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教程 (第2册)



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大学英语

快速阅读教程

第2册

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内容简介

《大学英语快速阅读教程》是根据教育部颁发的《大学英语课程教学要求》对快速阅读的要求及大学英语四、六级考试最新题型编写的。题材以大学生的认知能力为基准,以他们的学习和生活为轴心,以i时代网络多元信息为资源,涉及教育、科学、社会、文化、科普、财经、体育、政治、经济等各领域的知识,融科学性、知识性和趣味性于一体,体现i时代大信息量、高速度、高效率、多媒体的特征。

教材侧重强化阅读的"效率意识",训练学生高效地进行有针对性、系统的快速阅读,既培养学生良好的阅读习惯,使他们能够在规定的时间内掌握基本阅读技能,提高阅读的准确性和阅读速度,也培养他们获取知识与信息的能力和新媒体的思辨能力,提高其新媒体教育素养。

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前 言

《大学英语快速阅读教程》是以《大学英语课程教学要求》为指导,以相关现代教学理论为依据,参照全国四、六级考试新题型编写的,旨在拓展学生阅读量与知识面,提高学生快速阅读水平,培养学生语言应用能力,以满足大学英语教学和学生参加四、六级考试的需求。

快速阅读是高速度、高效率的阅读,是从文字符号中迅速吸收有用信息的一种读书方法。从心理学角度来看,快速阅读是训练读者能够集中注意力、专心致志地学习;从生理学角度来看,快速阅读是发挥人们"眼脑直映"的自然潜能;从读书效率来看,快速阅读是提高阅读速度和加强理解能力的一种方法。快速阅读能力的培养对人的终身学习,以及在工作和生活中快速获取所需资讯都十分重要。

大学英语快速阅读与仔细阅读在学生能力培养、教学方法和考试题型等方面均不同。比较当前大学英语教学及考试中出现的仔细阅读题型和快速阅读题型可以发现:仔细阅读题型文章短(通常300个词左右),难度大,题目复杂;快速阅读题型文章长(通常1200个词左右),难度低,题目直接。应当说在未来实际工作中,学生较少碰到仔细阅读理解题型中那样晦涩难懂的文章,多数情况是要求他们查阅大量的英文资料,在一定时间里从浩如烟海的资料中找到自己所需要的内容。完成这种任务是具有挑战性的,需要具备快速阅读能力及技巧,既要懂得如何浏览和略读,也要懂得如何查读和跳读。这种能力和技巧需要从学生时代开始培养,因此快速阅读训练是大学英语教学中必不可少的一种训练。为此,2006年全国大学英语四、六级考委会以培养学生语言实际应用能力、训练其具备未来工作所必备的语言技能为目标,开始实行新考试题型,首次增加快速阅读题型,并且是全部考试题型中唯一需要计时(15分钟)完成的部分。

本套教材共4册,每册8个单元,共计32个单元。教材的编写主要具有如下特点。

1. 长度难度循序渐进

根据《大学英语课程教学要求》,达到大学英语一般要求的快速阅读速度,在阅读生词不超过总数 3% 的材料时,应为每分钟 100 个词。本套教材编写时考虑到大学英语一至四级学生语言能力的差别,每册在文章长度上有一个渐变的过程,使学生对每册的各篇文章阅读加答题均能在 15 分钟左右完成。这样做既统一了编写体例,也符合四级考试中快速阅读题型的要求。文章长度具体为:第一册 800 ~1 000 个词;第二册 900 ~1 100 个词;第三册 1 000 ~1 200 个词;第四册 1 100 ~1 300 个词。除此之外,各册在选材时难度也做到由易到难,循序渐进。

2. 题材体裁各册迥异

本套教材每册题材按大类划分,每个单元题材按主题划分。第一册围绕校园生活展开,每个单元的主题都是学生们熟悉的、要亲身经历的生活,包括新生人学、大学生活、校园活动、学习策略

等。第二册讲述情感生活和生活方式,是学生们将来在生活中会遇到的内容,包括恋爱婚姻、家庭生活、职业事业、海外经历等。第三册涉及社会生活,多为学生喜欢的话题,包括旅游、音乐、艺术、时尚等。第四册探讨较为深层次的社会问题,包括全球化、环境保护、低碳生活、自然灾害等。各册除了题材不同,体裁也有所区别。这种区别照顾到文章的题材和难易度。第一册和第三册文章文体多为记人叙事的记叙文,第二册和第四册文章文体多为科普类的说明文和议论文。

3. 题型题量安排合理

教材每个单元包括 3 篇围绕单元主题的文章,每篇文章后有 2 个练习,题量适中,难易适度。 文章题型在设计上考虑了统一性和多样性。每篇文章后的第一个练习题型都与四级考试快速阅读题 型一致,目的在于训练学生适应四级考试题型,使他们对这种题型能够应付自如。第二个练习为拓 展性练习,设计的目的是为了加深学生对文章主题的理解,并且对文章细节有进一步的把握;此练 习形式丰富多样,既有考察学生全文理解的文章结构类题目、时间线索类题目和文章大意总结填空 类题目,也有考察学生细节理解的问答题、词语填空题和排序题,还有考察学生语言技能的句子翻 译题型。

4. 快读策略系统讲解

快速阅读考察学生迅速获取有效信息的能力,要求学生做到快速阅读、快速记忆和快速理解, 所以快速阅读技巧有别于普通阅读技巧。"工欲善其事,必先利其器",为了帮助学生全面了解快速 阅读原理,在实践中科学高效地运用其技巧,达到提高学习效能的目的,本套教材在第一册和第二 册的第二部分提供了系统、详细的"大学英语快速阅读学习策略指导",主要内容包括:快速阅读 知识、能力、习惯的自测,快速阅读的定义、目的、阅读原理,妨碍快速阅读的不良阅读方法和习 惯,快速阅读策略指导。

本套教材既适用于高等学校大学英语基础阶段的学生学习,也适用于各类英语爱好者作为学习材料或休闲读物。

教材的全体编写人员来自教育部首批大学英语教学改革示范点项目学校,大多是国家级《大学英语》精品课程、国家级《大学英语》教学团队的专家和骨干教师。在教材的设计和编写过程中,我们得到了国内外许多学者的悉心指导和大力帮助,特别是美籍教师 Don Taber 对每个单元都做了仔细的审读,在此向他们致以诚挚的谢意。

由于编写时间较仓促,编者能力有限,纰漏之处在所难免,请读者不吝赐教。

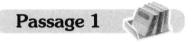
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Unit 1

Family Life



Create a Happy Household

Learn how you can boost your children's emotional well-being.

Every family is different, with different personalities, customs, and ways of thinking, talking, and connecting to one another. There is no one "right" kind of family. But whether parents are strict or **lenient** (仁慈的), **boisterous** (喧闹的) or calm, home has to be a place of love, encouragement, and acceptance of their feelings and individuality for kids to feel emotionally safe and secure. It also has to be a source of don'ts and limits.

How to Talk to Your Kids

Most of us want such an atmosphere to prevail in our homes, but with today's stresses this often seems harder and harder to achieve. From time to time it helps to take stock and think about the changes we could make to improve our home's emotional climate. Here are a few that will.

Watch What You Say

How we talk to our children every day is part of the emotional atmosphere we weave. Besides giving them opportunities to be open about how they feel, we have to watch what we say and how we say it.

We often forget how much kids take parental criticisms to heart and how much these affect their feelings about themselves. Psychologist Martin Seligman found that when parents consistently blame kids in exaggerated ways, children feel overly guilty and ashamed and withdraw emotionally. Look at the difference between, "Roger, this room is always a pigsty! You are such a **slob** (烂泥)!" and "Roger, your room is a mess today! Before you go out to play, it has to be

1



picked up. "

One way tells Roger he can never do anything right. The other tells him exactly what to do to fix things so he can be back in his mom's good graces and doesn't suggest he has a permanent character flaw (性格缺陷). For criticism to be constructive for children, we have to cite causes that are specific and temporary.

Another constructive way to criticize children is to remind them of the impact their actions have on us. This promotes **empathy** (心意相通) rather than resentment.

Provide Order and Stability

A predictable daily framework, clear and consistent rules, and an organized house make kids — and parents — more relaxed and comfortable, and that means everyone has emotional peace. When conflicts, tensions, or crises occur, the routine is a reassuring and familiar support, a reliable element of our lives that won't change.

Think about your mornings. Do your kids go off to school feeling calm and confident? Or are they upset and bad-tempered?

What about evenings and bedtime? Do you have angry fights over homework or how much TV children can watch? A calm bedtime routine is one good prescription for the dark fears that surface when kids are alone in bed with the lights turned out.

Yet a routine that's too inflexible doesn't make room for kids' individual temperaments and preferences.

Make Quality Time a Priority

Hold Family Meetings

Time together is at such a **premium** (急需) in most households that many families, like the Martins, hold regular family meetings so everyone can air and resolve the week's grievances as well as share the good things that happened.

When the Martins gather on Friday nights, they also take the opportunity to anticipate what's scheduled for the week ahead. That way they eliminate (mostly!) those last-minute anxieties over whether someone has soccer shoes for the first practice, the books for a report, or a ride to a music lesson.



Encourage Loving Feelings

Everyday life is full of opportunities to establish loving connections with our kids. Researchers have found that parents who spend time playing, joking with, and sharing their own thoughts and feelings with their kids have children who are more friendly, generous, and loving.

After all, giving love fosters love, and what convinces our kids that we love them more than our willingness to spend time with them? Many parents say that often they feel most in tune emotionally with their kids when they just hang out together — lying on the bed to watch TV, walking down the block together to mail a letter, talking on long car rides when kids know they have a parent's complete attention. At these times the hurt feelings and the secret fears are finally mentioned.

Part of encouraging loving feelings is insisting that kids treat others, including brothers and sisters, with kindness, respect, and fairness, at least some of the time. In one family, kids write on a chart in the kitchen at the end of each day the name of someone who did something nice for them.

Create Rituals

Setting aside special times of the day or week to come together as a family gives children a sense of continuity — that certain feelings stay the same even as the kids change and grow. For many families, like my friend Frances', that means regularly observing religious rituals. To her family, Sunday morning means going to Mass and having hot chocolate afterwards at the town café. Others create their own rituals to anchor the week. Michael's family celebrates with a regular **Scrabble** (一种拼字游戏) and pizza party every Friday night. Dawn's goes to the movies. Holiday rituals give children points in the year to look forward to.

Handle Challenges With Compassion (同情)

Home life today is not always stable and secure. Even the best marriages have fights, economic woes, emotional ups-and-downs. Parents divorce, stepfamilies form, and these changes challenge the most compassionate parents. But troubles are part of the human condition. Loving families don't ignore them, they try to create a strong emotional climate despite them.

In handling parental conflicts, for example, we can let kids know when everything has been resolved, as Denise and Peter did after a loud dispute in the kitchen during which voices were raised and tears flowed. After making up, they explained to their kids, "Sometimes we disagree and lose our tempers, too. But now we've worked it out. We're sorry that you overheard our fight."

Schedule Parent-only Time

Parents are the ones who create a home's atmosphere. When we're upset about how much

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money we owe, worried about downsizing at the company where we work, or angry at a spouse, that charges the emotional atmosphere in ways kids find threatening. As one friend said plaintively (悲哀地), "Parents need special time, too." Taking a long walk together to talk without our kids may go a long way to ease worries and regular "parent-only" dates help us experience again the love that brought us together in the first place.

(http://www.rd.com/parenting-tips)

(1 112 words)



Task 1

You will have 15 minutes to go over the passage quickly. 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.

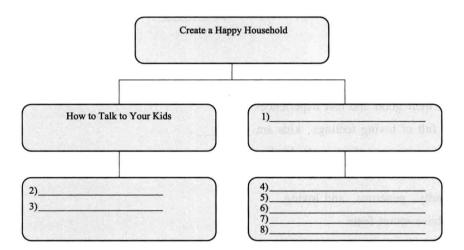
•	The constructive way to criticize children is
	A) to cite specific causes
	B) to tell them to do nothing right
	C) to suggest they have a character flaw
	D) to remind them of their actions
2.	With order and stability at home,
	A) parents will be glad to watch TV with their children
	B) children will not have a nightmare
	C) family members will feel peace of mind
	D) kids will become people with individuality
3.	By holding a regular family gathering, everyone can
	A) eliminate all anxieties
i i	B) discuss soccer shoes
	C) have a music lesson
	D) talk about their good and bad experiences
1.	If a family is full of loving feelings, kids are
	A) required to write on a chart in the kitchen
	B) likely to lie on the bed to watch TV
	C) more friendly, generous, and loving
	D) hurt and have secret fears
5.	According to the passage, what are family rituals?
	A) Children take a holiday.
	B) Family members have a kind of religious ceremony.
	C) The family gets together to have regular activities.
	D) Everyone in the family cooks pizza together.
5.	How should a family handle challenges in its home life?
	A) Keep the marriage happy.
	B) Provide a stable and secure environment.
	C) Try to create a strong emotional climate.
	D) Push for the development of the economy.
7.	When parents have difficulties, they should
	A) pour out their feelings to each other without kids around

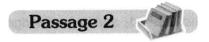
- - B) seek ways to downsize the company
 - C) take a holiday to reignite love between them
 - D) threaten their kids if they worry
- 8. For kids, home should make them feel ...
- 9. A routine doesn't make room for kids individual .
- 10. Everyday life is full of opportunities to establish _____ with our kids.

Words	Time	WPM	Comprehension Rate
1 112			

Task 2

Please read the passage again and fill in the missing information about the outline of *Create a Happy Household*.





Dad University

A quick course on being a godly father.

A father has the privilege of **imprinting** (赋予) young lives that will carry the torch to the next generation. Unfortunately, most men starting out in marriage haven't fully grasped their role as a husband before their wives inform them that they will be a father! As a newlywed, you know life is full of changes, but children may be something you hadn't bargained for so soon.

To be better prepared for this thrilling, frightening moment — however far in the future — you should ask yourself now, "What does it mean for a man to become a father?" The responsibilities and challenges comprising the job description of fatherhood are the three M's — manager, minister, and model.

Manager

Many men, who prepare themselves diligently and work hard to become efficient managers on the job hardly give a thought to their role in managing a complicated and important organization like a family. When you think of it, much like a company, a family needs attention in the areas of personnel, **capital reserves** (资金储备), facilities, cash flow, planning, **inventory** (库存) control, suppliers — even competition (for example, cultural influences seeking to undermine the family's well-being).

The mother shares some of these managerial duties, but ideally, the father should look at the big picture and provide the security that results from responsible and faithful leadership. Here are some components for your new job description as the family manager:

- Know the strengths and weaknesses of those you supervise: "Know well the condition of your flocks, and pay attention to your herds." (Proverbs 27:23)
- Exercise self-control, and train those under your authority: "And, fathers, do not provoke your children to anger; but bring them up in the discipline and instruction of the Lord." (Ephesians 6:4)
- Engage in ongoing enhancement of personal skills and exemplify high character: "He shepherded them according to the integrity of his heart, and guided them with his skillful hands." (Psalm 78:72)

• Abide by instructions and **bylaws** (内部章程) contained in the company policy manual (the Bible): "By wisdom a house is built, and by understanding it is established; and by knowledge the rooms are filled with all precious and pleasant riches." (Proverbs 24:3-4)

Minister

To be a family minister, a dad does not need to prepare a five-point **sermon** (布道) he will deliver in the family room while wearing a floor-length **robe** (长袍). But he does have the responsibility to oversee the spiritual well-being of those under his care. Another word describing this role is shepherd.

That's right — a little flock of sheep share your living space, and a good dad will minister to his flock by voluntarily and eagerly caring for their needs. Just as you now should be caring for the needs of your wife, you will bear a new responsibility to care for those of your children.

The Shepherd's Psalm (圣诗) begins with the sentence, "The Lord is my shepherd, I shall not want." (Psalm 23:1) What will your children "want"? They'll want a lot of stuff — everything from the latest computer games to name-brand shoes. But God gives you the responsibility to provide for their most basic needs — physically, emotionally, and spiritually. By providing them with basic security (a big part of this is loving their mom), you will help them "lie down in green **pastures** (牧场)".

Above all, the family minister-shepherd must bear the weight of transferring God's truth to his children:

Hear, O sons, the instruction of a father,
And give attention that you may gain understanding,
For I give you sound teaching;
Do not abandon my instruction

You'll learn more specifically about what this means, but for now remember: Your children will need you to lead them spiritually.

You can take advantage of daily opportunities to equip your children. What you want to teach your children needs to be clear in your mind. Early in the lives of my children, I started carrying around a list that started out as "Twenty-five Things I Am Teaching My Kids". This list always faces my daily "to do" list. On this page, Barbara and I have listed things such as "being faithful in little things", "becoming a man of character", and "becoming a woman who has a gentle and quiet



spirit". This list reminds me of what is important beyond my daily tasks. Now the list has grown to more than fifty items!

Transferring truth includes life-skill training about sex education, morality, and manners. For example, your kids should know what to do in an emergency, such as a fire in the house. Or train them to know how to handle being bullied.

What's your vision for your family? Determining your vision for your children and family doesn't have to wait for your wife to say, "Honey, we're going to have a baby." You can express your ideas right now as you prayerfully ask God to help you gain His vision for what He wants your family to become.

Model

If "all the world's a stage", as Shakespeare said, then every dad is always in the spotlight doing a one-man play for an audience that never leaves the theater — the **tykes** (海气的小孩) who always watch their daddy and don't miss a thing. Every dad is the family role model, whether or not he wants the job. My father played that role well, modeling integrity and honesty for me every day of his life.

A weighty proverb states, "What a man is determines what a man does." I like a quote by playwright Eugene O'Neill even better: "You do not build a marble tower out of a mixture of mud and **manure** (粪肥)." You do well to begin the process of becoming the man your family will someday look up to.

I'm comforted by the fact that a man's character is shaped by his relationship with God. That's where my hope lies. God hasn't given up on me. He's still squeezing the mud and manure out of my life, building the strong, enduring marble tower instead.

Have you ever run on a relay track team or participated in a **relay race** (接力比赛) at a picnic? Scripture speaks of running a different kind of relay that has God's eternal truth as its **baton** (指挥棒). The Psalmist said about the Lord and His works and intentions for all generations:

For He established a **testimony** (证词) in Jacob,

And appointed a law in Israel,

Which He commanded our fathers.

That they should teach them to their children,

That the generation to come might know, even the children yet to be born,



That they may arise and tell them to their children,

That they should put their confidence in God,

And not forget the works of God, But keep His commandments.

I want to run the father-son/daughter relay to the best of my ability. The dad finishing with his torch still burning brightly, though not necessarily first, will make an impact. And I want to run and give that torch of my love for Christ to my children, instructing them to carry it to the next generation.

An incredible way to model God's care is to **lavish** (慷慨给予) affection and encouragement on your children. We dads should never stop embracing our children, hugging them, and running our hands through their hair. And let's not forget to say "I love you" every day.

If I were to go to my grave today, one of the highest **compliments** (赞美) to me would be to have it said that I was a father known for his love for his kids. Someday, I hope you will hear your wife tell you, "Sweetheart, you're going to be a father!"

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