普通高等教育“十二五”规划教材

# 大学英语

主编◎唐　旭
曾仲贤

# College English 综合教程 1

西北工业大学出版社

高等学校公共英语教材

College English

# 大学英语综合教程

（第一册）

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**内容简介** 高等学校公共英语教材《大学英语综合教程》主要是供普通高等学校本科，高职高专、成人高等学校具有一定的英语基础的学生使用的。本套教材参考了教育部颁布的《高等学校英语应用能力考试大纲》和《高职高专英语课程教学基本要求》，着眼于学生语言基础、词汇、英语基础语法、阅读和实际运用语言能力的培养，取材广泛，内容新颖，涉及面广，是一套实用性很强的教科书。

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# 高等学校公共英语教材

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# 前　言

高等学校公共英语教材《大学英语综合教程》主要是供普通高等学校本科，高职高专、成人高等学校具有一定的英语基础的学生使用的。本套教材参考了教育部颁布的《高等学校英语应用能力考试大纲》和《高职高专英语课程教学基本要求》，着眼于学生语言基础、词汇、英语基础语法、阅读和实际运用语言能力的培养，取材广泛，内容新颖，涉及面广，是一套实用性很强的教科书。

在编写本教材时，特别结合了高职高专、成人高等学校学生自身的特点，并注意了以下几个方面：

1. 每个单元开头设计了课程导学，明确了教师的教学重点和难点，加强了学生自主学习的目的性；

2. 严格控制每课生词量，单词的注释采用英汉双解的形式，以有利于学生理解词义为主，短语部分还配有例句，便于学生掌握；

3. 阅读选材长度适中，贴近生活，富于趣味性，并配有课前思考和课后专项练习，学生能在阅读中不断提高语言能力。

4. 重视语法在高职高专、成人高等学校学生学习外语中的作用，系统讲解语法并配以适当的练习。

5. 每个单元都专门配备了两篇难度适当的补充阅读材料，旨在让学生在掌握阅读技巧的基础上，提高阅读理解能力。

6. 为方便教师教学和学生自主学习，给出了每个单元所有练习题的参考答案和课文的参考译文。

本套教材共两册，每册各设置10个单元。每个单元由8部分组成：

①课程导学（Language Focus）；②课文学习（Text Study）；③生词（New Words）；④短语表达（Phrases and Expressions）；⑤课文注释（Explanatory Notes）；⑥课后练习题（Comprehension of the Text）；⑦英语语法（Grammar）；⑧延伸阅读（Additional Reading）。

每册教材的最后附有两套综合练习题，方便学生自测。

本套教材的编者为长期从事大学英语教学的一线教师，熟悉高职高专、成人高等学校学生学习英语的特点，在编写本套教材的过程中参考了国内外最新相关教材、教辅、学习网站和杂志等资料，力求在编排结构、语言材料等方面突出实用性。

本套教材由唐旭和曾仲贤任主编，郑祥燕、陈南艳和卢镜囡任副主编。从整套教

材的策划到最终定稿，始终坚持把《高等学校英语应用能力考试大纲》《高职高专英语课程教学基本要求》与高职高专、成人高等学校英语教学的实践相结合，采用了实用、方便为主的编写思路。

在本套教材编写过程中得到了刘玉教授和屈庆军老师的大力支持，感谢他们在百忙之中为编写提供了宝贵的意见。

由于水平有限，书中难免有疏漏之处，望广大读者和同行批评指正！

编　者

2013 年 6 月

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# Unit 1

## *Every Day Is a New Day and a Fresh Start*

### Language Focus

❀ **Key words**

fresh develop strength regret wise reinvent fine-tune switch outcome nimble flexible flexibility pressure routine breathe positive intention create negative mindset reflect visualize release spin reframe annoyance co-worker recommit

❀ **Useful phrases**

have to too…to instead of wake up be likely to in a different way after all be looking forward to rather than

❀ **Important sentences**

1. It is never too late to change things that are not working in your life and switch gears, instead of thinking in the same old ways, hoping for a different outcome.

2. So how about starting each day taking a moment to think of a positive intention for the day?

3. "I am looking forward today to focusing on what I am grateful for in my life, rather than what is missing, and express gratefulness to others.

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❀ English grammar

Parts of Speech and Members of the Sentence

## Text Study

Pre-reading questions:

1. Do you think that every day is a new day and a fresh start?

2. Can you give us some advice on how to keep and open mind to start each day anew?

It does not have to be January 1st to give yourself a chance to make the most out of your day — and your life. Every day is a new day and a fresh start to learn, grow, develop your strengths, heal yourself from past regrets or hurts, and move forward older and wiser. Every day gives you a chance to reinvent yourself, to fine-tune who you are, and build on lessons of what you have learned. It is never too late to change things that are not working in your life and switch gears, instead of thinking in the same old ways, hoping for a different outcome.

Be nimble, be flexible, and keep and open mind to start each day anew! Flexibility is the key!

Ask yourself: How do you wake up each day? Do you start your day going already feeling pressured and rushed? Do you go through the morning routine without much thought at all, doing what you "have to do" to start your day?

How about starting each new day with a moment to stop, breathe and think of a positive intention for the day.

Think not just what you want to DO, but how you want to BE today?

Each day is a new beginning and a blank slate. How would you like to create your day? Think of it as a blank canvas-what would you like to paint on it. What can you create? If you wake up in a negative mindset, you are more likely to paint a dark picture throughout the day, and your canvas will not reflect hope, happiness and joy.

If you take each day to think positively, and have a positive intention for how you would like to create your day, how would your life be different? What positive outcome can reflect your positive intention?

What can daily positive intentions do for you? Every day you will give yourself the gift of an "attitude of gratitude."

Visualizing how you would like your day will help release positive energy from within you and you will attract more positive energy from those around you. Instead of spinning your wheels in an old way of thinking, each day is a chance to reframe and re-look at things in a different way.

You can experience each day an awe in the beauty and creation of the world and the beauty of you who is in it!

You find yourself shifting from an "I can't" mindset to an "I can" mindset.

With a focus on positive intentions, you feel more empowered and more like a "victor" than a "victim."

You are more mindful of the present, and will be more likely to live fully in the present each moment of each day. After all, the past is a great place to visit, but you don't want to live there!

So how about starting each day taking a moment to think of a positive intention for the day? Each morning, write it down and reflect each evening on how you did!

Here are examples of Positive Intentions:

"Today I would like to replace my feelings of annoyance towards my co-worker to feelings of acceptance."

"I am looking forward today to focusing on what I am grateful for in my life, rather than what is missing, and express gratefulness to others."

"Today I want to slow my life down and take time to savor the moment, especially with my children."

Using each day to recommit yourself to positive thinking and intention will help you create the life you want and that you deserve!

## New Words

fresh /freʃ/ *adj.* 新的；替代的 newly made or gathered; recent

develop /di'veləp/ *vt.* 使发展；（使）壮大 to grow; to create; to experience progress

strength /streŋθ/ *n.* 能力；优势；优点；长处 Abilities; the property of being physically or mentally



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strong; regret /riˈgret/ *n.* 悔恨；失望；后悔；惋惜 a feeling of sadness or sorrow about something that is done or that

wise /waiz/ *adj.* （人）充满智慧的，英明的，睿智的 having much knowledge and understanding; able to use knowledge and understanding to make good or correct decisions

reinvent /ˌriːinˈvent/ *vt.* 重新调整；彻底改变；改造 bring back into existence; create anew and make over

fine-tune /ˈfainˈtuːn, -ˈtjuːn/ *vt.* 调整；对……进行微调；细调 adjust finely; make fine adjustments or divide into marked intervals for optimal measuring

switch/switʃ/ *vt.* & *vi.* 转变，改变；转换 change over, change around, or switch over

outcome/ˈaʊtkʌm/ *n.* 结果；成果；出路 something that results

nimble/ˈnimbl/ *adj.* 敏锐的；聪明的；机智的 moving quickly and lightly

flexible /ˈfleksəbl/ *adj.* 易变通的；适应性强的；灵活的 able to flex; able to bend easily; able to adjust readily to different conditions

flexibility /ˌfleksəˈbɪləti/ *n.* 灵活性 the quality of being adaptable or variable

pressure/ˈpreʃə(r)/ *vt.* 施加压力；迫使 the force produced when something is pushed down or against

routine/ruːˈtiːn/ *n.* 例行公事；日常工作；惯例；惯常的（或机械的）程序 an unvarying or habitual method or procedure

breathe/briːð/ *vi.* 呼吸；活着，生存 draw air into, and expel out of, the lungs

positive/ˈpɔzətiv/ *adj.* 抱有希望的；有信心的；积极的 characterized by or displaying affirmation or acceptance or certainty etc.

intention/inˈtenʃn/ *n.* 意图；目的；打算 an idea or plan of what you are going to do

create/kriˈeit/ *vt.* 创造；使发生；创建 to cause it to happen or exist

negative/ˈnegətiv/ *adj.* 消极的；悲观的 a reply of denial; unhelpful; pessimistic

mindset/ˈmaindset/ *n.* 观念模式；思维倾向；心态 a habitual or characteristic mental attitude that determines how you will interpret and respond to situations

reflect/riˈflekt/ *vt.* 显示；表明；表达（事物的自然属性或人们的态度、情感等） give evidence of a certain behavior

visualize/ˈviʒʊəlaɪz/ *vt.* 使形象化；想象；设想 imagine; conceive of; see in one's mind

release/riˈliːs/ *vt.* 释放 eliminate (substances) from the body

spin/spin/ *vt.* 使旋转；旋转；晕眩 it turns quickly around a central point

reframe /riːˈfreɪm/ *vt.* 再构造；再组织 frame again

annoyance /əˈnɔɪəns/ *n.* 气恼；烦恼 the feeling that you get when someone makes you feel fairly angry or impatient

co-worker /ˈkəʊˌwɜːkə/ *n.* （尤指同一工作或项目上的）同事，同僚 the people you work with, especially people on the same job or project as you

recommit /ˌriːkəˈmɪt/ *vt.* 再委托，再犯 commit once again, as of a crime; commit again

## Phrases and Expressions

have to 不得不，只好；只得；必须；不得已

For example: 1. You don't have to be isolated. 你不需要被孤立。

2. Xiaoyan will have to call the police. 小燕只得叫警察了。

too...to "太……以至于不能"

For example: He is too young to go to school. 他年纪太小，还不能上学。

instead of 代替，而不是

For example: 1. We drive to the park instead of walking? 我们用开车代替步行去公园？

2. It works in addition to, or instead of a mouse. 它可以和鼠标一起使用，也可以代替鼠标使用。

wake up 醒来

For example: 1. I wake up with the sun in the morning 清晨，我在朝阳中醒来。

2. Do you wake up in a good mood? 你是否早晨醒来心情很好？

be likely to 可能，倾向于

For example: 1. I'm likely to be very busy tomorrow. 明天我可能很忙。

2. Apples are likely to be in short supply this winter. 今冬苹果可能供应不足。

in a different way 以不同的方式

For example: 1. I should have preferred him to do it in a different way. 我倒愿意他用另一种办法做。

2. I suggest doing it in a different way. 我建议用另一种方法做这件事。

After all 毕竟

For example: 1. There is hope after all. 毕竟还是有希望的。

2. Compared with her achievements, her shortcomings are, after all, only secondary. 她的缺点同她的成绩相比，毕竟是第二位的。

be looking forward to 期待，盼望

For example: 1. I'll be looking forward to hearing from you. 我期盼你的回音。

2. I'll be looking forward to our next meeting. 我期待我们下一次的会面。

rather than 而不是

For example: He would prefer to meet me downstairs rather than upstairs. 他宁愿在楼下见我，而不愿在楼上。

## Explanatory Notes

1. It is never too late to change things that are not working in your life and switch gears, instead of thinking in the same old ways, hoping for a different outcome。今天试着去改变生活中那些无益的事情，永远都不会太晚。改变思维，期待一个完全不同的结果。

too...to...结构是英语中常用的一种句型，在大多数情况下表示否定意义，在翻译时，通常可译为“太……而不能……”“太……无法……”。例如：English is too difficult for Ling Ling to learn. 英语对玲玲来讲太难，她学不会。He walks too slowly to get there on time. 他走得太慢，不能按时到达那儿。

instead of doing sth. “代替，而不是”，of 是介词，后面用动名词。例如：I like watching TV instead of swimming. 我喜欢看电视，而不是游泳。

2. So how about starting each day taking a moment to think of a positive intention for the day? 所以为何不在每天伊始的时候，花一点儿时间思考一下今天的正面目的呢？

how about 用于以下几种情况。第一：当对方谈论的事情不明确，需要询问清楚时，可用这一句型。例如：I'd like a cup of tea. How about you? 第二：向对方提出建议或请求，相当于句型 Would you like...? 语气很委婉。例如：How about having some bread? 或 Would you like some bread? 第三：寒暄时用作承接上下文的转折语。例如：I'm a teacher. How about you? 第四：询问天气或身体等状况。例如：How about the weather in your city? How about your father? 第五：征求对方的看法或意见。例如：How about this car?

3. “I am looking forward today to focusing on what I am grateful for in my life, rather than what is missing, and express gratefulness to others.” “我希望今天能够感激所拥有的，而不是遗憾所失去的，同时向别人表示感谢”。

## Comprehension of the Text

**Ⅰ. Choose the best answer to each of the following.**

1. Which of the following statements is wrong? _____

A. We have a chance to reinvent ourselves every day.

B. We should think of a positive intention for the new day.

C. Each day is a new start.

D. Instead of spinning your wheels in an old way of thinking, each day is not a chance to reframe and re-look at things in a different way.

2. In the sixth paragraph, "negative" means _____.

A. pessimistic B. active C. positive D. energetic

3. Choose the one that is not the example of positive intentions to each of the following. _____.

A. "I start my day going already feeling pressured and rushed."

B. "Today I want to slow my life down and take time to savor the moment, especially with my children"

C. "I am looking forward today to focusing on what I am grateful for in my life, rather than what is missing, and express gratefulness to others。"

D. "Today I would like to replace my feelings of annoyance towards my co-worker to feelings of acceptance。"

4. This passage mainly talks about _____.

A. how to develop your strengths

B. how to keep and open mind to start each day anew

C. how would your life be different

D. How would you like to create your day

5. We can infer from the passage that the author's tone in writing is _____.

A. critical B. ironical C. appreciative D. objective

**Ⅱ. Translate the following sentences into Chinese.**

1. Be nimble, be flexible, and keep and open mind to start each day anew!

2. Think not just what you want to DO, but how you want to BE today?

3. Visualizing how you would like your day will help release positive energy from within

you and you will attract more positive energy from those around you.

4. Each morning, write it down and reflect each evening on how you did!

5. Using each day to recommit yourself to positive thinking and intention will help you create the life you want and that you deserve!

## Grammar Parts of Speech and Members of the Sentence
## 词类和句子成分

根据词的形式、意义及其在句中的功用将词分为若干类，叫做词类。一个句子由各个功用不同的部分所构成，这些部分叫做句子成分。

### 一、词类（parts of speech）

英语的词通常分为十大类：

1. 名词（noun，缩写为 *n.*）表示人、事物、地点或抽象概念的名称。例如：box，pen，tree，apple，orange，boy，morning。

2. 代词（pronoun，缩写为 *pron.*）是用来代替名词的词。例如：we，his，this，them，myself，it，few。

3. 形容词（adjective，缩写为 *adj.*）是表示人或事物的性质或特征的词。例如：good，right，white，orange，great，honest，difficult。

4. 数词（numeral，缩写为 *num.*）是表示数目或事物的顺序的词。例如：one，two，three，first，second，third，eighteen，hundred。

5. 动词（verb，缩写为 *v.*）表示动作和状态的词。例如：am，is，are，have，see，write，walk，think。

6. 副词（adverb，缩写为 *adv.*）是修饰动词、形容词或其他副词，说明时间、地点、程度等的词。例如：quickly，now，here，quietly，slowly，very。

7. 冠词（article，缩写为 *art.*）说明名词所指的人或物的词。例如：a，an，the。

8. 介词（preposition，缩写为 *prep.*）表示它后面的名词或代词与其他句子成分的关系的词。例如：in，on，from，above，behind，between。

9. 连词（conjunction，缩写为 conj.）是用来连接词、短语、从句和句子的词。例如：and，because，before，if，but。

10. 感叹词（interjection，缩写为 int.）表示喜、怒、哀、乐等感情的词。例如：

oh, hello, hi, yeah, aha。

注：①属于前六类（名词、代词、形容词、数词、动词、副词）的词都有实义，叫做实词（notional word）。属于后四类（冠词、介词、连词、感叹词）的词没有实义，叫做虚词（form word）。②不少词可以属于几个词类，如 work（工作；动词和名词），fast（快；形容词和副词），since（自从；连词和介词）等。

## 二、句子成分（members of the sentence）

英语的句子由主语部分与谓语部分组成。具体地讲，主要有下列八种句子成分：

1. 主语（subject）

主语是句子所要说的人或事物，回答是“谁”或者“什么”，通常用名词或代词担任。例如 I love Chongqing. 中的 I 。

2. 谓语动词（predicate verb）

谓语动词说明主语的动作或状态，回答“做（什么）”，主要由动词担任。例如 I love Chongqing. 中的 love。

3. 表语（predicative）

表语在系动词之后，说明主语的身份或特征，回答是“什么”或者“怎么样”。通常由名词、代词或形容词担任。例如：I am a student 中的 student；Our classroom is clean 中的 clean。

4. 宾语（object）

宾语表示及物动词的对象或结果，回答做的是“什么”。通常由名词或代词担任。例如 I love Chongqing. 中的 Chongqing。有些及物动词带有两个宾语，一个指物，一个指人。指物的叫直接宾语，指人的叫间接宾语。间接宾语一般放在直接宾语的前面。如：He wrote me a letter. 有时可把介词 to 或 for 加在间接宾语前构成短语，放在直接宾语后面，来强调间接宾语。例如：He wrote a letter to me.

5. 定语（attribute）

它是限定或修饰名词或代词用的，通常由形容词、代词、数词等担任。例如：He likes to drink cold milk. 中的 cold。

6. 状语（adverbial）

它是修饰动词、形容词、副词用的，通常由副词担任。例如：He works hard. 中的 hard。

7. 宾语补足语（Object complement）

它用来说明宾语怎么样或干什么，通常由形容词或动词充当。例如：They usually keep their classroom clean. He often helps me do my lessons.

8. 同位语（Appositive）

同位语用来对一个词或词的内容加以补充和说明。它通常位于其说明的词或词组之后。例如：We Chinese are hard-working. You two are very lazy.

注：①虚词在句子中一律不能作为句子成分。②同位语通常紧跟在名词、代词后面，进一步说明它的情况。例如：Where is your classmate Tom?

## Exercises for the Grammar

**Ⅰ. Pointed out that members of the sentence underlined part in the following sentence.**

1. Whether we'll go depend on the weather.
2. People's standards of living are going up steadily.
3. That was how they were defeated.
4. The nursery takes good care of our children.
5. I'll return the book to you tomorrow.
6. We are sure that we shall succeed.
7. The woman with a baby in her arms is his other.
8. There are many film that I'd like to see.
9. Have you met the person about whom he was speaking ?
10. I have a lot of work to do .

**Ⅱ. Choose the best answer to each of the following.**

1. _____ six years since I began to study English.

A. It is　　B. I have been　　C. There are　　D. It was

2. _____ in English in class every day is important.

A. Speak　　B. Talking　　C. Saying　　D. To tell

3. The doctor as well as the nurses _____ great concern for the patients.

A. show　　B. shows　　C. have shown　　D. are showing

4. Glad to meet you! _____ is your full name?

A. What　　B. Where　　C. How　　D. Who

5. He is _____ to lift the heavy box.

A. too weak　　B. weak too　　C. enough weak　　D. weak enough

6. I want _____ a teacher when I grow up.

A. to be　　B. to　　C. be　　D. being



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