

前言

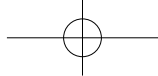
新编《大学英语综合训练教程（第二版）》（以下简称《教程》）为同名教程在2019年2月外研社版本的修订版。该教程依据《大学英语教学指南（2020版）》的教学目标和教学要求设计和编写，旨在培养学生的听、读、写、译等各项语言技能，全面提升学生的英语综合运用能力。新编《教程》包含上、下两册，可供大学一、二年级非英语专业学生课堂学习使用，也可供中级水平以上的英语学习者自学使用。

《教程》（下册）共五章，前四章每章围绕听、读、写、译中一个专项技能设置练习，第五章为以上技能的综合训练。第一章是听力，主要训练学生在听力练习前根据选项预测所听内容、在听力练习的过程中抓取核心信息等听力技能，包含长对话、篇章、讲话讲座等题型。第二章是阅读，主要训练学生根据关键词理解作者的观点、运用词汇及语法衔接手段理解篇章各部分之间的关系等阅读技能，包含词汇理解、长篇阅读、仔细阅读等题型。第三章是写作，主要训练学生就熟悉的话题和情景用英语进行书面表达的能力，包含全国大学英语四级考试常见的各种体裁。第四章是翻译，主要训练学生将语言难度一般的汉语段落翻译成英文的能力，包含中国文化、社会发展、地理生态、日常生活等话题。第五章是听读写译综合测试，目的是帮助学生自我检查。

《教程》选材内容紧跟最新时代的步伐，完全符合课程思政要求，题型丰富合理，练习设计科学方便。笔者希望，通过对《教程》的学习，读者能够切实提高英语综合运用能力。

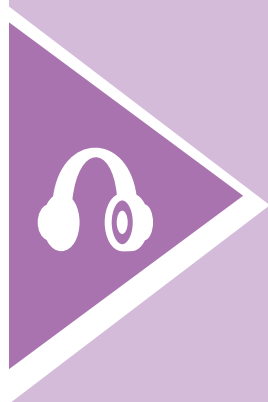
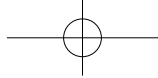
由于时间仓促，以及水平有限，本书难免有错误和不足之处，希望教育界同仁和广大读者不吝赐教。谢谢！

编者
2024年10月

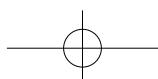


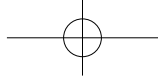
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第一章 听力





第一节

长对话

Exercise One

Directions

In this section, you will hear three long conversations. At the end of each conversation, you will hear four questions. Both the conversation and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D).

Conversation One

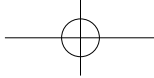
Questions 1 to 4 are based on the conversation you have just heard.

1. A) It enables people to earn more money.
B) It teaches the importance of financing.
C) It helps people with budgeting.
D) It introduces a novel way to invest.
2. A) Many Americans are not satisfied with their income.
B) Many Americans have no idea about how to invest.
C) Most Americans do not know how to save money.
D) Most Americans do not stick to a budget.
3. A) Keep track of his money.
B) Live within his means.
C) Find more sources of income.
D) Refrain from buying luxuries.
4. A) It offers a greater variety of items.
B) It helps avoid unnecessary spending.
C) It changes one's way of living.
D) It saves one's time for shopping.

Conversation Two

Questions 5 to 8 are based on the conversation you have just heard.

5. A) It is brand-new.
B) It has plenty of rooms.
C) It belongs to her mother.
D) It has been vacant for months.



6. A) Space. C) Appliances.
B) Tranquility. D) Location.
7. A) Talk to his wife about the contract terms.
B) Pay the first month's rent and a deposit.
C) Check the references of the flat owner.
D) Consult his solicitor one more time.
8. A) She can have a wonderful view of the pond.
B) She will be much closer to her workplace.
C) She can make friends with new neighbors.
D) She will have plenty of space for her shoes.

Conversation Three

Questions 9 to 12 are based on the conversation you have just heard.

9. A) He is a staff writer. C) He is an author of fiction.
B) He is an adventurer. D) He is a father of four kids.
10. A) They are interested in fairy tales.
B) They are curious and autonomous.
C) They are a headache to their parents.
D) They are ignorant of politics.
11. A) He offers them ample editorial guidance.
B) He recommends model essays to them.
C) He gives them encouragement.
D) He teaches them proofreading.
12. A) Her tastes in books changed.
B) She realized the power of reading.
C) Her reading opened her eyes to the world.
D) She began to perceive the world differently.

Listening Scripts

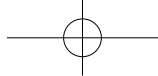
Conversation One

M: Welcome to *Money Matters*, a weekly program that helps you manage your money.

Tonight, I'll be talking to Mary Johnson about budgeting.

W: Hello, everyone.

M: There's a magic about money. When it's not planned for, tracked and kept a record of, it literally disappears. What are some of the steps we can take to prevent this from happening?



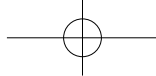
- W:** Well, it's all about keeping track of your money. If you don't do that, you'll never be able to set any goals for your budget or have the discipline to stick to them.
- M:** That's easier said than done. I read recently that only 41% of Americans adhere to a budget.
- W:** Yes, but knowing what you earn and what you spend can give you reassurance that you won't get into debt in the first place. You can do this by adding up all of your sources of income you have and writing them all down on a piece of paper. On the same page, write down all of your monthly expenses.
- M:** I'm always amazed at how much my expenses add up. But designating each item as an income or an expense really helps me have a much better sense of all my spending.
- W:** Right, most people have no idea how much they spend each day, let alone each week or month, no matter how careful they are. Next, subtract your monthly expenses from income. If the result is positive, you are living within your means. If the result is a negative number, you're going to have to cut back on your spending.
- M:** I'm usually a negative number. I just can't resist the allure of all those prestigious goods.
- W:** Well, it's not a catastrophe. But you do have to make some changes: try cutting back on those non-essential items, sell some stuff in your attic or shop online to avoid unnecessary temptations like chocolate. Failing that you can always find yourself a part-time job.

Questions 1 to 4 are based on the conversation you have just heard.

1. What does the man say about the weekly program?
2. What did the man read recently?
3. What does the woman suggest the man do first to avoid getting into debt?
4. What does the woman say about online shopping?

Conversation Two

- M:** Hi there. I've come to see the flat. My name is Mark Adams. We spoke on the phone on Wednesday.
- W:** Hi, Mark. Come on up. I'll buzz you in. Green door on the second floor on the right side. Nice to meet you. I spoke to all your references and they all checked out okay. So let me show you around. The place actually belongs to my mother. But her health isn't great. So we finally managed to persuade her to move in with us and rent this old place out.



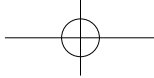
- M:** It's a great size, plenty of space, very versatile. I think it's a winner for us.
- W:** Yes, all the appliances are brand-new. There's a washing machine and a tumble dryer in the utility room next to the kitchen.
- M:** Lots of closet space too, which is fabulous. My wife has a ridiculous number of shoes. Now, the big question—what about noise and the neighbors?
- W:** Well, all the neighbors are elderly, so no noisy kids. And the back of the house overlooks a clear and peaceful pond. So it's perfect if tranquility is what you are looking for.
- M:** That's good news. We've been living in a less than glamorous part of Aberdeen, constantly harassed day and night by noisy neighbors. Getting to work was a nightmare too, as we only have one car, and my wife has to use it as she works nights at the hospital.
- W:** Well, if you like the place, it's yours as soon as I get a contract drawn up with the solicitor. The first month's rent and a deposit are mandatory on signing the contract. Then we can work out when the best day for you to pay rent each month is.
- M:** We'll be incredibly happy to be your new tenants. Thank you so much! My wife will be thrilled to get out of the shabby place we are now in and start filling those wardrobes with all those shoes.

Questions 5 to 8 are based on the conversation you have just heard.

5. What does the woman say about the flat?
6. What is the man's chief consideration in looking for a flat?
7. What does the man have to do on signing the contract?
8. Why does the man say his wife will feel very excited if they move into the flat?

Conversation Three

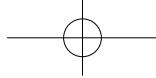
- W:** Mr. David Jackson, a staff writer at *The New Yorker*, is known for his non-fiction books of adventure. Today, we go on a different kind of adventure: Jackson's life of parenting his offspring. David, as a parent of an 11- and a 14-year-old, what is the most interesting issue you are dealing with right now?
- M:** It's easy to focus on the challenges, but so far, I find these ages to be kind of wonderful. They are independent, and they have their own curiosities and obsessions. You can talk to them about fairly sophisticated subject matter such as politics.
- W:** Yes, that does sound refreshing compared with talking to younger children. Do they ask you to proofread their essays?



- M:** Certainly, with writing, they do. I really just try to be encouraging. I think at this age, editorial guidance is less important than encouragement.
- W:** Are there books that you think are important that your children read, and that all children read?
- M:** My general thought is to read widely and to incorporate a love for reading. Learning to love to read, I think, is the optimal thing, because it gives you a skill you can take anywhere.
- W:** So you're not too concerned, like some parents, with the content they're reading. I know I have some worries about that.
- M:** Yeah, read what you like. If a child loves graphic novels or comic books, whatever it is, that is turning them on to read and turning on their imagination.
- W:** I feel that children's tastes in books change as they reach adolescence. I know that mine certainly did when I was a teenager. What do you think?
- M:** I think it's especially important as they get older to read subject matter that will open their eyes to the world and people. So I think both fiction and non-fiction are really important because they give you the power to begin to perceive the world through the lives of others.

Questions 9 to 12 are based on the conversation you have just heard.

9. What do we learn about David Jackson from the conversation?
10. What does the man think of young teenagers?
11. How does the man help his kids with their essays?
12. What does the woman say about herself when she was a teenager?



Exercise Two

Directions

In this section, you will hear three long conversations. At the end of each conversation, you will hear four questions. Both the conversation and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D).

Conversation One

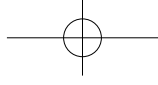
Questions 1 to 4 are based on the conversation you have just heard.

1. A) She hasn't decided on a topic.
B) She hasn't started writing it.
C) She is proofreading the first draft.
D) She is working on the references.
2. A) He told the man to be selective when using e-resources.
B) He published a lot in a number of reputable journals.
C) He offered the man advice on resource hunting.
D) He lent many books to the man for reference.
3. A) He wasn't specific about the length of her dissertation.
B) He didn't want her to rush through her dissertation.
C) He wasn't interested in her dissertation topic.
D) He didn't think her dissertation topic viable.
4. A) Follow the man's advice.
B) Consult her professor more.
C) Change her research methodology.
D) Narrow down her dissertation topic.

Conversation Two

Questions 5 to 8 are based on the conversation you have just heard.

5. A) He has translated 12 books.
B) He is a well-known nutritionist.
C) His books sell well worldwide.
D) His latest book sold a million copies.
6. A) The desire of Americans to try exotic cuisines.
B) The demand for information about food safety.
C) The fact that over half of Americans are overweight.
D) The fact that science books are difficult to read.



7. A) The general public.
B) Those who are overweight.
8. A) Switch to a vegetarian diet.
B) Follow a personalized diet.
- C) The medical community.
D) Those who want to lose weight.
C) Adhere to doctor's advice.
D) Cut carbohydrate intake.

Conversation Three

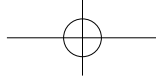
Questions 9 to 12 are based on the conversation you have just heard.

9. A) She is a website designer.
B) She is a university graduate.
10. A) They were repeatedly rejected by shops.
B) They were popular with her classmates.
C) They showed her natural talent.
D) They were mostly failures.
11. A) She had a strong interest in doing it.
B) She did not like ready-made clothes.
C) She could not find clothes of her size.
D) She found clothes in shops unaffordable.
12. A) Study fashion design at college.
B) Improve her marketing strategy.
- C) She is a main street store owner.
D) She is a successful entrepreneur.
C) Add designs for women.
D) Expand her business.

Listening Scripts

Conversation One

- M:** How's your dissertation going? I'm proofreading my first draft and will submit it to my professor tomorrow.
- W:** Oh, I haven't even started writing mine yet, so I'm really worried about finishing by the end of next semester.
- M:** You mean you haven't even begun yours yet? The final draft is due in five months.
- W:** Of course I've started it, but I can't get to the writing yet, as I haven't found enough resources to use. So I'm still researching the topic.
- M:** Maybe the problem is the way you're doing your research. I started by talking to my professor about where to look for information. And based on that, I've found books in the library and a lot of reputable journal articles on the Internet.
- W:** I've tried all that, but I don't have enough to write the dissertation as my department's minimum length is 70 pages. I think the problem is that my topic isn't viable. And honestly, my professor did warn me at the beginning that I might not be



able to find enough material. But I was so interested in the topic that I didn't let his advice determine my topic.

M: Well, I suggest you find a new topic. After all, our professors are here to guide us, so it's best to listen to them.

W: In retrospect, I wish I had listened to him, but I didn't. And now I don't want to give up my topic, as I've already invested so much time and energy.

M: If you're committed to your current topic, maybe you could make some adjustments rather than abandoning it completely. What is your topic?

W: It's "Depictions of Femininity in Folklore from the South of the Country".

M: That's pretty narrow. You could find more material if you made the topic broader, maybe by including other kinds of depictions.

W: Broadening the topic is a great idea. I'll start by including folklore from other regions of the country.

Questions 1 to 4 are based on the conversation you have just heard.

1. What does the woman say about her dissertation?
2. What does the man say about his professor?
3. What does the woman say about her professor?
4. What do we learn the woman will do to complete her dissertation?

Conversation Two

W: Today on *Book Talk*, we are lucky enough to host John Robins and discuss his new book, *Why Americans are Fat and How We can Lose Weight*. John isn't just a respected writer; he's also one of the rare celebrity authors writing about science today.

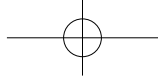
M: Thanks for having me, Rebecca, but I'm hardly a celebrity.

W: That's very modest of you to say, considering that your four books have sold a total of seven million copies worldwide, and they've been translated into 12 different languages. What makes people so fascinated with your work?

M: Well, people read my books because more than 60% of Americans are overweight or obese. And other countries are facing similar problems. Basically, we all want to know how to fix things.

W: We certainly do. I've read your new book and it's fabulous, especially when it comes to the way you make difficult science easy for laymen to understand. That's no small achievement.

M: I'm glad to hear you find my work accessible, because I was worried when I wrote



it that discussing the science might make the book more suited for a specialist audience. My last book was written primarily for the medical community. But this time, I want to help ordinary people take control of their weight.

W: And how do you suggest they do that? Can you give us the basics of your advice for people who want to lose weight?

M: Briefly, I argue that every person needs to consider their metabolism and eat what suits their bodies' needs. I don't advocate one single diet. Some people should eat more carbohydrates than others, and different people need different amounts of protein and fat.

W: But you do have some recommendations for everyone, including eating ten servings of vegetables and three of fruit a day. We'll talk about those recommendations next, but now we need to take a short break for a message from our sponsor.

Questions 5 to 8 are based on the conversation you have just heard.

5. What does the woman say about the man in her introduction?
6. What has motivated the man to write his books?
7. Who does the man say his last book was mainly written for?
8. What does the man recommend people do?

Conversation Three

M: In this episode of *Money Talks*, our guest is Molly Sanders, a university student and a successful young entrepreneur. Molly, tell us about your business.

W: Well, I sell specialty clothes through a website, mainly for women who have trouble finding suitable clothes in main street shops because of their height or weight. But I do some men's clothes too.

M: How did you get started in this business at such a young age? Are you studying fashion design?

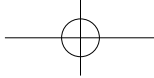
W: Actually, I'm majoring in finance, but I've always loved clothes. And I started making my own at 14.

M: Did you have any sort of training in design or sewing? Or was it a natural ability?

W: I'd have to say no to both. No one taught me to make clothes and most of the things I made at first were disasters.

M: Why did you persevere? I think most people would give up if they kept failing, especially at that age.

W: I kept on out of necessity. As you can see, I'm very tall and I couldn't find clothes that fit me in ordinary shops. So, I kept trying and developed my skills over time.



M: Well, my notes say you earned \$50,000 in profits last year, an extraordinary amount for a 20-year-old student. How did that happen? Did you see a gap in the market and decide to fill it?

W: No. When I started university, some classmates complimented my clothes. And when I said I made them myself, other tall women started asking if I would make theirs, and I did. And before I knew it, I was an entrepreneur.

M: So, what are your plans for the future? Do you intend to open a physical store?

W: No, I'll keep things online to keep costs down. But I will add more clothes for children, both girls and boys, and possibly even for infants. And I hope to add to my range of designs for men.

Questions 9 to 12 are based on the conversation you have just heard.

9. What do we learn about the woman?
10. What does the woman say about the clothes she made at first?
11. Why did the woman persevere in making clothes for herself?
12. What does the woman plan to do in the future?