

EW College English 新編大学英语

主 编 陈仲利 副主编 王军霞 杜 伟 杨 焱

学生必备

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外语教学与研究出版社 FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

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外语教学与研究出版社 FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS 北京 BELJING

图书在版编目(CIP)数据

新编大学英语(第三版)学生必备. 第3册/陈仲利主编; 王军霞等编. 一 北京: 外语教学与研究出版社, 2012.12

ISBN 978-7-5135-2717-0

I. ①新… II. ①陈… ②王… III. ①英语—高等学校—教材 IV. ①H31

中国版本图书馆 CIP 数据核字 (2012) 第 318898 号

出版人: 蔡剑峰

责任编辑:付分钗

封面设计: 高 蕾

出版发行:外语教学与研究出版社

社 址:北京市西三环北路 19号 (100089)

网 址: http://www.fltrp.com

印 刷: 三河市北燕印装有限公司

开 本: 787×1092 1/16

印 张: 13.5

版 次: 2012年12月第1版 2012年12第1次印刷

书 号: ISBN 978-7-5135-2717-0

定 价: 26.90元

* * *

购书咨询: (010)88819929 电子邮箱: club@fltrp. com

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物料号: 227170001

前言

《新编大学英语》(第三版)继续采用了"以学生为中心"的主题教学模式,调整了难度和梯度,融听、说、读、写、译为一体。该书内容丰富,信息量大。但对于大部分学生来说,要想真正按照教材编写者的意图完成学习任务,还需要课后做大量相关的拓展和延伸练习。

同时,随着大学英语教学改革的不断深入,各高等院校在教学模式、教学方法、课程设计和测试等方面都在进行探索和改革。为了适应时代需求,实现培养学生语言综合应用能力、实践能力和自主学习能力的教学目标,加强对学生自主学习的指导,把课堂教学和学生课下自主学习融为一体,我们特组织部分骨干教师编写了这套《新编大学英语(第三版)学生必备》丛书。

本丛书以《大学英语课程教学要求》为指导,借鉴近年来大学英语教学实践的成功经验和成果,汲取国内外先进的教学理念和教学方法,认真分析学生学习和发展的需要,以求"学用自成"。

本丛书与《新编大学英语》(第三版)教材完全同步,共四册,每册 10 个单元,内容包括教材内容详解、文化知识扩展、技能训练和四级测试等内容。

《新编大学英语(第三版)学生必备》丛书具有以下几个特点:

1 激发兴趣,开拓视野

为激发学生的学习兴趣,开拓学生的文化视野,本丛书设置了"芝麻开门"和"万花筒"两个部分,结合教材的单元主题,扩充相关的社会、文化等知识,以及名言警句、文化小常识,尤其侧重中西方文化差异,融知识性、趣味性与文化性于一体,以帮助学生快乐学习。

2 篇章讲解,全面赏析

教材中选用的课文都是精挑细选的佳作。如能掌握其文体、结构、主旨和行文规范,对于学生提升阅读能力、赏析能力和写作能力均有裨益。故本丛书在篇章讲解部分,特别设置了"写作文体"、"文章概要"和"参考译文"三大部分。

? 知识技能,精解全拓

词、句、篇三点一线,可以帮助学生自学。强调积跬步,即词汇学习。本丛书在讲解课文中的重点核心词汇部分设六个子栏目【词族】、【近义】、【反义】、【搭配】、【活译】、

【四级再现】。内容精挑细选,全面延伸扩展,形成多角度、主体化、系统化的英语词汇 记忆方案。析经典、即佳句学习。本丛书将课文中的经典佳句集中展现,精心剖析句子 结构、语法难点,并配有翻译练习,做到融会贯通。构全篇,即写作学习。此部分依据 单元主题,设置作文题目,并配备例文。在四册书中,分别依据课程学习要求,由段落 仿写至篇章书写,呈阶段性学习检测。

四级在线,同程攻克

本丛书强调夯实基础、培养能力、注重应用的原则。根据不同阶段的需要、精心编排挑 选四级模拟题和真题,并附有答案和点拨,以帮助学生以练促学,检验学习成效。

本套丛书由陈仲利教授担任总主编。由于编者经验和水平所限,书中一定存在不尽 如人意之处,欢迎广大师生在使用过程中批评指正。

王军霞

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> 《新编大学英语(第三版)学生必备》丛书编写组 2012年4月28日

杨焱杜伟

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芝麻开门

Personality and Culture

Personality refers to the individual differences in characteristic patterns of thinking, feeling and behaving. Freud's psychoanalysis states that all humans are the same when born, but childrearing in different societies causes deviations in personalities from each other. The culture and the values we are surrounded by significantly tend to shape our personal values and inclination. Thus, people born in different cultures tend to develop different types of personalities. It is said that British people are often thought of as reserved and conservative and Americans as a bit louder and more open. Chinese people are introverted, modest and diligent.

Shyness

Shyness is a social psychology term used to describe the feeling of apprehension, lack of comfort, or awkwardness experienced when a person is approaching, or being approached by other people, especially in new situations or with unfamiliar people. Shyness may come from genetic traits, the environment in which a person is raised and personal experiences. There are many degrees of shyness. Stronger forms are usually referred to as social anxiety or social phobia. Shyness may merely be a personality trait or can occur at certain stages of development in children. Shyness can affect anyone, and it can really make social occasions difficult. It can make you feel tonguetied and awkward, lost and inadequate.

教材全解

Text A The Misery of Shyness

1. Bird view

☑ Writing style (写作文体)

本文为议论文,首先提出论点"羞怯会带来很多不幸",接着论述"羞怯对人产生不利影响的原因",最后提出"彻底消除羞怯和减轻害羞"的十种建议。

🔾 Summary (课文概要)

Shyness is the cause of much unhappiness for a large variety of people. Shy people are anxious and self conscious, usually excessively concerned about their appearance and behaviors. People's self-concept has a profound effect on all areas of their lives. For example people with high self-esteem will act with confidence, participating in life enthusiastically while shy people with low self-esteem are likely to be passive and easily influenced by others. Self-confident people regard criticism as a suggestion for improvement. In contrast, shy people are very sensitive to criticism and feel it confirms their inferiority. Since shyness to some extent is detrimental and harmful, people have to overcome it with determined and patient effort. There are some specific steps to conquer shyness, such as recognizing your personal strength and weakness, setting reasonable goals, not making negative comments about yourself, accepting criticism thoughtfully, profiting from failure and etc.

□ Translation (参考译文)

羞怯的痛苦

- 1 对许多人来说,羞怯是很多不愉快的起因。各种各样的人——矮的、高的、愚笨的、聪明的、年轻的、年老的、瘦的、胖的——都说自己羞怯。羞怯的人会焦虑不安,感到不自然;也就是说,他们过分地关注自己的外表和举止。脑海中不断地盘旋着一些使自己不安的想法:我给人留下的是什么印象?他们喜欢我吗?我讲话是不是傻里傻气?我长得难看。我穿的衣服毫不引人注目。
- 2 很显然这种不安的感觉会对人们产生不利的影响。一个人的自我看法反映在自己的 行为方式之中,而一个人的行为方式又影响他人的反应。通常,人们如何看待自己对他 们生活的各个方面都会产生深刻的影响。例如,具有积极的自我价值观或很强的自尊心 的人往往表现出自信。由于自信,他们不需要他人不断地称赞和鼓励,也能使自己感觉 良好。自信者热情地、自发地投入生活。他们不因别人认为他们"该"做什么而受到影

响。有很强自尊心的人不会被批评所伤害,不会把批评看作是人身攻击。相反,他们认为批评是一种提醒他们改进的建议。

- 3 相比之下,羞怯的人自尊心较弱,往往消极被动并且容易受他人影响。他们(是否) 在做"该做的事情"需要得到别人的肯定。害羞的人对批评非常敏感;他们觉得批评正 好证实了他们比别人差。他们也很难因别人的赞美而高兴,因为他们相信自己不值得称 赞。羞怯的人也许会用这样的话来回答别人的赞美之辞:"你这么说只是为了让我感觉好 一些。我知道这不是真的。"显然,尽管自我意识是一种健康的品质,过分的自我意识却 是不利和有害的。
- 4 能否彻底消除或者至少减轻羞怯感呢?幸运的是,人们能够通过坚持不懈的努力建立自信从而克服羞怯。由于胆怯和缺少自尊是密切相关的,因此正视自己的弱点和正视自己的优点一样重要。例如,大多数人希望每门功课都得 A。如果仅仅因为在某些领域有困难,就把自己列为差生,这不恰如其分。人们对自己的期望必须现实。老是想那些不可能的事情会令自己觉得无能,甚至产生嫉妒。当我们嫉妒比自己成绩好的学生时,我们正在自我否定。
- 5 如果你害羞,这里有些具体有效的步骤帮助你树立信心并克服羞怯感:
- 认清自己的优缺点。每个人既有优点又有缺点。随着对自我的不断认同,羞怯感就会自然减弱。
- 7 2.确定合理的目标。例如,在聚会时和一群陌生人在一起,你也许会怯场。不要 以为你必须和每个人交谈。集中精力,仅和一两个人交谈,你会感到更自在些。
- 8 3. 内疚和羞耻感是消极的情感。不要把时间和精力浪费在这上头。假设你伤害了某人的感情,(光)感到羞愧是无济于事的。相反,应该承认你犯了个错误,决心在将来更加善解人意。
- 9 4. 所有问题都有许多种解决办法。很少有完全正确或完全错误的意见。要敢于公 开表达自己的观点。
- 10 5. 不要对自己做消极的评论。这是一种自我否定。千万别把自己描述为愚蠢的、 丑陋的,或者一个失败者。注重自己积极的方面。
- 11 6.接受批评时要缜密思考。不要把批评理解为人身攻击。例如,如果一位朋友抱怨你的烹饪技术,要把这当成对你的烹饪技术而不是对你本人的评价而接受下来。放心,你们还是好朋友、但你的烹饪技术也许确实有待改进。
- 12 7. 记住每个人都会经历一些失败和挫折。把它们作为长见识的经历,从中受益。 挫折往往会成为转机,随之而来的将是一段美妙绝伦的经历。例如,你可能被你所中意 的大学拒之门外。然而,在你就读的大学里,你可能发现这里教育的某一特点比你料想 的好得多。
- 13 8. 有些人会使你感到自己无能,不要和这种人交往。去设法改变他们的态度或者 改变你对自己的态度,要不就脱离这种关系。伤害你的人并不关心你的最大利益。
- 9. 留出时间休息,享受自己的业余爱好,并且定期地重新审定自己的目标。为此 所花费的时间有助于更好地了解你自己。

- 15 10. 多在社交场合中锻炼。不要把自己同他人隔离开来。设法一次结识一位朋友;最 终你将能够娴熟而自信地在众人中周旋。
- 16 我们每个人都是独一无二、难能可贵的个体。我们自有吸引人的地方。我们对自己 了解得越多,就越容易充分发挥自己的潜力。不要让羞怯成为阻碍我们拥有丰富和成功 生活的绊脚石。

Answers (题目详解)

Reading Comprehension

- 1 1 Introduction: (Para. 1)
 - Shyness is the cause of much unhappiness for a great many people.
 - 2 Reasons why shyness can have a negative effect: (Paras. 2-3)

People's self-concept has a profound effect on all areas of their lives.

People with high self-esteem usually act with confidence.

People with low self-esteem are likely to be passive and easily influenced by others.

- 3 Ways of overcoming shyness: (Paras. 4-15)
 - A Recognize your personal strengths and weaknesses.
 - B Set reasonable goals.
 - C Don't waste time and energy on destructive feelings such as guilt and shame.
 - **D** Don't be afraid to speak up and give your point of view.
 - E Don't make negative comments about yourself.
 - F Accept criticism thoughtfully.
 - G Profit from failures and disappointments by viewing them as learning experiences.
 - H Don't associate with people who make you feel inadequate.
 - I Set aside time to relax, enjoy hobbies, and reevaluate your goals regularly.
 - J Practice being in social situations.
- 4 Conclusion: (Para. 16)

The better we understand ourselves, the easier it becomes to live up to our full potential.

2 1 F 2 T 3 T 4 T 5 F 6 T 7 F 8 F

3 Sample

I think the most effective ways of overcoming shyness are the first and seventh steps. Recognizing our personal strengths and weaknesses is useful because if we know ourselves better, we can feel more self-confident. We can be more objective instead of being blind. The seventh step is to profit from failures and disappointments as learning experiences. If we allow ourselves to get discouraged and sad when we fail, then we will feel more unsure of ourselves. But if we think of a failure as a learning experience, we are adopting a positive attitude. By analyzing objectively why we failed and planning how to set about doing things differently we will be more likely to succeed next time.



- 2 Modesty is used to describe a reserved appraisal of one's merits, abilities or success. The opposite of modesty is arrogance or boastfulness. Modest people don't want to talk about their abilities or achievements. Modest people know their strengths and their worth, but choose to downplay their greatness and be humble. So modesty is the result of confidence. Shyness is used to describe the uncomfortable feeling one has in the company of others. It often implies a lack of self-confidence and a timid, reserved manner. Modesty is a good personality trait while shyness in many cases is undesirable.
- Being shy isn't necessarily a bad thing. It is appropriate and normal to be shy in some circumstances, for example, in the presence of teachers, your boss, your parents' friends or your prospective in-laws; when you are dating someone, especially the first time; when you are with strangers; when you are in a new environment; when you're facing a large audience. In fact, it can even be helpful to be a little shy. When you are shy and keep silent, you may spend a little time observing the surroundings and people around before jumping right into the new situation.

Vocabulary

- 1 "Self-" is a prefix which means "of, to or by oneself or itself". Words with the prefix "self-" appearing in the text: self-conscious, self-concept, self-assurance, self-worth, self-confidence, selfesteem, self-destructive, self-awareness, self-acceptance, self-rejection, self-confident.
- 1 self-conscious (worried and embarrassed about what you look like or what other people think of you)
 - 2 self-confidence (belief in one's own ability, power, judgment, etc.; confidence in oneself)
 - 3 self-esteem (the feeling that you are someone who deserves to be liked, respected, or admired)
 - 4 self-destructive (with thoughts or actions that are counter to one's own best interests)
 - 5 self-worth (the value you give to your life and achievements)

4 F

- 6 self-concept (one's conception or general idea of one's own basic character and nature)
- 7 Self-awareness (realistic knowledge and judgment about oneself)

5 C

8 self-assurance / self-confidence (the belief that you are able to deal with people or problems easily)

7 J

8 B

9 E

10 H

2 Section A

2 I

3 A

1 G

	Section B				
	1 profound	2 jealousy	3 overcome	4 eventually	5 compliments
	6 diminish	7 reassurance	8 detrimental	9 isolated	10 accented
3	1 reflected	2 concerned / worried	3 profound effect / influence	4 viewed / regarded	
	5 sensitive	6 respond / react	7 eliminated		8 overcome my fear
9 concentrate on		10 made no com	nment		

6 D

Translation

- Shyness can vary <u>from feeling mild discomfort to high levels of anxiety</u> that impact us in almost everything we do.
- 2 Despite his stubbornness, he knew in his heart that he should avoid arousing any suspicions.
- 3 It will be interpreted as criticism no matter what you say.
- 4 Let's not allow ourselves to be upset by trifles (which) we should ignore and forget.
- 5 Too much time spent dwelling on the past can get in the way of enjoying life as it happens.
- 6 People who believe they can accomplish goals and solve problems are more likely to do well in school.

2. Knowledge and skills

🔾 Vocabulary(积跬步-词汇)

attack

/ə'tæk/

n. & vt. 进攻,袭击

【活译】heart attack 心脏病发作; personal attack 人身攻击; launch an attack 发动袭击

【近义】strike n. & v. 袭击

【例句】The president was attacked by the press for not keeping a campaign commitment. 总统因没能履行一项竞选时的承诺而受新闻界抨击。

area

/'eəriə/

n. 面积, 领域, 区域

【活译】goal area 球门区; target area 目标区

【近义】region n. 区域; zone n. 地带

【四级再现】Children who have chance to explore natural areas are more likely develop their physical ability. (2010.12 CET4) 有机会探索大自然的孩子们更可能发展自己的体力。

approach

/ə'prəut [/

n. & v. 方法,接近

【活译】analytic approach 分析法;income approach 收益法

【近义】method n. 方法

【例句】The enemy is approaching.

【译文】敌人临近了。

block

/blok/

n. & v. 街区, 大块, 阻碍

【活译】wood block 木块; chain block 铁滑车; block the view 挡住视线

【近义】barrier n. 障碍物

【例句】Its lawyers have a block of theory on which to build a defense. 它的律师们准备好了一整套理论等着为它辩护。

compliment

/'komplament/

v. & n. 赞成, 表扬

【活译】express compliment 表达赞美

【近义】praise v. & n. 赞成; speak highly of 高度赞扬

【例句】Do you compliment and compromise with each other, or do you compete, compare and control? 你们是在相互称赞、妥协,还是在相互竞争、相互比较和相互控制?

conscious

/'konfəs/

adj. 有意识的, 神志清醒的

【近义】aware adj. 意识到

【词族】consciousness n. 意识; unconscious adj. 无意识的

【例句】Foreign teachers are conscious acceptors of culture from other country and active spreaders of it as well. 外语教师既是异域文化自觉的接受者,又是异域文化主动的传播者。

describe

/di'skraib/

v. 描述

【活译】describe statistics 描述性统计; describe function 描述函数

【词族】descriptive adj. 描述性的; description n. 描述

【例句】They asked patients to imagine new experiences and then describe them. 科学家们要求患者想象新的经历并描述它们。

diminish

/diminis/

v. 减少

【活译】diminish swelling 消肿

【近义】decrease n. & v. 下降; decline n. & v. 下降, 拒绝

【例句】Nothing could diminish her enthusiasm for the project. 什么也不能影响她对这项计划的热忱。

dull

/dal/

adj. 迟钝的

【活译】dull market 市场萧条; dull silver 古银色; dull-witted 迟钝的

【词族】dullness n. 迟钝

【例句】The life without art is dull. 没有艺术的生活是索然无味的。

energy

/'enədʒi/

n. 精力,能量

【活译】energy balance 能量守恒

【词族】energetic adj. 精力充沛的

【例句】Your energetic nature and ability to initiate projects will add to your popularity. 你那充沛的精力和发起项目的积极性会为你的人气加分。

envy /'envi/

n. & v. 嫉妒

【词族】envious adj. 嫉妒的

【近义】jealousy n. 嫉妒

【例句】Bullies are driven by jealousy and envy. 欺负者受到的是妒忌和羡慕的驱使。

fulfill /fol'fil/

v. 完成, 履行

【活译】fulfill contract 履行合同; fulfill obligation 履行义务

【词族】fulfillment n. 自我实现感

【同义】achieve v. 完成, 达到目的; accomplish v. 完成; realize v. 实现

【例句】If you can't fulfill a commitment, tell others prior to the deadline. 如果你不能遵守承诺,请在截止日期之前告诉别人。

individual

/ ind vidzuəl/

adj. & n. 个别的, 个体

【活译】individual value 个人价值

【词族】individualism n. 个人主义

【四级再现】Such incidents take a tremendous toll on our nation's economy and our individual well-being. (2012.12 CET 4) 这样的事件会对国家的经济发展和个人的安康带来巨大损失。

intelligent

/in'teladzant/

adj. 智慧的

【活译】artificial intelligence 人工智能; intelligence agency 情报局

【词族】intelligence n. 智慧; intellectual n. & adj. 知识分子, 聪明的

【例句】The problem is not with intelligence but with skill development. 这个问题不在于智力而是在于技能的发展。

issue

/'Ifu:/

n. & v. 问题, 发行物, 颁发

【活译】public issue 公共议题; special issue 特刊,专刊

【近义】publish v. 出版

【四级再现】Another issue is urban sprawl. (2010.12 CET4) 另一个问题是城市无序扩展。