

中国海洋大学教材建设基金资助项目

**New
Voyage** 新起航大学英语

英语表达与演讲艺术

The Art of English Public Speaking

王慧敏 主编



上海交通大学出版社
SHANGHAI JIAO TONG UNIVERSITY PRESS

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前言

Foreword

英语演讲是一门艺术,能够比较全面地体现一个人的英语表达能力。近年来,随着教育部倡导的大学英语教学改革的深入进行,越来越多的高校陆续开设了英语演讲或与此有关的课程。目前国内使用的英语演讲教材大多从国外引进,所引进教材的特点是:目标人群主要以英语为母语者,其知识体系以英语为媒介,因此并不关注英语基础语言能力的培养,而主要侧重演讲本身的一些技术问题,旨在提高学生的演讲技巧。然而,我国学生的知识体系主要是以汉语为媒介建立的,当他们用英语进行表达时,不仅需要语言技巧、演讲技巧,更需要学会如何用英语去表达过去一直用汉语表达的内容。因此,适合中国学生的英语演讲教材应兼具培养学生的英语语言能力、综合知识或专业知识的英语表达能力以及演讲能力等特点。鉴于此,我们编写了本教材。

本教材主要特色如下:

- 一、符合我国学生英语演讲能力培养的需求。**本教材兼具培养学生的英语语言能力、综合知识或专业知识的英语表达能力,同时也比较全面地介绍了演讲技巧。
- 二、主题新颖,选材丰富。**本教材共十六个单元,主题内容包含了社会、政治、经济、教育、环境等热点问题,有助于提升学生的英语学习兴趣,并引发热烈讨论。
- 三、注重对学生思辨能力的培养。**教材提供了丰富的讨论话题(III. Topics for Discussion, IV. Critical Thinking and Debating)和正反方观点,既可以作为语汇练习使用,也帮助学生拓展思路。
- 四、注重语言的输入和输出。**本教材以输出驱动假设为理论基础,通过文字、音频和视频(I. Text, V. Quotations, VI. Listening and Recital)进行语言输入,通过操练(II. Watching and Practicing)进行语言和知识的内化,通过演讲和辩论(III. Topics for Discussion, IV. Critical Thinking and Debating)完成语言输出,完整呈现了语言学习过程。
- 五、文本与网络互为补充,拓展了学习时间和空间。**本教材采用文本与网络相结合的形式,学生课上使用文本材料,课下通过下载音频、视频材料进行自学和模仿,实现了课上课下学习

的有效结合。

本教材是中国海洋大学2010年本科教育教学重点研究课题《大学生英语表达能力培养》的研究成果之一,已经以电子版形式在课堂教学中使用了三年,使用效果良好。我校开设英语《演讲的艺术》课程多年,所培养出的选手在历届“外研社”杯、“二十一”世纪杯、“可口可乐”杯等全国大学生英语演讲及辩论比赛中获得优异成绩。该教材正是编者基于长期的教学经验和实践,根据实际教学需求而编写,教材的出版获得了中国海洋大学教材出版资金的资助。需要说明的是,本教材所选用材料只用于语言学习交流目的,并不代表编者与出版社认同其观点。希望本教材的出版为更多有意提高英语演讲表达能力的学生提供帮助和指导。相关音视频等辅助资料,使用者可与上海交通大学出版社(021-60403036;miro_guan@sina.com)联系索取。

编者

2016年8月于青岛

Table of Contents

Unit 1 Language and Speech

I. Text	1
II. Watching and Practicing	2
III. Topics for Discussion	2
IV. Critical Thinking and Debating	3
V. Quotations	4
VI. Listening and Recital	5
VII. Presentation Training	6

Unit 2 Education: What Is Its Purpose?

I. Text	9
II. Watching and Practicing	10
III. Topics for Discussion	10
IV. Critical Thinking and Debating	11
V. Quotations	12
VI. Listening and Recital	14
VII. Presentation Training	14

Unit 3 What We Live for?

I. Text	17
II. Watching and Practicing	18
III. Topics for Discussion	19
IV. Critical Thinking and Debating	19
V. Quotations	20
VI. Listening and Recital	21
VII. Presentation Training	22

Unit 4 Career Development

I. Text	25
II. Watching and Practicing	27

III. Topics for Discussion	28
IV. Critical Thinking and Debating	28
V. Quotations	29
VI. Listening and Recital	30
VII. Presentation Training	31

Unit 5 Market and Sustained Development

I. Text	36
II. Watching and Practicing	38
III. Topics for Discussion	38
IV. Critical Thinking and Debating	39
V. Quotations	40
VI. Listening and Recital	41
VII. Presentation Training	42

Unit 6 Social Justice

I. Text	46
II. Watching and Practicing	48
III. Topics for Discussion	49
IV. Critical Thinking and Debating	49
V. Quotations	51
VI. Listening and Recital	52
VII. Presentation Training	53

Unit 7 Bias and Stereotypes

I. Text	56
II. Watching and Practicing	57
III. Topics for Discussion	58
IV. Critical Thinking and Debating	58
V. Quotations	59
VI. Listening and Recital	60
VII. Presentation Training	61

Unit 8 Environment and Development

I. Text	65
II. Watching and Practicing	68
III. Topics for Discussion	69
IV. Critical Thinking and Debating	69

V. Quotations	71
VI. Listening and Recital	72
VII. Presentation Training	74

Unit 9 Beauty

I. Text	76
II. Watching and Practicing	77
III. Topics for Discussion	77
IV. Critical Thinking and Debating	78
V. Quotations	79
VI. Listening and Recital	80
VII. Presentation Training	81

Unit 10 Pro-life or Pro-choice

I. Text	85
II. Listening and Practicing	86
III. Topics for Discussion	87
IV. Critical Thinking and Debating	87
V. Quotations	89
VI. Listening and Recital	90
VII. Presentation Training	90

Unit 11 Genius: Inspiration or Perspiration?

I. Text	93
II. Watching and Practicing	94
III. Topics for Discussion	95
IV. Critical Thinking and Debating	95
V. Quotations	97
VI. Listening and Recital	98
VII. Presentation Training	98

Unit 12 Social Problems

I. Text	102
II. Watching and Practicing	105
III. Topics for Discussion	106
IV. Critical Thinking and Debating	106
V. Quotations	108
VI. Listening and Recital	109

VII. Presentation Training	109
----------------------------------	-----

Unit 13 Thinking

I. Text	113
II. Watching and Practicing	114
III. Topics for Discussion	115
IV. Critical Thinking and Debating	115
V. Quotations	117
VI. Listening and Recital	117
VII. Presentation Training	118

Unit 14 Politics and Government

I. Text	120
II. Watching and Practicing	121
III. Topics for Discussion	122
IV. Critical Thinking and Debating	122
V. Quotations	124
VI. Listening and Recital	125
VII. Presentation Training	125

Unit 15 Science and Technology

I. Text	131
II. Watching and Practicing	132
III. Topics for Discussion	133
IV. Critical Thinking and Debating	134
V. Quotations	135
VI. Listening and Recital	136
VII. Presentation Training	136

Unit 16 International Affairs

I. Text	139
II. Watching and Practicing	140
III. Topics for Discussion	141
IV. Critical Thinking and Debating	141
V. Quotations	143
VI. Listening and Recital	144
VII. Presentation Training	144



Unit 1 Language and Speech

I. Text



English Mania

Let's talk about manias. Let's start with Beatle mania: hysterical teenagers, crying, screaming, pandemonium. Sports mania: deafening crowds, all for one idea — get the ball in the net. Okay, religious mania: there's rapture, there's weeping, there's visions. Manias can be good. Manias can be alarming. Or manias can be deadly.

The world has a new mania. A mania for learning English. Listen as Chinese students practice their English by screaming it.

How many people are trying to learn English worldwide? Two billion of them.

In Latin America, in India, in Southeast Asia, and most of all in China. If you are a Chinese student, you start learning English in the third grade, by law. That's why this year China will become the world's largest English-speaking country. (Laughter) Why English? In a single word: Opportunity. Opportunity for a better life, a job, to be able to pay for school, or put better food on the table. Imagine a student taking a giant test for three full days. Her score on this one test literally determines her future. She studies 12 hours a day for three years to prepare. 25 percent of her grade is based on English. It's called the Gaokao, and 80 million high school Chinese students have already taken this grueling test. The intensity to learn English is almost unimaginable, unless you witness it.

So is English mania good or bad? Is English a tsunami, washing away other languages? Not likely. English is the world's second language. Your native language is your life. But with English you can become part of a wider conversation; a global conversation about global problems, like climate change or poverty, or hunger or disease. The world has other universal languages. Mathematics is the language of science. Music is the language of emotions. And now English is becoming the language of problem-solving. Not because America is pushing it, but because the world is pulling it. So English mania is a turning point. Like the harnessing of electricity in our cities or the fall of the Berlin Wall, English represents hope for a better future — a future where

the world has a common language to solve its common problems.

Exercises

1. Watch the video and briefly summarize what you've heard. Then read the text and complete your idea.
2. Present the summary to your classmates by answering the following questions:
 - What is a mania?
 - Why are people crazy about learning English?
 - Is English Mania good or bad?
3. How do you understand "Mathematics is the language of science. Music is the language of emotions. And now English is becoming the language of problem-solving."?

II. Watching and Practicing

Watch the following videos online before class. Get ready to deliver a speech or present a group discussion on the following topics according to the videos as well as the materials that you have collected.

The Linguistic Genius of Babies
 What Our Language Habits Reveal
 How Language Transformed Humanity

Tasks

1. Why are babies described as "citizens of the world"? Do you believe that there is critical period in children's language learning?
2. When do you think is the best time to start to learn a second language?
3. Is language a way of negotiating relationships?
4. In the globalized world, can we really afford to have all these different languages?

III. Topics for Discussion

Deliver a speech or present a group discussion on the following topics.

1. Hippocrates said: "The chief virtue that language can have is clearness, and nothing detracts from it so much as the use of unfamiliar words." Comment on his words.

2. Do you think language ability is born with us because a baby can learn her mother tongue in just a few years while the language is so difficult to learn even for an adult?
3. A philosopher said that obstinate addiction to ordinary language in our private thoughts is one of the main obstacles to creation. Do you agree with him? Why or why not?
4. English is the language of the superpower — America. And it is also the language of the Internet and computers. Therefore, it is not uncommon to see and hear Chinese laden with Anglicisms. What should we do and what should the government do about this phenomenon?
5. A study has suggested that foreign languages should be taught to all school students as soon as they start school rather than waiting until grade 3 to start. The Modern Languages Working Group also recommends that a third language should be started at the time that pupils now start their learning a second language. Do you support the suggestion? Why or why not?
6. English has in the 20th century become the global language; it is the language of trade, diplomacy and the Internet. English has 400 million mother tongue speakers in the world, and another 500 million second tongue speakers. There have been many “lingua franca” languages before, Greek in the ancient world then Latin in the Christian world until the seventeenth century and more recently French. However, these languages have always been the language of the elite. English is both much more widely spread geographically and is not just an elite language so it is having a much bigger effect and is in a much better position to become a single language for everyone. However, does this mean that those who speak English should not bother learning other languages, or those whose native tongue is not English should only learn English?

IV. Critical Thinking and Debating

Collect information and materials about the following motions. Debate in class and support your ideas with reasons and facts.

1. Protection of language is protection of national identity.

Pros:

- 1) How a people see the world is encased in the words they use to communicate with each other and the words they use to write songs, poems and stories about their people's history and experiences.
- 2) Culture is inseparable from language.
- 3) ...

Cons:

- 1) But these two nations DO have shared history and these Anglicisms in the French language are only a reflection on this.

2) Certainly, how a people see the world is encased and reflected in the language they use, and their history and their relations with other nations is not separable from this vision of the world.

3) ...

2. Workers with advanced language skills increase the competitiveness of the economies they participate in.

Pros:

1) Languages are extremely beneficial to the economy in two senses. Firstly, language skills improve a job candidate's chances of selection, which keeps unemployment down.

2) Secondly, a high number of employees with language skills enhance companies' abilities to engage in trade and to expand their business abroad, in turn enhancing exports.

3) ...

Cons:

1) Languages are not the only economically beneficial skills. However, people with hands-on experience in their field are needed to work a stable economy.

2) It is immoral that a government makes its people take posts using languages that aid the country's economy and not the individual's job satisfaction.

3) In terms of benefits to the economy of their home country those who have studied languages are more likely to work abroad constituting a brain drain.

4) ...

More motions to debate:

1) The solution is more teaching of languages, not less.

2) There should be a global language.

3) It is sometimes right for the government to restrict freedom of speech.

4) Students should be free to choose to play to their strengths.

5) ...

V. Quotations

- Language ... has created the word "loneliness" to express the pain of being alone. And it has

created the word “solitude” to express the glory of being alone.

—Paul Tillich

- Political chaos is connected with the decay of language ... one can probably bring about some improvement by starting at the verbal end.

—George Orwell

- Political language... is designed to make lies sound truthful and murder respectable, and to give an appearance of solidity to pure wind.

—George Orwell

- If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart.

—Nelson Mandela

- The limits of my language means the limits of my world.

—Ludwig Wittgenstein

- By and large, language is a tool for concealing the truth.

—George Carlin

- Our language has wisely sensed the two sides of being alone. It has created the word loneliness to express the pain of being alone. And it has created the word solitude to express the glory of being alone.

—Paul Tillich

- He who does not love his own language is worse than an animal and smelly fish.

—Jose Rizal

- In making a speech one must study three points: first, the means of producing persuasion; second, the language; third the proper arrangement of the various parts of the speech.

—Aristotle

- Our language is the reflection of ourselves. A language is an exact reflection of the character and growth of its speakers.

—Cesar Chavez

VI. Listening and Recital



Daffodils

William Wordsworth

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
 And twinkle on the milky way,
 They stretched in never-ending line
 Along the margin of a bay:
 Ten thousand saw I at a glance,
 Tossing their heads in sprightly dance.

The waves beside them danced; but they
 Out-did the sparkling waves in glee:
 A poet could not but be gay, In such a jocund company:
 I gazed—and gazed—but little thought
 What wealth the show to me had brought;
 For oft, when on my couch I lie
 In vacant or in pensive mood,
 They flash upon that inward eye
 Which is the bliss of solitude;
 And then my heart with pleasure fills,
 And dances with the daffodils.

VII. Presentation Training

演讲的语音

一、发声与语音总论

发声与语音是人类表达思想的手段之一,它具有符号和物理声音的双重特征,虽然它的符号特征是传达思想的主要媒介,但是与符号结合的语音,在很多情况下,更能抓住听众的心。有些研究表明,在一个公共演讲中,其影响力的40%是由语音产生的。单一语音的物理成分相对比较简单,由振动的频率、音量的大小和各种谐音的多少强弱构成。这几个简单的不同要素的不同比例的搭配组合,则可以构成非常复杂的语音世界,以至于世界上没有两个人的声音是完全一样的,语音艺术的魅力也在于此。

演讲发生在一种特殊的场合,面向比较多的听众,对语言的表达要求与平时不同,需要综合考虑以下一些要求:

- 1) 听众较多,场地可能也比较大,为了使听众能听清楚,需要有洪亮和清楚的声音。
- 2) 听众的语言习惯不一样,如对口音的熟悉程度不同。
- 3) 听众对演讲题目所涉及的知识了解程度不同。

4) 在非英语国家进行英语演讲,对发音正确性有更高的要求。中国的英语学习者学习的是标准英语,对不标准的英语口语接触比较少。例如,美国人可以很容易听懂东南亚国家人说的英语,但是中国的英语学习者就比较困难。所以对英语演讲的语音训练非常重要,建议从以下方面入手:①发音器官的正确使用和训练。要训练养成可持续性洪亮发音的习惯,最重要的是要学会使用腹式呼吸

和利用人体的共鸣腔,用不太多的气力,在比较长的时间里,发出洪亮的声音,同时发音器官不会感觉到疲劳。② 正确掌握节奏和句子中轻重音协调。通常中国学生正确地发出一个单词音和轻重音节并没有太大困难,但是对句子中单词和词组的发音的轻重搭配和掌握就比较困难,特别是如何把句子要表达的思想通过语音轻重缓急表达出来就更困难了,这应该是演讲训练的一个重要部分。③ 对演讲者发声与语音训练除了对相关理论的理解,更重要的是需要长期坚持不断的训练。这种训练过程是大脑控制中枢与发声器官、听力器官、语义和情绪表达协调的过程,没有长期的、持续性的科学训练是不可能完成的。

基于以上因素,我们在本教材的大部分课程里,提供发声与语音训练的内容,目的就是使学生能够坚持此方面的训练,为成功的演讲打下坚实的发声与语音基础。

二、呼吸与发声

人类发声的主要动力源通过肺的呼吸提供。肺活量越大,一次呼吸所能支持的发声响度和时间就越长。因此,足够大的肺活量是有力的发声基础。

发声的基础是呼吸,呼吸分为胸式呼吸(chest breathing)和腹式呼吸(diaphragmatic breathing/abdominal, belly or deep breathing)。胸式呼吸主要靠肋间肌运动使胸廓扩张或收缩产生呼吸,呼吸比较表浅,腹式呼吸主要靠膈肌的上下运动带动胸廓的扩张和收缩进行呼吸,能使肺的容量达到最大,属深呼吸。如果不经训练,大多数人通常会使用自然的胸式呼吸,只有在剧烈运动时才使用腹式呼吸。演讲时要达到自如地控制气息,需要使用腹式呼吸。

腹式呼吸的训练

1) 平时腹式呼吸的方法: ① 全身放松; ② 深吸气,使膈肌尽量下降,这时腹部隆起,达到极致; ③ 慢慢呼气,使膈肌上升,腹部下沉到极致。

2) 运动训练: 一般的有氧体育运动都需要腹式呼吸。像游泳等运动对扩大肺活量、训练腹式呼吸有很好的帮助。

人类的发声器官从功能上主要有四大类: ① 动力源,主要是肺。② 主声源,主要是喉头的声带(vocal cords)。③ 发声器(articulators),如舌、上下颌、软腭等,这些器官可以用来改变主声源发出声音的品质,还用来发出辅助音(辅音)共鸣腔,包括胸腔、咽腔、口腔、鼻腔和头部起到放大声音的功能。

一般正常人都非常熟练地运用这些发声器官进行语言交流,然而,如果不进行专门训练,极少人能充分发挥这些器官的功能。歌唱家、演讲家、播音主持一般都经过专门的训练,本教程的目的之一就是训练学生更好地发挥自身的潜力,在演讲时能用声音打动人心。

发声训练准备

现代技术为发声训练提供了很好的训练条件和器具,数字录音机或计算机是最好的录音设备。手机也能录音,但品质达不到标准。需要强调的是,这种训练不是一般的英语发音训练,不仅发音要准确,更重要的是发出的声音要有感染力,所以训练时需要用品质较好的专用数字录音机。如果是计算机,需购置一个专业的 USB 接口的麦克风(计算机本身带的麦克风品质比较差,达不到要求),安装一套录音软件(如免费的 Audacity)和专业的录音、声音处理软件(如 Sound Booth, Adobe Audition),可以对录音进行编辑,如改变速度,以便复听或跟读,改变音调,以便模仿等。同时,需要一个音质较好的耳机(以隔绝外界的声音,最好不用耳塞,以保证声音主要通过外耳传到耳朵里),尽管大多数数字录音笔都自带喇叭,但音质很差,最好是用耳机听录音回放。

寻找一些符合自己发音特点的录音。根据男女声、英音、美音以及自己比较喜欢的类型搜集一部分录音片段,以备以后分析模仿。本教材也提供了部分相关的录音片段。

练习

1. 腹式呼吸练习(静止和运动练习)
2. 听短文的录音,跟读;然后自己读并录音。

Catch the Star That Holds Your Destiny

Catch the star that holds your destiny, the one that forever twinkles within your heart. Take advantage of precious opportunities while they still sparkle before you. Always believe that your ultimate goal is attainable as long as you commit yourself to it.

Though barriers may sometimes stand in the way of your dreams, remember that your destiny is hiding behind them. Accept the fact that not everyone is going to approve of the choices you've made. Have faith in your judgment. Catch the star that twinkles in your heart and it will lead you to your destiny's path. Follow that pathway and uncover the sweet sunrises that await you.

Take pride in your accomplishments, as they are stepping stones to your dreams. Understand that you may make mistakes, but don't let them discourage you. Value your capabilities and talents for they are what make you truly unique. The greatest gifts in life are not purchased, but acquired through hard work and determination. Find the star that twinkles in your heart, for you alone are capable of making your brightest dreams come true. Give your hopes everything you've got and you will catch the star that holds your destiny.