

# Unit 1

## PART I

### UNDERSTANDING AND LEARNING

#### Section A

#### Time-Conscious Americans

##### ● Detailed Study of the Text

1. Americans believe no one **stands** still. (Para. 1)

**Meaning:** Americans believe no one keeps motionless; everyone moves.

 Here “stand” means “keep or stay in a particular position or state”. In this sense, “stand” is followed by adjectives. More examples:

The room **stands idle**. 这房间闲置着。

**Stand firm** — don't let them tell you what to do. 要坚定, 不要让他们对你指手画脚。

They **stand opposed** to the new law. 他们反对这项新法律。

2. ... you are **falling behind**. (Para. 1)

★ **fall behind:** move more slowly than other people so that one is behind them

**fall behind** in science 在科学方面落后

**fall behind** one's competitors 落后于竞争对手

The student has been working hard for fear that he should **fall behind**. 这个学生一直很努力, 唯恐落后。

3. This attitude **results in** a nation of people committed to researching, experimenting and exploring. (Para. 1)

**Meaning:** This way of thinking and doing things causes Americans to devote their time and energy to researching, experimenting and exploring.

★ **result in:** make something happen; cause



Acting before thinking always **results in** failure. 做事不事先考虑总会导致失败。  
The accident **resulted in** the death of two people. 这场事故造成两人死亡。

★ **Compare:**

**result from:** be caused by something that has happened previously

Nothing has **resulted from** his efforts. 他的努力终成泡影。

The child's illness **resulted from** eating unclean food. 孩子生病是由于吃了不干净的食物。

4. Time is one of the two elements that Americans save carefully, **the other being labor**.  
(Para.1)

**Meaning:** Americans use two things with great care (or: Americans never waste two things):  
One is time and the other is labor.

 Notice here we have a special type of adverbial clause: “the other being labor”. The structure is: subject + V-ing (or: V-ed). This type of clause can also be put at the beginning of the whole sentence.

**No further discussions arising**, the meeting was brought to an end. 没有作进一步讨论, 会议就结束了。

**Lunch finished**, all the guests returned to the sitting room. 吃完午饭, 所有客人都回到了起居室。

5. We are **slaves to nothing but** the clock... (Para. 2)

**Meaning:** We are under the control of time only and nothing else, or we are only dominated by time...

★ **slave to sth.:** a person who is being completely influenced or dominated by something

a **slave to** drink 酒鬼

a **slave to** money 金钱的奴隶

★ **nothing but:** only

He's **nothing but** a criminal. 他只不过是个罪犯。

He did **nothing but** complain. 他只是抱怨, 别的什么都不干。

6. We **budget** it, save it, waste it, steal it, **kill it**, cut it, **account for** it; we also **charge** for it.  
(Para. 2)

**Meaning:** We plan how to spend it, save it, waste it, spend it more efficiently, find ways to pass it quickly, reduce it, explain how we use it; we also ask money for it.

 In this sentence, “time” is used metaphorically as something of real value.

★ **budget:** v. plan carefully how much of something will be needed

She has made so many commitments that she has to **budget** her time very carefully. 她答应下来的事太多, 因而不得不精心安排自己的时间。

By the time he learned to **budget** his resources, it was too late. 到他学会理财时, 已经太迟了。



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vi. plan the spending of money carefully

She **budgeted** for buying a new car. 她为买新汽车而计划节省开支。

The government has **budgeted** for two bridges in the city. 政府计划在该城市建造两座桥,并为此制定了预算。

n. [C] the amount of money a person or organization has to spend on something  
a family/week's **budget** 家庭 / 每周预算

It is important to balance this year's **budget**. 重要的是要平衡今年的预算开支。

★ **kill it (= kill time):** make time pass quickly by finding something to do

We **killed time** by playing cards. 我们用打纸牌来消磨时间。

He drove to the club to **kill a couple of hours**. 他驾车去俱乐部消磨了几个小时。

★ **account for:**

1) explain the cause of something

Jenny had to **account** to her husband **for** every penny she spent. 珍妮得向丈夫说明每一文钱是怎么花的。

The man charged with the crime couldn't **account for** the fact that the money was found in his house. 被告无法解释在他家里找到钱这个事实。

2) make up a particular amount or part of something

North Sea oil **accounts for** a high proportion of British trade earnings. 北海石油占英国贸易收入的很大一部分。

Paying rent **accounts for** half of my expenditures. 我的开销中租金占了一半。

★ **charge:** v. ask somebody for an amount of money for a service

How much do you **charge** for washing a car? 你们洗一部车要收多少钱?

We **charge** \$200 a night for a single room. 单人房每晚收费 200 美元。

7. Many people have a rather acute **sense** of the shortness of each lifetime. (Para. 2)

**Meaning:** Many people have a very strong feeling that life is short.

 Notice the use of "sense" in the following examples:

a **sense** of humor/duty/direction 幽默感 / 责任感 / 方向感

8. Once the sands have **run out** of a person's hourglass, they cannot be **replaced**. (Para. 2)

 Notice that the whole sentence is a metaphor, which means: Once time has passed, it will not return.

★ **run out:**

1) (of food, money, etc.) there is none left

Their supplies soon **ran out**. 他们的补给很快就耗尽了。

Time is **running out**. 时间快到了。(或: 时间不多了。)

2) use all of something and not have any left

I'm afraid we've **run out** of gas. 我们的汽油恐怕已用完了。

I'm **running out** of patience. 我快没耐心了。

3



★ **replace:** *vt.*

1) put something back where it was before

**Replace** the caps on the bottles. 把瓶盖盖好。

**Replace** the book on the shelf. 把书放回到书架上。

2) take the place of

George has **replaced** Edward as the personnel manager. 乔治接替爱德华担任人事部经理。

3) change some person or object for another, often better, newer, etc.

We'll have to **replace** those old computers with new ones. 我们必须用新电脑替换那些旧电脑。

9. We want every minute to count. (Para. 2)

**Meaning:** We want every minute to be put into good use (since it is precious).

10. ... everyone is **in a rush**—often under pressure. (Para. 3)

**Meaning:** ... everyone is doing things in a hurry, because they are often under pressure to do so.

★ **in a rush:** in a hurry

Don't be **in** such a **rush**; you've only just now arrived. 别这么急, 你才刚刚到。

Why is she always **in a rush**? 为什么她总是匆匆忙忙的?

11. ... **restlessly** seeking attention in a store, or **elbowing** others... (Para. 3)

**Meaning:** ... impatiently trying to get service in a store, or pushing others out of the way by their elbows...

★ **restless:** *a.* unable to keep still because one is nervous, bored, or impatient

The passengers grew **restless** after waiting for half an hour at the bus stop. 乘客们在汽车站等了半个小时, 变得不耐烦起来。

With a month after he returned home, Billy had been **restless**, thinking about getting on the road again. 回家一个月后, 比利坐立不宁, 又想着上路外出了。

★ **restlessly:** *ad.* in a restless manner; impatiently

The manager paced the floor of his office **restlessly** with so many problems on his mind. 心头压着许多问题, 经理在办公室里不安地走来走去。

The man repeatedly looked at his watch while walking up and down **restlessly** in the room. 那人一边不耐烦地在屋子里走来走去, 一边一遍又一遍地看手表。

★ **elbow:** *v.* push others out of the way using elbows

She **elbowed** her way through the crowd. 她从人群中挤了过去。

The old brands have been **elbowed** out of the home market. 老品牌已经被挤出了国内市场。



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12. **Racing through** daytime meals is part of the pace of life in this country. (Para. 3)

**Meaning:** Eating their meals hurriedly during the day is part of America's fast pace of life.

★ **race through:** do something in a hurry

The child **raced through** his homework in order to watch the football match on TV. 为看电视转播的足球赛，那孩子匆匆做完了作业。

13. Don't take it personally. (Para. 3)

**Meaning:** Don't let it upset you (because they treat everybody this way; or because they are not doing this to you in particular).

★ **take... personally:** feel that a failure or unpleasant situation is your fault and be upset about it  
You mustn't **take** her negative comments of your plan **personally**. 你不应该把她对你计划的批评当作对你个人的攻击。

14. Many new arrivals in the States will miss the **opening** exchanges of a business call... (Para. 4)

**Meaning:** Many newcomers to the United States will be sad to find that there is no polite small talks at the beginning of a business call...

★ **opening:** *a.* first; beginning; starting

the **opening** words 开场白

They returned to take part in the season's **opening** game. 他们回来参加本赛季首场比赛。

*n.*

1) [C] the beginning or first part of something

The **opening** of a book/film 书 / 电影的开头 (部分)

2) [C] an occasion when a new building, road, etc. is used for the first time, esp. one that involves a ceremony

Three hundred people swarmed at the front door for the store's grand **opening**. 有300人聚集在商店前门庆祝商店的盛大开业。

3) [C] a position that is available in a business or firm

There were a few **openings** at the company, so he applied. 那家公司有几个空缺职位，所以他申请了。

He inquired at the front desk about **openings** in the marketing department. 他在接待处询问营销部空缺职位的情况。

15. They will miss the ritual interaction that **goes with** a welcoming cup of tea or coffee that may be a **convention** in their own country. (Para. 4)

**Meaning:** They will be sad because they will not have the usual exchanges (with the person who invited them) that go with a welcoming cup of tea or coffee. These exchanges may be a common practice on similar occasions in their own country.



★ **go with:** exist or take place at the same time with something else

Rights always **go with** obligations. 权利总是伴随着义务。

Crime does not always **go with** poverty. 贫穷并不总是伴随着犯罪。

★ **convention:** *n.*

1) [C, U] general, usu. unspoken agreement about how people should act or behave in certain situations

It is a **convention** for men to wear suits on formal occasions. 男子在正式场合穿西装是一种惯例。

It was a **convention** for people to wear black to a funeral. 穿黑色衣服参加葬礼是一种习俗。

2) [C] a meeting of members of a profession, political party, etc.

**Conventions** are usually held in large cities. 会议通常在大城市里举行。

Hotels try to attract **conventions** because they bring a lot of business. 宾馆设法承办各种会议, 因为会议可以带来大量生意。

16. They may miss **leisurely** business chats... (Para. 4)

★ **leisurely:** *a.* without hurry

They enjoyed a **leisurely** lunch at a restaurant. 他们在餐馆里享受了一顿悠闲的午餐。

I had a **leisurely** glass of beer. 我慢悠悠地品了一杯啤酒。

 In English, “-ly” can be added to some nouns to form adjectives. Words of similar structure include: friendly, brotherly, fatherly, etc.

17. Normally, Americans do not **assess** their visitors in such relaxed surroundings over extended **small talk**... (Para. 4)

**Meaning:** Usually Americans do not judge or evaluate their visitors in relaxed places (such as restaurants or coffee houses) during long, light conversations...

★ **assess:** *vt.* judge the quality, importance, or worth of somebody or something

He's so lazy that it's difficult to **assess** his ability. 他懒得很, 所以很难评估他的能力。

It's too early to **assess** the effects of the new law. 要评价新法令的效果现在为时过早。

★ **small talk:** light conversation on unimportant or non-serious subjects

18. ... **much less** do they take them out for dinner, or around on the **golf course**... (Para. 4)

**Meaning:** ... it is even less likely that Americans take their visitors out for dinner or to play golf...

 Note that the phrase “much less” is often used after a negative statement, to indicate that the statement is more true of the person, thing, or situation that you are going to mention.

The old man can hardly walk, **much less** run. 这位老人几乎不能行走, 更不用说跑了。

They are always short of water to drink, **much less** to take a bath. 他们连饮用水也总是不够, 更别提洗澡了。



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★ **golf course:** an area of grass which is designed for people to play golf on

19. Since we generally assess and **probe** professionally rather than socially, we start talking business very quickly. (Para. 4)

**Meaning:** Since in most cases we evaluate our visitors and ask them questions from a professional point of view instead of from a social one, we start talking business very quickly (and there is no need to spend time on small talk and the like).

★ **probe:** v. try to find out the truth about something

The police are **probing** (into) trading which breaks the law. 警方正在调查非法交易。

He **probed** (into) the housing market for a good opportunity to invest. 他仔细研究房地产市场, 寻找投资的好机会。

20. Time is, therefore, always ticking in our inner ear. (Para. 4)

**Meaning:** Therefore, we are always aware of time. It is just like the constant sound of a clock that we hear.

21. **Consequently**, we **work hard at** the task of saving time. (Para. 5)

**Meaning:** As a result, we try our best to save time.

★ **consequently:** *ad.* as a result

He did nothing except practice, and **consequently** he became a famous pianist. 他专心练琴, 最终成为著名的钢琴家。

The bank refused to help the company; **consequently** it went out of business. 银行拒绝帮助这家公司, 公司因此倒闭了。

★ **work at:** put effort into something or doing something

He is **working at** being the best. 他努力使自己成为最优秀的。

The director is **working at** increasing returns for investors. 那位主管努力让投资者获得更大的回报。

22. ... especially **given** our traffic-filled streets. (Para. 5)

**Meaning:** ... especially when we take into account our busy streets that are often full of traffic.

★ **given:** *prep.* taking something into account

**Given** their inexperience, they've done a good job. 考虑到他们缺乏经验, 他们已经做得不错了。

**Given** her interest in children, teaching should be the right career for her. 从她对孩子们的兴趣来看, 教书应该是适合她的职业。



 We can also use “given that ...” for the same meaning:

**Given that** the time is limited, they've done a good job. 考虑到时间紧张,他们已经做得不错了。

23. We, therefore, **save** most personal visiting **for** after-work hours or for social weekend gatherings. (Para. 5)

**Meaning:** So, if we want to pay a personal visit, we can do it after work or on the weekend when there are social gatherings.

★ **save... for:** keep... for future use

Do not spend all your money now; **save** some **for** another day. 不要把钱现在都用完,留点以后哪天用。

Can you **save** your story **for** later? 你能不能把你的故事留在以后讲?

24. To us the impersonality of electronic communication has little or no relation to the **significance** of the matter **at hand**. (Para. 6)

**Meaning:** To us, the lack of personal feelings of electronic communication has little or no relation to the importance of the matter we are discussing.

★ **significance:** *n.* [sing., U] the importance of an event, action, etc.

Money at this time holds no **significance** for him. 现在钱对他并不重要。

The **significance** for college students to do a part-time job is more than money and experience. 大学生打工的意义不仅仅在于钱和经验。

★ **at hand:**

1) under discussion; being considered

Her question was not related to the matter **at hand**. 她提的问题跟正在考虑的事情无关。

The question **at hand** relates to our use of resources. 我们讨论的问题与资源利用相关。

2) near in time or position

The great day is **at hand**. 重大节日即将到来。

Realizing that the end of his career is near **at hand**, he looked for some additional income. 意识到退休在即,他着手寻找额外的收入。

Having the right equipment **at hand** will be very helpful. 手边有合适的设备可用将非常有帮助。

25. In some countries no major business is **conducted** without eye contact, requiring face-to-face conversation. (Para. 6)

**Meaning:** In some countries, important business must be carried out with eye contact, and through face-to-face conversation.

★ **conduct:** *vt.*

1) carry out



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I decided to **conduct** an experiment. 我决定做一个实验。

A team from the United Nations will observe the election to be sure that it is fairly **conducted**.

联合国代表团将观察这次选举，以保证其公正性。

2) act as the path for electricity, heat, etc.

Plastic and rubber won't **conduct** electricity, but copper will. 塑料和橡胶不导电，但是铜导电。

26. In America, too, a final agreement will normally be signed **in person**. (Para. 6)

★ **in person**: doing something by oneself

Will you apply for the position by letter or **in person**? 你是写信还是亲自前去申请那个职位?

The general manager wanted to talk to him **in person**. 总经理要亲自和他谈话。

27. However, people are meeting **increasingly** on television screens, conducting “teleconferences” to settle problems... (Para. 6)

**Meaning**: However, people are meeting more and more through television, holding teleconferences to solve problems...

★ **increasingly**: *ad.* more and more

The eastern part of the country has become **increasingly** populous since the start of the economic reform. 该国的东部地区自经济改革以来人口越来越密集。

It is **increasingly** difficult to find a teaching position at a university. 要在大学里找到一个教职越来越难。

28. This is **due** partly **to** the fact that the telephone service is superb here, **whereas** the postal service is less efficient. (Para. 7)

**Meaning**: This is partly because of the fact that the telephone service is excellent here, but by contrast the postal service is not so good.

★ **due to**: because of something

The flood was **due to** the melting of snow. 洪水是雪水融化造成的。

Her success was **due to** her great love for her work. 她成功是因为她非常热爱她的工作。

★ **whereas**: *conj.* in contrast; while

☞ “Whereas” is often used to introduce a comment which contrasts with what is said in the main clause.

Some students enjoy English classes, **whereas** some hate them. 有些学生喜欢英语课，而有些人却讨厌英语课。

They want to see a movie, **whereas** we would rather stay at home. 他们想去看电影，而我们宁愿呆在家里。

☞ In this sense, “whereas” is readily replaceable by “while” without any change in meaning. For example:



Their country has plenty of oil, **while** ours has none. 他们国家石油丰富,而我们国家则一点也没有。

29. Unless a certain amount of time is allowed to **elapse**, it seems **in their eyes** as if the task being considered were insignificant, not worthy of proper respect. (Para. 8)

**Meaning:** If they don't spend some time dealing with a certain task, it will give the impression, in their opinion, that the task being considered is not important or not properly respected.

★ **elapse:** *vi.* (of time) pass

Five days **elapsed**, and the patient's condition had no improvement. 五天过去了,但病人情况不见好转。

Four years have **elapsed** since he left college and now he's teaching at a local middle school. 他大学毕业已四年,现在在当地一所中学教书。

★ **in one's eyes:** in the opinion or judgment of someone

Even **in the eyes of** the professionals, he did a good job. 即使在专业人士看来,他做得也很出色。

The expert is always right **in the eyes of** ordinary people. 在普通人的心目中,专家总是对的。

30. Assignments are, consequently, given added **weight** by the passage of time. (Para. 8)

**Meaning:** As a result, people think that assignments are gaining additional importance with the passing of time.

 The word "weight" here is used as an uncountable noun metaphorically to mean "importance". More examples:

an idea of great **weight** 一个很重要的观点

Don't worry about what he thinks; his opinion doesn't carry much **weight**. 别担心他怎么想,他的意见没有多少影响。

31. In the US, however, it is **taken as** a sign of skillfulness or being **competent** to solve a problem, or **fulfill** a job successfully, **with speed**. (Para. 8)

**Meaning:** In the US, however, if you can solve a problem or do a job quickly, you will be considered a person having skills or ability.

★ **take as:** regard as

I will **take** the remark **as** a praise. 我觉得这话是一种表扬。

She **took** the failure **as** the start for the coming success. 她把这次失败看作今后成功的起点。

★ **competent:** *a.* (of people) having the necessary ability, skill, knowledge, etc.

He is **competent** for the task. 他能胜任这项任务。

If you want to learn English well, you must first find a **competent** teacher. 如要学好英语,你首先得找一位称职的老师。

★ **fulfill:** *vt.* (*BrE* fulfil)



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1) do what one must do

**fulfill** a duty 履行责任

I will **fulfill** my obligation to the best of my ability. 我将尽我所能履行义务。

2) achieve something one wanted to do

He **fulfilled** his dream when he became a writer. 他成为了作家, 实现了自己的梦想。

They **fulfilled** their work ahead of time as we did ours. 同我们一样, 他们也提前完成了任务。

★ **with speed**: fast; quickly

When we are traveling **with speed**, the passing countryside just seems a blur. 当我们开车高速行驶时, 沿途经过的乡村显得一片模糊。

32. Usually, the more important a task is, the more capital, energy, and attention will be **poured into** it in order to “get it moving”. (Para. 8)

**Meaning**: Usually, if a job is more important, people will put in more money, effort, and attention in order to get it done.

★ **pour into**: give a lot of effort, money, etc. to something

A lot of money has been **poured into** the project. 这个项目已经投入了大量资金。

She **poured** all her time and energy **into** her work. 她把所有的时间和精力都投入到了工作中。

## ● Text Structure Analysis

The part of “Text Structure Analysis” is dealt with at two levels in the Teacher’s Book. **Level I** gives teaching directions for the exercises in the Student’s Book while **Level II** provides additional analysis of the whole text structure to meet teaching needs.

### Level I Teaching directions for Text Structure Analysis

For this unit, particular attention has been focused on *A Paragraph of a General Statement Supported by Specific Details and Reasons*. It is one of the most common writing devices to have a general statement with supportive details or examples to follow. However, the analysis of Paragraph 3 and Paragraph 7 leads us to see that the general statements are followed not only by details but also by reasons.

Here we would like to introduce one of the important ways to make discourse analysis—to change the text into questions and answers. For example:

*Mr. Wilson won the election. He appealed to the middle class to support him.*

This is a short text consisting of only two sentences. But if we change it into a question and answer, we can find or understand the relationship between the two sentences.

Mr. Wilson won the election.

Question: How did Mr. Wilson win the election?

Answer: Mr. Wilson won the election by appealing to the middle class.



<b>Result:</b> Mr. Wilson won the election.
<i>Question: How did Mr. Wilson win the election?</i>
<b>Means:</b> Mr. Wilson won the election by appealing to the middle class to support him.

Therefore, we can identify the relationship between the two sentences as result and means.

In our analysis of the reading passage, you will find that we are using the same method to spell out the relationship within a paragraph by placing questions between the parts. The three parts we identified by changing the text into a question-and-answer dialogue are:

A general statement
<i>How do you prove your general statement?</i>
Specific details to support the general statement
<i>What is the reason for what you said in the general statement?</i>
The reason for the statement

In addition, it is interesting to let the students understand how details are organized to support a general statement. In fact, there are different ways to present details to support a general statement.

### Example 1:

In Paragraph 3 we have the general statement: **Everyone is in a rush—often under pressure.** To support the statement, the writer tries to bring out details from different aspects to prove how everyone is in a rush: shopping in a rush, taking meals in a rush, driving in a rush, no brief exchanges with strangers, etc.

### Example 2:

In Paragraph 7 we have the general statement: **The US is definitely a telephone country.** To support the statement, the writer tries to bring out details of how Americans use the telephone to do everything in their daily life, including business.

## Level II An analysis of the whole text structure

The essay centers on the topic — how American culture is different from other cultures in their treatment of time. It is an expository writing in that the writer tells us how Americans treat time as if it were something almost real and what the cultural difference is. The essay can be roughly divided into three parts.



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The first part consists of Paragraph 1 and Paragraph 2. Paragraph 1 tells us that Americans treasure two elements: time and labor. Paragraph 2 drops the topic of labor and starts to focus on the topic of time: Time is a precious resource. Many people have a rather acute sense of the shortness of each lifetime. Once the sands have run out of a person's hourglass, they cannot be replaced. Every minute counts.

The second part is made up of five paragraphs, from Paragraph 3 to Paragraph 7. Paragraph 3 is about Americans' daily life which shows how every American does things in a rush under the pressure of time. The reason is that people value time highly, and they resent someone else "wasting" it beyond a certain appropriate point. Paragraph 4 is about one important aspect of American life: doing business. Americans prefer to start talking business very quickly and assess their business partners professionally rather than socially. To Americans, time is always ticking away in their ears. Paragraphs 5 to 7 are about how Americans save their time through labor-saving and time-saving devices. They use faxes, phone calls or emails to do all kinds of things, including settling national or international problems. To Americans, the impersonality of electronic communication has little or no relation to the significance of the matter at hand.

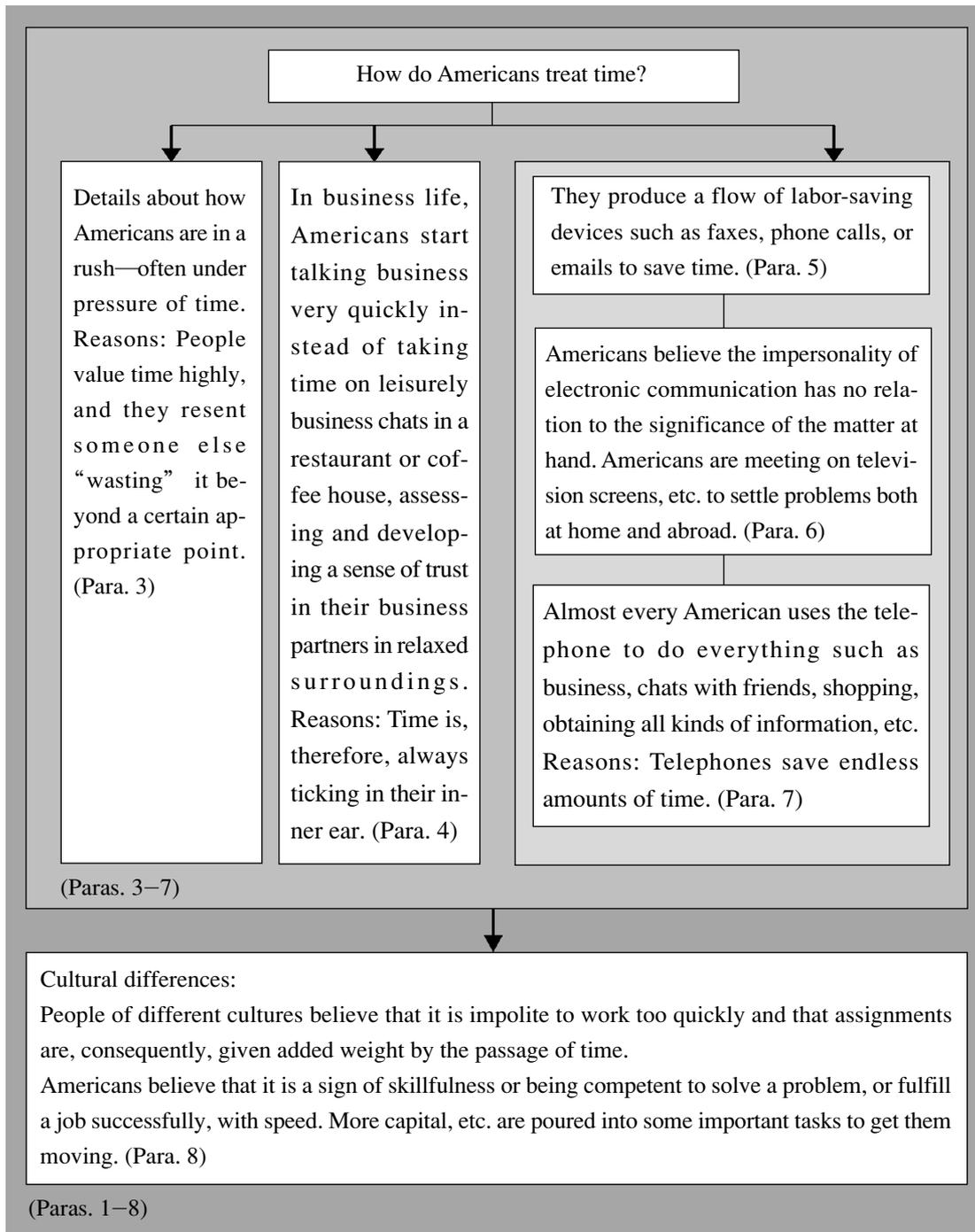
The third part, Paragraph 8, brings out the cultural difference between America and other nations. People from other cultures might think that it is impolite to work too quickly and that tasks are given added weight by the passage of time while Americans believe that it is a sign of skillfulness or being competent to solve a problem, or fulfill a job successfully, with speed. The purpose of putting more capital, energy, and attention into some important tasks does not mean to spend more time but to get the tasks moving with the shortest possible time.

General statement: Time is one of the two elements that Americans save carefully, the other being labor. (Para. 1)

Time is a precious resource for Americans. Reasons: Many people have a rather acute sense of the shortness of each lifetime. Once the sands have run out of a person's hourglass, they cannot be replaced. We want every minute to count. (Para. 2)

(Paras. 1-2)





## Section B

### Culture Shock

#### ● Reading Skills

##### Reading for the Main Idea in a Paragraph

Reading for the main idea in a paragraph is one of the most useful reading skills students can develop. Finding the main idea is necessary for the understanding of a piece of writing.

The main idea of a paragraph is usually stated by one sentence which is commonly known as the “topic sentence” or the “topic statement”. Most frequently the first sentence of a paragraph states the main idea, as is clear from the following example taken from Text A:

*The US is definitely a telephone country. Almost everyone uses the telephone to conduct business, to chat with friends, to make or break social appointments, to say “Thank you”, to shop and to obtain all kinds of information. Telephones save the feet and endless amounts of time. This is due partly to the fact that the telephone service is superb here, whereas the postal service is less efficient.* (Para. 7)

Main idea: The US is definitely a telephone country.

However, the topic sentence may also occur in other places—in the middle or at the end of a paragraph. Look at two more examples from Text A:

##### Example 1:

*“We are slaves to nothing but the clock”, it has been said. Time is treated as if it were something almost real. We budget it, save it, waste it, steal it, kill it, cut it, account for it; we also charge for it. It is a precious resource. Many people have a rather acute sense of the shortness of each lifetime. Once the sands have run out of a person’s hourglass, they cannot be replaced. We want every minute to count.* (Para. 2)

Main idea (appearing in the middle of the paragraph): It (= Time) is a precious resource.

##### Example 2:

*Americans believe no one stands still. If you are not moving ahead, you are falling behind. This attitude results in a nation of people committed to researching, experimenting and exploring. Time is one of the two elements that Americans save carefully, the other being labor.* (Para. 1)

Main idea (appearing at the end of the paragraph): Time is one of the two elements that Americans save carefully, the other being labor.



Please notice that sometimes there is no topic sentence in a paragraph which directly states the main idea. That doesn't mean that there isn't a main idea in the paragraph, only that the main idea is implied. In this case, you have to sum up the main idea of the paragraph.

## ● Detailed Study of the Text

### 1. Culture Shock (Title)

★ **culture shock**: a term meaning strong feelings of discomfort, fear, or anxiety, which people may have when they enter another culture. Usually when a person moves to live in a foreign country, he may experience a period of culture shock until he becomes familiar with the new culture.

### 2. ... discover **fascinating** things and a **feeling of** freedom. (Para. 1)

★ **fascinating**: *a.* interesting and attractive

People find her points quite **fascinating**. 人们发现她的观点很有吸引力。

This is a **fascinating** old city full of old buildings. 这是一座有着许多古老建筑物的迷人古城。

 Please note that the word “feeling” is often used in the structure “a feeling of...”.

a **feeling of** discomfort/hunger/danger 不舒服的感觉 / 饥饿感 / 危险感

### 3. **In spite of** these advantages, however, there are also some challenges you will encounter. (Para. 1)

**Meaning**: Despite these advantages, however, there are also some difficult things you will face.

★ **in spite of**: regardless of; despite

The football match continued **in spite of** the rain. 尽管在下雨, 足球赛还是继续进行。

**In spite of** great efforts we failed to carry our plans through. 尽管做了巨大努力, 我们还是没能完成计划。

### 4. Because your views may **clash** with the different beliefs, norms, values and traditions that exist in different countries... (Para. 1)

**Meaning**: Because your views may be in sharp contrast or opposite to the beliefs, norms, values and customs that exist in the countries you are going to visit...

★ **clash**: *vi.*

1) (*with*) disagree about something

Their interests **clashed** with ours. 他们的利益与我们的相冲突。



# Unit 1

People's feelings sometimes **clash** with their judgment. 人们的情感有时与他们的判断不一致。

2) come to a fight

Several students were injured when they **clashed** with the police in the street. 在街上和警察发生冲突时有几个学生受了伤。

The two parties **clashed** at the conference over the seating arrangements. 在会议上, 双方因座位安排问题发生了冲突。

*n.*

1) [C] a serious disagreement

There is a **clash** of interests between the two neighboring countries. 两国存在着利益冲突。

It is not particularly uncommon for **clashes** to occur between mother and daughter. 母女之间发生冲突的现象并不少见。

2) [C] a short fight

a **clash** between the soldiers and the local residents 士兵和当地居民之间的冲突

There broke out a border **clash** between the two countries earlier this week. 本周早些时候, 两国间爆发了边境冲突。

## 5. ... you may **have difficulty adjusting to** a new culture... (Para. 1)

**Meaning:** ... you may find it difficult to adjust yourself to a new culture...

 Pay attention to the structure “have difficulty (in) doing something.” Very often the preposition is omitted. For example:

His English is very bad and I **have great difficulty (in)** understanding him. 他英语很糟糕, 我很难听懂他的话。

They **had no difficulty (in)** finding the house where they had been born in their hometown. 没费多少劲儿他们就在家乡找到了他们出生的那幢房子。

 If “have difficulty” is followed directly by a noun phrase, the preposition “with” is used and the preposition can never be omitted in this case. For example:

The child seems to **have no difficulty with** English grammar. 这孩子好像在英语语法方面没有困难。

### ★ **adjust to:** get used to a new situation

It took him months to **adjust to** his new responsibilities as a husband. 他花了好几个月的时间才适应丈夫这个角色。

How have you **adjusted to** life in Ireland? 你是怎么适应爱尔兰的生活的?

## 6. **At least** four essential stages of adjustment occur during culture shock. (Para. 1)

**Meaning:** There are at least four stages in the process of adjusting to culture shock.

### ★ **at least:**

1) not less than a particular number or amount



I've known her **at least** for three years. 我和她相识至少三年了。

Cut the grass **at least** once a week in summer. 夏季至少要一个星期剪一次草。

2) at any rate; anyway

You might **at least** answer. 你不管怎样该给个答复。

She's not coming — **at least** that's what she said. 她不会来啦——反正她是这么说的。

7. Also, the amusement of life in a new culture seems to have no ending. (Para. 2)

**Meaning:** Also, there seems to be endless entertainment of life in a new culture.

8. This is “the hostility stage”. (Para. 3)

**Meaning:** This is the stage in which you do not like many things in the new culture.

9. You become **tired of** many things about the new culture. (Para. 3)

**Meaning:** You no longer have interest in many things connected with the new culture.

★ **tired of (doing) sth.:** no longer wanting something or wanting to do something

I'm **tired of** your never-ending complaints. 你不停地抱怨,我都听烦了。

If you are **tired of** London, you are tired of life. 如果你厌倦了伦敦,你也就厌倦了生活。

10. **Moreover**, people don't treat you like a guest anymore. (Para. 3)

★ **moreover:** *ad.* what is more

I don't like sunbathing; **moreover**, it is too hot outside here. 我不喜欢日光浴,再说外面也太热了。

The rent is too high, and, **moreover**, the house is a bit too far from the city center. 房租太高了,而且房子离市中心有点儿远。

11. ... and everything makes you feel **distressed** and tired. (Para. 3)

**Meaning:** ... and everything makes you upset and tired.

★ **distress:** *vt.* make someone feel upset

 Notice that this verb is very often used in the passive voice as an adjective to mean “greatly bothered; upset”. For example:

I was most **distressed** to hear the sad news of your father's death. 听到你父亲去世的噩耗我非常难过。

We were **distressed** to find that the children had not returned. 我们发现孩子们没回来,感到很担忧。

*n.* [U] a feeling of extreme unhappiness

The sick man showed signs of **distress**. 病人显出很痛苦的样子。

I wouldn't cause her any **distress**. 我不想给她带来任何苦恼。



# Unit 1

12. ... you devise some defense mechanisms to help you **cope**... (Para. 4)

**Meaning:** ... you create some methods to help yourself deal with things around successfully...

★ **cope:** *vi. (with)* be able to deal with something difficult

The problems were a hard nut, but we managed to **cope**. 这些问题很棘手,但我们设法解决了。  
She is a new driver and can't **cope** with driving in heavy traffic. 她是个新司机,在交通拥挤时就开不了车。

The factory **coped** very well with the sudden increase in demand. 工厂很好地处理了需求突然增加的问题。

13. This happens when you pretend that everything is **acceptable** and that nothing bothers you. (Para. 4)

**Meaning:** This happens when you pretend that everything is good enough and that you feel worried about nothing.

★ **acceptable:** *a.* good enough; satisfactory

This is a solution **acceptable** to both parties. 这个解决办法双方都感到满意。

A cup of coffee would be most **acceptable** after a morning's hard work. 辛苦工作了一上午,来杯咖啡最受欢迎了。

14. You **would rather** be home alone... (Para. 4)

**Meaning:** You would prefer to stay at home without anyone else around...

★ **would rather:** (*used to express a choice*) prefer to

Which **would** you **rather** do, go to cinema or stay at home? 你想去看电影,还是想呆在家里?  
He **would rather** lose his job than make false accounts. 他宁愿失去工作,也不愿做假账。

👉 Notice that “would rather” can be used to say that one person would prefer another person to do something. In this case, we generally use a past tense with a present or future meaning. For example:

I **would rather** you **stayed** with me tomorrow. 我宁愿你明天和我呆在一起。

Don't come tomorrow. I'd **rather** you **came** next weekend. 明天别来,你最好下周末来。

My wife **would rather** we **didn't** see each other any more. 我妻子希望我们不要再见了。

15. With isolation, you try to avoid the effects of culture shock... (Para. 4)

**Meaning:** By staying alone, you try to keep yourself away from the effects of culture shock...

16. Isolation is one of the worst coping mechanisms you can use because it **separates** you **from** those things that could really help you. (Para. 4)

**Meaning:** Being apart from others is among the worst ways for dealing with your problem, because by being apart you keep yourself away from those things that could really help you.



★ **separate from:** keep people or things apart from each other

He **separated** the truth **from** the lies when listening to the story. 他听故事时把事实和谎言区分开来。

There was no way for him to completely **separate** himself **from** society; he would have to learn to deal with other people. 他没有办法完全把自己和社会分离开来, 他必须学会如何和别人打交道。

17. ... they **prevent** you **from** making necessary adjustments to the new culture. (Para. 5)

**Meaning:** ... they stop you from making necessary changes that help to deal with the new culture.

★ **prevent from:** stop someone from doing something

Two officers came to **prevent** the smuggler **from** crossing the border. 两名官员过来阻止那名走私者过境。

They were **prevented from** achieving their dreams. 他们没能实现自己的梦想。

18. After you **deal** with your hostile feelings, recognition of the **temporary** nature of culture shock begins. (Para. 6)

**Meaning:** After you get over your hostile feelings, you begin to realize that culture shock will not last long.

★ **deal:** *vi.* (*with*) take action, especially to solve a problem

Not all problems can be **dealt** with so easily. 不是所有问题都可以如此容易地解决。

All complaints about the quality of products will be **dealt** with by the manager. 所有有关产品质量问题的投诉都由经理处理。

★ **temporary:** *a.* lasting only for a short time

a **temporary** construction 临时性建筑

This arrangement is only **temporary**. 这只是个临时性的安排。

19. ... you try to develop comprehension of everything you don't understand. (Para. 6)

**Meaning:** ... you try to gain an understanding of everything that you don't understand.

20. ... you recover from the **symptoms** of the first two stages... (Para. 6)

**Meaning:** ... you return to a normal state from the signs of the first two stages that are not desirable...

★ **symptom:** *n.*

1) [C] a sign of a bad condition or problem

Calls for import control are a **symptom** of the country's present economic problem. 要求限制进口表明这个国家目前在经济上出了问题。

The lower production levels are a **symptom** of dissatisfaction among the workers. 生产水平下



# Unit 1

降表明了工人们的不满情绪。

2) [C] a change in the body that shows an illness

The **symptoms** didn't appear until too late for the doctor to do something to save the patient's life. 症状出现得太迟, 以至于医生无法采取措施挽救病人的生命。

21. You begin to see that even though the distinction of the culture is different from your own, it has elements that you can learn to **appreciate**. (Para. 6)

**Meaning:** You begin to understand that even though the special feature of the new culture is different from that of your own culture, it has things that you can learn to enjoy.

★ **appreciate:** *vt.*

1) understand and enjoy

We all **appreciate** the holiday after a year of hard work. 经过一年的辛苦工作, 我们都十分珍惜这个假期。

My boss does not **appreciate** my abilities. 我的老板不赏识我的能力。

2) be grateful for something

Alan asked me to tell you how much he **appreciated** your hospitality when he was in London. 艾伦要我代为转达, 他非常感激他在伦敦期间你的热情款待。

I don't need any help, but I do **appreciate** your offer. 谢谢你的好意, 但我不需要帮助。

22. ... you have reached a point where you actually feel good... (Para. 7)

**Meaning:** ... your adjustment to the new culture is so successful that you actually feel comfortable now...

23. This acquisition of understanding **alleviates** much of the stress. (Para. 7)

**Meaning:** This process of learning to understand helps you reduce a lot of your stress.

★ **alleviate:** *vt.* make something less serious

The pills will **alleviate** your pain. 这些药片会减轻你的疼痛。

The government is taking steps to **alleviate** the high rate of unemployment. 政府正采取措施以降低高失业率。

24. ... when you are **going through** its four stages. (Para. 8)

★ **go through:** experience

**go through** a severe test 经受一次严峻的考验

Have you thought about the difficulties you would **go through**? 对于你要受的苦, 你想过吗?

25. You learn how to **interact** with other people, and you learn a **considerable** amount about life in a culture that is not your own. (Para. 8)

**Meaning:** You learn how to live and work closely together with other people, and learn quite a lot about life in a foreign culture.



★ **interact:** *vi.*

1) (*with*) communicate with somebody

Students find they cannot **interact** with the teacher properly in large classes. 学生们觉得在人的课堂上他们无法与教师很好地交流。

Little Charles **interacts** well with other children. 小查尔斯与其他孩子交流得很好。

2) have an effect on each other

The two chemicals **interact** to form a new gas. 这两种化学物质互相作用,产生一种新的气体。

The scientists want to know how these forces **interact**. 科学家们想知道这些力是如何互相作用的。

★ **considerable:** *a.* fairly large or great; of an amount or degree that must be taken seriously

He is a man of **considerable** influence in the academic community. 他在学术界是很有影响的人物。

The building suffered **considerable** damage as a result of the fire. 这座建筑物因大火遭受了相当大的损失。

26. **Furthermore**, learning about other cultures... (Para. 8)

★ **furthermore:** *ad.* in addition to what has been said; moreover

Roy wants to leave for home; **furthermore**, he wants to go right now. 罗伊想动身回家,而且想现在就走。

**Furthermore**, these child-raising families may raise other people's children in addition to their own. 此外,这些有孩子的家庭除抚养自己的孩子外,也可能抚养别人的孩子。

## PART II KEY TO EXERCISES

### SECTION A

#### Pre-reading Activities

Time is the same in all places, but people's relationship with time is different from country to country. In the United States, time is a real, precious resource, and every minute counts. People here are always in a rush and under pressure. There are no short conversations or small exchanges with strangers because people think it is a waste of time. Does this sound like your country? If it does not, and if you don't think you would like such a place, you would most likely be unhappy in the United States, where doing things quickly is seen as a skill.

1. Time.
2. Short conversations or small exchanges with strangers.
3. (Open-ended.)



# Unit 1

## Comprehension of the Text

### I.

1. The attitude is that if one is not moving ahead, he is falling behind.
2. Time is treated as if it were something almost real. (People budget it, save it, waste it, steal it, kill it, cut it, account for it; they also charge for it.) They do this because time is a precious resource.
3. Everyone is in a rush—often under pressure. City people always appear to be hurrying to get where they are going, restlessly seeking attention in a store, or elbowing others as they try to complete their shopping.
4. Don't take it personally. This is because people value time highly, and they resent someone else "wasting" it beyond a certain appropriate point.
5. New arrivals in America will miss opening exchanges, the ritual interaction that goes with a cup of coffee or tea and leisurely chats.
6. Americans produce a steady flow of labor-saving devices. They communicate rapidly through faxes, phone calls, or emails rather than through personal contacts.
7. The impersonality of electronic communication has little or no relation to the significance of the matter at hand.
8. It is taken as a sign of skillfulness or being competent to solve a problem or fulfill a job with speed in the US.

## Vocabulary

### III.

- |              |               |               |                 |                  |
|--------------|---------------|---------------|-----------------|------------------|
| 1. charge    | 2. convention | 3. efficient  | 4. obtain       | 5. competent     |
| 6. assessing | 7. fulfill    | 8. conducting | 9. consequently | 10. significance |

Exercises on Web course only:

- |              |                  |             |              |           |
|--------------|------------------|-------------|--------------|-----------|
| 11. restless | 12. surroundings | 13. elbowed | 14. budgeted | 15. acute |
|--------------|------------------|-------------|--------------|-----------|

### IV.

- |           |       |         |        |         |
|-----------|-------|---------|--------|---------|
| 1. behind | 2. at | 3. in   | 4. out | 5. to   |
| 6. to     | 7. in | 8. with | 9. but | 10. for |

Exercises on Web course only:

- |        |        |           |
|--------|--------|-----------|
| 11. at | 12. of | 13. under |
|--------|--------|-----------|

### V.

- |      |      |      |      |      |      |      |      |      |       |
|------|------|------|------|------|------|------|------|------|-------|
| 1. L | 2. C | 3. D | 4. N | 5. O | 6. A | 7. E | 8. G | 9. I | 10. K |
|------|------|------|------|------|------|------|------|------|-------|

## Word Building

### VI.

- |                  |                 |                 |                   |
|------------------|-----------------|-----------------|-------------------|
| 1. commitment    | 2. attraction   | 3. appointment  | 4. impression     |
| 5. civilization  | 6. composition  | 7. confusion    | 8. congratulation |
| 9. consideration | 10. explanation | 11. acquisition | 12. depression    |



## VII.

desirable	favorable	considerable	acceptable
drinkable	advisable	remarkable	preferable
1. advisable	2. desirable	3. favorable	4. considerable
5. remarkable	6. preferable	7. drinkable	8. acceptable

## Sentence Structure

### VIII.

1. much less can he write English articles
2. much less can he manage a big company
3. much less could he carry it upstairs
4. much less have I spoken to him
5. much less to read a lot outside of it

### IX.

1. Having meals at home can cost as little as two or three dollars, whereas eating out at a restaurant is always more expensive.
2. We thought she was rather proud, whereas in fact she was just very shy.
3. We have never done anything for them, whereas they have done so much for us.
4. Natalie prefers to stay for another week, whereas her husband prefers to leave immediately.
5. Some praise him highly, whereas others put him down severely.

## Translation

### X.

1. She wouldn't take a drink, much less would she stay for dinner.
2. He thought I was lying to him, whereas I was telling the truth.
3. How do you account for the fact that you have been late every day this week?
4. The increase in their profits is due partly to their new market strategy.
5. Such measures are likely to result in the improvement of work efficiency.
6. We have already poured a lot of time and energy into the project, so we have to carry on.

### XI.

1. 我认为他不会抢劫,更不用说暴力抢劫了。
2. 男工平均工资每小时 10 美元,而女工才每小时 7 美元。
3. 自然界的平衡一旦遭到破坏,就会带来很多不可预知的影响。
4. 期末考试迫在眉睫,你最好多花点时间看书。
5. 有趣的是,消费者发现越来越难以辨别某些品牌的原产国。其部分原因来自于全球化带来的影响,部分原因是由于产地的变化。
6. 最近一次调查表明,妇女占总劳动力的 40%。



# Unit 1

## Cloze

### XII.

1. C    2. B    3. B    4. A    5. D    6. B    7. C    8. D    9. A    10. C  
11. D    12. C    13. C    14. B    15. A

## Text Structure Analysis

### XIII.

**General statement:** The US is definitely a telephone country.

How is it that the US is definitely a telephone country?

**Specific details:** Almost everyone uses the telephone to conduct business, to chat with friends, to make or break social appointments, to say “Thank you”, to shop and to obtain all kinds of information.

Why is it that the US is definitely a telephone country?

**The reason:** Telephones save the feet and endless amounts of time. This is due partly to the fact that telephone service is superb here, whereas the postal service is less efficient.

## Structured Writing

### XIV.

A larger and larger part of society is expressing its concern about environmental protection. Active in their concern, teachers and students hold specific meetings to discuss environmental protection. Also, city planners take environmental problems into serious consideration. And, though reducing pollution can be expensive, factories often take every possible measure to do their part. Many people are concerned and active because air and water pollution affects everyone and makes it difficult for cities to survive and businesses to make a profit.

## SECTION B

### Reading Skills

#### I.

Main idea of Para. 1: Studying in a different country is a new experience, but there are also some challenges.

Main idea of Para. 2: The first stage of culture-shock adjustment is “the honeymoon”.

Main idea of Para. 3: The second stage of culture shock, “the hostility stage”, eventually occurs.

Main idea of Para. 4: At this point, some defense mechanisms are devised to protect yourself against the effects of culture shock.

Main idea of Para. 6: The third stage of culture shock adjustment, “recovery”, starts.



### Comprehension of the Text

#### II.

1. D    2. A    3. C    4. D    5. A    6. C    7. B    8. B

### Vocabulary

#### III.

1. utilize            2. reject            3. considerable    4. temporary        5. acceptable  
6. recognition      7. alleviate        8. appreciate      9. furthermore     10. interact

Exercises on Web course only:

11. distressed      12. hostility        13. favorable        14. marvelous

#### IV.

1. interact with    2. gone through    3. deal with        4. recovered from   5. adjusting to  
6. familiar to      7. In spite of       8. were tired of    9. prevented from   10. came to

## PART III READING PASSAGE TRANSLATION

### 课文 A

### 注重时间的美国人

美国人认为没有人能停止不前。如果你不求进取,你就会落伍。这种态度造就了一个投身于研究、实验和探索的民族。时间是美国人注意节约的两个要素之一,另一要素是劳力。

人们一直说:“只有时间才能支配我们。”人们似乎把时间当作一个差不多是实实在在的东西来对待。我们安排时间、节约时间、浪费时间、挤抢时间、消磨时间、缩减时间、对时间的利用作出解释;我们还要因付出时间而收取费用。时间是一种宝贵的资源,许多人都深感人生的短暂。时光一去不复返。我们应当让每一分钟都过得有意义。

外国人对美国的第一印象很可能是:每个人都匆匆忙忙——常常处于压力之下。城里人看上去总是在匆匆地赶往他们要去的地方,在商店里他们焦躁不安地指望店员能马上来为他们服务,或者为了赶快买完东西,用肘来推搡他人。白天吃饭时人们也都匆匆忙忙,这部分地反映出这个国家的生活节奏。人们认为工作时间是宝贵的。在公共用餐场所,人们都等着别人尽快吃完,以便他们也能及时用餐,按时赶回去工作。你还会发现司机开车很鲁莽,人们推搡着在你身边过去。你会怀念微笑、简短的交谈以及与陌生人的随意闲聊。不要觉得这是针对你个人的,这是因为人们都非常珍惜时间,而且也不喜欢他人“浪费”时间到不恰当的地步。

许多刚到美国的人会怀念诸如商务拜访等场合开始时的寒暄。他们也会怀念那种一边喝茶或喝咖啡一边进行的礼节性交流,这也许是他们自己国家的一种习俗。他们也许还会怀念在饭店或咖啡馆里谈生意时的那种轻松悠闲的交谈。一般说来,美国人是不会在如此轻松的环境里通过长时间的闲聊来评价他们的客人的,更不用说会在增进相互信任的过程中带他们出去吃饭,或带



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他们去打高尔夫球。既然我们通常是通过工作而不是社交来评估和了解他人，我们就开门见山地谈正事。因此，时间老是在我们心中滴滴答答地响着。

因此，我们千方百计地节约时间。我们发明了一系列节省劳力的装置；我们通过发传真、打电话或发电子邮件与他人迅速地进行交流，而不是通过直接接触。虽然面对面接触令人愉快，但却要花更多的时间，尤其是在马路上交通拥挤的时候。因此，我们把大多数个人拜访安排在下班以后的时间里或周末的社交聚会上。

就我们而言，电子交流的缺乏人情味与我们手头上事情的重要性之间很少有或完全没有关系。在有些国家，如果没有目光接触，就做不成大生意，这需要面对面的交谈。在美国，最后协议通常也需要本人签字。然而现在人们越来越多地在电视屏幕上见面，开远程会议不仅能解决本国的问题，而且还能通过卫星解决国际问题。

美国无疑是一个电话王国。几乎每个人都在用电话做生意、与朋友聊天、安排或取消社交约会、表达谢意、购物和获得各种信息。电话不但能免去走路之劳，而且还能节约大量时间。其部分原因在于这样一个事实：美国的电话服务是一流的，而邮政服务的效率则差一些。

有些初来美国的人来自文化背景不同的其他国家，在他们的国家，人们认为工作太快是一种失礼。在他们看来，如果不花一定时间来处理某件事的话，那么这件事就好像是无足轻重的，不值得给予适当的重视。因此，人们觉得用的时间长会增加所做事情的重要性。但在美国，能迅速而又成功地解决问题或完成工作则被视为是有水平、有能力的标志。通常情况下，工作越重要，投入的资金、精力和注意力就越多，其目的是“使工作开展起来”。

## 课文 B

### 文化冲击

你认为在异国留学是一件听上去非常令人兴奋的事情吗？你会像许多离家去另一个国家学习的年轻人一样感觉很有趣吗？这当然是一种崭新的经历，它会给你带来机会，让你发现许多迷人的东西，获得一种自由感。然而，尽管有这些好处，你也会遇到挑战。因为你的观点可能会与存在于不同国家的不同信念、准则、价值观念和传统发生冲突。你也许会感到很难去适应一种新的文化以及该文化中你不熟悉的那些部分。这就是“文化冲击”。人们经历文化冲击的过程至少包括四个主要阶段。

第一阶段叫做“蜜月期”。在这一阶段，你会感到生活在一个不同国度里很兴奋，而且每一样东西看上去都妙不可言。你什么都喜欢，而且好像每个人都对你很好。另外，新的文化中的生活乐趣好像是无穷无尽的。

然而，文化冲击的第二阶段终究会出现，这就是“敌对期”。你开始注意到并不是每样东西都像你原先认为的那样好。你会对新的文化里的许多东西感到厌倦。此外，人们也不再把你当作一个客人来对待了。所有最初看上去非常美好的东西现在变得让人讨厌了，而且每一样东西都使你感到苦恼和厌倦。

通常，在你适应一种新文化的这一阶段中，你会想出一些防卫性的办法来帮助你应付难关，保护自己免受文化冲击的影响。其中一种办法叫做“压抑法”。当你假装所有的东西都可以接受，没有什么东西令你感到烦恼的时候，你就是在运用压抑法。另一种防卫性办法称做“倒退法”。当你的行为举止开始显得比你实际年龄要小的时候，你就是在运用这种办法。这时，你的行为举止像一个小孩。你把什么都忘掉了，而且有时你会变得粗心大意、不负责



任。第三种防卫性办法叫做“孤立法”。你宁可一个人呆在家里,不想和任何人交流。你想把自己封闭起来以避免文化冲击的影响,至少你是这样认为的。孤立法也许是人们用来对付文化冲击的最糟糕的办法之一,因为你把那些能真正帮助你的东西和你隔离开来了。最后一种防卫性办法叫做“排斥法”。这一办法让你觉得自己不需要任何人帮助。你觉得你可以独自把事情处理好,所以你就想求助于人。

你在敌意阶段使用的这些办法并不能解决问题。如果你仅仅是偶尔运用一下其中一个应付办法来帮助你生存下去,这也无妨。但是你必须谨慎。这些办法可能会真的使你受到伤害,因为它们会阻碍你对新的文化作出必要的调整。

在克服了自己的敌对情绪后,你就会开始认识到文化冲击的短暂性。然后你就会步入被称为“恢复期”的第三阶段。在这个阶段,你开始变得积极起来,而且你会努力去理解所有你不理解的东西。整个形势开始变得对你有利了,你会从前面两个阶段出现的症状中恢复过来。而且你开始使自己适应新的准则、新的价值观念,乃至这个新的国家的各种信念和传统。你开始明白,虽然这种新的文化的特点和你自己国家的文化特点有所不同,但其中也必定有值得你学习和欣赏的东西。

文化冲击的最后一个阶段被称为“适应期”。在这个阶段,你真正达到了感觉良好的境界,因为你已经学到了很多,已经能理解这种新的文化了。最初使你感到不舒服或陌生的东西,现在已成了你能理解的东西。这种理解会减轻你的许多压力。现在你感到自在了,你已经适应了新的文化。

文化冲击是生活在异国他乡的人无法避免的东西。当你在经历文化冲击的这四个阶段时,它似乎并不是一件有益的事。然而,当你完全适应了某一种新的文化时,你会更加充分地喜爱这种文化的。你学会了如何和他人交流,而且还了解了不同文化背景下人们的大量生活情况。此外,了解其他各种文化,以及懂得当你身处其中时如何去适应所受到的冲击,可以帮助你更好地了解自己。

