



普通高等教育“十一五”国家级规划教材

21

English 世纪大学英语

for Interactive Purposes

汪榕培 石 坚 邹 申 ◆ 总主编

应用型 自主练习 **4**



复旦大学出版社
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8. Mary was so taken by surprise at John's remark that she blurted out _____.

Part Three Reading Comprehension

A. _____

1. B 2. C 3. A 4. D 5. C 6. B 7. C

8. By introducing technology

9. designed with care

10. as many

B. 图书在版编目(CIP)数据

21世纪大学英语应用型自主练习.4/汪榕培,石坚,邹申总主编. —上海:
复旦大学出版社,2013.1(2013.8重印)
ISBN 978-7-309-08163-3

C.

I. 2… II. ①汪…②石…③邹… III. 英语-高等学校-习题集 IV. H319.6

中国版本图书馆CIP数据核字(2011)第103410号

D.

1. C — F — B — D — A summarizes the text.

2. Choices E and H are minor points.

3. Choice D is probably true but it is not mentioned in the text.

E.

1. T 2. T 3. T 4. F 5. T 6. F 7. T 8. F 9. T 10. T

21世纪大学英语应用型自主练习.4

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责任编辑/施胜今

复旦大学出版社有限公司出版发行

上海市国权路579号 邮编:200433

网址:fupnet@fudanpress.com http://www.fudanpress.com

门市零售:86-21-65642857 团体订购:86-21-65118853

外埠邮购:86-21-65109143

杭州钱江彩色印务有限公司

开本 850×1168 1/16 印张 8.5 字数 222千

2013年8月第1版第2次印刷

ISBN 978-7-309-08163-3/H·1715

定价:25.00元

如有印装质量问题,请向复旦大学出版社有限公司发行部调换。

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总序

教育部于2007年出版的《大学英语课程教学要求》(以下简称《课程要求》)是指导我国大学英语教学的一个纲领性文件。《课程要求》对大学英语教学的定位是:“大学英语是以外语教学理论为指导,以英语语言知识与应用技能、跨文化交际和学习策略为主要内容,并集多种教学模式和教学手段为一体的教学体系。”大学英语的教学目标是“培养学生的英语综合应用能力,……同时增强其自主学习能力,提高综合文化素养,以适应我国社会发展和国际交流的需要。”

鉴于我国幅员辽阔,地区与地区之间、高校与高校之间客观上存在较大差异,《课程要求》提出了“分类指导、因材施教”的原则。其具体体现为大学英语教学分为三个层次:一般要求、较高要求和更高要求。其中的一般要求为高等学校非英语专业本科毕业生应达到的基本要求。较高要求和更高要求适用于对办学定位、类型和人才培养目标定位较高的学校。

《课程要求》提出构建大学英语课程体系。该课程体系既包括必修课程和选修课程,也涵盖不同课程类别:综合英语类、语言技能类、英语应用类、语言文化类和专业英语类。

《课程要求》提出一种综合教学模式,即基于计算机和课堂的英语教学模式;在充分利用现代信息技术的同时,继承和发扬传统课堂教学的优势。

“21世纪大学英语应用型”系列教材力求体现《课程要求》的原则和精神,在编写宗旨、单元设计、材料选择、课堂活动和课堂练习的设计上力图忠实地诠释《课程要求》的各项指标。本系列教材为综合英语类的必修课程教材,教材包括:

- 《21世纪大学英语应用型综合教程》(1—4册);
- 《21世纪大学英语应用型综合教程教学参考书》(1—4册);
- 《21世纪大学英语应用型自主练习》(1—4册);
- 《21世纪大学英语应用型视听说教程》(1—4册);
- 《21世纪大学英语应用型视听说教程教学参考书》(1—4册);
- 《21世纪大学英语应用型阅读教程》(1—4册);
- 《21世纪大学新英语快速阅读》(1—6册);

以及相关配套的语法、写作、口语和大学英语四、六级考试辅导教材。

一、编写原则

1. 体现《课程要求》和四、六级考试大纲的原则和精神

本系列教材力求体现《课程要求》和《大学英语四/六级考试大纲》的原则和精神,在编写宗旨、单元设计、材料选择、课堂活动和课堂练习的设计上力图忠实地诠释《课程要求》和《大学英语四/六级考试大纲》的各项指标,开拓新时代大学英语教与学的新领域。

2. 体现现代信息技术与英语教学的整合运用

本系列教材建立在外语课程与计算机网络全面整合的基础之上,充分利用现代信息技术,培养学生的英语综合应用能力,尤其是听说能力。

3. 体现课堂教学与测试的有机结合

本系列教材顺应现行大学英语四、六级考试及四、六级机考改革的要求,在纸质课本练习和网络平台的练习设计上,覆盖现行大学英语四、六级考试题型及四、六级机考题型,并紧密结合雅思、托福等国际化英语水平测试。

二、教材特色

1. 主题新颖,选材独特,抓取当代大学生的关注点,提升其学习语言的兴趣

兴趣是最好的老师,英语学习也是如此。本教材的单元主题是编写者通过调查问卷广泛征求学生的意见,并根据时代的发展需要而确定的,即从学生学习的视角出发,而不是编写者想当然地确定主题。因此单元内的主题和选材能够吸引学生极大的注意,并引发热烈讨论,使得课堂教学生动活泼。

例如,针对绝大部分学生四年的大学生活都会遇到的“Campus Love”这个热门而经典的话题,综合教程第1册的第2单元对此展开讨论。Text A “Can’t Forget Your First Love”讲述初恋对一个人一生的影响,提醒大家珍惜和正确对待初恋。而 Text B “College Dating Tips for Student Couples”集中讨论大学生应如何处理校园爱情和学习生活之间的关系。这样生动活泼又具有现实意义的话题还有很多,比如第1册第4单元“Education”讨论的是父母对孩子的教育方法,以及以热门人物“Tiger Mother”为例,探讨中西方父母对孩子的教育方式的不同;第7单元以美国当红歌星 Lady Gaga 的蹿红为线索,探讨“Pop Culture”;第8单元“Our Planet”则关注环境保护,并通过日本地震引发的“核泄漏”这个热门话题,讲述作为一个普通人该如何保护我们自己的家园;等等。

另外,本系列教材的《应用型视听说教程》的单元主题和《应用型综合教程》的单元主题保持同步,这样可以使学生从不同的视角和深度讨论同一个问题,并通过不同形式的音频、视频和纸质材料的阅读和学习,达到提高学生听、说、读、写、译各方面综合能力的目的。

2. 提供充分的语言输入和输出准备,启发学生通过储备知识导入新知识

文本的阅读和理解是文本与读者头脑中的图式相互作用的复杂过程。由学生已掌握的知识结构导入新的知识时,提供背景和挖掘学习者脑中储存的知识显得尤为重要。本系列教材在主题导入和练习设计上都充分体现了这点,使得学习成为一个由旧到新的延续过程。

在每单元的 Starter 部分,除了通过挖掘学生已有的与本主题相关的词汇外,还采用了学生最喜欢的视频形式导入主题。通过观看视频和完成相应的练习,学生对接下来要讨论的主题已有了充分的准备。在课后练习中需要学生语言输出时,如 Interaction 部分,教材不是只罗列要讨论的问题,还从学生已有的知识和课文内容出发,有步骤地引导学生集中讨论两三个问题。只有让学生变得“有话可讲”,他们才会愿意参与讨论。同样 Writing 部分,为了使学生不至于感到无从下笔,编者在练习中提供了相关的视频,以调动学生的积极性,使其导出已有的语言知识储备,从而顺利完成写作练习。

3. 练习设计强调对文本的理解和语言的实际应用

传统教材的练习设计过于注重课文词汇、短语及句型的反复训练。随着大学英语改革的深入,大学英语教学者和管理者都意识到,在加强词汇和句型学习的同时,更应该强调培养学生对文本整体意义的理解;在文本意义的理解中掌握词汇和句型,而不是孤立地学习。本系列教材中的应用型综合教程就体现了这个精神。练习设计时,除了 Language Focus 部分仍旧以词汇、句型训练为主外,更重点突出了 Text A 和 Text B 中的 Comprehension of the Text 部分。这部分不再仅仅提供对课文理解的几个问题,还设计了针对课文段落大意和具体信息的练习,以及对课文重点句子诠释后回答问题等题型。不仅如此,在其他练习形式中,如 Reading in Depth 部分,也包括学生掌握文意和重点词汇之后才能完成的练习。而 Interaction 和 Writing 部分更是对文本意义理解基础上的扩展。

为延展学生的语言输出和语言的实际应用,每单元还增加了一个独特的环节——Workshop。这部分强调在学完本单元的所有内容后,通过学生间的互动合作学习和学习方式的拓展,完成一个项目型的写作和总结。

另外,前文中提到的本系列教材力求体现《大学英语四/六级考试大纲》的原则和精神,在练习设计中也得到很好的体现。Text A 和 Text B 部分的练习题型充分满足学生准备四、六级考试的需求。如 Text A 中的 Reading in Depth, Translation; Text B 中的 Cloze; Part C 部分的 Video-based Writing,以及《应用型视听说教程》中按照四、六级考试题型设计的 Quiz 等都体现了这个编写原则。

4. 同一个单元的不同模块体现不同的难易程度,满足不同层次学生的需求

中国的地区差别和教育多样化导致即便是同一所学校,甚至同一个班级的学生水平都参差不齐。为解决教学上的不便,本系列教材在一个单元内选取的两篇课文或视听材料采取难度递增的模式。这点在《应用型视听说教程》中体现得尤其明显。在 Viewing, Listening and Speaking 部分,三段视频的难易程度逐步递增。这样既符合学生学习水平逐步提高的规律,也可供教师针对不同学生选取不同的教学内容。

三、数字化大学英语教学平台与课堂教学的相互补充,扩展英语教学的空間和时间

前文提到,《课程要求》提出一种综合教学模式,即基于计算机和课堂的英语教学模式。因此,复旦大学出版社和教材编写者在此系列纸质教材的基础上共同打造了这个大学英语教学数字化平台。该平台主要包括以下几个模块:

1. 自主学习模块

“21世纪大学英语应用型”系列所有纸质教材都将转化为电子材料放在教学平台上,供学生自主学习使用。不仅如此,平台上还有大量的扩展阅读和辅助学习资料,供学生拓展学习使用。《应用型视听说教程》在网络上为学生提供大量丰富的英语学习资源。除英语测试试题外,还包括视频欣赏、经典英语歌曲、影片片段等,供学生课外自主学习,真正做到英语学习的连续性。

2. 教学辅助模块

“21世纪大学英语应用型”系列的教学辅助课件,包括PPT、电子教案、教学观摩视频材料、其他教学资料等都将在平台上与教师共享。

3. 教学评价模块

本模块包含教学监督、教学测评、师生互动等。教师可根据需要从试题库中选择题目,组织一个单元、几个单元或某一教学阶段后的测试,或组织期末课程测试,还可以组题进行水平测试。就考试形式而言,教师可以在局域网上组织多个教师同步测试,或从试题库选择和整合试卷,提取录音、打印试卷之后,组织现场测试。

4. 网络管理模块

网络教学管理模块能为组织教学评估提供方便。详细的学习进程记录和作业/成绩记录使教师能够随时了解学生的自主学习情况。在网上可实施学生自我评估、学生间的评估、教师对学生的评估等。通过教学、管理与测试相结合,形成性评估和终结性评估相结合,教师能够全面、客观、准确地获取反馈信息,改进教学管理,学生也能及时调整学习策略,提高学习效率。

5. 教师之间、学生之间互动模块

使用“21世纪大学英语应用型”系列教材的教师可以在这个平台上相互交流教学经验和分享教学资源;全国的学生可以在这个平台上交友,分享学习经验。

本系列教材是在编写队伍长期教学经验积累的基础上编写而成的。编者分别来自复旦大学、北京师范大学、上海外国语大学、华中科技大学、大连外国语大学等知名学府。他们具备深厚的语言学、二语习得及外语教学理论功底,同时长期在大学英语教学一线工作,有着丰富的教学经历。历经几度寒暑,集全体编者智慧和心血的“21世纪大学英语应用型”系列教程已然问世。愿本系列教程能以其时代性、趣味性和实用性,为推动我国大学英语教改助一臂之力。

本系列教材编写组

使用说明

本书是《21 世纪大学英语应用型综合教程》的配套用书。

《自主练习》包括 8 个单元。每单元主要内容如下：

第一部分为 Vocabulary and Structure, 包括短语填空和段落填空, 后者与单元主题相关。

第二部分为 Translation, 包括英译汉(句子翻译)、汉译英(部分翻译)和汉译英(句子翻译)。

第三部分为 Reading Comprehension, 包括快速阅读理解(Fast Reading)、篇章层次词汇理解(Reading in Depth — Banked Cloze)、题型为多项选择题的阅读理解(Multiple Choice Questions)、雅思(IELTS)阅读理解、托福(TOEFL)阅读理解各一篇, 每种题型均与单元主题相关。

第四部分为 Writing, 为大学英语四级写作题型。要求学生以已经给出的中文提示为框架, 写一篇 120 字左右的短文, 与单元主题相关。

本书最后提供所有练习的参考答案, 供学生自学自查之用。

《自主练习》内容丰富, 练习多样, 设计灵活。教师可以根据本校的学生水平以及因材施教的原则, 有选择地使用这些练习, 从而为学生的个性化自主学习提供空间。

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Unit 1

Part One Vocabulary and Structure

A. Fill in the blanks with the expressions given in the box. Change the form when necessary.

trial and error narrow down be down to gut instinct suffice it to say
all told beat oneself up over one's head mess up wind up

1. Their failure _____ the European Debt Crisis, which was rather deadly for them to claw their way forward into the European market.
2. I can't tell you exactly where the problem was, but _____ that then the mood in the room was really intense and subtle (微妙) as he showed up.
3. She is kind of sensitive and often makes decisions by _____, most of which turn out to be true.
4. Anxiety and fear can _____ our lives and disturb the way we look at ourselves and at the people around us.
5. As I have explained to you, _____ plays a vital role in learning computer technology, so please do not feel frustrated when making mistakes.
6. The new technology of gene sequencing and testing can help a lot in _____ the range of possible suspects.
7. The town Sandy Hook _____ in great shock and sorrow because of the school shooting at one of its elementary schools.
8. Professor Smith is an excellent teacher and he is able to make us understand something which goes _____.
9. Please don't _____ about it, it was not your fault and you didn't mean it.
10. In the Nanjing massacre of 1937, the Japanese army killed 300,000 Chinese _____.

B. Read the following passage. For each numbered blank there are four choices marked A, B, C and D. Choose the best one.

Self sufficient living is a phrase that refers to utilizing renewable sources to supply basic needs. Recently, self sufficient living is resurging as many 1 population increasing, pollution rising and natural resources being used 2. For most individuals, this means a real change from 3 upon city power and water. It also means growing a garden, learning to make things we use every day, etc. Many others turn to this way of life as they 4 the economic benefits of learning to live a better and more 5 lifestyle.

When considering the 6 of self sufficient living, food is one of the 7 things to think about — there has been increased 8 in horticulture, meaning gardening, in recent years as 9 by an increase in garden seed sales. This is 10 a part of self sufficient living that 11 can start and have a try right away. 12 there are many helpful books or magazines on the subject, this is one 13 in which it largely comes down to experience. Thus, the sooner you get 14, the better. Even if you only have a 15 patio, you can start gardening in pots; 16 during winter months, you can grow some things in the house. The other aspect of food involves learning to 17 and store food, and you can do it yourself with the information from those books or magazines.

You can experience self sufficient living, 18 the benefits of becoming independent from 19 companies and supermarkets. Keep your dream before you and 20, and a simpler, healthier way of life can be yours.

- | | | | |
|---------------------|----------------|-----------------|-----------------|
| 1. A. glare | B. glance | C. see | D. stare |
| 2. A. down | B. up | C. off | D. out |
| 3. A. dependent | B. independent | C. depending | D. independence |
| 4. A. consider | B. conspire | C. constitute | D. constrain |
| 5. A. maintaining | B. sustaining | C. maintainable | D. sustainable |
| 6. A. opportunity | B. operation | C. option | D. opposition |
| 7. A. minor | B. major | C. mayor | D. magic |
| 8. A. interest | B. hobby | C. appetite | D. addiction |
| 9. A. evidencing | B. evidenced | C. evidential | D. evidence |
| 10. A. particularly | B. necessarily | C. specially | D. truly |
| 11. A. nobody | B. anybody | C. somebody | D. none |
| 12. A. Hence | B. Until | C. While | D. Once |
| 13. A. area | B. territory | C. space | D. district |
| 14. A. done | B. started | C. initiated | D. moved |
| 15. A. larger | B. large | C. smaller | D. small |
| 16. A. only | B. even | C. though | D. thus |
| 17. A. conserve | B. reserve | C. preserve | D. deserve |
| 18. A. enjoy | B. enjoying | C. await | D. awaiting |

19. A. utility B. utilizing C. utilized D. utilization
 20. A. perceive B. perform C. persevere D. peruse

Part Two Translation

A. Translate the following sentences into Chinese.

- As an amateur, he found great amusement in writing detective stories and finally developed it into his career.
- The problem is to keep the protesters calm, without making clash the outlet for their anger.
- We firmly insist the noninterference by any power in the internal affairs of another.
- The plaster on the wall of this house had peeled off through years of neglect.
- The stock prices of Apple dived last week, so Tim Cook planned to take more measures to resolve this crisis.

B. Complete the following sentences by translating the Chinese in brackets into English.

- Jack _____ (因为醉酒而犯了错误), and he swore to God that he would never make that mistake again.
- When you choose the wrong partners, you _____ (降低了成功的可能性).
- We must _____ (不惜一切代价赢得这场战争), or the whole nation might be enslaved.
- While Indonesia _____ (容易频发地震), for this small village an earthquake of this magnitude is a rare occurrence.
- _____ (当拍摄风景时), I am usually greatly amazed at the beauty of nature.

C. Translate the following sentences into English using the words and expressions given in brackets.

- 他们匆匆赶到车站,结果却发现没有带车票。(only to find)
- 我们目前的目标是进一步巩固与欧洲和美国的贸易关系。(cement)
- 黄石公园令人难以置信的美每年都吸引着全球很多旅行者。(fabulous)



4. 你对目前的工作最不满意的是什么? (current)
5. 他在机械学方面有天赋, 仅仅依据说明书就可以重装复杂的机器。(reassemble)

Part Three Reading Comprehension

A. Fast Reading

Directions: Read the following passage and then answer the questions. For questions 1-7, choose the best answer from the four choices marked A, B, C, D. For questions 8-10, complete the sentences with the information given in the passage.

快速阅读自测表

阅读和练习建议用时	9 分钟
实际用时	
正确答题数	

Why DIY?

The reasons why people engage in DIY have always been numerous and complex. There are lots of categories of motive.

DIY as necessity

There is a significant number of young homemakers (38% of our informants) for whom there is no option but DIY. Their new home, whether bought on a mortgage (抵押) which consumes a major slice of their income, or rented at similarly challenging rates, will often require essential refurbishment and even structural repair.

Some of these people are reluctant first-time DIYers. They would much prefer to hire professionals, but can't afford to do so. The majority, however, welcome the opportunity that need has forced upon them to get involved for the first time in the real business of creating a home — with all of its unfamiliar physical labor and the learning from scratch of new techniques. In time, many will migrate to one of the other categories of DIYers, continuing to exercise their new found talents and enthusiasm when no longer forced by financial constraints to do so.

DIY as territorial marking

Even those who have bought a brand new “starter home”, the type which increasingly proliferates (激增) around the edges of our towns and cities, will feel compelled to add personal touches of a less dramatic kind to disguise its otherwise bland and expressionless nature. Putting a “personal stamp on the place” was one of the most frequently reported motives for DIY, with 72% of sample seeing this as being a very important aspect.

DIY as self-expression

Many young people today are frustrated artists — their latent (隐藏的) creative talents just waiting for the chance to reveal themselves. There are also those seeking opportunities for a sense of achievement and personal fulfillment. DIY provided just such opportunities for the overwhelming majority of our informants (84%). They spoke at length of their sense of pride after completing their very first DIY task, and about how this experience gave them the drive to tackle more ambitious projects.

DIY as perfection-seeking

A large proportion of first-time DIYers (63%) distrust builders and decorators. They feel that most are “cowboys” and that even the more reputable ones are very unlikely to have the same loving attention to detail and care as the DIYer. Some had previously suffered from the so-called badges of small builders, while others were proud of the fact that no tradesman of this kind had ever set foot in their home.

Within this group there were those who were content for builders to perform basic or structural work, and to undertake tasks such as plastering which are beyond the competence of most DIYers. The finishing work, however, was something these people kept for themselves — the final “perfecting” of what otherwise would be just a mediocre result.

The problem perfectionists face is that progress can be very slow. One young female partner of such a perfectionist said: “My boyfriend spent so long decorating the bedroom that I had to hire in someone to do the living room.” The living room was finished first. When perfectionists are obliged, by nagging or circumstance, to speed things up, other problems can result: “The only time I rushed a job was when we had friends coming for the weekend. I was so unhappy with it that I painted it again after they had gone.”

DIY as leisure activity

For a significant minority of first-timers (28%), DIY is seen as a novel and entertaining pastime. It is not really work, but something akin to entertainment, shared by both partners and even the children in the case of young families. “It’s just great fun” enthused one DIYer.

The idea that DIYing is akin to a trip to the lions of Longleat may seem strange. But for these informants home-making was sufficiently different from, and infinitely preferable to, the dull routines of weekday work to constitute a weekend break. The results of such activity were rewarding, but probably less so than engaging in the activity itself.

DIY as therapy (治疗)

“It’s therapeutic isn’t it? I’m always in my own little world when I’m doing DIY — it’s great.” So

said a young man of 27 in our sample. “For me it’s occupational therapy” said another informant. For them and others it was their way of getting rid of stress after a long day at work — a way of switching off and using the repetitive nature of many DIY tasks as a way of relaxing. Others hinted at a similar process, where DIY was almost an end in itself, rather than just a means to achieving a better home.

While people in this group might sound like sad anoraks, lacking the basic social skills to get a life outside of the home, they were quite the opposite. DIY provided a transitional stage between work and play — something which allowed them to unwind and rid themselves of tensions, becoming more sociable in the process.

- About 38% of the young homemakers _____.
 - are fond of challenging
 - are willing to engage in DIY
 - are forced to take up DIY
 - are in debt
- The majority of those reluctant first-time DIYers _____.
 - will drop out of DIY when their financial constraints are relieved
 - are beaten by unfamiliar physical labor and the lack of techniques
 - turn to professionals to fulfill the job while having problems
 - welcome the opportunity of getting involved in the DIY activities
- Those who have bought a new “starter home” are willing to take up DIY because they _____.
 - are not satisfied with the decoration of their new house
 - want to “put a personal stamp” on the place they have bought
 - want to disguise the defect and drawback for perfection
 - are forced to add personal touches to their new house
- For many young people who have creative talents and wait to reveal themselves, they feel _____ after completing their first DIY task.
 - frustrated
 - proud
 - excited
 - ambitious
- A large proportion of first-time DIYers distrust builders and decorators, and seek _____.
 - perfection
 - competence
 - reputation
 - attention
- The problem perfectionists face is _____.
 - that mistakes will be committed
 - that there will often be quarrels
 - that there will be interruptions
 - that progress can be very slow
- For a significant minority of first-timers (28%), DIY is seen as a(n) _____.
 - entertainment
 - enthusiasm
 - enlightenment
 - enterprise
- For these informants who take DIY as a leisure activity home-making was _____ from the dull routines of weekday work to constitute a weekend break.
- For some informants, DIY is a therapy and a way of _____ after a long day at work.
- For some, DIY provided a transitional stage between _____ — something which allowed them to unwind and rid themselves of tensions, becoming more sociable in the process.