



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 3

E-TIME COLLEGE ENGLISH — READING AND WRITING

王勉 范岳宏 寇向英 【主编】

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主编 王勉 范岳宏 寇向葵



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## E时代大学英语——读写教程 3

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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,我们潜心多年,对市场上的大学英语教材进行了充分研究,并走访了众多院校,举办了数场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,编写而成《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,借鉴近年来大学英语教学改革的成功经验与教学实践的成果,使用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、高效的教学系统。

## 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,采用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。

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、课件、在线考试系统、在线教学和学习平台等，凸显现代学习方式的互动性、移动性、随时性，以丰富教师教学手段、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

本套教材每册包括六个单元，每个单元包括 Lead-in、Study Focus、Ability Enhancement、Translation Skills 四个基本模块。单元的设计和编排既考虑到题材多样性和难易度，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。

Translation Skills 为翻译理论知识讲解，主要介绍了常用的翻译技巧，旨在提高学生的翻译能力。

本书由王勉、范岳宏、寇向英担任主编，由吴昊、付岳梅、栾廷玉、宋生英担任副主编。

无论我们如何追求完美，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



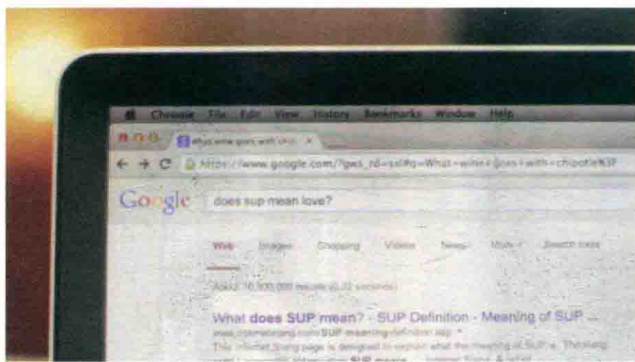
## True Love

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*Love refers to feelings of the heart in relationships. There are many kinds of love. Love can simply be a warm shoulder at the right time, eyes in a glance of understanding, or ears open to listening without judgment. For some people, romance is the most meaningful element in their lives. Love is appreciated and considered an important source of personal pleasure and support. It should give the best function as a place to rest, hide, grow and offer safety, adventures, and recreation. People, who demand a lot on their life, expect that love will heal, remove obstacles of happiness and provide perfect pleasure.*

# Part I Lead-in

I People tend to do some unusual things when they fall in love with others. Watch the video, discuss with your partners about your experience of having a crush on somebody or other people's unusual behaviors you saw when they fell in love, and then write down some of them.



You tend to overanalyze (想得太多, 钻牛角尖).



You try to share his / her interests.



You know too much about him / her.



You think about being with him / her forever.

II What do you think is true love? Write down the love story that touches you most in literatures, movies or history, and share it with your partners. The following example is for your reference.

Jack and Rose

Jack and Rose in Titanic. They fell in love with each other when they met. At the end of the movie, Jack sacrificed his life for love. Love means sacrifice.

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## Part II Study Focus

### Text A Intensive Reading

#### Love at First Sight

Author Unknown



#### Pre-Reading Questions:

- 1 Do you believe love at first sight?
- 2 What is a blind date? Can you accept it?



**1** She was 21 and I was in the final year of my college. I never believed in love at first sight until I met her. With the sun shining behind her she looked like an **angel**<sup>1</sup> walking down the stairs. I stood at the same place and the same time every day just to get a glimpse<sup>2</sup> of her until one of my friends urged<sup>3</sup> me to go and ask her out as the year was about to end.

**2** I was shy by nature and **dated**<sup>4</sup> very few girls in the past. I picked up my courage and decided to introduce myself. But before I could open my mouth, she said, “I know. You are Steve. You live in Pine court campus and you are in your final year of college; tomorrow you will have the final exams and you have been watching me for over 3 months till now!” I was **flabbergasted**<sup>5</sup>.

**3** “Okay, since you already know so much information about me, may I take you out for dinner tomorrow night?”

**4** “You have been waiting too long and I don’t want to say ‘NO’. But soon after

my exams tomorrow, I'm leaving for California. So shall we grab<sup>6</sup> something to eat at the cafeteria<sup>7</sup>?"

5 She looked so beautiful and her eyes smiled when she smiled. My heart was beating<sup>8</sup> so fast that I could almost hear it. Blood rushed to my face and I knew my ears were turning red. That always happened whenever I was nervous.

6 She looked more confident than me; but at the same time she was down to earth. So we went to the cafeteria to have lunch and she kept prodding<sup>9</sup> me with questions about me and my life. I asked how she noticed me and then we were giggling<sup>10</sup> soon. She said she had a good time and would wait at her classroom to see me tomorrow before she left. I was on cloud nine.

7 After my exams were over, there was a class party and I had totally forgotten that she had said she would meet me. At 5:30 I ran to her classroom but it was too late. I was in agony<sup>11</sup>. I will not be returning to the college again and I was sure she would have forgotten all about me when she came back from her vacation. But deep inside I felt there was more between us. I felt like I had known her for a very long time and our hearts were attached<sup>12</sup> together. I missed her terribly and sighed<sup>13</sup> deeply at the thought of my mistake.

8 I got a job in Staples and moved to North Carolina. I thought of her often. The only date between us felt like eons<sup>14</sup> away. I dated many other girls after my friends started setting me up. They knew that I was stupid pining<sup>15</sup> for a girl whom I dated only once. But that short time was more than all the hours that I spent with countless<sup>16</sup> other girls.

9 I was fed up with blind dates and refused to go out anymore when my friend begged me that this would be the last one. I agreed reluctantly<sup>17</sup> and went to the restaurant. It was dimly<sup>18</sup> lit and I was having goose pimples<sup>19</sup> for no reasons. I, who had become immune<sup>20</sup> to these blind dates, began feeling nervous. My heart started pounding<sup>21</sup> when I saw the girl that I meant to meet was already there waiting for me. I had purposely come 20 minutes late, so I hurried in with a big smile to apologize.

10 When she lifted her head, my head started spinning<sup>22</sup>. I couldn't believe that I had kept the only girl I wanted to meet all these years. I kept nodding my head and couldn't contain<sup>23</sup> my happiness on seeing her.

11 "How are you?" she gleamed<sup>24</sup>. "I didn't know I would meet someone I already knew in my blind date."

12 "Me either. Did you wait for me after your exams?" I asked.

13 "I waited until my dad got so mad that he was almost going to take off without me. Why didn't you come? I thought that the only date you had with me had made you

change your mind. I felt very bad though at that time, I felt we shared more than that moment. I felt we were meant to be together. I have never felt that way with anyone else so far.” She explained and looked up at me with tears **sparkling**<sup>25</sup> in her eyes.

**14** She looked as beautiful as the day when I set my eyes on her. Now she was saying what I had **rehearsed**<sup>26</sup> a thousand times to tell her when I met her. Now I didn't care if the whole world saw me. I was in love with this girl and never wanted to lose her again. I got down to my knee and **proposed**<sup>27</sup> to her and asked her if she would marry me.

**15** She nodded “YES” and we got married that summer.

(832 words)

## ■ New Words

- |   |                           |
|---|---------------------------|
| <b>1</b> <b>angel</b> /'eɪndʒl/               | <i>n.</i> 天使              |
| <b>2</b> <b>glimpse</b> /glɪmpʃ/              | <i>n.</i> 一瞥, 一看          |
| <b>3</b> <b>urge</b> /ɜːdʒ/                   | <i>v.</i> 敦促; 催促          |
| <b>4</b> <b>date</b> /deɪt/                   | <i>v.</i> 与人约会, 相约        |
| <b>5</b> * <b>flabbergast</b> /'flæbəɡəːst/   | <i>vt.</i> 使吃惊, 使目瞪口呆     |
| <b>6</b> ▲ <b>grab</b> /græb/                 | <i>v.</i> 抓住, 攫取; 夺取      |
| <b>7</b> <b>cafeteria</b> /kæfə'tɪəriə/       | <i>n.</i> 自助餐厅; 咖啡厅       |
| <b>8</b> <b>beat</b> /bi:t/                   | <i>v.</i> (心脏等) 跳动        |
| <b>9</b> * <b>prod</b> /'prɒd/                | <i>v.</i> 刺, 捅            |
| <b>10</b> * <b>giggle</b> /'gɪɡl/             | <i>v.</i> 咯咯地笑            |
| <b>11</b> <b>agony</b> /'æɡəni/               | <i>n.</i> 极大的痛苦; 苦恼, 烦闷   |
| <b>12</b> <b>attach</b> /ə'tætʃ/              | <i>v.</i> (使) 与……有联系      |
| <b>13</b> <b>sigh</b> /saɪ/                   | <i>v.</i> 叹气; 叹息          |
| <b>14</b> * <b>eon</b> /'iːən/                | <i>n.</i> 世; 代; 无限长的时代    |
| <b>15</b> <b>pine</b> /'paɪn/                 | <i>v.</i> 思念; 渴望          |
| <b>16</b> * <b>countless</b> /'kaʊntləs/      | <i>adj.</i> 无数的, 多得数不清的   |
| <b>17</b> * <b>reluctantly</b> /rɪ'lʌktəntli/ | <i>adv.</i> 不情愿地, 勉强地     |
| <b>18</b> * <b>dimly</b> /'dɪmli/             | <i>adv.</i> 昏暗地, 朦胧地, 模糊地 |
| <b>19</b> * <b>pimple</b> /'pɪmpl/            | <i>n.</i> 丘疹, 粉刺          |
| <b>20</b> * <b>immune</b> /ɪ'mjuːn/           | <i>adj.</i> 有免疫力的; 不受影响的  |
| <b>21</b> <b>pound</b> /paʊnd/                | <i>v.</i> (心脏) 狂跳, 怦怦地跳   |
| <b>22</b> <b>spin</b> /spɪn/                  | <i>v.</i> 快速旋转; 眩晕        |



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。

23	<b>contain</b> /kən'teɪn/	v.	克制, 抑制 (感情)
24	<b>▲gleam</b> /gli:m/	v.	(使) 闪烁, (使) 闪亮
25	<b>sparkle</b> /'spɑ:kl/	v.	闪烁; 闪耀
26	<b>*rehearse</b> /rɪ'hɜ:s/	v.	默诵; 背诵; 默默地练习
27	<b>propose</b> /prə'pəʊz/	v.	求婚

## ■ Phrases and Expressions

- at first sight 初次见到; 一看到……就  
*e.g. It was love at first sight, and he proposed to the girl six weeks later.*
- believe in 相信  
*e.g. Do you believe in God?*
- get a glimpse of 瞥见  
*e.g. He got a glimpse of her in the crowd.*
- urge sb. to do sth. 力劝……做……  
*e.g. She urged her parents to stay till tomorrow.*
- by nature 天生地  
*e.g. Tigers are cruel by nature.*
- pick up 捡起, 拾起  
*e.g. Ridley picked up a pencil and wrote down his new address for me.*
- down to earth 实事求是; 脚踏实地  
*e.g. He is quite down to earth and I like to cooperate with him.*
- on cloud nine 极其快乐; 乐不可支  
*e.g. When Michael was born, I was on cloud nine.*
- in agony 痛苦不堪  
*e.g. He lay in agony until the doctor arrived.*
- set sb. up 安排……相亲  
*e.g. Her mother decide to set her up during the holidays.*
- be fed up with 受够了; 对……厌倦  
*e.g. I am simply fed up with this kind of weather.*
- be meant to be (因能力、命运等) 注定  
*e.g. I believe he is meant to be a soldier.*
- propose to 向……求婚  
*e.g. If you propose to me now, I'll agree at once.*

## ■ Proper Names



**California** /ˌkæɪlɪˈfɔːnjə/

**Staples** /ˈsteɪplz/

**North Carolina**

加利福尼亚（美国西部太平洋沿岸的一个州）

史泰博公司（一家大型的办公用品连锁公司）

美国北卡罗来纳州

## ■ Notes

**1** I stood at the same place and the same time every day just to get a glimpse of her until one of my friends urged me to go and ask her out as the year was about to end. (Para. 1)

为了能瞥她一眼，我每天在同一时间站在同一地方等着，直到我的一个朋友催促我去约她出来，因为这一年已经快结束了。

“just to...”是不定式短语作目的状语，“ask sb. out”是“约某人出来”。as的意思是“因为……，由于……”，引导原因状语从句。be about to的意思是“即将，就要”。

**2** I will not be returning to the college again and I was sure she would have forgotten all about me when she came back from her vacation. (Para. 7)

我将不会再返回大学，而且我敢肯定，当她从假期回来的时候，她肯定也会将所有关于我的一切都忘记了。

“will (not) be doing sth.”是一般将来进行时，表示要在将来某一时间开始、并继续下去的动作。此句中用的否定形式。“I was sure”后面的“she would have... her vacation”是一个宾语从句，

省略了 that。宾语从句中还包含一个由 when 引导的状语从句。“would have forgotten”是过去将来完成时，表示从过去观点看在将来的某一时间某项动作已完成。

**3** They knew that I was stupid pining for a girl whom I dated only once. (Para. 8)

他们知道我正在傻傻地渴望得到我仅仅约会过一次的女孩。

“be stupid doing”表示“愚蠢地做……”，pine for 的意思是“渴望得到”，“a girl”后面是一个由 whom 引导的定语从句，由于“a girl”在定语从句中作宾语，所以关系代词用 whom。

**4** It was dimly lit and I was having goose pimples for no reasons. I, who had become immune to these blind dates, began feeling nervous. (Para. 9)

灯光很昏暗，我当时莫名其妙地浑身起鸡皮疙瘩。我本来对这些相亲式的约会已经有了免疫力，现在又开始紧张起来。

“was having”是过去进行时，表示在过去的某一时间正在发生的动作。“for no reasons”表示“不知原因地”，“become immune to...”的意思是“对……有免疫力”。“begin doing sth.”的意思是“开始做某事”。

**5** My heart started pounding when I saw the girl that I meant to meet was already there waiting for me. (Para. 9)

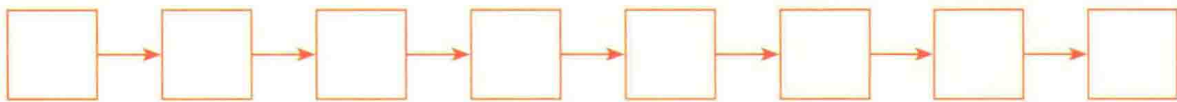
当我见到那个本来打算见的女孩已经在那里等我的时候，我的心开始怦怦直跳。

“start doing”表示“开始……”，此句中 when 引导的是一个状语从句，其中 saw 后面的“the girl that I meant to meet was already there waiting for me”是一个宾语从句，“that I meant to meet”是定语从句，修饰“the girl”。

## Exercises

### Reading Comprehension

I Rearrange the following sentences into correct order according to the text.



- A We had a great time to chat with each other, and we agreed to meet after the exam.
- B I proposed to her and we got married.
- C I had many blind dates that my friend set up for me, but I had no interest in those girls I have dated.
- D I fell in love with a girl when I was in the final year of my college.
- E I went to my last blind date and found the girl I dated was the one I loved for many years.





- F I missed meeting her after the exam because I joined our class party and forgot the date totally.
- G I got a job after graduation and moved to another place.
- H My friend encouraged me to express to the girl. Finally I dated with the girl.

**II** Answer the following questions based on Text A.

- 1 Why did the author stand at the same place and the same time every day?
- 2 What place did the girl suggest having lunch together?
- 3 What happened to the author when he was nervous?
- 4 Why didn't the author see the girl in her classroom?
- 5 How did the author meet the girl again several years later?

**III** Discuss the following questions with your partners.

- 1 Do you think the love between the author and the girl is love at first sight?
- 2 Why did the author refuse countless other girls?

**IV** Read the 14th paragraph aloud and recite it.

She looked as beautiful as the day when I set my eyes on her. Now she was saying what I had rehearsed a thousand times to tell her when I met her. Now I didn't care if the whole world saw me. I was in love with this girl and never wanted to lose her again. I got down to my knee and proposed to her and asked her if she would marry me.

**+** Language Focus

**■** Words to Practice

Fill in the blanks with the words given below. Change the form where necessary.

immune	rehearse	propose	gleam
countless	reluctantly	agony	urge

- 1 Her father \_\_\_\_\_ permitted the marriage.
- 2 They are always so rude that he's almost become \_\_\_\_\_ to it.
- 3 The report \_\_\_\_\_ that all children be taught to swim.
- 4 Don't only \_\_\_\_\_ what you are saying, but how you will do it. That's extremely important.
- 5 Their love story is retold endlessly in \_\_\_\_\_ forms.
- 6 I could see the faint ( 微弱的 ) \_\_\_\_\_ of light in the distance.
- 7 Seeing that he left the place, I was in \_\_\_\_\_.
- 8 How would you \_\_\_\_\_ to the girl that you like?