

Unit 1



Preview ▶

Communicating successfully with people from different cultures can be a real challenge. Cultural differences may lead to tensions, arguments, and even wars between peoples and nations. We bear equal responsibility for teaching people of different cultures about our culture and in turn learning about theirs. We cannot expect people from other cultures to understand ours automatically. Probably the best strategy for coping with the various impacts of culture shock is to make a conscious effort to adjust to the new culture, though it may require personal awareness, patience, and perseverance.



SECTION A

Pre-reading Activities

First Listening

Listen to a passage about people's attitude toward time in the US.

Second Listening

Listen to the passage again and answer the following questions according to what you hear. The last question is open-ended and may have different answers.

1. What precious resource do Americans value?
2. What is considered to be a waste of time in the US?
3. What do you think of time-conscious Americans?

TEXT

Time-Conscious Americans

Para 1

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 2

“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

※ 课文中的生词以黑体标注。

have run out of a person's **hourglass**, they cannot be replaced. We want every minute to count. 10

Para 3 A foreigner's first impression of the US is likely to be that 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. Racing through daytime meals is part of the pace of life in this country. Working time is considered precious. 15
Others in public eating-places are waiting for you to finish so they, too, can be served and get back to work within the time allowed. You also find drivers will be **abrupt** and people will push past you. You will miss smiles, brief conversations, and small exchanges with strangers. Don't take it personally. This is because people value time highly, and they resent someone else 20
“wasting” it beyond a certain appropriate point.

Para 4 Many new arrivals in the States will miss the **opening** exchanges of a business call, for example. 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. They may miss **leisurely** business chats in a restaurant or coffee house. 25
Normally, Americans do not **assess** their visitors in such relaxed **surroundings** over extended small talk; much less do they take them out for dinner, or around on the golf course while they develop a sense of trust. Since we generally assess and **probe** professionally rather than **socially**, we start talking business very quickly. Time is, therefore, always **ticking** in our inner ear. 30

Para 5 **Consequently**, we work hard at the task of saving time. We produce a steady flow of labor-saving **devices**; we communicate rapidly through **faxes**, phone calls or **emails** rather than through personal contacts, which though pleasant, take longer—especially **given** our traffic-filled streets. We, therefore, save most personal visiting for after-work hours or for social weekend **gatherings**. 35

Para 6 To us the **impersonality** of **electronic** communication has little or no relation to the **significance** of the matter at hand. In some countries no major business is **conducted** without eye contact, requiring face-to-face conversation. In America, too, a final agreement will normally be signed in person. However, people are meeting **increasingly** on television screens, conducting 40
teleconferences to settle problems not only in this country but also—by satellite—internationally.

Para 7 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 45 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 8

Some new arrivals will come from cultures where it is considered **impolite** to work too quickly. Unless a certain amount of time is allowed to **elapse**, it seems in their eyes as if the task being considered were insignificant, not 50 worthy of proper respect. Assignments are, consequently, given added weight by the passage of time. 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. Usually, the more important a task is, the more **capital**, energy, and attention will be poured into it in order to “get it moving”.

(Words: 685)



New Words



	budget /'bʌdʒɪt/	<i>v.</i>	plan carefully how much of sth. will be needed (为…) 作出安排
		<i>vi.</i>	plan the spending of money carefully 制定预算
		<i>n.</i>	[C] the amount of money a person or organization has to spend on sth. 预算
a	charge /tʃɑːdʒ/	<i>v.</i>	ask sb. for an amount of money for a service 向…收费, 要价
	acute /ə'kjuːt/	<i>a.</i>	1. quick to notice sth. 敏感的; 敏锐的 2. very serious or severe 严重的
	hourglass /'aʊəglɑːs/	<i>n.</i>	[C] (计时用的) 沙漏
	restless /'restlɪs/	<i>a.</i>	unable to keep still because one is nervous, bored, or impatient 烦躁的; 不安静的
	<i>restlessly</i> /'restlɪslɪ/	<i>ad.</i>	in a restless manner; impatiently 烦躁地; 不安静地
	elbow /'elbəʊ/	<i>vt.</i>	push sb. with the elbows 用肘推 (或撞) 人
		<i>n.</i>	[C] the joint where the arm bends 肘
	abrupt /ə'brʌpt/	<i>a.</i>	1. (of behavior) rough; offensive 粗鲁的, 无礼的 2. sudden and unexpected 突然的, 意外的

※ 单词表中一般要求词汇不作标记; 较高要求词汇标记为★, 如★**assimilate**; 更高要求词汇标记为▲, 如▲**lyric**; 超纲词汇标记为■, 如■**tattoo**; 积极词汇在左侧色框内用ⓐ标记; 纲内词汇的派生词或复合词为斜体。派生词与复合词不计入生词总量。



Unit 1

	opening /'əʊpənɪŋ/	<i>a.</i> <i>n.</i>	beginning; starting 开始的 1. [C] an occasion when a new building, road, etc. is used for the first time, esp. one that involves a ceremony 开业典礼; 落成典礼 2. [C] a position that is available in a business or firm 空缺职位
	ritual /'rɪtʃʊəl/	<i>a.</i> <i>n.</i>	done regularly and in the same way 例行的; 惯常的 [C, U] sth. done regularly and in the same way 惯例
	interaction /ˌɪntər'ækʃən/	<i>n.</i>	1. [C, U] communication 交流 2. [C, U] a process by which two or more things affect each other 相互作用; 相互影响
a	convention /kən'venʃən/	<i>n.</i>	1. [C, U] general, usu. unspoken agreement about how people should act or behave in certain situations 习俗; 惯例 2. [C] a meeting of members of a profession, political party, etc. 会议; 大会
	leisure /'li:ʒə(r)/	<i>n.</i>	1. [U] time free from work or other duties; spare time 空闲, 闲暇 2. [U] ease 悠闲, 安逸
	<i>leisurely</i> /'li:ʒəli/	<i>a.</i>	without hurrying 从容的; 不匆忙的
a	assess /ə'ses/	<i>vt.</i>	judge or decide the amount, value, quality, or importance of sb. or sth. 评价, 评估
	surroundings /sə'raʊndɪŋz/	<i>n.</i>	(<i>pl.</i>) all the objects, conditions, etc. that are around and may affect sb. or sth.; environment 周围的事物; 环境
	probe /prəʊb/	<i>v.</i> <i>n.</i>	try to find out the truth about sth. 调查; 探究 [C] 探针 (医生检查伤口用的钝头细长工具)
a	social /'səʊʃəl/	<i>a.</i>	1. relating to society and people's lives in general 社会的 2. relating to meeting people and spending time with them 社交的
	<i>socially</i> /'səʊʃəli/	<i>ad.</i>	与社会 (或社交) 相关地
	tick /tɪk/	<i>vi.</i> <i>n.</i>	(of a clock or watch) make a short repeated sound (钟、表等) 滴答响 [sing.] the short repeated sound that a clock or watch makes (钟、表的) 滴答声
	consequently /kən'sɪkwəntli/	<i>ad.</i>	as a result 因此, 所以
a	device /dɪ'vaɪs/	<i>n.</i>	1. [C] a machine or tool for a special purpose 器械, 装置 2. [C] a way of doing sth. 方法, 手段
	fax /fæks/	<i>n.</i>	[C] 传真; 传真机
	email /'i:meɪl/	<i>n.</i>	[C, U] (<i>also</i> e-mail) 电子邮件
	given /'gɪvən/	<i>prep.</i>	taking sth. into account; considering 如果考虑到
	<i>gathering</i> /'gæðərɪŋ/	<i>n.</i>	[C] a meeting 集会, 聚会
	<i>impersonality</i> /ˌɪmpɜ:sənə'leɪtɪ/	<i>n.</i>	[U] the quality of not showing or including personal feelings 不牵涉个人感情; 无人情味
a	electronic /ˌɪlek'trɒnɪk/	<i>a.</i>	1. using devices such as radios, televisions, computers, etc. 使用电子设备的 2. produced or operated by a flow of electrons 电子的



a	significance /sɪɡ'nɪfɪkəns/	n.	[sing., U] the importance of an event, action, etc. 重要性; 重要意义
a	conduct /kən'dʌkt/	vt.	1. carry out 进行; 实施 2. act as the path for electricity, heat, etc. 传导(电或热)
	/kɒndʌkt/	n.	[U] the way sb. behaves 行为, 举止
	increasingly /ɪn'kri:slɪ/	ad.	more and more 日益; 愈加
	conference /'kɒnfərəns/	n.	[C] a formal meeting (正式)会议
	teleconference	n.	[C] (通过电话、电视等手段召开的)远程会议
	/telɪkɒnfərəns/		
a	obtain /əb'teɪn/	vt.	get sth. that one wants 获得, 得到
	superb /sju'pɜ:b/	a.	extremely good 极好的
a	whereas /hwɛər'æz/	conj.	in contrast; while 然而; 但是
	postal /'pəʊstəl/	a.	relating to post; sent by post 邮政的; 邮寄的
a	efficient /ɪ'fɪʃənt/	a.	working well and without wasting time, money, or energy 效率高的
	impolite /ɪmpə'laɪt/	a.	not polite 无礼的, 失礼的
	*elapse /ɪ'læps/	vi.	(of time) pass (时间)过去, 逝去
a	skillful /'skɪlfʊl/	a.	(BrE skilful) having or showing ability to do sth. well 熟练的; 有技巧的
	skillfulness /'skɪlfʊlnɪs/	n.	[U] (BrE skilfulness) 熟练; 技巧
a	competent /'kɒmpɪtənt/	a.	having the necessary ability, skill, knowledge, etc. 有能力的; 能干的; 胜任的
a	fulfill /fʊl'fɪl/	vt.	(BrE fulfil) 1. do what one must do 履行; 执行 2. achieve sth. one wanted to do 实现; 完成
a	capital /'kæpɪtəl/	n.	[sing., U] money used to produce more wealth or for starting a business 资本; 资金

课文生词总量 36 : 课文长度 685 = 生词占课文的比率 5.26%				派生 / 复合词
一般要求词汇	较高要求词汇	更高要求词汇	超纲词汇	9
34 (积极词汇 15 个)	1	0	1	

Phrases and Expressions

fall behind	move more slowly than other people so that one is behind them 落在...后面
result in	make sth. happen; cause 导致; 造成...结果
run out	1. (of food, money, etc.) there is none left 用完; 耗尽 2. use all of sth. and not have any left 用完; 耗尽
in a rush	in a hurry 匆忙地
go with	exist or take place at the same time with sth. else 同时发生; 伴随
work at	put effort into sth. or doing sth. 致力于; 从事
in person	doing sth. by oneself 亲身; 亲自
due to	because of sth. 由于
pour into	give a lot of effort, money, etc. to sth. 大量投入(精力或金钱等)



Exercises



Comprehension of the Text

○ I. Answer the following questions.

1. What attitude results in a nation of people committed to researching, experimenting and exploring?
2. How is time treated in America? And why?
3. What is likely to be a foreigner's first impression of the US? And how does the writer describe city people?
4. What is the writer's advice if you "miss smiles, brief conversations, small exchanges with strangers"? And why?
5. What will new arrivals in America miss about business calls?
6. What examples does the writer give to show that Americans work hard at the task of saving time?
7. How do Americans view the impersonality of electronic communication?
8. What is the main idea of the last paragraph?

○ II. Questions for discussion or oral report.

1. How do you understand "Once the sands have run out of a person's hourglass, they cannot be replaced" ?
2. Do you prefer a slow pace of life or a fast pace? Give your reasons.
3. Browse the Internet and find out how different cultures treat time in different ways.

Vocabulary

○ III. Fill in the blanks with the words given below. Change the form where necessary.

budget	restless	convention	acute	significance
assess	surroundings	elbow	fulfill	consequently
charge	competent	obtain	conduct	efficient



1. Lawyers _____ such high fees, but they never seem to be short of clients.
2. It is a matter of _____ that male businesspeople usually wear suits on formal occasions.
3. These people are very _____, very organized and excellent time managers.
4. Julian says he hopes to get a job and find a way to _____ a college education.
5. Having studied business at college and knowing two foreign languages, my secretary is perfectly _____ for her job.
6. The leading economists of the country have been _____ the influence of the current crisis upon its economy.
7. The general public did not have confidence that the government would be able to _____ this difficult job.
8. The company is _____ a survey to find out local reaction to their recently promoted product.
9. The rain was heavy and _____ the land was flooded.
10. The discovery of the oilfield is of great _____ to the economy in this region.

○ **IV. Fill in each of the blanks with a suitable preposition or adverb.**

1. We can't afford to fall _____ other businesses in using new technology.
2. Realizing that his retirement was near _____ hand, he looked for some additional income that would provide for his children.
3. Months of secret talks with the opposition party finally resulted _____ the setting free of the political prisoners.
4. When the car broke down on the highway for a third time, John's patience completely ran _____.
5. He cannot go without wine even for one day; he is a complete slave _____ drink.
6. What one thinks and feels is, in the eyes of social scientists, mainly due _____ tradition, habit, and education.
7. It is a real honor to have the opportunity of meeting the well-known scientist _____ person.
8. Happiness doesn't necessarily go _____ money.
9. In the thick forest, you can walk from the edge till your feet ache, and still you'll see nothing _____ tall trees and other plants.
10. Every day the manager has to account to the chairman _____ how he spends the company's money.



- **V. Fill in the blanks in the following passage by selecting suitable words from the Word Bank. You may not use any of the words more than once.**

As a foreigner doing business in the United States, I feel very rushed. I am used to friendly opening exchanges when doing business. Here in Chicago, things are different. There is no time for getting to know one another. This does not seem 1 to me. There is no chance to develop a sense of trust when people meet to talk over issues. There are no 2 like tea or coffee before discussing business, though this is a(n) 3 in my country. When we discuss business it starts with a(n) 4 chat. I think that it is important for business partners to get familiar with each other first and to feel relaxed. If the exchange is too 5 , there is a risk that something will be forgotten. Some possibilities go without being 6 when there is too much pressure. I don't believe this is the best strategy for proper communication. Besides, the 7 is that they just don't care about you as an individual here. You are basically just another 8 of making money.

All of this used to create a real 9 for me. At first, it caused me to have as little 10 with American business partners as possible. Gradually, though, I have come to understand the cultural differences between our two countries. This has really helped me to feel more comfortable doing business here.

Word Bank

- A) assessed
- B) accessed
- C) rituals
- D) convention
- E) perception
- F) distinction
- G) means
- H) process
- I) dilemma
- J) relation
- K) interaction
- L) appropriate
- M) convenient
- N) leisurely
- O) abrupt

Word Building

- **VI. The suffixes *-ment*, *-ation*, *-tion*, *-sion*, and *-ion* are added to verbs to form nouns. Study the table below.**

Verb	Suffix	Noun
manage	-ment	management
inform	-ation	information
produce	-tion	production
decide	-sion	decision
educate	-ion	education



Give the noun form of the following verbs.

1. commit _____	2. attract _____
3. appoint _____	4. impress _____
5. civilize _____	6. compose _____
7. confuse _____	8. congratulate _____
9. consider _____	10. explain _____
11. acquire _____	12. depress _____

- VII. The suffix *-able* can be added to verbs to form adjectives meaning “able to be V+ed”, “worthy of being V+ed” or “that ought to be V+ed”. Add *-able* to the following verbs to form adjectives. Then complete the following sentences with the adjectives.

desire favor consider accept drink advise remark prefer

1. It is _____ always to wear a safety belt when you are driving.
2. To do the job of the sales representative, it is _____ that you know something about the products as well as about the market.
3. The bank will lend you money on very _____ terms as long as they are convinced that you will be able to return the money in good time.
4. The government has recently announced its new policy on environmental protection, but a _____ number of people object that the government has acted too slowly.
5. Finland is a country in Northern Europe and is _____ for its large number of lakes.
6. Conventionally, a dark suit is _____ to a light-colored one for official occasions.
7. The quality of the water has very much improved in this region and now the water coming directly from a tap is perfectly _____.
8. After a one-week talk they have finally reached an agreement on this issue _____ to both parties.



Sentence Structure

- VIII. Complete the following sentences by translating the Chinese into English after the model, using “much less”.

Model: Americans do not assess their visitors in such relaxed surroundings over extended small talk, _____ (更不用说带他们出去吃饭了).

Americans do not assess their visitors in such relaxed surroundings over extended small talk, much less do they take them out for dinner.

1. The student can hardly speak simple English, _____ (更不用说写英语文章了).
2. He cannot manage a small shop, _____ (更不用说管理一家大公司了).
3. John couldn't even pick up the box, _____ (更不用说把它搬到楼上去).
4. I've never seen the man, _____ (更不用说跟他谈话了).
5. Almost every scientist now finds it impossible to read all the works connected with his own subject, _____ (更不用说大量地阅读自己学科以外的东西了).

- IX. Combine the following sentences using the conjunction “whereas” to introduce a clause which contrasts with what is said in the main clause.

Model: The telephone service is superb here. The postal service is less efficient.

The telephone service is superb here, whereas the postal service is less efficient.

1. Having meals at home can cost as little as two or three dollars. Eating out at a restaurant is always more expensive.

2. We thought she was rather proud. In fact she was just very shy.



3. We have never done anything for them. They have done so much for us.

4. Natalie prefers to stay for another week. Her husband prefers to leave immediately.

5. Some praise him highly. Others put him down severely.

Translation

○ X. Translate the following sentences into English.

1. 她连水都不愿喝一口，更别提留下来吃饭了。(much less)

2. 他认为我在对他说谎，但实际上我讲的是实话。(whereas)

3. 这个星期你每天都迟到，对此你怎么解释？(account for)

4. 他们利润增长的部分原因是采用了新的市场策略。(due to)

5. 这样的措施很可能会带来工作效率的提高。(result in)

6. 我们已经在这个项目上投入了大量时间和精力，所以我们只能继续。(pour into)

○ XI. Translate the following sentences into Chinese.

1. I don't think that he would commit robbery, much less would he commit violent robbery.

2. Men earn ten dollars an hour on average, whereas women only seven dollars.

3. Once the balance in nature is disturbed, it will result in a number of possible unforeseeable effects.

4. The final examination is close at hand; you'd better spend more time reading.



5. What is interesting is that consumers find it increasingly difficult to identify the nationality of certain brands. This is due partly to globalization and partly to changes in the location of production.

6. A recent survey showed that women account for 40 percent of the total workforce.

Cloze

- XII. Read the following passage carefully and choose the best word or phrase to fill in each blank.

I am frequently asked the question, “Can you use chopsticks (筷子)?” I have lived in Korea, Japan, and China. In each country, I have, 1 than not and without having requested one, been given a fork 2 one was available. I have politely refused and said that I would be fine with chopsticks. Sometimes, I have to make 3 explanation.

Chopsticks are 4 my worries when I am eating in an Asian home or restaurant. In fact, learning 5 to use chopsticks takes me 6 a few weeks. This is not to say I was skillful, though. Learning how to use chopsticks is easy for me, 7 learning the rituals and how to 8 myself at the table is quite difficult. 9 times do I have to say “no, thank you” 10 I really mean “no, thank you, I truly am full”? How do I get away with refusing more food without 11 someone? If I insist and I still get more, is it appropriate just not to eat it? This would be 12 where I come from.

I have enjoyed many great meals and my 13 with the people have been great. I am 14 aware that I will never be able to 15 as much as I have received. I don't know how I can ever thank all of the people who introduced me to eating in Asia.

- | | | | |
|---------------------|-------------------|-----------------|--------------------|
| 1. A. very often | B. too often | C. more often | D. most often |
| 2. A. for | B. when | C. after | D. because |
| 3. A. more | B. further | C. another | D. other |
| 4. A. the least of | B. the worst of | C. the most of | D. the greatest of |
| 5. A. when | B. what | C. where | D. how |
| 6. A. more than | B. nothing but | C. rather than | D. instead of |
| 7. A. where | B. because | C. whereas | D. since |
| 8. A. contrast | B. consider | C. contact | D. conduct |
| 9. A. Just how many | B. Always so many | C. Why so much | D. Not many |
| 10. A. until | B. since | C. when | D. as |
| 11. A. delighting | B. denying | C. demanding | D. offending |
| 12. A. impatient | B. impersonal | C. impolite | D. impossible |
| 13. A. conventions | B. significance | C. interactions | D. surroundings |
| 14. A. largely | B. increasingly | C. initially | D. necessarily |
| 15. A. give back | B. give up | C. give away | D. give in |



Text Structure Analysis

A Paragraph of a General Statement Supported by Specific Details and Reasons

In the passage, the writer presents his statements first and goes on to support his statements with specific details. Then the writer briefly tells us the reason. Now read Paragraph 3 and have a look at the chart below.

Para. 3

A foreigner's first impression of the US is likely to be that 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. Racing through daytime meals is part of the pace of life in this country. Working time is considered precious. Others in public eating-places are waiting for you to finish so they, too, can be served and get back to work within the time allowed. You also find drivers will be abrupt and people will push past you. You will miss smiles, brief conversations, and small exchanges with strangers. Don't take it personally. This is because people value time highly, and they resent someone else "wasting" it beyond a certain appropriate point.

General statement: Everyone is in a rush—often under pressure.

How is it that everyone is in a rush?

Specific details:

1. 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. Racing through daytime meals is part of the pace of life in this country.
2. Working time is considered precious. Others in public eating-places are waiting for you to finish so they, too, can be served and get back to work within the time allowed.
3. You also find drivers will be abrupt and people will push past you. You will miss smiles, brief conversations, and small exchanges with strangers.

Why is it that everyone is in a rush?

The reason: This is because people value time highly, and they resent someone else "wasting" it beyond a certain appropriate point.



- XIII. Have a look at Paragraph 7 to find out how the general statement is supported by specific details and the reason.

Para. 7

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.

General statement: The US is definitely a telephone country.

How is it that the US is a telephone country?

Specific details: _____

Why is it that the US is a telephone country?

The reason: _____

Structured Writing

Have a look at the outline and the sample paragraph that has been written in the same text structure as you have analyzed.

General statement:

Computers will play an increasingly important role in our daily life.

Specific details:

- learn about news worldwide
- evaluate and treat sickness
- show routes, take money from our bank accounts

Sample Paragraph

Computers will play an increasingly important role in our daily life. With computers linked to the Internet, we can stay indoors and learn about news worldwide. Doctors will use computers to evaluate and treat sickness. Computers in cars will show our routes, take money from our bank accounts, identify



- take care of regular duties in the home

The reason:

Computers work efficiently.

motor problems, figure out repair costs and locate repair shops. Home computers will take care of regular duties in the home, help with homework, and order food. This is because computers can work more efficiently.



○ XIV. Write a paragraph with a general statement supported by specific details and reasons on one of the following topics. One topic has been given a detailed outline that you can follow.

General statement:

Environmental protection has become a major concern for society.

Specific details:

- teachers and students discuss environmental protection
- city planners take environmental problems into consideration
- factories reduce pollution

Reasons:

- air and water pollution affects everyone
- cities to survive
- businesses to make a profit

MORE TOPICS:

- Computers are of great use to our daily life.
- English is becoming more important.

Handwriting practice lines consisting of multiple horizontal wavy lines for writing.



SECTION B

Reading Skills ▶

Reading for the Main Idea in a Paragraph

Being able to determine the main idea of a paragraph is one of the most useful reading skills you can develop. It is a skill you can apply to any kind of reading. The main idea of a paragraph is the thought that is present throughout the paragraph. In a well-written paragraph, most of the sentences support, describe, or explain the main idea.

Writers frequently use the first sentence of a paragraph to state the main idea, as is clear from the following example taken from Text A:

Consequently, we work hard at the task of saving time. We produce a steady flow of labor-saving devices; we communicate rapidly through faxes, phone calls or emails rather than through personal contacts, which though pleasant, take longer—especially given our traffic-filled streets. We, therefore, save most personal visiting for after-work hours or for social weekend gatherings. (Para. 5)

Main idea: *We work hard at the task of saving time.*

However, the main idea sentence may also occur in other places: in the middle or at the end of a paragraph. Sometimes, there is no sentence in a paragraph that directly states the main idea. The main idea is simply left unstated or implied.



Reading Skills

- I. As you read Text B, write down the main idea for some of the paragraphs in your own words.

TEXT

Culture Shock

Para 1 Do you think studying in a different country is something that sounds very exciting? Are you like many young people who leave home to study in another country thinking you will have lots of fun? Certainly, it is a new experience, which brings the opportunity to discover fascinating things and a feeling of freedom. In **spite** of these advantages, however, there are also some challenges you will encounter. Because your views may **clash** with the different beliefs, norms, values and **traditions** that exist in different countries, you may have difficulty adjusting to a new culture and to those parts of the culture not familiar to you. This is called “culture shock”. At least four essential stages of **adjustment** occur during culture shock.

Main idea of Para. 1: _____

Para 2 The first stage is called “the **honeymoon**”. In this stage, you are excited about living in a different place, and everything seems to be **marvelous**. You like everything, and everybody seems to be so nice to you. Also, the **amusement** of life in a new culture seems to have no ending.

Main idea of Para. 2: _____

Para 3 Eventually, however, the second stage of culture shock appears. This is “the **hostility** stage”. You begin to notice that not everything is as good as you had originally thought it was. You become tired of many things about the new culture. **Moreover**, people don’t treat you like a guest **anymore**. Everything that seemed to be so wonderful at first is now awful, and everything makes you feel **distressed** and tired.



Main idea of Para. 3: _____

Para 4 Usually at this point in your adjustment to a new culture, you **devise** some defense **mechanisms** to help you **cope** and to protect yourself against the effects of culture shock. One type of coping mechanism is called “**repression**”. This happens when you pretend that everything is **acceptable** and that nothing bothers you. Another type of defense mechanism is called “**regression**”. This occurs when you start to act as if you are younger than you actually are; you act like a child. You forget everything, and sometimes you become careless and **irresponsible**. The third kind of defense mechanism is called “**isolation**”. You would rather be home alone, and you don’t want to communicate with anybody. With isolation, you try to avoid the effects of culture shock, or at least that’s what you think. Isolation is one of the worst coping mechanisms you can use because it separates you from those things that could really help you. The last type of defense mechanism is called “**rejection**”. With this coping mechanism, you think you don’t need anybody. You feel you are coping fine alone, so you don’t try to ask for help.

Main idea of Para. 4: _____

Para 5 The defense mechanisms you **utilize** in the hostility stage are not helpful. If you only occasionally use one of these coping mechanisms to help yourself survive, that is acceptable. You must be cautious, however. These mechanisms can really hurt you because they prevent you from making necessary adjustments to the new culture.

Para 6 After you **deal** with your **hostile** feelings, **recognition** of the **temporary** nature of culture shock begins. Then you come to the third stage called “**recovery**”. In this stage, you start feeling more positive, and you try to develop comprehension of everything you don’t understand. The whole situation starts to become more **favorable**; you recover from the **symptoms** of the first two stages, and you adjust yourself to the new norms, values, and even beliefs and traditions of the new country. 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**.



Main idea of Para. 6: _____

Para 7 The last stage of culture shock is called “adjustment”. In this stage, you have reached a point where you actually feel good because you have learned enough to understand the new culture. The things that initially made you feel uncomfortable or strange are now things that you understand. This **acquisition** of understanding **alleviates** much of the stress. Now you feel comfortable; you have adjusted to the new culture. 50
55

Para 8 Culture shock is not something you can avoid when living in a foreign country. It does not seem like a very helpful experience when you are going through its four stages. However, when you have completely adjusted to a new culture you can more fully enjoy it. You learn how to **interact** with other people, and you learn a **considerable** amount about life in a culture that is not your own. **Furthermore**, learning about other cultures and how to adjust to the shock of living in them helps you learn more about yourself. 60

(Words: 755)

New Words



a	spite /spart/	<i>n.</i>	(<i>in ~ of</i>) despite; regardless of 虽然; 尽管
	clash /klæʃ/	<i>vi.</i>	1. disagree about sth. 不一致; 冲突
		<i>n.</i>	1. [C] an argument 不一致; 争论 2. [C] a short fight 冲突
a	tradition /trə'dɪʃən/	<i>n.</i>	[C, U] beliefs or customs passed down from one generation to the next 传统
	adjustment /ə'dʒʌstmənt/	<i>n.</i>	[C, U] the act of adjusting 调整
	honeymoon /'hʌnɪmuːn/	<i>n.</i>	[C] a holiday taken by a couple who have just got married; (<i>fig.</i>) a period of good feeling or good relations 蜜月期; (喻) 短暂的和谐期
	marvelous /'mɑːvələs/	<i>a.</i>	(<i>BrE</i> marvellous) extremely good; wonderful 非常好的; 绝妙的
a	amusement /ə'mjuːzmənt/	<i>n.</i>	1. [U] the feeling of being amused 愉快, 快乐 2. [C] sth. that makes time pass pleasantly 娱乐(消遣)活动
	▲hostility /hɒ'stɪləti/	<i>n.</i>	[U] unfriendly behavior or feeling toward sb. 敌意; 敌对
a	moreover /mɔː'rəʊvə(r)/	<i>ad.</i>	what's more; in addition 此外; 而且
	anymore /'eni'mɔː(r)/	<i>ad.</i>	(<i>used in negatives</i>) (not) any longer 再也(不)



Unit 1

	distress /dɪ'stres/	<i>vt.</i> <i>n.</i>	make sb. feel very upset 使痛苦; 使苦恼 [U] a feeling of extreme unhappiness 痛苦, 苦恼
	devise /dɪ'vaɪz/	<i>vt.</i>	create or invent a new way of doing sth. 设计; 发明
	mechanism /'mekənɪzəm/	<i>n.</i>	[C] a way of behaving that helps sb. deal with a problem 行为方式; 机制
	cope /kəʊp/	<i>vi.</i>	be able to deal with sth. difficult 应付; 处理
	*repression /rɪ'preʃən/	<i>n.</i>	1. [U] control of strong feelings (对情感或欲望的) 压抑; 抑制 2. [U] cruel and severe control of a large group of people 镇压
a	acceptable /ək'septəbl/	<i>a.</i>	good enough; satisfactory 可接受的; 合意的
	■ regression /rɪ'greʃən/	<i>n.</i>	[U] a return to an earlier stage of development 回归; 倒退
	irresponsible /ɪrɪ'spɒnsəbl/	<i>a.</i>	not responsible 不负责任的
a	isolate /'aɪsəleɪt/	<i>vt.</i>	keep sb. or sth. apart from other people or things 使孤立; 使隔离
	*isolation /aɪsə'leɪʃən/	<i>n.</i>	[U] the state of being isolated 隔离; 孤立
a	reject /rɪ'dʒekt/	<i>vt.</i>	1. refuse to accept sth. 拒绝; 不接受 2. throw sth. away 抛弃; 丢弃
	rejection /rɪ'dʒekʃən/	<i>n.</i>	[C, U] the act of not accepting 拒绝; 不接受
a	utilize /'ju:tɪlaɪz/	<i>vt.</i>	(BrE utilise) use; make use of 使用
a	deal /di:l/	<i>vi.</i>	(dealt, dealt) (<i>with</i>) take action, esp. to solve a problem 对付; 应付; 处理
	hostile /'hɒstail/	<i>a.</i>	1. angry and very unfriendly toward sb. 怀有敌意的, 敌对的 2. of an enemy 敌方的
a	recognition /rekəg'nɪʃən/	<i>n.</i>	[sing., U] the act of realizing and accepting that sth. is true 承认; 认可
a	temporary /'tempərəri/	<i>a.</i>	lasting only for a short time 暂时的
	recovery /rɪ'kʌvəri/	<i>n.</i>	1. [sing., U] return to a normal state 恢复; 痊愈 2. [U] the act of getting sth. back that is lost 重获; 复得
a	favorable /'feɪvərəbl/	<i>a.</i>	(BrE favourable) 1. giving sb. or sth. an advantage 有利的 2. giving or showing agreement 赞成的
	symptom /'sɪmptəm/	<i>n.</i>	1. [C] a sign of a bad condition or problem 迹象; 征兆 2. [C] a sign that shows an illness 症状
	distinction /dɪs'tɪŋkʃən/	<i>n.</i>	1. [sing.] a special or unique quality 特点; 特征 2. [C] a difference between two things 区别; 差别 3. [U] the quality of being excellent 卓越; 杰出
a	appreciate /ə'pri:ʃɪeɪt/	<i>vt.</i>	1. understand and enjoy 欣赏; 赏识 2. be grateful for sth. 对...表示感谢
	acquisition /ækwɪ'zɪʃən/	<i>n.</i>	[U] the act of gaining sth. 获得; 得到
a	*alleviate /ə'li:viɪeɪt/	<i>vt.</i>	make sth. less serious 减轻, 缓和
a	interact /ɪntər'ækt/	<i>vi.</i>	1. (<i>with</i>) communicate with sb. 交流 2. have an effect on each other 相互作用; 互相影响
a	considerable /kən'sɪdərəbl/	<i>a.</i>	fairly large or great 相当大的; 相当多的
a	furthermore /'fɜ:ðəmə:(r)/	<i>ad.</i>	in addition to what has been said; moreover 此外; 而且



课文生词总量 33 : 课文长度 755 = 生词占课文的比率 4.37%				派生 / 复合词
一般要求词汇	较高要求词汇	更高要求词汇	超纲词汇	4
28 (积极词汇 16 个)	3 (积极词汇 1 个)	1	1	

Phrases and Expressions

adjust to	get used to a new situation 适应
familiar to	well known to 为...所熟悉
culture shock	confusion caused by contact with a culture other than one's own 文化冲击; 文化震撼
tired of (doing) sth.	no longer wanting sth. or wanting to do sth. 厌烦(做)某事
separate from	keep people or things apart from each other 把...分开; 分离
prevent from	stop sb. or sth. from doing sth. 阻止, 防止
recover from	return to a normal state from an illness, accident, shock, etc. 从(疾病、事故、震惊等)中恢复
go through	experience a particular process 经历; 经受

Exercises



Comprehension of the Text

○ II. Choose the best answer to each of the following questions.

- According to Paragraph 1, studying in a different country means _____.
 - discovering interesting things and a feeling of freedom
 - an opportunity to get rich
 - adjusting to culture shock all the time
 - meeting both advantages and challenges
- In the honeymoon stage, _____.
 - you mainly experience the positive elements of life in a new culture
 - you think that everything will always be perfect
 - you feel that daytime becomes much longer
 - you feel like you are taking a holiday to another country with friends



3. When you are in the hostility stage, you try to feel better by _____.
 - A. becoming tired of many things about the new culture
 - B. adjusting to the new culture
 - C. devising some defense mechanisms
 - D. experiencing the negative parts of the new culture

4. In the writer's eyes, one must be cautious even when occasionally using one of the defense mechanisms because they prevent one from _____.
 - A. feeling that these mechanisms are useful
 - B. being easily affected by cultural differences
 - C. protecting himself against the effects of culture shock
 - D. making necessary adjustments to the new culture

5. After you deal with your hostility, _____.
 - A. you begin to know that the shock of the new culture is only temporary
 - B. you fail to recognize the temporary nature of culture shock
 - C. you try to develop comprehension of everything teachers say in class
 - D. you start to know that the new culture is something really interesting

6. In the third stage, you recover from _____.
 - A. being homesick
 - B. the symptoms of culture shock
 - C. the symptoms of the first two stages of culture shock
 - D. the negative effects of being away from your home

7. In the final stage of culture shock, you feel good about the new culture because _____.
 - A. you have learned something from what you felt uncomfortable about before
 - B. you have come to understand what you didn't understand before
 - C. you have acquired enough language to help you to adjust
 - D. you have got used to the feeling of being taken as foreigners

8. You learn more about yourself when _____.
 - A. you can avoid culture shock
 - B. you learn about a new culture and how to adjust to the shock of living in it
 - C. you are going through the fourth and final stage of culture shock
 - D. you have lived in a new culture for at least one year



Vocabulary

○ III. Fill in the blanks with the words given below. Change the form where necessary.

marvelous	favorable	distress	considerable	interact
hostility	recognition	alleviate	appreciate	furthermore
utilize	reject	temporary	acceptable	

- In this section, we'll provide some important tips on how to better _____ the technologies available for distance education.
- People are free to accept or _____ what the government says of the facts.
- The city suffered _____ damage as a result of the recent earthquake, so the government would have to spend a lot of money to rebuild it.
- Because of damage to their homes, many people had to stay in _____ housing for a few months.
- The argument was settled in a way that was _____ to both sides.
- Illness and age have changed the once well-known actress beyond _____.
- You cannot cure a common cold, but you can _____ the symptoms.
- I would _____ it if you could turn down your radio a little bit.
- To be honest, the Internet isn't meant for kids, and, _____, it's not a tool for taking care of kids.
- Desks are arranged in a U-shape, so the teacher can _____ easily with the students.

○ IV. Replace the underlined words or expressions in the following sentences with expressions from the text that best keep the original meaning.

- Stories and songs can help parents communicate with their young children.
- Francis had experienced one difficulty after another before he finally became a great football player.
- The manager of the sales department will take action about all the complaints from the clients.
- The country has not yet returned to the proper economic situation after the effects of the economic crisis which hit this part of the world a few years ago.
- Many new arrivals have difficulty getting used to life in a foreign country.
- Nowadays depressing accounts of air and water pollution are often heard by the public.
- Despite a thorough enquiry, the police found no sign of the man who had escaped from prison.
- By midnight, the film star still had not appeared. The fans lost patience with waiting and started walking away from the entrance to the hotel.
- The farmers were stopped from taking their products directly to the market.
- The police reached the conclusion that she was not telling the truth.

