

主 编 张爱惠 何振华
副主编 赵志玲 毕晓直



大学实用英语 自主学习新模式

(第5版)



北京交通大学出版社
<http://www.bjtup.com.cn>

大学实用英语 自主学习新模式

(第5版)

主 编 张爱惠 何振华

副主编 赵志玲 毕晓直

编 委 (排名不分先后)

李 刚	于秀娟	殷 品	张 君	潘丽华
高 杰	王红霞	王映宇	宋瑞梅	杜萍萍
牛 娜	姜姗杉	杨 涛	王 佳	尚 静
杜文萍	孟 琳	宋富雷	孙婷婷	林芳慧
石 欣	王 红	崔美芳	侯 涛	丛慧颖
孙忠颖	郭圆圆	宋岷源	乔立军	董琳琳
王一鸣	杨黎黎	李淑清	李 霞	朱振英
徐 娇	曹晓梅			



此二维码仅可扫一次

北京交通大学出版社

· 北京 ·

内 容 简 介

本书主要用于指导高职学生公共英语课程的自主学习。全书共9个部分,包括范文背诵及问答、英语幽默故事选编、英语诗歌赏析、名人演讲稿节选、英美文化常识、经典英美文学名著、英语歌曲曲目选编、常用校园英语词汇、各类英语试题选编。学生可以根据自己的实际情况自主选择感兴趣的学习内容,在教师的指导下设计并实践丰富多彩的学习活动,实现自主学习的目标。

版权所有,侵权必究。

图书在版编目(CIP)数据

大学实用英语自主学习新模式 / 张爱惠,何振华主编. —5版. —北京:北京交通大学出版社,2017.2

ISBN 978-7-5121-3171-2

I. ①大… II. ①张… ②何… III. ①英语-高等职业教育-教学参考资料
IV. ①H319.39

中国版本图书馆CIP数据核字(2017)第035094号

大学实用英语自主学习新模式

DAXUE SHIYONG YINGYU ZIZHU XUEXI XINMOSHI

策划编辑:景小卫 刘建明

责任编辑:张利军 助理编辑:景小卫

出版发行:北京交通大学出版社

电话:010-51686414 <http://www.bjtup.com.cn>

地 址:北京市海淀区高粱桥斜街44号

邮编:100044

印 刷 者:北京交大印刷厂

经 销:全国新华书店

开 本:185 mm×260 mm 印张:7 字数:175千字

版 次:2017年2月第5版 2017年2月第1次印刷

书 号:ISBN 978-7-5121-3171-2/H·472

印 数:1~4 700册 定价:23.00元

本书如有质量问题,请向北京交通大学出版社质监组反映。对您的意见和批评,我们表示欢迎和感谢。

投诉电话:010-51686043, 51686008; 传真:010-62225406; E-mail: press@bjtu.edu.cn。



目前高职公共英语教学遇到的普遍问题是学生基础参差不齐，教学中按照统一课程标准授课，会导致一部分学生“吃不饱”，而另一部分学生“吃不动”，或者导致很多学生失去学习英语的兴趣，甚至出现更加糟糕的情形。针对这一现状，我们尝试了高职公共英语教学改革，在总结前期分级教学改革经验与教训的基础上，不断探索实践，实行了班级内部隐性分级教学，即班级不拆分，主要课堂教学内容不分化，而是通过给不同的学生设置不同的自主学习内容进行分级教学。

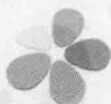
改革后的教学模式是在分层次教学和学生自主学习的基础上，根据学生的具体情况，提供分模块、分层次的课程学习内容，通过“课堂集中学习、课外自主学习、活动带动学习”的教学方式，达到完成学科教学任务、培养学生职业素养、提高学生就业竞争力的目的。教学任务的设置切合学生实际，充分利用各种教学资源，系统组织丰富的学习活动，力争为学生创造一个英语学习平台，使学生的英语学习更加多元化、立体化、自主化。

改革后的考评方式以促进学生职业素养的提高为根本目的，以面试为主要方法，学科成绩的检测、评定方式更加开放和立体。考试时间比传统“期中+期末”的设置方式更灵活，考试内容也更丰富。把自主学习内容纳入评估范围后，自主选择的学习项目占总评成绩的50%。学生不仅可以“按需”学习，有效发挥个人优势，而且通过学习活动，从多方面培养、锻炼了自身的基本职业素质。

为了配合这种新教学模式和考评方式的实践，我们编写了适合我院学生实际情况的自主学习资料，作为教学补充资料。学生可以根据自己的实际情况自主选择感兴趣的学习内容，在教师的指导下设计并实践丰富多彩的学习活动，实现自主学习的目标。在教学改革实践中，我们用本书创设了许多教学活动，收获了许多教学成果。

囿于水平，教学模式的设置和材料的选编肯定存在不足之处，望各位读者不吝赐教，使我们的教学改革走得更远。

Pop music is a kind of musical form that attracts a mass audience, especially young people. The word "pop" comes from "popular", meaning nice and of general appeal. Pop music has



第一部分 范文背诵及问答	1
第二部分 英语幽默故事选编	7
第三部分 英语诗歌赏析	17
第四部分 名人演讲稿节选	26
第五部分 英美文化常识	29
第六部分 经典英美文学名著	44
第七部分 英语歌曲曲目选编	50
第八部分 常用校园英语词汇	53
第九部分 各类英语试题选编	56
1. 大学英语四级考试试题选编	56
2015年6月大学英语四级考试试题	56
2015年6月大学英语四级考试试题参考答案	68
2014年6月大学英语四级考试试题	69
2014年6月大学英语四级考试试题参考答案	81
2. 山东省普通高等教育专升本统一考试英语试题选编	83
2012年山东省普通高等教育专升本统一考试英语试题	83
2012年山东省普通高等教育专升本统一考试英语试题参考答案	93
3. 山东省高等教育自学考试英语试题选编	94
2012年4月山东省高等教育自学考试英语试题	94
2012年4月山东省高等教育自学考试英语试题参考答案	100
4. 全国高职高专英语写作大赛样题	102
5. 全国高职高专英语口语技能大赛样题	104
附录 A 自主学习计划与实施	106

第一部分

范文背诵及问答

1 How to Deal with Boredom

It is very important to try to avoid boredom. It can be a very serious thing to complain about your boredom, because it shows your lack of motivation, stimulation and interest in things around you.

I have learned many different ways to fight against boredom. Sometimes when I think I'm bored, I am actually just very tired. So I often take a short sleep and this helps me pass the feeling. Another thing I often do is to do some exercise. I find that going for a run can remove feelings of boredom.

When I'm bored with people, I'll force myself to pay attention to what they are saying and try to ask questions. Getting bored is a waste of energy, so it is important to fight against it.

Questions:

- (1) Why can it be a very serious thing to complain about your boredom?
- (2) What's your way to fight against boredom?
- (3) What should you do if you feel bored with people?
- (4) What can help you remove feelings of boredom?
- (5) Do you think getting bored is a waste of energy?

2 Pop Music

Pop music is a kind of musical forms that attracts a mass audience, especially young people. The word "pop" comes from "popular", meaning new and of general appeal. Pop music has



absorbed influence from most other forms of music. It is particularly contrasted to traditional music.

Many young people like pop music for the following reasons. First, pop songs are easy to follow. People pick up the words easily after hearing the songs several times. Second, pop music can make listeners relax. Third, pop music is closely related to people's life.

Pop music provides people with pleasure, relaxation, and peace of mind.

Questions:

- (1) What is pop music?
- (2) What does the word "pop" mean?
- (3) Why do young people like pop music?
- (4) What can pop music provide people with?
- (5) Do you like pop music or traditional music?

3

Fast Food

People all over the world like to eat in fast food restaurants. The food there is delicious and it comes very quickly. Besides, it is not expensive. People can eat in or take their food away.

There are two kinds of fast food restaurants in China. They are Western fast food restaurants and Chinese ones. Western fast food restaurants sell hamburgers, French fries, fried chicken, drinks and so on. Chinese fast food restaurants sell dumplings, noodles, spring rolls, and other Chinese snacks.

The food in fast food restaurants is very delicious, but we shouldn't eat there very often. It is usually high in fat. It's not good for our health.

Questions:

- (1) What kind of food does a Western fast food restaurant sell?
- (2) What kind of food does a Chinese fast food restaurant sell?
- (3) Why shouldn't we eat in fast food restaurants too often?
- (4) Why do people like fast food?
- (5) How is the food in fast food restaurants?



4

Tips for Health

Here are some tips for you to keep healthy.

1) Go for a walk often.

Walking is a kind of good exercise, and exercise is good for health.

2) Eat breakfast.

Breakfast gives you energy for the whole morning.

3) Sleep not only enough but well.

Good sleep can make you happy all day long.

4) Drink eight glasses of water every day.

Our body needs much water. Water helps our body in many ways.

5) Take a "time-out" of about 20 minutes after working for an hour.

Do something different to refresh your tiredness.

6) Keep thinking.

Always use your imagination to make things surprising.

Questions:

- (1) How can we become healthy?
- (2) What does "time-out" mean?
- (3) What can make you happy?
- (4) What can breakfast give you?
- (5) Why need we drink enough water every day?

5

Living Within Your Means

It is never disgraceful to say, "I cannot afford it." It is shameful to force yourself to buy something that you cannot afford just because someone urges you to do so.

I have real respect for a person who can say, simply and cheerfully without self-consciousness, "I cannot afford it." But I hate to hear a long, drawn-out explanation of why. As a matter of fact, we should never demand to know why he cannot afford, unless there is a sound reason for his finding some way to afford it. Then you may, if you feel you should, try to show him that way, quietly and



without irritating him.

Questions:

- (1) Is it disgraceful to say "I cannot afford it."?
- (2) Should we demand to know why someone cannot afford to buy something?
- (3) Do you respect for a person who can say "I cannot afford it."?
- (4) Have you ever bought something just because someone urges you to do so?
- (5) Do you like to hear an explanation why someone cannot afford something?

6

Animals

There are many kinds of animals in the world. People don't know the exact numbers.

Some animals are scary, such as lions, tigers and snakes. Some animals are intelligent, such as monkeys and foxes. People usually think pandas and koala bears are cute and smart.

Some of the animals live in the water. Some of them live in the forest. They are our friends.

Questions:

- (1) What animals are scary?
- (2) What animals are intelligent?
- (3) What animals are cute and smart?
- (4) Where do animals live?
- (5) What animals live in the water?

7

The Internet

The Internet has become very important. When we get on the Internet, we can do lots of things. We can shop, chat, get information, study, do research and even meet people from other countries.

The Internet has changed the world. However, there are still problems. Some students spend too much time on it. They waste most of their spare time surfing the Internet or playing online games.

We should make good use of the Internet. Enjoy it but don't spend too much time on it.



Questions:

- (1) What can we do on the Internet?
- (2) What are the problems of the Internet?
- (3) In what aspects has the Internet changed the world?
- (4) How can we make good use of the Internet?
- (5) What do some students do with the Internet?

8

The Chinese and the American Families

Both the Chinese families and the American families are smaller than what they used to be. Many young Chinese parents have only one child while young Americans also wish to have fewer children than their parents.

Many young American couples think it is not easy to get along with their parents. They will leave their parents and have their own home once they get married.

Things are different in China. Both the young and the old admit the problems between them, but they will try to understand each other. Therefore, it is still very common in today's China to see married sons or daughters live with their parents. However, China no longer has the so-called "four generations living under the same roof".

Questions:

- (1) What's the similarity between the Chinese families and the American families?
- (2) What's the difference between the Chinese families and the American families?
- (3) Why don't young American couples live with their parents?
- (4) Why can two generations in China still live together?
- (5) What's your opinion on four generations living under the same roof?

9

Diet and Losing Weight

Now more and more people are putting on weight. Too much weight is bad for health. So, losing weight is necessary for heavy people.

People get fat because they eat too much food with sugar and fat and they take less exercise.



If you want to lose weight, please do as follows. Get into good eating habits and keep a balanced diet. Drink a cup of water 15 minutes before each meal and eat enough vegetables and fruits. Keep on doing more exercise like running slowly every day.

Only in this way can you lose weight a lot and be in good health.

Questions:

- (1) What is the effect of too much weight on our health?
- (2) What makes people fat?
- (3) What should we do if we want to lose weight?
- (4) What is a balanced diet like?
- (5) What exercise can we do every day?

10

An Instruction

This is a new kind of Chinese medicine, invented by Beijing Purple Bamboo Medical Plant. It is good and effective for heart disease and other heart problems. Two pills should be taken twice a day for prevention and another two pills per dose can be taken when recovering from a heart attack. This kind of medicine can be used for a long time. What should be mentioned is that it is dangerous for children and pregnant women. They are not allowed to take this medicine.

It's better to follow the doctor's advice before taking it. If you are not feeling well after taking the medicine, you should stop taking it immediately and go to hospital. This medicine should be kept in a cool, dry place, and most importantly, be kept away from children.

Questions:

- (1) Who invented the medicine?
- (2) How long can this medicine be used?
- (3) Who are not allowed to take this medicine?
- (4) What should you do if you are not feeling well after taking the medicine?
- (5) Where should the medicine be kept?

第二部分

英语幽默故事选编

1

The Safest Part

The buddy said to Tom, "I hear that it's the safest sitting in the middle of the train. Once an accident occurs, both ends of the train get damaged worst."

"Idiot! Why won't they get rid of both ends of the train?"

伙伴对汤姆说：“我听说坐在火车中间最安全。一旦发生事故，火车两头遭到的破坏最大。”

“白痴！他们为什么不去掉火车的两头呢？”

2

Save Much More

"You'll be pleased with me today, mother," said Dick to his mother, coming home from school. "I saved on fares. I didn't go to school by bus but ran all the way after it."

"Well," said his mother laughing. "Next time you should run after a taxi, then you'll save much more."

“妈妈，你今天会对我满意的，”放学回家后，迪克对妈妈说，“我省下了车钱。我上学时没有乘公共汽车，而是一路跟着公共汽车跑。”

“噢，”她的妈妈笑道，“下次你应该跟在出租车后面跑，这样会省更多钱。”

3

Put It Up

The orchard-keeper spotted a little boy sneak into the orchard and climb an apple tree, so he raced over. "Little devil, what are you doing up on my tree?"



“Look here, sir, an apple fell off your tree, so I’m trying to put it up again!” the boy replied, holding the apple in his hand.

果园主人发现一个小男孩偷偷钻进果园，爬上了一棵苹果树，就迅速走了过去。“小家伙，你在我的树上做什么？”

“看这里，先生，一个苹果从您的树上掉了下来，所以我想把它重新挂上去！”小男孩举着手里的苹果回答说。

4

Writing It Loudly

“Are you writing a thank-you letter to grandpa like I told you?”

“Yes, mama.” replied Jane.

“Your handwriting seems very large.”

“Well, grandpa’s deaf, so I’m writing it loudly.”

“你有没有照我说的那样给爷爷写感谢信？”

“写了，妈妈。”简回答道。

“你的字写得好像很大。”

“是的，爷爷耳聋，所以我要写得‘大声’点。”

5

Give Me a Dollar

Son: “Dad, give me a dime.”

Father: “Son, don’t you think you’re getting too big to be forever begging for dimes?”

Son: “I guess you’re right, dad. Give me a dollar, will you?”

儿子：“爸爸，给我一毛钱。”

父亲：“儿子，难道你不认为自己渐渐长大了，不应该总是一毛一毛地要钱吗？”

儿子：“爸爸，我想您说得对。给我一元钱，好吗？”

6

He Won

Tommy: “How is your little brother, Johnny?”

Johnny: “He is ill in bed. He hurt himself.”

Tommy: "That's too bad. How did that happen?"

Johnny: "We played who could lean furthest out of the window, and he won."

汤米: "约翰尼, 你的弟弟还好吗?"

约翰尼: "他生病卧床了, 他伤着自己。"

汤米: "太糟了。是怎么回事?"

约翰尼: "我们做游戏, 看谁能把身子探出窗外最远, 结果他赢了。"

7

The Easy Part

Son: "Dad, is French hard to learn?"

Father: "My boy, at the beginning it is, but after that, it becomes easy."

Son: "That's great! I'll learn the latter half."

儿子: "爸爸, 法语难学吗?"

父亲: "我的孩子, 开头很难学, 但往后就变得容易了。"

儿子: "太棒了! 那我就学后半部分。"

8

She Doesn't Tell Me

A little boy lost his way and went to ask the policeman by the road. The policeman asked, "Sonny, where's your home?"

The boy replied, "My mother teaches me to ask the policeman when I lose my way, but she doesn't tell me where I live."

一个小男孩迷了路, 就去问路边的警察。警察问: "小家伙, 你的家在哪里?"

男孩回答说: "妈妈教我迷路时就去问警察, 但她没有告诉我住在哪里。"

9

Chocolate Car

The mother asked her little son, "Tom, if the car is made of chocolate, which part will you eat first?"

Tom replied quickly, "Wheels! Then the car won't be off."

母亲问小儿子: "汤姆, 如果汽车是用巧克力做的, 你先吃哪部分?"



汤姆飞快地答道：“轮子！这样汽车就开不走了。”

10

Because It's Empty

A schoolboy went home with a pain in his stomach.

“Well, sit down and have some snacks,” said his mother. “Your stomach's hurting because it's empty. It'll be all right when you've got something in it.”

Shortly afterwards, dad came in from work, complaining of a headache. “That's because it's empty,” said his son. “You'll be all right if you have something in it.”

一个男孩放学回家时，感到肚子疼。

“来，坐下，吃些点心，”他的妈妈说，“你肚子疼，是因为肚子空了。你吃了东西，就没事了。”

过了一会儿，男孩的爸爸下班回来，抱怨说自己头疼。“你头疼，是因为脑袋空了，”他的儿子说，“脑袋里装点东西，就没事了。”

11

A Copy

Nurse: “Don't you like your new baby sister, Johnny?”

Johnny: “She's all right, but I wish she had been a boy. Willie Smith had just got a new sister, and now he'll think I'm trying to copy him.”

护士：“约翰尼，你不喜欢新出生的小妹妹吗？”

约翰尼：“她还可以，但她要是个男孩就好了。威利·史密斯刚有一个新出生的小妹妹，现在他会认为我是想跟他学样。”

12

The Police and the Medicine

Mickey refused to take the medicine, so his mother swashed at him and said, “Hurry to take it down, or I'll call the police.”

“Does the police like to take the medicine, mama?” Mickey asked curiously.

米基拒绝吃药，于是他的妈妈吓唬他说：“赶快吃下去，不然我就去叫警察。”

“妈妈，警察喜欢吃药吗？”米基好奇地问道。

13

Future Job

On the way to preschool, the doctor had left her stethoscope on the car seat, and her little girl picked it up and began playing with it.

"My daughter wants to follow in my footsteps!" thought the doctor.

Then the child spoke into the instrument, "Welcome to McDonald's. May I take your order?"

在去幼儿园的路上，一个医生把听诊器留在了车座上。她的小女儿拿起听诊器玩了起来。

"女儿想接我的班!"医生想道。

接着，小女孩对着听诊器说道："欢迎光临麦当劳。您要点什么?"

14

You Can Stand Aside

A boy had eaten a lot of cookies, but he wanted more.

His father said to him, "Don't eat any more, or your stomach will explode."

The boy said, "Never mind. When I'm eating once again, you can stand aside."

一个男孩吃了很多饼干，但还想吃。

他的父亲对他说："不要再吃了，不然你的肚子就会爆炸。"

男孩说："不要紧。我再吃时，你可以躲开。"

15

The Big Ones

It was so late. Frank lay in bed and demanded his mother to peel an apple for him.

"It's so late, sonny, that apples have already gone to bed."

"No, they won't, mama. The small apples may have gone to bed, but the big ones may not."

天很晚了。弗兰克躺在床上，要妈妈给他削苹果吃。

"孩子，太晚了，苹果已经睡觉了。"

"不，不会的，妈妈。小苹果可能睡了，但大苹果可能还没有睡。"



16

Close the Window

Because It's Easy

Jimmy is three years old. One day, he was gazing out of the window when the night fell. He suddenly shouted, "Mum, mum, come to close the window!"

"Why? It's not cold, sonny."

"Yes, mum, but the night will come inside."

吉米3岁了。一天,他正在窗口观望,夜幕降临。他突然喊道:“妈妈,妈妈,快来关窗!”

“为什么?天不冷呀,宝贝。”

“是的,妈妈,可黑夜会进来。”

17

Shave Fifty Times

Harry: "My big brother shaves every day."

Henry: "My brother shaves fifty times a day."

Harry: "Is he crazy?"

Henry: "No, he's a barber."

哈里:“我哥哥每天都刮脸。”

亨利:“我哥哥每天刮50次脸。”

哈里:“他疯了吗?”

亨利:“没有,他是一名理发师。”

18

How Much Does It Cost?

A little boy asked his father, "Daddy, how much does it cost to get married?"

His father replied, "I don't know, son, because I'm still paying for it now."

一个小男孩问他的父亲:“爸爸,结婚要花多少钱?”

他的父亲回答说:“儿子,我不知道,因为我现在还在为它付账呢。”