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大学英语 读写译教程 1

College English

A Reading, Writing and Translation Course

· 学生用书 ·



华东师范大学出版社

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出版说明

为了满足高等院校大学英语教学改革的需要,我们专门组织编写了这套专门针对应用型本科院校的教材,供高等学校非英语专业本科生及同等程度的学习者使用。

随着全球化的日益发展,国际间的政治、经济、商业和文化交流活动越来越频繁,社会需要既掌握专业技能又懂外语的人才。新时代的大学生必须在学好本专业知识的同时,提高外语水平和实际运用能力,这样才能在激烈的竞争中站稳脚跟。因此我们所编的这套大学英语教材,既包含当前教学所需的最新、实用的内容,又融入新的教学理念和教学方法,以期从容应对日益增长的社会需求。

本套教材的编写十分注重构建真实的交际语境,以学生的需要为中心而设计,强调实用性,即为学生设计贴近实际应用的交际任务,通过互动练习,激发、鼓励学生的自主思考。本教材还通过设置目标、设置问题,让学生在达成目标、解决问题的过程中,以积极主动的态度来达到最佳的学习效果。此外,还特别针对应用型本科院校学生的实际需求,设计了不少生动有趣的模块。这些设计都是为便于学生理解、掌握和运用。

本系列教材邀请来自各高等院校的外语专家组成编写委员会。为了编好这套教材,我们曾多次召开编写会议。北京外国语大学、上海外国语大学、广东外语外贸大学、华中科技大学、华东师范大学、北京交通大学、华南理工大学、华东理工大学、东南大学、四川外国语学院、湖南师范大学、中南财经政法大学、上海理工大学、浙江工商大学、曲阜师范大学、扬州大学、上海海事大学、上海师范大学、北京第二外国语学院、三峡大学、北京师范大学珠海分校、九江学院、黄山学院、安阳师范学院、黄冈师范学院、合肥学院、嘉兴学院等高校的英语教育专家和一线教师,对教材的编写工作提出了宝贵的意见,在此谨表示衷心的感谢。

最后,我们希望本教材能为我国大学英语教学改革和创新作出一点贡献,同时真诚地希望英语教学专家、学者、大学英语教学一线教师以及广大读者对本套教材提出宝贵意见,以便不断改进,精益求精。

华东师范大学出版社

2009年6月

前 言

《大学英语读写译教程》第一至四册为读、写、译综合教材,供非英语专业本科学生使用,也可供程度相当的自学者使用。

英语语言基础在大学英语教学中的重要地位和作用是显而易见的。但由于学生入学时英语水平程度差异较大,不少大学英语教材在应用型本科院校中使用起来普遍困难,教师授课困难较大。针对这些状况,我们编写本系列教材,希望能对解决这些问题作出我们微薄的贡献。

本教程以应用型本科院校学生入学水平的中等程度为起点,即在学习本教程之前,学生已掌握基本的英语语音和语法知识,能认知中学大纲中的大部分英语单词,并在听、说、读、写等方面受过初步训练。在学完本教程后,力争做到:中上等水平的学生在英语语言知识和语言的实际运用能力方面,可以达到大学英语第六级的水平;中等水平的学生能够达到大学英语四级水平,能够在工作中运用英语进行与工作相关的交际。

本教程的编写指导思想是全面打好学生英语基础,以课文为中心,由浅入深,循序渐进,进行语法、词汇等基础知识的综合教学;对学生的读、写、译等基本技能进行全面的训练,培养学生准确运用所学知识进行语言交际的能力。

教材的质量关系到国家人才的培养。为了编写出高质量的教材,本教程编写者怀着强烈的质量意识,踏踏实实、一丝不苟地工作,在整体编写中遵循如下理念:

丰富而实用的选材。精读教材课文的核心地位为英语教学学者所公认,因此我们在选材上付出的努力最多。本教程的所有课文力求内容丰富,题材各异,主题贴近生活与工作实际,视角触及面广,关注实用性。

精心而系统的练习。练习设计的重要性不亚于课文。丰富多样的练习活动能体现各种技能训练的要求,可为学生提供更多提高读、写、译等各项技能的机会,极大地增强学生学习语言的兴趣。

结构清晰,易于教学。教程形式活泼多样,与众不同,图文并茂,互动性强。每册教材的侧重点不同,但注意系统性和独立性的有机结合。本系列教程可成套使用,亦可根据使用者的实际情况选择使用。

本教程共分4册,即每学期一册。第一、二册在学生原有基础上,系统安排语法、阅读和写作等基础语言知识,其内容主要参考《大学英语课程教学要求》所列项目;第三、四册在巩固基本功的基础上,进一步加强语言实际运用能力的培养。每课授课时间可根据教学对象的水平和课程总体安排等情况,由教师酌定。每课内容构成如下:

- 精读课文(生词表、课文、注释、课文理解练习、与课文相关的词汇练习、语法练习)

- 选讲课文(生词表、课文、注释、课文理解练习、课后练习等)
- 语言在用(朗读、综合练习、职业技能)
- 写作专题

与本教程配套使用的视听说教程(1-4)是一套特色鲜明、易学易教的教材。大学英语实践性较强的听说训练均放在听说教材中;听说教程的主题与读写译教程、学生实际生活、大学英语四、六级考试及各类与工作关系密切的职业英语考试紧密衔接。

最后,本教程在编写过程中得到多位英语教学界专家的支持,在此一并对他们表示衷心的感谢。

大学英语系列教材编写委员会

2009年6月

编者说明

本教程偏重实用性,讲究学习效率,特别适合于应用型大学学生。

本教程的课文含有大量实用性材料,包括不少当今热点话题,写作练习也偏重应用,这些因素都有利于提高学生的就业适应性。本教程严格控制课文中的语言难度,绝大部分词汇是大纲内的词汇(只有少量热点新词汇和专用名词超纲),这有利于提高英语学习的效率,提高四级考试通过率。有些精读教材的第一册中便大量出现六级后词汇。某些现行教材中约有1/3的词汇,应用型院校多数学生一辈子也不可能掌握,浪费较大。本教程通过精心选材与编写,避免了这种浪费,确保学生所学内容都是有用的。

一、对象

本教程主要为非重点院校本科生编写。现有的大学英语教材主要由名牌大学负责编写,对非重点大学本科生来说,有时难度显得略大。

此外,现有大英教材的课文以文学性、学术性较强的内容为主,有利于学生打下扎实的语言基础,有利于今后考研、考博,而与今后工作岗位直接相关的内容偏少。但非重点院校的大部分毕业生将直接踏上工作岗位,更需要能学以致用用的英语。

有鉴于此,我们编写了一套新教材,根据应用型院校学生实际水平,严格控制语言难度,在课文选择上,对人文性与应用性的材料兼收并蓄,以适度提高学生的就业适应性。

二、教材内容与结构

1. 本教程每个单元的阅读文章(以及配套的《视听说教程》中的对话短文)都围绕同一话题而且内容各不相同,便于学生不断深入学习。

2. 教材含有很多实用性、应用性的材料,能让学生学以致用。

3. 本教程不但包括商务英语中的一些话题(如电话、会议、买卖、广告、公司运作等),还注意内容的新颖性,例如包含了电子通讯、次贷危机、房地产、股票等热点话题。

4. 本教程每单元安排3篇阅读课文,分别用于精读、半精读与泛读。

三、练习题的编写

1. 练习形式多样化,不但包含精读教材中的常见题型,而且包含各种考试题型。

2. 由于包含了大学英语四、六级考试的题型,所以应试效果较好。

3. 导入部分设计颇具特色的口语练习题,对有些口语题目提供了大量导入性的思考点和语言点,便于学生开展讨论。此外提供了口语问题的参考答案,以减轻教师备课的工作量。

4. 在各种练习题(如语法、短语动词、翻译、作文等)中,穿插了很多与校园生活、职场工作、经济活动相关的实用性例句,让学生尽可能多地浸泡在应用型语言之中。

5. 每个单元在8句汉译英练习后安排了(假)同声传译。在教师用书中我们提供了

基本符合原中文顺序的英译文,供教师参考。目前尚无人使用过这种看似十分简单的练习题型,但根据编者和部分同事多年的教学经验,这是使全班集体开口的简单易行的好办法,对活跃课堂气氛大有裨益。

6. 写作部分主要是各种形式的应用型写作练习,包括信函、通知、议事日程、会议记录、备忘录、博客、求职信、简历等。教材先给予指导,再提供写作的样板,最后要求学生自己独立写作。这一部分也包含大学英语四级作文应试指导,提供了实用词语,介绍如何有意识地使用高层次词语以便获取高分,推荐了迅速拓展思路、快速完成作文的具体办法。

王大伟

2009年6月

Contents

Unit 1	College Life	1
Unit 2	Having Fun	17
Unit 3	Emails	36
Unit 4	Parents and Children	52
Unit 5	Telephoning	67
Unit 6	The Media	83
Unit 7	Working Together	97
Unit 8	Animals	111
Unit 9	Meetings	127
Unit 10	Emotions	145
Grammar Reference		162
Vocabulary List		175

Unit 1 College Life

Pre-reading tasks

1 **Directions:** Freshmen are first-year students at a college or university. They tend to be confused and sometimes overwhelmed the first few weeks of school. Identify problems below that usually happen to freshmen by entering (Y).

- ☐ Not opening your minds
- ☐ Skipping class
- ☐ Too much fun at the expense of grades
- ☐ Homesickness
- ☐ Not studying enough
- ☐ Having trouble finding your own things / **Hard to find your own things**
- ☐ Lack the sense of belonging
- ☐ Hard to find the right class room
- ☐ Hard to get food at the cafeteria
- ☐ Shy about going to parties and social activities
- ☐ Hard to find full-time employment

2 **Directions:** Identify what you believe to be the most effective ways to solve freshmen's problems by entering (Y).

- ☐ Go to the orientations for new comers
- ☐ Go home as often as possible
- ☐ Get to know your roommates and others in your residence hall
- ☐ Borrow money from your roommates
- ☐ Find the ideal place to study
- ☐ Get to know at least one professor well each semester
- ☐ Go to class regularly
- ☐ Get involved in at least one out-of-class activity
- ☐ Get to know your resident assistant or student counselor
- ☐ Find a full-time job

Directions:

1. Talk with your partner about what you feel in the new college environment.
2. Work in pairs to discuss effective ways to overcome difficulties in the first few weeks of college life.

Text A

Word Tips

adjustment /ə'dʒʌstmənt/	n. 调整, 适应 <i>adaptation to new conditions</i>
stressful /stresfəl/	adj. 有压力的 <i>causing stress</i>
adjust /ə'dʒʌst/	v. 调整, 适应 <i>to become suited to new conditions</i>
tip /tɪp/	n. 小提示 <i>small but useful piece of practical advice</i>
flexible /'fleksəbl/	adj. 随机应变的 <i>adaptable</i>
regular /'regjələ/	adj. 有规律的 <i>happening repeatedly at times or places which are the same</i>
schedule /'skedʒul, 'ʃedju:l/	n. 计划表 <i>programme of work to be done</i>
counselor /'kaʊnsələ/	n. 顾问 <i>adviser</i>

College Freshman: How to Get Over Homesickness

- 1 Whether you are a freshman or a senior, studying
abroad or going to college in your hometown, it's
natural to have a period of adjustment when you leave
home. Experiencing new things and meeting different
5 people can be exciting and stressful at the same time.
Sometimes, it can make you feel a deep desire to
return to the people and situations you know best.



- The good news is that homesickness goes away
eventually. As you gradually get used to your new surroundings, you will grow more
10 comfortable. You will also gain a sense of confidence and independence by knowing that
you can learn to adjust. Here are some tips to make your adjustment easier.

Accept that things will be different; being different is not bad or wrong. Growing up means learning to be flexible in different situations, so this is the process of preparing you for a wonderful future.

15 Focus on what you are gaining. Instead of thinking about everything you are missing, focus on what you are gaining by being away. Think about all the new experiences you can share with friends and family when you return.

Get involved. Join a club, a study group, or find a part-time job that will get you involved with other people. Knowing that you will see the same faces and interact on a regular schedule helps a lot.

20 Talk about your feelings. Homesickness is natural. It does not mean you are weak, only that you have experienced love and security in your home life. And that is a good thing. If you find you are having trouble, talk to a friend, a roommate, or a campus counselor. It is important to admit your feelings rather than keep them inside. You are
25 certainly not the first student to experience homesickness, and by sharing with others what you are going through, you will find even more ways to start to adjust.

▣ Comprehension

I. Content Questions: Decide which of the following statements are True (Y), False (N), or Not Given (NG).

1. () Only freshmen have to adjust themselves to the new study environment.
2. () New things bring people both excitement and pressure.
3. () Returning to the people and situations you know best is the best way to overcome homesickness.
4. () Learning the new language and customs of the new environment is a good way to overcome homesickness.
5. () Being adaptable to the new situation means you have grown up.

II. Group work: Break into small groups and discuss the following questions. The teacher may ask you to repeat your group's answers to the class.

1. How can you avoid missing your family or high school life?
2. What could be the right attitude towards the different things you encounter in the new environment?
3. How can you get involved during the new college semester?
4. Why does talking about your feelings help to overcome your homesickness?

▣ Language Focus

Study the words and phrases in the box. We have a number of exercises to help you learn how to use them.

Words and Phrases to Drill

counselor

freshman

flexible

eventually

go through	involve	abroad	schedule
regular	adjust	stressful	tip
senior	focus on	homesick	surroundings
interact	grow up	confidence	independence

Vocabulary

I. Fill in the gaps with words or phrases from the box. Change the form where necessary.

- The students began to feel _____ after they had been here for a month.
- Today we're going to _____ the question of homeless people in London.
- He is a wise _____ in time of need.
- She finds her new teaching job very _____.
- All things are interrelated and _____ with each other.
- He is _____ to me, though he is younger.
- How should we _____ ourselves in school life?
- We need a foreign policy that is more _____.
- This manual is full of useful _____.
- He could have finished it on _____, but somehow he fell behind.

II. Replace the underlined parts in the following sentences with words or phrases from the box. Change the form where necessary.

- Even the closest and strongest of interpersonal relationships must finally come to an end.
- Since I left home, I have learned to be more adaptable.
- He's amazingly cheerful considering all that he's experienced.
- It's important for a college newcomer to avoid trouble.
- This hotel, standing in an elegant and graceful environment, is distinguished from its kind.
- A child has the right to become an adult in a healthful, caring environment, where caring is applied to circumstances rather than to persons.

Word Formation

Fill in each blank with the right form of the word given in the brackets.

- When a boy leaves college and begins to earn money, he can live a life of _____. (independent)
- For my own part, being careful about my appearance keeps me _____. (confidence)
- How important is it for you to have _____ in your working hours? (flexible)
- They feel that all the _____ in nature has a purpose. (regular)
- The psychologist claimed repetitive work can be just as _____ as more demanding but varied work. (stress)
- The music aroused an intense feeling of _____ in him. (homesick)

7. The goods that our shop purchased before the price _____ are still for sale at low prices. (adjust)
8. There should be a lot more _____ between the social services and local doctors. (interact)

IV. Consult a dictionary for the meanings of the phrasal verbs given below. Then fill in the blanks with appropriate phrasal verbs. Change the form where necessary.

go back on
go on with

go over
go against

go through
go by

go behind
go after

- He _____ the advice of his colleagues and resigned from the board last week.
- _____ your goals and don't be afraid to ask for your teachers' help.
- The contract comes into effect today, so we can't _____ our word now.
- You have to _____ the poet's words to see what she really means.
- You will be more comfortable with your job as time _____.
- Robbie met with his boss to _____ a new plan for promoting digital cameras during the Spring Festival.
- The plan must _____ several stages before it can be put into practice.
- Professor David convinced me to _____ my studies.

V. Extended Words and Expressions

The followings are expressions related to campus life. Find items in Column A equivalent to those in Column B.

Column A

- academic year
- abroad student
- extracurricular activities
- student council
- department chairman
- graduate student
- research fellow
- social practice
- intelligence quotient
- undergraduate
- sophomore
- boarder
- Vocational University
- supervisor
- intern

Column B

- 课外活动
- 系主任
- 智商
- 留学生
- 大学二年级学生
- 职业大学
- 社会实践
- 学年
- 研究员
- 寄宿生
- 论文导师
- 实习生
- 大学肄业生
- 研究生
- 学生会

Cloze

Choose the appropriate words and expressions to fill in the blanks in the passage below. Change the form where necessary.

1 life in middle school, college life may be a most relaxing period. But it doesn't mean that we can waste time. Life is 2 and time is swift. Once the sands have run out of a person's hourglass, they cannot be replaced. So if you want to make your college life happier, then making good use of time is one of the 3 ways.

Life should be enriched with knowledge and 4. Being addicted to computer games or 5 is a waste of life. You can go to the 6 sometimes, and searching the Internet is also an 7 method. As the world will not stand still, we should get more information to avoid being 8 about modern situations and current affairs.

Another way is to join a club. In a club you can make friends. The more friends, the better. What's more, you can learn a lot 9 books. For example, getting to know how to develop and 10 relationships, and improving your ability to 11 with each other. You can reap a lot of 12 and joy from a club.

In fact, there are many ways of making your college life 13. However, do what you should do. Discipline and 14 always follow each other. No discipline, no freedom, and much less 15.

freedom
library
colorful
short
happiness
outside of
effective
communicate
practical
compare with
deal with
ignorant
benefit
dream

Translation

I. Translate the following sentences into English.

1. 在当前阶段, 高校辅导员队伍正由严格的教育管理向教育服务转换。(university counselor)

2. 为了能和孩子们保持经常联系, 我们装上了电脑, 并且申请了电子邮件和在线聊天服务。(regular communication)

3. 因为他的太太病了, 他必须调整他的作息来配合她。(adjust his schedule)

4. 本厂的优质商品畅销国内外。(at home and abroad)

5. 他渴望假日是由他的思乡病引起的。(homesickness)

6. 我必须集中精力学习,为下个月的入学考试做好准备。(focus on)

7. 动物园里的动物不同于生活在自然环境中的动物。(natural surroundings)

8. 如果人们愿意灵活一些,保持开放的头脑,并不断学习,他们将在这变化的世界中变得越来越富有。(flexible)

II. Simultaneous Interpretation: Now the Chinese sentences are played back without stopping. Translate them into English orally at almost the same moment you hear them.

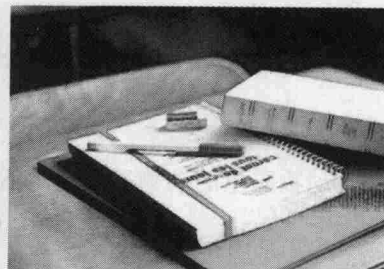
Text B

Word Tips

stress /stres/	n. 压力 pressure
formula /'fɔ:mjʊlə/	n. 公式 expression of a rule
commit /kə'mɪt/	v. 致力于 to devote or dedicate
distraction /dɪs'trækʃən/	n. 使人分心的事物 noise, sight, etc that distracts the attention and prevents concentration
cell phone	手机 mobile phone
cram /kræm/	v. 为应考突击式学习 to learn a lot of facts in a short time, esp. for an examination
absorb /əb'sɔ:b/	v. 吸收 to take in
relate /rɪ'leɪt/	v. 联系 to connect with

College Study Tips: Work Smarter, Not Harder

Here are some benefits from studying for your college classes the right way: more leisure time, less stress, less pressure from your parents, less debt, better grades, and better career opportunities. Sound worthwhile? That doesn't mean there isn't work involved, but it's how you accomplish the work that matters. You can either work smarter, or keep working hard while barely hanging on to passing grades. Follow these tips to make the most of your time and mental resources:



Establish Successful Habits. Here's a simple formula: Successful habits lead to success and unsuccessful habits lead to failure. Commit yourself to studying by establishing a set time and place. Avoid distractions; turn off your cell phone and for that time period concentrate 100 percent of your energy on learning.

Study More Often for Less Time. Cramming is the least effective way to learn and remember information. It may sound cool to pull an all-nighter, but actually, you're wasting your time as it prevents your brain and body from functioning at peak levels. Break up your study time into 45-minute units with a 10 - 15 minutes' break in between. Find something to eat, stretch, or go for a walk. This gives your brain a chance to absorb the material. Of course this requires you to plan ahead.

Study in Groups. Studying with other people helps you learn the material by discussing, explaining, and repeating it in your own words. In addition, it forces you to commit to a time and place to study since other people are counting on you.

Relate it to Real Life. It's much easier to absorb and remember information in the context of a story or personal example than by memorizing unrelated facts. Relate the material to real life. Find examples in your personal experiences, music, books, current news stories, business, pop culture, or case studies. Need help? Ask your professor!

Comprehension

Read Text B and choose the best answer to each question or unfinished statement.

1. "Work Smarter" means to _____ in the above passage.
 - A. study very diligently
 - B. study at high speed
 - C. study in the right way
 - D. study in good manners