

工程硕士研究生实用英语教程

Practical English for Master Students in Engineering

视

听

说

教师用书

Teacher's Book

Watching, Listening and Speaking

主编 仓兰菊

工程硕士研究生实用英语教程

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前言

近十几年来,我国专业学位工程硕士研究生的培养规模逐年扩大,并且从2009年起开始招收全日制该类研究生。为顺应新形势的要求以及为工程硕士研究生的教材建设作贡献,我们编写了这套《工程硕士研究生实用英语教程》。这套教程包括《读写译》与《视听说》,均有学生用书和教师用书,供该类研究生及其他中高级英语学习者使用。所有编著者都是长期担任此项教学任务并具有丰富教学经验的一线教师。

本教程结合建构主义、合作学习、交际法教学等国际最新的TESOL教学理论,其编写理念是:以培养学生的实际英语运用能力为目标,强调以学习者为中心,以实用性和可操作性强为原则,注重学生自主学习能力、合作学习能力、批判性创新思维能力的培养。教程的主要特色如下:一、注重以人为本,从教材的内容选择、体例安排、练习设计到语言难度等方面均围绕学生学习及工作中的具体需求来进行。二、以2006年颁布的《全国工程硕士专业学位研究生英语教学要求》为依据,教学要求突出,重点明确。各单元出现的所有《教学要求》中所需掌握的词汇和构词词缀均用星号标出,方便教师教学与学生自学。三、采用活泼多样的练习形式提高学生参与英语学习的动机及兴趣,培养学生使用英语的自信心,全方位提高学生的语言水平,特别是产出性语言技能。四、难度适中,内容丰富,趣味性、知识性、实用性、可操作性强,现代感突出,编排体例新颖独特。五、学时要求非常灵活,每个单元中的各个活动、项目的设计都以方便课堂使用或学生自学为出发点来设计,供使用单位根据学生水平、需求及学时要求来自由选用及组合。

本套教程是“华南理工大学创新人才培养计划资助项目”(项目编号为2008033),在编写过程中得到华南理工大学研究生院及外语学院的大力支持。秦秀白教授特意为项目组的老师们传授教材编写经验,悉心指导。刘浣波教授审阅了初稿的样课并提出了宝贵的建议。教程的出版得到上海外语教育出版社的大力支持。华南理工大学的外籍教师Janice Nielson审定了视频的文字材料,Mary Brown对教程初稿进行了审阅与修改,本校工程硕士学生试用了教材。在教材出版之际,谨向他们及其他关心教材编写与出版的人士表示诚挚的谢意!由于本教程选材涉及面广,未能在此一一注明,特此说明,并向所有有关方面表示感谢。

由于编著者水平有限,难免有不足或错讹之处,敬请读者批评指正。

编者
2010年2月

编写说明

《工程硕士研究生实用英语教程：视听说》(教师用书)共有6个单元，18课，内容与学生用书配套，供使用该教材的教师参考。教师用书中的每课包括视频、练习答案、小测验及小测验录音文字资料和答案4大板块。

视频 (The Video)

包括3个部分：

1. Introduction: 对视频主题及内容的介绍。
2. Language points: 语言点。对视频中重点词汇与表达法用英文进行解释及举例说明，视频中《教学要求》里面出现的词汇用星号标出；对视频中的长句、难句用简易的英文加以解释。
3. Video transcript: 视频的文字材料。

练习答案 (Key to the Exercises)

提供学生用书中练习题的参考答案(开放性练习没有答案)。

小测验 (Quiz)

由选择题和回答问题两部分组成，测试学生对视频主要内容的理解。该部分没有出现在学生用书中。教师可以在该课学习结束后，用PPT的形式规定学生在一定时间内完成。该部分可用于检验学生的学习情况，敦促学生更加认真地参加课堂学习与活动。

小测验录音文字资料和答案 (Audio Script and Key to the Quiz)

提供小测验的录音文字资料和参考答案。

参加《工程硕士研究生实用英语教程：视听说》(教师用书)的编著人员及分工同学生用书，具体如下：仓兰菊统稿；左鸣放安排教材试用；仓兰菊编写第1、2、3、11课；陈涛编写第4、5、6课；姚楠编写第7、8、9课；左鸣放编写第10课；陈洪编写第13、14、15课；刘曦芬编写第12、16、17、18课。

教材中的不足及不妥之处，敬请读者提出宝贵的意见。

与本书相关的视频和音频资料请从外教社高等英语教学网(<http://hee.sflep.com>)上下载。

编者

2010年2月

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Unit **1**

HEALTH



Lesson

1

LOSING SLEEP



The Video

Introduction

There is no doubt that sleep is as important as diet and exercise to overall health. But most of us have experienced insomnia or sleeplessness at one time or another in our lives. Insomnia affects all age groups and may be caused by a host of different reasons, for example, anxiety, stress and depression. It is more common in people in lower income groups, chronic alcoholics, and mental health patients. Insomnia may have terrible results and we should learn techniques to avoid insomnia. The video in Lesson 1 tells us that nearly one-third of Americans are losing sleep because of personal finances and worries about the state of the economy. More and more American people come to see the doctors and say that they have sleep problems. Prescriptions for sleep medication are unprecedentedly high in history. But pills do not work for all people. There are some other people who prefer taking a nap at sleep centers. Napping has become very important in people's life.

Language Points

- finance** *n.* the money resources, income; the management of monetary matters and credit
e. g. **finance** minister/ministry/department
The company provides assurance and advisory services, including audit, tax planning, business strategy, and corporate **finance**.
- long-standing** *a.* having existed or continued for a long time
e. g. **long-standing** tradition/reputation/commitment/problems
He is a **long-standing** supporter of environmental protection.
- because of the added stress of the economy** because people feel more stressful due to the bad economic situation
stress *n.* pressure; strain; tension
e. g. **stress-related** illnesses
He is under a lot of **stress**.
- Prescriptions for sleep medications are at a record high, topping 56 million in 2008**
Prescriptions for treating sleep problems with drugs are unprecedentedly high, going be-

yond 56 million prescriptions in 2008

prescription *n.* prescribed remedy or medicine; an instruction written by a medical practitioner that authorizes a patient to be issued with a medicine or treatment

e.g. pick up the **prescription** from the pharmacy

The lotion is available on **prescription**.

***medication** *n.* treatment using drugs

e.g. prescribed **medication**

Medication may help to reduce your feelings of despair.

5. **you can nap in anticipation of sleep loss** you can take a nap when you predict or foresee that you may not have enough sleep

anticipation *n.* expectation or prediction

e.g. in **anticipation** of increased demand

Her eyes sparkled with **anticipation**.

***anticipate** *v.* regard as probable; expect or predict

6. **napping may be just the ticket** taking a nap might be the desirable thing

the ticket *informal*, the desirable or correct thing

e.g. A wet spring would be just **the ticket** for the garden.

7. **believe it or not** used to concede that a proposition or statement is surprising

e.g. **Believe it or not**, Jeff married Helen.

8. **consumer** *n.* a person who purchases goods and services for personal use

e.g. **consumer** demand

consumer price index

***consume** *v.* buy goods or services

9. **I'm gonna get a better bonus** I am going to get additional money as a reward

gonna *informal*, contraction of "going to"

***bonus** *n.* a payment or gift added to what is usual, in particular, an amount of money added to a person's wages, especially as a reward for good performance

e.g. big Christmas **bonuses**

10. **burn (oneself) out** ruin one's health or become completely exhausted through overwork

e.g. Jim **burned himself out** in that boring job.

11. **interfere with** prevent continuing or being carried out properly; get in the way of

e.g. A part-time job would **interfere with** his studies.

12. **burn the candle at both ends** go to bed late and get up early; work for many hours without getting enough rest

e.g. I can't go to the party tonight. I'm too tired. I've been **burning the candle at both ends** all week.

No more **burning the candle at both ends**, please. You work too much.

Video Transcript

If a good night's sleep seems like a faint memory, blame the economy. One third of Americans are losing sleep over their concerns about their personal finances or the economy according to the National Sleep Foundation.

"We're seeing a combination of people, people who have had long-standing problems with their sleep, who report that their sleep is getting worse because of the added stress of the economy, as well as people who are coming in, saying that they've never had a sleep problem before."

Prescriptions for sleep medications are at a record high, topping 56 million in 2008, and up 54% since 2004. But if pill popping doesn't sound like the solution, consider a good old-fashioned power-nap.

"You can nap in response to sleep loss, so after the fact, or you can nap in anticipation of sleep loss because only sleep can replace sleep."

And napping may be just the ticket. Business is booming here at Yelo Wellness where believe it or not, people in Manhattan will pay nearly \$30 for a 40-minute nap.

"It's been a really interesting change in terms of consumer behavior. Before September, a lot of people were coming here and saying, you know, 'I need, I'd like to get a nap'. And now what's been happening is that people actually need their nap. It's become a real necessity in people's life."

"I just think it makes a real difference first of all in my work, I do a better job, which means I'm gonna get a better bonus, and I'm not gonna burn out."

Two thirds of adults say sleepiness interferes with their concentration and makes handling stress on the job more difficult. Regulars here say the fee to sleep is a small price to pay to overcome exhaustion.

"Coming here, spending the money, taking a nap allows me to kind of burn the candle at both ends."

Key to the Exercises

Part One: Pre-watching Activities

I. Topic preview

Answers will vary.

II. Vocabulary preview

A.

1. j 2. d 3. h 4. g 5. a 6. b 7. c 8. e 9. f 10. i

B.

1. finance 2. prescription 3. nap 4. anticipation 5. bonus
6. medication 7. concentration 8. consumer 9. Foundation 10. stress

Part Two: Watching the Video

I. Watching for the main idea

B

II. Watching for the important points

2, 3, 4, 6, 7, 8

III. Watching for details

1. B 2. A 3. B 4. C 5. B 6. A

IV. Watching for specific language expressions

1. record 2. ticket 3. burn out 4. handling stress 5. at both ends

Part Three: Post-watching Activities

I. Video discussion

1. They are losing sleep because of their concerns about their personal finances or the economy.
2. People who have long-standing problems with their sleep, who report that their sleep is getting worse because of the added stress of the economy, as well as people who are coming in, saying that they've never had a sleep problem before.
3. Napping.
4. A sleep center.
5. "I just think it makes a real difference first of all in my work, I do a better job, which means I'm gonna get a better bonus, and I'm not gonna burn out... Coming here, spending the money, taking a nap allows me to kind of burn the candle at both ends."
6. Sleepiness interferes with people's concentration and makes handling stress on the job more difficult.

II. Vocabulary expansion

- | | | | | |
|-----------|----------|------------|----------------|----------------|
| 1. praise | 2. ease | 3. record | 4. overcome | 5. preparation |
| 6. add | 7. slump | 8. produce | 9. distraction | 10. medication |

III. Further discussion

Answers will vary.

Part Four: Enjoying English

- | | | | |
|-----------------|-----------------------------|-------------------------|-------------------|
| (1) fell asleep | (2) play a song | (3) run from her to him | (4) left a dollar |
| (5) final step | (6) listen outside her door | (7) send back | (8) Every night |

Part Five: Project

Answers will vary.

Quiz

A. In this part, you will hear four questions. After listening to each question, circle the letter of the correct answer.

1. A. Change in consumer behavior.
B. Prescriptions for sleep medications.
C. An old-fashioned power-nap.
2. A. Pill popping.
B. The National Sleep Foundation.
C. Taking a nap.
3. A. Napping.
B. Medications.
C. Personal finances.
4. A. Interference with people's concentration.
B. Burning the candle at both ends.
C. Making handling stress more difficult.

B. Write down your answers to the following questions.

1. Why are so many American people having sleep problems?

2. What do people say about napping at a sleep center like Yelo Wellness?

Audio Script and Key to the Quiz

Audio Script

A.

1. What is at a record high?
2. What is the solution to sleep loss?
3. What has become a real necessity in people's life?
4. Which of the following is not caused by sleepiness?

Key to the Quiz

A.

1. B 2. C 3. A 4. B

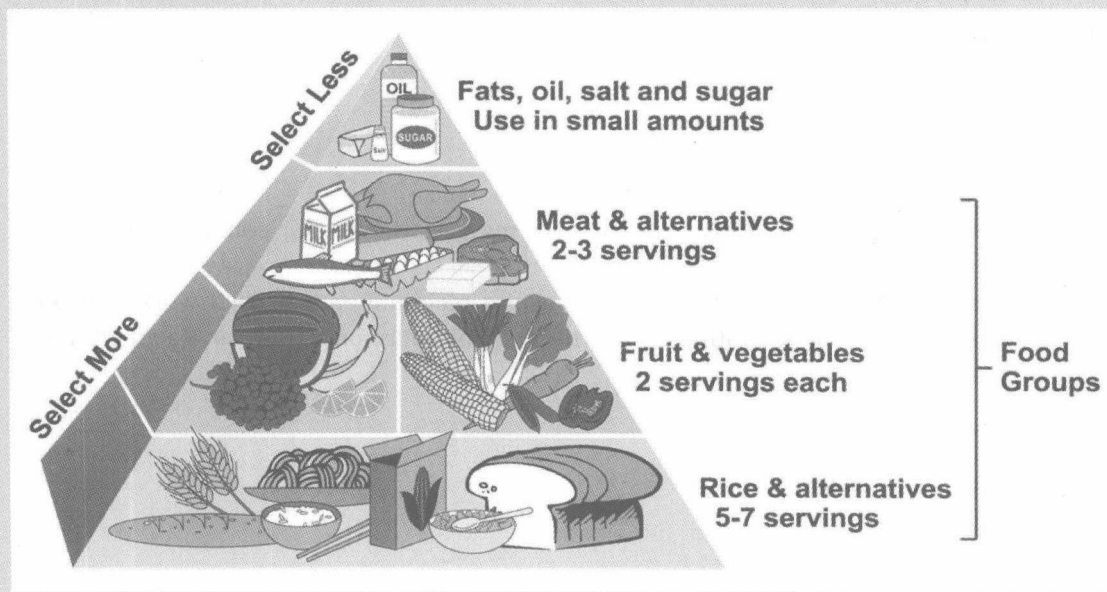
B.

1. Many American people are having sleep problems because of their concerns about their personal finances or the economy.
2. People say that napping at a sleep center makes a real difference in their work. It allows them to burn the candle at both ends and they will not burn out. They can do a better job and get a better bonus.

Lesson

2

HEALTHY DIET



The Video

Introduction

A healthy diet is one that helps maintain or improve health. It is important for the prevention of many chronic health risks such as obesity, heart disease, diabetes, and cancers. A healthy diet involves consuming appropriate amounts of all nutrients, and an adequate amount of water. Of a wide variety of diets that may be considered healthy, the Mediterranean diet is believed to be very healthy and beneficial to longevity. The video in Lesson 2 tells us that many people in a study follow the famous Mediterranean diet and researchers have identified the exact foods that help people live well into old age. The speakers talk about the benefits of the Mediterranean diet. They then discuss the five good things people should eat. They also talk about some surprising findings in this study like why fish, cereals, grains, and yogurt are not included in the list of foods leading to longevity. They then mention how much of each of the five good things we all should be eating.

Language Points

- *diet** *n.* the kinds of food that a person, animal habitually eats
e.g. a specialist in **diet**
balanced/good/staple/low-fat/vegetarian/basic **diet**
- contributor** *n.* a person who writes articles for a magazine, newspaper or other publication
e.g. notice to **contributors**
- survival** *n.* the state or fact of continuing to live or exist
e.g. **survival** of the fittest
long-term **survival**
survive *v.* continue to live or exist, especially in spite of danger or hardship
e.g. **survive** in different environments
- component** *n.* a part or element of a larger whole
e.g. A school uniform can also be a vital **component** of a strong school ethos.
- significantly** *adv.* in a way sufficiently great or important
e.g. **significantly** increased sales