



大学英语6级

经典美文

150篇

华研外语 主编

10大原版素材，覆盖六级词汇

演讲、访谈、电影选段、散文、小说选段、
名家名篇、英美报刊……



华研外语电子出版社

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Unit 1

青春励志

Born to Win

天生贏者

Each human being is born as something new, something that never existed before. Each is born with the **capacity** to win at life. Each person has a unique way of seeing, hearing, touching, tasting and thinking. Each has his or her own unique **potentials**—capabilities and **limitations**. Each can be a **significant**, thinking, **aware**, and **creative** being—a **productive** person, a winner.

The words “winner” and “loser” have many meanings. When we refer to a person as a winner, we do not mean one who makes someone else lose. To us, a winner is one who responds authentically by being **credible**, **trustworthy**, **responsive**, and **genuine**, both as an individual and as a member of a society.

Winners do not **dedicate** their lives to a **concept** of what they imagine they should be; rather, they are themselves and as such do not use their energy putting on a **performance**, **maintaining** pretence and **manipulating** others. They are aware that there is a difference between being loving and acting loving, between being stupid and acting stupid, between being **knowledgeable** and acting knowledgeable. Winners do not need to hide behind a **mask**.

Winners are not afraid to do their own thinking and to use their own knowledge. They can **separate** facts from opinions and don't pretend to have all the answers. They listen to others, **evaluate** what they say, but come to their own conclusions.

Winners do not play “helpless”, nor do they play the blaming game. Instead, they **assume responsibility** for their own lives. They don't give others a false **authority** over them. Winners are their own bosses and know it.

A winner's timing is right. Winners respond **appropriately** to the situation. Winners know that for everything there is a season and for every **activity** a time.

Although winners can freely enjoy themselves, they can also **post-**

pone enjoyment, can discipline themselves in the present to enhance their enjoyment in the future. Winners are not afraid to go after what he wants, but they do so in proper ways.

A winner cares about the world and its peoples. A winner is not isolated from the general problems of society, but is concerned, compassionate, and committed to improving the quality of life. Even in the face of national and international adversity, a winner's self-image is not one of a powerless individual. A winner works to make the world a better place.

每个人天生就是崭新的、前所未有的个体。在生活中,每个人都拥有与生俱来的获得成功的能力。每个人都有独特的方式去看、去听、去触碰、去尝试、去思考。每个人都有自己特有的能力和局限。每个人都可以成为一个有思想、有意识、有创造力的举足轻重的人——成为成就斐然的赢者。

“赢者”和“败者”有着许多涵义。我们称一个人“赢者”,并不是指这个人让别人输掉了什么。我们认为,赢者无论是作为独立的个体还是作为社会的一份子,都会以诚信、可靠、积极、诚恳的态度对事物做出真实的回应。

赢者不会终其一生扮演自己想象中要成为的形象,相反,他们就是他们自己。他们不会费劲地装模作样、故作姿态或者操控他人。他们知道爱与装爱、傻与装傻的区别;他们也知道,博学多才和故作高深并不一样。赢者不需要将真实面目隐藏于面具之后。

赢者不会惧怕独立思考和运用自己的知识。他们能够区分观点与事实,从不假装自己无所不知。他们倾听、评价别人的话,但得出他们自己的结论。

赢者不会假装“无助”,也不会推卸责任。相反,他们为自己的人生负责,不会让别人错误地主导自己。赢者很清楚他们才是自己的主人。

赢者善于把握时机,能够对情势做出恰当的反应。赢者知道,每一件事情都有其适宜的时机,每一个行动都有其恰当的时刻。

尽管赢者能够自由自在地享受人生,但是,为了未来更大的快乐,他们也能约束自己,暂不享受。赢者勇于追求自己想要的东西,但是他们求之有道。

赢者关心世界,关心他人。他们不会孤立于社会的普遍问题之外,他们关心社会,富于同情心,并致力于改善人们的生活质量。即使整个国家乃至全世界都遭遇困境,赢者展现出的面目也绝不会是无能之辈,他们会努力让世界变得更加美好。

六级词汇

- capacity** /kə'pæsɪtɪ/ *n.* 能力
- limitation** /lɪmɪ'teɪʃən/ *n.* [常 *pl.*]局限
- aware** /ə'weə/ *a.* 意识到的
- productive** /prə'dʌktɪv/ *a.* 富有成效的
- trustworthy** /'trʌst,wɜ:ðɪ/ *a.* 可信赖的
- genuine** /'dʒenjuɪn/ *a.* 真诚的
- concept** /'kɒnsept/ *n.* 观念
- maintain** /meɪn'teɪn/ *vt.* 维持
- knowledgeable** /'nɒlɪdʒəbl/ *a.* 博学的
- separate** /'sepəreɪt/ *vt.* 区分
- assume** /ə'sju:m/ *vt.* 承担
- authority** /ɔ:'θɒrəti/ *n.* 权力
- appropriately** /ə'prəʊprɪətli/ *ad.* 适当地
- postpone** /pəʊst'pəʊn/ *vt.* 推迟
- enhance** /ɪn'hɑ:ns/ *vt.* 加强
- concern** /kən'sɜ:n/ *vt.* 使关心
- compassionate** /kəm'pæʃənɪt/ *a.* 有同情心的
- commit** /kə'mɪt/ *vt.* 献身
- potential** /pə'tenʃəl/ *n.* 潜能
- significant** /sɪg'nɪfɪkənt/ *a.* 意义重大的
- creative** /kri'eɪtɪv/ *a.* 有创造力的
- credible** /'kredɪbl/ *a.* 可信的
- responsive** /rɪ'spɒnsɪv/ *a.* 反应快的
- dedicate** /'dedɪkeɪt/ *vt.* 奉献
- performance** /pə'fɔ:məns/ *n.* 表演
- manipulate** /mənɪ'pjuleɪt/ *vt.* 操纵
- mask** /mɑ:sk/ *n.* 面具
- evaluate** /ɪ'vælju:et/ *vt.* 评估
- responsibility** /rɪ.spɒnsə'bɪlɪtɪ/ *n.* 责任
- activity** /æk'tɪvəti/ *n.* 行动
- discipline** /'dɪsɪplɪn/ *vt.* 训导
- isolate** /'aɪsəleɪt/ *vt.* 使孤立
- adversity** /əd'vɜ:sɪtɪ/ *n.* 逆境

佳句赏析

【写作佳句】 To us, a winner is one who responds authentically by being credible, trustworthy, responsive, and genuine, both as an individual and as a member of a society.

【赏析】 该句式常用来对某事物进行下定义,即... is... who/that/which...。这里使用了定语从句,句式显得不单调。句末的短语 both as... and as...也用得非常巧妙,使整个句式表达脱离了俗套。

Don't Look Back

告别过去

As you travel through life there are always those times when decisions just have to be made when the choices are hard, and **solutions** seem **scarce** and the rain seems to **soak** your **parade**!

There are some situations where all you can do is to simply let go and move on, gather courage together and choose a direction that carries you toward a new dawn.

So pack up your troubles and take a step forward—the **process** of change can be **tough**, but think about all the **excitement** ahead if you can be **stalwart** enough!

There could be adventures you never imagined just waiting around the next bend and wishes and dreams just about to come true in ways you can't yet **comprehend**!

Perhaps you'll find friendships that **spring** from new interests as you **challenge** your **status** and learn there are so many **options** in life, and so many ways you can grow!

Perhaps you'll go to places you've never expected and see things that you've never seen or travel to **fabulous**, **faraway** worlds and wonderful **spots** in between!

Perhaps you'll find **warmth** and **affection** and caring—a “somebody special” who's there to help you stay **cantered** and listen with interest to stories and feelings you share.

Perhaps you'll find comfort in knowing your friends are supportive of all that you do and believe that whatever decisions you make, they'll be the right choices for you!

So keep putting **one** foot in front of the other and taking your life day by day. There's a brighter tomorrow that's just down the road. Don't look back—you're not going that way!

人生旅途中,你常会面临这些时刻,几乎无计可施,很难选择,行走中浑身被雨水淋湿,却不得不做出决策!

有些情况下你能做的只有放弃,并继续前行,鼓起勇气选定一个方向,让它带你走向一个新的开始。

抛掉一切烦恼,向前迈步——改变的道路纵然布满荆棘,但只要你能够勇往直前,前方就一定有很多的惊喜。

也许会有你想象不到的惊险在下一个转弯处等你去体验,也许希望和梦想很快会以你还无法理解的方式实现。

也许在你向自身现状挑战时,在新的兴趣中发现了由此迸发出的友谊,你会明白生活中有多种选择,你的成长道路也会如此多样化!

也许你会去从未想过要去的地方,见到从未见过的事物,或者畅游遥远而神奇的国度,饱览沿途美景。

也许你将体会到温暖、爱意和关怀,发现有个特别的人在那里让你乐意滔滔不绝地诉说,并饶有兴致地聆听你所分享的故事和感受。

也许你会欣慰地发现朋友们不但支持你所做的一切,还相信无论你做出怎样的决定,对你来说都是正确的选择!

那就一步步向前迈进吧,认真过好每一天。前方会有一个更加美好的未来。告别过去——因为那不是你要走的路!

六级词汇

solution /sə'lu:ʃən/ *n.* 解决方法

soak /səʊk/ *vt.* 使湿透

process /'prəʊses/ *n.* 过程

excitement /ɪk'saɪtmənt/ *n.* 令人兴奋的事

comprehend /kəm'pri'hend/ *vt.* 理解

challenge /tʃælɪndʒ/ *vt.* 向……挑战

option /'ɒpʃən/ *n.* (供)选择的事物(或人)

faraway /fɑ:rə'wei/ *a.* 遥远的

warmth /wɔ:mθ/ *n.* 温暖

canter /kæntə/ *vt.* 使慢跑

scarce /skeəs/ *a.* 缺乏的

parade /pə'reɪd/ *n.* 行走

tough /tʌf/ *a.* 困难的

stalwart /sto:lwət/ *a.* 坚定的

spring /sprɪŋ/ *vi.* 突然出现

status /'stetəs/ *n.* 状况

fabulous /fæbjʊləs/ *a.* 极好的

spot /spɒt/ *n.* 地点

affection /ə'fekʃən/ *n.* 喜爱

佳句赏析

【写作佳句】As you travel through life there are always those times when decisions just have to be made when the choices are hard, and solu-

tions seem scarce and the rain seems to soak your parade!

【赏析】 本句主句为 *there are always those times*, *As* 引导的从句作整句的时间状语。第一个 *when* 引导定语从句, 具体说明“这些时刻”。该定语从句也包含了一个 *when* 引导的时间状语从句 (*when the choice... soak your parade!*), 表明在什么时候我们必须作出某些抉择。

【优美佳句】 *There could be adventures you never imagined just waiting around the next bend and wishes and dreams just about to come true in ways you can't yet comprehend!*

【赏析】 本句主干是 *There could be adventures, wishes and dreams*(也许会有惊险、希望和梦想)。人生充满无限可能, 惊险、希望、梦想总在不经意间出现在我们面前, 也许这就是生命的乐趣所在吧!

【优美佳句】 *Perhaps you'll find friendships that spring from new interests... Perhaps you'll go to places you've never expected and see... Perhaps you'll find warmth and affection and caring... Perhaps you'll find comfort in knowing...*

【赏析】 四个排比句式的运用, 语气委婉不失坚定, 鼓励人们鼓起勇气向前走, 在前方有很多意想不到的惊喜在等着你。也许是收获新的友谊, 也许是饱览沿途美景, 也许是遇到欣赏你的那个人, 也许是朋友坚定的支持。无论如何, 向前走就有希望。

【背诵佳句】 *Don't look back—you're not going that way!*

【赏析】 破折号后面的句子解释了 *don't look back* 的原因, 过去的就让它过去, 不要纠结, 不要犹豫, 那不是你要走的路, 你的路永远在前方!