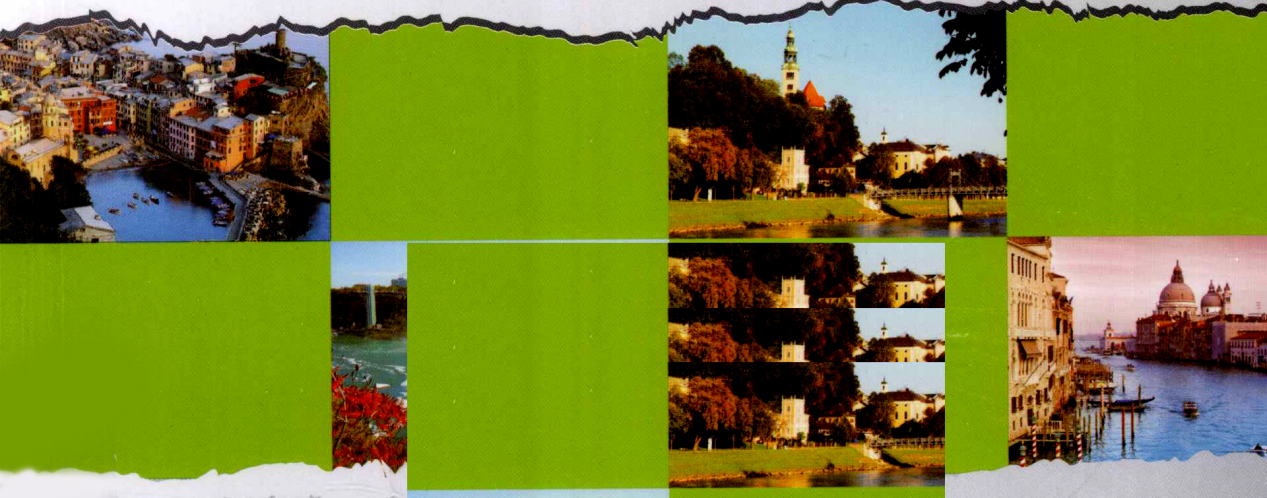


总主编 于兴亭

大学英语 综合训练教程

○ 主编 刘以梅

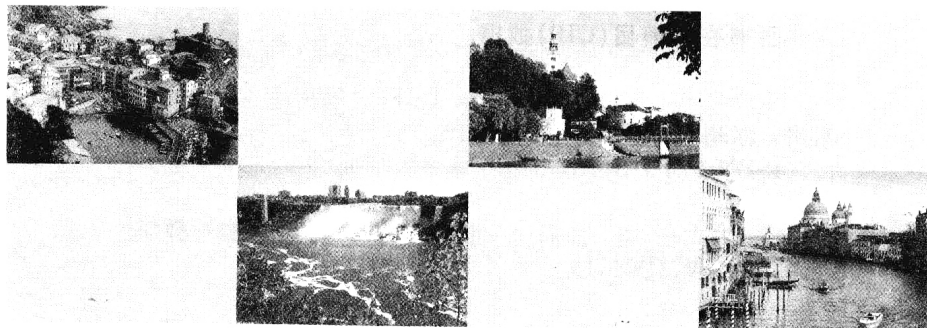


第 **1** 册




苏州大学出版社

总主编 于兴亭



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第  册



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图书在版编目(CIP)数据

大学英语综合训练教程. 第1册/刘以梅主编. —
苏州: 苏州大学出版社, 2010. 10
ISBN 978-7-81137-588-6

I. ①大… II. ①刘… III. ①英语—高等学校—教学
参考资料 IV. ①H31

中国版本图书馆 CIP 数据核字(2010)第 188081 号

大学英语综合训练教程

第 1 册

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责任编辑 王 娅

苏州大学出版社出版发行

(地址: 苏州市十梓街 1 号 邮编: 215006)

宜兴市盛世文化印刷有限公司印装

(地址: 宜兴市万石镇南漕河滨路 58 号 邮编: 214217)

开本 787mm×960mm 1/16 印张 53.5(共四册) 字数 811 千

2010 年 10 月第 1 版 2010 年 10 月第 1 次印刷

ISBN 978-7-81137-588-6 定价: 100.00 元(共四册)

苏州大学版图书若有印装错误, 本社负责调换

苏州大学出版社营销部 电话: 0512-65225020

苏州大学出版社网址 <http://www.sudapress.com>

前 言

普通高等教育“十一五”国家级规划教材《新视野大学英语》是教育部重点推荐使用的全新大学英语教学精品教材,它语言规范、选材广泛、体裁多样,以反映现实生活为主。其第三版读写教程更是由国内外资深、著名专家教授根据“大学英语课程教学要求”编写修订而成。为了配合教材的使用,并能最大限度地惠及大学英语学习者,我们组织多名资深一线大学英语教师编写了“大学英语综合训练教程”系列,旨在帮助学生很好地进行大学英语的自学、预习、复习,帮助他们打好语言基础,提高语言的实际运用能力。

本套教材共分四册,每一册内容和《新视野大学英语》读写教程相对应,每单元第一部分的同步辅导和教材各相应单元内容相配合,提供文章的背景知识、文章结构导读与分析、重点难点讲解等;第二部分综合训练试题与大学英语四级统考的最新题型相一致,为学生和教师提供丰富的单元测试、英语竞赛和四级强化辅导试题。

本套教材由于兴亭老师担任总主编,编者均为多年从事大学英语教学工作的一线教师,在编写过程中能结合教学情况,力求抓住学生学习过程中的主要问题进行循序渐进的辅导与练习。

在编写过程中,编者参考了大量的文献资料,在此谨向参考资料的出版者与编著者表示由衷的感谢。

成书之际,我们要感谢宿迁学院院长和教务处的大力支持与鼓励,感谢徐州师范大学外国语学院为本书的出版提供的帮助,感谢为本书提出过宝贵意见和建议的有关人士。

对于本书中出现的当与疏漏之处,恳请同行和读者不吝指正。

编 者
2010年8月
于宿迁学院

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Unit 1

Learning a Foreign Language

Part One

I. Cultural Background

1. Junior Middle School

Junior middle school refers to the stage in the Chinese education system which follows primary school and includes years six through nine in the school time sequence (顺序). Normally, students are 12 or 13 years of age when they begin the sixth or transition year of junior middle school. In the American system, junior middle school most closely approximates (近似) middle school or junior high school in which the beginning or ending years of this period may vary slightly from region to region. The beginning age is about the same as that of junior middle school students in China.

2. Senior Middle School

Senior middle school, the stage in the Chinese education system which follows junior middle school, includes years ten through twelve in the school sequence. Normally, students are 15 or 16 years of age when they begin senior middle school. Senior middle school most

closely parallels (与……相似) high school in the American system which may sometimes include year nine as a transition (过渡) year. Students who graduate at this level in both systems may choose to write a university entrance examination: The National University Entrance Exam in China and the SAT (学术评量测验) or Scholastic Assessment Test in America.

3. Internet

The Internet is really an ocean of information and a handy tool for communication. You can find almost anything you want. But the question is whether there is too much. You can also communicate with whomever you wish online. If you want to explore cloning technology (克隆技术), find a discussion group; if you want to share opinions on how to improve your English, post a query on BBS or enter a chat-room. Many colleges and millions of students are now taking advantage of online learning programs. Peter Drucker predicted, "Thirty years from now the big university campuses will be relics ... It's as large a change as when we first got the print book."

4. A Collection of Internet & Computer Words

网上冲浪 net-surfing
下载 download
电子邮件 e-mail
电子商务 e-business
信息时代 information age
网站 website
信息高速路 information expressway
网络 network

II. Text Learning Guide

1. Questions

(1) Why do you learn English?

(2) Do you have any trouble in learning English? If any, what is it?

2. Structural Analysis

Part I (Para. 1) Learning a foreign language was one of the most difficult yet most rewarding experiences of my life.

Part II (Paras. 2 –4) My different experiences with the regular course in junior and senior middle schools and at college.

Part III (Paras. 5 –7) My experiences with the online course that helped me reap the benefits of hard work.

Part IV (Para. 8) Learning English brings me benefits: the value of hard work, insights into other cultures, new ways of seeing things, ability to bridge the gap between different cultures.

3. Summary

Learning a foreign language was one of the most difficult yet most rewarding experiences. Although at times, learning a language was frustrating, it was well worth the effort. In junior middle school, my foreign teacher praised all of the students. I benefit a lot from this positive teaching method. In senior middle school, the teacher always punished those who gave incorrect answers. So I lost my joy in answering questions and my desire to say anything at all in English. In college, I had no opportunity to speak in class. I felt intimidated. Online learning changed everything. Although it requires much time, commitment and discipline to keep up with the flow of the course, I succeeded in foreign language learning. Learning a foreign language has been a most trying experience. I have gained insights into another culture as well as the language points.

III. Key Sentences Comprehension

1. **Because of this positive method, I eagerly answered all the questions I could, never worrying much about making mistakes.** (Para. 2)

Paraphrase: Because of the effective and helpful method, I was very willing to answer all the questions I could, and I never worried about making mistakes.

译文: 由于这种积极的教学方法,我踊跃回答各种问题,从不怕答错。

Note: (1) Difference between “**because of**” and “**because**”.

because of + sth. /doing sth.

because + a sentence

e. g. She had to quit school because of ill health.

她由于健康状况不佳而不得不退学。

He can not remember the new words because he never uses them.

他记不住新单词,因为他从来不用它们。

(2) “worrying about making mistakes” 是现在分词短语作状语。

e. g. Climbing to the top of the tower, we saw a beautiful sight.

(= When we climbed to the top of the tower, we saw a beautiful sight.)

Not wanting to meet John there, he refused to attend the party.

(= Because he didn't want to meet John there, he refused to attend the party.)

2. **Not only did I lose my joy in answering questions but also I totally lost my desire to say anything at all in English.** (Para. 3)

Paraphrase: I not only didn't feel happy answering questions, but also didn't want to say anything in English.

译文: 我不仅失去了回答问题的乐趣,而且根本就不想再用英语说半个字。

Note: When you use “**not only ... but also ...**” to introduce two clauses, you can put “not only” at the beginning of a sentence for emphasis and the sentence order should be inverted(倒装) as you find in the text.

e. g. Not only did he finish his homework, but he also cleaned the room.

他不仅做了作业,而且还打扫了房间。

Not only are housewives not paid, but also most of their boring work is unnoticed.

家庭主妇不仅得不到报酬,而且她们单调的工作大多数不会被人注意。

表示否定意义的副词或短语放在句首作状语时,句子用部分倒装,常见的有: never/little/few/hardly; seldom; nowhere; in no way; under no circumstances; no sooner ... than ... ; scarcely(hardly) ... when ... 等。

3. While my former teacher had been patient with all of the students, my new teacher quickly punished those who gave incorrect answers.

Paraphrase: My junior middle school teacher had been patient with all the students, but my new teacher was impatient and quick to punish those who gave wrong answers.

译文: 以前老师对所有的学生都很耐心,而新老师总是惩罚答错的学生。

Note: **while:** conj. used to introduce information which contrasts with information in the main clause.

e. g. While I like him personally, I don't think what he's doing is right.

尽管我个人喜欢他,但是我并不认为他的所作所为是正确的。

Part Two

I. Writing(15%)

Directions: For this part, you are allowed 30 minutes to write a composition on the topic: **Income Gap**. The outline is given in Chinese. Your composition should be no less than 120 words.

1. 有些人认为收入差距的存在是合理的
2. 有些人认为收入差距的存在是不合理的
3. 收入差距对社会的影响

Writing technique:

写作模式(分析建议类)

There has been a heated discussion over _____. (议题)
Some people hold that _____. (赞成) In their view,
_____. (赞成的原因) Besides, _____. (赞成的原因)
Accordingly, _____. (赞成)

On the other hand, there are always some people
_____. (反对) They believe that _____. (反对的原因)
In fact, experts _____. (专家调查加强论证力度) There is
another point to back up a negative view against income gap. For
most people, _____. (反对的原因)

As everything has two sides, so has the problem of income gap.
Personally, I believe that _____. (我的观点) When this gap is
growing too wide, however, our government should _____.
(我的观点)

II. Reading Comprehension(Skimming and Scanning)(10%)

Directions: In this part, you will have 15 minutes to go over the passage quickly and answer the questions. For questions 1-7, choose the best answer from the four choices marked A, B, C, and D. For

questions 8 – 10, complete the sentences with the information given in the passage.

Beauty and Body Image in the Media

Images of female bodies are everywhere. Women—and their body parts—sell everything from food to cars. Popular film and television actresses are becoming younger, taller and thinner. Some have even been known to faint on the set from lack of food. Women's magazines are full of articles urging that if they can just lose those last twenty pounds, they'll have it all—the perfect marriage, loving children, great sex, and a rewarding career.

Why are standards of beauty being imposed on women, the majority of whom are naturally larger and more mature than any of the models? The roots, some analysts say, are economic. By presenting an ideal difficult to achieve and maintain, the cosmetic and diet product industries are assured of growth and profits.

And it's no accident that youth is increasingly promoted, along with thinness, as an essential criterion of beauty. If not all women need to lose weight, for sure they're all aging, says the Quebec Action Network for Women's Health in its 2001 report. And, according to the industry, age is a disaster that needs to be dealt with.

The stakes are huge. On the one hand, women who are insecure about their bodies are more likely to buy beauty products, new clothes, and diet aids. It is estimated that the diet industry alone is worth anywhere between \$40 to \$100 billion(US) a year selling temporary weight loss(90% to 95% of dieters regain the lost weight). On the other hand, research indicates that exposure to images of thin, young, air-brushed female bodies is linked to depression, loss of self-esteem and the development of unhealthy eating habits in women and girls.

The American research group Anorexia Nervosa & Related Eating Disorders, Inc. says that one out of every four college-aged women uses unhealthy methods of weight control—including fasting, skipping

meals, excessive exercise, laxative (泻药) abuse, and self-induced vomiting. The pressure to be thin is also affecting young girls: The Canadian Women's Health Network warns that weight control measures are now being taken by girls as young as 5 and 6. American statistics are similar. Several studies, such as one conducted by Marika Tiggemann and Levina Clark in 2006 titled "Appearance Culture in 9- to 12-Year-Old Girls: Media and Peer Influences on Body Dissatisfaction" indicate that nearly half of all preadolescent girls wish to be thinner, and as a result have engaged in a diet or are aware of the concept of dieting. In 2003, *Teen* magazine reported that 35 percent of girls 6 to 12 years old have been on at least one diet, and that 50 to 70 percent of normal weight girls believe they are overweight. Overall research indicates that 90% of women are dissatisfied with their appearance in some way.

Media activist Jean Kilbourne concludes that, "Women are sold to the diet industry by the magazines we read and the television programs we watch, almost all of which make us feel anxious about our weight."

Unattainable Beauty

Perhaps most disturbing is the fact that media images of female beauty are unattainable for all but a very small number of women. Researchers generating a computer model of a woman with Barbie-doll proportions, for example, found that her back would be too weak to support the weight of her upper body, and her body would be too narrow to contain more than half a liver and a few centimeters of bowel. A real woman built that way would suffer from chronic diarrhea (慢性腹泻) and eventually die from malnutrition. Jill Barad, President of Mattel (which manufactures Barbie), estimated that 99% of girls aged 3 to 10 years old own at least one Barbie doll.

Still, the number of real life women and girls who seek a similarly underweight body is epidemic, and they can suffer equally devastating health consequences. In 2006 it was estimated that up to 450,000 Canadian women were affected by an eating disorder.

The Culture of Thinness

Researchers report that women's magazines have ten and one-half times more ads and articles promoting weight loss than men's magazines do, and over three-quarters of the covers of women's magazines include at least one message about how to change a woman's bodily appearance—by diet, exercise or cosmetic surgery.

Television and movies reinforce the importance of a thin body as a measure of a woman's worth. Canadian researcher Gregory Fouts reports that over three-quarters of the female characters in TV situation comedies are underweight, and only one in twenty are above average in size. Heavier actresses tend to receive negative comments from male characters about their bodies (“How about wearing a sack?”), and 80 percent of these negative comments are followed by canned audience laughter.

There have been efforts in the magazine industry to buck (抵制) the trend. For several years the Quebec magazine *Coup de Pouce* has consistently included full-sized women in their fashion pages and *Châteline* has pledged not to touch up photos and not to include models less than 25 years of age. In Madrid, one of the world's biggest fashion capitals, ultra-thin models were banned from the runway in 2006. Furthermore, Spain has recently undergone a project with the aim to standardize clothing sizes through using a unique process in which a laser beam is used to measure real life women's bodies in order to find the most true to life measurement.

Ethics

Another issue is the representation of ethnically diverse women in the media. A 2008 study conducted by Juanita Covert and Travis Dixon titled “A Changing View: Representation and Effects of the Portrayal of Women of Color in Mainstream Women's Magazines” found that although there was an increase in the representation of women of colour, overall white women were overrepresented in mainstream

- C) live a more rewarding life D) die from malnutrition
6. Television and movies emphasize that a woman's worth can be judged by _____.
- A) the cosmetics she uses B) the jewelry she wears
- C) the thinness of her body D) the wealth of her husband
7. Spain has recently undergone a project to _____.
- A) include full-sized women in its fashion magazines
- B) standardize clothing sizes
- C) ban ultra-thin models from the runway
- D) promote weight loss among men
8. In mainstream women's magazines from 1999 to 2004, _____ were overrepresented.
9. Jean Kilbourne concludes that many women judge themselves by _____.
10. The focus on _____ destroys any awareness and action that might help to change the trend.

III. Banked Cloze (5%)

Wise buying is a positive way in which you can make your money go further. The way you go about purchasing an article or a service can actually 11 you money or can add to the cost. Take the 12 example of a hairdryer. If you are buying a hairdryer, you might think that you are making the 13 buy if you choose one whose look you like and which is also the cheapest 14 price. But when you get it home you may find that it takes twice as long as a more expensive 15 to dry your hair. The cost of the electricity plus the cost of your time could well make your hairdryer the most expensive one of all.

So what principles should you 16 when you go out shopping? If you keep your home, your car or any valuable 17 in excellent condition, you'll be saving money in the long run. Before you buy a new 18, talk to someone who owns one. If you can, use it or