



前 言

《新航向大学英语教程》是一套专门为艺体类专业学生设计编写的低起点英语综合教程。本套教程共四册，可供艺体类专业学生大学英语基础阶段学习使用，旨在培养和提高学生的“听”“说”“读”“写”“译”等方面的基本技能，增强跨文化交际意识和交际能力，提高学生的综合人文素养。

在编写过程中，我们力求突出以下特色：

1. 本套教程参照《国家中长期教育改革及发展规划纲要（2010-2020年）》及《大学英语教学指南》的精神与要求并结合艺体类专业学生的英语基础、个性与专业特点等进行设计、编写。依据“分类指导，因材施教”的教育理念，确定了“实用”与“创新”的编写思路，精心筛选鲜活生动、富有时代气息、贴近专业兴趣的素材。

2. 本套教程兼具“工具性”和“人文性”双重特点，文章的选择上兼顾了“通用英语”（EGP）和“专门用途英语”（ESP），既可以提高学生英语“听”“说”“读”“写”“译”的能力，又可以以专业知识激发他们英语学习的兴趣，使其在提高语言应用能力和综合人文素养的同时，拓宽专业视野。

3. 本套教程在练习题编写上既注重基础又注重拔高，循序渐进，使学生能够在夯实基础的同时逐步提高英语的应用能力。在教学内容选择及设计上与音乐、舞蹈、体育、美术、绘画、设计、书法、播音等专业密切相关，主题丰富，视角多元，选材鲜活，有利于调动学生学习的积极性和主动性，也有助于提高艺体类专业学生的语言综合应用能力和自主学习能力。





本套教程共四册，供两个学年使用。每册八个单元，每个单元由六大板块构成。具体如下：

Part I: Speaking and Communicating（实用交际英语）

Part II: Reading and Exploring（双向阅读拓展）

Section A: EGP Reading（通用英语阅读，包括文章及相关练习）

Section B: ESP Reading（专业英语阅读，包括文章及相关练习、阅读技巧介绍）

Part III: Grammar Focus（语法聚焦）

Part IV: Guided Writing（写作指导）

Part V: Culture Salon（文化沙龙）

Part VI: Unit Tasks（课后演练）

由于编者的水平和经验有限，教程中的不足之处在所难免，我们恳切希望广大师生不吝赐教，以便再版时进一步修订和完善，不断提高教程质量。

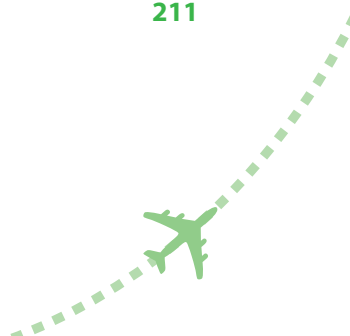
《新航向大学英语教程》编委会

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1 Unit

If You Can Dream It, You Can Do It —Be a Dreamer

Someone said God put dreams in our hearts. So, we must dream. Having a dream is like owning a lighthouse which directs your journey. The first step toward anything we want to accomplish is to dare to dream. If you can't dream it, how can you do it? Just as the founder of Alibaba Jack Ma said: "Keep your dream alive, because it might come true someday." Therefore, dream what you want to dream; go where you want to go; be what you want to be, because you have only one life and one chance to do all the things you want to do.



Part 1 Speaking and Communicating

Lead-in

I. Read the following inspirational quotes related with dream and share your understandings of these quotes with your partner.

1. The important thing in life is to have a great aim, and the determination to attain it.

——*Johan Wolfgang von Goethe*

2. Living without an aim is like sailing without a compass.

——*Alexander Dumas, Davy de La Pailleterie*

3. Don't part with your illusions. When they are gone you may still exist, but you have ceased to live.

——*Mark Twain*

4. Do not, for one repulse, give up the purpose that you resolved to effect.

——*William Shakespeare*

II. Look at the following pictures and discuss where each picture might be taken and what students may do in these places.



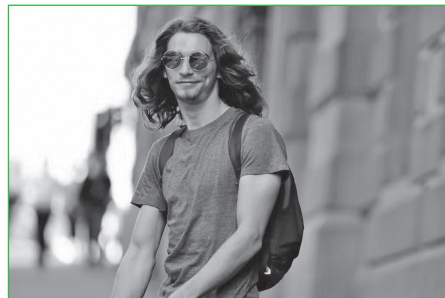
A



B



C



D

Discussion

Work in pairs. Discuss with your partner the sort of job you'd like to take in the future and the things you'll do to achieve it.

Tips:

- | | |
|-------------------------------|------------------------------------|
| • casual work | ☆ make your choice and stick to it |
| • routine and easy work | ☆ set a clear goal |
| • creative work | ☆ take action |
| • beneficent / charity work | ☆ be confident and persistent |
| • rough work | ☆ research and learn constantly |
| • highly-paid / well-paid job | ☆ never give up |

Conversation

I. Read the following sample conversations carefully and then practice with your partner.

Conversation 1

Miss Li: Good morning, Mr. Liu. I'm coming for an interview. My name is Li Li.

Mr. Liu: Please sit down, Miss Li. We are happy to have you here. Well, I think you probably have a fair idea about the sort of job you are applying for.

Miss Li: Yes, I do. It was clearly explained in the advertisement for applications.

Mr. Liu: I see from your letter of application that you've had quite a lot of experiences as a secretary already.

Miss Li: You are right. I worked with my last company for over 10 years.

Mr. Liu: Why did you leave?

Miss Li: Well, actually I didn't leave. The company closed down.

Conversation 2

A: What sort of job would you like to take?

B: I prefer a sedentary job and I used to work as an editor.

A: We need an editor now.

B: Great, it's also the job I've been searching for.

Supplementary Information:

1. Talking about job

What kind of / sort of job would you like to take?

My dream job is to be a / an...

If given a chance, I'd like to...

2. Talking about good luck

cross one's fingers

keep one's fingers crossed

knock on wood

II. Read the following conversation, and fill in the blanks with proper expressions in the box.

<i>knock on wood</i>	<i>What types of work are you interested in?</i>
<i>all wet</i>	<i>I'll leave it open</i>
<i>I think this is a good place for me to...</i>	

Mr. Green: Good morning, Miss Lin.

Miss Lin: Good morning. Please sit down.

Mr. Green: I've received your letter, Miss Lin.

Miss Lin: Good. _____?

Mr. Green: Just the work of a junior clerk or secretary.

Miss Lin: Why do you want to work in our company?

Mr. Green: _____ use what I have learned in university and also practice my English in real work.

Miss Lin: How long have you been studying English?

Mr. Green: For 10 years.

Miss Lin: Have you finished college?

Mr. Green: Yes, I have.

Miss Lin: Well, would you read aloud this paragraph in the newspaper in English?

Mr. Green: Yes, Miss Lin. ... _____! I didn't make a mistake.

Miss Lin: Your pronunciation is very good.

Mr. Green: Thank you.

Miss Lin: How much do you wish to get paid from our company?

Mr. Green: _____, but I would like to know if your company offers as many fringe benefits as other companies do.

Miss Lin: _____. We have more fringe benefits than others. Besides, all people hired here have opportunities for promotion.

Mr. Green: OK. Thank you. I'll look forward to hearing good news from you. Bye-bye.

Miss Lin: Bye.

III. Now work with your partner and make a dialogue based on the following situation.

Situation: Jerry visits a company for his job interview. Please make out a dialogue following the key words given below.

application position corp promotion opportunity salary



Part 2 Reading and Exploring

EGP Reading

Lead-in Questions

- I. What are your short-term goals or dreams?
- II. Please list some goals or dreams that you feel unrealistic.
- III. What do you expect to have achieved by the time you're 60?

Dream Has No Age Limit

On the first day of school our professor introduced himself and challenged us to get to know someone we didn't already know. I stood up to look around when a gentle hand touched my shoulder. I turned around to find a wrinkled, little old lady beaming up at me with a smile that lit up her entire being. She said, "Hi handsome. My name is Rose. I'm 87 years old. Can I give you a hug?" I laughed and responded enthusiastically, "Of course you may." And she gave me a giant squeeze.

"Why are you in college at such a young, innocent age?" I asked. She replied jokingly, "I'm here to meet a rich husband, get married, have a couple of children, and then retire and travel." "No, seriously?" I asked. I was curious about what may have motivated her to be taking on this challenge at her age.

"I always dreamed of having a college education and now I'm getting one," she told me.

After class we walked to the student union building and shared a chocolate milk shake. We became instant friends. Every day for the next three months we would leave class together and talk nonstop. I was always mesmerized listening to this “time machine” as she shared her wisdom and experience with me.

Over the course of the year, Rose became a campus icon and she easily made friends wherever she went. She loved to dress up and she reveled in the attention bestowed upon her from the other students. She was living it up. At the end of the semester we invited Rose to speak at our football banquet. I’ll never forget what she taught us. She was introduced and stepped up to the podium. As she began to deliver her prepared speech, she dropped her three by five cards on the floor. Frustrated and a little embarrassed she leaned into the microphone and said simply, “I’m sorry I’m so jittery. I gave up beer for Lent and this whisky is killing me. I’ll never get my speech back in order so let me just tell you what I know.” As we laughed she cleared her throat and began: “We do not stop playing because we are old; we grow old because we stop playing. There are only four secrets to staying young, being happy, and achieving success.”

“You have to laugh and find humor every day.”

“You’ve got to have a dream. When you lose your dreams, you die. We have so many people walking around who are dead and don’t even know it.”

“There is a huge difference between growing older and growing up. If you are 19 years old and lie in bed for one full year and don’t do one productive thing, you will turn 20 years old. If I am 87 years old and stay in bed for a year and never do anything I will turn 88. Anybody can grow older. That doesn’t take any talent or ability. The idea is to grow up by always finding the opportunity in change.”

“Have no regrets. The elderly usually don’t have regrets for what we did, but rather for things we did not do. The only people who fear death are those with regrets.”

She concluded her speech by singing courageously “The Rose.” She challenged each of us to study the lyrics and live them out in our daily lives.

At the year’s end Rose finished the college degree she had begun all those years ago. One week after graduation Rose died peacefully in her sleep.

Over 2,000 college students attended her funeral in tribute to the wonderful woman who taught by example that it’s never too late to be all you can possibly be.

New Words

Nouns (<i>n.</i>) 名词	
▲ squeeze /skwi:z/	an act of pressing sth. firmly with your fingers or hand 紧捏; 紧握; 挤压
▲ icon /'aɪkɒn; -k(ə)n/	someone famous who is admired by many people and is thought to represent an important idea 偶像, 崇拜对象
▲ banquet /'bæŋkwɪt/	a formal dinner for many people on an important occasion 宴会
▲ podium /'pɒdiəm/	a small raised area for a performer, speaker, or musical conductor to stand on 表演台; 讲台; 乐队指挥台
▲ lyric /'lɪrɪk/	a poem, usually a short one, written in a lyric style (<i>also</i> lyric poem) 抒情诗 [通常为短诗]
▲ tribute /'trɪbjʊt/	sth. that you say, do, or give in order to express your respect or admiration for sb. [向某人表示敬慕的] 致敬 (行为); 颂词; 礼品
Verbs (<i>v.</i>) 动词	
▲ beam /bi:m/	to smile very happily 开怀大笑, 眉开眼笑
▲ motivate /'məʊtɪveɪt/	to make sb. want to achieve sth. and make them willing to work hard in order to do this 激发, 激励, 促动
▲ mesmerize /'mɛzməraɪz/	[usually in passive] if you are mesmerized by sb. or sth., you cannot stop watching them or listening to them because they are so attractive or have such a powerful effect [一般用被动态] 使着迷, 使迷住
▲ revel /'rev(ə)l/	to spend time dancing, eating, drinking etc., especially at a party 狂欢, 纵酒, 作乐
▲ bestow /bɪ'stəʊ, bɪ'sto/	(<i>formal</i>) to give sb. sth. of great value or importance 给予; 赠给; 授予
Adjectives (<i>adj.</i>) 形容词	
▲ wrinkled /'rɪŋkld/	skin or cloth that is wrinkled has small lines or folds in it [皮肤] 有皱纹的; [布] 有皱褶的
▲ innocent /'ɪnəs(ə)nt/	not having much experience of the bad things in the world, so that you are easily deceived 天真无邪的, 阅世不深的
▲ frustrated /frʌ'streɪtɪd/	feeling annoyed, upset, and impatient, because you cannot control or change a situation, or achieve sth. 懊丧的, 懊恼的, 沮丧的

(To be continued)

(Continued)

▲ embarrassed /ɪmˈbærəst/	feeling uncomfortable or nervous and worrying about what people think of you, for example because you have made a silly mistake, or because you have to talk or sing in public 难堪的, 尴尬的
★ jittery /ˈdʒɪt(ə)rɪ/	anxious or nervous 焦虑的; 紧张的

符号说明: 四级词汇 ▲ 六级词汇 ◆ 超纲词汇 ★

Phrases and Expressions

turn around	to move to face the opposite direction (使) 转向, 转身
beam at	to smile at 对……微笑
light up	to illuminate sth. 点亮, 照亮 to make (a person's face, etc.) bright or animated 使(人的脸等)放光彩, 容光焕发
take on	to accept or undertake 承担, 接受
dress up	to put on beautiful clothes to make yourself look smarter 装扮, 打扮
revel in	to take great delight in sth. 尽情享受某事情, 沉迷于某事物
live up	to live in a lively and extravagant way 享乐
live out	to do the things that you have thought about 实践, 身体力行
in tribute to	with showing respect to, with mourning for 向……致敬, 悼念
by example	through a real case or instance 通过实例

Notes of the Text

1. **chocolate milk shake:** frothy drink of milk with chocolate flavor.
2. **time machine:** a science fiction machine that is supposed to transport people or objects to the past or the future. Here the author uses the time machine to refer to eighty-seven-year-old Rose who seems to use the time machine to come back to the past to be a young student again.
3. **Lent:** a brand name of whisky.

After-reading Tasks

I. Choose the best answer to each question with the information you've got from the passage.

- How old is the new student?
A. Seventy. B. Seventy-eight. C. Eighty. D. Eighty-seven.
- Why did Rose come to college?
A. She wanted to meet a rich husband here.
B. She wanted to have a couple of children.
C. She wanted to retire and travel.
D. She wanted to have a college education.
- How long did she stay together with the author before she passed away?
A. For three months. B. For four months.
C. For six months. D. For one year.
- What was Rose invited to do at the end of the semester?
A. To watch football games.
B. To join in their football banquet.
C. To give a speech at their football banquet.
D. To prepare and arrange their football banquet with the author.
- What's the difference between growing older and growing up?
A. There is not any difference.
B. It doesn't take any effort to grow older.
C. Always finding the opportunity in change helps one to grow up.
D. Both B and C.

II. Decide whether the following statements are True (T) or False (F) according to the passage.

- Rose came to the college in order to marry a rich husband and have a couple of children.
- Rose and I became good friends even though there was a huge difference of our ages.
- Rose felt upset when she became a campus icon and drew many other students' attention.
- Four secrets Rose mentioned in her speech were: laugh and find humor, have a dream, find the opportunity in change, and be grateful for life.
- Rose symbolizes the one who never loses the dream.

III. Match the following words in Column I with their explanations in Column II.

Column I	Column II
1. challenge	A. to attract strongly, as if with a magnet
2. enthusiastically	B. to give an incentive for action
3. giant	C. a call to engage in a contest or fight
4. curious	D. to take delight in
5. motivate	E. with enthusiasm; in an enthusiastic manner
6. mesmerize	F. to give (a speech, oration, or idea); to bring to a destination
7. revel	G. of great mass; huge and bulky
8. deliver	H. to cause to feel self-conscious, awkward or ashamed
9. embarrass	I. eager to investigate and learn or learn more (sometimes about others' concerns)
10. jittery	J. being in a tense state

IV. Fill in the blanks with the words in Exercise III. Change the form where necessary.

1. She may _____ you with her uncouth behavior.
2. The mailman _____ letters and parcels every morning.
3. International investors have become _____ about the country's economy.
4. He accepted his friend's _____ to swim across the river.
5. He was absolutely _____ by Pavarotti on television.
6. Annie was smiling and laughing, clearly _____ in the attention.
7. The crime appears to have been _____ by hatred.
8. That is one small step for a man, but one _____ leap for mankind.
9. The boy was _____ about everything he saw.
10. He joined in the class discussion _____.

V. Fill in the blanks with the expressions in the box. Change the form where necessary.

take on	catch on fire	light up	take place
look around	dress up	step up to	lose heart

1. She was _____ as a lady of high society.
2. A moment later, the man in charge came back and asked me to _____ the meeting room.

3. Clear the decks before you think of _____ any more responsibilities.
4. Every wind is _____ by your smile.
5. After lunch we spent several hours _____ the mall.
6. You can almost see the changes _____.
7. It is a pity that some students _____ at the failure.
8. Jack fled with his family when their house _____.

VI. Complete the sentences by translating the Chinese given in brackets into English.

1. _____, I have to admit I became more mature both physically and mentally. (在大学的一年时间里)
2. He _____ and spoke in a firm, authoritative voice. (清了清嗓子)
3. All rose _____ the memory of the martyrs. (静默致哀)
4. The teacher gave him confidence to _____. (发挥潜能)
5. People worked hard _____ in the future. (以便获取成功)
6. The bracelet _____ in the family; it was my great grandmother's originally. (代代相传)
7. According to the government, residents of Hawaii have _____: 77.2 years. (人均寿命最长)
8. Our hopes rose and fell _____. (在一瞬间)
9. _____ man can make various flowers bloom before their time. (随着科技的发展)
10. A season ticket entitles the holder to make as many journeys as he wishes _____. (在规定时间内)

ESP Reading

Lead-in Questions

- I. Do you like painting? Why or why not?
- II. Please list some famous painters and their works.
- III. How do you understand the title "Painting Saved My Life"?

Painting Saved My Life

I don't know how I survived that weekend in November 2000. I was chairing an international conference on professional development and I could see myself performing, holding meetings, leading from the stage, but I felt I wasn't there, I was nowhere. As I drove home I sobbed like a

baby.

My GP signed me off from my job as a university lecturer the next day—I was suffering from depression. Three months later, I was still off work, medicated and in the care of a clinical psychiatrist. Yet I'd got to the point where I didn't know if I could ever talk to anyone again. I even doubted that the words would come out of my mouth—I used to sit in my room practicing mouthing shapes and sounds.

Colleagues would contact me sometimes, inviting me for a drink. But at the time I felt I could hardly breathe, I never went.

Slowly, I realized that I didn't need to open my briefcase again, so it stayed in a corner gathering dust. I had been very successful in my job in art and education—then crashed. I'd been giving out for 25 years to others and simply not feeding myself. It sounds dramatic but it also sounds as precise as I can make it.

I don't quite know how I started, but in early 2001 I began to paint. I'd placed a large piece of paper on the wall the night before and was up in the early hours, naked, not bothering to turn on the light. I picked up a thick brush and opened a tin of black paint. Before long I was painting until dawn every day before crashing into bed. When I woke up, the first things I'd see would be the paintings, but back then I didn't want to look too closely.

By October that year I had produced 68 paintings—mostly large 3ft x 5ft pieces on thick rolled paper. Home became this collection of talking companions. I would let the process of painting take me over, losing myself in the physical actions that tired me out. I started to greet these paintings as friends, be surprised at the marks, at the shapes and patterns emerging. I could see developing themes—a solitary eye, or a shadowed face. The earliest ones were all painted in black. I remember trying to paint the blackest dark black I could, then being first surprised and then gloriously amused when I found that for that moment only a sticky deep bright red would do.

During the late summer I had become frustrated at the lack of variety I could obtain from processed “tubed” paints and I started to mix my own with oils and gums—obtaining deliciously running rivers and at other times thickly crusted carpets of paint.

Reaching the end of that set of 68 paintings coincided with taking my GP's advice and applying for early retirement on health grounds. There was no going back. I'd moved on. I'd moved on to somewhere uncertain but it still felt better than trying to return to my past.

In autumn 2002 I showed some of those paintings in an exhibition in Malta; within another

year I had shown some of them to NHS doctors and staff. Since then my paintings have appeared in a journal of psychiatry and at an international conference on creativity and mental well-being.

The depression I suffered can hit anyone at any time. I only came off medication toward the end of last year. I'm still conscious of the need to strive to look after myself but these days I know I am allowed to.

I'm now working on a few things, including an idea to involve groups in India and the UK in a painting story-telling project. And I look back with pride and amazement.

Words and Expressions

Nouns (<i>n.</i>) 名词	
▲ psychiatrist /saɪ'kaɪətrɪst/	a doctor trained in the treatment of mental illness 精神科医生
▲ companion /kəm'pænjən/	someone you spend a lot of time with, especially a friend 伴侣, 同伴
▲ psychiatry /saɪ'kaɪətri/	the study and treatment of mental illnesses 精神病学, 精神病治疗学
▲ creativity /ˌkri:ɪ'tɪvɪti/	the ability to use your imagination to produce new ideas, make things etc. 独创性, 创造性, 创造力
★ medication /medɪ'keɪʃ(ə)n/	medicine or drugs given to people who are ill 药物, 药剂
Verbs (<i>v.</i>) 动词	
▲ survive /sə'vaɪv/	to continue to live normally in spite of many problems 从〔困难〕中挺过来, 艰难渡过
▲ sob /sɒb/	to cry noisily while breathing in short sudden bursts 抽噎, 啜泣, 呜咽
▲ medicate /'medɪkeɪt/	to cover or impregnate (a wound, etc.) with an ointment, cream, etc. 涂药, 用药治疗
▲ crash /kræʃ/	to hit sth. or sb. extremely hard while moving, in away that causes a lot of damage or makes a lot of noise 〔很响地〕猛撞, 猛击
▲ coincide /ˌkəʊɪn'saɪd/	to happen at the same time as sth. else, especially by chance 同时发生〔尤指巧合〕
Adjectives (<i>adj.</i>) 形容词	
▲ clinical /'klɪnɪk(ə)l/	relating to treating or testing people who are sick 临床的
▲ precise /prɪ'saɪs/	precise information, details etc. are exact, clear, and correct 精确的, 准确的

(To be continued)

(Continued)

▲ solitary /'sɒlɪt(ə)rɪ/	used to emphasize that there is only one of sth. 单个的, 唯一的
Adverbs (adv.) 副词	
▲ gloriously /'glɒrɪəsli/	blessedly or wonderfully 辉煌地; 壮观地

符号说明: 四级词汇 ▲ 六级词汇 ◆ 超纲词汇 ★

Phrases and Expressions

tire out	to exhaust or get tired through overuse or great strain or stress 使……十分疲劳; 筋疲力尽
be conscious of	to know of 意识到……; 知道

After-reading Tasks

I. Complete the summary with information from the passage.

The writer had a hard time in a weekend of November 2000. Although he was chairing an international conference, he felt he wasn't there. As he drove home he 1 like a baby and he was suffering from 2. He was still off work, 3 in a clinical psychiatrist. Sometimes his colleagues invited him for a drink, but he never went.

The writer had been very 4 in his job in art and education, but now he didn't need to open his briefcase again. It sounds 5 but it also sounds as 6 as he can make it. In early 2001 he began to 7 every day. By October that year he had produced 68 8, and they became his 9. In the process of painting, he felt 10 at first, sometimes he felt 11, but during the late summer, he became 12 at the lake of variety, so he mixed oils and gums.

13 with taking his GP's advice, the writer applied for early 14. In autumn 2002 he showed some of those paintings in an 15 in Malta. Since then his paintings appeared in a 16 of psychiatry and at an international conference on 17 and mental well-being. Painting 18 the writer's life, and when he looked back it, the writer felt 19 and 20.

II. Choose the best answer from A, B, C and D to complete the sentences.

- When the market economy is introduced, many factories will not _____.
A. survival B. survive C. suspect D. sustainable
- He committed suicide during a bit of _____.
A. depressed B. disappointed C. depression D. appointment

3. Reading requires effort by the reader; it is easier to _____ oneself _____ a movie.
 A. lose... in B. lose... off C. find... into D. find... out
4. They were _____ in their task.
 A. frustrating B. frustration C. been frustrated D. frustrated
5. He happened to coincide _____ you on this point.
 A. from B. with C. in D. on

Extended Vocabulary

tracing 临摹	Chinese painting 国画	pigment 颜料	self-portrait 自画像
oil painting 油画	water color 水彩画	caricature 漫画	pastel drawing 蜡笔画
seascape 海景画	brush drawing 毛笔画	landscape 风景画	drawing from nature 写生画

Reading Skills

Skimming

Skimming means reading through a passage quickly to get the general idea of its context. It is a reading skill, which helps improve your comprehension and save your time. People often skim when they have a lot of material to read in a limited of time.

There are three basic forms of skimming—previewing, over-viewing, and reviewing. In previewing skimming you view the material before you actually read it. You can use it to select a book, survey a chapter, or search for useful research material. Overview skimming is to get a “big picture” view of the material. You use it when you have a lot of material to read and don’t have enough time to read it all. Reviewing skimming is to review the material again. You can use it to get back to the material again to refresh your memory, especially before a test or important discussion.

To skim efficiently you should:

- read the title of the text;
- read the first paragraph;
- read the first sentence of each of the other paragraph;
- read the final paragraph;

- look for key words.

Sample:

Most episode of absent-mindedness—forgetting where you left something or wondering why you just entered a room—are caused by a simple lack of attention, says Schacter.

Encoding, Schacter explains, is a special way of paying attention to an event that has a major impact on recalling it later. Failure to encode properly can create annoying situations. Lack of interest can also lead to absent-mindedness. Visual cues can help prevent absent-mindedness, says Schacter. “But be sure the cue is clear and available,” he cautions.

This passage is about the causes of absent-mindedness—lack of attention. The theme is put forward in the first paragraph, and the second paragraph respectively verify the theme from specific aspects: failure to encode properly and lack of interest. The last two sentences says visual cues can prevent absent-mindedness. Therefore, it is very important to get the theme through reading the first paragraph. From the structure of the whole passage, it's easy to find the general idea of the passage.

I. Choose the best answer according to the passage.

Americans are proud of their variety and individuality, yet they love and respect few things more than a uniform, whether it is the uniform of an elevator operator or the uniform of a five-star general. Why are uniforms so popular in the United States?

Among the arguments for uniforms, one of the first is that in the eyes of most people they look more professional than civilian (百姓的) clothes. Uniforms also have many practical benefits. For example, they save on other clothes and laundry bills.

Primary among the arguments against uniforms is their lack of variety and the consequent loss of individuality experienced by people who must wear them. Though there are many types of uniforms, the wearer of any particular type is generally stuck with it, without change, until retirement.

Which of the following would be the best title for this passage?

- A. Uniforms and Society
- B. The Importance of Wearing a Uniform
- C. Practical Benefits of Wearing a Uniform
- D. Advantages and Disadvantages of Uniforms

II. Read the passage “Painting Saved My Life” again and find out the best title for the first paragraph.

I don't know how I survived that weekend in November 2000. I was chairing an international conference on professional development and I could see myself performing, holding meetings, leading from the stage, but I felt I wasn't there, I was nowhere. As I drove home I sobbed like a baby.



Part 3 Grammar Focus

I. 一般现在时 (The Present Simple Tense)

1. 构成

动词用原型，主语为第三人称单数时动词有变化。

具体变化规则如下：

- (1) 一般情况直接加 -s，如 play—plays, sing—sings, learn—learns.
- (2) 以 o, s, x, ch, sh 结尾的词加 -es，如 teach—teaches, wash—washes.
- (3) 以辅音加 y 结尾，变 y 为 i 加 -es。
- (4) be 动词的变化形式是 am, is, are。
- (5) have 动词的变化形式是 has。

2. 功能

(1) 表示经常性、习惯性的动作或表示状态、特征、性能。

She seldom tells lies.

I always get up earlier and go to bed earlier.

She loves dancing.

(2) 表示真理、事实或用于谚语、格言中。

The sun rises in the east and sets down in the west.

Summer follows spring.

Time and tide wait for no man.

(3) 在表示时间、条件、比较等状语从句中，用一般现在时代替一般将来时。

(引导词有 when, if, after, before, although, as, as soon as, the moment, the minute, the next time, whether, because, even if, in case, though, till, until, unless, so long as, where, whatever, wherever 等)

She will be sad when she hears the news.

I shall telephone her the minute he gets home.

The next time you come, he will be a college student.

(4) 表示现在瞬间(如体育运动的实况报道、戏法表演、技术操作表演等的解说词)、不确定的过去时间(仅限于为数不多的动词,如 hear, tell, say, forget 等)和将来时间(指按时间表将要发生的动作或事件,或者事先安排好的动作)。

John passes to Roy, Roy to Jim, Jim takes it forward and now shoots.

Han Meimei tells me you have graduated from that university.

I hear he has come back from Canada.

The meeting begins at 2:00 in the afternoon and ends at 5:00.

They will meet to decide who speaks at the meeting.

(5) 用于说明性的文字中。

The book says that women can live longer than men.

US President holds talks with British Prime Minister.

II. 现在进行时 (The Present Continuous Tense)

1. 构成

am / is / are + 现在分词。

现在分词的构成规则如下:

(1) 一般情况下,在动词原形后加 -ing,如 study—studying, play—playing, learn—learning.

(2) 以不发音的 e 结尾的动词,先去掉 e,再加 -ing,如 live—living, take—taking, smile—smiling.

(3) 以重读闭音节结尾,且词尾只有一个辅音字母,先双写辅音字母,再加 -ing,如 stop—stopping, run—running, permit—permitting.

(4) 以 ie 结尾的词,要把 ie 变为 y,再加 -ing,如 tie—tying, lie—lying, die—dying.

(5) 以 ye 和 oe 结尾的词,直接加 -ing,如 dye—dyeing, hoe—hoeing.

2. 功能

(1) 表示现在或现阶段正在进行的动作。

It is raining outside.

She is learning French in France.

I am preparing for that examination these days.

(2) 表示反复多次或习惯性动作。

The girl is singing that song.

The plane is arriving late almost every day this winter.

These women are complaining, grumbling, cursing the whole day.

(3) 表示两个动作进行对比或表示两个动作是同一动作。

While they are climbing up, we are climbing down.

We are sympathizing with her, but not speaking ill of you.

He who helps others is helping himself.

In doing it that way, you are wasting time and money.

(4) 表示即将开始或结束的动作，以及最近按计划或安排将要进行的动作。(常用的这类动词有：go, come, leave, arrive, land, meet, move, return, start, stay, stop, do, dine, give, have, pay, join, punish, spend, sleep, take, change, fly, work, wear, see, play 等)

The sun is rising / setting.

She is leaving for California tomorrow.

I am publishing an English book this year.

III. 一般现在时和现在进行时的区别

1. 一般现在时表示经常性的动作；而现在进行时表示现在正在发生、进行的动作，或现阶段正在进行的动作。

He walks to school every day.

He is walking to school now.

We often take a walk on our campus.

We are taking a walk on our campus.

2. 一般现在时只说明事实，而现在进行时可表示感情色彩。

Mary does well in English.

Mary is always doing well in English.

I. Choose the correct tense of the verbs in brackets to complete the following sentences.

1. She always _____ up at six o'clock in the morning. (gets / is getting)

2. Water _____ at 100 °C. (boils / is boiling)

3. Whatever _____, I will be with you. (happens / is happening)

4. The meeting _____ at 9 o'clock in the morning and _____ at 5 o'clock in the afternoon. (begins / is beginning, ends / is ending)

5. When I grow up, I _____ to the moon. (fly / am flying)

6. The kettle _____. Shall I make tea? (boils / is boiling)

7. A factory _____ by the river. (builds / is building)

8. She often _____ in the library. (reads / is reading)
9. You _____ time! (waste / are wasting)
10. The bike _____ my sister. (belongs to / is belonging to)

II. Translate the following sentences into English.

1. 他喜欢阅读胜过玩电脑游戏。

2. 她在哭，而她的男朋友却在笑。

3. 雪莱说：“冬天到了，春天还会远吗？”

4. 你离开得越早到得越早。

5. 如果明天下雨，我们该怎么办？



Part 4 Guided Writing

Planning a Paragraph: TS — DS — CS

To write a good paragraph, the writer needs to plan the paragraph very carefully. First, the writer should think of the theme or the main idea, and make it clear to the reader in a sentence, which is called topic sentence (TS). Then, think of some examples, facts or relative supporting details to support or explain the main idea. The sentences presenting examples, facts or details are called developing sentences (DS). After that, the writer needs to give a logical conclusion to the main idea. The sentence is named concluding sentence (CS).

Sample:

Swimming is considered as one of the most popular spots in the world. Many people like it because it is not so exhausting as playing basketball or football. But it can make people cool, relaxed and comfortable, especially in summer. Swimming in the cool water, taking deep breaths, people may have a sense of refreshing. Besides, it can also make people energetic by providing an opportunity for people to get enough exercise. The last but not the least is that it has become

more and more popular with people of all ages. That's why all kinds of people, both the old and the young, can be found in the swimming pool during the summer time.

In the above example, the topic sentence of this paragraph is the first sentence “Swimming is considered as one of the most popular spots in the world.” The concluding sentence is the last sentence in this paragraph: “That’s why all kinds of people, both the old and the young, can be found in the swimming pool during the summer time.” The other five sentences are called developing sentences, which present the reasons why swimming is considered as one of the most popular spots in the world from three aspects.

I. Identify the topic sentence, the developing sentences and the concluding sentence in the following passage.

Friendship is indispensable in our daily life. Friendship is to our life what salt is to dasher. When you are happy, friendship is just like adding flowers on the brocade; when you are sad, friendship is a dose of consolation; if you are in trouble, friends will surround you and remove the barriers for you; if you have a hard nut to crack, you can turn to friends for help. We admire the great friendship between Marx and Engel, which firmly combined them and pushed them forward on the road to exploring and fulfilling Communism. Friendship isn’t almighty, but no one can live happily without it.

II. According to the following topic, supply the relevant supporting details, and then work out a reasonable conclusion.

E-books will not replace traditional books.



Part 5 Culture Salon

I. People celebrate Valentine’s Day on February 14th by giving flowers, candy and cards to those we love. The following are the meanings of rose quantities to help you show the true feelings.

1 rose: Love at first sight, you are the only one.

2 roses: Mutual feelings, a commitment, an engagement.

3 roses: I love you.

9 roses: I will love you forever.

10 roses: You are pretty.

11 roses: You’re my treasured one.

II. Here are some customs of Valentine's Day in five countries, and you can find more information about the customs.

England	Men send gifts to women, and give rose to each other.
France	Men will give some surprise to women.
America	Men go out, sing, and put presents on their favorite girl's doorstep.
Japan	Girls send DIY chocolates to the boy that they like, and boys give something back on White Valentine.
China	Men and women exchange gifts, and held various parties to celebrate valentine's day.



Part 6 Unit Tasks

1. Work in pairs. Discuss with your partner what are the most common personal goals for young people. The following are some sample goals:

Being successful in subject

Traveling to some special places

Trying new things

Keeping fit

Having several good friends

2. Write a short essay. Suppose you set a goal for travelling to a place, please write a specific plan to achieve it.