充分挖掘大学英语课程丰富的人文内涵,实现工具性和人文性的有机统一。

在学习、交流先进的科学技术或专业信息,了解国外的社会与文化,增进对不同文化的理解、对中外文化异同的认识,培养跨文化交际能力的同时,还积极响应中国文化“走出去”的国家战略,增加具有中国特色的题材,让学生在英语学习中不断积累中华文化知识。鼓励学生进行中外文化思想的碰撞、观点的交锋,使学生具备了解国外文化和信息的能力和将中国文化和特色传播出去的能力,促进与各国人民的广泛交往,提升国家软实力。

### 3 学练结合,全面提升

本套教材在内容设计上富有层次感,按照循序渐进的原则,各册教材的语言难度随着学生英语水平的提高而逐步增加;练习形式多样,内容安排环环相扣,重在提高学生语言能力;技能培养系统全面,提供学生写作、阅读等方面的技巧,培养学生的英语综合运用能力。

### 4 活动丰富,操作性强

本套教材体现以教师为主导、以学生为主体的教学理念,每个单元均设置了丰富的活动,这些活动都经过精心设计,既有趣、贴近学生的实际生活和将来的职业应用,又方便教师在课堂上实施,从而可以一方面调动学生课堂学习的积极性,另一方面能最大程度地提高学生的英语实际应用能力。

### 5 Internet+,资源齐全

本套教材除了在“硬件”的纸版教材上精益求精外,还大力开发“软件”的学习资源,充分运用数字化教学资源,包括微课(视频、音频、动画等多种形式)、课件、在线考试系统、在线教学和学习平台等,凸现代学习方式的自主性、移动性、随时性,以优化教师教学体验,提高学生学习效率。

### 6 图文并茂,版面精美

本套教材图文并茂、版面活泼生动,采用全彩印刷,印制精美,令人赏心悦目。

## 三、《E时代大学英语——读写教程》单元结构

本套教材每册包括6个单元,每个单元包括“Lead-in”“Study Focus”“Ability Enhancement”“Grammar and Translation”四个基本模块。单元的设计和编排既考虑到题材和难易度,也照顾到策略训练的先后顺序,从而有针对性地加强学生英语读写能力的培养。

- ✎ Lead-in 以讨论、对话等多种启发性活动(配合视频短片)引入单元主题,旨在激发学生的学习兴趣,并引导他们对本单元主题进行思考。



- ✎ Study Focus 包括精读和泛读两个部分，每部分内容均包括一篇课文（提供课文和生词音频及背景相关视频）和相关练习。选篇内容新颖，难度适宜，能有效地帮助学生打好语言基本功；练习形式多样，联系学生实际，有效提高学生的课堂参与度。
- ✎ Ability Enhancement 为综合性语言锻炼项目，包括歌曲欣赏（含音频或MV）、电影欣赏（含精选电影片段）、口语练习与主题写作四个部分。电影赏析深化主题，口语练习形式多样，主题写作系统实用，旨在全方位提升学生的英语应用能力。
- ✎ Grammar and Translation 为语法和翻译的理论知识讲解。语法点拨部分系统介绍了语法的基本知识，让学生在语言使用上更规范；翻译技巧部分介绍了常用的翻译技巧，旨在提高学生的翻译能力。

本书由颜莉、谭念、李伟担任主编，由袁佳、马永良、于宝英、郑庆芳担任副主编。

无论我们如何追求完美，但书中仍可能存在不完善和疏漏之处，敬请各位读者给予指正。此外，在编写本书的过程中，我们借鉴了一些文献资料，在此向这些文献的作者表示最诚挚的谢意。

编者  
2017年11月



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# UNIT 1



## A New Journey

*College is the “best four years of your life”. Everyone has a different image of what college is or what the typical college experience may be. Images of a new start to learn in class or by yourselves, to organize and participate in dorm or school parties, to meet new friends from different cities, to join in student organizations, etc. are probably some of those in mind. During these golden years of learning and life, you can finally build up a good personality, an effective way of learning and an optimistic attitude towards life, which is essential for your future. Be sure to cherish the precious time and make the best of it!*

# Part I Lead-in

I Watch the video and choose the correct words to fill in the blanks based on what you hear.

succeed freedom allowed run into mind-changing had no idea

- In college, there is so much \_\_\_\_\_, in terms of time, scheduling.
- The cool thing about college is that at any given point, in any given day, you're going to \_\_\_\_\_ a really amazing person who's going to blow your mind about something that you haven't thought about.
- Just being exposed to new ideas, new people, new cultures, it's completely \_\_\_\_\_.
- I cannot believe, every day I am so surprised by how much I have grown since I was in high school. When I was in high school and I was looking at colleges, I \_\_\_\_\_ how I was going to fare. I didn't know how I was going to \_\_\_\_\_. It seemed like this big thing so far away that everyone else was in on except for me. I really found myself and I know who I am and I just so excited by continuing this intellectual journey. It's just something that's very exciting to me.
- Basically, it has \_\_\_\_\_ me to dream much bigger, and not only dream much bigger, but also realize that those dreams are very possible as well.



II Discuss the following questions with your partners. The words and phrases given below are for your reference.

1 How do you think of the food on your campus? Do you like them?		
* yummy 好吃的	* good-tasting 口感好的	* spicy 辛辣的
* light 清淡的	* tender 嫩的	* tasteless 没味道的
* greasy 油腻的	* salty 咸的	* mouthwatering 诱人的
2 What do you want to do in your free time at college?		
* do part-time jobs	* fall in love with somebody	* read widely
* study hard to win the scholarship	* make a lot of friends	* do lots of exercises



## Part II Study Focus

### Text A Intensive Reading

#### Lessons I Learnt in My First Year in College

Author Unknown



#### Pre-Reading Questions:

- 1 What are you looking forward to learning in college?
- 2 What's your self-directed way to learn?



**1** After coming **straight**<sup>1</sup> into college, life definitely changed a lot for me in my first year of college. After some thought, I can say it's mostly for the better because let's face it — who doesn't love **lying**<sup>2</sup> in bed at home watching Netflix all day?!

**2** Just kidding. In all seriousness, my life changed a lot and I've learnt so much about myself since starting college. Looking back, here are some of the biggest lessons I've learnt along the way and how I wish I'd known them in advance!

#### College is Different from Before

**3** Now I know I may be **neglecting**<sup>3</sup> the crazy student who is on top of everything (there's always one...), but for all the normal students who usually **delay**<sup>4</sup> an assignment, this one is for you!



4 College is much harder than high school study because everything is self-directed. If you're anything like me and you live by the saying "due<sup>5</sup> tomorrow, do tomorrow", self-directed learning can actually be quite dangerous. In high school, whether you liked it or not, you were forced<sup>6</sup> to listen to your teacher's lectures and almost subconsciously<sup>7</sup>, you absorbed<sup>8</sup> the information. However, at college you can decide not to attend<sup>9</sup> a lecture one day. But if you're not careful, one day can turn into weeks, then into months and before you know it, somehow you ended up going a whole semester without learning anything.

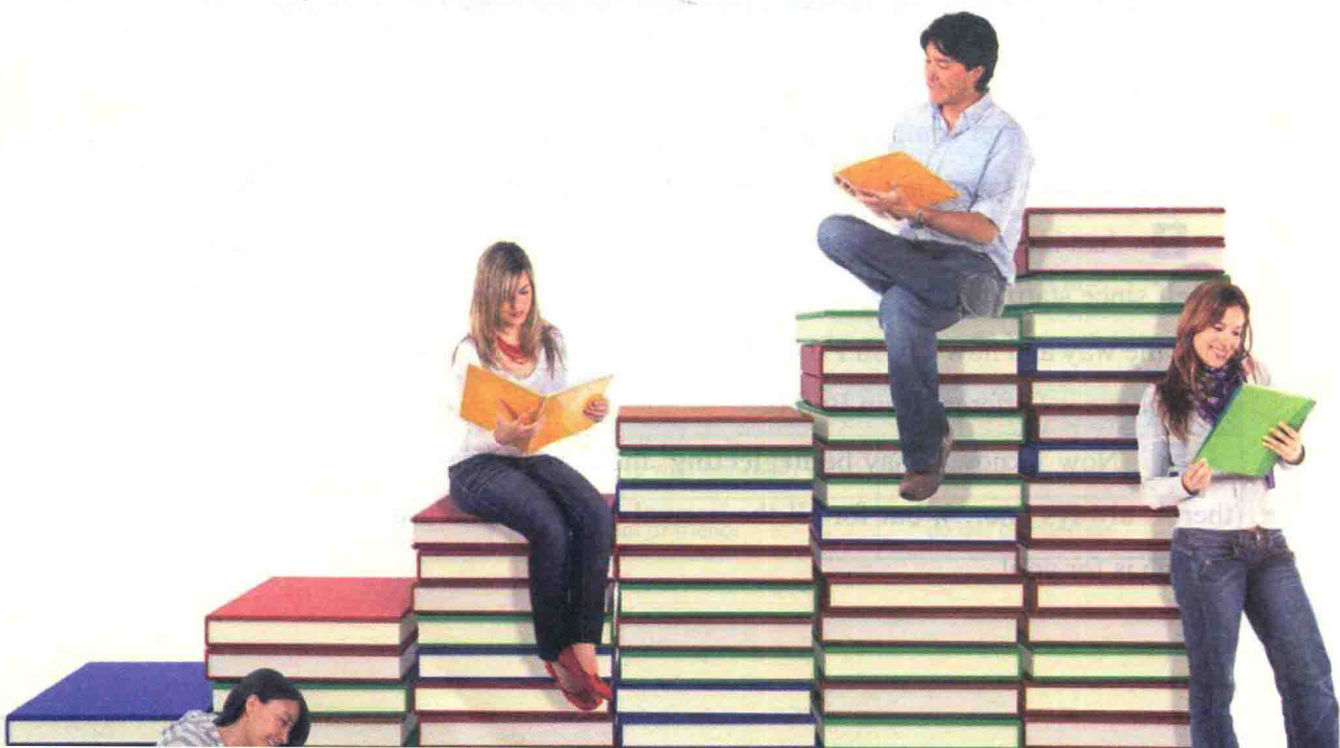
#### You Need a Designated<sup>10</sup> Study Space

- 5 My tip for successful self-directed learning is to create and manage your study space.
- 6 I don't know about you, but when I'm in the comfort of my own home, in my warm bed surrounded by soft pillows and blankets, there is no productivity<sup>11</sup> coming out of me.
- 7 A good study space is essential<sup>12</sup> for online or external<sup>13</sup> students, but it's just as important for those who study on campus. You'll have plenty of work to do after lecture, so create a space that's just for study. Keep Netflix, social media, TV, games and the things alike away from this area. It's your study zone, your serious space. You'll spend a lot of time there!

#### Have a Strong Support Network

8 Attending class simply saves your time. Every time I missed a class, I often spent double the amount of time studying to make up what I missed. If you want a life outside studying, go to class. Besides, you'd better take notes, ask questions and participate<sup>14</sup> in discussions in your class. Don't be the guy who sits in the back with his arms folded<sup>15</sup> and doesn't say a word.

9 Joining study groups is the perfect way to meet like-minded<sup>16</sup> people that can help





you if anything is unclear or if you happen to miss some information in your notes. There are also many ways to push you out of your comfort zone and get you to try new studying methods that could **ultimately**<sup>17</sup> help you out a lot in the long run.

**10** If you're **struggling**<sup>18</sup> in a class or simply struggling with grasping a concept in one of your classes, go to talk with your professors during their office hours. You won't believe how much professors want to help students who are making an effort to learn. To make your visit with your professor as **efficient**<sup>19</sup> and as **effective**<sup>20</sup> as possible, have a list of **specific**<sup>21</sup> questions you need help with. Don't just show up and say "I need help", thus forcing the professor to spend 30 minutes figuring out what exactly you need help with.

**11** Attending review **sessions**<sup>22</sup> may be the most helpful to you. As final exams draw near, many professors or teaching assistants will offer **optional**<sup>23</sup> review sessions. Go to them! In my experience, the professor is very likely to tell you exactly what will be on the exam. At that time, however, for me, playing *Call to Power II* seemed much more important, so I didn't go to those review sessions, and it turned out to be a big mistake. If there's any chance you have to get free extra help, take it.

**12** **Academically**<sup>24</sup>, you will learn **heaps**<sup>25</sup> in your first year, but I was surprised by just how many personal lessons I picked up, too. There might be highs and lows as you adjust to being a college student, but if you can learn to direct your own study, designate a study space for yourself, make the most of your class time and get extra help, you'll have everything you need in the first year!



(725 words)





# ■ New Words

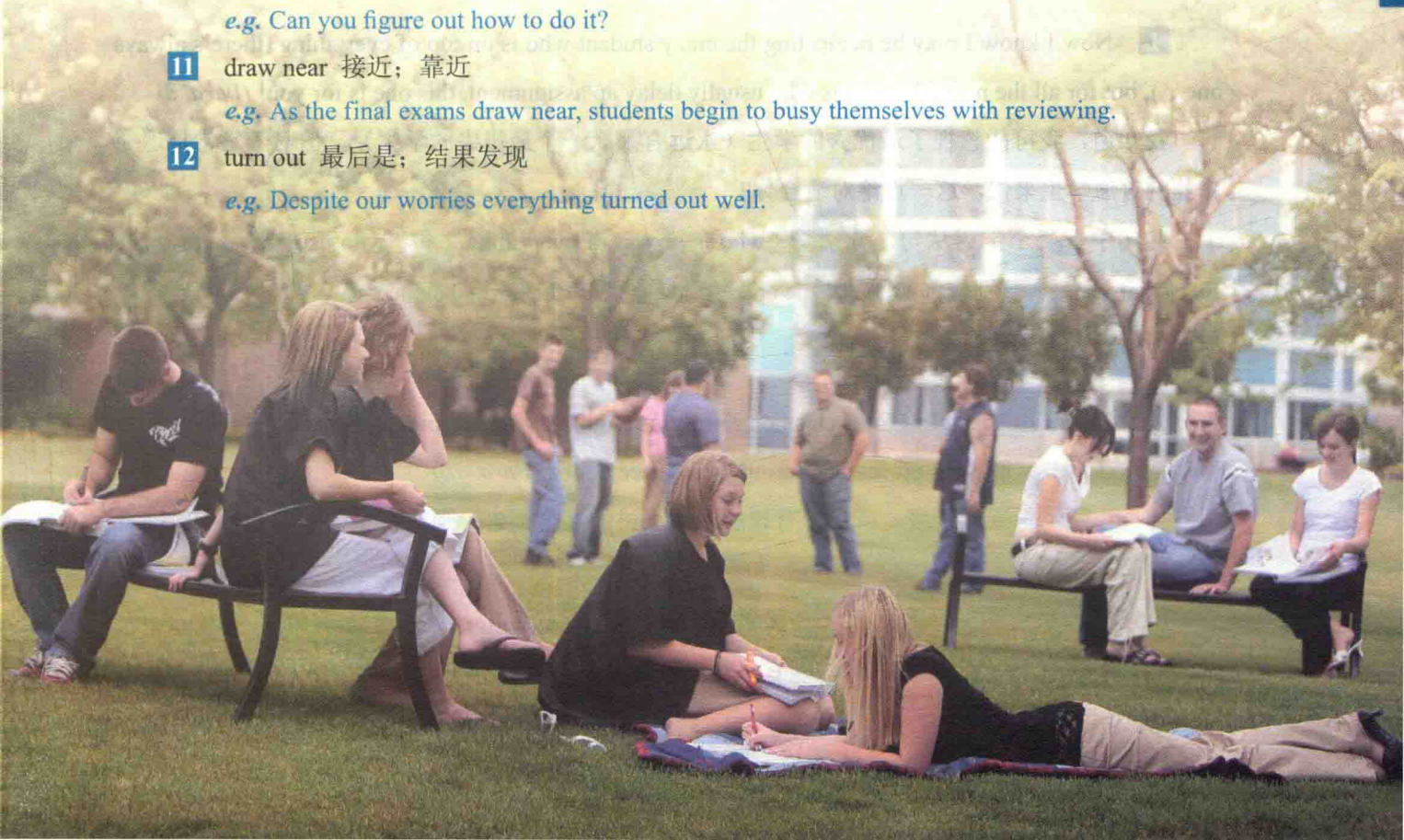
- ① **straight** /streɪt/  
② **lie** /laɪ/  
③ **neglect** /nɪ'gлект/  
④ **delay** /dɪ'leɪ/  
⑤ **due** /djuː/  
⑥ **force** /fɔːs/  
  
⑦ \***subconsciously** /,sʌb'kɔŋfəsli/  
⑧ **absorb** /əb'zɔːb/  
⑨ **attend** /ə'tend/  
⑩ ▲ **designate** /'deɪzɪneɪt/  
⑪ ▲ **productivity** /prɒdʌk'tɪvəti/  
⑫ **essential** /ɪ'senʃl/  
⑬ **external** /ɪk'stɜːnl/  
⑭ **participate** /pɑː'tɪsɪpeɪt/  
⑮ **fold** /fəʊld/  
⑯ \***like-minded** /laɪk'maɪndɪd/  
⑰ **ultimately** /'ʌltɪmətli/  
⑱ **struggle** /'strʌgl/  
  
⑲ **efficient** /ɪ'fɪʃnt/  
⑳ **effective** /ɪ'fektɪv/  
㉑ **specific** /spə'sɪfɪk/  
㉒ **session** /'seʃn/  
㉓ **optional** /'ɒpʃənl/  
㉔ **academically** /,ækə'demɪkli/  
㉕ **heap** /hi:p/  
  
*adv.* 直接; 径直  
*vi.* 躺; 处于; 说谎  
*vt.* 忽略; 疏忽  
*v.* 延迟; 延期; 推迟  
*adj.* 预期; 由于; 因为  
*vt.* 强迫; 迫使  
*n.* 力量; 效力  
*adv.* 潜意识地  
*vt.* 理解; 吸收  
*v.* 出席; 参加  
*vt.* 指定; 认定  
*n.* 生产率  
*adj.* 完全必要的; 必不可少的; 极其重要的  
*adj.* 来自(学校或机构)以外的; 外来的  
*v.* 参与, 参加  
*v.* 折叠; 合拢  
*adv.* 志趣相投的  
*adv.* 最后; 根本  
*v.* 奋斗; 争取  
*n.* 斗争; 努力  
*adj.* 效率高的; 有功效的  
*adj.* 产生预期效果的; 有效的  
*adj.* 明确的; 具体的; 特定的  
*n.* 讲习会  
*adj.* 可选择的  
*adv.* 学术上; 学业上; 理论上  
*n.* 许多; 堆

注: ▲ 代表六级词汇, \* 代表超纲词汇或合成词汇, 其他未标注的均为四级词汇。



# Phrases and Expressions

- 1** in all seriousness 非常严肃地; 认认真真地  
*e.g.* In all seriousness, what on earth was that about?
- 2** in advance 预先; 提前  
*e.g.* Every key decision and action they take must be approved by us in advance.
- 3** turn into 变为; 成为  
*e.g.* A prince turns into a frog in this cartoon fairytale.
- 4** end up (doing sth.) 以……而告终  
*e.g.* If you go on like this, you'll end up in prison.
- 5** keep (sth.) away from 远离……  
*e.g.* Most weekends I try to keep away from the laptop, the Internet and work.
- 6** make up 补上, 补回; 组成; 编造  
*e.g.* Those investors who think they have made up their losses had better think again.
- 7** help (sb.) out 帮助……摆脱困难  
*e.g.* She will take money out of her own pocket to help these women out.
- 8** in the long run 从长远来看  
*e.g.* In the long run prices are bound to rise.
- 9** show up 出现; 露面  
*e.g.* Fifteen people showed up at the meeting.
- 10** figure out 弄懂, 搞清楚  
*e.g.* Can you figure out how to do it?
- 11** draw near 接近; 靠近  
*e.g.* As the final exams draw near, students begin to busy themselves with reviewing.
- 12** turn out 最后是; 结果发现  
*e.g.* Despite our worries everything turned out well.



## ■ Proper Names



Netflix /'netflɪks/

*Call to Power*

网飞公司（美国在线影片租赁提供商）

权利的召唤（一款回合制策略类游戏）

## ■ Notes

**1** Now I know I may be neglecting the crazy student who is on top of everything (there's always one...), but for all the normal students who usually delay an assignment, this one is for you! (*Para. 3*)

我知道，我可能忽视了最优秀的学生（永远有那么一个最拔尖的学生），但对于常常推迟交作业的普通学生来说，这一点绝对适合你！

此句中有两个定语从句，分别是“who is on top of everything”和“who usually procrastinate an assignment”，分别修饰前面的“the crazy student”和“the normal students”。but是转折连词，后面引导转折句。

**2** If you're struggling in a class or simply struggling with grasping a concept in one of your classes, go to talk with your professors during their office hours. (*Para. 10*)

如果你跟不上课堂进度，或者没有理解课堂上讲的某个概念，那么，在教授们办公的时间去找他们谈谈。

If表示“如果……”，引导条件状语从句“you're struggling... your classes”。struggle在此处表示“理解……有困难”。struggle with后面用动词的-ing形式。





**3** You won't believe how much professors want to help students who are making an effort to learn. (Para. 10)

你不知道教授们有多想帮助那些努力学习的学生。

此句中 believe 的宾语为从句“how much professors want to help students who they see making an effort to learn”，由“how much”引导，此处意为“有多么……”，后面的句子用陈述语序。宾语从句中还包含一个由 who 引导的定语从句，修饰前面的 students。

**4** Academically, you'll learn heaps in your first year, but I was surprised by just how many personal lessons I picked up, too. (Para. 12)

第一年，你会有很多学业上的收获，但是，最让我难忘的却是自身的成长。

learn heaps 相当于 learn a lot，意思是“学到很多”。后面的“I was surprised by just how many personal lessons I picked up, too”同样是 but 引导的转折句。be surprised by 指“对……感到惊讶”，“how many personal lessons I picked up”是 by 后面的宾语。

**5** ..., but if you can learn to direct your own study, designate a study space for yourself, make the most of your class time and get extra help, you'll have everything you need in the first year! (Para. 12)

如果你能学会自主安排自己的学习，为自己设定一个学习空间，充分利用课堂时间并能获取额外帮助，你就会拥有大学一年级需要的一切。

此句包含 if 引导的条件状语从句“If you can... help”，而该从句中包含四个并列的动词短语，均作 learn 的宾语成分。

