

应用型大学英语口语教程

Applied College Oral English

张 毅 王 欣 主编

应用型大学英语口语教程

Applied College Oral English

主 编 张 毅 王 欣

副主编 刘晓琳 张 莹

编 者 (按姓氏笔画排序)

付 瑶 张艳雷 岳铁艳

贵州师范学院内部使用

内 容 简 介

本书包括4个模块共8个单元的教学内容,可供一学期使用。每个模块包含两个单元,第一单元围绕一个中心展开话题,有 Passage A 和 Passage B 两篇阅读材料。从视、听、读入手,帮助学生熟悉该话题内容和所涉及的相关表达,为课堂的各种口语活动做准备。第二单元为第一单元话题的配套口语表达技巧,分为面试、小组讨论、辩论和演讲四部分。练习设计采用实用性较强的“项目作业”形式,使学生在英语语境中进行丰富有趣的应用型活动,培养学生用英语思考及解决问题的能力,突出“任务型”和“应用型”的教学理念。

本书以教育部颁布的《大学英语课程教学要求》为指导思想和编写依据,可作为综合型高等院校大学英语口语教学的基础教材,同时也可作为其他对英语感兴趣的人员的参考用书。

图书在版编目(CIP)数据

应用型大学英语口语教程 / 张毅, 王欣主编. -- 哈尔滨: 哈尔滨工程大学出版社, 2019.3
ISBN 978 - 7 - 5661 - 2139 - 4

I. ①应… II. ①张…②王… III. ①英语 - 口语 - 高等学校 - 教材 IV. ①H319.32

中国版本图书馆 CIP 数据核字(2018)第 276073 号

应用型大学英语口语教程

YIGNYONGXING DAXUE YINGYU KOUYU JIAOCHENG

选题策划 马佳佳

责任编辑 马佳佳

封面设计 博鑫设计

出版发行 哈尔滨工程大学出版社
社 址 哈尔滨市南岗区南通大街 145 号
邮政编码 150001
发行电话 0451 - 82519328
传 真 0451 - 82519699
经 销 新华书店
印 刷 哈尔滨市石桥印务有限公司
开 本 787 mm × 1 092 mm 1/16
印 张 6.75
字 数 240 千字
版 次 2019 年 3 月第 1 版
印 次 2019 年 3 月第 1 次印刷
定 价 39.80 元

<http://www.hrbeupress.com>

E-mail: heupress@hrbeu.edu.cn

前 言

本书是“2018 年度中央高校基本科研业务费专项资金项目”(项目编号 HEUCFW181209)、海南省高等学校教育教学改革资助项目“海南省高校非英语专业大学英语选修课程体系创建的研究及应用”(项目编号 Hnjg2018-71),以及大连海洋大学中新合作学院教育教学改革项目“高校中外合作办学框架下学生学习适应性实证研究”的主要研究成果之一。

本书是根据目前大学英语口语教学实际需要,以教育部颁布的《大学英语课程教学要求》为指导思想和编写依据,以提高大学生口语应用能力为目标而编写的教材。本书内容贴近学生生活,选取学生感兴趣的话题,围绕现实社会、学生生活及未来工作所要面对的问题等组织材料,同时更加注重大学生创新思维、批判性思维能力的培养。

当前,我国参与全球治理能力不断提升,“一带一路”大步推进,各层次国际交往日趋频繁,国际影响力不断增强。在此背景下,国家建设与发展迫切需要能够参与国际事务和国际竞争的时代之才。在本书的编写过程中,我们精选课文材料,使学生对于每一话题都做深入思考,体现时代性、实用性和趣味性。教材中融入了很多文化背景知识,以开阔学生的国际视野,增强学生对文化差异的敏感性和宽容性,使学生在语言习得的过程中对于跨国文化的理解与表达能力,以及分析与解决问题的能力逐步增强。

本书选编 4 个模块共 8 个单元的教学内容,可供一学期使用。编写设计基于“语言学习的输出需先经过必要的输入过程”这一理念,由课前视、听、读入手,帮助学生熟悉该话题内容和所涉及的相关表达,思考相关问题与讨论话题,为课堂的各种口语活动做准备。每个模块包含两个单元,第一单元围绕一个中心话题展开,有 Passage A 和 Passage B 两篇阅读材料。每篇阅读材料配有思考题、相关口语讨论题及参考句型,主要训练学生阅读及思维拓展能力。第二单元为第一单元话题的配套口语表达技巧,分为面试、小组讨论、辩论和演讲四部分,主要讲授相关表达的技巧与方法,引导学生学会学习,提升英语沟通能力。

本书参编人员来自哈尔滨工程大学、大连海洋大学、海口经济学院等全国多所高校,皆是具有丰富英语教学经验、多年从事大学英语教学的一线教师。他们在承担繁重的本职教学工作和科研任务的同时,一丝不苟地完成了本教材的编写工作。编者在此对他们的付出表示由衷的感谢!

由于编者水平有限,在教材编写上难免存在瑕疵与纰漏,编者诚挚希望广大师生、读者不吝指正,以便我们进一步修改。

编 者

2018 年 9 月

Contents

Module 1	How to spend our college time?	1
Unit 1	Time and Time Management	3
Unit 2	Interview	14
Module 2	Are you safe today?	25
Unit 3	Safety	27
Unit 4	Group Discussion Skills	37
Module 3	Is advertising really influential?	49
Unit 5	Advertisements	51
Unit 6	Debate Skills	61
Module 4	What is love?	73
Unit 7	Love	75
Unit 8	Presentation Skills	86
Appendix	Reference Websites	99

Module 1



How to spend our college time?

贵州师范学院内部使用

Unit 1 Time and Time Management

Learning objectives

- talk about time
- learn some time management skills



Lead-in

Watch a video clip “Put Important Things First” and discuss the following questions.

1. Is your jar full or are you missing important things?
2. How could you fill your jar?
3. How do you understand time?

Read the following proverbs and share your ideas about the value of time.

- Do you love life? Then do not waste time, for that is the stuff life is made of.
- To idle away one's time amounts to killing oneself.
- A plant may produce new flowers; man is young but once.
- Ordinary people think merely how they will spend time, a man of intellect tries to use it.



Reading Passages

Passage A

Do you have a problem with procrastination? If you nod your head, you're not alone. Most people have the same problem from time to time. Lack of motivation, failure to utilize time effectively, zero structure, the causes of procrastination are nearly endless. It's time to stop procrastinating! To overcome it, we need to understand where procrastination comes from, and treat the root cause.

1. Work in pairs and discuss the following question.

Why do you put things off? Choose possible items and explain the reasons.

- | | |
|---|--|
| <input type="checkbox"/> Feeling overwhelmed | <input type="checkbox"/> Poor concentration |
| <input type="checkbox"/> Lack of motivation | <input type="checkbox"/> Invest your time in the wrong tasks |
| <input type="checkbox"/> Don't feel like it/like doing it | <input type="checkbox"/> Not sure what to do |
| <input type="checkbox"/> No time | <input type="checkbox"/> It's just not urgent |
| <input type="checkbox"/> Don't know how/why/when | <input type="checkbox"/> Forgetfulness |
| <input type="checkbox"/> Laziness | <input type="checkbox"/> Fear of failure |
| <input type="checkbox"/> Perfectionism | |

2. Read the excerpt of Procrastination: What causes it and how to overcome it.

Procrastination: What causes it and how to overcome it? (excerpt)

Why we procrastinate?

Though most of us believe procrastination comes from bad time management, laziness, or lack of willpower, scientists believe it's more closely related to our emotions. As Timothy Pynchyl, a professor who studies procrastination at Carleton University in Ottawa says, "A lot of teachers think that kids have time-management problems, when they procrastinate. And they don't have a time-management problem... What they have is an emotion-management problem. They have to learn that you don't feel good all the time, and you've got to get on with it."

Procrastination comes from a Latin word meaning "to put off for tomorrow." We do this when we want to avoid something. And, according to Pynchyl, we avoid things because they make us feel bad. It could be boredom, anxiety, or frustration. The negative feelings aren't always the same, but work that incites negative feelings is the kind of work we procrastinate on. Of course, nobody likes feeling negative feelings. They're uncomfortable, and if we could go through life without ever being bored or frustrated, we would. When work is looming and just the thought of it stirs up those negative feelings, we avoid it. And we do so by doing other things that encourage positive feelings. We watch funny videos, lose ourselves in the adventure of video games, or chat with friends. Thus, according to researchers, procrastination is a form of "mood repair" or emotional regulation. We avoid work that makes us feel bad and do things that make us feel good instead.

Unfortunately, this only makes things worse in the long run. Procrastinating on a task increases the negative feelings we have about it by increasing the time pressure to get it done, for instance, or adding feelings like guilt and shame about putting it off in the first place. Procrastination encourages procrastination, since it creates more negative feelings about the same task we avoided in the first place.

And the reason we keep doing this, despite experiencing how procrastination has made things worse for us in the past, is that humans have a very hard time relating to our future selves. Studies show we use the same part of the brain when thinking about our future selves and

celebrities we don't know personally. But we use a different part of the brain when thinking about our current selves. We see our future selves as different people.

This is dangerous because it causes us to think our future selves will be different from us; more motivated to do the work we're putting off, less lazy, more productive, less frustrated by the task we're stuck on. We put things off for our future selves to deal with, expecting that version of us won't want to procrastinate. But of course, our future selves do want to procrastinate, and they have to deal with the extra negative feelings that come from us already procrastinating.

Studies have found college students who procrastinate tend to experience more stress, get sick more often, and get lower grades. So not only do we make our work harder, we're also putting ourselves at risk of stress and illness by procrastinating.

How to overcome procrastination?

Procrastination is clearly a dangerous habit to get into. So how can we overcome this habit? It starts by not beating yourself up every time you do it.

(1) Forgive yourself

It may be surprising, but studies have found procrastinators who feel bad about their habit of putting things off and beat themselves up about it are more likely to procrastinate in future. Those who forgive themselves for procrastinating, on the other hand, are actually less likely to procrastinate in the future. This may be because forgiving yourself for procrastinating is often done alongside a commitment to avoid procrastination in future, but self-compassion seems to be key in getting past this habit.

(2) Focus on taking action

Researchers suggest breaking down work you want to put off into small chunks, and focusing on taking action rather than thinking about how the work makes you feel. Pychyl said focusing on what the next step is, rather than our feelings, can help us overcome the urge to procrastinate. "Most of us seem to tacitly believe that our emotional state has to match the task at hand," he says, but that's not how we get things done. "I have to recognize that I'm rarely going to feel like it, and it doesn't matter if I don't feel like it."

You can also do the small tasks first. Accomplishing even the most simple, mundane task is important. If you do a small task as you awaken, it's more likely to encourage further accomplishments. The same applies to homework. Writing your name or a title, highlighting something important, creating an outline, whatever it is, doing a small portion will instill pride and lead to other tasks.

(3) Bargain with yourself

According to game theorist Thomas C. Schelling, we have a "divided self" made of several inner selves. Philosopher Don Ross suggests that procrastination comes from the ever-raging battle between our inner selves. One self wants to get the work done, and the other wants to do something more enjoyable. When we procrastinate, that's our more hedonistic self winning out.

The good thing about this idea of multiple selves is that they can be bargained with. If you have a self that wants to watch TV and a self that wants to work, you can bargain with the TV self

by offering a TV reward after the work is done. Think of your procrastinating self as a child that can be bargained with; you may need to offer to give them what they want, but only in return for doing what needs to be done first.

VOCABULARY

beat oneself up 自责

commitment /kə'mɪtmənt/ *n.* If you make a commitment to do something, you promise that you will do it. 承诺

self-compassion *n.* 自怜, 自悯

chunk /tʃʌŋk/ *n.* Chunks of something are thick, solid pieces of it. 厚块, 大块

mundane /mʌn'den/ *adj.* Something that is mundane is very ordinary and not at all interesting or unusual. 平凡的, 单调的

CULTURE NOTES

Timothy Pynch is a psychology professor at Carleton University, in Ottawa. His research in psychology is focused on the breakdown in volitional action commonly known as procrastination and its relation to personal well-being.

Thomas C. Schelling (April 14, 1921—December 13, 2016) was an American economist and professor of foreign policy, national security, nuclear strategy, and arms control at the School of Public Policy at University of Maryland, College Park. He was also co-faculty at the New England Complex Systems Institute. He was awarded the 2005 Nobel Memorial Prize in Economic Sciences (shared with Robert Aumann) for “having enhanced our understanding of conflict and cooperation through game-theory analysis.”

3. Work in pairs and discuss whether you often try the “keeping everything in your head and put everything off until the last minute” solution in your daily life? Then sum up the causes and cures for procrastination. You can share your ideas in the class.

Passage B

Do you ever feel like you're working hard but not getting anywhere? Maybe you see little improvement in your skills or achievements when you reflect on the last five or 10 years. Or perhaps you struggle to see how you'll fulfil your ambitions during the next few years. Managing Time is to manage yourself so that you control events in an effective way. Read the following strategies for time management.

Four Strategies for Time Management

Strategy A Set Smart Goals

Many people spend their lives drifting from one job to another, or rushing around trying to get more done while actually accomplishing very little. Setting SMART goals means you can clarify your ideas, focus your efforts, use your time and resources productively, and increase your chances of achieving what you want in life.

SMART is an acronym that you can use to guide your goal setting. To make sure your goals are clear and reachable, each one should be:

Specific (simple, sensible, significant).

Measurable (meaningful, motivating).

Achievable (agreed, attainable).

Relevant (reasonable, realistic, results-based).

Time-based (time limited, time-sensitive).

1. Specific

Your goal should be clear and specific, otherwise you won't be able to focus your efforts or feel truly motivated to achieve it. When drafting your goal, try to answer the five "W" questions:

What do I want to accomplish?

Why is this goal important?

Who is involved?

Where is it located?

Which resources or limits are involved?

2. Measurable

It's important to have measurable goals, so that you can track your progress and stay motivated. Assessing progress helps you to stay focused, meet your deadlines, and feel the excitement of getting closer to achieving your goal. A measurable goal should address questions such as:

How much?

How many?

How will I know when it is accomplished?

3. Achievable

Your goal also needs to be realistic and attainable to be successful. In other words, it should stretch your abilities but still remain possible. When you set an achievable goal, you may be able to identify previously overlooked opportunities or resources that can bring you closer to it. An

achievable goal will usually answer questions such as:

How can I accomplish this goal?
How realistic is the goal, based on other constraints, such as financial factors?

4. Relevant

This step is about ensuring that your goal matters to you, and that it also aligns with other relevant goals. We all need support and assistance in achieving our goals, but it's important to retain control over them. So, make sure that your plans drive everyone forward, but that you are still responsible for achieving your own goal. A relevant goal can answer "yes" to these questions:

Does this seem worthwhile?
Is this the right time?
Does this match our other efforts/needs?
Am I the right person to reach this goal?
Is it applicable in the current socio-economic environment?

5. Time-based

Every goal needs a target date, so that you have a deadline to focus on and something to work toward. This part of the SMART goal criteria helps to prevent everyday tasks from taking priority over your longer-term goals. A time-based goal will usually answer these questions:

When?
What can I do six months from now?
What can I do six weeks from now?
What can I do today?

Examples

"I want to achieve IELTS Band 7.0 for speaking."
"I want to be able to give impressive presentations in English."
"I want to pass all the subjects this semester and get good marks for professional courses."

Strategy B Set Priority

Prioritizing daily tasks is key to successful time management. When you prioritize, you make sure you accomplish the most important tasks first. Follow this rule:

Must it be done by me, straightaway? If yes \Rightarrow Do it

Can the task be delayed? If yes \Rightarrow Delay it

Does this need to be done at all? If no \Rightarrow Delete it

Understanding the difference between urgent and important tasks is the key to good time management. Urgent tasks demand your immediate attention, but whether you actually give them

that attention may or may not matter. Important tasks matter, and not doing them may have serious consequences for you or others.

Case Study

Answering the phone is *urgent*.

If you don't do it, the caller will ring off, and you won't know why they called. It may, however, be an automated voice telling you that you may be eligible for compensation for having been mis-sold insurance. That's not important.

Going to the dentist regularly is *important*.

If you don't, you may get gum disease, or other problems. But it's not urgent. If you leave it too long, however, it may become urgent, because you may get toothache.

Picking your children up from school is *both urgent and important*.

If you are not there at the right time, they will be waiting in the playground or the classroom, worrying about where you are.

Reading what have been shared in Wechat is *neither urgent nor important*.

So why is it the first thing that you do each day? Try to minimize distractions to help you recognize and avoid other things that may distract you from getting your urgent and important tasks done.

Strategy C Make Schedules

You can start with a master list. Write down every single task, both mundane and critical, that you need to accomplish. Don't rank the items at this point. The routine duties should be included in it. Neglecting to schedule the humdrum to-do items can topple your well-intentioned time-block schedule. Then you can elate the day's activities to the goals and assign priorities to the day's tasks according to their contribution to your overall goals. And learn to leave room for interruptions. So you can stay on track by using the plan to guide you through tasks.

Strategy D Learn to say "no"

Party this weekend? Cool club to join? Overnight trip on Saturday? Quick pizza with your roommates that turns into three hours of just hanging out? Helping that cutie you have a crush on with the chemistry homework? Learning to say "no" can often feel darned near impossible during your time in college—but saying "yes" to everything can often be impossible, too. Learning how to say "no" is difficult but important for good time management. Try to say "no" when appropriate and to negotiate better deadlines when appropriate. Don't put everything off until the last minute, even though it's necessary for us to take short breaks during study and work periods.

VOCABULARY

rush around 忙忙碌碌

eligible /'elɪdʒəbl/ *adj.* Someone who is eligible to do something is qualified or able to do it, for example, because they are old enough. 有资格的

mundane /mʌn'den/ *adj.* Something that is mundane is very ordinary and not at all interesting or unusual. 平凡的, 单调的

topple /'tɒp(ə)l/ *v.* If someone or something topples somewhere or if you topple them, they become unsteady or unstable and fall over. 倒下

stay on track 保持进展

have a crush on 迷恋

CULTURE NOTES

SMART is an acronym that you can use to guide your goal setting. Its criteria are commonly attributed to Peter Drucker's Management by Objectives concept. The first known use of the term occurs in the November 1981 issue of *Management Review* by George T. Doran. Since then, Professor Robert S. Rubin (Saint Louis University) wrote about SMART in an article for *The Society for Industrial and Organizational Psychology*. He stated that SMART has come to mean different things to different people.

Paul J. Meyer, businessman, author and founder of Success Motivation International, describes the characteristics of SMART goals in his 2003 book, *Attitude Is Everything: If You Want to Succeed Above and Beyond*. We'll expand on his definitions to explore how to create, develop and achieve your goals.

Useful Expressions

Time and tide wait for no man.

At twenty years of age, the will reigns; at thirty, the wit; and at forty, the judgment.

Do you love life? Then do not squander time; for that's the stuff life is made of.

Never leave that until tomorrow, which you can do today.

Ordinary people merely think how they shall spend their time; a man of talent tries to use it.

The golden age is before us, not behind us.

The time of life is short; to spend that shortness basely, it would be too long.

To choose time is to save time.

We always have time enough, if we will but use it aright.

Weep no more, no sigh, nor groan. Sorrow calls no time that's gone.

Time and tide wait for no man.

Time past cannot be called back again.

All time is no time when it is past.

Happiness takes no account of time.

Time tames the strongest grief.

To save time is to lengthen life.

The time of life is short; to spend that shortness basely, it would be too long.

To idle away one's time amounts to killing oneself.

A plant may produce new flowers; man is young but once.

Ordinary people think merely how they will spend time, a man of intellect tries to use it.



Oral Tasks and Class Activities

In this part, you're going to work at the tasks assigned. Your answers and performance should be prepared and your participation in class activities should be based on the previous reading in the textbook and online resources before you come to class.

Task 1 Question and Answer

Think about and prepare answers to the following questions:

1. What is procrastination? Please give an example to illustrate it.
2. Why do you think people put off some tasks until the last minute?
3. Do you usually spend enough time when preparing for something? Why or why not?
4. What is your primary goal for this semester? Please explain it in detail.
5. Does waiting for something bother you? Why or why not?
6. What will you do if you have a few hours of spare time in a day?
7. If you had the power to stop and restart time, when would you use it? What would you do and why?
8. Do you usually finish tasks within the time you schedule? Please explain.

Task 2 Group Discussion

Work in groups and discuss the following questions.

1. List the tasks for your (English) learning this semester and discuss how you'll do it and work out a schedule, then present your schedule in turn.
2. List down the tasks that you need to accomplish this term, and then determine the tasks from the top priority to the last level tasks. And point out what is really important but not so urgent to your life/study.
3. Bad time management skills mean you are always playing catch-up and experiencing stress. And with all that's going on in your college life, why add more stress to the mix? How do you understand this?
4. Your boss has assigned some tasks to you, and other things have also kept coming. However, you are so busy that you can't imagine how you'll get them done. How would you handle this situation?
5. At the same time, even in the same place, some people may feel the day wears on/draws like years, while others may feel time flies. Why? Is time elastic?

Task 3 Presentation

1. Read the following poem and express your own understanding of it.

The Value of Time

To realize the value of one year,
Ask a student who has fail a final exam.
To realize the value of one month,
Ask a mother who has given the birth to a premature baby.
To realize the value of one week,
Ask an editor of a weekly newspaper.
To realize the value of one hour,
Ask the lovers who are waiting to meet.
To realize the value of one minute,
Ask a person who has missed the train, bus or plane.
To realize the value of one second,
Ask a person who has survived an accident.
To realize the value of one millisecond,
Ask the person who has won a silver medal in the Olympics.

2. Prepare a three-minute speech around the topic *Time and Time Management*. The following are only reference topics for your presentation.

- What does four years of college life mean to us?
- Procrastination and study quality
- A moment in life that... (e. g. The moment when I burst into tears)
- Time vs. Life
- When shall I start...
- The best time for...

Task 4 Case Study

Read the following cases and analyze everyone's problem involved from the perspective of time management.

Case study 1

Emma was a 2nd year Law student who was struggling to complete her assignment because she was unable to concentrate on reading. She described reading the same page over and over again without understanding or remembering what she'd just read, eventually giving up in despair. Dina described herself as someone who loved reading, who habitually read for pleasure and whose only real problems were on focusing on academic reading. She feared that this difficulty might be a symptom of her being "not clever enough" for her very competitive course.