

★ 第三版 ★

# 新 NEW HORIZON 视野大学英语

COLLEGE ENGLISH

主 编：钟利平

副主编：谢 娜 孙 言 蓝建青 张 巍

1  
阅读进阶教程

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# 前言

阅读不仅是获取信息的主要手段,更是学习和掌握语言的有效途径。随着大学英语教学改革的深入,英语阅读技能和获取信息能力的培养、训练和提高已成为英语教学的重要环节。对于广大非英语专业的学生而言,英语阅读能力的培养不仅要依靠足够的阅读实践,还需要有效地掌握和运用阅读策略,改进阅读方法,循序渐进地提高阅读技能。

《新视野大学英语(第三版)阅读进阶教程》的编写以外语教学理论为指导,遵循英语教学的阶段性和循序渐进的原则,充分考虑学生现有的阅读能力,力图将阅读技巧训练和阅读实践有机地结合起来,同时兼顾信息、语言和技能三大目标,具有如下特点:

1. 结合当代大学生的知识结构、认知特点进行选材。所选文章以议论文和说明文为主,涉及英语国家的语言文化、风土人情、科学技术、教育思想、社会热点等方面,注重信息性、知识性、趣味性和启发性。

2. 练习设计科学合理,特别强调提升学生的英语阅读能力,遵循严格的编写原则,并与大学英语四、六级考试紧密结合,包括段落匹配题、信息填充题和多项选择题等。旨在加强学生阅读理解及获取信息的能力。

3. 难度循序渐进,本套书从选篇内容、选篇长度、练习设置等方面对阅读难度进行合理设计和有效控制,逐步提升难度。

4. 本套教材每册八个单元,每单元三篇文章,练习题型为段落匹配题、信息填充题或多项选择题。书末附两套大学英语四级考试阅读理解真题,供学生检测学习效果。

本教材既可供教师在课上开展阅读技能训练,检测学生学习效果;又可供学生进行课后自我阅读训练,培养自主学习能力。同时,也适用于大学英语四、六级考试的阅读理解练习。

由于编者水平和时间所限,教材中难免有疏漏之处,敬请各位专家、教师和学生批评指正。

编者

2018年7月

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**1**  
Unit

# Fresh start





## Passage 1



**Directions:** In this section, you are going to read a passage with 10 statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.

### Balancing college life and academics

- A) Organization and time management skills are two of the most valuable skills you will ever have. One of the first things you should do at the beginning of each semester is to organize the dates of all class tests and project deadlines from each syllabus, and all required meetings and events from each organization. Next, it is highly recommended for you to set a schedule for yourself in writing to include all other items you want to create as a routine. Most importantly, this should include the time of study. Of course, the most important part of creating a schedule is sticking to it! So, be disciplined enough to schedule any other activities that are less important around those that are the most important.
- B) Whether it involves academics or organizational responsibilities, everyone comes to a point where they feel overwhelmed. This is what friends, fellow members, and other university resources are there for. Unfortunately, there are several reasons why people don't seek help when it is available. Some people try to take on too much, trying to prove to themselves that "I can do this all on my own". Others may not want to admit to people that they "can't handle everything".
- C) Academically, seek out help when you don't understand something. There should be plenty of resources available, from writing centers, to computer labs, to graduate assistants, to your professors who offer office hours. There are also other students who may understand that subject better, or who have even taken the course before. Especially in very large classes, some students may be intimidated to ask for help. But, the sole purpose of the institution and all of these resources is to help you learn. So use them. Ask for rope to be thrown down before you drown!
- D) Understanding what your PRIORITIES are each and every day is one of the biggest keys to college success. It is also one of the easiest concepts to lose track of. It is a fast-paced world, where it is easy to become sidetracked with social activities, TV shows, video games, etc. Some people carry a card in their wallet, or even post a card on their PC, where they list the

top five priorities in their life. The card says “Is what I am doing RIGHT NOW with my time directly contributing to one of my top priorities in life?” If the answer is “No”, then that serves as a good reminder that you could do something more important.

- E) Everyone has exactly 24 hours each day. People who achieve more in life simply make better use of their 24 hours each day. What you do with each of your 24 hours has as much to do with your success during college as any other factor. There is an old saying that “If it is important enough to you, you make time for it.” Be sure that nobody is in charge of your time except you. It is one of the most valuable assets you have. Don’t wait until the end of your college career to stop procrastinating (拖延). Write down when you are going to do something, not simply when something is due. Set deadlines for yourself, and put them in writing. Then stick to it. If you complete tasks early, you can enjoy your leisure time without worry. This is one of the biggest ways to alleviate stress.
- F) If it is the third day of the month, and there is a project due on the 28th of the month, most students hardly have that project on the radar screen yet. Then, they see the project creep up on their calendar on the 24th or 25th, and they say “Uh-oh!” Further, they realize there is an event planned on the 26th, and they have to work at their part-time job on the 27th! This lack of planning is what leads to either missed deadlines, or turning a project in on time, but with poor quality. In addition to poor quality, it also leads to undue stress for four days. One easy way to tackle projects ahead of time is to break the project down into several smaller ones.
- G) The more you attend class, the less you have to study, and the more time you have for everything else you want or need to do. Professors also have a way of telling you what will be on the test, and explaining the answers in class, but you are only privy to that if you are actually in class.
- H) Try to get in the habit of forcing yourself to sit in the front of the class, especially in large classes. Studies show that students sitting in the front retain more information, and pay more attention, even if they don’t realize it. It also helps keep you awake. That usually allows you to take better notes as well. And make sure the professor knows your name!
- I) Almost every organization has one or more students who are shining examples of the balance between extracurricular activities and academics. They make the Dean’s List (优秀学生名单) every semester, hold an important office in the organization, work part-time, and even have a girlfriend or boyfriend. Everyone seems to ask “How do they do it?”
- J) So, are they smarter than you? In most cases, ABSOLUTELY NOT! There have been literally millions of college students that were “smart enough” to graduate, but who failed in the areas of time management, priorities, and responsibilities. So, understand the habits of those who are successful at balancing college life and academics. Ask them what their secrets are, and they will surely be willing to help. Makes sense, doesn’t it?

(944 words)

- \_\_\_\_\_ 1 People who can handle their time better than others may be more successful in life.
- \_\_\_\_\_ 2 There are many advantages of sitting in the front of the class, which are really helpful for your study.
- \_\_\_\_\_ 3 In order to balance college life and academics, you'd better make a plan about matters that you want to create as a routine, and most importantly, you should keep to it.
- \_\_\_\_\_ 4 One of the biggest ways to relieve your pressure is to write down the date when your task must be finished and strictly stick to it.
- \_\_\_\_\_ 5 Many students were very intelligent, but they still could not manage time, priorities and responsibilities.
- \_\_\_\_\_ 6 Some people don't want to seek help when it is accessible, either because they want to prove themselves, or because they don't want to acknowledge that they are not capable of everything.
- \_\_\_\_\_ 7 If you attend class regularly, you will spend less time on study after class, so that you will have more time to do things that you like.
- \_\_\_\_\_ 8 If you do not plan well, you will either fail to meet the deadline or finish the task on time but without high quality.
- \_\_\_\_\_ 9 If the things you are doing have no relevance to your top priorities, then you can turn to something more important.
- \_\_\_\_\_ 10 You should make good use of college institutions and other resources available when you don't understand something.



## Passage 2

**Directions:** In this section, you are going to read a passage with 10 statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.

### Avoiding the dreaded college weight gain: the importance of exercise for college students

- A) Building a healthy relationship with exercise for personal wellness is important for every individual, especially college students. In a dynamic world filled with stress, sedentary (久坐不动的) lifestyles, and negative media-induced body image ideals, it is important for students to build healthy habits now to jumpstart a lifetime of wellness.
- B) “College is the absolute best time for students to learn the importance of making time and dedicating energy to a health and fitness program,” said Nakeeya Deas, wellness coordinator at Champlain College in Burlington. “The habits set in college will transfer into their lives after college. It is our job to teach how to care for the body, just as we do to the brain. It’s invaluable, it’s life-long, and it’s life-changing.”
- C) The human body is meant to move, and quite frankly, needs to move! The many benefits of exercise prove that the act of fitness is more than just losing weight or looking good in a bathing suit. Exercise can build confidence, reduce and relieve stress, improve learning and mental health, and can build healthy relationships around common interests in well-being, etc.
- D) Doing exercise regularly can help you to set a schedule and routine. Living on a college campus causes most students to lead very random day-to-day lives. While living surrounded by friends, making time for studying, attending social and extracurricular activities and many other spontaneous plans, schedules aren’t the most realistic thing. Nevertheless, planning enough time to exercise a few times each week can help give an added sense of routine and order to a college student’s week.
- E) Then, physical exercise can reduce risk of illness. Healthy and active individuals are generally those with stronger immune systems and are less likely to catch colds and viruses that spread around campus. Patrons should be sure to disinfect (消毒) gym equipment before

and after use to prevent the spread of germs.

- F) Another important function of exercise is that it can naturally fight off stress and depression. The overwhelming amounts of schoolwork, projects, part-time jobs and 24 / 7 social stimulation from living on campus would stress anyone out. Although everyone deals with stress differently, exercise provides a great outlet. When exercising, your brain releases powerful natural chemicals that boost your mood, relax your body, and help you feel happier and more focused.
- G) In Core courses at Champlain College, professors integrate exercise into their materials. I witnessed one professor lead her class of 25 second-year students into a yoga class for their Bodies course final. Professor Betsy Allen-Pennebaker, who in addition to teaching Bodies instructs the first-year Core course Concepts of the Self, said she assigns students a “happiness project” each semester to commit to one lifestyle change for a month that they believe will increase their individual happiness. Most students choose one of two things: get more sleep or get more exercise. At the end of the month, students report on the experience from a psychological and neurological perspective. “All students report significant increase in how happy they are, but additionally how much energy they have, as well as their increased concentration and decreased fatigue in classes,” said Allen-Pennebaker. “I work out every day to achieve the same results my students reported in their happiness projects,” she continued.
- H) Interestingly, it is found that exercise can help curb cravings and suppress hunger. When exercising, your body releases endorphins, which in addition to improving your mood can naturally suppress your appetite. A declined appetite can be good for controlling portion size, but extreme dieting, especially with an active lifestyle, is never recommended.
- I) A college diet is not ideal, commonly consisting of cheap, quick, on-the-go meals and snacks, late night take-out, limited dining hall choices and unlimited soft-serve creemees, snacks and soft drinks from vending machines and convenience stores, and free food events around campus that always have cookies and brownies. If you want to keep living this lifestyle, you have to give a little. Exercise ensures that all the easy access to unhealthy foods on campus won’t contribute to weight gain or emotional strain.
- J) But meanwhile you also should know the signs of overdoing it. Too much exercise could lead to injury, exhaustion, and / or eating anxieties. It could also have a negative effect on one’s social life, work performance or grades. To remain in healthy exercise practice, active people should focus on consuming a balanced diet, staying hydrated, and getting an adequate amount of sleep. Together with exercise, these will ensure that you feel your best, both physically and mentally. Exercising for just 30 minutes a few times a week can help relieve the stress of academics, improve sleep quality and your mood, and boost your brainpower.
- K) Most colleges offer fitness centers with a variety of amenities: gym equipment from cardio machines to free weights, athletic fields to swimming pools. Research the fitness facilities

on your campus and in your community, and see what programs are free or discounted to students. With all the resources available during college, keeping fit and healthy is an attainable goal for any student.

(840 words)

- \_\_\_\_\_ 1 Too much exercise would cause many negative effects, so active people should do it with appropriate measures.
- \_\_\_\_\_ 2 Students who exercise actively stand little chance of having colds and viruses, because exercise could strengthen their immune systems.
- \_\_\_\_\_ 3 Exercise provides many benefits, which testify that fitness means much more than keeping slender or looking good in the swimming suit.
- \_\_\_\_\_ 4 The aim of being fit and healthy will be within reach if students could take advantage of the fitness resources on campus.
- \_\_\_\_\_ 5 To most college students making schedules is not very realistic because they live a very unorganized daily life.
- \_\_\_\_\_ 6 Nakeeya Deas thinks it is significant for college students to devote their time and energy to building healthy habits, which is worthwhile and life changing.
- \_\_\_\_\_ 7 The unhealthy college diet may lead to college students' weight gain and mental stress.
- \_\_\_\_\_ 8 All the students on the first-year Core course Concepts of the Self are reported to have experienced increased happiness.
- \_\_\_\_\_ 9 The natural chemicals released after exercising could boost the mood and restrain the appetite.
- \_\_\_\_\_ 10 Exercise serves as a great way to cope with stress caused by the large quantity of assignments, part-time jobs and the various social interaction.



## Passage 3

**Directions:** You are going to read a passage with 10 questions. 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.



### Adjusting to college

Welcome to college! Attending college is one of the first major life transitions for many young adults. Some students are excited to take on the new experiences of campus life, while others feel apprehensive about making this change.

Then what are some of the most common changes you can expect in the first year on campus?

- **New environment and relationships.** First-year students must adapt to an unfamiliar environment, adjust to different living arrangements, and develop new relationships. Living with roommates may be the first “test” freshmen experience. Students face the challenge of adjusting to roommates who may have very different boundaries and individual needs than family and friends from home. Roommates may or may not develop close friendships, but communication and compromise can build a smoother transition. College brings a unique opportunity to interact and live with students from various backgrounds and cultures. Expanding your worldview by learning about each other’s differences and similarities will likely enhance your college experience.
- **Greater personal freedom.** Living on your own for the first time means that you will gain independence and take charge of the many choices and decisions that your parents and teachers made for you in the past. While this new found freedom can be exciting, it may also feel overwhelming and less predictable than what you are accustomed to. The freedom to manage your daily life is a learning process, but one that can be very satisfying.
- **Added responsibility.** First-year students must manage the important daily responsibilities that accompany their increased personal freedom. Students must manage basic tasks such as eating, sleeping, exercising, and going to class. New students must also address more complex responsibilities such as balancing studying and socializing, participating in clubs and activities, and handling finances. Managing time is a demand that all first-year students experience. A typical day in college is less structured than high school, and there is more reading and studying that is required outside of class. Some students may feel as if they have no free time to do

anything but schoolwork, while others feel like they have too much free time outside of the classroom. So the first year of college is a new and exciting adventure, but one that may come with a few challenges along the way. What are some of the most common stressors that first-year students experience?

- **Time management.** Now that you are in college, there are no more eight hour school days like those in many high schools. You may have class for six, three, or even zero hours a day. The rest of your time must be negotiated between homework, clubs and activities, work, socializing, and self-care. College students often feel as if there is just not enough time to do everything that needs to be done. Using a schedule and some organizational skills will help you to effectively manage your hectic and changing life.

- **Academic performance.** By nature, college coursework is challenging, and it can be hard to keep up with the increased academic demands. Some students undergo pressure from both themselves and their parents. There may be requirements for scholarships and graduate school admission that you have not previously experienced. In order to manage the increased demands and expectations, it is important to attend class regularly, keep up with readings and assignments, and ask for help when you need it. Professors and teaching assistants are there to assist you, and want you to succeed. If you need additional help, various organizations on campus offer tutoring services, many of which are free.

- **Roommate conflict.** Learning to live with someone new can be one of the most challenging aspects of going to college. Different living habits are the most common source of roommate conflict (i.e. neat vs. messy; quiet vs. noisy; early-to-bed vs. up-all-night). Failure to communicate your expectations about living together can lead to tension and eventually conflict. To avoid “roommate fallout”, you should communicate your needs and expectations respectfully, while recognizing your own habits and quirks that might affect your relationship. If conflict does escalate, you should take it to a resident advisor, resident director, or a counselor to determine a course of action.

Consequently, what steps can you take to have a great first year of college?

- **Be patient.** While campus may seem new and overwhelming for new students, it becomes more familiar with time. Refer to the many resources available to assist you in navigating your surroundings. Maps, your R.A., upper-level students, and the university website are all useful tools to get you through the initial transition to campus.

- **Connect with other students.** If you talk to other students, you are likely to discover that they share similar questions and concerns. Your R.A. is an excellent person to go to when issues arise. He or she is equipped to help you solve problems and provide you with appropriate suggestions.

- **Get involved.** Student organizations are a fun way to interact with other students and faculty. Meeting people with similar interests and goals is an exciting way to make friends and participate in social activities.
- **Care for yourself.** The foundation for a productive college career is a healthy lifestyle. Take the necessary steps for nurturance, getting adequate rest, socializing, and physical activity.

(878 words)

- 1 Some young adults are worried about the new college life, because \_\_\_\_\_.
  - A) attending college is one of the first important life experiences
  - B) attending college is one of their important life goals
  - C) they may have the new experiences of campus life
  - D) they may experience some changes in college
- 2 Living with roommates, first-year students may feel challenged, because \_\_\_\_\_.
  - A) their roommates may have different boundaries and their own needs
  - B) their roommates are from different backgrounds and cultures
  - C) it is the first test that freshmen may experience
  - D) it is a unique opportunity to learn how to interact and live with other students
- 3 Living all by themselves, the first-year students will \_\_\_\_\_.
  - A) be upset about their greater personal freedom
  - B) feel lost about their greater personal freedom
  - C) have greater personal freedom to make decisions on their own
  - D) be surprised at the learning process of managing their daily life
- 4 The first-year students may cope with the busy and changing life well if \_\_\_\_\_.
  - A) they could manage many complex responsibilities
  - B) they could schedule well and have some organizational skills
  - C) they could be accustomed to the less structured college life
  - D) they could handle the important daily responsibilities well
- 5 If the first-year students could come to class on a regular basis, keep pace with the flow of the class and finish the assignments on time, they will \_\_\_\_\_.
  - A) improve their academic performance
  - B) be free from the pressure from their parents and themselves
  - C) handle the increased academic demands
  - D) satisfy the expectations of their own

- 6 To avoid roommate conflict, first year students should \_\_\_\_\_.
- A) ask their teachers for help                      B) attend class regularly  
C) participate in social activities                D) exchange their thoughts politely
- 7 First year students could turn to a resident advisor, resident director, or a counselor for help when \_\_\_\_\_.
- A) they fail to live together well as they might expect  
B) they find that their conflicts become more intense  
C) they find living with their roommates is challenging  
D) they find that their odd habits would affect relationship with their roommates
- 8 Many suggestions available, e.g. maps, your R.A., upper-level students and the university website, would be helpful to \_\_\_\_\_ to campus.
- 9 The fun way to communicate with other students and faculty is to participate in \_\_\_\_\_.
- 10 \_\_\_\_\_ is the foundation for a fruitful college life.

## More to know

- 1 Don't judge each day by the harvest you reap but by the seeds that you plant. — *Robert Louis Stevenson*  
评判每天的得失，不要看收获了多少，而要看播种了多少。  
— 罗伯特·路易斯·史蒂文森
- 2 You can lead a man up to the university, but you can't make him think. — *Finley Peter Dunne*  
你可以把一个人领进大学，但你却无法使他思考。  
— 芬利·彼得·邓恩
- 3 Every person has two education, one which he receives from others, and one, more important, which he gives himself. — *Edward Gibbon*  
每个人都接受两种教育，一种来自别人，一种来自自己，后者更为重要。  
— 爱德华·吉本
- 4 Books are the ever-burning lamps of accumulated wisdom. — *George William Curtis*  
书籍是积累智慧的长明灯。  
— 乔治·威廉姆·柯蒂斯
- 5 Science is a wonderful thing if one does not have to earn one's living at it. — *Albert Einstein*  
科学是个美妙的东西——如果无须靠它维生的话。  
— 阿尔伯特·爱因斯坦