




普通高等教育“十一五”国家级规划教材  
高职高专公共基础课教材系列

# 高等实用 英语教程

(第三册)

- 总主编 徐秋琴
- 主 编 王 青 谢建中

 科学出版社  
[www.sciencep.com](http://www.sciencep.com)



普通高等教育“十一五”国家级规划教材

高职高专公共基础课教材系列

# 高等实用英语教程

(第三册)

总主编 徐秋琴

主 编 王 青 谢建中

主 审 梅 白

科学出版社

北 京

## 内 容 简 介

本书共分10个单元。每单元按照语言教学规律进行编排,包括:Listening and Talking(听说部分)、Intensive Reading(精读部分)、Learning Strategy(学习策略部分)。以学生入学开始的生活为主线,在具体的交际场景中进行听说系统训练,精选了与学习、生活紧密相关的文章进行讲解,并提供了涉及阅读、翻译和写作的学习策略和语言应用技巧。

本书可作为高职高专非英语专业学生教材,也可作为相关职业培训的参考教材。

### 图书在版编目(CIP)数据

高等实用英语教程(第三册)/徐秋琴总主编,王青,谢建中主编. —北京:科学出版社,2010

(普通高等教育“十一五”国家级规划教材·高职高专公共基础课教材系列)

ISBN 978-7-03-027657-5

I. ①高… II. ①徐… ②王… ③谢… III. ①英语-高等学校:技术学校-教材 IV. ①H31

中国版本图书馆CIP数据核字(2010)第092291号

责任编辑:沈力匀/责任校对:柏连海

责任印制:吕春珉/封面设计:耕者设计工作室

科学出版社 出版

北京东黄城根北街16号

邮政编码:100717

<http://www.sciencep.com>

信浩彩色印务有限公司 印刷

科学出版社发行 各地新华书店经销

\*

2010年9月第 一 版 开本:787×1092 1/16

2010年9月第一次印刷 印张:16

印数:1—10 000 字数:240 000

定价:26.00元

(如有印装质量问题,我社负责调换〈环伟〉)

销售部电话 010-62136131 编辑部电话 010-62135235 (VP04)

版权所有,侵权必究

举报电话:010-64030229; 010-64034315; 13501151303

在迅速发展的社会环境中，中国英语教学的现实已发生了深刻的变化。除了从单纯的语言知识教学转向综合语言能力的培养方面外，普通高等教育和高等职业教育的培养目标也区分日趋明确。后者在语言能力的培养上更要求与学生的就业岗位进行有效衔接。编者在充分考虑高职高专学生英语学习能力的现状和吸取传统教材设计优点的基础上，编写了本套《高等实用英语教程》。

本套教材编写目标指向明确，专门为高职高专在校生编写。全套教材共四册，每本教材均配有教师用书。前三册以英语知识在各学科的通用性内容为主，同时充分考虑职场语言技能需求，将语言的实际运用和语言的基础知识相结合。第四册为专业英语教材，内容涉及各常见学科。建议教学以前三册为主要教学内容，教师可根据教学的具体情况，对教材中的内容进行取舍。一般可以将词汇、精读和语法作为主要教学内容，对于语言功底比较扎实的学生，可将教和学的重点放在学习策略方面。第四册的教学可在不同专业内自主进行，因材施教。

## 编写原则

以现代语言学和语言教学理论为指导，强调任务型语言教学理念，目的是培养学生用语言来做事情的能力。

## 编写特点

(1) 本教材既是英语学科的知识传授用书，又可起到词典、工具书和教辅材料的功能。教材中给出的大量句型、范文、学习策略等内容，会帮助学生在日后的工作中进行有效的语言运用。

(2) 本教材取材于真实语料，来源广泛，文体多样，在具有实用性和趣味性的同时，注重了学生人文素质的培养。选题立意深刻，范围广泛，涉及了各种生活场景。同时，适当插入了相关图片、表格。在保证良好视觉效果的同时，帮助学生更好地理解跨文化交际的内涵。

(3) 本教材注重学生自主学习能力的培养。按语言功能编排并突出



了语用特点,使学生在日常学习和日后的工作中得以更便利地查找、模仿和使用。同时,本教材顾及不同层次的高职高专学生的需求,教材内容循序渐进、环环相扣。学生可根据自己的学习情况选取教材中的内容进行自主学习。

(4) 本教材在每单元均提供了大量操作性强的学习任务,将语言知识的积累、技能训练和语言信息的有效输出在学习任务的驱动中巧妙结合,用任务强化能力。

### 编写内容

每册书共10个单元。每单元按照语言教学规律进行编排:

#### 1. 听说部分

将实际的英语交际场合进行分类,以学生从入学开始的生活为主线,在具体的交际场景中进行听和说的系统训练。同时,该套教材提供了精选的表达模式以丰富学生的交际语言,并通过任务驱动来帮助学生举一反三。

#### 2. 精读部分

充分关注语言成分,以词汇、句型和整体语篇分析为主。通过该内容的教学将使学生更深刻地理解语言形式、功能和意义是怎样进行结合的。

#### 3. 学习策略部分

该内容提供了实用的学习策略和语言应用技巧,具体内容涉及阅读、翻译和写作的系统训练。

语法部分的编排也是本套教程的重点内容之一。因为高职高专的学生语言能力差异很大,这是由多方面的原因造成的。为了让学生打好语言基础,每单元后附上语法基本知识的讲解和练习,使学生可根据自身情况进行自主学习。

本套书由太原大学徐秋琴担任总主编,梅白担任主审。本册书由安徽工商职业技术学院王青、山西金融职业学院谢建中担任主编,山西轻工职业技术学院赵奇志担任副主编。全书编写分工如下:太原大学徐秋琴编写第1单元、王青编写第2~5单元、谢建中编写第6~7单元、赵奇志编写第8单元、安徽工商职业技术学院胡多军编写第9单元、山西艺术职业学院郑冰梅编写第10单元。

总之,本套教材在科学发展、理论指导和吸取前人经验的基础上,围绕学生语言运用的流利性、准确性和得体性进行了精心的编排。但学无止境,法无定法,书中难免有不当之处,敬请专家、同行和广大读者批评指正,在此致以诚挚的感谢。

<b>Unit One</b> .....	1
<b>Listening and Talking</b> .....	1
Asking for Suggestion and Preference .....	1
<b>Intensive Reading</b> .....	4
Text A The Pleasure of Transforming Your Hobby into Your Profession .....	4
Text B Top 10 Habits of Happy People .....	9
<b>Learning Strategy</b> .....	13
<b>Unit Two</b> .....	25
<b>Listening and Talking</b> .....	25
Asking for and Offering Help .....	25
<b>Intensive Reading</b> .....	28
Text A Reciprocal Altruism and Teamwork – Using Human Nature to Motivate Employees ....	28
Text B Helping Others Brings the Same Pleasure We Get from the Gratification of Personal Desire .....	32
<b>Learning Strategy</b> .....	36
<b>Unit Three</b> .....	47
<b>Listening and Talking</b> .....	47
Calling the Police .....	47
<b>Intensive Reading</b> .....	50
Text A The Police —Serving the Community ....	50
Text B Say Thank You to the Police .....	55

<b>Learning Strategy</b> .....	59
--------------------------------	----

## **Unit Four** .....

<b>Listening and Talking</b> .....	71
------------------------------------	----

At the Hospital .....	71
-----------------------	----

<b>Intensive Reading</b> .....	74
--------------------------------	----

Text A Emotional IQ .....	74
---------------------------	----

Text B Stress and Its Repercussions .....	78
---	----

<b>Learning Strategy</b> .....	82
--------------------------------	----

## **Unit Five** .....

<b>Listening and Talking</b> .....	97
------------------------------------	----

At the Bank .....	97
-------------------	----

<b>Intensive Reading</b> .....	100
--------------------------------	-----

Text A Preventing Identity Theft and Credit Card Fraud : How to Protect your Credit Information .....	100
---	-----

Text B Online Banking and Its Advantage .....	105
---	-----

<b>Learning Strategy</b> .....	110
--------------------------------	-----

## **Unit Six** .....

<b>Listening and Talking</b> .....	121
------------------------------------	-----

At the Hair Salon .....	121
-------------------------	-----

<b>Intensive Reading</b> .....	124
--------------------------------	-----

Text A Early History of Barbering .....	124
---	-----

Text B My Story .....	128
-----------------------	-----

<b>Learning Strategy</b> .....	132
--------------------------------	-----

## **Unit Seven** .....

<b>Listening and Talking</b> .....	144
------------------------------------	-----

Expressing Anger and Regret .....	144
-----------------------------------	-----

<b>Intensive Reading</b> .....	147
--------------------------------	-----

Text A How Water Shortage Can Impact You ...	147
--	-----

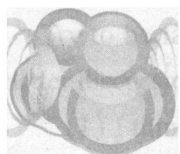


Text B	Energy Crisis: Let's Stop Ignoring the Obvious .....	152
<b>Learning Strategy</b> .....		158
<b>Unit Eight</b> .....		171
<b>Listening and Talking</b> .....		171
Expressing Complaints and Gratitude .....		171
<b>Intensive Reading</b> .....		174
Text A	Cyberculture: Society, Culture, and the Internet.....	174
Text B	Open Communication: from Counterculture to Cyberculture .....	179
<b>Learning Strategy</b> .....		184
<b>Unit Nine</b> .....		199
<b>Listening and Talking</b> .....		199
Expressing Likes and Sympathy.....		199
<b>Intensive Reading</b> .....		202
Text A	The Gratitude Attitude .....	202
Text B	Gratitude Is the Key to a Better World for Everyone .....	207
<b>Learning Strategy</b> .....		212
<b>Unit Ten</b> .....		222
<b>Listening and Talking</b> .....		222
Looking for Jobs and Talking About Future .....		222
<b>Intensive Reading</b> .....		226
Text A	Fit for Work .....	226
Text B	Employability Uncovered .....	230
<b>Learning Strategy</b> .....		235
<b>References</b> .....		248

# Unit One

## Listening and Talking

### Asking for Suggestion and Preference



#### PART I LISTENING

##### Case Introduction:

Sally (A), who is on her way to the library, is talking with her friend, Bob (B), about their weekend plan. They have a conversation as follows.

##### Task 1

Listen to the conversation twice and then decide whether the statements below are true, false or not mentioned. Write T for True, F for False and N for Not mentioned in the spaces provided.

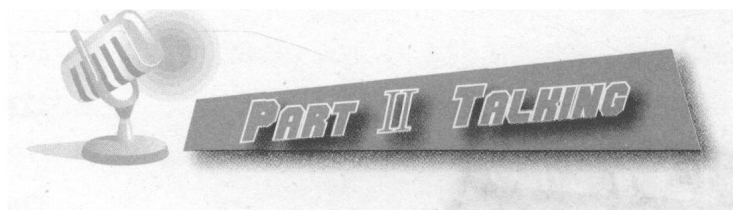


- (1) \_\_\_\_\_ When Sally meets Bob, she has her own plan for the weekend.
- (2) \_\_\_\_\_ Bob will come to a concert on Saturday evening.
- (3) \_\_\_\_\_ Sally thinks Bob has a sense of humor.
- (4) \_\_\_\_\_ Bob has nobody to recommend as Sally's dance partner.
- (5) \_\_\_\_\_ Sally prefers a partner who is pretty cool and reliable.

## Task 2

You will hear 8 short dialogues between two speakers. At the end of each dialogue, you'll hear one question related to what was said. Listen carefully and choose A, B, C or D for the best answer to the question you have heard. Both the dialogue and the question will be spoken only once.

- (1) A. Teacher and student.      B. Boss and secretary.  
C. Two classmate.      D. Librarian and student.
- (2) A. A repairman.      B. A writer.      C. A clerk.      D. A reporter.
- (3) A. Receptionist and customer.      B. Shop-assistant and customer.  
C. Student and classmate.      D. Reporter and Editor.
- (4) A. An editor.      B. A salesman.      C. A doctor.      D. A journalist.
- (5) A. A taxi driver.      B. A postal clerk.      C. A bus conductor.      D. A shop assistant.
- (6) A. Doctor and Nurse.      B. Brother and sister.  
C. Teacher and student.      D. Husband and wife.
- (7) A. A report.      B. A clerk.  
C. A waitress.      D. A telephone operator.
- (8) A. Lawyer and client.      B. Doctor and patient.  
C. Teacher and student.      D. Librarian and student.



## Sample

Frank: Hello, George.

George: Hi, Frank. What's new with you?

Frank: Not too much. I'm going to rent an apartment.

George: Yeah? Why?

Frank: I just want a more comfortable place. But my roommate has proved a real bother.

George: What happened? Did you have a quarrel?

Frank: No. He always leaves his things about and never cleans the room.

George: I hate that, too. Did you tell him your feeling?

Frank: Yes, but he doesn't care. I really wouldn't want to move, but I just can't stand him.

George: It's a problem. You'd better move. Let's check the newspaper.

Frank: Jeez... I hadn't expected it so expensive to rent an apartment these days.

George: Then what about putting an ad for a new roommate to share the rental?

Frank: That sounds like a good idea.

George: What kind of roommates do you want this time?

Frank: Oh, I'd prefer someone who has the same habit with me – who also hates a dirty and messy room.

George: Anything else?

Frank: Well, I like a guy who's easy to get along with.

George: Oh, here's one for rent. It seems in this neighborhood.

## Task 1

Answer the questions.

- (1) What do you think are the most important characters to look for in a friend?
- (2) What is your best friend like? What are your friend's best qualities?
- (3) What is an ideal friend like?

## Task 2

Hold a debate.

Situation: There are different opinions about making friends. Some people like to make friends with similar personalities for getting along well with each other easily while others prefer ones with different characters for more attractiveness. So divide the class into two sides, and have a debate over the topic "Is it more beneficial for us to keep friends with similar personalities?"

## Sentence Drills

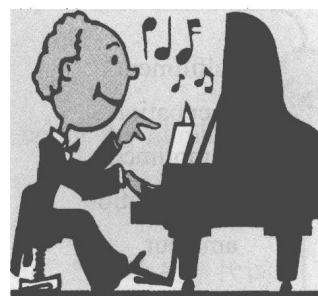
Try to be familiar with the following sentence drills; maybe they will help you to organize a better discussion about the topic.

- (1) I think an ideal friend is someone who is...
- (2) I agree. The ideal friend should be...
- (3) I don't agree. I prefer a friend who is...
- (4) Like attracts like.
- (5) Opposite poles attract; like poles repel.
- (6) If you take my advice, you won't...
- (7) It seems to me that you should think about...
- (8) I strongly urge you to change your opinion...

**Text A**    **The Pleasure of Transforming Your Hobby into Your Profession**

Second, you probably are familiar with the phrase that says “The person that has turned his hobby into his profession is a happy one.” It is true that for a number of reasons, more and more people have turned their hobby or hobbies into their daily occupations and those that have done so, state that this decision has greatly changed their life towards the better. They advise others to do the same and they do have a point, if one considers that the person who uses his or her skills to earn a living actually practices something he or she loves doing. For example, if you have been receiving compliments for your cooking, from a variety of people, perhaps you should consider a career in that field. If you love computers and you

spend every single minute experimenting in computer languages or playing computer games, then maybe a career of that sort could fit better your type. But generally speaking, a person who does something for fun and not remuneration is called an amateur or a hobbyist, as distinct from a professional.



But finally, in order to determine which hobbies you practice could become your future career paths, you should better examine how easy it is to make a living from your leisure and recreational activities. For example, very few people can live from stamp collection, but many find it enjoyable. A lot of people like to observe and study the stars, but few have actually invested in this hobby and became astronomers. But a number of people who enjoyed traveling and writing have become journalists, or others who preferred cooking than dinning out have turned their passion into a flourishing business venture. Regardless if others find your hobby trivial or boring, you should invest some time in examining whether it has been ever introduced as a type of career. Even if not, do not get discouraged. People always find new ways to explore their entrepreneurship and business usually evolves just based on an idea. If you add on this equation talent, skill, and determination, you most probably have a winner. Whether you are an amateur writer or a painter, give it a shot and who knows? Maybe the next Hemingway or Picasso is you!



## Words and Phrases

profession	[prə'feʃən]	<i>n.</i>	职业
recreational	[rekri'eɪʃənəl].	<i>a.</i>	休闲的, 娱乐的
pursuit	[pə'sju:t]	<i>n.</i>	嗜好, 追求
pursue	[pə'sju:]	<i>vt.</i>	追求; 继续, 从事
psychological	[saɪkə'lɒdʒɪkəl]	<i>a.</i>	心理 (学) 的
identify	[aɪ'dentɪfaɪ]	<i>vt.</i>	认出, 鉴别, 把……等同于
categorize	['kætɪgəraɪz]	<i>vt.</i>	分类
financial	[faɪ'nænʃəl]	<i>a.</i>	财政的, 金融的
outcome	['aʊtkʌm]	<i>n.</i>	结果
craftsman	['kra:ftsmən]	<i>n.</i>	精于一门工艺的匠人
substantially	[səb'stænʃəli]	<i>ad.</i>	极大地
capability	[keɪpə'bɪlɪti]	<i>n.</i>	能力, 才能

fulfillment	[ful'filmənt]	n.	满足(感), 成就(感); 完成, 履行
occupation	[ɒkju'peɪʃən]	n.	职业, 工作
compliment	['kɒmplɪmənt]	n.	恭维, 赞美(的话)
remuneration	[rɪ'mju:nə'reɪʃən]	n.	报酬, 补偿
amateur	['æmətə:]	n.	业余爱好者, 外行
		a.	业余的
hobbyist	['hɒbiɪst]	n.	沉溺于某种嗜好的人
professional	[prə'feʃənəl]	n.	专业人员
		a.	职业的, 专业的
astronomer	[ə'strɒnəmə]	n.	天文学家
journalist	['dʒɜ:nəlɪst]	n.	新闻记者, 新闻工作者
passion	['pæʃən]	n.	热爱, 酷爱
flourishing	['flɜ:riʃɪŋ]	a.	繁荣的, 兴盛的
venture	['ventʃə]	n.	企业, 投机活动
regardless	[rɪ'gɑ:dlɪs]	ad.	不管, 不顾
trivial	['trɪviəl]	a.	琐碎的, 不重要的
entrepreneurship	[ɒntrəprə'nɜ:ʃɪp]	n.	企业家身份, 企业家精神
evolve	[i'vɒlv]	v.	(使)发展, (使)演变
equation	[i'kweɪʃən]	n.	等式, 方程式
to pursue			追求; 继续; 从事
transform into			把……变成……
apart from			除……之外
in case			假使, 以防(万一)
turn into			变成
due to			由于, 因为
rather than			不是……而是……, 与其……倒不如
result from			由于, 起因于
engage in			从事, 参加
be familiar with			熟悉, 通晓
a number of			许多, 若干
be distinct from			与……有差别
give it a shot			试一试, 试试看



## Notes

(1) If a hobby is a spare-time recreational pursuit, could you count the number of hobbies you have practiced over the past or you are still pursuing now and then that have given you some kind of return apart from the psychological one?

【分析】“you have practiced over the past or you ... now and then”是省略关系代词“that”的定语从句；“that have given you...the psychological one”是由关系代词“that”引导的定语从句，两个定语从句修饰同一先行词“hobbies”。

【译文】如果说爱好是一种业余的消遣活动，无论是那些过去的爱好还是现在仍然沉溺其中的娱乐活动中，你能列出有多少种爱好能给你带来除精神享受外更多的回报？

(2) But if your hobby list is empty, or you are unsure if one of the things you are doing or have done during your free time could be categorized as a hobby turned into a profession, then you should better invest some time in reading the text that follows.

【分析】“if your hobby list is empty”是由if引导的条件状语从句；“if one of the things...a profession”是由if引导的宾语从句；“you are doing... during your free time”是省略关系代词that的定语从句，修饰things；“turned into a profession”是过去分词短语，作hobby的定语。

【译文】可是如果你没有这样的爱好，亦或是不知道是否能有这样一种爱好可能会变成自己的职业，那么就请花点儿时间读读下面的文章。

(3) First of all, you should know that hobbies are practiced due to a person's interest on something and for the enjoyment that hobby can bring to the individual, rather than for financial reward that can result from the outcome of someone's efforts.

【分析】“for the enjoyment”中for表示原因；“that hobby can bring to the individual”，“that can result from the outcome of someone's efforts”都是由that引导的定语从句，分别修饰先行词“enjoyment”和“financial reward”。

【译文】首先，你应该知道培养爱好的目的是为了满足不同个人兴趣或享受其给个人带来的乐趣，而不是为了追求经济上的回报。人们往往是由于付出了努力而希望得到经济上的补偿。

(4) Whether you are a collector, a craftsman, a sports fan, or a painter, engaging in a hobby can lead you to acquiring a certain set of skills and advance substantially your capabilities, knowledge base and experiences. “Whether...or...”意为：“不管……还是……”；“engaging in a hobby”是动名词短语作主语。

【译文】无论你是收藏家还是手艺人，是体育迷还是画家，培养某种爱好不但会学到技能，而且还会使你的个人能力、知识水平、社会阅历突飞猛进。

(5) It is true that for a number of reasons, more and more people have turned their hobby or hobbies into their daily occupations and those that have done so, state that this decision has greatly changed their life towards the better.

【分析】“It is true that...their daily occupations” it 是形式主语，由 that 引导的主语从句是真正的主语；“that have done so” 是定语从句，修饰 those；“that this decision...towards the better” 是 that 引导的宾语从句做 state 的宾语。

【译文】确实，出于某些原因越来越多的人将爱好变成了自己的日常工作，而且这些人也明确表示这种转变使他们的生活更加幸福快乐。

## Task 1

Fill in the blanks with the words given.

profession	capability	amateur	evolve	pursue	identify
passion	trivial				

- (1) This table tennis match is open to both \_\_\_\_\_ and professionals.
- (2) What we need to do now is to \_\_\_\_\_ the problems and solve them.
- (3) She is determined to \_\_\_\_\_ a career in teaching.
- (4) Why are you so upset over such a \_\_\_\_\_ matter?
- (5) He is a football coach by \_\_\_\_\_.
- (6) I think the exam goes beyond the \_\_\_\_\_ of our students.
- (7) He has a great \_\_\_\_\_ for fishing.
- (8) The company \_\_\_\_\_ over the years into a multi-national corporation.

## Task 2

Translate the following sentences into Chinese.

- (1) You probably are familiar with the phrase that says “The person that has turned his hobby into his profession is a happy one.”
- (2) If you love computers and you spend every single minute experimenting in computer languages or playing computer games, then maybe a career of that sort could fit better your type.
- (3) In order to determine which hobbies you practice could become your future career paths, you should better examine how easy it is to make a living from your leisure and recreational activities.
- (4) But a number of people who enjoyed traveling and writing have become journalists, or others who preferred cooking than dinning out have turned their passion into a flourishing business venture.
- (5) If you add on this equation talent, skill, and determination, you most probably have a winner.
- (6) Whether you are an amateur writer or a painter, give it a shot and who knows? Maybe the next Hemingway or Picasso is you!

### Task 3

Translate the following sentences into English.

- (1) 公司无论大小都应该按时交税。(whether...or...)
- (2) 由于天气恶劣, 许多航班都被取消了。(due to)
- (3) 带上雨伞, 以防下雨。(in case)
- (4) 我宁愿呆在家里, 也不愿意和你去看电影。(rather than)
- (5) 他胃疼是由于不良的饮食习惯造成的。(result from)
- (6) 除了成本之外, 我们还需要考虑这个项目需要花费的时间。(apart from)

## Text B Top 10 Habits of Happy People

Happy people have a different way of thinking and doing things. They maintain a positive attitude about people, things and life in general. They interpret the world that they live in differently than the average person.

Happy people generally have the following habits that express their values and beliefs:

### 1. Loving Self

Be your own best friend. It sounds simple and like a “no-brainer” but learning to truly love yourself can be a challenge.

It's absolutely the most essential step in being a happy person. You need to learn to enjoy your own company and to embrace everything about yourself. Like whom you are on the inside. Accept your flaws. Claim the fact that you are a wonderfully flawed human! Pamper yourself.

### 2. Taking Care of Self

As a part of loving yourself, you will take care of your body and health. Get regular medical check ups. Eat healthily and work out. Get plenty of rest. Drink lots of water. Exercise your mind by continually energizing it with interesting and exciting challenges.

When you're not feeling well - either physically or emotionally, it's hard to be happy.

### 3. Loving Others

Love is what makes the world go around. Follow the saying “Do unto others, as you would have them do unto you”. This is simply saying treat everyone with kindness, compassion and respect. Love is the basis for all happiness. If we love being with someone - we're happy. If we

