



全国高等农林院校“十一五”规划教材

大学英语 快速阅读

第一册

郎锡东 主编

COLLEGE ENGLISH FAST READING 1



中国农业出版社

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前 言

《大学英语快速阅读》是全国高等农林院校“十一五”规划教材，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：

1. 阅读材料题材广泛，涉及英语国家社会、经济、文化、历史等诸多领域，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。

2. 鉴于农林院校学生的外语水平、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，既能提高英语学习水平，扩大学生专业知识视野，又能增加文化背景知识，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。

3. 本册教材是依据《大学英语教学要求》所规定的一级水平选材的，采用最新大学英语四级考试阅读的题型编辑成书的，目的是让学生尽快熟悉大学英语考试的阅读内容，适用于大学英语一年级学生使用。

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4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。

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。

编 者

2009年7月

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Unit 1

Passage 1

Keys to Becoming a Successful Public Speaker

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.

This may come as a surprise... most public speakers have butterflies¹ 75% of the time.

Although we all hate to carry out this task, there will come a time when we all must get in front of an audience and deliver a speech of some sort. It can be a bit frightening at first, but if you practice and learn some basic techniques, you can overcome (克服) your fear of public speaking.

Before giving any speech, you should have one main goal in mind. Your sole purpose for giving this speech should be to move or motivate (激发) your audience. Money, fame, or recognition should be in the back of your mind. You should be trying to present your audience with some beneficial (有益的) information.

Have you ever heard the saying "If you scratch my back, I'll scratch yours"? This is most certainly true. Whether you are referring to business, speeches or anything else, you should always have the mindset (心态) of helping others out first.

If you keep that in mind, everything else will fall into place. You present the audience with a problem (preferably their problem), and you solve it.

Okay so we know that we should be solving a problem, so what's next? Present your audience with a topic that you are passionate (有激情的) about and something that interests you.

Having a passion about a subject shows in your demeanor (行为). It's an inner glow from deep in your soul that shines through your actions and words. Giving a speech that you are

passionate about will ease some of the nervousness. You will be more insightful (有洞察力的) and be more alert (警觉的). Your audience will likely become more alert and will begin to participate.

An audience knows when a speaker is reciting from the head or from the heart. There is a big difference. Your audience will be well aware of your voice regardless if they are positive or negative. Choose a passionate topic and hook your audience early.

To be the greatest, you should mimic (模仿) the greatest. How many times have you said as a child when I grow up I want to be like Mr. Pens?

If you want to become a successful speaker, you must go out and observe a successful speaker. You take note of their strengths as well as their weaknesses. You try and imagine what you can do better to perfect this speech. You think of ways to get the audience more involved (参与的).

Try to get personal with your audience. This is a very strong tactic (策略) when giving speeches. Tie your speech into one of your real life experiences. Make the audience feel the warmth or feel as if they are your best friends. Sharing information about yourself is a quick way to win over your audience. You may get different feedback (反馈) about this point, but try and make eye contact with your audience. It helps the audience better associate themselves with you. It makes your speech more personal.

A final tip to become a successful public speaker is to practice, practice, and practice some more. Yes, you will forget your lines, yes, you will get nervous in front of crowds, but it's a learning process. The more speeches you give, the better the task becomes. It's not how well you present the speech; it's how motivated your audience becomes.

How many people will you motivate today? Five, ten, fifteen, it's up to you and how serious you are about perfecting this form of art. Good luck on that next speech.

(591 words)

Notes

1. have butterflies 紧张。

Questions

1. It is important for you to set a main goal to give speech to the audience. _____
2. It doesn't matter whether the topic of your speech interests you or not. _____
3. Having a passion in your speech will make both you and your audience more alert. _____

4. Mr. Pens can be regarded as the person you want to become. _____
5. It is not necessary for you to learn from other successful speakers to perfect your own speech.

6. You should give as many personal experiences in your speech as possible. _____
7. It's how successfully you give your speech, rather than how much your audience are involved, that is more important. _____
8. During the speech you should first bring about a problem, and _____.
9. If you want to make your audience aware that you are reciting from your heart, you should choose a passionate topic and _____.
10. The more practice you have in your speech, _____.

答案与解析

1. 【答案】[Y]

【解析】细节题。从关键词“main goal”本题可以对应到第三段首句：“Before giving any speech, you should have one main goal in mind. 在进行任何演讲之前，你应该在心里有一个重要目标。”题干与原句句意相符，因此答案为 Y。

2. 【答案】[N]

【解析】细节题。从关键词“interests you”本题可以对应到第六段末句：“Present your audience with a topic that you are passionate about and something that interests you. 你要展现给听众你有激情和感兴趣的话题。”本题与原句句意不符，因此答案为 N。

3. 【答案】[Y]

【解析】细节题。从关键词“passion”本题可以对应到第七段首句。对应本段倒数第一句和第二句：“You will be more insightful and be more alert. Your audience will likely become more alert and will begin to participate. 你会更有洞察力，更加警觉，你的观众也可能更加警觉并开始参与。”题干与原句句意相符，因此答案为 Y。

4. 【答案】[Y]

【解析】[Y] 从关键词大写人名“Mr. Pens”本题可以对应到第九段。对应本段第二句：“How many times have you said as a child when I grow up I want to be like Mr. Pens. 当你还是个孩子的时候，你说过多少次你长大之后要象潘斯先生那样。”题干与原句句意相符，因此答案为 Y。

5. 【答案】[N]

【解析】细节题。从关键词“successful speaker”本题可以对应到第十段。对应本段第二句和第三句：“You take note of their strengths as well as their weaknesses. You try and imagine what you can do better to perfect this speech. 你记下他们的优点和缺点。你试着想象你能做什么来完善这个演讲。”题干与原句句意不符，因此答案为 N。

6. 【答案】 [NG]

【解析】细节题。从关键词“personal”本题可以对应到第十一段，但综合本段分析，作者只是说在演讲中应和听众分享一些个人的经历，以和听众拉近距离，并未提到越多越好，因此答案为 NG。

7. 【答案】 [N]

【解析】细节题。从本句“演讲成功”和“听众参与”可以对应到第十二段。对应本段末句：“It’s not how well you present the speech; it’s how motivated your audience becomes. 不是你如何展现的你的演讲，而是你的观众被激发的程度才是最重要的。”题干与原句句意不符，因此答案为 N。

8. 【答案】 you solve it

【解析】从关键词“problem”本题可以对应到第五段，答案为本段末句：“You present the audience with a problem (preferably their problem), and you solve it. 你给你的观众展现一个问题，最好是他们的问题，然后解决。”

9. 【答案】 hook your audience early

【解析】从关键词“reciting from your heart”本题可以对应到第八段，答案为本段末句：“Choose a passionate topic and hook your audience early. 选择一个你有激情的话题，然后尽早地吸引你的观众。”

10. 【答案】 the better the task becomes

【解析】从关键词“practice”本题可以对应到第十二段，答案为本段倒数第二句：“The more speeches you give, the better the task becomes. 你给予的演讲越多，任务就会完成得越好。”

Passage 2

Tips for Public Speaking With Self-confidence

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.

Public speaking can be a rewarding experience that allows individuals (个人) to show their skills or knowledge in a public forum (论坛). Public speaking opportunities can allow an

individual to help enrich the lives of anyone in the audience by impressing experiences or information that can have life changing qualities.

Many individuals suffer extreme shyness or nervousness when faced with public speaking situations. These situations can range from large audiences of hundreds or thousands of participants (参与者) to rooms with a few people present.

When it comes to public speaking, possessing self-confidence is a must. If you find your self-confidence low or nonexistent, the best way to boost it up is to practice, practice, and practice. Individuals with high self-confidence have a strong sense that they can handle any and all situations, regardless of who is watching or listening.

These individuals are well versed (精通的) in their specific subject matter and have a good idea of how they are going to present the information so that the audience will have the greatest understanding. Additionally, these individuals are capable of fielding questions on their particular subject and can explain the topic on several different levels.

If you find yourself unable to do this, begin preparing for your public speaking opportunity at once. Ensure your knowledge in the topic is high and seek out to learn as much as you can. This knowledge will help you indefinitely in both planning your speech and delivering the speech to an audience of individuals who may or may not be familiar with it. Furthermore, in-depth (彻底的) knowledge of your subject will aid you immensely when dealing with questions and answer sessions that most likely will follow any public speaking opportunity. If necessary, ask other individuals about your topic and be able to explain the topic to individuals of all levels.

When writing your speech, take care to take your audience into consideration. If you are speaking to individuals who have a great understanding of the topic, you can clearly use a more in-depth approach, more acronyms (首字母缩略词), and more jargon (行话) than if speaking to an audience unfamiliar with the subject. Furthermore, know the average age and educational extent of your audience in order to create a speech that will speak directly to these individuals. Knowing your speech is written to the best of your ability will boost your self-confidence, as will having the necessary notes and prompts (提示) that you can rely on while giving your speech.

When preparing for your speech, take care not to memorize the content. This may seem like a good idea, but can lead to disastrous (灾难性的) results. If you find yourself to be nervous before you present any project or speech to a public audience, you might forget the content of your speech and be forced to pull it together from memory. Additionally, if you leave out a specific idea or topic from your speech, your audience may not clearly understand the topic of point of your presentation. The best way to prepare for your speech is to make notes that allow cues (线索) or special points you should make in your speech. Have a general idea of what you plan to say and ensure the content covers these points.

Also, have any visual (视频的) materials carefully arranged in the order of presentation so that you will remember to include all items seamlessly (天衣无缝地) in your presentation. Public

speaking should not produce a crisis, and ensuring your self-confidence is high in yourself and your capabilities will make all the difference in the quality of your presentation.

Building high self-confidence and self-esteem is the key to making breathtaking presentations. You need to develop skills to be an effective speaker but developing your self-esteem and self-confidence is the number one key to be great as a public speaker.

(630 words)

Questions

1. This passage is mainly about the ways to develop self-confidence in public speaking. _____
2. Only before a large number of audiences will a speaker feel shy or nervous. _____
3. Practice is the best way for you to promote your self-confidence. _____
4. Mastering in-depth knowledge can do you a lot of benefits for dealing with the questions from the audience after your presentation. _____
5. You can prepare the same level of speech no matter how well your audiences are familiar with the topic. _____
6. Remembering all the contents, instead of just taking brief notes of your speech is recommended by the author. _____
7. Using visual material is one of the best ways to present the points in your speech. _____
8. If the speaker has strong self-confidence, he is sure that he can _____.
9. When preparing for the speech, if you know the average age and _____ of your audience, you can make a speech easy to understand for them.
10. Writing down notes instead of all the contents is a good way to present your speech. Your notes should cover _____.

答案与解析

1. 【答案】[Y]

【解析】主旨题。本文为文章主旨题。综合本文各段段首句分析，题干正确概括了本文主旨，因此答案为 Y。

2. 【答案】[N]

【解析】细节题。从关键词“shy or nervous”本题可以对应到第二段首句。对应本段末句：“These situations can range from large audiences of hundreds or thousands of participants to rooms with a few people present. 这种情形可能是有成百或上千的观众，也可能只有几个观众

参与。”题干与原句句意不符，因此答案为 N。

3. 【答案】[Y]

【解析】细节题。从关键词“practice”本题可以对应到第三段。对应本段第二句：“If you find your self-confidence low or nonexistent, the best way to boost it up is to practice, practice, and practice. 如果你发现你的自信很低或不存在，最好的方法是练习，练习，练习。”题干与原句句意相符，因此答案为 Y。

4. 【答案】[Y]

【解析】细节题。从关键词“in-depth knowledge”本题可以对应到第五段。对应本段第四句：“Furthermore, in-depth knowledge of your subject will aid you immensely when dealing with questions and answer sessions that most likely will follow any public speaking opportunity. 另外，所有公开性演讲之后都很可能有提问回答环节，此时，你对演讲科目深入的知识会对你有巨大的帮助的。”题干与原句句意相符，因此答案为 Y。

5. 【答案】[N]

【解析】细节题。从关键词“audience”本题可以对应到第六段首句。对应本段第二句：“If you are speaking to individuals who have a great understanding of the topic, you can clearly use a more in-depth approach, more acronyms, and more jargon than if speaking to an audience unfamiliar with the subject. 比起那些对你的演讲主题不熟悉的听众，如果你和那些对你的演讲主题比较熟悉的人说话，你就可以清楚地多用一些深入的方法，首字母缩略语和行话。”题干与原句句意不符，因此答案为 N。

6. 【答案】[N]

【解析】细节题。从关键词“content”本题可以对应到第七段。对应本段第一句和末句：“When preparing for your speech, take care not to memorize the content. 当准备演讲时，注意不要背诵内容。”“Have a general idea of what you plan to say and ensure the content covers these points. 对你要说的计划有一个大体的概念，并且保证你的内容能覆盖这些要点。”题干与原句句意不符，因此答案为 N。

7. 【答案】[NG]

【解析】细节题。从关键词“visual materials”本题可以对应到第八段。但本段只是说要按照陈述的顺序安排的你的视频资料，以便于你在演讲中更好地涵盖所有细节，并未提到使用视频资料是最好的方法之一，因此答案为 NG。

8. 【答案】handle any and all situations

【解析】从关键词“self-confidence”本题可以对应到第三段。答案在本段倒数第一句：“Individuals with high self-confidence have a strong sense that they can handle any and all situations, regardless who is watching or listening. 有高度自信的人有强烈的感觉他们能处理任何和所有的情形，无论是谁在听或看。”

9. 【答案】educational extent

【解析】从关键词“audience”本题可以对应到第六段。答案在本段第三句：“Furthermore, know the average age and educational extent of your audience in order to create a speech that