

“知行”应用型本科大学英语系列教材

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# INTERACTIVE COLLEGE ENGLISH FOR A NEW ERA

## 新时代 大学互动英语

STUDENT BOOK

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学生用书



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新时代

大学互动英语

STUDENT BOOK

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新时代  
学生用书

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UNIT 1



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《新时代大学互动英语》共4册，这套具有时代性、思想性、理念性的英语教材从样章构思到课堂教学试用，从分册设计到教材整体构架，再到教材的出版与使用，历时数年有余。《新时代大学互动英语》立足应用型（职业）本科教育类型特色，坚持立德树人、思政育人、知行合一的总体编写理念。教材编写综合考虑“中等职业、高职专科、应用型（职业）本科”一体化教学体系和青年成长成才的内在需求，努力实现英语学科知识技能与职业精神培养的高度融合，丰富英语学科教育的内涵与实践，有力支撑我国高等教育提质培优、增值赋能的高质量发展目标。为了让教材使用者更好地了解本套教材的编写思路，特在此分享编写团队的编写理念及再版修订工作的指导思想。

## 一、修订背景

贯彻落实习近平新时代中国特色社会主义思想 and 党的二十大精神，全面提高人才自主培养质量，着力造就拔尖创新人才，为中国式现代化建设提供基础性、战略性支撑的指导思想，不仅对我国高等教育改革创新指明了方向，也给高等教育发展带来了新机遇。抓机遇求发展，外语学科应充分发挥工具性与人文性特色，注重培养学生的沟通表达能力、多元文化交流能力、高阶思维能力，注重培养学生的专业胜任能力，更注重培养学生的家国社会担当能力，塑造有理想、敢担当、能吃苦、肯奋斗的新时代好青年。

本次修订以《高等学校课程思政建设指导纲要》为引导，注重将社会主义核心价值观有机融入知识传授和能力培养之中，在研究学生的认知规律和接受特点基础上，采用启发性学习形式，引导学生发现问题、分析问题、思考问题、解决问题，使其具备语言应用能力、思辨能力和终身学习能力的同时，逐渐提高人际交往能力、信息技术应用能力、创新实践能力，从而探索出一条人才培养规模与质量结构相协调、教育发展与服务国家相统一的高质量发展之路。

## 二、教材特色

《新时代大学互动英语》是一套顺应应用型教育改革，满足新时代大学英语教学

需求，以就业为导向、以培养学生职场外语交互能力为教学目标的现代应用型大学英语教材。本套教材融合了“项目教学法”“互动教学法”“产出导向法”等多种理念，突出职业特色和语言应用能力的同时也达到提升学生文化和思想素养的目的，体现新时代大学英语教学改革和人才培养新理念，让学生在技能、能力、综合素养上得以全面提升。修订后的教材具有以下特色：

### 1. 针对职业需求，注重应用实效

《新时代大学互动英语》共4册，每册6个单元，每个单元围绕1个主题，主题以职业需求为导向，内容贴近学生生活，针对学生毕业后就业所需各项技能的重点语言项目进行操练，突出英语语言的“工具性”，同时兼顾“人文性”。

### 2. 着重培养学生的“双基+双能”

“双基”指语言基础知识和语言基本技能；“双能”指跨文化交际能力和职业（做人、做事）能力。《新时代大学互动英语》既注重语言基础知识的讲解与传授，也注重语言技能、跨文化交际能力、职业能力和思辨能力的培养。每单元以主题为轴心，以项目为主导，以听、说、读、写、译、思、辨等各项任务为抓手，以学生间和师生间互动为手段，以提高学生实际应用能力和素养为目标，进行教材的设计和编写。

### 3. 既注重跨文化元素，又注重中国元素

《新时代大学互动英语》各单元的听说读写素材体现多国文化，呈现多元文化特点，以此提高学生的跨文化交际意识和能力。随着我国国际地位日益提升，与各国交往日益频繁，我国优秀文化走出去显得日益重要。因此，教材在各单元恰当体现中国元素，介绍中国文化，并设计相关的练习形式，帮助学生提高传播我国优秀传统文化的意识和英语能力。

### 4. 融合现代教育技术，凸现代教育特点

《新时代大学互动英语》的出版以纸质形式为主体，又不局限于纸质教材。根据学生的学习需求和时代特点，教材配套与纸质版内容相对应的移动应用，为学生随时随地学习提供便捷的同时，也为教师对学生的过程进行实时掌控提供方便。此外，教材第一册根据大部分新生的英语学情，还辅以两门“阅读技巧”和“语法”慕课，为教材提供有益补充，满足学生全方位的学习需求，帮助学生提升其自主学习能力，同时方便教师进行创造性教学设计，采取线上线下相结合的教学方式，实施课堂翻转，促进教学效果提升。

### 5. 听、说、读、写、译、思、辨齐头并进

《新时代大学互动英语》每册教材中的每篇课文长度为700~1 200个单词，除拓展

阅读和辅助慕课外，不再编写视听说教程、阅读教程、快速阅读教程和写作教程，以确保教材为学生提供足够量的语言输入，为语言输出提供支持，进而在教与学的过程中帮助学生充分使用好学习素材，达到学生读写与思辨能力和素养的提升。

### 三、教材结构和单元安排

为方便学生和教师整体把握教材特点，了解教材内容，特对教材结构和单元安排简要介绍如下：

(1) 教材共4册，每册6个单元，每个单元围绕一个主题分别设置听、说、读、写、译、思、辨各项技能型和创新型任务。

(2) 本书为第三册，6个单元主题分别是：

Unit 1 寻找理想工作	How to Hunt for an Ideal Job
Unit 2 如何进行调查	How to Conduct a Survey
Unit 3 提升谈判技巧	How to Improve Negotiation Skills
Unit 4 解决工作问题	How to Solve Work-Related Problems
Unit 5 工作场所健康	How to Maintain Workplace Health
Unit 6 如何自主创业	How to Start Your Own Business

(3) 单元结构：

每个单元围绕一个主题，由3篇文章组成。各部分教学设计思路如下：

**Project 1 Preliminary Exploration: Discovering by Searching**，包含3个任务。

项目1是为学生设计的课前小组任务。学生需要在课前预习课文，并以小组为单位对三个以上的学生进行采访，然后根据采访得到的信息准备一个PPT，并在课堂上进行展示和创造性的陈述。这一部分旨在引导学生进入主题并为课堂学习做好准备，培养学生自主查找资料，获取信息和团队协作的意识和能力。

**Project 2 Subsequent Exploration: Discovering by Listening**，包含4个任务。

项目2为视听任务，共包含三段与课文主题相关的听力和视频材料。Task 1列出听力材料中出现的生词，旨在帮助学生听力前学习，以便理解听力内容。听力材料以和单元主题相关的知识型或技能型内容为主。Task 2为“填空听写”任务，要求学生在听力播放2~3遍后补全10个空。Task 3为判断正误的练习任务，学生需要在听力播放1~2遍后判断6个statements的正误。Task 4则是一个与课文主题相关的视频材料，教师可以布置学生在课前完成视频观看的任务，写出summary，并在课堂上复述视频主

要内容。该任务旨在锻炼学生借助信息输入进行有效口语输出的能力，同时也提升学生概括归纳与写作的能力。

**Project 3 Insight Exploration: Discovering by Reading**, 包含6个任务。

项目3与Passage A的阅读理解任务相关。Task 1是Passage A的生词表。Task 2为阅读前问题，要求学生读前思考并讨论。Task 3是阅读理解题，学生需要在读完课文后回答相关问题。Task 4是文章提纲填空题。Task 5是文章内容概括的填空题。Task 6是英译汉中段落翻译任务，旨在巩固和锻炼学生对话题内容的理解程度及提升学生的翻译和写作能力。

**Project 4 Language Exploration: Use and Usage**, 包含3个任务。

项目4与Passage A的语言应用任务相关。Task 1为词汇配对题，针对的是课文中的重难点词汇，旨在帮助学生积累与中国特色相关的英语词汇与表达。Task 2是选词填空题，目的在于帮助学生夯实词汇和语法基础。Task 3为模仿翻译题，帮助学生掌握和应用文章出现的重要句型及其表达。

**Project 5 Further Exploration: Interactions**, 包含7个任务。

项目5引导学生进行互动交际。Task 1列出对话生词，Task 2为两篇听力对话内容，要求学生听对话并朗读，然后以小组为单位进行角色扮演。此任务旨在锻炼学生的听、说、演的能力。Task 3要求学生根据题目给出的情景和要求自编对话，使学习与实际生活情景相结合，提高学生学习的动力及语言运用的能力。Task 4则在Task 3自编对话任务的基础上，进行交替翻译任务的操练，进一步提升学生在真实交际情景下的语言转换力。Task 5是演讲任务，旨在巩固学生对该单元知识的消化，并锻炼学生的口语能力和演讲能力。Task 6和Task 7为应用文写作任务，以提升学生的思、辨、创能力。

**Project 6 Follow-up Exploration: Language and Culture**, 包含4个任务。

项目6主要用于翻转课堂的教学。Task 1为Passage B的阅读理解“提纲填空题”。Task 2则是Passage C的阅读理解“小结填空题”，这两个Tasks都可以结合Task 3提供的阅读技能慕课和Task 4提供的语法慕课进行翻转课堂教学，以达到提升学生读、写、思、辨、创的能力和相应的素养。

《新时代大学互动英语》在编写过程中，得到总主编向前进教授和石坚教授的指导，他们对教材编写提出的方向性建议和高屋建瓴的指导使编者受益匪浅；向前进教授设计了全套教材的编写理念、教材结构、单元主题及样章体例，并对全套教材进行了审阅和内容修改；石坚教授、黄运亭教授对全套书的思政理念进行了补充和完善。本书

为《新时代大学互动英语》第3册，作者单位为广东培正学院和广州华立学院，在编写过程中，借鉴和参考了不少专家、学者和作者的资料，编者在此对他们表示诚挚的谢意！

由于编者水平有限，本书难免存在不足之处，恳请广大师生批评指正！

**编者**  
**2023年4月**

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UNIT	<b>Project 1</b> Preliminary Exploration: Discovering by Searching	<b>Project 2</b> Subsequent Exploration: Discovering by Listening	<b>Project 3</b> Insight Exploration: Discovering by Reading
<b>1</b> <b>HOW TO HUNT FOR AN IDEAL JOB</b>  <b>PAGE 1</b>	Students' ideal jobs	<ul style="list-style-type: none"><li>• Two passages about an ideal job</li><li>• Video: A Summary of Steven Job's Speech at Stanford University</li></ul>	Passage A: How to Achieve Your Ideal Career
<b>2</b> <b>HOW TO CONDUCT A SURVEY</b>  <b>PAGE 27</b>	Successful survey-conducting cases on campus	<ul style="list-style-type: none"><li>• Two passages about conducting a survey</li><li>• Video: How to Conduct an Online Survey</li></ul>	Passage A: How to Conduct a Survey
<b>3</b> <b>HOW TO IMPROVE NEGOTIATION SKILLS</b>  <b>PAGE 53</b>	Negotiation stories	<ul style="list-style-type: none"><li>• Two passages about negotiation</li><li>• Video: 3 Steps to Getting What You Want in a Negotiation</li></ul>	Passage A: A Win-Win Negotiation

## Project 4

### Language Exploration: Use and Usage

- Some useful terms
- Words and expressions
- Sentence patterns

- Some useful terms
- Words and expressions
- Sentence patterns

- Some useful terms
- Words and expressions
- Sentence patterns

## Project 5

### Further Exploration: Interactions

- Conversations and role-playing
  - 1) Preparing for a career
  - 2) Achieving the goals in our ideal jobs
- Writing: A resignation letter

- Conversations and role-playing
  - 1) A survey on city metro
  - 2) A short survey of consumer perceptions of brands
- Writing: A brief survey plan

- Conversations and role-playing
  - 1) Negotiating salary
  - 2) Negotiating price
- Writing: A negotiation memo

## Project 6

### Follow-up Exploration: Language and Culture

- Passage B: Turning Your Love of Cooking into a Career? Here's Why Catering Is an Ideal Career Path
- Passage C: It's OK to Be Unsure About Your Career Path

- Passage B: How to Conduct Market Research Surveys
- Passage C: How to Conduct a Market Research Survey for Your Business

- Passage B: Negotiation Techniques in Your Day-to-Day Life
- Passage C: Salary Negotiation Strategies That Can Backfire

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UNIT	<b>Project 1</b> Preliminary Exploration: Discovering by Searching	<b>Project 2</b> Subsequent Exploration: Discovering by Listening	<b>Project 3</b> Insight Exploration: Discovering by Reading
<b>4</b> <b>HOW TO SOLVE WORK-RELATED PROBLEMS</b>  <b>PAGE 79</b>	Mistakes at work	<ul style="list-style-type: none"><li>• Two passages about solving problems and handling stress at work</li><li>• Video: An Interview: How You Handle Conflict at Work</li></ul>	Passage A: Five Common Mistakes New Employees Make on the Job
<b>5</b> <b>HOW TO MAINTAIN WORKPLACE HEALTH</b>  <b>PAGE 105</b>	Types of stress	<ul style="list-style-type: none"><li>• Two passages about occupational health</li><li>• Video: 14 Tips on How to Take Care of Your Employees' Mental Health</li></ul>	Passage A: Workplace Stress — a Collective Challenge
<b>6</b> <b>HOW TO START YOUR OWN BUSINESS</b>  <b>PAGE 133</b>	Famous high-tech companies: Apple, Facebook, Huawei	<ul style="list-style-type: none"><li>• Two passages about being an entrepreneur</li><li>• Video: What We Know About Start-Ups</li></ul>	Passage A: Plan Your Own Business

## Project 4

### Language Exploration: Use and Usage

- Some useful terms
- Words and expressions
- Sentence patterns

- Some useful terms
- Words and expressions
- Sentence patterns

- Some useful terms
- Words and expressions
- Sentence patterns

## Project 5

### Further Exploration: Interactions

- Conversations and role-playing
  - 1) Handling stress
  - 2) Respecting the staff
- Writing: A short essay

- Conversations and role-playing
  - 1) Occupational health and safety
  - 2) Always keeping safety first
- Writing: A short essay

- Conversations and role-playing
  - 1) Launching one's own business
  - 2) Investing in the future of the business
- Writing: A detailed business plan for your newly-opened business

## Project 6

### Follow-up Exploration: Language and Culture

- Passage B: A Step-By-Step Guide: How to Handle Customer Complaints
- Passage C: Four Steps in My Problem-Solving

- Passage B: Seven Tips for Managing Workplace Stress
- Passage C: Workplace Health and Well-Being Promotion

- Passage B: How to Launch a Business in the Sharing Economy
- Passage C: Nine Low-Cost Business Ideas



# HOW TO HUNT FOR AN IDEAL JOB

## First Things First: Food for Thought

*Learn the following bilingual quotations by heart and put them into practice.*

“不忘初心、牢记使命”

stay true to the Party’s founding mission

坚守岗位

stand fast at one’s post

履职尽责

fulfill one’s duty

稳就业、保民生

stabilize employment and ensure living standards

增进民生福祉

improve people’s well-being

坚定信心、攻坚克难

stay confident and meet challenges head-on

吃苦耐劳

hardworking and durable

一丝不苟

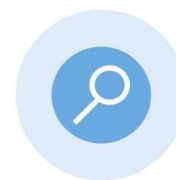
meticulous and attentive

兢兢业业

conscientious and earnest

## Project 1

### Preliminary Exploration: Discovering by Searching



#### Task 1 Searching

Search to find out what ideal jobs would be like before class and fill in the table with the information you have got.

#### Task 2 Team-working

Discuss your findings with your study group and prepare a PowerPoint presentation of the findings in the group discussion.

	Ideal Jobs	Main Benefits
1		
2		
3		

#### Task 3 Presenting

Make a PowerPoint presentation to share your findings in class according to the teacher's instruction.

## Project 2

### Subsequent Exploration: Discovering by Listening



#### Task 1 Word-attacking

Listen to the following words and expressions and then repeat each of them after the recording.

accomplishment /ə'kʌmplɪʃmənt/	n. 成就; 成绩
interpersonal /,ɪntə'pɜːsənəl/	adj. 人际关系的; 人际的
trial /'traɪəl/	n. 试验; 试用
shelter /'ʃeltə(r)/	n. 居所; 住所
discretionary /dɪ'skrefənəri/	adj. 可随意使用的
luxury /'lʌkʃəri/	n. 奢华; 奢侈品
contribution /,kɒntrɪ'bjuːʃn/	n. (养老金等的) 定期缴款
sustainable /sə'steɪnəbl/	adj. 可持续的
accommodate /ə'kɒmədeɪt/	vt. 考虑到; 顾及
productive /prə'dʌktɪv/	adj. 有效益的; 富有成效的
contentment /kən'tentmənt/	n. 满意; 满足
incorporate /ɪn'kɔːpəreɪt/	vt. 包含; 使并入
down-time /'daʊntaɪm/	n. 停工; 休息

commute /kə'mju:t/	v. (乘公交) 上下班往返
attribute /'ætrɪbjʊ:t/	n. 特征; 属性
rank /ræŋk/	n. 级别
rung /rʌŋ/	n. 横档; 梯级
flourish /'flaʊrɪʃ/	vi. 繁荣; 茁壮成长
motivate /'məʊtɪveɪt/	vt. 推动; 激发
conducive /kən'dju:sɪv/	adj. 有益的, 有助的

## Task 2 Gap-filling

*Listen to the passage and fill in the blanks with the words and expressions you have just heard.*

### An Ideal Job

In a perfect world, we'd find our ideal job the very first time we went looking for it. Truth be told, a job that brings you satisfaction, 1)\_\_\_\_\_ and interpersonal relationships you enjoy may take a lot of 2)\_\_\_\_\_ to actually land. The key is to define exactly what you're looking for and never give up until it's yours.

#### Passion

When you're doing what you really love, you'll look forward to going to work every day. An ideal job is the one you would choose regardless of 3)\_\_\_\_\_.

#### Salary

An ideal job should bring in a salary that covers all of your 4)\_\_\_\_\_ — shelter, food, transportation—as well as enough discretionary income to treat yourself to 5)\_\_\_\_\_.

#### Benefits

Medical insurance and monthly contributions to 6)\_\_\_\_\_ are essential if you ever become ill or decide to tear yourself away from that dream job and live 7)\_\_\_\_\_.

#### Potential

An ideal job should be sustainable in terms of ongoing demand for your products or services. It should also be one that provides enough challenge to keep your attention and encourages you to 8)\_\_\_\_\_.

#### Work Environment

The physical setting in which you do your work should be one that matches your personal style and accommodates whatever level of 9)\_\_\_\_\_ makes you feel the happiest and most productive.

#### Time Management

When you're doing what you love, time can easily get away from you and turn into a bone of contention with family and friends. An ideal job is one that 10)\_\_\_\_\_ and incorporates down-time for non-work-related pursuits.

### Task 3 Inferring

*Listen carefully and then decide whether each of the following statements is true or false based on the information you have just heard.*

1.  True  False
2.  True  False
3.  True  False
4.  True  False
5.  True  False
6.  True  False

People may disagree on the definition of an ideal job.

Distance to work is usually not an important factor in choosing a job.

Compared with a big company, it is easier for people in a small company to get promoted.

A salary package includes many other benefits in addition to the pay.

It is harder to find good help than it is to find a great boss.

If the work environment looks terrible to you, it is advisable for you to quit immediately.

### Task 4 Retelling

*Watch the video and fill in the blanks with the information below. Be prepared to retell what the speaker says in the video.*

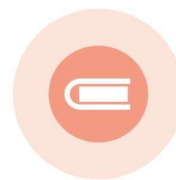
#### A Summary of Steven Job's Speech at Stanford University

Steven Jobs founded the company Apple with his friend when he was only 1)\_\_\_\_\_ years old, and the company developed well in the subsequent decade. Then he got fired because 2)\_\_\_\_\_ supported another person who disagreed with Jobs on some key issues. This was a 3)\_\_\_\_\_ experience for him. He even thought of running away from Silicon Valley. But it dawned on Jobs that he still loved what he did and, one of the good things of being fired was that the heaviness of the pressure for success was replaced by the lightness of being 4)\_\_\_\_\_ again, and it became one of the most 5)\_\_\_\_\_ of his life.

In the next five years, he built two new companies called NeXT and Pixar. One of the two companies later produced the first 6)\_\_\_\_\_ in the world. In another unexpected turn, Apple 7)\_\_\_\_\_. So Jobs went back to Apple again. This unique experience let Jobs realize that people should not 8)\_\_\_\_\_ in the face of adversities. He was also convinced that 9)\_\_\_\_\_ keeping him going was that he loved what he did, and he advised others to find out what they loved to do too and not to 10)\_\_\_\_\_.

## Project 3

### Insight Exploration: Discovering by Reading



#### Task 1 Word-attacking

Listen to the following words and expressions and then repeat each of them after the recording.

optimize /'ɒptɪmaɪz/	vt. 使最优化; 充分利用
prospective /prə'spektɪv/	adj. 潜在的; 可能的
reap /ri:p/	vt. 取得(成果); 受获
alternatively /ɔ:l'tɜ:nətɪvli/	adv. 要不; 或者
internship /'ɪntɜ:nʃɪp/	n. 实习期; 实习工作
marketable /'mɑ:kɪtəbl/	adj. 有销路的; 受欢迎的
showcase /'ʃəʊkeɪs/	vt. 展示
session /'seʃn/	n. 一段时间; 会期
society /sə'saɪəti/	n. 学会; 社团
contingency /kən'tɪndʒənsi/	n. 偶发事件
overwhelming /,əʊvə'welmɪŋ/	adj. 巨大的; 无法抗拒的
stake /steɪk/	vt. 以……打赌; 拿……冒险
SME	abbr. of Small and Medium-sized Enterprise 中小型企业
accumulate /ə'kju:mjəleɪt/	vt. 积累; 积聚
relevant /'reləvənt/	adj. 密切相关的; 切题的
external /ɪk'stɜ:nl/	adj. 外在的; 外部的
budgetary /'bʌdʒɪtəri/	adj. 预算的
alternative /ɔ:l'tɜ:nətɪv/	adj. 可供替代的; 另类的
hub /hʌb/	n. (某地或活动的)中心; 核心
speculative /'spekjələtɪv/	adj. 推测的; 推断的
leverage /'li:vərɪdʒ/	vt. 充分利用
recession /rɪ'seʃn/	n. 经济衰退; 经济萎缩
entry-level /'entri 'levl/	adj. 入门级的; 最初级的
customize /'kʌstəmaɪz/	vt. 定制; 定做
résumé /'rezjumeɪ/	n. 简历
seasoned /'si:znd/	adj. 富有经验的; 老道的
personalize /'pɜ:sənəlaɪz/	vt. 为个人特制
shortlist /'ʃɔ:tlɪst/	vt. 把……列入入围名单
assessment /ə'sesmənt/	n. 看法; 评价