

新编研究生英语系列教程

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English Reading and Writing for Graduate Students
研究生英语 读写教程

(基础级) 教师用书

北京市高等教育学会研究生英语教学研究分会

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前言

《研究生英语读写教程》包括基础级和提高级两个层次各一本教材，由中国人民大学出版社、北京市高等教育学会研究生英语教学研究分会和全国各有关院校共同研发，在2004年、2007年和2012年出版的《研究生英语阅读教程》（基础级和提高级）的基础上修订而成。本书适用于高等院校文、理、工、医、农、林等各学科的非英语专业硕士研究生和博士研究生，也可作为全国同等学力人员攻读硕士学位研究生的读写教材或其他英语学习人员的自学教材。《研究生英语读写教程（基础级）》的编写指导思想是：通过本教材的教学使研究生掌握各项较高的阅读技能和写作技能，并通过阅读与写作实践运用这些技能，使学生真正具有熟练的英语阅读能力和写作能力，为以英语为工具进行本专业的学习和研究打下坚实的基础。本书在《研究生英语阅读教程（基础级 / 第三版）》的基础上保留了阅读技巧和8篇课文，更换了16篇课文，选用了以说明和议论为主的文章，使文章题材更具有时代性、知识性与思辨性；根据各个学校研究生英语课程注重学生语言运用的要求，增加了写作技巧的训练和语法与词汇的系统训练，以适应新的教学要求。《研究生英语读写教程（基础级）》共设计10个主题（语言、文化多样性、工作与就业、生命与健康、科学与技术、经济与管理、环境与能源、文化与教育、能源与人类可持续发展、成功与幸福），包括24篇文章，分为12个单元。每课有阅读技巧介绍，课文导读问题，A和B两篇课文，课文对应处列出包括音标、区分超纲词汇（以*号标出）的生词表，课文后给出注释、作者及文章背景介绍等，并且针对阅读技巧和写作技巧编写了大量的实用练习。本书以最新版《非英语专业学位论文英语写作大纲》中要求研究生掌握和能够运用的各项阅读技能和写作能力为主线，在每课课文前系统地讲述阅读技巧，结合两篇阅读设计了段落的背诵与写作任务。《研究生英语读写教程（基础级）》的主要特点有：

1. 本教材以阅读技巧和写作技巧为主线，各单元以主题为统领，以内容为依托。本教材在每课开始分别系统地介绍了各项阅读技巧，每单元教师用书中给出写作技巧讲解，并根据这些阅读和写作技巧设计了相应的练习和写作任务。

2. 本教材强化研究生读写技能的训练。除了介绍阅读技巧外，本书每单元配有A、B两篇阅读课文，每课后配有大量的练习，其中包括阅读理解练习、词汇练习A和B（词汇练习A考查学生对课文中较生疏且较重要的词汇的掌握，词汇练习B考查学生对课文中较熟悉但学生不一定掌握的词汇及词组的认知）、综合填空练习（与本单元的主题相同）、英译汉（包括课文中长难句的翻译）、问题与讨论（讨论从书中到书外学生们熟悉和感兴趣的话题）等，有针对性地训练研究生运用在该课中学到的阅读技巧，从而能够真正掌握并运用这些技巧。翻译练习（英译汉为课外的句子或与本单元内容相关的段落翻译，汉译英为段落翻译），最终以完成写作任务的形式进行语言输出，提升英语写作能力。写作技

能训练包括基础级写作(句子与段落写作)、提高级写作(说明文与议论文写作)和应用文写作(图表作文、概要写作、申请函、简历、求职信等)。最后一部分为重点难点语法与正确选词的汉译英练习。

3. 本教材可操作性好。本教材以讲述读写技巧为主线,每课配有两篇课文和大量的练习,这样可以使教师在教学中有较大的选择性,可以以读写技巧为教学重点,也可以以阅读课文、练习或讨论为教学重点。因本教材是以读写为教学侧重点,我们在学生用书中通过填空的形式,给出文章的框架结构,使学习者掌握作者的谋篇布局技巧,接着在课后练习中,指定课文中出现的一段经典段落要求学习者根据给出的提示词进行背诵,就课文中适合用于写作的5个句子进行改写,这样就为他们的写作技能提升提供了范本和专项训练。每个单元的课上学习时间建议为5个学时:1. 阅读技巧、文章内容导读(1学时);2. 课文A的重点词汇与难点句型的讲解与课后练习题(2学时);3. 课后5个口语话题的讨论(1学时);4. 写作技巧与语法难点的翻译练习(1学时)。

4. 本教材可读性好,选材具有一定的专业性。本教材所选阅读材料语言纯正、规范,课文多选自英美等英语国家的名家名篇,而且很多都是近期发表的新作,注重与学科专业相结合。所选文章以说明文和议论文为主,注意了内容、题材和体裁上的多样化,也包括如杂文、散文、社论及报刊时文等。

5. 本教材充分体现英语阅读的真实性和思辨性。本教材所选阅读材料均选自英语原文,观点新颖独到,逻辑性强。我们选择文章的标准为知识性、思想性、可思性、教化性、趣味性、前沿性、通俗性。所选择文章均为各专业通俗易懂、不是特别深奥的文章,体现人文性与学科性相结合。通过文章的学习,为学习者提升人文素养和专业学习能力奠定基础。

6. 本教材除了与课文配套的读写练习外,还补充了9组语法和3组词汇的汉译英翻译练习。语法练习是针对学生容易用错的语法点,从中挑选出重点和难点问题而精心设计的。选词造句练习聚焦学生写作过程中容易误用的词汇,旨在增强学生的英语写作能力。(在教师用书中给予了相应的详细讲解。)

7. 本教材与北京市高等教育学会研究生英语教学研究分会每年1月和6月组织的研究生英语学位课统考紧密结合。每课后面设计的阅读、词汇和完形填空题与研究生英语学位课统考题形式一致,也可以作为备考练习之用。在全书的最后还配有两套与研究生英语学位课统考阅读题形式一致的阅读测试题。

本教材配有数字平台、教学课件及教师用书。教师用书不仅提供了练习答案,还提供了大量的背景材料和全部课文的译文。本教材的教师用书不单独出版,任课教师可以向中国人民大学出版社外语分社免费索取。联系方式: jialk@crup.com.cn, chengzsh@crup.com.cn, huangt@crup.com.cn, jufa@crup.com.cn; 010-62515580/62513265/62512737/62515576。本书为数字教材版,平台资源包括由英语教师精心录制的教学示范课程、课文录音、教学课件等多种教学资源,供教师教学和学生自学使用,同时配有数套研究生英语学位课统考试题及模拟题供学生自测。读者可登录 www.rdy.cn, 选择本课程进行学习。

本教材在编写和出版过程中得到了北京市高等教育学会研究生英语教学研究分会和全国各有关高校的全力支持,中国人民大学出版社外语出版分社的同志们为本教材的结构体

例、内容设计和出版做了大量的工作，在此我们一并表示衷心的感谢。由于时间仓促，编者水平有限，敬请使用本教材的教师和读者批评指正。

编者
2020年5月

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Unit 1

Language

Section I // READING SKILLS: Developing Your Reading Efficiency

IN THIS SECTION THE STUDENTS WILL LEARN:

1. to analyze reading efficiency and flexibility;
2. to understand factors that affect rate and comprehension;
3. the basic principles that govern efficiency.

Answer the following questions before or during reading Text A.

1. *Do you think words have the power to change our lives?*

I do think so. Because we use words to communicate with others. The power of words can influence the way we interact with the world and can also change the way we perceive the world.

2. *What kind of words do you usually search on an e-commerce website about the commodities, and why?*

I usually search words such as “free shipping,” “after-sales service” about the commodities. Because I pay much attention to the quality, services and also money. With the help of big data, it is now quite easy for us to learn about the commodities by searching for those key words.

3. *By reading the title of this selection, what do you expect the author to argue in this article?*

I suppose the author is going to argue for the importance of words in our lives, and how it shapes the way we live and the way we talk to each other.

Section II TEXT A

Words Have the Power to Change Our Lives

TEACHING OBJECTIVES:

Studying Text A will enable students

1. to learn the definition of word and some basic functions of word.
2. to understand the reasons why word has power.
3. to learn how to use the following key words:
reveal; identical; blush; diverge; thrust; will; crooked; trump; intuit; solitary; insert; devotion;
analytically; preserve
4. to learn compound sentence patterns in (1) and the structure of “Inanimate subjects” in (2)
(1) The meaning and value of words have become largely dependent on real-time demand,
and **therefore**, the perceived value is determined solely by the epicenter of time and need.
In other words, it's determined when a moment in time crosses paths with a particular
individual's needs and the two interact.
(2) Great debates and even wars **occur** over the use and meaning of certain words in religious
context. Consider the great differences in thought that occur simply with the mention of
the words God, Allah and Buddha. The same can be said for politics.
5. to learn how to use cause and effect as a way to develop main ideas in an argumentative writing.
6. to discuss the related topic regarding the power of language.

KEYS TO EXERCISES

I

READING COMPREHENSION

A. Answer the following questions or complete the following statements.

1. D (Paragraph 1: Yet, at a certain point, you realized that was completely untrue and that words could hurt)
2. B (Paragraph 2: Words change our relationships, our demeanor, our entire system of beliefs, and even our businesses.)
3. A (Paragraph 4: Take Google, for example. Google is a company with a focus on classifying and organizing words. It is a very simple focus, really: to be better than any other entity at organizing words. Now, they may say they organize information, including documents, videos, photos, maps and more.)

4. C (Paragraph 6: A single word “cancer” just changed your life and the lives of everyone close to you... Then and there, words and our relationship to them cross over into something that changes our life once again —twice in the same day, perhaps.)
5. C (Paragraph 7)
6. A (Paragraph 9: In fact, free shipping is still considered one of the top triggers to purchase.)

B. Fill in the following blanks with information in Text A.

Main Idea:

A word has the power to change our lives. The words that we hear, write or read have become what we create and how we interact with the world around us.

Introduction: Paragraphs 1–3

By doubting the truth of a children’s rhyme, the author introduced the topic of this article : words have the power to change our lives. Words have a dramatic effect on what we know, how we interact with people and the decisions we finally make. Words change our relationships, our demeanor, our beliefs, and even our businesses. Then several examples of daily used words in our life are listed to enhance readers’ interest in this topic.

Body: Paragraphs 4–13: the power of words

Paragraphs 4–6

The author gives two detailed examples to show that words can change one’s life.

Firstly, for most of us, every day we need to interact and create relationships with words. Take Google, a company with a focus on classifying and organizing words, for example, they may say they organize information, including documents, videos, photos, maps and more. But at the core, they are all words. Secondly, when you heard the word “cancer” from the doctor, it may depress you and ruin your life. Then you begin to create and interact with the words by typing a few into the search box. It will give you hope to fight against it. In the end, a word that has a negative meaning may change to something positive.

Paragraphs 7–13

The author explains the different meaning and value of words in our lives.

First of all, the perceived value is determined only by the epicenter of time and need. That is to say, it’s determined when a moment in time crosses paths with a particular individual’s needs and the two interact.

Secondly, in the new economy, words also have an economic value. For instance, the words “free shipping” may be most important and valuable for someone about to buy a “42-inch 3D TV,” and both words have monetary value to some third party.

Thirdly, words have interconnected us with technology. Consider the new iPhone 4S. A new feature is Siri, a tool that uses words to assist the user. By speaking out loud to the phone, users

can send messages, schedule meetings, find nearby restaurants, make phone calls and more.

Fourthly, words also have great impact in the social media context. Through social intelligence analysis, a company can find the great differences in their customer mindset, purchase strategy, message associations and ultimate needs.

Finally, words also have powerful meaning in religion.

Conclusion: Paragraph 14

The author concludes in the last paragraph that words have forever changed our lives by restating the points that words can change our perspective, buying habits, moods and even how we use technology.

II VOCABULARY

A.

1. B 2. A 3. A 4. D 5. A 6. C 7. D 8. B 9. C 10. A

B.

1. H 2. O 3. B 4. L 5. J 6. G 7. E 8. C 9. D 10. K

III CLOZE

1. B 2. C 3. B 4. A 5. D 6. C 7. D 8. A 9. B 10. A

IV Translate the following parts into Chinese.

1. 成为一颗行星还是不成为一颗行星有着很大的不同, 就像“我爱你”或“我恨你”这两个词背后有着截然不同的含义一样。言语对我们有着强大而不可否认的压倒性的影响——有好的一面, 也有坏的一面。
2. 因此, 言语永远地改变了我们的生活, 并将继续以前所未有的方式改变我们的生活。对我们大多数人来说, 没有哪一天我们不与词语互动, 不与词语建立关系。
3. 一个文档可能有很多词语, 但是它们总是被组织在一个主题中; 而一个主题通常可以聚焦于一个句子或标题中, 而后一个标题可以聚焦于一个主要议题或词语中。视频、照片、地图等等也不例外。
4. 显然, 你听到了医生说的话, 但是你会去一个你知道能得到很多答案的地方——搜索引擎。当你回到家里, 打开电脑、平板电脑或手机时, 你可能会这样做。但尽管如此, 你还是可以通过在搜索框中输入“什么是癌症”“癌症治疗”“癌症治愈”“癌症存活”等来创建关键词并与之互动。
5. 言语的意义和价值很大程度上依赖于实时需求, 因此其能被感知的价值完全由时间中

心时段和需求的关键点决定。换句话说，它是由某一时刻与特定个体的需求相遇并相互作用所决定的。

6. 宗教语境中，某些词语的使用和意义引发了激烈的争论，甚至引发了战争。只要提到“上帝”、“安拉”和“佛陀”这三个词，你就会想到人们思想上的巨大差异。这同样也适用于政治。

V

Speaking Practice

1. Do you think words have the power to change our lives?

Yes, I do believe words have the power to change our lives, for words and language can shape our experiences. Our everyday communications have the power to uphold social inequities as well as the power to disrupt them. Words can shape how we perceive the world around us, where we direct our interests and, even might influence the direction our lives take. The mind can be easily influenced by the choice of words. When you talk to others, the different words you choose to convey the same meaning may please or offend the listeners. Therefore, we should be aware of this power, and learn to choose the appropriate words in our daily lives.

2. Can you think of an example that words have changed people's lives?

The example I can think of is the words "I Have a Dream!" We all know these words and we all know their meaning. But if we think about who said them and in what context they were said, we may feel the strong impact those four words have on American black people's destiny. They embodied a movement that corrected and changed black people's life in America. The simple act of repeating those words still invokes their power and the force of their truth. Words do have the power to change people's lives.

3. What do you think about the power of words in the age of social media?

I want to use e-commerce to answer this question. It has been shown that a company which regularly posts advertising words on social media platforms such as WeChat or Sina Weibo will generate a larger following. Furthermore, posts that are liked and shared are often associated with the higher profit generation. People love to know what others are saying and a positive opinion could be all that is required in order to tip the balance in favor of an online sale. We can think of a main site as the center of a wheel. WeChat and similar portals represent virtual "hubs," lending more credibility and transparency to what is being offered. In a business community often governed by online rankings, social presence can represent an invaluable tool.

4. When you shop online, what kind of words may influence your buying decision? And why?

When I shop online, I may pay attention to the words in the rating chart, such as "good quality," "good after-sales services" and "free shipping." Because I cannot see and touch the real product offline, the comments from other users may greatly affect my decision to buy this product. However, some sellers take advantage of consumers' psychological behavior by creating

fake comments to get consumers' trust. Therefore, when shopping online, we need to have the ability to distinguish right from wrong and try to avoid the negative effects on us consumers.

5. Do you think the use of Internet slang (网络用语) has undermined the power of words?

I don't think the use of Internet slang has undermined the power of words, instead it shows and even enhances the power of words. The Internet slang terms, such as "LOL" (laughing out loud) has been added to the *Oxford English Dictionary*. With the development of the Internet and mobile technology, the way people communicate and interact with each other is also changed and evolved. Therefore, the use of Internet slang is an unstoppable trend. By using these words, people may have a sense of belonging to a particular community online where they cannot possess in real life.

BACKGROUND INFORMATION

1. The Definition of Word

In linguistics, a word is the smallest element that can be uttered in isolation with objective or practical meaning. This contrasts deeply with a morpheme, which is the smallest unit of meaning but will not necessarily stand on its own. A word may consist of a single morpheme (for example: oh!, rock, red, quick, run, expect), or several (rocks, redness, quickly, running, unexpected), whereas a morpheme may not be able to stand on its own as a word (in the words just mentioned, these are -s, -ness, -ly, -ing, un-, -ed). A complex word will typically include a root and one or more affixes (rock-s, red-ness, quick-ly, run-ning, un-expect-ed), or more than one root in a compound (black-board, sand-box). Words can be put together to build larger elements of language, such as phrases (a red rock, put up with), clauses (I threw a rock), and sentences (He threw a rock too, but he missed). The term *word* may refer to a spoken word or to a written word, or sometimes to the abstract concept behind either. Spoken words are made up of units of sound called phonemes, and written words of symbols called graphemes, such as the letters of the English alphabet.

There have been many proposed criteria for identifying words. However, no definition has been found to apply to all languages. Dictionaries categorize a language's lexicon (i.e., its vocabulary) into lemmas. These can be taken as an indication of what constitutes a "word" in the opinion of the writers of that language. The most appropriate means of measuring the length of a word is by counting its syllables or morphemes. When a word has multiple definitions or multiple senses, it may result in confusion in a debate or discussion.

2. Who is Steve Parker, Jr.?

Steve Parker, Jr. is the CEO and Co-Founder of Levelwing, a digital marketing firm offering media, social and analytics services to help businesses market and operate with greater clarity and profitability. Founded in 2002, Levelwing is headquartered in Charleston, SC. In 2013, Levelwing

was recognized for the fourth consecutive year on the prestigious *Inc. 500|5000* list for Fastest-Growing Private Companies in America. Levelwing has also been named one of the Best Places to Work in the state of South Carolina. Today, Parker works from the Charleston headquarters and speaks across the country at business and marketing industry events and conferences, as well as leads the company's overall directional activities. Having begun his career in Internet media in 1995, Parker is recognized as an industry authority; a featured speaker at conferences and events around the world, his writings have appeared in various publications, including syndication to *W SJ*, *Fortune* and *Entrepreneur*. In addition, Parker was named one of the Top 100 Most Inspiring People in Life Sciences by *PharmaVoice Magazine*, and in 2011, received an Ernst & Young Entrepreneur of the Year Award for North & South Carolina.

"Data is a lion. It doesn't need to be defended; it only needs to be let out of its cage." — Steve Parker, Jr.

3. "Sticks and stones may break my bones, but words can never hurt me."

A common childhood chant meaning hurtful words cannot cause any physical pain and thus will be ignored or disregarded. This children's taunt was first listed in "Folk Phrases of Four Counties" (1894) by G.F. Northall and is first attested in the United States in "Miss Lindsey" (1936) by S.G. Gibbons. The proverb is found in varying forms: Sticks and stones may break my bones, but hard words cannot hurt me; Sticks and stones can break my bones, but words can never hurt me; Sticks and stones will break my bones, but lies will never hurt me. From "Random House Dictionary of Popular Proverbs and Sayings" (1996) by Gregory Y. Titelman (Random House, New York, 1996). Words can be very hurtful, and can make a tremendous impact on a person's life. "Four things come not back —sped arrow, past life, spoken word, and neglected opportunity." (世间有四样东西无法挽回：射出之箭，逝去的岁月，出口之言，错过的机会。)

4. E-commerce

E-commerce is the activity of buying or selling of products or services online. Electronic commerce draws on technologies such as mobile commerce, electronic funds transfer, supply chain management, Internet marketing, online transaction processing, electronic data interchange (EDI), inventory management systems, and automated data collection systems.

Modern electronic commerce typically uses the World Wide Web for at least one part of the transaction's life cycle although it may also use other technologies such as e-mail. Typical e-commerce transactions include the purchase of online books (such as Amazon) and music purchases (music download in the form of digital distribution such as iTunes Store), and to a less extent, customized/personalized online liquor store inventory services. There are three areas of e-commerce: online retailing, electronic markets, and online auctions. E-commerce is supported by electronic business.

5. The Power of Words

Since the times of ancient Greece, great thinkers, writers, philosophers, scientists and leaders have understood and used the power of words to solve great mysteries, discover universal truths and bring enlightenment to the world. Let's take a look at the following quotes:

"The beginning of wisdom is a definition of terms."

— **Socrates**, Greek philosopher

"Without knowing the force of words, it is impossible to know men." (不知言, 无以知人也)

— **Confucius**, Chinese philosopher

"The investigation of the meaning of words is the beginning of education."

— **Antisthenes**, Greek philosopher and student of the great Socrates

"Words for a distinguished style are impossible without having produced and shaped the thoughts, and no thought can shine clearly without the enlightening power of words."

— **Marcus Cicero**, Roman philosopher, lawyer and politician

课文参考译文: Text A

言语有能力改变我们的生活吗?

小史蒂夫·帕克

一句话就能改变你的一生。想想看,因为它确实是一个具有颠覆性的表述——改变你的生活。十多年来,科技给我们的生活带来的词汇比以往任何时候都多。文字不再只是我们听到、书写或读到的东西,而已经成为我们进行创造,以及如何与周围的世界互动的载体。

[1] 我们从小就相信这首童谣:“棍棒和石头可以打断我的骨头,但言语永远伤害不了我。”然而,在某一时刻,你意识到这完全是不真实的,言语可能会伤人,就像你知道冥王星是一颗行星,但多年后发现它只是一个冰球,不再被归类为行星。言语,我的朋友,改变一切!言语对我们所知道的东西、我们如何与人互动以及我们最终做出的决定有着戏剧性的影响。言语可以影响我们、激励我们,也可以轻易地让我们流泪。

[2] 言语改变了我们的人际关系、我们的举止、我们的整个信仰体系,甚至我们的生意。成为一颗行星还是不成为一颗行星有着很大的不同,就像“我爱你”或“我恨你”这两个词背后有着截然不同的含义一样。言语对我们有着强大而不可否认的压倒性的影响——有好的一面,也有坏的一面。想一下言语是如何改变你的生活的:

[3] 嫁给我! 是一个女孩! 你有癌症。我们失去了他。你被雇用了! 你被炒了。我们赢了! 我们输了。有罪。无罪。

[4] 这似乎不是有意为之,但事实确实如此。一个巨大的“词语组织”的核心转变已经出现在我们面前。因此,言语永远地改变了我们的生活,并将继续以前所未有的方式改

变我们的生活。对我们大多数人来说，没有哪一天我们不与词语互动，不与词语建立关系。以谷歌为例。谷歌是一家专注于词语分类和组织的公司。事实上，这是一个非常简单的关注点：谷歌比任何其他实体都更擅长词语组织。现在，他们可能会说他们组织信息，包括文档、视频、照片、地图等等。但本质上，它们都是文字。一个文档可能有很多词语，但是它们总是被组织在一个主题中；而一个主题通常可以聚焦于一个句子或标题中，而最后一个标题可以聚焦于一个主要议题或词语中。视频、照片、地图等等也不例外。

[5] 设想一下，你在医生的办公室然后被告知：“你得了癌症。”

[6] 仅仅一个单词“癌症”就改变了你和你身边的人的生活。显然，你听到了医生说的话，但是你会去一个你知道能得到很多答案的地方——搜索引擎。当你回到家里，打开电脑、平板电脑或手机时，你可能会这样做。但尽管如此，你还是可以通过在搜索框中输入“什么是癌症”“癌症治疗”“癌症治愈”“癌症存活”等来创建关键词并与之互动。癌症有多种表现形式，所以你的搜索可能更具体：“什么是三阴乳腺癌”“三阴乳腺癌治疗方法”。当你打字时，文字会与你互动，为你的问题提供答案。结果，你把临床试验作为一种治疗选择来学习，所以你再一次利用与词语（“三阴性乳腺癌的临床试验”）的互动，然后你发现了一个强有力的选项，给了你另一个词——希望。就在那时，词语和我们与它们之间的关系再次交织在一起，改变了我们的生活——也许是同一天两次。

[7] 言语的意义和价值很大程度上依赖于实时需求，因此其能被感知的价值完全由时间中心时段和需求的关键点决定。换句话说，它是由某一时刻与特定个体的需求相遇并相互作用所决定的。在新经济中，言语也有经济价值。因此，在搜索引擎中输入“癌症”对于刚诊断出该疾病的人来说是极其重要和宝贵的；而对于想购买 42 英寸 3D 电视的人来说，“免费送货”可能是最重要的和有价值的。而以上这两个词汇不仅对于词语提供方（例如谷歌或亚马逊），还有一些第三方（例如研究所或索尼公司）都有其货币价值。

[8] 像推特这样的服务也把重点放在词语上（事实上，考虑到 140 个字符的限制，这类服务非常少），通过标签词（一个词紧跟在 # 之后——例如 #cancer）来定义趋势。话虽如此，文字超越了搜索和推特。词语已成为日常生活的关键。在我们的车里，我们很多人都用语言来寻求帮助，要么通过安吉星（我需要帮助，我的车发动不了）这样的服务，要么通过 GPS（当被告知右转时不要左转，或者下一个离开你嘴边的词很可能是“糟糕”）。

[9] 在 Amazon.com、FatCork.com、BestBuy.com 甚至是 ColonialCandle.com 等电子商务网站，词语改变了我们的体验：免费送货、我们推荐、一键结账、缺货、预订等等。我们对每一个看似简单的词语最终结果的解释方式，都会实时地改变我们现在和未来的行为。事实上，免费送货仍然被认为是购买商品的首要诱因之一。

[10] 在媒体行业，搜索——包括付费搜索和搜索引擎优化（SEO）——是围绕着词语的使用而发展起来的一个巨大的行业领域。词语在付费搜索和搜索引擎优化中都有含义。最大的因素之一包括相关性：搜索到的单词与文本、广告文案、登录页面上的词语以及网站上的词语之间的相关性如何？它们都是相互联系的。词语将我们与科技联系在一起。

[11] 以新款 iPhone 4S 为例。Siri 是一个新功能，这种工具使用文字来帮助用户（而且

准确率惊人)。通过对着手机大声说话,用户可以发送信息,安排会议,找到附近的餐馆,打电话等等。如果你还没试过,你应该试试。你会为了此功能而想要买新的 iPhone 4S。事实上, Siri 甚至可能挽救你的生命,因为你不再需要看手机来选择要拨打的号码,这样你的眼睛就可以一直盯着路了。

[12] 言语在社交媒体环境中也有很大的影响。如果一家公司正确地管理社交,并通过社交智能分析挖掘趋势数据,他们会发现,他们的客户心态、购买策略、信息关联以及最终需求都存在巨大差异。这种学习可以转化为在客户服务、电视、印刷、户外、活动和数字媒体渠道中的应用策略,以某种方式——也就是用词语——进一步与客户建立联系,客户希望从公司中得到什么,而不是公司认为客户想要什么。

[13] 最后,言语在宗教中也有重要的意义。宗教语境中,某些词语的使用和意义引发了激烈的争论,甚至引发了战争。只要提到“上帝”、“安拉”和“佛陀”这三个词,你就会想到人们思想上的巨大差异。这同样也适用于政治。只要简单地提到共和党、民主党或茶党,你就会从普通百姓那里得到截然不同的反应。

[14] 言语永远地改变了我们的生活。它们改变了我们的视角,改变了我们的购买习惯,改变了我们的情绪,甚至改变了我们使用科技的方式。也许他们能帮你找到一位朋友,一个产品,一个服务,一份工作,一位配偶,得到一个推荐,甚至挽救你的生命。

Section III TEXT B

Can Poetry Save Your Life?

KEYS TO EXERCISES

READING COMPREHENSION

1. B (Paragraph 1: Miss Hudson is in love with literature.)
2. D (Paragraphs 2&3: In music class I dread having to sing scales. I can barely keep my chin up or will myself not to blush when I'm called on.)
3. A (Paragraph 5: At night, I lie in my bed and think about my father, as if to will him into memory from the pictures my mother keeps in a photo album. When I look at his face in the photos I try to find myself in it. Do I have his eyes, his mouth, his intellect? I know I don't possess his athletic prowess.)
4. D (Paragraph 7: Through Frost I discover a language where words are organized to convey feeling and meaning. The clear voice of the poet comes through the mouth of Miss Hudson. The voice is intimate and commanding and through the verse's descriptive powers, I read my own experience in its narrative. In essence, I intuit the poet in solitary thought and take to the

richness and layers of meaning hunkered in the words.)

5. C (Paragraph 9: Poems can be read for many reasons. For the pleasure of interpreting meaning, for the cadences and images, for what a poem can convey. The wonder of a poem is how the reader, through the act of imagination, can insert herself into it, and travel along its roads.)

6. D (Paragraph 11)

课文参考译文: Text B

诗歌能拯救我们的生命吗?

吉尔·拜尔罗斯凯

[1] 我是一个孩子,坐在四年级教室的木质活动写字台前,听哈德逊小姐读罗伯特·弗罗斯特的那首诗:《那条未走的路》,这是一首关于两条路和一个十字路口的诗。哈德逊小姐热爱文学。当她背诵这首诗时,她疯狂地做着手势,衣服上浸出汗渍,口沫横飞。

[2] 我看着同学们坐在一模一样的课桌前,阳光下课桌上的墨迹,刻着的首字母签名,还有木头上的裂缝清晰可见。一个女孩又高又大,有一张漂亮的脸庞和一头卷曲的金发。另一个腿很瘦,穿着齐膝高的袜子。还有个是班花。后排的那个男孩在他的皮大衣上别了一个“投肯尼迪一票”的徽章。我想象我的同学与完美的家人过着完美的生活,他们也同样被迷住了吗?

[3] 我的脸是圆的,脸周围的头发剪短了,刘海用发夹向后别着。我是个笨拙的孩子,和别人在一起很不自在。让我感到羞耻的事情越来越多:我为自己穿了一件蓝色的连体式短运动服,看上去滑稽可笑而感到尴尬。我担心我会最后一个被选中去夺取旗子。在音乐课上,我害怕唱音阶。当我被叫到的时候,我几乎无法抬起下巴,也无法避免不脸红。然后哈德逊小姐给我们读了这首诗。

[4]《那条未走的路》

罗伯特·弗罗斯特(1874—1963)

小路在缀满黄叶的树林里分了岔,

可惜我只能选择其中的一条。

一名过客啊,我久久地呆立,

极目望向一条路的去处,

望着它隐没在灌木丛中。

然后我走上了另一条岔路,

和旁边那条一样好,或许更好。

因为它的草更多,看起来较少有人经过。

但也难说,经过每条路的人

也许都差不多。

那天早上,两条岔路看起来其实完全一样,
一样地盖在尚不曾被人踏过的落叶里。
哦,等我来日再把今天没走的岔路走一遍吧!
但我知道,一条路走到头又会连着新的岔路,
所以我想,也许我再也没可能重新回到这里了。
多年之后,不知道我已走到了何地,
但一提起今天的选择,必定免不了一声叹息:
我曾踌躇在某个树林里的岔路上,然后
走上了人迹较少的一条,
从此,一切都不同了。

[5] 父亲在我两岁时去世了。他在当地的小巷子里进行的双人保龄球比赛时突发心脏病,我曾经一度以为是打篮球。这些故事经历记忆成形。我想象他把保龄球推到胸前,抱着它,放开它,球沿着过道旋转,撞掉所有的球瓶,然后,在一瞬间,所有的灯都熄灭了。我想不出更多了。深夜,我躺在床上,想着我的父亲,仿佛要将他从我母亲保存在相册里的照片上回忆起来。当我看着照片中他的脸时,我试着发现自己也在其中。我有他的眼睛,他的嘴,他的智慧吗?我知道我不具备他的运动才能。我母亲是个年轻的寡妇,有三个不到三岁的孩子。在我的家里,或者是在我的被庇护的郊区的世界里,没有任何语言可以帮助我理解那件事是如何标记我的生活的。

[6] 作为一个小女孩,我在《那条未走的路》中听到了自己的故事。有两条路:在一条路上,家庭是完整的,没有破碎;父亲不会英年早逝;母亲是幸福的,一切就像拼图一样刚刚好拼在一起;而另一条我走的路,弯弯曲曲的,看似不对,一路上颠簸不断。

[7] 我在数学和科学上都很努力。阅读已经超越了一切,通过弗罗斯特,我发现了一种语言,在这种语言中,文字被组织起来,用来表达情感和意义。诗人清晰的声音从哈德逊小姐的嘴里发出来。声音是亲切而毋庸置疑而又充满力量,通过诗歌描述之力,我在叙述中读到自己的体验。实质上,我凭直觉感受到诗人在孤独地思考,领悟到字里行间蕴藏的丰富与层叠的意义。

[8] 父亲的早逝使我与同龄人隔离,我认为他们虽然没有经历过悲伤,但是的确他们也有自己的缺失和困境。一个孩子总是认为她是孤独地生活在痛苦中。在我们这个由家人和朋友组成的小圈子里,众所周知,我和姐妹们是母亲的可怜女儿。悲剧使我们自觉害羞。当我们进入一个房间时,人们会盯着我们看。我怀疑我们的脸上是否有某种我看不见的父亲去世的痕迹。要是有人能谈谈发生在我们身上的事就好了,但是恐惧使谈话陷入停顿。死亡是一个绝口不提的话题,好人是不会讨论的。

[9] 当哈德逊小姐背诵《那条未走的路》时,我在脑海中形成了一幅画面。一条路已经破旧不堪。另一个花草茂盛,绿树成荫,充满魔力地在呼唤着我。通过旅行,我可能会发现什么样的生活?不止一条途径,突然间我也身入其中,我属于这里。我的想象力给予我一种应对技巧。诗歌的力量可以是一种诠释我自己现实生活的方法。读诗有很多原因。

为了解释意义的乐趣，为了韵律和意象，为了一首诗所能表达的东西。诗歌的奇妙之处在于，读者如何通过想象的方式，将自己置身于诗歌之中，并沿着诗歌的道路前行。

[10] 当我渴望温柔和爱的時候，诗歌是一种安慰。我意识到另一个人花了时间来写它们，它们是对读者的慷慨和奉献。诗歌以一种奇特的方式取代了我原本枯燥、空虚的生活。

[11] 一首诗不是只有一次生命或对单个个体的一生产生一次影响——正如对我的影响那样——无论影响如何持久，它也有来世。这种读者记忆中的后存在可以是理智的，分析的，甚至是技术上的，同时仍然保持着第一次相遇的完整性和奇妙。难道《那条未走的路》没有把我从童年没有父亲陪伴成长的耻辱中拯救出来吗？如果我们能被什么支撑着“路是怎样通向路的”所拯救，那么毫无疑问，它做到了。

Section IV TRANSLATION

I

Translate the following paragraph into Chinese.

诗歌是一种艺术形式，在这种艺术形式中，巧妙的遣词造句达到了理想的情感效果。罗伯特·弗罗斯特说过，当“一种情感找到了它的思想，思想找到了文字”，诗就形成了。文字是诗歌的媒介。在诗歌中，词是按照行和节排列的，而不是句子和段落。诗行和诗节有助于诗歌的视觉元素的形成，并通过提供暂停和空白来考虑主题的变化，增强读者的整体体验。诗歌的另一个特点是，它使用很少的文字来创造高影响力。因此，诗人在用词上讲究经济，运用特定的词语组合和文学手法，产生生动的意象，并将意义融入每一行。诗歌常常受到诗人自身经历和灵感的启发。诗人发现了一些深奥的东西，想把它与他人联系起来；因此，诗歌的目的是激发思想或引起读者的情感反应。诗人玛格丽特·瑞恩这样解释诗歌的作用：“通过诗歌，我们学会了如何做人，如何处理痛苦，什么是重要的和持久的，什么是真正不重要的。”

II

Translate the following paragraph into English.

Only at college can you become aware of (realize / recognize) the importance of self-restraint. It usually takes a couple of months to adapt to (get accustomed to) college life, hence the need to (so it is necessary to / there is the need to) learn to be self-reliant. Moreover, you have to set some achievable goals, such as going on to graduate school (taking the entrance test for graduate schools). Academic performance (grades) can make much difference to your future. Those who spend as much time as possible on their study are most likely to be top students (excel).

Section V WRITING: Well-organized Essay (好文章标准)

写作要求与标准

一、从结构上分析好文章的写作

写作的方法异彩纷呈,但是标准写作中采用的基本模式都是相同的。好的文章会采用一种首尾呼应的形式,也叫作“汉堡形文章”。因为文章的开头段和结尾段都非常相似,而最重要的信息则在文章的主干部分中。想想看汉堡的样子:上下两部分是面包——开头和结尾,将汉堡包最重要的部分好好地包裹起来。

下面是写作的方法:

1. 选择文章的主题。
 2. 选择文章的中心观点或论点。例如: Information technology has revolutionized the way we work.
 3. 概述出你的文章的开头、主体和总结段落。
 4. 用具有吸引力的句子作为文章的开头。例如: Home workers have grown from 150,000 to over 12 million in the past 5 years thanks to the wonders of the computer. 文章开头的类型还有几种:有趣的数据、对名人的引述或者一个反问句,例如 Did you know that ...? (“你知道……吗?”)。
 5. 在第一句话之后,可以加上你上面的论点。你的论点可以清楚地概括出你想在文章中表达的内容。
 6. 用一句话来介绍主体部分,建立开头段与主体段落的观点联系。
 7. 用一个简短的总结或目的陈述来结束开头段。例如: Technological innovation has thus made the traditional workplace obsolete.
 8. 在每一个主体段落(通常为两段或三段),在文章开头介绍的观点都会被展开。记住先介绍首段中的观点可以为你的文章提供结构。
 9. 通过给出详细的信息或例子来展开你的主体段落。例如: When the Internet was first introduced, it was used primarily by scientists, now it is common in every classroom.
 10. 主体段落应该展开中心观点,并且以将其进行总结来结束。每个主体段落至少应该有两个例子或事实来支持中心观点。
 11. 总结段落对文章进行总结。
 12. 通过快速重申主体段落中的主要观点来开始总结段落。
- 总结:** 我们要将文章的开头、主体及结尾段落进行具有完整性、统一性和连贯性的写作,才能呈现一篇有结构、有中心、有思想、有内容的好文。

建议:

1. 使用表现力强的动词,并避免用情态动词来表述你的观点。写 “The workplace has evolved.” 比写 “The workplace seems to have evolved.” 更好。

2. 不要为你所说的话而道歉。文章代表的就是你的观点。
3. 不要从你的母语中生搬硬套。这很快会给你带来麻烦。

二、从词汇及句型上丰富写作

词汇及句型是英语写作的重中之重，一些范例中的词汇短语及句型可以丰富我们的表达，有助于灵活下笔，下面分享一些常用写作词汇及句型。

1. 观点表达（自己 / 一方 / 双方）

I am convinced that ...

I completely approve of / side with the former / latter point of view.

I can hardly share this viewpoint for the reasons below.

Suffice it to state / say that ...

Currently a critical problem / phenomenon of ... has attracted much attention

The issue of ... is becoming a matter of concern

At present people are becoming increasingly aware of the importance of ...

Although we have tended to believe that..., ...

It is generally accepted / assumed / acknowledged that ..., but ...

The arguer may be right about / that..., but he seems to neglect the fact that...

A proverb says / An old saying goes, "..."

As the proverb says ...

While/Whereas most people think that ..., I believe that...

Some people keep saying that.... It is not entirely true / so. ...

... There is an element of truth in this statement, but it ignores a deeper and more basic fact that ...

2. 主题论点语句的常用句型

As for me / As far as I am concerned / For my part, ...

Personally, I am inclined to take side with the former.

3. 过渡语句的常用句型

There are two instances in our daily life that can (best) verify / prove this...

I would unfold the issue in three aspects.

There are three advantages to...

There are many reasons for this.

There are three premier causes as follows.

Admittedly, there are merits to both sides of the argument.

Before rendering my opinion, I think it is important to take a glance at the arguments on both sides.

On such a controversial issue, people seldom reach an absolute consensus.

This issue is so controversial that people can hardly reach an absolute consensus.

It is quite understandable that views on this issue vary from person to person.

It is crucial that we analyze the causes of this disturbing issue and explore effective solutions. From my own perspective, the causes are multiple.

4. 第一个理由段主题句

The first reason that can be seen by every person is that ...

The main reason why ... is that ...

The first and most important reason is that ...

One of the most evident reasons is that ...

5. 第二、三个理由段主题句

Another factor that we must consider is that ...

Another factor that should be taken into consideration is that ...

It might also be noted that ...

Another reason why I agree with the above statement is that ...

What is also worth noticing is that ...

Perhaps another reason lies in the fact that ...

6. 转折段主题句

We must admit that... However, it cannot be denied that ...

As a matter of fact, ... However, we also cannot deny that ...

On this issue, some other people hold a different attitude, arguing that ...

On the other hand, some other people strongly despise the above attitude. In their view, ...

On the other hand, there are many opponents who strongly argue that ... However, further analysis would make it clear that ...

7. 结尾段总结

Taking into account all these factors / From what has been discussed above, we may draw / reach / come to / arrive at the conclusion that...

All the analysis / evidence points to an unshakable / sound conclusion that ...

It is high time that we placed / laid / put great (considerable / special) emphasis on...

We must call for immediate action to...

It is hoped that great efforts should be directed to / focused on finding / improving...

To reverse the trend of ... is no light task, and it requires / demands / involves / entails a different mentality towards...

For the reasons given above, I strongly recommend / believe that...

From the facts mentioned above, it is safe to state that...

All the above reasons suggest that we can come to the simple conclusion that ...

To sum up, it is obvious for us to conclude that ...

Taking into account all these factors, we may reach the conclusion that ...

It is quite understandable that people from different backgrounds put different interpretations on the same issue. For my part, I stand on the latter opinion that ...

From what has been mentioned above, we may see that there is some truth in both arguments. Personally, I side with the latter opinion that ...

The following suggestions should be taken into consideration when we are seeking solutions to the problem.

Considering the severity of this issue, we have no choice but to take stringent measures to address the problem.

In view of the seriousness of this problem, effective measures must be taken before things get worse.

值得注意的是，以上提到的结尾段写作方法，可以相互交错使用，灵活组织。

(1) 总结式。在上文所述事实和论据的基础上，对全文进行归纳总结，得出结论。例如：

All mentioned above tells us that the power of knowledge is infinite. It is knowledge that has brought us such a prosperous and strong country. Therefore, we must try hard to acquire as much knowledge as we can to build a beautiful world.

(2) 展望式。提出作者的希望、号召或表示信心和决心，使读者受到鼓舞。例如：

As a college student, I will start to make my life more meaningful. Firstly, I will stop wasting and contribute more to the protection of our environment. Besides, I will try to help those in need around me as much as I can. If more people can spend their life doing meaningful things, our society will make greater progress.

(3) 反问式。对文章所提出的观点进行反问，启发读者思考，并起到强调主题的作用。例如：

An open China has realized the importance of business. Why should we give up this opportunity and rely on agriculture?

(4) 引语式。引用谚语、俗语或名人名言结尾，使文章更具说服力。例如：

To sum up, "Help others, and you will be helped when you are in need" does make sense nowadays. The changing world makes it impossible to live alone, and we need mutual help to thrive. The cultural essence makes helping others significant and meaningful. And by doing so, we can build a harmonious community with shared future.

结尾段的写作应注意以下几点：

1. 避免结论脱离或偏离文章的主要内容。如在论述了兼职的利弊后，有的学生写道：

In a word, taking a part-time job is an essentially good thing to us. Therefore, we should try to take part-time jobs whenever there is a chance.

这样的结论无视上文关于兼职弊端的论述，脱离了文章的内容。

2. 避免结论太空、太大。如在论述了兼职的利弊之后, 有的学生做出以下结论:

In conclusion, everything is two-sided and taking a part-time is no exception.

这样的结论太空泛, 没有针对性。

3. 避免在结尾引入新的话题。这是写作的大忌, 因为这样会破坏文章结构的完整性。如在对比了人们对放鞭炮的两种态度后, 有的同学这样结尾:

I agree with the latter. Setting off firecrackers should be banned since it has so many disastrous disadvantages. However, to those who really enjoy setting off firecrackers, this really is a problem to be solved.

最后一句话引入了一个新的话题, 但文章却就此结束, 这样的文章看起来不完整。

4. 避免结尾以一句话匆匆收场, 造成头重脚轻的失衡现象。如在论述了时间的重要性, 并列举了一些人不珍惜时间的行为后, 有的同学这样结尾:

Time is precious, so we should not waste our time.

这样的结尾显然没有起到深化主题的作用。

另外, 首段和结尾段最好能够互相呼应, 如在开头的段落提出一个问题, 在结尾的段落应给出答案。

Task 1 Paraphrase the following sentences:

1. A word is powerful enough to change our life. Think about it carefully because it is really a forceful statement — to change our life. (用于开头段)

2. Words are more than what we hear, write or read, and they have become what we create and how we communicate with the world around us. (用于开头段)

3. For most of us, we are interacting and creating relationships with words every day. (用于主体段)

4. It is increasingly clear that the meaning and value of words have become dependent on real-time demand, and thus, the sensed value is decided only by the focus of time and need. (用于主体段)

5. At last, the powerful meaning of words can also be seen in religion. The use and meaning of certain words in religious context cause hot debates and even wars. (用于结尾段)

Task 2 Read the sample essay in Part 1, analyze the function of each paragraph and underline the thesis statement and topic sentences. Then follow the directions in Part 2 to write a short essay, and make sure your essay is well-organized.

Part 1. Directions: Some employers are giving increased importance to employing people with specific good social skills in addition to good qualifications. Do you agree or disagree that social skills are as important as good qualifications for success in their jobs?

The analysis of the essay.**Introductory paragraph:**

Some companies attach equal importance to both social skills and academic qualifications when hiring new employees. In my opinion, education is the main prerequisite for achieving a successful career in this knowledge-intensive world. (Thesis statement)

Body paragraphs:

First, higher education provides the basis for accessing top companies. (Topic sentence for this paragraph) It is not difficult to understand that job seekers must spend considerable amounts of time, money and energy to obtain their professional qualifications. This is why most employers value academic qualifications, as such (giving examples to support topic sentence) eligibility means applicants have mastered more precise and professional knowledge. Without this competence, no opportunity could be acquired to enter the interview level. Second, after they are employed, expertise obtained from alma mater can make them work more efficiently. For example (give examples to support topic sentence), once a candidate from a normal college becomes a teacher, solid foundations like teaching methods and educational psychology help him easily adapt to the workplace.

Nonetheless, I also have to insist that social skills do play a very important role in one's career success. (Topic sentence for this paragraph) For example (give detailed examples to support topic sentence), some interior designers with great interpersonal skills can accurately figure out what their customers like in their future home, including stylistic preferences, color matching and decorations. Furthermore, such tendency can hardly be learned by attending academic institutions. In addition, teamwork is indispensable during one's career. Due to globalization, many successful cases are achieved because of cooperation. Hence, better social skills add positive opportunities and great possibilities for most individuals' success.

Conclusion paragraph:

In conclusion, academic qualifications and social skills are essential for a bright career. (Summarize the essay by restating the 2 main points mentioned in the body paragraphs) However, in terms of importance, the former is more vital than the latter considering the competitiveness in the labor force.

(范文出处: <http://ielts.zhan.com/xiezuozuo76977.html>)

Part 2: Sample essay for reference (参考范文)

It is often argued that teachers should be accountable for their students' good and bad conducts as they are responsible for teaching them the morality of their children. Others, on the

other hand, opine that educators' role should be limited to imparting academic (educational) curriculum among students. This essay will discuss both points of view and argue that instructors can share the responsibility for inculcating socially acceptable manners in students along with academic course training, followed by a reasoned conclusion.

Many support the teacher's role in students' behaviour modification. Firstly, they think that students spend much more time with their educators in school than with their parents. So, it is easy for the trainers to develop a good interpersonal relationship with students and, thereby, can have a great influence on their trainees. In addition, they can give moral lessons through moral classes. Moreover, most of the students find their teachers as their role model. So, the students accept the instructions of their professors than those of others.

Alternatively, others advocate that academic subjects must be the only priority for educators. They believe that this encourages teachers to concentrate only on course works and thereby could contribute to better academic achievements of the students. This is true of pupils who follow the classes with great attentiveness. But this essay disagrees with this view because it cannot bring the maximum outcome from other students if they are not motivated to learn. So a teacher, who can impose good conduct on his students, who can divert his students from immoral behaviour, can expect the best possible result from his students.

In summary, although teachers' primary role is guiding students in academic course work, their ultimate goal should be creating citizens with good conduct and better career prospects.

(范文出处: <http://ielts.zhan.com/xiezuo77127.html>)

Section VI GRAMMAR: Comparative 1 (语法第一讲: 比较级)

英语的比较级不容易熟练掌握, 最主要的原因是英汉表达比较级的方式相差甚远。很多人不了解英语的表达方式, 习惯于根据汉语句子的顺序翻译涉及比较级的句子, 结果往往出错。同学们应该重视英语的比较级, 尽量丰富自己的表达方式, 避免汉语式的句子。

一、了解 as... as + 数字的确切意义

阅读时我们经常遇到下面这样的句子, 尤其是 as many as 和 as much as 比较常见:

1. There are sometimes as many as eight or ten rows of trees flanking the highway.
2. It can take as long as eight days to rig up rope ladders and to establish supply bases...
3. Sometimes, these workers have to work as long as twelve hours a day.
4. During inflation, the price of consumer goods sometimes goes up as much as 20 percent.
5. The auditor was warned about the problems at the clinic operator as far back as 1998.

6. Others were killed when buildings collapsed in the quake, Algeria's worst in more than 20 years and felt as far away as Spain. (甚至西班牙都能感觉到)

7. By the year 2025, AIDS will be by far the major killer of young Africans, decreasing life expectancy to as low as 40 years in some countries.

8. The world's reserves of fossil fuels will eventually be exhausted, some as soon as the 21st century.

9. People began to pay attention to the greenhouse effect as early as 30 years ago.

10. As long ago as 1809, the Swedish Parliament introduced a scheme to safeguard the interest of the individual. (早在 1809 年)

上述句子中的 as... as 不能理解为“与……一样”，应结合中间的形容词或副词译成“多达”、“长达”或“高达”等。如例 9 中的 as early as 30 years ago 可翻译为“早在 30 年前”。又如：

高达 8 848 米 (as high as 8,848 meters)

多达 4 亿美元 (as much as 400 million dollars)

深达 10 英里 (as deep as 10 miles)

被耽搁长达两小时 (be delayed as long as two hours)

多达 13 亿的人口 (a population as large as 1.3 billion)

所以，要想突出某个时间点、时间长度、数量、幅度或距离时，可以用 as... as 结构，如“我学英语长达 10 年了”可翻译为“I have been learning English for as long as ten years”。

二、as... as 和 more... than 句型的使用

请比较“他在英语上花的时间没我多”的不同译文：

1. The time he spends on English is not so much as I (me).
2. The time he spends on English is not so much as mine.
3. The time he spends on English is not so much as the time I spend on English.
4. The time he spends on English is less than I spend on English.
5. He spends less time on English than I do.
6. He doesn't spend so much time on English as I do.
7. He doesn't spend as much time on English as I do.
8. I spend more time on English than he does.

前 4 个句子都是典型的汉语式思维，按汉语词序直译，不符合英文表达习惯。相比之下，后 4 句要好得多，至少是可以接受的表达方式。第 6 个句子可能是最好的。翻译“不如”时，not so (as)... as 比 less... than 更常用，要切记否定动词，翻译时尽量以动作执行者充当主语。

试译：他在工作中的朋友没我多。

父母在儿童成长中起的作用可能超过老师。

我去过的中国城市比你多多了。

我要学的东西太多，一辈子也学不完。

他得到工作的可能性与被选为洛杉矶市长的可能性差不多。

译文：

He has not made so (as) many friends at work as I have. (不要翻译成 The friends he has made...)

Parents may play a more important role in children's growth than teachers do. (最好不以 role 开头)

I have been to far more cities in China than you have (have you). (不要用 cities 充当主语)

There is more for me to learn than I can manage in my lifetime. (也可用 too... to 翻译)

He has about as much chance of getting a job as of being chosen mayor of Los Angeles. (如果以 chance 开头，句子不好翻译，可能特别麻烦)

比较数量时常用 have 或 there be 句型，也可用 more 或 fewer 等词开头，尽量避免使用 be more than sb. 或 be less / fewer than sb. 等结构。例如：

1. 我在北京的亲属比你多。

I have more relatives in Beijing than you do. (最好不要译成：My relatives are more than yours.)

2. 高峰时间坐公共汽车的人比中午多多了。

There are far more bus-riders during rush hour than at noon.

Far more people take a bus during rush hour than at noon.

3. 这篇课文的生词没上篇多。

There are not so many new words in this text as in the previous one. (也可用 “There are fewer new words in this text than in the previous one.”)

4. 我们班女孩比男孩多。

There are more boys than girls in our class.

Girls outnumber boys in our class.

5. 有多少历史学家，就几乎有多少对历史的界定。

There are almost as many definitions of history as there are historians.

6. 有多少学科，就有多少不同类别的科学家。

There are as many types of scientists as there are sciences.

表示“数量比……多得多”时，有个说法：much more 修饰不可数名词，而 many more 修饰可数名词，如：

I have much more work to do than you.

I have many dollars than you do.

但实际上，用 many more 的情况不多，不如用 far 或 a lot 等词替换。

值得注意的是，中国学生经常在 as somebody 或 than somebody 后面省略系动词、助动词或情态动词，结果是有些句子意义不清，也就是比较对象不明，如：

1. Andrew's mom likes this dog better than his dad.
2. Andrew is more dependent on his mom than his dad.

第一句中，通常的理解是 Andrew's mom 与 Andrew's dad 相比较，也就是“妈妈比爸爸更喜欢这只狗”，但意义也可能是“妈妈喜爱这只狗的程度超过喜爱爸爸”。为了避免疑义，可在 dad 后面加上 does，这样就明确表明是第一种意义。如果想表达第二种意义，可在 his dad 前面加上 she does。在第二句中，如果在 his dad 后面加上 is，就表明比较的对象是 Andrew 和 his dad，如果在 his dad 前面加上 on，则表明比较对象是 his mom 和 his dad。

要注意该类句子中同一个介词的重复，如：

depend as much on parents as on friends
 learn more from books than from teachers
 have as much effect on doctors as on patients
 be determined more by demand than by supply
 be as kind to her parents as she is to patients

试翻译：

对空气质量担忧的程度与对父母健康担忧的程度相同
 对流行音乐的兴趣超过古典音乐
 和父母在一起的时间同与自己孩子在一起的时间差不多
 与经验的关系和与方法的关系一样大

可翻译为：

be as concerned about air quality as about one's parents' health
 be more interested in pop music than in classical music
 spend about as much time with one's parents as with one's child
 have as much to do with experience as with methods

如果 as... as 之间的形容词修饰某个名词，那么该名词要放在 as... as 之间，不定冠词放在形容词之后，如：

This is not so difficult a language as I was told. (difficult 修饰 a language, 不宜写为 “This is not a language as difficult as I was told.”)

Please take as many magazines with you as you like.

Beijing is as interesting a city to visit as Shanghai is. (interesting 修饰 a city)

She doesn't have so much change on her as I do. (change 接 on her)

Mary is as smart a girl as you are. (不宜写为 ...is a girl as smart as you are 或 ...is as a smart girl as you are)

有时 as... as 和 more than 用于比较同一个对象的不同特点, 而非两者间的对比, 有时可翻译为“与其……不如”或“主要……其次”。

1. This is not so much a battle over beliefs as over values. (可改写为: This is more (of) a battle... than...)

2. He was more offended than pleased. (与其说是高兴, 不如说是恼火)

3. She is as clever as pretty.

4. This experiment is more of a success than a failure.

5. She is as much of a friend to me as a teacher. (既是朋友, 又是老师)

6. The computer is more of a blessing than a curse. (电脑利大于弊)

还有其他例句, 如:

1. Cities represent environments which are less than ideal in many respects. (未达到理想程度)

2. I love you more than I can say. (无法用语言表达)

3. You appear in my heart more often than you know. (你不知道我多想你。)

4. This is more than I can tolerate.

5. In this case, you can do nothing more than console her. (只能安慰她)

Keys to GRAMMAR: Exercise I

Translate the following sentences into English.

1. It takes less time to go to the Forbidden City by subway than by bus.

2. More college students choose to go on to graduate school than to study abroad.

3. He is more of a friend than a classmate to me.

4. Some people care about themselves as much as about others.

5. My adviser reads much more literature each day than I do.

6. Paris is as charming a city as London is.

7. There are far more male smokers than female ones.

8. Far more people die from road accidents than from air crash each year.

Road accidents kill far more people than air crash does each year.

Each year, road accidents take far more lives than air crash does.

9. The population of Beijing is as large as 21,707,000.

10. Our research group has published almost as many SCI papers as your lab has.

Unit 2

Cultural Varieties

Section I READING SKILLS: Developing Your Reading Flexibility

IN THIS SECTION THE STUDENTS WILL LEARN:

1. to analyze reading efficiency and flexibility;
2. to understand factors that affect rate and comprehension;
3. the basic principles that govern efficiency.

Answer the following questions before or during reading Text A.

1. Do you think the left-handed people are special? Why or why not?

open

2. What determines hand preference?

Like most aspects of human behavior, handedness is a complex trait that appears to be influenced by multiple factors, including genetics, the environment, and chance. Handedness, or hand preference, is the tendency to be more skilled and comfortable using one hand instead of the other for tasks such as writing and throwing a ball.

3. How are lefties viewed in Chinese culture?

In China, in particular, less than 1 percent of students are reportedly left-handed, despite a global average of 10 to 12 percent of humans preferring their left hand, according to a research done by the professors at Emory University in Atlanta. It's not that there are fewer people born left-handed in China or necessarily that there are negative attitudes about lefties there. It's just that being left-handed is especially impractical. And with 88 to 90 percent of the population right-handed, and some written characters requiring a right hand, that's what wins out, at least when it comes to writing, so being born in China does mean you will likely be forced to function as a right-hander. Luckily, in recent years left-handed Chinese ping-pong players have been widely

recognized as superior to others, providing evidence for at least one visible positive role for lefties.

4. Do you have any reading strategies in your mind before you get down to reading?

open

5. What do you expect to know from Thomas Merritt in this article?

I checked the academic background of the author when I hit the headlines. I expect to learn more about what makes left-handed people special from a scientific perspective since the writer's research interest is in genomics and bioinformatics.

Section II TEXT A

Lefties, You Should Feel Very Special

TEACHING OBJECTIVES:

Studying Text A will enable students

1. to learn about left-handed people from genetic as well as sociological point of view.
2. to know how bias is produced against minorities.
3. to learn how to use the following key words:
aspire; complication; substantial; interaction; digestive; correlate; underlie; creepy; yield; coordinate
4. to learn the structure of "from...to" in the following sentences to provide examples to illustrate ideas.
 - (1) The fact that scissors, and other assorted manual tools and appliances, **from** dessert forks **to** chainsaws, are designed for the righty majority means they're harder to use lefty, resulting in considerable pressure to conform and use your right hand.
 - (2) This kind of combination of genetics, the environment, and simple random chance underlies most human biology, **from** height or weight **to** drug resistance or cancer susceptibility.
 - (3) Once we actually started looking, however, we've found "handedness" in many other species, **from** snails **to** kangaroos, even **to** our ancient evolutionary ancestors.
5. to learn how to use examples, testimony and statistics to support the main points in an exposition writing.
6. to discuss the related topic regarding cultural varieties and some interesting human behaviors.

KEYS TO EXERCISES

I

READING COMPREHENSION

A.

1. C (Paragraphs 1, 2, 3: What is “handedness” anyway? Given how fundamental, and obvious, handedness is, we know surprisingly little about its genetics.)
2. B (Paragraph 6: In many cultures, the left is associated with evil. There has been, and may continue to be, considerable pressure against maintaining the left hand as the dominant hand.)
3. A (Paragraphs 17–18: Because 90 percent of the human population is right-handed, Klar concluded that right-handedness and a clockwise whorl were correlated. He then directly surveyed a smaller group of people who had a counterclockwise whorl and found that this split 50/50 between right-handed and not-right-handed. In this way, Klar showed that handedness and whorl direction are associated, but not in a “all righties are clockwise; all lefties are counterclockwise” way.)
4. D (the last sentence in Paragraph 16)
5. C (Paragraph 17: He then directly surveyed a smaller group of people who had a counterclockwise whorl and found that this split 50/50 between right-handed and not-right-handed.)
6. A (Paragraph 20: This kind of combination of genetics, the environment, and simple random chance underlies most human biology, from height or weight to drug resistance or cancer susceptibility. Understanding the genetics of human handedness can, then, help us to understand human genetics in general.)

B.

Introduction (Paragraphs 1–3) Only 1 in 10 humans are left-handed, and we are fascinated about or even envious of the rare left-handed. Given how fundamental, and obvious, handedness is, we know surprisingly little about its genetics.

Body: (Paragraphs 4–27)

Part 1 (Paragraphs 4–8) : What is “handedness” anyway? Handedness could be a function of genetics, its interaction with environment and random chance. In many cultures, the left is associated with evil. There has been, and may continue to be, considerable pressure against maintaining the left hand as the dominant hand.

Part 2 (Paragraphs 9–13) What does right-handedness mean? Researchers can classify people into one of three groups—right- or left-handed or ambidextrous—or two groups—right-handed and not right-handed. Handedness, then, could be a function of this genotype, and its interaction with the environment and random chance.

Part 3 (Paragraphs 14–18) Right/left asymmetry is actually common. Other left-right asymmetries abound in human biology. Klar concluded that right-handedness and a clockwise

whorl were correlated but not in a “all righties are clockwise; all lefties are counterclockwise” way.

Part 4 (Paragraphs 19–20) A single gene for handedness? Klar proposed an elegant alternative model that still only requires a single gene to determine both whorl direction and handedness.

Part 5 (Paragraphs 21–23) Other species? We’ve found “handedness” in many other species, from snails to kangaroos, even to our ancient evolutionary ancestors.

Part 6 (Paragraphs 24–27) Let’s experiment. Scale-eating cichlids, cats and dogs are ambidextrous.

Handedness in cats or snails is likely genetic, but the genetics may not be identical to that in humans.

Conclusion (Paragraphs 28–31): Handedness is biologically complex and involves substantial co-ordination between the brain and hand. The left-handed tend to have novel or creative thinking.

II

VOCABULARY

A.

1. A 2. C 3. D 4. B 5. A 6. C 7. D 8. C 9. B 10. A

B.

1. E) phenomenon 2. G) separate 3. B) organisms 4. H) essential 5. A) consumption
6. I) evolved 7. L) advanced 8. J) primitive 9. N) reproduce 10. F) biologists

III

CLOZE

1. A 2. C 3. B 4. D 5. B 6. C 7. D 8. A 9. C 10. C

IV

Translate the following sentences into Chinese.

1. 结果是这个比例不仅适用于美国中部的大学课堂，对整个人类而言也是一样的。从全球来看，大约有 90% 的人习惯用右手。为什么会这样？
2. 一个令人不解难题是：决定用手习惯的原因不是那么直接明显。你主要用哪只手来写字和画画至少取决于三方面的因素：基因无疑是重要因素之一，环境也很重要，随机性也有可能起作用。
3. 环境的压力也迫使我们接受某些行为习惯，比如说用手习惯，即使我们天生不是那种用手习惯。

4. 从很多行为可以看出一个人的主要的用手习惯, 除了那些从你脑子一闪而过的成年人关键的行为之外, 还有那些端庄娴静的消遣行为, 比如做针线活和拿勺喝汤。
5. 基因、环境及随机性的共同作用构成大多数人的生物特性, 包括身高、体重以及抗药性和患癌的概率。
6. 如果你需要某人能随手拿起手边的剪刀沿着虚线剪东西, 也许惯用右手的人会干得不错。但是如果你需要奇思妙想, 那你可能得招募一个左撇子。

V

SPEAKING PRACTICE

1. *What is the percentage of people you know who are left-handed? Are women more likely to be right-handed than men?*

According to my observation, left-handed people make up only an estimated 10% of the population. There are many myths about the differences between righties and lefties, yet most evidence is anecdotal and more research needs to be done. As regards gender, men are slightly more likely than women to be left-handed, with most studies indicating that about 13% of men and just under 11% of women are left-handed.

2. *Do you think left-handed people are smarter than right-handed people? Why or why not, and in what way?*

Some people around us claim that left-handed are smarter and more creative than their right-handed counterparts, but psychologists are far from a consensus on how to measure vague concepts like creativity and intelligence. Any declared correlation between those attributes and handedness will have to be confirmed by a better understanding of the biology in general and further discoveries. However, a few earnest studies have proposed interesting links between primary hand and cognitive skills. It appears that righties may perform slightly better academically than lefties. Research also suggests that left-handers are more vulnerable to learning disabilities and dyslexia. On the other hand, righties dominate in tasks involving the mental manipulation of objects, which might explain the high proportion of left-handed chess players. More general claims, especially concerning “right-brained” versus “left-brained” people, are more pseudo than science.

3. *Why has left-handedness been seen as an evil trait in many cultures?*

Across time and place, left-handedness has been seen as everything from a sign of moral degeneracy to a symptom of neurological deformity to an illegal act. Given the ubiquity of general wrongness that multiple disciplines have attributed to left-handedness, it's in some ways surprising that today experts herald (宣布) left-handedness as a sign of creativity and mental deftness (敏捷).

Left-handedness was not always exclusively associated with wrongdoing; its characterization as “good” or “bad” shifted to correspond with dominant social morals. The ancient Celts, for

instance, associated the left with femininity — the source of all life — and thus worshipped the left side, treating it as sacred.

The Greeks presented men and women as opposite pairs, with men representing the right and women representing the left. Creation myths of the time dictated that males were conceived when the father's "seed" came from the right testicle, and that a female child would be born should the seed come from the left.

As the centuries wore on and more "truth tellers" — specifically in the sciences — gained authority in governing public life, left-handedness became an object of scientific analysis and a recipient of medical treatment.

At the turn of the 20th century, Cesare Lombroso — often considered to be the father of criminology — looked to the left hand as an explanatory variable for certain less-than-desirable behaviors. And as opposed to what appeared in religious texts, Lombroso used "science" to justify his thinking.

In Berlin, psychoanalyst Wilhelm Fliess took his theories on left-handedness so far that he believed any not-so-feminine woman or not-so-masculine man would always be left-handed. "Where a woman resembles a man, or a man resembles a woman, we find the emphasis on the left side of the body," Fliess wrote. "Once we know this we have the diviner's rod for the discovery of left-handedness. The diagnosis is always correct."

These ideas were so far-fetched that not even Sigmund Freud (弗洛伊德) — himself no stranger to making outlandish claims — took them seriously. Freud criticized Stekel's "lack of critical reflection and tendency to generalize at all costs." Responding to Fliess, Freud wrote simply, "I am still unable to accept your interpretation of left-handedness."

4. Do the brains and bodies of lefties operate differently than those of right-handed people? Is it the genetic make-up that determines the handed trait?

It was previously thought that the genetic differences between the left and right hemispheres of the brain determine whether someone is left- or right-handed. A study published in the year of 2018 found that right- or left-handedness may have nothing to do with the brain — instead, it could be determined by gene activity in the spinal cord while you are in the womb.

To study this, the researchers analyzed gene expression in the spinal cord in the 8th through the 12th week of pregnancy. They found significant differences in the left and right segments of the spinal cord that control arm and leg movement. They concluded that the asymmetrical nature of the spinal cord could be down to something called epigenetics, or how organisms are affected by changes in their gene expression rather than in the genes themselves. These changes are often brought about by environmental influences and can affect how a baby grows. These gene-expression differences could affect the right and left parts of the spinal cord differently, resulting in lefties and righties. But why exactly people are left-handed is still a bit of a mystery and it's

hard to predict whether a child will be left- or right-handed once they are born.

One thing we do know, though, is that the neurological differences between left- and right-handed people are small, and supposed behavioral or psychological distinctions have largely been debunked (驳斥).

5. *Do you agree that the creativity and cognitive differences bring fascination and envy to left-handed people?*

The left-handed brand has come a long way in the last few decades. The majority of people no longer assume that left-handed are tools of Satan. Today's lefties are surrounded by a far more benevolent glow. We associate left-handedness with intelligence, out-of-the-box thinking, and artistic talent. But are these flattering generalizations backed up by science? Does being left-handed really make people more creative? The answer to that is a definitive ... maybe. Scientists have been chipping away at the peculiarities of left-handedness, which occurs in about 10 percent of the population, for a long time. They've looked into the purported links between left-handedness and things like mental illness, faulty immune systems, and criminal behavior. They've studied whether lefties are better at problem-solving, and if they're more likely to die young. From all these studies on left-handedness, we can conclude one thing, and one thing alone: science is complicated.

A handful of studies have found a link between left-handedness and creativity, conferred, some think, by the fact that left-handed folks constantly have to adjust to a right-handed world. Other studies found no link at all.

Some researchers conclude that lefties are no smarter than righties, while others say that left-handedness comes with a clear intellectual advantage. Is there really a left-handed personality? Are lefties more prone to schizophrenia and learning disabilities? That depends on who you ask.

But "Are lefties different?" might not even be the right question. Over the last few years, a number of studies have concluded that it's not which hand is dominant that matters—it's the degree of dominance. According to researchers, very few people are truly entirely left- or right-handed; it's more of a spectrum. We use our left hands for some things and our right hands for other tasks.

These experiments have found that people toward the middle of the spectrum are more flexible thinkers. They seem to be more empathetic and better able to view things from other people's perspectives. When considering the risks and benefits of any given decision, inconsistent-handed people (as researchers call them) are more likely to focus on the risks, whereas people at the outer edges of the handedness spectrum pay more attention to potential benefits. They may even sleep differently. It seems we've been aiming our stereotypes a little too far to the left.

BACKGROUND INFORMATION

1. Genetics

It is the study of heredity in general and of genes in particular. Genetics forms one of the central pillars of biology and overlaps with many other areas, such as agriculture, medicine, and biotechnology. Genetics arose out of the identification of genes, the fundamental units responsible for heredity. Genetics may be defined as the study of genes at all levels, including the ways in which they act in the cell and the ways in which they are transmitted from parents to offspring. Modern genetics focuses on the chemical substance that genes are made of, called deoxyribonucleic acid, or DNA, and the ways in which it affects the chemical reactions that constitute the living processes within the cell. Gene action depends on interaction with the environment. Green plants, for example, have genes containing the information necessary to synthesize the photosynthetic pigment chlorophyll that gives them their green colour. Chlorophyll is synthesized in an environment containing light because the gene for chlorophyll is expressed only when it interacts with light. If a plant is placed in a dark environment, chlorophyll synthesis stops because the gene is no longer expressed.

2. Genotype

The genotype is the set of genes in our DNA which is responsible for a particular trait. The phenotype is the physical expression, or characteristics, of that trait. For example, two organisms that have even the minutest difference in their genes are said to have different genotypes. Your genotype is your complete heritable genetic identity; it is your unique genome that would be revealed by personal genome sequencing. However, the word genotype can also refer just to a particular gene or set of genes carried by an individual. For example, if you carry a mutation that is linked to diabetes, you may refer to your genotype just with respect to this mutation without consideration of all the other gene variants that you may carry.

3. Right Brain vs. Left Brain Functions

The human brain is divided into two distinct cerebral hemispheres connected by the corpus callosum (脑胼胝体). The two sides of the brain resemble each other, but their functions are distinctly different. The brain only weighs three pounds, and it is made up of about 100 billion neurons. Many of our past beliefs about the duality of the brain are coming under scrutiny. In fact, we are all a mixture of the characteristics from both sides. Nevertheless, there are still some characteristics thought to be more left- or right-sided.

According to the Left-Brain Right-Brain Theory, the different hemispheres of our brain control different types of cognition. The left hemisphere is said to be more objective, practical, and analytical, while the right hemisphere is said to be more subjective and thoughtful. Yet, of course, the two sides work together to help us function properly. For instance, our left hemisphere

helps us say words in the proper order, while the right side helps us understand the meaning of the words.

参考译文：课文 A

左撇子，你应该觉得自己与众不同

托马斯·梅里特

[1] 在我读研究生期间，我曾经在不同的艺术系当人体素描模特以赚取买啤酒的零花钱。在长时间的摆姿势站立的时候，我总是环顾房间，数一数这些有抱负的艺术家中间有多少是左撇子。在我后来的职业生涯中，也就是在我所教授的生物课的课堂上，我也经常这么数，当然并没有像在当模特时那样光着身子数。

[2] 有趣的是，无论在什么样的课堂，左撇子的比例大约占 10%。结果是这个比例不仅适用于美国中部的大学课堂，对整个人类而言也是一样的。从全球来看，大约有 90% 的人习惯用右手。为什么会这样？

[3] 对于习惯用左手，抑或右手，甚至是双手通用的现象，这与基因学有多大的关系呢？这又如何帮助我们整体上理解生物学？设想一下，用手习惯是亘古以来就有，而且又是如此显而易见，令人吃惊的是，我们对此的遗传学原理知之甚少。

[4] 一个令人不解的难题是：决定用手习惯的原因不是那么直接明显。你主要用哪只手写字和画画至少取决于三方面的因素：基因无疑是重要因素之一，环境也很重要，随机性也有可能起作用。

[5] 环境的压力也迫使我们接受某些确定的行为习惯，比如说，用手习惯，即使我们天生不习惯用那只手。

[6] 在许多文化里，人们把左撇子和邪恶联系在一起。直到现在，在有些地方，左撇子依然会有相当大的压力，这种情况或将持续下去。

[7] 这种压力虽然不是那么强烈，但却非常有效，因为使用右手会有很多方便。不信左撇子可以试一试给使用右手的人设计的剪刀。

[8] 事实上，像剪刀之类的一些组合手动工具及装置，包括甜点叉和链锯，都是为大多数使用右手的人设计的，左手使用者用起来很不方便，在这种相当大的压力下，大家都改为使用右手。

[9] 这种压力意味着那些通过用手写字来识别用手习惯的研究也许把一大批人归错了类。

[10] 许多研究者提出了解决这个问题的办法：通过分析一系列的行为来归类用手习惯。从很多行为可以看出一个人的主要的用手习惯，除了那些从你脑子一闪而过的成年人关键性的行为之外，还有那些端庄娴静的消遣行为，比如做针线活和拿勺喝汤。

[11] 从基因学上, 研究者在对人进行分类上困惑不解, 有的把人分为三类: 右撇子、左撇子或者双手通用者; 有的又把人分为两类: 右撇子或非右撇子。

[12] 在用手习惯上, 基因无疑起着作用, 但问题是起什么样的作用? 基因在根本上是左 / 右手转换使用上起着决定性的作用, 还是起着很微妙的作用?

[13] 有可能是你的基因组合或者说基因类型决定了你不习惯使用右手吗? 用手习惯有可能是基因作用的结果, 也可能是环境影响的结果, 也有可能是随机形成的。

[14] 人体内部另外一些左右不对称的器官比比皆是。最明显的也许是人体内部器官, 比如说: 心脏、双肺和消化道。

[15] 但是正是发旋的顺时针和逆时针十分有助于理解用手习惯的基因遗传性。就像飓风和气旋旋转一样, 人的头发在头皮上形成一个有中心点的螺旋形旋涡。(我没有编故事, 拿两个镜子或者让一个人坐在你身边看看我说的是否没错。)

[16] 有一篇非常有创意的关于用手习惯的基因原理的文章专门研究了发旋和发旋的盘旋方向。科学家阿马尔·克拉尔在一家附近的商业区闲逛并偷偷地记录下了购物者的发旋方向, 大多数人是顺时针方向的发旋。他没有记录购物者的用手习惯, 但他没必要记录。记住一点: 对于用手习惯的偏见是无处不在的。

[17] 因为有 90% 的人口是以使用右手为主的, 因而克拉尔得出结论说右撇子和顺时针发旋是相关的。随后, 他直接调查了一小群发旋是逆时针方向的人, 结果发现他们中间使用左右手的人各占一半。

[18] 用这种方法, 克拉尔的调查研究表明, 用手习惯和发旋旋转方向是相关的。但不是“所有的右撇子的发旋是顺时针的, 左撇子的发旋是逆时针的”。

[19] 克拉尔提出了另一种简洁的基因模式, 根据这个模式, 需要单个基因来决定发旋的旋转方向和用手习惯。

[20] 基因、环境及随机性的共同作用构成了大多数人的生物特性, 包括身高、体重以及抗药性和患癌的概率。理解人类用手习惯的基因学原理有助于我们整体理解人类基因学。

[21] 其他物种的非对称性和左撇子 (或右撇子) 倾向又是怎样的情形呢?

[22] 我们过去一直以为左撇子 (或右撇子) 倾向是人类特有的, 就像其他许多复杂的行为一样, 比如说, 用语言思维或使用工具。然而, 只要调查一下, 我们就会发现包括蜗牛和袋鼠在内的许多物种, 甚至包括我们进化前的祖先都有左撇子 (或右撇子) 倾向。

[23] 尽管蜗牛没有一个起主导作用的手 (实际上连其他的手也没有), 但是它们的壳大部分时候向右扭动, 偶尔也向左扭动。

[24] 以鱼鳞为食的丽科鱼是一种令人毛骨悚然的鱼, 它们专门吃其他不幸的鱼的鱼鳞, 它们优先选择要么从右边或要么从左边进攻。你的猫用它习惯的猫爪拿食物, 但习惯抬腿尿尿的狗却两边都可以。

[25] 在探索左撇子 (或右撇子) 倾向的基因问题时遇到的主要挑战来自于人类不愿意把自身当作实验对象 (这一想法完全合乎情理)。我不愿意在我女儿身上进行基因改变来看是否能把她变成左撇子, 但我愿意在蜗牛身上试试。

[26] 尽管这样，需要记住的重要一点是相似的系统并不一定被同一的基因所控制。比如，克拉尔发现器官的不对称是由基因路径决定的，但发旋的基因路径和左撇子（或右撇子）倾向的基因路径并不相同。猫和蜗牛惯用左爪或右爪的行为可能是基因遗传的，但是这种基因遗传可能和人类的不一致。

[27] 动物与人类在惯用左手或右手行为方面的另一个不同之处在于人类的极端偏倚比率 90 : 10，在动物界不存在。就拿猫来说，它们只是可能惯用右爪或左爪。美国大龙虾有比较大的“压碎”钳夹和比较锋利的“斩断”钳夹，但那个大的主导夹在左右两边的几率差不多。袋鼠左撇子多一些，大猩猩右撇子多一些，但两者的偏倚度都不会有人类那么大。

[28] 为什么人类会有这么大的偏倚度呢？左撇子（或右撇子）倾向在生物学上很复杂，涉及大量的手脑协调。大脑本身不是左右对称的，分为分工不同的左右两半球，分别负责诸如模式识别和语言的功能。

[29] 有趣的是，左撇子和右撇子的大脑结构似乎稍微有点不同。是这种偏倚反映出大脑的某种特殊构造吗？有些研究把左撇子 and 大脑功能和行为的变化联系起来。

[30] 左撇子在某些领域有高超的表现力，比如有些艺术家和建筑师。这些数字表明左撇子在创造力方面天生有优势。有可能是创造力或者认知能力的不同把我们带回我最初对那些邪恶的少数人的那种好奇或嫉妒。

[31] 如果你需要某人能随手拿起手边的剪刀沿着虚线剪东西，也许惯用右手的人会干得不错。但是如果你需要奇思妙想，那你可能得招募一个左撇子。

Section III TEXT B

There's More to Life than Being Happy

KEYS TO EXERCISES

READING COMPREHENSION

1. D (Paragraph 6: “it was a question of getting them to realize that life was still expecting something from them; something in the future was expected of them.”)
2. B (Paragraph 8: This uniqueness and singleness which distinguishes each individual and gives a meaning to his existence has a bearing on creative work as much as it does on human love.)
3. C (Paragraphs 12, 13, 14)
4. A (Paragraphs 12, 13, 14)
5. D (Paragraphs 15, 16, 17)
6. C (Paragraphs 16, 17)

参考译文：课文 B

生活远非只是追求快乐

艾米莉·史密斯

“正是沉迷于追求快乐让人变得不快乐。”

[1] 1942 年 9 月，著名犹太精神病学家和神经学科学家维克多·弗兰克尔在维也纳被捕，随后和他的妻子及父母一起被转移到纳粹集中营。三年后，他被解救出来，然而，包括他怀孕妻子在内的大多数家人都从人间消失了，唯有监狱代号为 119104 的他幸存了下来。

[2] 1946 年，一本描写他在集中营经历的书《追寻人生的意义》成为畅销书，他仅用九天时间就完成了这本书。在书中，他总结到，活过的人和已经死去的人之间最大的区别是：意义。

[3] 正如他在集中营中所看到的，在极度可怕的情形中，那些能够发现意义的人比那些看不到意义的人更能快速地从痛苦中恢复。

[4] 弗兰克尔在书中写道：“一个人可以被剥夺一切，但是有一件东西不可被剥夺，那就是自由。是在特定的情形下选择自己的态度和选择自己处理问题的方式的自由”。

[5] 弗兰克尔在纳粹集中营做心理理疗师。他在书中讲述了他遇到的两位想自杀的狱友的故事。像许多集中营其他被关押的人一样，这两个人感到非常绝望，生无可恋，毫无意义。

[6] “针对这两人的情况，”弗兰克尔这样写，“关键问题是让他们意识到：生活依旧有所期待，将来也有所期待。”

[7] 对于其中一个，值得期待的是他那移居国外的年幼的孩子；另一位是名科学家，他所期待的应是他当时还没有完成的一系列书籍。弗兰克尔这样写：

[8] 正是人类作为个体的唯一性和独特性，赋予他生存的意义，使他与众不同。同时，也让他尽力去爱，努力创造。当这种身份的不可替代性得以实现时，责任感成就了一个人的生存价值和意义，伴随责任感的其他后续的大小义务也会随之出现。如果一个人能意识到他所承载的另一个对他满怀期待的责任感，或者来自他未竟事业的使命感，他就不会轻易放弃生命。他明白他活下去的“理由”，并能够忍受任何活下去的“方式”。

[9] 弗兰克尔在书中写道：“对于欧洲人而言，反复要求人们‘保持快乐’正是美国文化的特征。但是，快乐不是追求得到的，快乐应该是自然而然发生的。但必须有理由‘要快乐’。”

[10] 根据盖洛普民意测验，美国人幸福指数四年来一直很高，这几年最畅销的书的书名都含有“快乐”两个字。在写这篇文章时（2018 年 1 月），盖洛普民意调查报告显示

60% 的美国人感到快乐，没有太多的压力和焦虑。

[11] 研究表明有目标有意义的生活能够提高整体幸福感和生活满意度，促进生理和心理健康，增强恢复能力，还能够提高自尊心，降低罹患抑郁的可能性。最重要的是，一门心思的追求快乐却讽刺性地使人们变得越来越不快乐。弗兰克知道：“正是人们一味地追求快乐阻碍了他们变得快乐。”

[12] 这是为什么有些研究者对人们只是纯粹追求快乐持谨慎态度。《积极心理学杂志》在即将发行的期刊中，刊登了一项新的研究。在研究中，心理学家们调查了 400 个从 18 岁到 78 岁的美国人，询问他们是否认为他们的生活有意义或者快乐。

[13] 对他们进行了为期一个多月的自我报告调查，内容涉及他们对意义、幸福以及别的变量（压力大小、消费模式、抚养孩子）的看法。这些态度包括如何看待生活意义，幸福观以及诸如压力水平、花钱方式和拥有孩子，研究者们发现：虽然有意义的生活和快乐的生活在某些方面相似，但最终却迥然不同。心理学家发现，过快乐的生活意味着成为“索取者”，而过有意义的生活却与“奉献者 / 给予者”相等同。

[14] “没有意义的快乐生活有以下特征：浅薄，自我沉迷甚至是自私。在这种生活里，一切都很顺利，人们的需要和欲望能够轻易得到满足，人们极力逃避困难和纠结。”作者在书中这样描述。

[15] 有意义的生活和快乐生活到底有何不同呢？研究者发现，快乐就是感觉好。具体讲，快乐的人们往往认为生活很容易。他们身体健康，能够买得起他们需要的和想要的东西。同时没有足够的钱会降低他们的快乐感，使他们觉得生活没意义，但是没有钱还是对幸福有巨大的影响。幸福也可以被定义为缺少压力和担忧也是对幸福有巨大的影响。

[16] 重要的是从社会关系的角度来看，追求快乐与自私相关，正如上面提到的，那就是他们往往成为“索取者”而不是“给予者”。心理学家对此进行创造性地解释：快乐与驱动力减退有关。如果你有需求或欲望，比如饥饿，满足它，你就会快乐。换句话说，人们得到了他们想要的，他们就会快乐。不只是人类会感觉到快乐，

[17] 作为项目的主要研究者和作者，Roy Baumeister 和 John Tierney 在他们的著作《意志力：关于专注、自控与效率的心理学》一书中认为追求快乐是跨越自然界的物种的，把人和动物区分开来的不是对幸福的追求，而是对意义的追求。这是人类独有的。

[18] 当今在世的著名的心理科学家马丁说：“有意义的生活就是你用你最高的品德和才能去归属或服务你认为比自我更大的东西。”对生命意义具有高要求的人即使知道追求意义会丧失快乐，也总是积极地追求意义。因为他们给自身注入比自我更大的东西，所以，相比快乐的人们而言，他们会担忧更多，压力更大，焦虑更严重。比如，生养孩子是有意义的生活，意味着要自我牺牲，但是大家明显地看到抚养孩子的父母快乐指数很低。

[19] 追求意义不仅仅要超越自我，还需要超越当下——这是研究者在研究中最重要地发现。尽管快乐是一种随时随地都可以感受到的情绪，但像其他情绪一样，它最终会消失。快乐的积极影响和愉悦的感受会稍纵即逝。接受调查的人们说他们感觉好与坏与快乐有关，不关乎意义。

[20] 从另一方面讲, 追求意义也意味着要忍耐, 因为它把过去、现在和将来串联起来。研究者们写道: “思想超越现在, 追忆过去和深思未来是相当有意义的, 但是会让人不快乐。” “在缅怀过去和深思未来的时刻, 通常不会有快乐。”

[21] 此项研究还发现: 生活中发生的负面事件会降低你的快乐感, 但是会使你的生活更富有意义。追求生活的意义, 并明确界定目标的人, 即使在他们感觉不好时, 他们对生活的满意度也比那些生活目的不明确的人们要高。“如果生命有意义,” 弗兰克尔写道, “那么意义存在于痛苦之中。”

Section IV TRANSLATION

I

Translate the following parts into Chinese.

阴和阳是来自于中国道家的两个哲学概念。道家学说是由中国古代的学者老子所创立。在历史上, 老子或许存在, 也或许不存在。我们所知道的是这些哲学概念从公元六世纪一直流传到现在。

重要的是要明白阴阳学说是一门具体的哲学的组成部分而不是科学理论的一部分的。话虽这么说, 但是量子物理理论的一些理论和阴阳学说在某种程度上不谋而合。同样地, 自然界所固有的二元性也具有某些实用意义。

武术直接运用这些概念。防御 / 攻击、专注 / 放松等理念直接来自阴阳。中医学还利用二元性和互补性来诊断和治疗疾病。中医从业者表达这一思想的原则是: 实则泻之, 虚则补之。

二元性的概念也可以应用到日常生活中, 以达到内心的平静。他们信奉超然和接受。遵循事物流动的自然规律。接受昼夜更替, 忧喜互转, 明暗互生等等。不要试图让一切都变成正面的, 相反, 承认二元性的存在, 这是道家学说通往和平生活之道。

II

Translate the following paragraphs into English.

1. American psychologists created a “Love and Logic” parenting model in the 1970s. The core idea of this model is centered on techniques to exert emotional control and essentially minimize emotional reactions like yelling at or reprimanding kids. Aside from reining in hot-blooded parent tempers, parents should learn to demonstrate their unconditional love and admiration for their kids for who they are, rather than what they do (or don't) achieve, such as test grades. The model also pushes parents to focus on asking questions of their kids and getting them to think about how to solve their own problems instead of feeding them with answers as what's the most important is that the kids should develop good character, curiosity and problem-solving skills.

2. It rarely (scarcely) occurs to learners of English that extensive reading is critical (crucial) to their mastery of English. Extensive reading is intended (aims at widening) to widen students' range of knowledge, familiarize them with the different usage of words and eventually improve their reading comprehension. Extensive reading involves some methods that can help improve the accuracy and efficiency with which you use English at work. Believe in what you read rather than in grammar books. You are what you read.

Section V WRITING: Paragraph (段落写作)

段落写作

一、段落的结构

英语中的段落 (Paragraph) 由阐述同一主题紧密相关的若干句子组成，是一则语意完整、和谐统一的语篇。一般说来，一个段落中的句子可长可短，具体要看所需要的细节。在英语写作中，段落是文章的基本单位。一些主要的写作技巧都体现在一个结构合理、主题明确、完整统一的段落中。因此，学习写作应该从练习段落写作开始。一般说来，一个段落由三部分组成：主题句、扩展句和结论句。主题句提出论述的主题，扩展句利用必要的细节对主题加以论证说明，结论句总结全段，在论证的基础上得出结论。这三种句子是段落的必要成分，它们相辅相成，构成一个完整的段落。有些段落还有过渡句，它连接上下文，使段落与段落之间能够顺利过渡。

例如：

(1) Students require more recreational time in order to better focus on lessons in class. (2) In fact, studies have shown that students who enjoy a recess of more than 45 minutes consistently score better on tests immediately following the recess period. (3) Clinical analysis further suggests that physical exercise greatly improves the ability to focus on academic materials. (4) Longer periods of recess are clearly required to allow students the best possible chances of success in their studies. (5) Clearly, physical exercise is just one of the necessary ingredients for improving student scores on standardized tests.

上面一段句子 (1) 是主题句，在这句中，作者直接阐述观点指出学生需要更多的娱乐时间才能提高上课的注意力。(2)(3)(4) 句为扩展句，扩展句是围绕主题句展开的，它们的主要功能是为主题句提供论据。通常情况下，那些含有事实描述、数据统计和逻辑推理的句子要比简单地表达看法的句子更有说服力。句子 (5) 是结论句。结论句的主要功能是总结要点，与主题句相呼应，深化主题句。

二、段落的原则：统一性和连贯性

1. 段落的统一性

段落的统一性是段落写作的最基本要求。一个段落只能有一个主题，其他所有的事

实、例子、证据都应围绕段落的主题句展开并服务于同一个主题。其他所有的与主题不相关细节都应该删掉。统一性有助于作者清楚有效地表达自己的观点。作者通过有机地把与主题相关的扩展句组织在一起,可使文章段落主题更明确、中心更突出。例如:

(1) The human body is a wonderful piece of work that nature has created. (2) It is not beautiful like the body of a butterfly or peacock but it is shaped practically. (3) It can do many types of work which other animals cannot. (4) It is not strong like the body of a tiger. (5) But in place of physical strength it has a big and sharp brain. (6) By using this brain the human physique has been able to overcome many of its limitations. (7) By sitting in an aeroplane it flies faster than a kite, by riding a motorcycle it travels faster than a leopard, and by firing a machine gun it fights much better than a tiger. (8) In spite of all this, the human body suffers from many diseases because it has a weakness for habits such as smoking, drinking and overeating. (9) When it is healthy the body can give great pleasure but when it is sick it can cause great pain. (10) The wise man would always keep his body fit because a healthy mind can work only in a healthy body.

上面的段落中,第一句陈述本段的主要观点:人的身体高于其他一切生物的身体。段落的统一性要求随后的观点都是围绕人的身体的品质和属性展开和说明的。在第(2)(3)(4)(5)(6)(7)句子中,作者通过比较、对照来说明和解释主题句的意义。这些句子都是围绕主题进行展开论述和过渡的。第(8)和(9)个句子通过解释分析了人体的局限性,这两句进一步让段落主题过渡到结论。第(10)个句子重述了段落的主题句。

2. 段落的连贯性

段落的连贯性指段落中句子按照一定的顺序组合在一起,各句前后衔接合理、条理清楚、通顺连贯,能够清晰地表达主题句所提出的论点。连贯的段落中的每一句话与主题句的关系明确,段落中的每个句子和它前后的句子之间不应该出现语义上明显的跳跃和阻断。要达成段落的连贯性,就要使这个段落无论在语言上还是句子之间的逻辑关系上,都形成一个统一体。取得连贯的方式很多,如:

——按照逻辑组织材料,如逐增、逐减、时间顺序、空间顺序、比较、列举、归纳、演绎等。

——创造性地使用平行结构。平行结构是指由两个或更多的具有语法结构的句子或词性相同的词组组成,使用平行结构可以使句子表意更清楚,也更容易看懂。

——在人称、时态和数上保持一致。人称、时态和数量的一致性达成段落连贯的重要手段,如果频繁地转换时态和人称,读者就无法清晰地了解段落的主要内容。

——利用代词、同义词,或重复关键词。

——正确使用连接词。通过使用连接词,段落的逻辑、语意的联系、前因后果就变得十分清楚明了,达成段落连贯统一。英语中连接词比较多,一般常用的有:

表示并列和递进: also, and, and, then, in addition, furthermore, moreover

表示时间: now, then, before, after, later, soon, next, meanwhile, finally, eventually

进行比较: like, unlike, similarly, just like, just as, likewise, in the same way

进行对照: but, still, however, while, on the other hand, on the contrary, nevertheless, despite, in spite of

表示因果: because, since, so, consequently, hence, as a result, therefore, thus, because of this

表示目的: for this purpose, so that, in order that, so as to, in order to

表示解释: for example, for instance

表示总结: in summary, in conclusion, in short, in brief, that is

表示让步: although, though, even though, no matter wh-

有意识地恰当应用连接词, 是达成段落连贯的重要手段。

3. 主题句的写作

(1) 什么是主题句

主题句是英语文章、尤其是英语论说文的重要段落中不可缺少的组成部分, 它是段落的灵魂。因此, 写出优质、有效的主题句就成了英语段落写作的重中之重。写好主题句是写好一个段落的前提, 具体地说, 主题句是概括段落中心思想、反映作者写作意图的一个概括性的句子, 是段落的核心所在, 通常由主题和作者的观点两部分组成。作者的观点就是我们通常所说的“关键词”, 集中反映了文章的该段内容的支配思想。它通常由主题和限制性陈述两部分组成, 作为段落传递信息的出发点, 简单扼要地告诉读者段落的线索和范围。比如:

Topic Sentence: There are many possible contributing factors to global warming.

在这个主题句中, 主题是“global warming”, 限制性陈述是“contributing factors.”

写好主题句就要分清主题和限制性陈述, 并把二者很好地组合起来, 形成一个有效的概括段落主要内容的主题句。

(2) 主题句的主要类型:

要领式, 比如: Progress in science and the improvement of living conditions have led to the rapid growth of the world population.

设问式, 比如: Should postgraduate students have rights to marry?

对比式, 比如: In choosing a good husband, different girls have different ideas. One suggests wealth, the next learning, while a third looks for a man who is handsome.

无论选用什么样的句式来表达段落的主旨, 关键是要比较概况地表达本段落要陈述的内容。

(3) 主题句写作要注意的问题

一是尽量用较确切的词来概括段落的主题思想, 避免使用较为笼统、抽象的词; 比如: If there were no electric power, things would be quite different. 这样的命题较宽, 无法统领这个段落的主要思想, 因此不适合作为主题句。

二是主题句的命题不能太窄, 以至于后面无法展开论述, 例如: If there were no electric power, people would have to use fire to light the room in the evening. 该主题句的命题

太狭窄,使作者无话可说。

(4) 主题句的位置

主题句的位置通常在段落之首,但有时也出现在段落末尾或者段落的中间。有些段落甚至没有主题句。因为有的段落的中心句是含蓄的。主题句的位置出现在什么地方,取决于作者的需要。作者往往根据文章的结构,突出重点及表达语气的不同,而采取不同的方式安排主题句的位置,但无论主题句安排在前还是后,作者思路的逻辑性必须清楚。

4. 结尾句的写作

(1) 结尾句的主要特征

英文段落中结尾句的功能是用来表明段落结束,一个好的结尾句应该是对该段落前面说明、描述或者讨论之后的一个总结,通常具有以下特性:

- 概述段落中讨论过的要点
- 重述段落的主题思想
- 通常出现于段落的最后
- 通常只涉及前面讨论过的有关内容

通过结尾句,读者可以清楚地识别该段落的主要要点。然而,结尾句并非主题句的简单重复,而在内容上,结论句要与主题句相呼应。

(2) 结尾句的写作

写结尾句时应根据段落的题材和风格,选取使用不同的句式。结尾句可以是叙述句、议论句,也可以是描述句。例如:

Clearly, there is a significant correlation between the use of drugs and health risks that indicate that this substance should remain illegal.

In the future, square dancing will not only be valued as a recreational activity but also valued for its healthy living style.

In order to give people easier access to online library benefits, we should expand network of online service.

Marijuana should not be made available to general public as it is a habit-forming substance.

写作结尾句时,为了使句子更加突出,通常要使用结论引出语。

常见的结论引出语有:

above all 最重要	in short 简言之
in brief 简而言之	accordingly 于是
as a result 结果	in sum 总之
hence 因此	thus 因此
briefly 简要地	therefore 因此
eventually 最后	finally 最后
to sum up 简而言之	consequently 因此
to speak frankly 坦白地说	in conclusion 最后, 总之

as has been noted 如前所述

这些引用语可以有效地帮助读者了解作者即将完成一个段落，同时有助于读者快速领会整个段落的主要意图。

(3) 结尾句写作需要注意的问题

写作结尾句时，要注意不能简单地重复主题句。简单地重复主题句会使整个段落显得乏味，表达不丰富，信息量的承载也会偏少。结尾句应该是重述主题句的主要思想，形成与主题句首尾呼应。

另外，不要将结尾句写成一句宣告语。比如：This paragraph highlights the research that supports making marijuana legal. 相反，要用衔接性词语对前文进行总结。比如，上面一句可写成：Therefore, it would be better for patients that are in discomfort if marijuana was decriminalized.

5. 段落的扩展方式

一个好的段落应遵循统一性和连贯性原则，段落的统一性和连贯性与段落的扩展方式密不可分。段落的扩展主要是将用来支持主题的细节、例子或事实按照逻辑顺序进行排列。根据不同的写作目的，可以应用不同的方法扩展段落。最常用的方法或模式包括时间顺序、空间顺序、举例、过程分析、对比对照、下定义、分类和因果分析。然而，一篇文章很少仅用一种方法扩展，通常是几种方法一起使用。

Task 1 Paraphrase the following sentences:

1. A responsible person will always have a reason to live. (用于开头段)
2. Having a purpose in life offers many meaningful benefits. (用于主体段)
3. The individual pursuit of happiness is selfish. (用于主体段)
4. A meaningful life does not guarantee happiness. (用于主体段)
5. Happiness is fleeting. (用于结尾段)

Task 2 Choose one topic sentence from the following and develop a paragraph and focus on unity, coherence and transition.

1. Appreciating the diverse personalities of the people helps us to understand the way they do. Appreciating the diverse personalities of the people helps us to understand the way they do. Personality is defined as enduring patterns in a person's thoughts, feelings and behaviors across situations. As our personalities affect how we react to various situations and interact with other people, our personality traits can demonstrate in some way behavioral tendencies. For instance, some people do not have a strong dislike of risks. They are willing to pursue fairly risky courses of action. In contrast, other people may probably be conservative in every aspect of their lives, so they would never follow any risk-oriented tasks even as a last resort. Thus, appreciating personality diversity also means respecting the strengths and limitations of each individual, and

knowing how to capitalize on each individual's strengths and minimize their weaknesses.

2. The challenge of human existence lies not in just staying alive, but in finding something to live for. Some people spend their whole life striving for financial success or fame; others attempt to seek happiness of the moments in life no matter what they do; still others devote themselves to a life-long pursuit cause they think is meaningful. Life will be a quite different experience when you understand what guides you. First, to live a life you want, you should search for your life goals until you feel that you have full clarity of what they are. Once you have found a purpose connected to a meaningful life, then, it's time to take action, to make things happen. Since there are many difficulties you will encounter on the journey, you should constantly remind yourself that consistency is the key and you're closer now to achieving your goals than you've ever been before. Living with purposes can give you the intrinsic motivation to strive to achieve more while feeling fulfilled in life.

Section VI GRAMMAR: Comparative 2 (语法第二讲: 比较级)

注意连词 *as* 和 *than* 的双重性: 既连接从句, 又相当于从句的主语, 就像 *as* 引导定语从句一样, 但要注意 *as* 或 *than* 后面动词的单复数形式, 例如:

1. These proposals sought to place greater restrictions on the use and copying of digital information than exist in traditional media. (*exist* 修饰 *restrictions*)
2. There is more to be done than can be done.
3. We need more money than has been raised so far. (由于 *money* 是单数的, 后面用 *has*)
4. This drug is not so effective as is claimed to be.
5. We need more hands than are currently available. (*hands* 要求后面用 *are*)
6. Never eat more than is necessary.
7. The secretary just manages to finish as much work as is assigned to her.
8. She failed to do as much as was expected of her.
9. Always read faster than is comfortable.
10. The key to good note-taking is ... to write only as much as is needed to record the essence of a point or idea presented by the lecturer.

试翻译:

每月的冰箱产量超过销售量

医生开多少药就服用多少

喝酒太多不明智

跟传说的一样神奇

出乎意料地美

已发现多少物种就挽救多少物种

可翻译为：

produce more refrigerators than can be sold each month

take as much medicine as is prescribed

drink more than is advisable

be as magic as is said to be

be more beautiful than was expected

rescue as many species as have been found

than 和 as 还可接从句，例如：

1. She is looking much younger than when I last saw her.

2. Consumers have to pay twice as much for takeout foods as if they prepare them at home.

3. A good biographer can bring the subject as vividly to life as if he were standing in the same room. (as if 接虚拟语气)

4. Across the river is a country that seems as alien as if it were on the far side of the moon.
(像位于月球背面一样神秘)

5. His expression is as earnest when he smiles as when he is arguing.

下面这句话中可省略 it：

During this transition, carbon will be lost to the atmosphere faster than it can be replaced by new growth, accelerating climate change.

有时只能用 equally 或 equal 表示“同样”，不能用 same 或 as... as...，例如：

1. Boys and girls are more or less equally clever.

2. The two big cities are equally important / are of equal importance.

3. This practice encourages doctors to prescribe lower-priced but equally effective drugs for... patients.

4. Scientists have to develop other equally useful models to explain...

5. I asked them in broken German and they answered in equally broken English.

6. Equally important is the academic value of the papers.

三、“尽可能”的表达方式

除了人们熟知的 as... as possible / one can 之外，有时可用“最高级 + possible”结构表示“尽可能”，请看下面的对比结构：

as soon as possible (in the shortest possible time)

achieve as good a result as you can (achieve the best possible result)

find as clever a boy as possible (find the cleverest possible boy)

as fast as possible (at the highest possible speed / at top speed)

make as much progress as possible (make the greatest possible progress)

在括号内的表达方式中, possible 也可放在名词后, 如 achieve the best result possible。
请看两个典型的使用 as... as possible 的句子:

And it made me more determined than ever to have as many more beautiful days together with her as I possibly can. (*The Time of My Life*)

The ability to achieve as excellent a translation as may be, balancing all the components at all levels against one another in constructing a version as near in all respects to the original as is possible, requires a delicate and sensitive appreciation of all aspects of language. (as excellent a translation as may be 的含义是“尽可能好的译文”, 而 as near in all respects to the original as is possible 表示“尽可能忠实原著”)

表示“按意愿”时可用 one likes, 如: eat as much as you like (想吃多少吃多少), stay here as long as you like 或 take as much as you want (想拿多少拿多少)。

学生在写作中比较喜欢使用 as... as possible 等结构, 但有些人误用 try one's best, 而且词序上经常出错。

试翻译:

尽量少出错

尽可能省钱

尽量多记生词

消耗尽可能少的能源

尽量积累经验

找一本尽可能有趣的书

能学多少就学多少 (尽量多学知识)

参考答案:

make as few errors as possible / one can

save as much money as possible

try to memorize as many new words as possible

consume a minimal amount of energy / as little energy as possible

gain as much experience as possible

find as amusing a book as possible

learn as much as possible (最好不要翻译为 try one's best to learn)

Key to GRAMMAR: Exercise 2

Translate the following sentences into English.

1. Each year, more college students graduate than are actually needed.
2. Parents encourage children to read as much as possible / to do the largest amount of reading possible.

3. I spend as much money as is given to me.
4. Honesty and diligence are two qualities that are equally important.
5. This city is not so beautiful as is said to be.
6. I have more experiments to conduct than can be finished in two months.
7. Doctors are to cure patients at the lowest possible expense.
8. The retired manager hopes to find as competent a successor as possible.
9. Ready-made foods are more expensive than if you cook them at home.
10. He donates as much as is expected to do.

Unit 3

Life and Health (I)

Section I READING SKILLS: Reading Rate

IN THIS SECTION THE STUDENTS WILL LEARN:

1. to vary reading rate;
2. to select an appropriate comprehension and recall level.

Practice of Reading Techniques

1. *According to the text, what is “anxiety”? Can you give one or two examples of a situation that may provoke feelings of anxiety?*

Anxiety is a feeling of nervousness and uncertainty that often arises when one is faced with a difficult or unfamiliar situation. For example, during the nights, leading up to my post-graduate entrance examination, I was so anxious that I was unable to sleep. I had done a lot to prepare for this exam — I rented a room to study, and even turned down a great job offer. Failure would render all my sacrifices as useless, and this possible outcome was a lot for me to bear.

2. *Do you think anxiety has a negative impact or a positive one on our lives? Why?*

Personally, I find that anxiety usually impacts my life in a negative way. When I feel anxious, I often forget important things and make more mistakes than I would in a less stressful situation. However, I believe it depends on the individuals. Some feel as though anxiety can propel them into success. They want to increase their confidence, so they prepare more, and the better they are prepared, the better they perform.

3. *According to the text, what is a “challenge”? Can you predict the relationship between anxiety and challenge by reading the title of the passage?*

A challenge is a new or difficult task that tests somebody’s ability and skill. From my perspective, when presented with a challenge, one may feel an initial sense of anxiety because of

its perceived difficulty. However, it is important to recognize that a challenge is often associated with an opportunity. If we practice enough, we may overcome the anxiety that comes with challenges, and instead, focus on the opportunities.

I feel as though this sentiment is reflected perfectly in the text's title. *Anxiety: Challenge by Another Name* directly compares the feeling of anxiety to a challenge by suggesting that they are one in the same. They both may create feelings of uneasiness, yet they both often have a silver lining of opportunity. The title does an excellent job in preparing the reader for the passage.

4. When you finish your reading, write down your reading time on the SCOREBOARD.

(open)

Section II TEXT A

Anxiety: Challenge by Another Name

TEACHING OBJECTIVES:

Studying Text A will enable students

1. to learn the importance of healthy living, especially the mental health.
2. to understand why we should turn our anxiety into challenge.
3. to learn how to use the following key words and expressions:
prospect; terrific; waver; gut; uproot; sophisticated; bandstand; exotic; kick oneself; take a crack; beg off
4. to learn sentence patterns: 1. "It seems...that..." in (1) and 2. "The problem is that it is one thing to do ...; it is quite another thing to do" in (2)
(1) Any time, it seems, that we set out aggressively to get something we want, we meet up with anxiety. And it's going to be our traveling companion, at least part of the way, into any new venture.
(2) The problem, of course, is that it is one thing to urge somebody else to take on those anxiety-producing challenges; it is quite another to get ourselves to do it.
5. to learn how to use story-telling to support the main points and how to make a summary of an article.
6. to discuss the related topic regarding life and health.

KEYS TO EXERCISES

I

READING COMPREHENSION

A. Answer the following questions or complete the following statements.

1. C (Paragraph 3: do what makes you anxious; don't do what makes you depressed. Paragraph 7: you can't advance without getting that old, familiar, jittery feeling.)
2. A (Paragraph 2: In the end I turned down the proposition.)
3. A (Paragraph 7: The great Danish philosopher Søren Kierkegaard believed that anxiety always arises when we confront the possibility of our own development.)
4. D (Paragraph 11: I discovered, from a process psychologists call "extinction". If you put an individual in an anxiety-provoking situation often enough, he will eventually learn that there isn't anything to be worried about.)
5. A (Paragraph 7: anxiety always arises when we confront the possibility of our own development.)
6. B (The whole text.)

B.

1. The author provides a rule and two corollary rules that describe his attitude toward challenge and anxiety. Write the location of that rule and its corollaries.

The author's rule: Paragraph 3: do what makes you anxious; don't do what makes you depressed.

First corollary: Paragraph 12: you'll never eliminate anxiety by avoiding the things that caused it.

Second corollary: Paragraph 14: you can't learn if you don't try.

How does Collier emphasize the rule and its corollaries?

(1) His story in the 1st and 2nd paragraphs.

(2) His story in the 5th and 6th paragraphs.

(3) His story in the 9th and 10th paragraphs.

They all strongly support his main idea.

2. The author uses several personal examples in his essay. Find three of these examples and explain how each helps Collier develop his main point.
3. In Paragraph 2, the author describes the aftermath of his decision not to go to Argentina.

He could have just written, "I worked that summer." Instead he writes, "I went home to my old summer job, unpacking cartons at the local supermarket." Why do you think he provides that bit of detail about his job? What is the effect on the reader?

He provides the detail about his job to serve as a foil to his mood at the time.

4. Authors often use testimony by authorities to support their points. Where does the author use such support in this essay? What difference do you think it makes?

Paragraph 7: The great Danish philosopher Søren Kierkegaard believed that anxiety always arises when we confront the possibility of our own development. It seems to be a rule of life that you can't advance without getting that old, familiar, jittery feeling.

The author uses this to make his argument more convincing.

II VOCABULARY

- A. Read the following sentences and decide which of the four meanings below each sentence is closest in meaning to the underlined word.

1. D 2. C 3. A 4. D 5. C 6. B 7. A 8. D 9. A 10. C

- B. Choose the best word or expression from the list given for each blank. Use each word or expression only once and make proper changes where necessary.

1. in the long run 2. piled up 3. end up 4. turned down 5. take a crack
6. stage fright 7. uproot 8. big name 9. gut 10. beg off

III CLOZE

1. D 2. C 3. B 4. A 5. D 6. C 7. B 8. A 9. D 10. C

IV TRANSLATE THE FOLLOWING PARTS INTO CHINESE.

- 就在当时我又得出了一条经验，这就是要想避免这种郁闷，就不可避免地要经受某种害怕和担心。
- 看来任何时候只要我们开始积极努力获取我们想要的东西，我们都会感到焦虑。焦虑将伴随我们进行新的冒险，至少是部分行程的“驴友”。
- 我发现我得益于心理学家称之为“消失”的过程。如果你把一个人放在一种使人担忧的环境中，长此以往，他就会形成一种习惯，最终觉得没有什么值得担忧的了。
- 当然，问题是要鼓励别人去正视让人害怕的挑战是一回事，而自己去做则是另一回事。
- 自那以后到最不熟悉的地方去，我也不会犹豫。没有导游，甚至没有预定旅馆我也不怕，因为我很自信，我能安排好这一切。
- 是我不想让担忧来阻止我去做我想做的事情。接受担忧，把它作为挑战的代名词，这样你才能创造奇迹。

V

SPEAKING PRACTICE

1. Is anxiety a common fixture in our daily lives? Why or why not?

I used to think anxiety was only a result of stressful situations. But after reading this text, I find that anxiety accompanies us during our whole lives. Sometimes it seems so trivial that we neglect to deem it as anxiety at all. We become ill-tempered and depressed because of the slight anxiety that we fail to recognize as the root of our problem. To overcome this, we must treat anxiety like an old friend — it can bring us many benefits if we can learn to cope with it properly.

2. Do you think celebrities experience anxiety in a different way than less famous people?

I believe that the anxiety celebrities experience is actually greater than that of ordinary people. They have to worry about being stalked by the paparazzi, the exposure of their private lives, performing on stages for the world to see, and the other various problems in their daily life. However, I think they become stronger because of their anxiety. They pay more attention to their own words and behaviors, thus increasing their self-discipline. They must practice a lot to perfect their performance.

3. How do you handle the situation of having to make a tough decision?

Life is full of choices, and it is impossible for these choices to be easy every time. The author's suggestion, to "do what makes you anxious; and don't do what makes you depressed," is best for us to follow. When a terrible choice comes to us, we can list all the advantages and disadvantages of every outcome possible, and then choose what we will do based on the author's suggestion.

4. What is the most effective way to overcome anxiety?

Anxiety can never be eliminated by escaping. If you escape, your anxiety will only become more and more serious. Therefore, confronting anxiety directly is the best way to overcome it. By practice and hard work, anxiety can become opportunity for success.

5. If you are going to pursue a master degree in a new country, what will you do to prepare yourself to adapt to the new environment?

Language is the most important factor to succeed in a foreign master program, so I will grasp each chance to practice my English, spoken or written. Then I will do research on the Internet to further search for more specific information about the program. In addition, I will also turn to peers in this university to learn more about daily life, such as leasing, transportation. Thorough preparation is the best way to gain confidence when traveling abroad, so I will dedicate myself to this task up until the day I leave.

课文参考译文: Text A

焦虑的另一个名字就是挑战

詹姆斯·林肯·克利尔

[1] 在大二结束、升大三之前的那年暑假,我有个机会可以到阿根廷的一个大牧场去打工。我的室友 Ted 的爸爸是做养牛生意的,他想让 Ted 去学学。Ted 说如果能让他带一个朋友去,他就去。他选择了我。一想到能到南美洲阿根廷的大平原去度过两个月传奇式的生活就让人兴奋。可是我转念又一想,我从未远离过新英格兰地区(在美国的东北部),而且我刚上大学时前几周还想家呢。如果到了一个陌生的国家会怎么样呢?语言不通怎么办?另外,我已经答应我弟弟,暑假的时候要教他开帆船。我越想越沮丧。晚上睡觉醒来时浑身冒冷汗。

[2] 最后我拒绝了 Ted 的邀请。可是当 Ted 邀请别人去的时候,我又追悔莫及。两周后我回到了家,还是干我以前暑假打工的工作——在当地的超市里开货箱上货,我感到心情很不好。我因为害怕,拒绝了我想要干的工作,结果感到很郁闷。有好长一段时间我都缓不过劲来。等秋季开学时,听说 Ted 和他的朋友暑假过得非常开心,我心里还是不高兴。

[3] 这个不愉快的夏天最终给了我一个非常有意义的教训,后来我把它当作生活的一个原则,那就是宁可做使你焦虑的事,也不要做那些让你抑郁的事。

[4] 当然,我这里指的不是严重的焦虑和抑郁状态,因为严重的焦虑和抑郁状态是需要治疗的。我这里指的是我们一般称之为怯场、心里不踏实或神经非常紧张的那种状态,比如说我们找工作面试时、我们要组织一次大型的晚会时或我们必须在办公室做重要报告时的那种感觉。我指的这种郁闷就是心情不好,感觉很沮丧,对什么事也不感兴趣,什么事也干不进去,也没精力去干。

[5] 在我大学四年级快结束时,也遇到了这种情况。因为毕业临近,我开始尝试考虑把写作作为我的终生职业。但是我的一个教授极力劝我考研究生,目的是今后可以以教书为职业。我踌躇了。一想到以写作为生就使人感到害怕,我想比暑假到阿根廷大平原上打工还可怕。我想来想去,做了决定又放弃。突然我意识到每次我想放弃写作,心情都会特别沉重,很沮丧。

[6] 读研究生的想法不会使我很郁闷。放弃写作就是放弃我内心深处真正想要的东西。就在当时我又得出了一条经验,这就是要想避免这种郁闷,就不可避免要经受某种担忧和担心。

[7] 伟大的丹麦哲学家索伦·克尔克加德认为焦虑总是伴随着我们自身的成长。如果没有这种我们熟悉的紧张的情感,我们就不能进步,看来这是一条规律。

[8] 即使是在孩童时代,我们也可以发现这一规律。每当我们试图前进的时候都会感到紧张,比如我们在学骑自行车的时候或者参加学校里戏剧表演的时候。之后我们在生活中考虑要第一个孩子的时候,离开老家、跨过半个国家去寻找更好的发展机会的时候等。

看来任何时候只要我们开始积极努力获取我们想要的东西，我们都会感到焦虑。焦虑将伴随我们进行新的冒险，至少是部分行程的“驴友”。

[9] 刚开始为杂志写文章的时候，我经常要去采访一些大人物，比如理查德·伯顿、琼·里弗斯、性学权威威廉·马斯特斯、伟大的棒球运动员迪兹·迪恩。每次采访前我的心都会怦怦地跳，手都会发抖。

[10] 当时我写的是音乐评论。我最欣赏的人是伟大的作曲家杜克·艾灵顿。无论在台上还是在电视上他都堪称是世界上信心十足、成熟老练的典范。那时我听说艾灵顿也会怯场。如果说有 30 年经验、曾经千百次出现在音乐台上、声誉如此之高的杜克·艾灵顿先生都怯场，那么我这个无名小辈又怎么能不怯场呢？我继续那些令我害怕的采访。可是有一天，当我登上了一架飞机准备去到华盛顿采访著名的专栏作家约瑟夫·艾尔索普的时候，我突然吃惊地意识到我很盼望见到他。我的那些担忧哪儿去了呢？

[11] 实际上，它们还在，只是少了一些。我发现我得益于心理学家称之为“消失”的过程。如果你把一个人放在一种使人焦虑的环境中，长此以往，他就会形成一种习惯，最终觉得没有什么值得担忧的了。

[12] 从我的基本法则得出一条推论：你永远也不会因为不去做那些使你焦虑的事情而消除焦虑。我还记得我们在湖边别墅度暑假的时候，第一次教我儿子杰夫游泳的事。他不想游泳，当我把他放在水里他就往下沉，手脚使劲地乱拍，他不想继续游。但是我坚持让他游。到暑假快结束的时候他就可以像小狗一样在水里到处游动了。他用他能做的唯一的方式消除了焦虑，那就是正视它。

[13] 当然，问题是要鼓励别人去正视让人害怕的挑战是一回事，而自己去做则是另一回事。

[14] 几年前我接到了一项写作任务，要求我在欧洲旅行三个月。我出过两次国，但通常都是旅行社安排的那种走马观花式的旅游。可是我对欧洲基本上哪儿都不熟悉。此外，我的外语水平也很有限，只是在大学里学的那点儿法语。我犹豫了。我语言又不通，对当地的地理和交通情况又不熟悉，我怎么去采访，怎么去调查研究呢？看来不可能。我感到很遗憾，坐下来想写封信请求谅解。可是刚写到一半我头脑里突然冒出来一个想法，这个想法后来也成了我的一个基本原则定律，那就是：如果你不去尝试，你怎么能知道呢？所以我接受了这项任务。

[15] 当然在欧洲也有些不顺利的时候，但是在完成了这次旅行之后，我就成了一个有经验的旅行家了。自那以后即使是到最不熟悉的地方去，我也不会犹豫。没有导游，甚至没有预订旅馆我也不怕，因为我很自信，我能安排好这一切。

[16] 关键的是从定义上讲，新的不同的事物就差不多是使人焦虑的，但是你每次尝试都会学到新的东西。随着你学到的新东西不断积累，世界就会对你敞开大门。

[17] 我学过跳伞，40 岁时学会了滑雪，乘气球飞跃过莱茵河。我知道我还会继续做这类事情。并不是因为我勇敢，或比别人胆子大，不是的。只是我不想让担忧来阻止我去做我想做的事情。接受焦虑，把它作为挑战的代名词，这样你才能创造奇迹。

Section III TEXT B

Self-reliance

KEYS TO EXERCISES

READING COMPREHENSION

1. C (Paragraph 1: But the wise bird was not at all disturbed and said: "If that is all, we need not be in a hurry to go yet.")
2. A (Paragraph 1: The moral of the story is "If you want a thing done, do it yourself.")
3. B (Paragraph 3: At any rate, in civilized society, it is impossible for anyone to make all the things he needs. No man can produce all the food and clothes he wants, build his own house, make his own furniture, and all the hundreds of useful things he requires every day of his life.)
4. B (Paragraph 3: But so long as we are doing our fair share, we are not dependants, for mutual help and cooperation is quite consistent with individual independence and self-reliance.)
5. C (Paragraph 4: Idlers, who shrink from honest work, attach themselves like parasites to rich and influential people, and by flattery and servile adulation get money and favors from them. Such hangers-on are to be despised.)
6. D (The whole text.)

课文参考译文: Text B

依靠自己

H. 马丁

[1] 一则古老的寓言讲的是:一只云雀在玉米地里筑巢,因为它要在生长的玉米地里养育幼雏。当玉米成熟的时候,小云雀惊慌地告诉妈妈,它们听说农场主要请邻居来帮忙收割庄稼。可是聪明的云雀妈妈一点儿都不担心,她说:“要是这样的话,我们还不用急着走。”可是很快小云雀又跑来告诉妈妈,农场主说邻居还没有来,他打算自己收割玉米。这时云雀妈妈说:“现在我们该走了。”于是她就带着一窝幼雏飞走了。这个故事的寓意是:“要想把一件事干好,就得自己动手。”

[2] 这个故事就是教我们要依靠自己,它与依赖别人正好相反。

[3] 当然我们有些事要依靠别人,这不仅是合理的,而且是必需的。孩子必须依靠父母,弱者必须依靠强者,病人必须依靠健康人。从某种意义上说,我们每个人,即使是最独立的、最依靠自己的人也需要相互依靠。无论如何,在文明社会中,任何人都不能生产出他

所需要的一切东西。没有人能生产出他所需要的所有食品和衣服，建造他自己的房子，制造自己的家具和他所需要的许许多多的日常生活用品。他只能生产一两种东西，其他的東西都需要从别人处交换或购买，其他人也是一样。因此，在社会中，每个人都依赖别人的服务，而他自己也为别人作出贡献。但是，我们只要尽了自己的一份力量，我们就不是依赖者；因为相互帮助与合作跟个人的独立和依靠自己是完全一致的。

[4] 与依靠自己正相反的那种依赖别人的人是可鄙的。他们依赖别人为他们提供那些原本可以自己提供的物品和服务。这种依赖可能是因为懒惰或缺乏自信心。懒惰的人不愿意从事诚实的劳动，而是像寄生虫一样依附于有钱人或权贵，靠阿谀奉承从他们那里获得钱财和恩惠。对于这种依附于别人的食客，我们应嗤之以鼻。不敢依靠自己的观点和自己的努力的人也很可怜的，而且如果可能的话，我们应该教育他们，使他们有自信心并依靠自己。

[5] 真正依靠自己意味着了解自己的能力和、有合理的自信以及独立自主的决心。朗费罗在他的《乡村铁匠》一诗中很好地描述了这种人：

[6] 勤劳的汗水流淌在他的额前，
他挣得了他所能挣的一切，
坦然无畏地面对这个世界，
因为他任何人的债都不欠。

Section IV TRANSLATION

I

Translate the following paragraphs into Chinese.

研究人员表示，他们的研究提供了“强有力的证据”，证明较长的受教育时间是一项造成近视的风险因素，该结论“对教育实践具有重要意义”。近视是全球范围视力损伤的一个主要原因。目前，美国和欧洲有 30%~50% 的成年人近视，部分东亚国家的中学毕业生中据报道有 80%~90% 的人近视。

根据现有趋势，到 2050 年，全球近视人数预计将从 14 亿增至 50 亿，近视将影响世界上大约一半人口。这些人中近 10% 将患上高度近视，失明风险更大。

许多研究报告显示，教育与近视密切相关。研究人员总结认为：随着教育时长增加，近视更加普遍；他们还强调，有必要进一步研究讨论如何改善教育实践，在提高教育成果的同时，避免对视力产生不利影响。他们也提到在东亚地区，那儿的早期教育压力强度大，户外游戏时间少，小学毕业的近视儿童几乎达到 50%。相比之下，对英国儿童的研究则显示，近视儿童不到 10%。

II

Translate the following paragraph into English.

Despite the increasing importance of health, many people do not become aware of the value (preciousness) of health until they fall ill. Moderate physical exercise can undoubtedly benefit health (is undoubtedly conducive to health) / There is no doubt (question) that..., but the problem facing city dwellers (urban residents) is the lack of good (proper) places for physical activity. Unlike forests, parks on either side of a busy street are vulnerable / prone to air pollution, where exercise will not enhance the body's resistance to disease, but instead can induce various chronic diseases.

Section V WRITING: Summary (概要的写作)

概要的写作

概要是对文章要点的简短陈述或叙述”。写一篇好的概要，首先要求作者清楚地理解一篇文章，并且可以有效地将你的理解传达给读者。概要写作可以体现出写作者的阅读理解能力和写作能力。写得好的概要不是对文本的分析，而是对原文的浓缩概括。

初写概要可能很难，因为它需要整合和归纳原文中的许多细节。按照下文介绍的 8 个步骤，将能够较为快速和成功地概括文章：

1. 阅读

写好概要的第一步是要做好阅读。专注于阅读原文，不要做任何笔记，目的是熟悉文章的主旨，同时了解作者的写作风格和语言。当你第一次阅读的时候，可能会忍不住想要画下划线，但是在仔细阅读之前，阅读整篇文章可以确保你在不过度关注细节的情况下抓住文章的主旨。

2. 确定主题

一旦你读完了原文，应反思一下读过的文章。思考文本的要点以及作者如何构建事件的时间脉络。需要确定文章的中心思想，并将这些信息放入您自己的语言中。要做到这一点，必须多次阅读这篇文章。在第一次阅读时，对文章的内容先有一个大致的概念，然后写下最初的印象。这很可能是本文的主题或主要思想。另外，要注意在笔记中记下作者的名字和姓氏以及文章的标题，以供以后参考。

3. 做笔记

重读指再读一遍原文时应标注原文中的一些要点。在主题句和重要信息下画下划线，突出重要引语，并对原文中的重要观点和重要部分进行罗列或编号。例如 “Anxiety: Challenge by Another Name” 一文中，作者首先通过 James Collier 作者本人生活中的例子在第三段引出第一个原则。编号为 1。接着，作者在第十二段提出 “you’ll never eliminate anxiety by avoiding the things that caused it”，编号为 2。然后，作者在第十四段段尾提出第

三个原则 “you can't learn if you don't try.”，编号为 3。最后，作者结合个人和名人的实例说明如何克服焦虑，编号为 4。同时，应注意不理解的地方。根据文本的难度，要重新阅读多次，直到对文章有一个详尽的理解。在纸上阅读或在计算机上阅读时进行注释，在每段的主题句下面画下划线。如果没有找到主题句，可以总结本段的主要观点，把这句话用自己的话写在这页纸的边上或另一张纸上。当阅读完这篇文章后，阅读标记或写下所有的主题句，并用自己的话去表述文章的主要观点。

4. 整理笔记

在重新阅读文章之后，应花几分钟时间来组织收集到的信息。根据自己的学习习惯，找到一种适合的方法来整理你的笔记。这些笔记会成为写作时可靠的参考。最后应详细说明文中的要点，并澄清任何难以理解的信息。写作时应使用完整的句子和恰当的过渡词。同时，确保不要使用与原文相同的单词、短语或句子结构。

5. 总结

写好概要的关键是要有一个完善的中心思想。中心思想一般用一句话表述，通常出现在引言中，表明你对作者原文的理解。写中心思想的目的是正确地识别作者的论点或文章的主要观点。在撰写概要时，您希望重新阐述作者的论点，而不应包含概要写作者的个人观点。

6. 起草

概要应该从介绍作者的名字和作品的标题开始。当第一次提到作者时，应使用他们的全名。之后提到作者时，可只使用他们的姓氏。

例如，In “Cats Don't Dance,” John Wood explains ...

John Wood, in “Cats Don't Dance,” explains ...

According to John Wood in “Cats Don't Dance,” ...

也可将引言和中心思想句合并作为概要的引言，例如：

In “Cats Don't Dance,” John Wood explains that in spite of the fact that cats are popular pets who seem to like us, felines are not really good at any activities that require cooperation with someone else, whether that is dancing or sharing.

而其他内容则可以放在正文。在写作过程中要使用一些过渡词（例如 then, however, also, moreover），以帮助读者了解概要的整体结构和思路。在开始写概要时，要注意以下几点：

- (1) 一般用现在时态写作。
- (2) 要提及作者和文章标题。
- (3) 简明扼要——概要的长度不应与原文相同，文章的主题要表达清楚、简洁。概要将大量信息压缩成一个小空间，比原文短得多。概要囊括了原文中所有重要的概念和论点。
- (4) 必要时可以直接引用原文语句，并用引号标明。
- (5) 不要把你自己的观点、想法或阐释放在总结中。写概要的目的是准确地表达作者想说的内容，而不是评论。当谈论作者的观点时，需要标清，可以使用作者的姓氏或代

词(他或她)指代,同时,也可以使用动词和副词。动词和副词的选择有助于分析文章。某些单词还会产生特定的语气。

常用表达作者观点的动词:

say explain comment persuade suggest understand argue remind
help us understand elucidate present intimate conclude present the idea create the
impression criticize define highlight concede show state think admit
list note analyze disagree observe point out emphasize discuss identify
imply insist respond show prove reject suggest

常用表达作者观点的副词:

conclusively expressively realistically tightly angrily radically clearly evenly
occasionally quickly ironically honestly eagerly elegantly sharply rarely
loosely exactly happily hastily perfectly sternly unexpectedly sometimes
never justly devotedly finally completely fully sarcastically seriously
carefully politely

概要的长度将取决于原文的长度。如果原文很长(比如10~12页),那么概要应该是四页左右。如果文章比较短,概要应该是一到两页。有时候,也可以少于一页。摘要的长度还将取决于写作要求。如果是为自己写的一个总结,可由自己根据文章情况和目的决定概要长度,也可以是一段话。例如下文:

In “My Favorite Shoe,” Treyvon Jones explains that Nike shoes are the best brand of running shoe for serious track athletes. Jones supports this view by pointing out that Nike shoes are more comfortable, last longer, and provide more cushioning for the feet. He notes that the statistics from sales and scientific evidence of how Nike shoes are better for the feet support his claim. In addition, Jones points out that most professional runners use Nike and he tells his own story of how he won the 100-meter men’s competition after switching to Nike shoes.

7. 检查

完成草稿后,请重新阅读概要,以确保准确地表达了作者的主要观点,并且正确引用了。回顾步骤6中的五个要点,确保文中不包含任何个人评论,并且以现在时态书写。

8. 修订和审阅

在修改完概要之后,还需要对文章做一个最后的审阅。仔细阅读下面要点,确保包括所有必要的部分。

- (1) 引言中包括原文标题和作者;
- (2) 使用了一般现在时态;
- (3) 包括中心思想;
- (4) 直接引用使用了正确的标点符号;
- (5) 避免使用第一人称。

Task 1 Paraphrase the following sentences:

1. Between my sophomore and junior years at college, I got a chance to spend my summer vacation on a farm in Argentina. (for the beginning)
2. Søren Kierkegaard, a great Danish philosopher, stated that anxiety will come to us whenever we face any possibility of self-development. (for the body)
3. If you frequently put a person into a situation in which he feels anxious, he will finally learn there's nothing to worry about. (for the body)
4. The problem, of course, is that it's one thing to encourage others to face up to the daunting challenges, but quite another to rise to them yourself. (for the transitional part)
5. If you regard anxiety as challenge, you will make wonders. (for the ending)

Task 2 Write a summary of Text A.**A Sample Summary of "Anxiety: Challenge by Another Name"**

In the essay "Anxiety: Challenge by Another Name," James Lincoln Collier explains that anxiety is a very common part of our life in society and that to defeat anxiety is to confront it and face it as we grow and learn from it instead of backing away. Collier's point is that, though many of us see anxiety as something negative, anxiety can also be a great motivator and teacher. Collier uses several of his personal experiences and explains how each helped him to overcome his anxiety. With each obstacle that he faced, he developed three basic rules for himself. From these experiences, Collier has made three observations regarding anxiety: the first is that we should do what makes us anxious and avoid what makes us depressed. The second is that, to be successful and avoid depression, we have to be willing to endure a certain amount of worry and concern. The third is that we should experience anxiety until it is reduced or eliminated, rather than avoid those experiences that make us anxious.

Section VI Grammar: Comparative 3 (语法第三讲：倍数的表达)**倍数的表达**

倍数表达主要有两种方式，一种是人们熟悉的、使用范围更广的 as... as 结构。

1. My mother spends almost twice as much time watching TV as my father does.
2. China's population is nearly four times as large as that of the United States.
3. This auto factory can produce three times as many cars as that small one.
4. Fresh fruit is half as expensive in the south as in the north.
5. At one time Mexico included almost twice as much land as it does today.

上述句子中要注意 many 和 much 修饰的名词的位置。例如第一句不能写成 spends

time twice as much as..., 也不能写成 spends twice time as much as...。此类错误十分常见。

另一种是不用 as... as 的结构:

1. This was more than twice the distance anyone had previously sailed alone.
2. On average, about \$5,000 a year is spent on each private school pupil, more than twice the amount spent on state school pupils.
3. The square itself is five hundred yards wide, five times the size of St. Peters in Rome.
4. Its density, about three times that of water, is much less than that of any of the planets.
5. When cats slept for six hours after the test period, the amount of change in their neutral responses was double that of cats denied a nap.
6. ...buses and jitneys filled to twice their capacity.
7. Doses up to four times the level used in conventional chemotherapy can then be used to try to stop...
8. I followed him down the path that... was three times the length of the path we had climbed.

在此类句子中, 倍数接的词往往是量词, 包括 age, amount, concentration, cost, density, depth, height, length, level, mass, number, population, size, volume, weight, width, 倍数与量词之间不要用 of, 所以 ...twice of the size of this city 是错误的。

试译:

1. 我的房间面积是你房间的两倍。

My room is twice the size of yours (相当于 twice as large as yours)

2. 蚂蚁可运载重量是自身三倍的东西。

Ants can carry three times their own weight.

3. 她嫁给了一个年龄几乎是自己两倍的男人。

She married a man almost twice her age.

学会使用下列词: double (两倍), triple (三倍) 和 quadruple (四倍)。

My income has doubled over the last five years. = I make twice as much money as I did five years ago.

The global middle class is expected to double in size by 2035, to as many as 5 billion.

The production of household appliances has quadrupled (increased four times).

The salary of these executives is nearly double that of ordinary clerks. (两倍)

还可以使用我们不熟悉的形式, 也就是数字与 fold 的结合: The population has grown threefold (has tripled 人口增加了两倍) 或 this is a threefold increase compared with...。网上英文字典对 triple 的解释是 increase threefold。

表达倍数时常用 as... as 结构。要注意“是……的几倍”和“比……大(多)几倍”的意义差异, 同一句英语可有不同译法, 例如:

There are three times as many women drivers now as five years ago. The number of women

drivers has tripled over the past five years.

既可译成“现在女司机是 5 年前的三倍”，又可译成“女司机比 5 年前增加了两倍”。

需要注意的是：英文 ...has increased twice 的含义是“翻番”。如果原来数字是 10，现在就是 20，不是 30；同样，...has increased three times (threefold) 的含义是“是原来的 3 倍”，而不是“增加了 3 倍”。如果原数字是 200，现在的数字是 600。

请看下面两个句子：

This room is twice as big as mine. This room is twice bigger than mine.

很多学生认为第一句表示“两倍”，而第二句是“大两倍”，也就是“三倍”，但出乎预料的是，外教们的回答基本一致：两句意义相同，只是第一个更好些，第二个有点儿 awkward。

下面这句话是个很好的例证：Nearly a quarter (22%) of over-55s have opted out of the master trust, a rate almost three times higher than for under-55s (8%) .

通过对比两个比例可发现，three times higher 显然不是“高三倍”或“是……四倍”，而是“……的三倍”。

下面一段新闻报道多次使用比较级：

This country is now emitting almost twice as much carbon dioxide as the next-biggest polluter, America. At current rates, it will produce 500 billion tons of carbon dioxide between 1990 and 2050—as much as the whole world produced between the start of the Industrial Revolution and 1970. Pollutants in the air in its capital have hit 40 times the level decreed safe by the World Health Organization.

Key to GRAMMAR: Exercise 3

Translate the following sentences into English.

1. This is a planet five times the size of the earth / as big as the earth.
2. Obese children are four times as likely to develop hypertension as normal ones / four times as vulnerable to hypertension as their normal counterparts.
3. The price of second-hand flats stands at about 60,000 yuan per square meter, a tenfold increase over the past twenty years.
4. This teacher is almost twice my age.
5. To generate each 10,000 *yuan* of GDP, China consumes three times as much energy as the United States.
6. The risk of heart attack is twice as high for patients with HIV as for normal populations.
7. China's population is more than four times that of the United States.
8. Mothers usually spend twice as much time with their children as fathers do.
9. Over the past two decades, our incomes have quadrupled / increased fourfold.
10. Cell phones of this brand are half as expensive as the one I'm using.

Unit 4

Work and Employment

Section I // READING SKILLS: Skimming: Reading for Main Ideas

Practice of Reading Techniques

Answer the following questions before or during your reading on Selection A.

1. *By skimming the title of this selection, what do you expect the author to argue in the essay?*

By skimming the title and relating to the topic of this unit, we may figure out that the author is going to argue how to be happy at work or how to derive happiness from work.

2. *Do you think the title provides clues about the author's attitude toward the subject?*

Yes. The title "Thank God It's Monday" provides the clue that the author holds that people can find happiness at work.

3. *In your opinion, what makes people happy at work?*

Pay, benefits, freedom and flexibility may be important, but strong relationships with co-workers and a supportive boss can create a sense of belonging, which makes people happy at work.

4. *How long do you think it will take you to finish reading this selection?*

15–20 minutes.

Section II TEXT A

Thank God It's Monday

TEACHING OBJECTIVES:

Studying Text A will enable students

1. to be convinced that people can find happiness in their work.
2. to explore the barriers in finding happiness at work and to learn how to get happiness from work.
3. to learn how to use the following key words:
sublime; adherent; immersed; variable; disaffected; boom; bust; taxing; stifled; disposition;
inextricable; elite; authentic; buzzword; faddish; introverted; transcend
4. to learn the functions of past participle in (1) and in (2)
(3) **Immersed** in the pleasure of work, we don't worry about its ultimate reward.
(4) From those interviews, Gallup developed a set of 12 statements **designed** to measure
employees' overall level of happiness with their work, which Gallup calls "engagement".
5. to learn how to write a report of a survey or opinion poll as shown in paragraphs 4-5.
6. to discuss the related topic regarding the meaning of work.

KEYS TO EXERCISES

I

READING COMPREHENSION

A.

1. B (Paragraph 1: People who love their jobs feel challenged by their work but in control of it. They have bosses who make them feel appreciated and co-workers they like. And the whole passage.)
2. C (Paragraph 2: "Anything can be enjoyable if the elements of flow are present," he writes in his book *Good Business*. "Within that framework, doing a seemingly boring job can be a source of greater fulfillment than one ever thought possible.")
3. B (Paragraph 7: Martina Radix, 41, traded a high-pressure job as an executive assistant at a company where she liked her colleagues for a less taxing position as a clerical worker in a law firm six years ago.)
4. D (Paragraph 10: That sense of meaning, however, can take many different forms. Some

people find it in the work itself; others take pride in their company's mission rather than in their specific job. People can find meaning in anything.)

5. C (Paragraph 11: Once they started to think of the training as part of the larger process of joining an elite group of doctors, their attitude changed.)
6. A (Paragraph 13: In other words, the attention they were getting was what made them happier and more effective.)

B. Fill in the following blanks with information in Text A.

Topic: Thank God It's Monday

Thesis statement: Anything can be enjoyable if the elements of flow are present and within that framework, doing a seemingly boring job can be a source of greater fulfillment than one ever thought possible.

Introduction: (paragraphs 1–3)

It is believed that work simply gives people the means to enjoy happiness, but Mihaly Csikszentmihalyi coined the term flow, and held that within that framework, people can find happiness at work and happy workers not only are happier in life but are also crucial to the health of a company.

Body: (paragraphs 4–13)

1. The barriers to finding happiness at work

Polls conducted by Gallup Organization found that the state of worker happiness has no bearing on the swings of the economy, pay or benefits but on strong relationships with co-workers and a supportive boss, which indicates a high level of belonging and is correlated with profitability and connection with customers for a business.

2. Examples:

Martina Radix has a less demanding job but has a bad relationship at work ;

Lisette Mendez finds happiness at work in a supportive workplace;

Physicians during their surgical residency are able to reconstruct and make sense of their work and what they do.

3. Study shows that there is connection between happy employees and happy businesses and the attention workers are getting is what made them happier and more effective.

Conclusion: (paragraph 14–15)

Bosses should find strength in both themselves and their employees so as to help workers find a measure of fulfillment in their work, thus helping business be more effective and productive.

II

Vocabulary

A.

1. A 2. C 3. B 4. D 5. A 6. C 7. B 8. D 9. B 10. D

B.

1. H 2. A 3. F 4. K 5. O 6. J 7. B 8. M 9. I 10. L

III

CLOZE

1. B 2. B 3. A 4. D 5. B 6. B 7. B 8. A 9. C 10. D

IV

TRANSLATE THE FOLLOWING PARTS INTO CHINESE.

- 但是 20 世纪 90 年代后期的经济繁荣和随之而来的经济萧条都没有对员工的两种工作态度产生多大影响, 这表明工人在工作中是否能获得快乐感有比经济形势变化更深层的原因。
- 41 岁的马丁娜·雷迪克斯六年前尽管她很喜欢自己的同事, 但辞去了公司行政助理的高压力工作。她换到一家律师事务所成了一名职位相对清闲的办事员。如今她时间多了, 自由度也大了, 但她感觉和这里的同事共事太压抑, 也得不到老板的赏识。她说: “我不适应这个部门。不管你个人生活多惬意, 如果工作单位氛围不好, 个人生活就会大受影响。”
- 事实上, 工作投入度与其说是受个性影响, 倒不如说受总体幸福感的影响。据哈特估计, 个性只能解释工作投入度差异的 30%。剩下的差异由员工每日与同事、主管、客户之间的互动决定。
- 内华达大学(雷诺校区)机构行为学教授托马斯·怀特说: 在此之前, 商业人士一直对员工幸福感很不屑一顾, 认为它“不属于自己的工作范畴, 还有点边缘化”。很早就有人提出工作时雇员是否心情愉快很重要, 但人们接受这个观念却用了很长时间。
- 但后来对工作满意度的许多研究结果却前后矛盾。现在看来, 用更广泛的衡量标准来评估快乐感受, 能更有效地预测生产率。

V

SPEAKING PRACTICE

1. Psychologically what does “flow” mean?

Psychologically, “flow” refers to an optimal state of intrinsic motivation, where the person is fully immersed in what he or she is doing and a feeling characterized by a feeling of great freedom, enjoyment, fulfillment, and skill.

2. What are the criteria for you to choose a job?

The criteria for choosing a job include the freedom, flexible working hours, distance, working environment, and most important of all, passion for it.

3. In your opinion, how can people find meaning at work?

People can find meaning at work when they have strong affection for the job, when they feel the work itself is very important, when the company's mission is very important, when they found the work is necessary for them, and when they have a strong sense of belonging.

4. What are the effective ways to make employees happier and more productive at work?

Studies show that if workers get attention from supportive bosses and have a good relation with colleagues, they may feel happier. It is the attention that makes them happier and more effective. So businesses should do better by paying attention to what their employees want and need, making them find a measure of fulfillment in what we do.

5. How to tailor your material when applying for a job?

First, I need to match my résumé to the job description and create a personal profile, which is positive, professional and social. I should also write a cover letter and edit carefully. In addition, polishing my online presence is also crucial because the modern job search is conducted largely online. It's important that I make a good impression online.

BACKGROUND INFORMATION

Flow: In his seminal work, *Flow: The Psychology of Optimal Experience*, Csikszentmihalyi outlines his theory that people are most happy when they are in a state of flow—a Zen-like state of total oneness with the activity at hand and the situation. The idea of flow is identical to the feeling of being in the zone or in the groove. The flow state is an optimal state of intrinsic motivation, where the person is fully immersed in what he or she is doing. This is a feeling everyone has at times, characterized by a feeling of great freedom, enjoyment, fulfillment, and skill—and during which temporal concerns (time, food, ego-self, etc.) are typically ignored.

In an interview with *Wired* magazine, Csikszentmihalyi described flow as “being completely involved in an activity for its own sake. The ego falls away. Time flies. Every action, movement, and thought follows inevitably from the previous one, like playing jazz. Your whole being is involved, and you're using your skills to the utmost.”

To achieve a flow state, a balance must be struck between the challenge of the task and the skill of the performer. If the task is too easy or too difficult, flow cannot occur.

Also, the flow state also implies a kind of focused attention, and indeed, it has been noted that mindfulness meditation, yoga, and martial arts seem to improve a person's capacity for flow. Among other benefits, all of these activities train and improve attention.

In short, flow could be described as a state where attention, motivation, and the situation meet, resulting in a kind of productive harmony or feedback.

The Hawthorne effect: the phenomenon that when people are observed in a study, their behavior or performance temporarily changes. Others have broadened the definition to mean that people's behavior and performance change, following any new or increased attention. The term gets its name from a factory called the Hawthorne Works, where a series of experiments on factory workers were carried out between 1924 and 1932.

There were many types of experiments conducted on the employees, but the purpose of the original ones was to study the effect of lighting on workers' productivity. When researchers found that productivity almost always increased after a change in illumination, no matter what the level of illumination was, a second set of experiments began, supervised by Harvard University professors Elton Mayo, Fritz Roethlisberger and William J. Dickson.

They experimented on other types of changes in the working environment, using a study group of five young women. Again, no matter what the change in conditions was, the women nearly always produced more. The researchers reported that they had accidentally found a way to increase productivity. The effect was an important milestone in industrial and organizational psychology and in organizational behavior. However, some researchers have questioned the validity of the effect because of the experiments' design and faulty interpretations.

The Hawthorne Experiments: Like the Hawthorne effect, the definition of the Hawthorne experiments also varies. Most industrial/occupational psychology and organizational behavior textbooks refer to the illumination studies, and usually to the relay assembly test room experiments and the bank wiring room experiments. Only occasionally are the rest of the studies mentioned.

Illumination studies: The Hawthorne Works, located in Cicero, Illinois and just outside of Chicago, belonged to the Western Electric Company, and the studies were funded by the National Research Council of the National Academy of Sciences at the behest of General Electric, the largest manufacturer of light bulbs in the United States. The purpose was to find the optimum level of lighting for productivity.

课文参考译文: TEXT A

感谢上帝, 星期一到了
吉奥提·托塔姆

[1] 从事心理学、经济学和组织行为学的研究者已逐渐发现, 各行各业的人们在工

作中感受到快乐的体验看起来十分相似。热爱本职工作的人会感到他们的工作有挑战性，但在掌控之中；他们既得到老板的赏识，又有和自己投缘的同事；无论干什么他们都能发现其中的意义。他们可不是仅仅凭着运气好。要达到那种完美的境界需要切实下功夫才行。

[2] 不过，一个更大的障碍也许是我们对工作的期望值太低。爱、家庭和社区往往被看做快乐的真正来源，而工作只是为我们提供了享受那一切的手段。米哈里·契克森米哈伊认为这种区分是错误的。他发明了“强感受”（flow）这个说法，信奉积极心理学的人常用此词来描述由工作而引发的兴奋状态。在《称心如意的工作》一书中他写道：“只要存在强感受因素，任何事情都能给我们带来愉悦。根据这一观点，从事一份表面看上去枯燥的工作却会给人们带来想象不到的更大的成就感。”

[3] 契克森米哈伊鼓励我们达到这样一种境界——在此境界中，工作是我们本就想做的事情的一种延伸。沉浸在工作的快乐中，我们就不会为最终的报酬去操心。即便听起来很难达到这种境界，我们也要树立信心。也许你很快会从上司那儿得到某种鼓励。越来越多的研究证明，如果员工工作时心情愉快，不仅其自身生活会更幸福，而且对公司的健康发展也有着举足轻重的作用。

[4] 35年前，盖洛普民意调查机构开始研究为什么某些工作团队（甚至在同一公司内）的工作效率比别的团队高得多。盖洛普此项调查的发起者唐纳德·克利夫顿对许多高效的员工团队进行了一系列范围广泛的采访，从中总结出了一套旨在衡量员工工作快乐感受——盖洛普称之为“工作投入”——总体水平的12条提法。有些衡量标准明显反映的是对任何一个员工的要求（你具有必备的工作能力吗？你了解工作中人们对你的期望吗？）；而另一些衡量标准则反映出更加细微的可变因素（同事中有你最好的朋友吗？你的主管或其他同事对你本人是否关心？）。盖洛普的调查是从1998年开始的，现在已经覆盖474家机构里的540万员工；它还对不同国家的企业员工定期进行随机民意调查。

[5] 对美国的调查反映出美国公司员工工作时情绪不佳。根据2004年9月开始的最新调查，只有29%的员工说他们对工作很投入，而一半以上（55%）的员工说他们对工作不投入，16%的员工根本就是消极怠工。尽管如此，这些数字比许多其他国家还要好些。美国对工作投入的员工的百分比是德国的两倍多，是新加坡的3倍。但是20世纪90年代后期的经济繁荣和随之而来的经济萧条都没有对员工的两种工作态度产生多大影响，这表明工人在工作中是否能获得快乐感受有比经济形势变化更深层的原因。

[6] 盖洛普指导这项调查的心理学家詹姆斯·哈特说，很多公司完全误解了工作快乐感受产生的原因。高于某种最低水平之后，工作中的快乐感受与收入或奖金的关系就不大了，关键在于是否有融洽的同事关系和支持自己工作的老板。哈特说：“这是人们在工作场所的一些基本需求，但往往得不到上司的重视。”盖洛普的调查已发现，例如，如果有人对“同事中有我最好的朋友”这个提法反应极其积极的话，这就有力预示着他能积极投入工作，而且这与企业的收益率以及企业和客户之间的联系都互有关联。哈特说：“这显示了一种高度的归属感。”

[7] 如果没有归属感,一项表面上看起来不错的工作也会使人感到痛苦。41 岁的马丁娜·雷迪克斯六年前尽管她很喜欢自己的同事,但辞去了公司行政助理的高压力工作。她换到一家律师事务所成了一名职位相对清闲的办事员。如今她时间多了,自由度也大了,但她感觉和这里的同事共事太压抑,也得不到老板的赏识。她说:“我不适应这个部门。不管你个人生活多惬意,如果工作单位氛围不好,个人生活就会大受影响。”

[8] 事实上,工作投入度与其说是受个性影响,倒不如说受总体幸福感的影响。据哈特估计,个性只能解释工作投入度差异的 30%。剩下的差异由员工每日与同事、主管、客户之间的互动决定。

[9] 所以,最直接的解决办法就是选择一个称心的工作单位。找到一份适合自己终生从事的工作便打开了快乐之门。33 岁的莉塞特·门德斯在迈阿密达德学院每年的书展中搞协调工作,她称自己天生就是做这份工作的料。她说“我和书有一种不解之缘。”

[10] 即使你的爱好无法轻易地转化为一项职业,你仍可在自己的工作中找到乐趣。大量研究已经表明,有意义的工作与心情愉快、工作满意度甚至健康状况都相关。然而,这里所说的工作意义可能包括多种形式。有人感到工作本身有意义;有人则以公司的使命而非自己的具体工作而自豪。人们可以在任何事情当中发现意义。

[11] 人们对工作意义的渴望是如此强烈,以至于有时干脆造出个意义,尤其对那些困难或烦心的工作而言更是如此。例如,最近完成了一项为期 6 年的对外科住院医师实习期间表现的研究。该项研究发现,头一年里外科医生都牢骚满腹,因为分配给他们的那些乏味的活儿(如没完没了地填写病历本)似乎都毫无意义。可是一旦开始想到这项训练是他们加入医生这一精英群体所要经历的更重大过程的一部分时,他们的态度就改变了。他们会调整心态,给自己的工作和所做的事情赋予意义。到第一年结束时,他们已经开始创造出工作的某些意义了。

[12] 尽管积极心理学的重点大多关注个人对快乐的追求,但是一个新的领域——一门研究成功组织的学问——已开始着手研究员工心情愉快和公司生意兴隆之间的关系。这一领域的研究者们不专注于用利润率和竞争来解释成功,而是对工作意义、可信赖的领导层和情感能力这些因素进行深入研究。这些都不是商学院典型的专业用语,但不久就可能成为每个 MBA 学生的口头禅。

[13] 内华达大学(雷诺校区)机构行为学教授托马斯·怀特说:在此之前,商业人士一直对员工幸福感很不屑一顾,认为它“不属于自己的工作范畴,还有点边缘化”。很早就有人提出工作时雇员是否心情愉快很重要,但人们接受这个观念却用了很长时间。早在 20 世纪 20 年代,在伊利诺伊州西塞罗市的西部电力公司霍桑发电厂就进行了有关这一命题的研究,对增加照明、缩短工作日以及其他有利于员工的措施能否提高生产率的问题进行了调查。尽管工作场所的变化改善了员工的工作表现,但调查者最终发现对员工产生影响的不在于物质环境的变化,而在于人际环境的变化。换句话说,让员工们心情更愉快、工作劲头更高的是他们所受到的关注。这种现象后来被称为霍桑效应。赖特说:“研究人员逐渐意识到,起关键作用的是人们的快乐感受。”但后来对工作满意度的许多研究结果

却前后矛盾。现在看来，用更广泛的衡量标准来评估快乐感受，能更有效地预测生产率。

[14] 任何这类改变都取决于公司的领导，尽管不一定非取决于首席执行官。因此，一些商学院根据“可信赖的领导层”的思想正努力塑造一类新型的第一线管理者。他们不是把流行的管理技巧强行灌输给每个管理者，而是从提高自我意识开始构建可信赖的管理层。内向型的老板必须了解自己的管理风格，然后去开发更人性化的员工管理策略。换句话说，通过发现自己的优势，学会发掘员工的优势。

[15] 然而，上述反思的目的并非一定要缔造一个人人都热爱工作超过其他一切的社会。从定义上看，与我们能从事的所有其他活动相比，工作本来就是有些让人反感的事情，这就是为什么我们仍然希望工作必须有报酬的原因。但通过关心员工的需求，至少企业可能发展得更好。那样，我们更多的人就会在工作中找到一定程度的满足感。而且时不时地我们还可能希望超出这种满足感。这种情况可能发生在篮球场上喧闹欢呼的人群前，也可能发生在教室里，在仅仅一个充满感激的学生面前。

Section III TEXT B

Why Should We Hire You?

KEYS TO EXERCISES

READING COMPREHENSION

1. B (Paragraph 16: Today, you need to work hard to find the work you desire. That means knowing the reasons you should be hired and taking the steps needed to prepare a solidly based answer before you are asked The Question.)
2. C (Paragraph 9: Consequently, it is now more important than ever for you to consider and act on The Question while there is still time for you to learn the needs of employers and to make yourself capable of meeting those needs. Paragraph 13: Graduation is too late to find out what your school has to offer.)
3. C (Paragraph 6: Today, many college or university graduates will never have the chance even to begin careers in their chosen fields.)
4. B (Paragraph 11: Even if there were no other consequences, a sense of the ultimate purpose of your studies should make your efforts more significant, less abstract-less academic. Being aware of the competition you face in your chosen field could certainly make the pursuit of good grades more meaningful.)
5. D (Paragraph 5: The question is also important to consider in preparing your résumé and application letter-documents crucial to creating possible interviews.)

6. C (Paragraph 16: That means knowing the reasons you should be hired and taking the steps needed to prepare a solidly based answer before you are asked The Question.)

课文参考译文: Text B

我们为什么要雇用你?

吉姆·马洛尼

I

[1] “我们为什么要雇你来这个职位呢?”

[2] 我记得第一次被问到这个问题。就如同我第一次被警察要求出示驾驶执照和行驶证一样。我没有想到超速会被抓到, 也没想到会让我来解释为什么要长期雇我作为一所社区大学的英语教师。这两次经历都使我心情很沉重, 脉搏加快: 有一种被抓到的感觉。

[3] 警察给了我一张超速罚单, 但是我并没有得到那份工作。

[4] 现在回头看我当时面对这一基本问题时出现的困境, 我简直不敢相信我对那次面试怎么会准备得那么差。如果我当时能像准备做好这一工作一样, 好好地准备一下面试的问题, 我就不会感到吃惊了。在此之前我也做过几项工作, 但是人家雇我都是因为我能干体力活, 所以面试与做这些简单工作相比就不那么重要了。然而, 正如当一个警察正确执法时, 司机超速就要吃罚单, 同样, 在面试一份吸引人的、某一行业的入门职位的时候, 如果面试官清楚地知道他们要找什么, 就会直接或间接地问这样一个问题: “我们为什么要雇用你?”

[5] 这是一个重要的问题, 不仅仅是因为在工作面试中你会以某种形式遇到它, 它与其他一些开放答案的问题一起都是设计好了, 来考察你对你申请的职位的了解程度, 以及你的资历是否适合这一工作。这一问题对于你准备简历和申请信也是很重要的, 这些文件对人家是否会给你面试的机会至关重要。此外, 这一问题对于那些还没有完成大学学业、不会马上参加在自己选择的职业领域职位面试的人也是很重要的。对于这一阶段的人, 像“为什么我们要雇用你?”这样的问题看起来没有什么意义、过早或是无关。但是如果你把问题调过来, 变成“为什么我应该被雇用?”这样, 该问题对你就可能更有意义了。实际上, 如果这么考虑的话, 该问题可以指导你如何做好就业准备。所以, 想想如何回答这个问题不仅能帮助你理解该问题的重要意义, 还可以帮你用你的证书、技能和经历来支持你的答案。

II

[6] 通常学生想当然地认为他们有权接受 (甚至是有机会) 面试, 有权就业来开始他们的职业生涯。他们认为这些都是理所当然的。这种乐观的想法已经过时了。10 年前, 就

有人警告大学毕业生要想终生在一家公司从事同一领域的工作已经越来越不可能了。一个学生一生可能会换三至四次工作。而今许多大专院校毕业生将不会从事他们本专业的工作。其他人可能只能找到非全日制工作或合同制工作。在过去的 10 年中, 北美工商企业在经营和用人方面发生了极大的变化。

[7] 公司减员——也就是一个公司出于经营的目的减少工作人员——现在已成为经营方面的不争事实。全球竞争通常被认为是减员的原因之一, 同时, 据称科技发展, 特别是办公计算机化的发展, 可使企业在不降低生产效率的情况下, 大量裁员。当然也存在有关减员的另一种看法, 即剩下的员工要提高劳动效率——通过延长工作时间和加大工作量——来弥补那些被裁人员的工作。减员和科技发展的结果就是全职工作人员的减少, 他们要么得做更多的工作, 要么从事更加专业化的工作。在一些公司, 减员的另一个后果就是用非全日制或合同制工作人员来代替高工资和高福利待遇的全日制工作人员。而非全日制或合同制工作人员的工资相对较低, 如果说有福利的话, 也会很少。有些公司除了只提供那些有限的、没有前途的职位以外, 什么福利也没有。

[8] 这些变化不仅限于私营企业。最近有些地方政府也开始大规模地缩减公务员的项目。许多医疗、教育和地方政府职位也由于资金削减而大量裁减。对于那些想要开始新的职业生涯的人来说, 前途开始变得险恶和残酷, 而眼前的形势就是工作少、时间短, 给新员工的工资也减少。简言之, 大专院校毕业生如果不知道如何使自己进入这一冒险的新的工作圈内的话, 就不会找到工作。

[9] 因此, 你要考虑并采取行动来回答“我们为什么要雇用你?” 这个问题比以往任何时候都更重要, 同时你可以有时间去了解雇主的需求并使自己满足雇主的需求。

III

[10] 对于为什么学生不能认真地阐述这个问题, 有许多原因。许多学生过于信任现有的教育制度, 因此不能预见毕业后的生活。通常实际情况是学生上大学期间不能利用大学的时间有效地为下一步就业做好准备。有些学生错误地理解招工广告, 认为有了大专院校文凭或学位就能保证就业。这些学生太注重大专院校学生的身份了, 以至于沾沾自喜地认为未来就一定会有好工作。不幸的是, 读大学和就业是两码事, 除了极个别人外, 读大学是没有收入的。其他学生可能认为学业课程已经很难、要求很高了, 因此不想再费脑筋去预见那些更多的要求了。还有一些学生可能相信他们所选的专业性很强的学科会把他们送入正确的就业道路。而问题是他们自己都不知道向何处去。我很吃惊地发现每个学期都有很多学习专业课的学生根本就不知道他们可能从事什么样的工作, 需要哪些技能, 他们实际上要承担的责任是什么。这些在书呆子天堂里的人, 傻呼呼地, 心里总是充满了不实际的想法。

[11] 但是在大学期间就能熟悉工作的具体要求和就业前景与毕业后再了解这些有什么区别呢? 在大学期间就做好准备成为未来老板想要的人, 有很多明显的好处。即使没有其他的好处, 至少你学习的最终目标是明确的, 这就使你的学习更有意义、更具体、更不脱

离实际。清楚地知道所选领域中自己所面临的竞争,无疑会使你为获得好成绩的努力更有意义。如果你的学习项目有各种选修课,那么你要是了解了就业市场的需求,就能帮助你做出更多明智的抉择。如果你的学习项目选课范围有限,那么如果你知道,你想要得到的真正工作的要求与该项目提供的不同的话,那么你就可以再多选一些计划之外的课程。在校期间就要好好读一下你想要的工作的要求,你就可以知道即使是初入一个行业,该工作会要求什么样的工作经历。这样你就可以在自己所选择的与该职业有关的领域找一些暑期工作或兼职工作。这些工作即使工资很少,最终对你也是有好处的。现在大部分就业指导人员都建议学生参加一些志愿者工作。许多学生就在和与自己就业有关的机构做志愿者。在打工或做志愿者工作过程中,你与未来就业机构的联系和获得的经验都是非常宝贵的。最后,你可能永远也不需要改变自己的性格,但是你要了解你所选择的职业领域中成功人士的个人品质(这也是很重要的)。

IV

[12] 你已了解到了提前做好就业准备有这么多的好处,那么如何了解雇主的要求呢?

[13] 一个起步的地方就是在你的学校里。许多面向就业的项目都有工作人员负责帮助学生就业。有些老师就积极地参与就业指导工作,其他老师虽没有正式参与,但是他们与一些雇主或他们在企业和技术领域的学生有着非常重要的联系。你可能会发现只是到老师那里探听些消息就能非常容易地深入了解你感兴趣的领域。另一个信息来源就是学校的学生就业办公室。除了安排学生就业以外,该机构通常还提供大量的服务,包括性格测试、就业咨询、提供关于公司和工作特点的信息资料等。等到毕业再去找学校提供的这些东西就太晚了。

[14] 在你寻找就业方向时,不要仅限于上述提到的途径。要了解实际工作的要求,这样才能成为你想要的职位的候选人。即使你现在不申请一个长期的职位,你也要养成习惯不仅关注学校就业指导办公室提供的工作机会,还要关注报纸、专业期刊和相关就业杂志上的广告。最好,去拜访你学科领域的主要公司的人力资源部门;弄清楚他们对现在和未来招聘人员的要求;会见人事主管并阅读任何可用的信息。花在这上面的时间都会在就业中得到回报。

[15] 在目前阶段,你可以和已经在你选择的领域工作的人取得联系,以获得你想要的职位的第一手材料。你不一定要自己认识这样的人,你的老师或朋友可能会认识你可以联系的人,或者,你可以找你所在领域公司的老板谈谈或写信给他们,这样可以帮助你找到合适的人来回答关于该公司就业人员的资格、责任和义务等问题。你会对从陌生人那里获得信息有多么容易而感到吃惊。如果你尝试以上方法,你就会开始编织一张自己的人际网了。

[16] 现在,我们需要努力才能找到我们想要的工作。这就意味着你懂得为什么你会被雇用,同时要采取必要的行动来扎扎实实地准备好回答这个问题。

Section IV TRANSLATION

I

Translate the following paragraphs into Chinese.

也可以这么说,理智的、勤奋的、有用的人可以分为两类:对第一类人而言,工作就是工作,娱乐就是娱乐;对于第二类人而言,工作和娱乐是合二为一的。很大一部分人属于前者。他们可以得到相应的补偿。在办公室或工厂里长时间的工作,不仅带给他们维持生计的收入,还带给他们一种渴求娱乐的强烈欲望,哪怕这种娱乐消遣是以最简单、最淳朴的方式进行的。

而第二类人则是命运的宠儿。他们的生活自然而和谐。在他们看来,工作时间永远不够多,每天都是假期;而当正常的假日到来时,他们总会抱怨自己有趣的休假被强行中断。然而,有一些东西对于这两类人来说都十分必要,那就是变换一下视角,改变一下氛围,尝试做点不同的事情。事实上,那些把工作看作娱乐的人可能是需要以某种方式将工作不时地驱赶出自己的大脑。

——温斯顿·丘吉尔

II

Translate the following paragraph into English.

To stay (remain) physically and mentally healthy (maintain physical and mental health), children need to exercise at least one hour (for a minimum of one hour) / children need to spend at least one hour on physical activity. However, the obsession with electronic (video) games and reluctance to play outside have led to obesity and a decline of sight / vision (poorer sight) among many kids. Overweight children are four times as likely to suffer from hypertension (high blood pressure) / four times as vulnerable to hypertension as normal ones are (as their normal counterparts are). Children, urban or rural, should be exposed to nature. They can never show any interest in learning unless they feel happy.

Section V WRITING: Resume (简历)

简历的写作

简历主要的目标是获得面试机会,它是一种营销工具,可以让你进入公司,并在你潜在的老板面前展现自己。简历的写作主要包含:个人信息(Profile);教育背景(Education);工作经历(Working experience);技能(Professional skills);个人评价(My qualification)等基本内容。写作中应注意以下几点:

确定你的目标：在开始写简历之前，花点时间制订一个明确而有针对性的目标是非常重要的。清楚地说明你想要什么样的工作，围绕这个目标来组织简历的内容，清楚要做好这份工作需要什么样的技能和经验。

力求简洁明了：不要在简历中详细介绍每一项成就，力求简洁明了。简历唯一的目的是让潜在的雇主联系你面试，你应该站在简历阅读者的立场上——当你审视这个职位所需的工作资格时，你会在应聘者身上寻找什么——显然，这是你应该在简历中包括的内容。

个人信息要从简，身高体重、性别、出生日期等信息都可以省略，更甚者，政治面貌也是可以忽略的。外国 HR（人力资源部经理）的思维是直面个人经历，因此除非是招聘简章中明确要求放照片之类的信息，一份合格的英文简历连照片也应当不放上去。其次注意证书或者奖项全称。有的同学在设计自己获得某某证书或者奖项时，习惯用英文首字母缩写代替，如果应聘国内企业没啥毛病，但是应聘外企可能 HR 会一头雾水？要想让 HR 一目了然，最好将其全称附上去，并且将自己的成绩情况也描述一下，这会增进 HR 对你成就的理解。

使用动词：像“准备”、“管理”、“开发”、“监控”和“展示”这样的词会让你的简历脱颖而出。简历的正文中，用短句而不是长段落写明要点，将关键短语单独放置并突出显示有助于读者一眼看到重要信息，同时吸收最重要的信息，不要担心细节，你可在面试中详细介绍。

强调你的优势，以及与潜在雇主最相关的方面：大多数简历通常会在 10~30 秒内被审阅，因此你需要确定哪些项目最能支持你的求职目标，把最重要和最相关的要点放在最容易阅读的地方。

将简历与招聘公司的需求相匹配：在网上和报纸上查看你感兴趣的职位招聘信息。每次上市都会有一个关于公司和职位的简短介绍。仔细阅读职位描述，并使用这些广告中列出的关键词，并将它们与简历中的要点相匹配。用一份定制的简历而不是一份普通的简历会大大增加你面试的机会，因为在读者眼中，你会是一个更好的人选，你已经为这个职位量身定做了简历。

字体：大小不小于 10 号字；长度：1~2 页，你也可以用多页，但是记住，要保持简洁。在寄出简历前，问问朋友，听听外界对你简历的看法。第三方对你的简历评价不要满足于“这很好”，必须鼓励第三方给你反馈并提出问题，这些问题可以帮助你发现你无意中从简历中遗漏的项目。考虑他们的意见，修改你的简历，把这些内容包括进去。

CV 与 Résumé 的区别

CV, curriculum vitae 的缩写，简历（书），个人履历。Résumé 是对你的技能和经验的简要总结。两者的主要区别是长度、用途和布局。CV 更详细（一般都要两页纸或以上），CV 的长度由其内容确定，有时可长达十页，年轻专业人的履历一般长度都在 2~4 页，而老资历的通常也在 6~8 页，涵盖内容更加全面。Résumé 将根据每个职位量身定制，而 CV 将保持不变，任何变动都会出现在求职信中。CV 有一个清晰的时间顺序，列出了个

人的整个职业生涯，而 *Résumé* 的信息可以随意排列，以最适合申请人。国际上，当你申请工作时，特别是科研教育学术研究方面的位子（比如留学欧洲或申请奖学金），你需要提供 CV。和 *résumé* 相比较，在美国，CV 主要是用于申请学术、教育、科研职位，或者申请奖学金等等，集中说明学术工作，应包括：姓名、地址、电话号码及电子邮件地址；文化程度；受何奖励和大学奖学金；教学相关经历；有何论著发表；语言或其他技能，课外活动及个人爱好。而在欧洲、中东、非洲和亚洲等地，CV 则更常用于应征工作。我们现在常常有人把 CV 和 *Résumé* 混起来称为“简历”，其实精确而言，CV 应该是“履历”，*Résumé* 才是简历。要记住，*Résumé* 概述了与求职有关的教育准备和经历，是对经验技能的摘要，其主要目的在说服用人单位老板雇用自己。*Résumé* 应包括：姓名、地址、电子信箱（可选）和电话号码（当地和固定的）；工作岗位（可选）；教育；获何荣誉奖励；有关功课（可选）；经历，列出组织、地址、日期、工作名称、成绩和职责简述。

Task 1 Paraphrase the following sentences:

1. Researchers in this field are focusing their study on the meaningfulness, authentic leadership and emotional competence for success rather than on profitability and competition. (用于开头段)
2. A set of 12 statements are formulated by Gallup from those interviews in an attempt to evaluate employees' overall level of happiness with their work, called "engagement" by Gallup. (中间段)
3. The strong desire for meaning makes people create it, especially to make hard and dissatisfied work more meaningful. (中间段)
4. The polls suggest that most Americans are not content with their work. (开头段)
5. But the purpose of the reflection is not to make all people put work on the top of the list. (中间段)

Task 2 Sample of a resume

David Henry

12345 North Street Ave. Springfield, MI 11111 (555)555-5555 abc@gmail.com

PROFILE

Well qualified and results-oriented Banking Professional with over 10 years of successful experience in positions of increasing responsibility and duties.

Top-performer with track record of consistently meeting and exceeding sales goals and customer expectations.

Skilled at educating customers on banking products and recommending best options that meet their short-term and long-term needs.

EDUCATION

B.S. in Accounting, Michigan University, College of Economics, 2005.

M.S. in Business Administration, Michigan State University, College of Economics,
2009.

WORKING EXPERIENCE

WALKER'S BANK, Springfield, MI assistant Banking Center manager at 3rd largest
financial services firm in the U.S. with \$1. 2 trillion in assets and operations in more than 50
countries.

Manage sales of bank products, new business, operations, customer service.

PROFESSIONAL SKILLS

The American Institute of Banking Courses

Accounting History of Banking, Speech Presentations, Management-employee Relation

LANGUAGES

Fluent in Chinese and German

CV Template

CURRICULUM VITAE

Name and degree

I. PERSONAL INFORMATION

Date of Birth:

Place of Birth:

Citizenship:

Home address and Telephone:

E-mail address

II. EDUCATION (Degrees, dates and locations must be included, beginning with the latest
degree)

College/University:

III. CERTIFICATION (List month, year)

IV. PRESENT POSITION OR ACADEMIC RANK

Examples:

Professor of Biology,

Michigan University

V. PREVIOUS PROFESSIONAL POSITION AND APPOINTMENTS

(Academic research, list chronologically, beginning with earliest appointment)

VI. PUBLICATIONS

(List chronologically, beginning with earliest publication)

VII. HOBBIES

Section VI Grammar: Comparative 4 (语法第四讲: 最高级)

最高级的用法难点

一、定冠词的省略

最高级修饰动词时:

1. What strikes me most is the drastic changes that have taken place here.
2. Which sport do you like best?
3. The earthquake hit this city hardest. (对比: the hardest-hit area)
4. What I least expected was a phone call from the boss this morning.

形容词短语:

1. Those most responsible for creating the desert are human beings.
 2. Dying patients especially—who are easiest to mislead and most often kept in the dark—can then not make decisions about the end of life.
 3. Undergraduates most likely to moonlight (做兼职工作) are those from underprivileged families.
 4. Of equal importance is to pursue their goals in the way they see most appropriate.
- 但同时要注意 a most beautiful beach 与 the most beautiful beach 的区别。a most beautiful 的含义是 very beautiful, 而不是“一个最美丽的”。

二、有最高级含义的句式

1. The performance of this football team could not have been worse. (can't be + 比较级)
2. I have never heard a more touching story. (never + a more)
3. The moon is as far as man can get. (the farthest place man can get to)
4. Don't work to the limit of your energy. (as hard as possible)
5. The train is running at top speed. (用 top 表示最高程度)
6. The teacher is speaking at the top of his voice. (as loudly as he can)
7. He is among the top students. (学习成绩最好的学生之一)
8. What's your ideal career? (最理想的)

9. Beethoven is my favorite composer. (最喜欢的)
10. To achieve the maximum efficiency requires a well-arranged system. (取得最大效率)
11. The government is trying every means to reduce the losses to the minimum (to minimize the losses). (把损失减少到最低程度)
12. The spelling of Chinese characters is perhaps more complicated than that of any other language. (more...than any other)
13. Nobody can surpass the late state leader Deng Xiaoping in terms of influence on the country in the 1980s. (影响最大)
14. The spokesman can deal with any questions with great tact in which few can match him. (几乎无人匹敌)
15. The Chinese are enjoying a peaceful life they have never had. (目前生活最安定)
16. Utmost devotion and strong initiative can contribute to good performance.
17. Her popularity as a pop singer is second to none. (第一位)
18. Nothing is so difficult as to decide to give up one's life for a worthy cause. (nothing / nobody is so...as)
19. The last thing I wanted was for anyone to walk away thinking I had too big a head to find a moment for them. (最不想做的事)
20. Employment is one of my utmost concerns. (最关注的事情之一)

三、“越来越”的表达方式

除惯用的 more and more people 和 ...is becoming more and more important 等句式, 还可用 increasing (ly) 和 growing / mounting 等词。increasingly 可能比 more and more 更流行, 有的外教评论说中国学生过多使用 more and more, 而且有时候没必要使用 more and more, 如 it is getting darker, 而不是 darker and darker。需要注意的是, 经常用 get 或 become 等词的进行时表示“变化”, 而不是一般时。

1. A working knowledge of the computer is becoming increasingly important. (接原形)
2. This increasingly popular song can be heard almost each day.
3. An increasing number of college graduates are planning to go on to graduate school.
4. A growing body of research suggests that SARS virus might have come from space.
5. They failed to anticipate the mounting difficulties.
6. This book is gaining popularity.

其他有“越来越”含义的词包括: declining, deteriorating, diminishing, escalating, expanding, improving, intensifying, multiplying, narrowing, rising, shrinking, soaring, spreading, swelling, weakening, widening, withering。

试翻译:

某人的影响越来越小 (one's diminishing influence)

逐渐拉大的差距 (the widening gap)

日益膨胀的人口 (the swelling population)
 健康每况愈下 (deteriorating health)
 越来越多的事故 (multiplying accidents)
 越来越好的形势 (the improving situation)
 日益激烈的竞争 (the intensifying competition)

四、by far 的使用方式

Webster's New World College Dictionary 对 by far 的解释是 considerably; to a great extent; very much. *Webster's Third New International Dictionary* 的解释更好: by a considerable margin; decidedly (差距很大, 绝对地), 而《新英汉词典》的解释是“(修饰最高级、比较级, 强调数量、程度等)……得多, 最……”。受《新英汉词典》和语法书的影响, 国内学生认为 by far “修饰比较级”时比 far 还好。实际上, 表示“……得多”时, far 远比 by far 常用。

Buyers of CRM technology will find a far wider selection of hosted applications available to them over the next few years.

Public pressure and changing housing markets are prompting cities to build far fewer dwellings than allowed.

Computers have far better memories than human beings.

通过分析 by far 出现的背景, 可得出的结论是, by far 强调“差距大”, 暗示句中涉及的对象与同类或与其他部分相比是“当之无愧, 无竞争对手”, 主要与最高级连用。但使用 by far 时, 不一定必须使用比较级或最高级, 如下面的例 2 和例 3。

1. The second half of his voyage was by far the more dangerous part. (含义是比第一段危险得多)
2. By the year 2025, AIDS will be by far the major killer of young Africans, decreasing life expectancy to as low as 40 years in some countries.
3. Cancer is by far the No.1 killer among heavy smokers of cigarettes.
4. The United States is by far the greatest military power in the world.
5. Volume was by far the largest cause of increased drug spending in seven drug categories.
6. President Obama is still by far the most influential national politician in the United States, according to a new CNN poll.
7. ...that made them by far the best organizers in the neighborhood.
8. By far, the most vulnerable areas of the health care system are the neonatal and pediatric intensive care units.

试翻译:

姚明绝对是目前中国最有影响力的篮球专业人士。

Yao Ming is by far the most influential basketball professional in China.

中国人口绝对是世界最大的。

China is by far the most populous country in the world.

英语无疑是全球最流行的语言。

English is by far the most popular language on earth.

五、**no more than** 结构突出该形容词的相反特点，是一种强调形式，例如：

1. But she was also overwhelmed by frustration. She was no closer to becoming a designer than on the day they'd arrived. (离成为设计师的目标一样遥远)

2. The modern clergyman who prays for rain and for the health of the politician is no more intelligent in this matter than the primitive man who saw a separate miracle in the rising and setting of the sun. (一样无知)

3. This means that travelers to the Philippines and residents are at no more risk than those in countries that have had no SARS cases. (一样安全)

4. There's a system, controlled by computer, of storing 3,000 or more books in a container no bigger than a washing machine. (同洗衣机一样小)

5. The kids believe this too, but the reality is that when they graduate, they are no more prepared for careers than we were. (同我们当时一样缺少准备)

6. I can no more imagine life without her than I can imagine living without my own heart. (既不能想象没她的生活，也不能想象没有自己的心脏该如何生活)

7. Today's economists have no clearer idea of how to solve unemployment than their forebears. (都一筹莫展)

六、其他有比较级含义的词或词组

首先学会使用以 out 为前缀的词，特别是 outnumber (数量超过……)，outweigh (比……重要或值钱)，outlive (活的时间比……长)，outperform (表现超过……)，outwit (比……更聪明)，常见的还有 outstay, outmatch, outpace, outshine (胜过) 等。

1. Private cars will soon outnumber institution-owned cars.

2. Fitness programs seem to outweigh opportunities for making money.

3. This table tennis player tried to change his strategy, only to be outwitted by his rival.

4. Asian students outshine American ones in math.

5. He is believed to have outlived his usefulness.

熟悉下列词组：

be senior to, be junior to, be inferior to, be superior to, have advantage (edge or superiority) over, be secondary to

Key to GRAMMAR: Exercise 4

1. In some cases, doctors can do nothing more than minimize the pain of patients / all doctors can do is alleviate the pain of patients to the minimum.

2. The territory of Russia is by far the largest in the world.
3. This is the best I can do / I have done everything I could.
4. This is more than I can tolerate.
5. In terms of oral English, my tablemate is second to none in our class.
6. Health outweighs wealth.
7. Such an outcome was beyond my wildest dreams.
8. Resumption of the peace talk is in the best interests of these two countries.
9. I have never read a more amusing book / This is the most gripping book I have ever read.
10. On average, females outlive males.

Unit 5

Science and Technology

Section I READING SKILLS: Scanning: Rapidly Locating Information

IN THIS SECTION THE STUDENTS WILL LEARN:

1. how to skim;
2. how to scan;
3. to use the techniques for reading faster.

Practice of Reading Techniques

Answer the following questions before or during reading Text A.

1. Can you imagine what it is like to live without a smartphone?

The advent of technology has transformed human lives by improving their quality of life; it has brought us together and closer to each other in various ways but again drifts us apart in other ways. It brings us together through instant communication, but makes us further apart when interacting face to face as some of the new generation have not developed the art of conversation. Without it, human lives would have been disconnected but simpler, isolated and unimaginative.

My life would be very different without technology. I am pretty sure I would go insane, because I cannot survive without technology. However, it would be advantageous to me because life would become simple, so that there would be no worries of having my account hacked or having worries of e-mails. Otherwise, my world would become boring because getting in touch with friends would become impossible. Really, life would just be different, not good, but not exactly bad. It would just be different.

2. Do you think that we are becoming smarter or stupider with the evolution of modern technology?

There are the two sides to this question:

We could be smarter because we have the Internet to learn more. Technology is increasing our capacities and providing us with newly sophisticated ways of thinking. In a way, it's automating work we used to have to do for ourselves painstakingly. Whether we might get smarter or dumber, we're just adapting to the environment. This means we actually have more control over the impact of digital media than we think. The point is to be mindful of how our brains are being affected so that we can adjust our tech time accordingly. In this sense, we could say we are becoming smarter. But we could be dumber because we aren't really learning like we used to. Instead of learning from books, we simply go online for answers and have other people do a lot of things for us. A growing body of scientific evidence suggests that the Internet, with its constant distractions and interruptions, is turning us into scattered and superficial thinkers.

3. What does the author try to conclude by using the hypothetical anecdote of a time traveler?

The author uses this hypothetical anecdote to conclude, "The time traveller scenario demonstrates that how you answer the question of whether we are getting smarter depends on how you classify 'we.' This is why [Clive] Thompson and [Nicholas] Carr present different results: Thompson is judging the cyborg, while Carr is judging the man underneath."

4. What are the differences between a cyborg and a man underneath according to the author?

From the first few paragraphs, we can see that the cyborg, according to the author, is a combination of a human and a machine or machine-like devices which could take advantage of modern technology to carry out any task in life.

5. What does the author mean when he states that "we are now different creatures than we once were?"

Technology has changed how humans live and how they interact with each other socially, how people purchase products and how the workplace functions. With the Internet and Internet technologies, people are living a life which could not have been imagined three decades ago.

Section II TEXT A

If a Time Traveler Saw a Smartphone

TEACHING OBJECTIVES:

Studying Text A will enable students

1. to know about how modern science has shaped human history.

2. to discuss ethical issues in science and technology.
3. to learn how to use the following key words:
demise; ethics; implant; customize; replicate; malicious; pornography; surveillance;
malfunction; extraterrestrial
4. to learn to understand long sentences by analyzing the structure of complex sentences in (1) and (2) and inverted sentence seen in (3)
 - (1) The technological advances of the 1990s ushered in **what** appeared to be a social and economic revolution **that** would rival the Industrial Revolution two centuries earlier, creating a new society of technologically connected citizens with a world of digitized information, commerce, and communication at its fingertips.
 - (2) **While** most Americans agreed **that** children should not be exposed to such material, attempts to regulate the content of individual Web pages and newsgroups conflicted with the idea of the Internet as an open, decentralized mass medium, **where** even the most absurd or repellant ideas could receive a hearing.
 - (3) With the explosion of knowledge **came** public concern over where all of these new discoveries and technologies might be taking society.
5. to learn how to use comparison and contrast in an argumentative writing.
6. to discuss the related topic regarding science and technology.

KEYS TO EXERCISES

I

READING COMPREHENSION

A.

1. B (Paragraph 6: Thompson is judging the cyborg, while Carr is judging the man underneath.)
2. C (Paragraph 5: The woman behind the curtain, is, of course, just one of us. That is to say, she is a regular human who has augmented her brain using two tools: her mobile phone and a connection to the Internet and, thus, to Web sites like Wikipedia, Google Maps, and Quora.)
3. A (see Paragraph 5)
4. C (Paragraph 5: To us, she is unremarkable, but to the man she is astonishing. With our machines, we are augmented humans and prosthetic gods, though we're remarkably blasé about that fact, like anything we're used to. Take away our tools, the argument goes, and we're likely stupider than our friend from the early twentieth century, who has a longer attention span, may read and write Latin, and does arithmetic faster.)
5. B (Paragraph 7: Licklider believed that the great importance of computers would lie in how they improved human capabilities, and so he funded the research of, among others, Douglas

Engelbart, the author of *Augmenting Human Intellect*, who proposed a new and systematic approach to improving the intellectual effectiveness of the individual human being.)

6. A

B. Fill in the following blanks with information in Text A.

1. The author starts the debate between advocates and critics of digital technology by citing Nicholar Carr who blames the Web for growing cognitive problems and Clive Thompson who argues that our technologies are boosting our abilities.
2. By using a hypothetical experiment, the author concludes that the time traveller scenario demonstrates that how you answer the question of whether we are getting smarter depends on how you classify "we".
 - (1) In a modified Turing test (as the author calls), the author imagines a time traveller from 1914 encountering a woman behind a curtain who can recite any passage from the Bible or Shakespeare, understands a number of languages, describes any part of the Earth in great detail, etc.
 - (2) To the time traveller, the woman behind the curtain seems to achieve a new level of superintelligence.
 - (3) To us, she is simply using two tools: a mobile phone and a connection to the Internet.
3. The time traveller proves that the human-augmentation project has been a success, but at some cost.
 - (1) The project augments the weak part of our brains, helps us with the tasks which we would not be able to complete, improves our memory by electronic storage and builds network with other brains.
 - (2) We are different creatures than we once were, because we evolve technologically rather than biologically.

II

VOCABULARY

A.

1. B 2. C 3. A 4. D 5. A 6. B 7. C 8. C 9. A 10. D

B.

1. J 2. A 3. E 4. D 5. L 6. B 7. G 8. C 9. M 10. N

III

CLOZE

1. D 2. A 3. C 4. C 5. D 6. B 7. A 8. C 9. B 10. D

IV

TRANSLATE THE FOLLOWING PARTS INTO CHINESE

1. 一位科学家告诉他，他的主要任务是通过他想问的问题来评判帘子另一边的人的智力水平。
2. 时间旅行者的情景表明，要想回答我们是否变得更聪明的问题，这得取决于你如何对“我们”进行分类。
3. 最成功、获利最丰厚的是有助我们完成任务的产品，没有这些产品我们就无法完成这些任务。
4. 增智研究中心的许多研究者后来继续在著名的施乐公司的帕克实验室工作。帕克实验室的界面理念被苹果公司借鉴，后来的事情都众所周知了。
5. 和计算机相比，人类大脑与其他大脑联网的能力很差，因此，我们发明了一些辅助联系的工具，比如：维基百科、谷歌搜索引擎，来帮我们进行人机连接。我们这位时间旅行者证明：尽管人类智能增强项目取得了成功，但我们也不能否认为之付出的代价。
6. 生物性退化的看法令人震惊，而且总有摆脱不掉的感觉——辅助大脑并不能算作“我们自己”的一部分。

V

Speaking Practice

1. *Do you think technology is changing our minds for the better or for the worse?*

There is no doubt that technology is changing how we interact with each other and the world around us. The prevalence of virtualization, constant and immediate communication, data sourcing overload and other aspects of technology require an agile mind and one that learns to close off the stream. We are no longer forced to rely on memory, our verbal skills are not as valuable as they once were, while our ability to condense often complex ideas into factoids can determine our peer status.

We now can have an innate fear of missing out on what is current and popular if we imagine our phones ringing when they are not. We can't get to sleep from wanting/needing to watch the next short video or responding to yet another text message. Yet we can claim this makes us more creative, more spontaneous, more interactive (albeit with significantly less face-to-face human contact.) Is this enough to justify an inevitable de-personalization as our dependence on a device supplants human interaction?

2. *What are the adverse effects of cellphone on health?*

While cell phones provide an efficient and easy way to communicate with friends, family, and co-workers, excessive use can take a toll on (严重损害) your health. Mobile phones use transmitting radio waves through a series of base stations where radio frequency waves are electromagnetic fields that cannot break chemical bonds or cause ionization (电离) in the human body. Some other researches demonstrate that the presence of mobile phones can interfere

with human relationships, an effect that is most clear when individuals are discussing personally meaningful topics. The high frequency of cell phone use can also have negative effects on our stress levels. The constant ringing, vibrating alerts, and reminders can put a cell phone user on edge. Other researchers found high mobile phone use was associated with stress and sleep disturbances for women, whereas high mobile phone use was associated with sleep disturbances and symptoms of depression in men. Overall, excessive cell phone use can be a risk factor for mental health issues in young adults.

3. How old should a child be before being allowed to use the Internet?

Young children (probably teenagers?) that are still developing the capacity for creativity, memorization, social skills and moral/ethical judgement might be better off without technology shortcuts, at least until those skills are more fully integrated. But we still need to ask such questions as: Does skimming the Internet for information summaries offer the same connection to learning as that of a well written book delving deeply into a topic or a teacher offering a personal explanation with some encouraging words? Is a traditional means of education really still relevant in today's world?

4. How do you tell whether information you find on the Internet is reliable?

He said, she said. But who is right? And who is more consistently accurate and insightful?

That is the dilemma faced by everyone who relies on the quick access to reams of information available online. Most articles are not offering any reference to the writer's sources that might be used for validation of offered conclusions. Opinions are presented with little indication of inherent biases. One person offers a perspective that is picked up by another and then another. If we must determine if consensus is just a lazy way of copying or not, we should be better informed and equipped with critical and insightful mind.

5. Which technologies do you think will shape science in the next decade?

Significant advances in modern times were often happy accidents or the application of a technology in a way that was not the initial goal. As massive investment in nanotechnology, block chain, storage density and gene manipulation has been witnessed in this era, we are expecting some breakthroughs in these fields. But, who can deny that any miracle that would inspire or change the world might be something that someone creative comes up with in a garage?

BACKGROUND INFORMATION

1. Intelligence Augmentation (IA)

It is the deliberate enhancement of human intelligence using some technological means, such as eugenics (优生学), gene therapy, brain-computer interfaces, nootropics (促智药), neuroengineering, or some other means that hasn't been invented yet. Occasionally, the term is used to refer to external aids such as pen and paper or the Internet, but more frequently refers to

permanent modifications to the brain that upgrade human intelligence. Intelligence augmentation is usually considered a futuristic technology that does not exist yet, but could in the next few decades.

The term “intelligence augmentation” is often used interchangeably with “intelligence amplification,” and both are abbreviated as IA. These forms of human enhancement contrast with AI, or Artificial Intelligence, whereby intelligence would be produced in an entirely synthetic form. Some thinkers have suggested that IA of humans will always remain more advanced than AI, because any given level of AI might be applied to humans to enhance their capabilities. Other thinkers have argued that AI technologies would not all necessarily boost human intelligence, and that AI could indeed progress faster than human intelligence augmentation.

2. Cyborg 电子人，生化人

A cyborg, short for “cybernetic organism,” is a being with both organic and biomechatronic (生物机械学) body parts. The term was coined in 1960 by Manfred Clynes and Nathan S. Kline. The term cyborg is not the same thing as bionic (仿生学), biorobot or android; it applies to an organism that has restored function or enhanced abilities due to the integration of some artificial component or technology that relies on some sort of feedback. While cyborgs are commonly thought of as mammals, including humans, they might also conceivably be any kind of organism.

3. Brain-Computer Interfaces

Brain-computer interfaces, or BCIs, are being tested for use in controlling artificial limbs for the disabled, and for communication with those who are “locked in” due to spinal cord injuries—or even for reversing paralysis through a “neural bypass” that allows the brain to communicate directly with the muscles.

Brain-computer interfaces have to overcome some basic problems. External systems, like brain-scanning headsets, should in theory be able to detect activity in the brain with enough detail to tell when you are thinking of a certain word, or when you are thinking about moving in a particular direction. This capability is being explored as a way of controlling your avatar in virtual reality, for example, and it has even spawned a *Star Wars*-themed “force training” toy that works by detecting a certain type of concentration. But these headsets can’t project information back into the brain, and they still have very limited detail and resolution.

4. The Future of Human Augmentation and Performance Enhancement

In most of our science fiction and our projections of the future, everything has changed—we have robots, flying cars, artificial intelligence, warp speed, laser swords—but we remain pretty much the same. Humans of the future are exactly the same physically and mentally as humans today.

In science fiction, this is probably necessary for dramatic purposes. You want the audience to identify with your characters, and that’s harder to do if those characters are too strange and

different. When science fiction does touch on the idea of genetic or cybernetic enhancements, it usually does so as a dystopian cautionary tale. Even the *Star Trek* (《星际迷航》) franchise, our usual go-to source for an optimistic take on the future, becomes notably technophobic (科技恐惧症) when it comes to human augmentation. The idea of cybernetic enhancements, of bionic limbs and brain implants, gave the *Star Trek* universe its most menacing antagonist: the Borg. As for the idea of genetic enhancements, well, let's just sum up *Star Trek*'s attitude this way.

课文参考译文: Text A

如果时间旅行者遇见智能手机

吴蒂姆

[1] 我们正变得更聪明还是更愚蠢? 在《浅薄: 互联网如何影响我们的大脑》一书中, 尼古拉斯·卡尔从 2010 年起研究, 就开始批评互联网引发了越来越多的认知问题。然而, 克莱夫·汤普森在他最近出版的新书《比你想象的更聪明: 技术是如何让我们的大脑变得越来越好》中指出: 我们拥有的技术正不断地提高我们的能力。要想弄清这个问题, 研究一下下面的假想的实验吧。

[2] 一位来自 1914 年的受过良好教育的时间旅行者进入一个房间, 房间用帘子分隔成两部分。一位科学家告诉他, 他的任务是通过他想问的任何问题来确定帘子另一边的人的智力水平。

[3] 回答问题的是一位女士, 她的口音 (21 世纪美国英语) 无法被时间旅行者识别。帘子另一边的这位女士具有超强的记忆力: 她可以毫不迟疑地背诵《圣经》或者莎士比亚作品中的任何内容; 她的算术能力也十分惊人: 她可以在几秒钟之内解答出难题。尽管她的发音有点怪, 但她能讲多种外语。更让人吃惊的是, 她能够详细地描述地球上几乎任何一个区域, 就像她正从空中鸟瞰地球一样。她还能把一些看起来不相干的概念熟练地联系起来。当时间旅行者问她“上帝怎么能够仁慈善良的同时又能够无所不能?” 她可以用十分复杂的理论来解答。

[4] 基于这种改进的图灵测试后, 我们的时间旅行者得出结论: 在过去的一个世纪, 人类已经达到了超常智能水平。他用 1914 年还没有的术语 (这个术语后来由约翰·冯·诺依曼创造) 总结说人类已达到一个奇点——人类获得的智能已超出生活在 1914 年的人们的想象。

[5] 当然, 帘子后面的那位女士只是我们平常人中的一员。也就是说, 她只是一个只要使用两样工具就可以增强她的大脑能力的普通人。这两样工具是: 一部移动电话和连接维基百科、谷歌地图以及问答网站的互联网。对我们而言, 她再普通不过, 但对于时间旅行者来说, 她简直非同寻常。借助我们的工具, 我们变成了智能强化人和人造神, 尽管我们对此已习以为常, 正如我们看待任何司空见惯的事物一样不以为然。辩方认为, 如果

拿走我们的工具，我们可能比 20 世纪初的这位朋友要愚笨得多，因为他注意力集中时间更长，会用拉丁语读写，做算术的速度也很快。

[6] 时间旅行者的情景表明，要想回答我们是否变得更聪明的问题，这得取决于你如何对“我们”进行分类。这也是为什么汤普森和卡尔会得出不同的结果：汤普森在评价一个半机器人，而卡尔在评价工具背后的人。

[7] 人类智能增强项目已经开展了五十年了。20 世纪 60 年代初，五角大楼实施这个项目，当时一位名叫 J.C.R. 利克莱德的心理学家在负责高级研究的资助基金，他开始思考他称之为“人机共生”的问题。（利克莱德还提议国防部资助一个项目，这个项目实际上成为后来的互联网）利克莱德相信计算机的重要性在于提高人的各种能力，所以他资助了很多有关的项目，其中之一就是道格拉斯·恩格尔巴特——《增强人类智能》的作者。他在书中提出了一套系统的新方法来提高人类个体的智力效能。恩格尔巴特在 20 世纪 60 年代成立了一个增智研究中心。这个中心提出以屏幕、键盘和鼠标（在“所有演示之母”中演示）为基础创建图像用户界面的想法。增智研究中心的许多研究者后来继续在著名的施乐公司的帕克实验室工作。帕克实验室的界面理念被苹果公司借鉴，后来的事情都众所周知了。

[8] 从那时起，计算的项目已不在于创造具有独立智能的实体（比如硬件抽象层），而是在于增强我们大脑的薄弱部分。最成功、最获利丰厚的产品是那些有助于我们完成任务的产品，没有这些产品我们就无法完成这些任务。我们有限的工作记忆意味着我们不擅长运算，所以没有人再去长除法运算。我们的记忆也不可靠，因此我们给它们增加了电子储存。和计算机相比，人类大脑与其他大脑联网的能力很差，因此，我们发明了一些辅助联系的工具，比如：维基百科、谷歌搜索引擎。

[9] 我们这位时间旅行者证明：尽管人类智能增强项目取得了成功，但我们也不能否认为之付出的代价。生物退化的想法令人震惊，而且总有摆脱不掉的感觉——起辅助作用的大脑并不能算作“我们自己”的一部分。但是，请勿误解：现在的我们和过去的我们有所不同，我们只是希望在技术上朝着最佳的方向发展，而非生物上的进化。

Section III TEXT B

Science and Technology

KEYS TO EXERCISES

READING COMPREHENSION

1. C (In all the five sections, the author discusses benefits and problems in the “new society” with apparently boundless potentials for scientific and technological advances.)
2. A (The technological advances of the 1990s ushered in what appeared to be a social and

- economic revolution that would rival the Industrial Revolution two centuries earlier, creating a new society of technologically connected citizens with a world of digitized information, commerce, and communication at its fingertips.)
3. B (Paragraph 3: While most Americans agreed that children should not be exposed to such material, attempts to regulate the content of individual Web pages and newsgroups conflicted with the idea of the Internet as an open, decentralized mass medium, where even the most absurd or repellant ideas could receive a hearing.)
 4. B (Paragraph 4: While genetic disease could be discovered and perhaps cured, this information might also be used to discriminate against people predisposed to certain genetic malfunctions, or to group individuals based on their genetic data.)
 5. D (the last paragraph of this section)
 6. B (Paragraph 5: Still, some critics wondered if all of the money spent on space research might not be better used to fund new discoveries here on Earth, almost as if the diversion of space was no longer as necessary when there were so many new and interesting projects going on right here.)

课文参考译文: Text B

科学与技术

朱迪思·鲍曼

[1] 乐观与强盛。到世纪末时,人类的发明和认识似乎没有止境。从物质的基本构成单位到一切生命体的遗传密码,从宇宙的起源,也许到宇宙的最终完结,人们对科学的认识逐日扩大。20世纪90年代的技术进步似乎带来了一场其意义堪与200年以前的工业革命相媲美的社会与经济方面的革命,它创造了一个崭新的社会,在这个社会里人们由技术相互连接,数字化的信息、商业以及通信都在弹指一挥间。以“信息高速公路”为代表的新“数字化时代”并不包括每一个人,许多人面临着被抛弃的威胁,包括老年人和无力使用新技术的人。不过,到了1999年仍有超过四分之三的美国人“接通”了这一全新的数字化社会,大多数美国人觉得技术进步正在提高他们的生活质量。这十年里,乐观情绪是人民生活的主色调。科技的新发展似乎向人们承诺提供最终解决从消除有毒废料到食品采购一系列问题的新希望——遗传科技人员培养出了能够吞食工业残渣的微生物,麻省理工学院媒体实验室的研究人员设计出了能够觉察箱内牛奶告罄并可上网订购的电冰箱。过去人们认为一个技术发达的社会必定是高度集权的,有老大哥监视着人们的一举一动,但到了20世纪90年代,这种恐惧减轻了。相反,随着强调分散化、平等和公开资源共享的互联网及万维网的出现,许多人发现能够更多地接触各类信息,这增强了他们个人自由及权力感。

[2] 伦理道德与自然。知识爆炸带来公众对这些新发现、新技术会将社会引向何处的忧虑。1997 年克隆动物的成功表明了克隆人也已不成问题，人们担心人类可能会朝着一个由基因制造的人组成的“美丽新世界”方向发展（这已不再是单纯的理论问题了）。1990 年启动的旨在破译人类整个基因组成的人类基因组工程为消灭基因疾病带来了希望，但也令人恐惧地要开辟一条“定做婴儿”之路，这些婴儿的基因可以根据其父母的愿望加以调整。尽管许多人争辩说，几百年来，为了改善人类生活，动植物培育者一直在遗传学领域忙活，但另外一些人指出，遗传技术的新成果使得研究者得以越过大自然设定的界限，把人的基因移植到动物身上，使它们变成药厂；让植物能生产塑料并在黑暗中发光；甚至想办法制造出“绝命”种子，使其丧失繁殖能力，以保证种子厂家的滚滚财源。由于环境和机体都有可能被这种技术所改变，于是什么是“天然的”，这个问题引起了人们的认真的思考。然而，尽管大多数美国人对克隆人以及按需定做婴儿的基因组成感到憎恶，但又普遍支持有助于确定并治疗遗传疾病或使食物来源更卫生更丰盛以满足全球日益增长的人口的需求的遗传研究。

[3] 隐私。随着 20 世纪 90 年代许多科技的发展，隐私就成了首当其冲的关注点。互联网是资源共享方面令人惊异的新工具，可它也是获取本应保密的国家机密、军事机密、商业软件（指非开放源代码软件）的源代码甚至邻居的社会保险号码的强有力的工具。公司和个人同样担忧电脑黑客“闯入”设有保护的电脑系统，删除或盗窃重要数据，从而使私人信息遭到破坏。存心不良的人编写的电脑病毒，即可自行复制的编码，可通过电子邮件或网络潜入个人电脑系统大肆破坏存储在那里的数据。在互联网上保护个人私密不是一件容易的事情。许多人担心政府方面试图插手只会阻碍互联网的发展。而当有关团体组织以“保护儿童”的名义游说政府禁止网上出现色情及其他令人不安的东西时，也引起了同样的忧虑。尽管大多数美国人赞成小孩不应接触这些内容，但企图规范个人网页和新闻组内容的努力还是同互联网应是公开、非集权的大众媒体的理念发生了冲突。在大众媒体领域里，即使最荒唐、最令人讨厌的东西也应能找到发表之地。有些公司监视员工使用互联网和收发电子邮件，使工作场所中数字监控成为备受关注的问题。

[4] 遗传学与隐私。遗传学的发展也威胁到了个人隐私。人类基因组项目定于 21 世纪初完成，许多私人公司竞相获取遗传发现的专利，于是不少人担心科学家彻底掌握了人类遗传密码之后可能会干出什么事情来。虽然遗传疾病有可能被发现，也许还会治好，但有人也许会利用这个信息去歧视那些易患某种基因疾病的易感人群，或根据基因数据歧视某些群体。科学家会拥有人类基因密码专利，这点也令许多人惴惴不安，因为这意味着人的生命会变成一种专享资源。

[5] 大科学和小科学。美国国家宇航局仍然做着举世惊叹的事情，他们把哈勃望远镜送入轨道来获取人类从未见过的宇宙深处图像，并送回地球。这些图像提供了极具诱惑力的宇宙起源的线索。20 世纪 90 年代，宇航局的科学家从一块火星的陨石中发现了可能会证明细菌存活的证据，发现了遥远的行星上可能有水，人们继续在寻找外星生命。宇航局发送宇宙探测器登陆火星，将美国航天英雄小约翰·赫歇尔·格伦再次送入太空研究衰

老问题，还制订计划同来自其他国家的研究组织共同建立一个国际太空站。但是一些批评人士提出质疑说，把花在太空上的钱用来资助地球上的发现是不是更好呢？似乎地球上正进行着这么多有趣的新项目，太空研究不再那么必要了。最令人心仪的新领域是纳米技术，这项研究是力图在分子水平上操纵物质，用原子建立新的构件以用于微型制造业、药物体内释放系统及微型计算机等。新发现的碳元素家族成员富勒烯使得纳米技术的研究人员有了新的研究材料。这一科学领域在新旧世纪交替时期仍处在实验阶段，但科技人员及政府官员已经看到了这门微科学的巨大潜力。

Section IV TRANSLATION

I

Translate the following passage into Chinese.

1. 在很高的层次上，人工智能可以分为两大类：狭义人工智能和广义人工智能。狭义人工智能是我们今天在计算机中所看到的一切：我们不用明确地了解程序是如何编写的就可以学会如何执行某些任务。与人类不同，这些系统只能学习或被教导如何完成特定的任务，这就是为什么它们被称为狭义人工智能。
2. 狭义人工智能得到广泛的应用：当无人驾驶飞机对输油管道等基础设施进行可视化检查时，人工智能应用程序可以解读无人机收集的视频资料；它还可以整理个人日历和业务日历，进行简单的客户服务查询，以及与其他智能系统协调，在合适的时间和地点执行预订酒店任务，还能够帮助放射科医生在 X 光片中发现可能存在的肿瘤，人工智能的用途还有很多很多。
3. 广义人工智能与此不同，它是一种存在于人类身上的适应性强的智能，具有灵活的智力形式，能够学习如何执行不同的任务，比如从修剪头发到制作电子表格，甚至能够基于积累的经验来理解各种各样的主题。这种人工智能在电影中经常可以见到，但在现实中并不存在。对于需要多久这种智能会成为现实的问题，人工智能专家们分歧很大。

II

Translate the following passages into English.

Passage 1

Having hundreds of friends on social media is no substitute for a handful of close friends in real life according to a recent research report. Researchers discovered that people with only a few friends were at least as happy as those with far more if many of theirs were online. The number of “peripheral others” someone connected with online — former classmates and coworkers, for example — had no bearing on how satisfied they felt. Social media, the researchers said, has encouraged younger people to have larger but more impersonal networks of “friends.” But instead

of trying to amass friends, they added, a better cure for loneliness might be spending time with those you're closest to.

Passage 2

The child's education is the most important (of utmost importance) for parents who are compelled to enroll the child in varied training courses (programs), convinced that only after a few years of effort can the child be admitted to an ideal high (secondary) school. Consequently, the child is denied access to games of great interest to him or her. Book knowledge alone will not necessarily ensure academic excellence. The ability to think for yourself can determine how far you can go.

Section V WRITING: Application Letter (申请函)

申请函

一、什么是申请函 (Application Letter) ?

申请函是个人或组织向其他个人或机构表述愿望、提出申请某一职位或申请某个事项所使用的一种文书。申请函的使用范围广泛, 申请函通常要附上个人简历或介绍自己的详细信息。它是一种专用书信, 同时, 同一般书信一样, 也是表情达意的工具。

申请函一般包括三个部分: 引言部分、主体部分和结尾部分。

引言部分根据申请内容从不同的角度介绍申请人的情况, 主体部分说明申请事宜、申请缘由等, 结尾部分一般是表达期待以及联系方式等。

【范文 1】 A College Admission Application

Dear Sir/Madam (Name of admission's head)

After a thorough research about different colleges, the Ohio State University is my final choice. This university offers a Psychology program and has an outstanding reputation and excellent reviews. Ohio State University is a recommendation by the previous graduates and I am interested in enrolling myself in the psychology program.

My aim is to finish the Psychology program offered at the Ohio State University and I want to continue my studies after completing the undergraduate program. After entering the graduate program, I want to become a counselor dealing with young children.

Majoring in psychology is my long-term goal and I am confident about making the right career choice. Attached is my application, transcripts, essays, and letters of recommendation as per the admission requirement.

I look forward to hearing from you soon.

Sincerely,

Signature of Student

Printed Name

范文 1 选自 Templates for Microsoft Office. 144 words

【范文 2】 A Job Application

John Donaldson

8 Sue Circle

Smithtown, CA 08067

909-555-5555

john.donaldson@emailexample.com

September 1, 2019

George Gilhooley

Times Union

87 Delaware Road

Hatfield, CA 08065

Dear Mr. Gilhooley,

I am writing to apply for the programmer position advertised in the *Times Union*. As requested, I enclose a completed job application, my certification, my resume and three references.

The role is very appealing to me, and I believe that my strong technical experience and education make me a highly competitive candidate for this position. My key strengths that would support my success in this position include:

I have successfully designed, developed and supported live-use applications.

I strive continually for excellence.

I provide exceptional contributions to customer service for all customers.

With a BS degree in Computer Programming, I have a comprehensive understanding of the full lifecycle for software development projects. I also have experience in learning and applying new technologies as appropriate. Please see my resume for additional information on my experience.

I can be reached anytime via email at john.donaldson@emailexample.com or by cell phone, 909-555-5555.

Thank you for your time and consideration. I look forward to speaking with you about this employment opportunity.

Sincerely,

Signature

范文 2 选自 TEMPLATE.NET 193 words

【范文3】 An Application for Scholarship

Name of Applicant

Address of Applicant

City, State, Zip Code

DATE

Name of Head of Scholarship Committee

Name of Scholarship or Institution

Address of Institution

City, State, Zip Code

Dear Name of Head of Scholarship Committee:

I am submitting this application for the [NAME of SCHOLARSHIP] to further my education in environmental studies. I have studied for two years in Name of University and require financial assistance to complete my degree in Environmental Science. I have worked part-time in a recycling center for the past two years and wish to work in the field of environmental sustainability. However, I need a degree to advance in this field.

I spent the last two years of high school volunteering in a waste management facility in the city and have gained a lot of experience in the field. I won an award for creative management for recycling plastic water bottles. My goal is to work to have an impact on many environmental issues such as solar power, wind power as well as waste management. One of the most profound experiences of my life was a trip I took to see the island of waste in the northern Pacific Ocean.

If I am fortunate enough to receive this scholarship, I will finish my degree to qualify for a job in a company that promotes sustainability in their business ethic. My father died five years ago and I was able to pay for my first two years at university with the insurance money, but my mother is no longer able to support my university tuition.

Thank you for considering my application. I have enclosed a recommendation letter from my university councilor along with the application form and my transcripts. I hope to hear from you soon. I can be reached at [555-123-4567] or at [Name@email.com].

Sincerely,

Signature of Applicant

Printed Name of Applicant

List of Enclosures

范文 3 选自 TEMPLATE.NET about 266 words

二、如何写好申请函?

一篇比较好的申请函, 首先要求申请者要做前期调查, 对其所要申请的内容有充分的了解, 同时, 要看自己是否符合申请的资格要求, 弄清申请的时间期限等。其次, 要了解申请函的写作格式。申请函的写作格式通常如下:

1) 首先开始写的是申请者的个人联系信息。这些信息包括: 申请者的姓名、地址、申请日期。紧接着是被申请方的联系信息。通常也包括: 被申请方的名称、地址、申请日期。这些信息一般放在申请函的左上方。

2) 第二部分一般介绍自己的性格特征、学习及工作背景、申请资格等等。

3) 最后一部分要表达对被申请方的感谢, 也可以提供其他的后续信息。重要的是, 结尾要致礼, 常用语比如: Best, Sincerely 等等, 最后, 要写下自己的名字。如果是纸质信件, 要亲笔签下自己的名字。

三、申请函常用表达方式

1) 询问

- I would really appreciate it if you could...
- Could you possibly...?
- I would be thrilled to...
- Could you please/Please could you...(less formal)
- I hope to have an opportunity to...

2) 陈述信息

- I am writing to express my interest in the position of...
- I wish to apply for the position of...
- I am writing to provide the information you requested...
- I am writing to enquire as to whether there are any vacancies...

3) 结束信息

- If you require any further information, feel free to contact me.
- Should you need any further information, please do not hesitate to contact me.
- I am looking forward to hearing from you.
- Hoping to hear from you as soon as possible.

例如: An individual human existence is to the human society what a river is to the ocean.

4) 致礼用语

- Yours faithfully, (If you don't know the name of the person you are writing to)
- Yours sincerely, (If you know the name of the person you are writing to)
- Best wishes,

- Best regards, (If the person is a close business contact or friend)

写作答案:

Task 1 Paraphrase the following sentences:

1. The recent past anticipated unlimited potential for human invention. (用于开头段)
2. The speed of change raised many worries. (用于主体段)
3. Well-intended censorship has ill-defined limits. (用于主体段)
4. Patents on nature were redefining natural rights. (用于主体段)
5. Nanotechnology is the new frontier. (用于结尾段)

Task 2 Write an application letter for an internship.

Joseph Q. Applicant

123 Main Street

Anytown, CA 12345

555-555-5555

josephq@email.com

September 1, 2018

Jane Smith

Director, Human Resources

BC Labs

123 Business Rd.

Business City, NY 54321

Dear Ms. Smith,

I am writing to apply for the scientific research summer internship position that was listed in the Anytown University Career Services Office. I believe my research and conservation experience make me an ideal candidate.

I have had a great deal of research experience in chemistry, biology, and geology, both in the lab and in the field. Most of my experience is in environmental field studies. I am currently conducting research in our school's outdoor laboratory to assess the water quality of a nearby pond. I know water quality assessment is a component of this internship, and I know my previous experience makes me a prime candidate for this.

Last summer, I worked as a conservation assistant at the National Trust's Clumber Park. Along with trail maintenance and building, I also served as a research assistant for the research organization at the park. I conducted an analysis of soil samples, and input data from various research projects. I received a special commendation from the director of the research

organization for my attention to detail and dedication to research.

I believe that I would be an asset to your program. This internship would provide me with the ideal opportunity to assist your organization and to expand my research skills.

I will call next week to see if you agree that my qualifications seem to be a match for the position. If so, I hope to schedule an interview at a mutually convenient time. I look forward to speaking with you.

Thank you for your consideration,

Sincerely,

Joseph Q. Applicant (signature hard copy letter)

Joseph Q. Applicant

(from www.thebalancecareers.com)

Section VI GRAMMAR: Infinitive 1 (不定式)

不定式在英语语法中占据重要地位。除了熟练使用中学阶段学习的相关用法，研究生应该了解其他常见的用法，提高自己使用不定式的效率。

一、学生习惯使用 *it is difficult for us to do something* 之类的句式，因此在以 *somebody* 或 *something* 作为主语时经常出错。

首先判断下列句子中哪些有语法错误：

1. Patients are easy to be infected with this virus during their hospital stay.
2. Students in China are difficult to express themselves in English.
3. Those who work hard are easier to pass this test.
4. Parents in China are more possible to choose a primary school for their kids.
5. This problem is difficult to be solved.
6. She is hard to get up early at weekends.

事实上，上述句子都有语法错误。这些错误不仅常见，而且有些人不了解错在哪儿。要想避免错误，重要的是了解形容词分类并发现规律。

(1) 下列形容词与不定式连用，构成固定结构：

*anxious apt bound certain due eager first keen last liable likely only
quick ready reluctant slow sure unwilling willing*

如：be eager to know what happened

be the first person to reach the top of ...

be quick to detect the abnormality

be sure to win the game

be reluctant to change her job

下列句子摘自 *Hard Choices*:

1. ...and the campaign had left me with a full agenda that I was eager to push forward.
2. If you picked up a newspaper in those days or stopped by a Washington think tank, you were likely to hear that America was in decline.
3. ...the Obama Administration would be willing to normalize relations...
4. ...but most were simply reluctant to reward Kim's bad behavior with such a high-profile trip...
5. By the same token, if we are too quick to compromise or accommodate, we may invite aggression.
6. I soon discovered that the USA Pavilion was out of money, way behind schedule, and unlikely to be completed unless things changed dramatically.

需要强调的是, 不定式与 first, second, best, worst, last, only 等词连用时, 并不一定只表示将来, 可表示已完成的动作, 不定式中的动词甚至可用被动形式, 例如:

1. He had formed a strong relationship with the staff, especially Ambassador Gary Locke, the first Chinese American to serve in that post.
2. ...Madame Liu rose to become one of the only two women to hold a seat in the politburo.
3. Greg was one of the last people to talk to Chris before he disappeared.
4. From 2008 to 2012, Asia was the only region in the world to achieve steady gains in political rights and civil liberties.
5. In 1964, the Olympic Games in Tokyo became the first program to be transmitted via satellite.
6. On January 11, 1983, I took the oath of office for the second time, before the largest crowd ever to attend an inauguration in our state.
7. Angie Brooks of Liberia served as the President of the General Assembly in 1969–1970. She was the second woman to be elected to this position.
8. The worst thing to happen to us in September was far more personal than political.
9. Jimmy Carter was the first president to be born in a hospital.

(2) 下列形容词也经常与不定式连用:

adequate amusing comfortable difficult easy expensive fine good hard impossible interesting nice pleasant possible proper simple tough

但是, 这些词对不定式中的动词有特殊要求, 下列使用不定式的句子都是正确的:

1. If the speech was hard to write, it was even harder to deliver.
2. People craned to see something that was impossible to imagine not long before.
3. We also discussed at length a problem that has proven very difficult to solve.
4. She is hard to convince.

5. Also, lack of money has reduced the number of animals used — they are expensive to buy and expensive to keep.

6. This is not an easy lesson to learn.

7. In China, a policeman is a good person to turn to.

8. The new boss is easy to talk to.

不定式中的动词必须是及物动词 (不及物动词需要加上相应的介词), 不能自带宾语, 而且必须是主动形式。最容易出错的词就是 easy。请分析下列句子:

1. She is easy to find.

2. She is easy to be found.

3. She is easy to find a decent job.

三个句子中, 第一个句子没有错误, 意义相当于 it is easy to find her。后两句有语法错误。第二个句子使用被动形式, 而第三个句子中 find 接宾语 a decent job。

下面几个句子摘自某些英语考试辅导用书的范文, 划线部分是典型的语法错误:

1. College graduates are easy to find good jobs upon graduation.

2. Under the influence of TV commercials, customers are easy to buy advertised goods.

3. Some students are possible to spend nights in casinos.

4. Why is this phenomenon quite common in our society? One reason is that some people are easy to believe the claim.

5. In some cases a man is very hard to conquer those difficulties.

6. In case the computer is infected by a kind of virus, which has indeed developed in many kinds and is very difficult to be killed, a great loss is inevitable.

Key to GRAMMAR: Exercise 5

Translate the following sentences into English.

1. Cancer is a disease that is easy to diagnose but difficult to cure once for all.

2. These sentences seem difficult to translate.

3. Who was the first president to be assassinated in the history of the United States?

4. This company is believed to be comfortable to work in.

5. Smog has become a health issue that is impossible to ignore.

6. It is difficult for us to adapt to such working conditions / We have difficulty adapting to such working conditions / Such working conditions are difficult for us to adapt to.

7. Girls are more likely to choose to go on to graduate school than boys are.

8. She was quick to reply to me.

9. This was the worst drought to strike / hit this country.

10. Some students are reluctant to do volunteer work / be volunteers.

Unit 6

Life and Health (II)

Section I READING SKILLS: Techniques for Reading Faster

IN THIS SECTION THE STUDENTS WILL LEARN:

1. to increase your reading rate;
2. to use the techniques that govern eye-movement patterns.

Practice of Reading Techniques

1. What do you know about genetically modified engineering?

Genetically modified engineering (transgenic engineering) is also called recombinant DNA technology, which is one of the important fields in the frontier of life science. It is widely used in farming, health care, and recently, environmental protection. The scientists' original intention was to use the technology for the benefit of human beings. It could speed up the improvement of crops and livestock varieties, improve the quality of human food, and produce valuable medicinal proteins. However, it is impossible to predict whether or not human intervention in nature poses potential dangers.

2. How do you like cloned Dolly, the first attempt at genetically modified engineering on animals?

Dolly was announced as the first mammal to be cloned from an adult cell in 1997, which ushered the new era of studies in genetic engineering. Dolly died at the young age of 6½ years after suffering sheep pulmonary adenomatosis (SPA) in 2003, which triggered the now heated debate over genetically engineered living creatures including crops and animals.

3. What effects does genetically modified engineering bring to us?

Lots of researchers think genetic engineering could bring prosperity to all mankind by feeding an increasingly populous world, as well as diagnosing and curing diseases related to

genetics. However, there remain some scientific, economic, and environmental problems as well as ethical concerns related to altering the genetic make-up of plants and animals. Most people do not want to see a replicated self, which may cause lots of trouble whether in finance or in ethic. Therefore, we should seek to benefit as fully as possible from the blessings of genetic engineering while also trying to avoid any downsides.

Section II TEXT A

Are Engineered Food Evils?

TEACHING OBJECTIVES:

Studying Text A will enable students

1. to learn the importance of food security.
2. to understand the controversial attitude toward GM food.
3. to learn how to use the following key words and expressions: Populous; naïve; potentially; toxic; credibility; undeniable; rage; skeptic; cautious; persistence; ignorant; advocate; dilemma; withstand; ban; amid; malnutrition; definite; deficiency; annually; irreversible; rally; precautionary; tamper with; at one's peril; a stream of; nothing short of; the bull of; be bundled with; shut down.
4. to learn non-definite attributive clause "which" functions as adverbial clause of result.
e.g. He says that biologists who point out health or other risks associated with GM crops — who merely report or defend experimental findings that imply there may be risks — find themselves the focus of vicious attacks on their credibility, which leads scientists who see problems with GM foods to keep quiet.
5. to learn how to use expert testimony and statistics as supporting evidence.
6. to discuss the related topic regarding life and health.

KEYS TO EXERCISES

I

READING COMPREHENSION

A.

1. B (Paragraph 1: He is expressing despair at the relentless need to confront what he sees as bogus fears over the health risks of genetically modified (GM) crops.)
2. D (Paragraph 3: He says that biologists who point out health or other risks associated with GM

crops—who merely report or defend experimental findings that imply there may be risks—find themselves the focus of vicious attacks on their credibility, which leads scientists who see problems with GM foods to keep quiet.)

3. A (Paragraph 4: Whether Williams is right or wrong, one thing is undeniable: despite overwhelming evidence that GM crops are safe to eat, the debate over their use continues to rage, and in some parts of the world, it is growing ever louder.)
4. C (Paragraph 13: But as medical researchers know, nothing can really be “proved safe.” One can only fail to turn up significant risk after trying hard to find it—as is the case with GM crops.)
5. B (Paragraph 6: He argues that the benefits of GM crops greatly outweigh the health risks, which so far remain theoretical.)
6. A (Paragraph 12: “They look to Europe and see countries there rejecting GM, so they don’t use it.”)

B. Fill in the following blanks with the information in Text A.

Introduction (Paragraphs 1–4): Whether the GM (Genetically Modified) crops are safe or not provokes a heated debate around the world. How do ordinary folks evaluate GM food? In the article, David H. Freedman quoted the different opinions from two biologists to introduce the topic. Robert Goldberg regards the fears over the health risks of genetically modified (GM) crops as bogus, because 40 years ago, researchers produced a stream of exonerating evidence, while Williams insists genome is not a static environment, and potentially toxic plants in GM crops could well be slipping through testing. The first four paragraphs introduce two opposite opinions about GM crops.

Body (Paragraphs 5–12): He stated that there is a surprisingly clear path out of this dilemma, after fully analyzing the evidence for both positive and negative sides.

Paragraph 5 is a transitional paragraph that leads to Freedman’s own argument. In the following paragraphs Freedman demonstrates this clear path in detail.

Part 1: The benefits of GM crops greatly outweigh the health risks, which so far remain theoretical. There come many benefits to GM crops, such as disease control and famine relief by allowing them to lower the price of food, increase farmer safety, use less pesticide, etc.

Part 2: For most regions in the world, GM foods have been busy being banned, restricted and otherwise shunned.

Argument 1: Among all the GM crops, only Monsanto’s MON810 maize and BASF’s Amflora potato, are accepted in the European Union.

Argument 2: Although Golden Rice, a crop engineered to deliver more vitamin A than spinach, may prevent the irreversible blindness in the developing world, no country wants to grow it.

Argument 3: Even in the U.S., at least 20 states are considering GM-labeling bills.

Part 3: The reasons for general fear of GM crops lie in two aspects. The primary one is that some organizations, such as Greenpeace, the Sierra Club, and some celebrities, like Ralph Nader, Prince Charles, as well as high-profile chefs, took highly visible stands against them. The next one is the European's attitude, which influences policy-making in other countries where GM crops could have tremendous benefits.

Conclusion (Paragraph 13): As for GM crops, one can only fail to turn up significant risk after trying hard to find it. So there is no need to worry too much about GM crops.

II VOCABULARY

A.

1. B 2. A 3. D 4. C 5. C 6. A 7. B 8. C 9. D 10. B

B.

1. D 2. E 3. I 4. B 5. C 6. A 7. H 8. G 9. N 10. M

III CLOZE

1. A 2. D 3. C 4. B 5. C 6. C 7. D 8. B 9. A 10. D

IV Translate the following parts into English.

- 人们对转基因作物会带来健康风险存在着虚假的恐惧，他对这种持续不断的恐惧表示绝望。
- 基因研究的大部分资金都是由出售转基因种子的公司提供的，他们大力支持研究者去探索在农业中如何进一步使用转基因技术。
- 他说那些指出转基因作物会给人类带来健康或其他风险的生物学家们（这些生物学家暗示某些实验可能存在风险，并对其结果进行报道或为其辩护），发现他们研究的可信度成为恶性攻击的焦点，这导致那些看出转基因食品有问题的科学家们也三缄其口。
- 当仔细审视双方的证据，并权衡其利弊时，我们惊奇地找到了一条走出这一困境的通道。
- 虽然在发展中国家，缺乏维生素 A 每年会导致一百万人死亡，五十万人永久性失明。但没有一个国家有明确的种植“黄金大米”的计划。黄金大米是一种转基因作物，含有比菠菜还丰富的维生素 A（大米里通常不含维生素 A）。
- 欧洲反对基因工程的各种力量为“预防原则”提供了支持。这一原则坚持认为，既然在世界范围内使用一种有毒的、侵入性的转基因作物会给世界带来大灾难，那么在能证明基因工程这项技术绝对安全之前，应当停止其运行。

V

SPEAKING PRACTICE

1. Should GM crops be labeled when they are on sale?

From my perspective, GM crops should be labeled. Some people don't mind risks and like to try new things, while others in the majority are more cautious especially in regards to their health. New types of diseases come to light now and then, such as SARS, H1N1 and COVID-19. However, it is not clear whether these new viruses are related to our diet. Consumers have the right to be informed about the foods they buy.

2. What are the implications of European and American attitudes toward GM foods?

The U.S. government provides a great deal of support to GM food research, while the American people are not necessarily as enthused. The EU took a very prudent stance because of a BSE and Coca-Cola dioxin contamination event. China has both abundant agricultural resources and a large growing population, so we should take an objective attitude towards GM crops. To meet the increasing needs for food and food safety, we should continue to explore the benefits and harm of GM crops, perfecting our evaluation process.

3. What are the effects of genetic engineering on organisms?

Some of the most remarkable benefits of genetic engineering are increasing grain yield and offering organs for people's organ transplantation. But if the genetic makeup is modified, the crop properties will change, potentially inducing negative effects on other living creatures. It may disrupt nearby ecosystems, which may cause some unexpected disasters. Hence, the ecological balance might be broken. Besides, it's cruel to raise animals only to reap the benefits of their organs for organ transplantation in the interests of humans.

4. Are you willing to buy GM foods, why or why not?

GM foods can improve the properties of crops and feed the world. However, as an ordinary person, I am unwilling to buy GM foods, because I am not sure whether GM foods are harmful to our health, and whether they can cause incurable disease. People tend to be cautious about uncertainty, and after all, life is the most precious to everyone.

5. Why have there been concerns about GM foods among public interest groups and consumers?

Since the first introduction on the market in the mid-1990s of a major GM food (herbicide-resistant soybeans), there have been concerns about such food among politicians, activists and consumers, especially in Europe. Several factors are involved. In the late 1980s — early 1990s, the results of decades of molecular research reached the public domain. Until that time, consumers were generally not very aware of the potential of this research. In the case of food, consumers started to wonder about safety because they perceive that modern biotechnology is leading to the creation of new species.

Consumers frequently ask, "What is in it for me?" Where medicines are concerned, many

consumers more readily accept biotechnology as beneficial for their health (e.g. vaccines, medicines with improved treatment potential or increased safety). In the case of the first GM foods introduced onto the European market, the products were of no apparent direct benefit to consumers (not significantly cheaper, no better taste). The potential for GM seeds to result in bigger yields per cultivated area should lead to lower prices. However, public attention has focused on the risk side of the risk-benefit equation, often without distinguishing between potential environmental impacts and public health effects of GM foods.

Consumer confidence in the safety of food supplies in Europe has decreased significantly as a result of a number of food scares that took place in the second half of the 1990s that are unrelated to GM foods. This has also had an impact on discussions about the acceptability of GM foods. Consumers have questioned the validity of risk assessments, both with regard to consumer health and environmental risks, focusing in particular on long-term effects. Other topics debated by consumer organizations have included allergenicity and antimicrobial resistance. Consumer concerns have triggered a discussion on the desirability of labelling GM foods, allowing for an informed choice of consumers.

BACKGROUND INFORMATION

- 1. What are GMOS?** GMOs — or genetically modified organisms — have been a staple in food production for the past 20 years. Foods are considered genetically modified when genes from different species are inserted into an organism to provide an added nutritional benefit or bolster crop's resistance to insects and unfavorable weather conditions.
- 2. Why do we need GMO?** The underlying global issues are too many mouths to feed — the United Nations predicts the world's population will be 9.8 billion by 2050 — and climate change. But how those macro issues play out around the globe and in rural vs. urban areas varies. In China, for instance, Little found that the country's infrastructure doesn't support transporting crops long distances, so that farms are concentrated in greenbelts just outside urban centers. But pollution from those areas creates huge issues with contaminated soil, air and water. In the United States, as the Midwest and Northeast experience, freak freezes and wetter springs kill off crops; the Southwest faces heat waves, forest fires and punishing droughts, which also kill off crops. Some countries, most notably in Africa, are already experiencing famine, so they're looking to the fastest, most economical way to feed their population, including turning to genetically modified crops.
- 3. The contradiction of GMO.** Plants can be genetically engineered to develop a resistance against insects or tolerate drought, but critics are concerned about potential health and environmental effects. While some are concerned about the impact of GMOs on human health, others are more concerned about the environmental impact of GMO use. John Vandermeer is

one such person. The University of Michigan professor has worked with agriculture systems for the past 20 years and has taught courses on the ecology of agricultural ecosystems, field ecology and biology and human affairs. Vandermeer believes the current debate surrounding the safety of consuming GMOs is overshadowing a larger conversation about the technology. As Little writes, “Outside the United States and especially in emerging economies, the debate around technology and agriculture — including GMOs — is not about better labeling for corn chips, or even about corporate control of the food system, it’s about progress and, ultimately, survival.” In her visit to Kenya, she heard of countless maize crops wiped out by insects and drought, but crops featuring gene-altered seeds from Monsanto were thriving. And maize, which is packed with calories, is critical to survival in the famished country.

4. **Genetic engineering labeling:** “The safety of GMO products in food is probably not nearly as important as the safety of GMOs as environmental contaminants.” Some proponents of the bill argue that consumers deserve to know what’s in their food while opponents argue that little to no scientific evidence indicates GMOs are dangerous for people’s health.
5. **How are glyphosate and GMOs interconnected?** Vandermeer says that some genetic modifications have allowed crops like corn to resist the glyphosate. He believes the presence of this type of corn — called herbicide-tolerant or HT corn — encourages the excessive use of glyphosate. And these aren’t the only potential environmental hazards. Vandermeer also cites the decline in certain species — which could impact our biosphere — are related to herbicides and GMO products. One example is the monarch butterfly, which feeds off milkweed plants. The plants have been declining due to the increased use of herbicides, which has paralleled the increased planting of GMO crops. “People like monarch butterflies,” Vandermeer says. “Monarch butterflies play a large role in a lot of our stories about nature.” He cites a March 2015 report that glyphosate, an herbicide, is “probably carcinogenic.” This discovery is significant because glyphosate is the one of most commonly used herbicides in the United States, according to the Environmental Protection Agency. This means that a potentially cancer-causing substance is frequently sprayed on crops we eventually consume in order to kill unwanted weeds.

6. **Genetically modified (GM) organisms and GM foods**

Genetically modified organisms (GMOs) can be defined as organisms (i.e. plants, animals or microorganisms) in which the genetic material (DNA) has been altered in a way that does not occur naturally by mating and/or natural recombination. The technology is often called “modern biotechnology” or “gene technology,” sometimes also “recombinant DNA technology” or “genetic engineering.” It allows selected individual genes to be transferred from one organism into another, also between non-related species. Foods produced from or using GM organisms are often referred to as GM foods.

(https://www.who.int/foodsafety/areas_work/food-technology/faq-genetically-modified-food/en/)

7. Public debate on GMOs

The release of GMOs into the environment and the marketing of GM foods have resulted in a public debate in many parts of the world. This debate is likely to continue, probably in the broader context of other uses of biotechnology (e.g. in human medicine) and their consequences for human societies. Even though the issues under debate are usually very similar (costs and benefits, safety issues), the outcome of the debate differs from country to country. On issues such as labelling and traceability of GM foods as a way to address consumer preferences, there is no worldwide consensus to date. Despite the lack of consensus on these topics, the Codex Alimentarius Commission has made significant progress and developed Codex texts relevant to labelling of foods derived from modern biotechnology in 2011 to ensure consistency on any approach on labelling implemented by Codex members with already adopted Codex provisions.

8. Codex Alimentarius Commission

The Codex Alimentarius Commission (Codex) is the joint FAO/WHO intergovernmental body responsible for developing the standards, codes of practice, guidelines and recommendations that constitute the Codex Alimentarius, meaning the international food code. Codex developed principles for the human health risk analysis of GM foods in 2003.

The Codex Alimentarius is a collection of internationally adopted food standards and related texts presented in a uniform manner. These food standards and related texts aim at protecting consumers' health and ensuring fair practices in the food trade. The publication of the Codex Alimentarius is intended to guide and promote the elaboration and establishment of definitions and requirements for foods to assist in their harmonization and in doing so to facilitate international trade.

9. The main issues of concern of GMOs for human health

(1) Allergenicity

As a matter of principle, the transfer of genes from commonly allergenic organisms to non-allergic organisms is discouraged unless it can be demonstrated that the protein product of the transferred gene is not allergenic. While foods developed using traditional breeding methods are not generally tested for allergenicity, protocols for the testing of GM foods have been evaluated by the Food and Agriculture Organization of the United Nations (FAO) and WHO. No allergic effects have been found relative to GM foods currently on the market.

(2) Gene transfer

Gene transfer from GM foods to cells of the body or to bacteria in the gastrointestinal tract would cause concern if the transferred genetic material adversely affects human health. This

would be particularly relevant if antibiotic resistance genes, used as markers when creating GMOs, were to be transferred. Although the probability of transfer is low, the use of gene transfer technology that does not involve antibiotic resistance genes is encouraged.

(3) Outcrossing

The migration of genes from GM plants into conventional crops or related species in the wild (referred to as “outcrossing”), as well as the mixing of crops derived from conventional seeds with GM crops, may have an indirect effect on food safety and food security. Cases have been reported where GM crops approved for animal feed or industrial use were detected at low levels in the products intended for human consumption. Several countries have adopted strategies to reduce mixing, including a clear separation of the fields within which GM crops and conventional crops are grown.

10. How are GM foods regulated nationally?

The way governments have regulated GM foods varies. In some countries GM foods are not yet regulated. Countries which have legislation in place focus primarily on assessment of risks for consumer health. Countries which have regulatory provisions for GM foods usually also regulate GMOs in general, taking into account health and environmental risks, as well as control- and trade-related issues (such as potential testing and labelling regimes).

11. Reasons for producing GM foods

One of the objectives for developing plants based on GM organisms is to improve crop protection. The GM crops currently on the market are mainly aimed at an increased level of crop protection through the introduction of resistance against plant diseases caused by insects or viruses or through increased tolerance towards herbicides.

Resistance against insects is achieved by incorporating into the food plant the gene for toxin production from the bacterium *Bacillus thuringiensis* (Bt) (苏云金杆菌). This toxin is currently used as a conventional insecticide in agriculture and is safe for human consumption. GM crops that inherently produce this toxin have been shown to require lower quantities of insecticides in specific situations, e.g. where pest pressure is high. Virus resistance is achieved through the introduction of a gene from certain viruses which cause disease in plants. Virus resistance makes plants less susceptible to diseases caused by such viruses, resulting in higher crop yields.

Herbicide tolerance is achieved through the introduction of a gene from a bacterium conveying resistance to some herbicides. In situations where weed pressure is high, the use of such crops has resulted in a reduction in the quantity of the herbicides used.

课文参考译文: Text A

转基因食品邪恶吗?

大卫·弗里德曼

转基因作物的支持者声称, 该技术是养活我们这个气候日益变暖、人口日益增多星球的唯一途径。而批评者则指出擅自篡改自然, 我们将付出代价, 孰是孰非?

[1] 罗伯特·哥德堡瘫倒在办公椅上, 手在空中挥舞着。“弗兰肯斯坦怪物, 这个从实验室里爬出来的怪物,” 他说: “这是我遇到的最令人沮丧的事情”。哥德堡这位加州大学洛杉矶分校的植物分子生物学家, 并没有精神错乱, 而是在表达他内心的绝望。在他看来, 人们对转基因作物会带来健康风险存在着虚假的恐惧, 他对这种持续不断的恐惧表示绝望。他说, 最令他感到沮丧的是, 这场辩论在几十年前就应该结束了, 当时研究人员已经提出了一系列证据证明了转基因作物的无辜。“可是今天我们所遭受的反对和四十年前别无二致”。

[2] 整个学校, 只有大卫·威廉姆斯, 一位研究视觉的细胞生物学家, 持不同的意见。“许多幼稚的科学推动了这门技术,” 他说, “30 年前我们不清楚当一个基因被放入另一个不同的基因组时, 基因组会做出什么反应。但是, 现在该领域的任何人都知道基因组不是一个静态的环境, 插入的基因可以有多种转化形式, 但这些转化要在几代之后才能完成。”他坚持认为, 转化结果很有可能是潜在的有毒作物, 但却悄然通过了测试。

[3] 威廉姆斯承认自己是少数几个持反对意见的生物学家之一, 他们强烈质疑转基因作物的安全性, 唯一原因就是植物分子生物学领域在保护自己的利益。基因研究的大部分资金都是由出售转基因种子的公司提供的, 他们大力支持研究者去探索如何在农业中进一步使用转基因技术。他说, 那些指出转基因作物会给人类带来健康或其他风险的生物学家——他们只是对转基因作物存在潜在风险的实验结果予以报告或为其争辩——到头来发现其研究成果的信度遭受质疑, 自身也由此成为众矢之的, 受到恶意攻击, 这使得那些看出转基因食品问题的科学家 (在这个问题上) 三缄其口。

[4] 无论威廉姆斯的观点是否正确, 有一点不可否认: 尽管大量证据表明转基因作物可以安全食用, 但是实际生活中它们是否真的可以食用却依然争论不休, 甚至在部分地区愈演愈烈。怀疑派指出这种争论是一件好事, 对养活全世界人口的食物进行基因修补, 怎么小心都不过分。然而, 对于像哥德堡这样的研究人员来说, 对转基因食品的持久恐惧简直令人恼火。“尽管数以亿计的遗传实验涉及地球上的各种生物,” 他说, “尽管人们吃过数十亿顿饭也没有出现什么问题, 我们还是返回到了愚昧无知的状态。”

[5] 因此, 谁是正确的, 拥护者还是批评者? 当仔细审视双方的证据, 并权衡其利弊时, 我们惊奇地找到了一条走出这一困境的通道。

[6] 转基因食品安全性的大部分研究都指向一个方向。以一位加州大学伯克利分校的

农业环境经济学家大卫·齐尔伯曼为例，他是农业化学公司及其批评者都认为可以信赖的少数几位研究人员之一。他认为转基因作物的好处远远大于其带来的健康风险，而这一风险迄今为止还仅停留在理论层面。齐尔伯曼说转基因作物的使用“降低了食物的价格”。“农民可以减少农药的使用，从而保障他们的人身安全。转基因作物将玉米、棉花、大豆的产量提高了 20% 到 30%，使那些没有充足食物就无法生存的人得以幸存。如果能在全球范围内广泛使用，食物的价格将会更低，死于饥饿的人将会更少。”

[7] 齐尔伯曼说未来这些优势将愈加显著。联合国粮食农业组织估计，到 2050 年，世界粮食产量必须增加 70%，才能跟上人口增长的步伐。

[8] 气候变化使得世界上许多可耕地难以耕种。齐尔伯曼说：“转基因作物可以增加作物的产量；可以在干旱和盐碱地生长；可以耐高温、抗寒；可以抗虫、抗病、抗除草剂。”

[9] 尽管转基因作物可以给人类带来无限希望，世界上许多国家仍忙于禁止、限制、避免使用它。几乎美国种植的所有玉米、大豆都是转基因作物，但只有孟山都公司的 MON810 玉米和巴斯夫公司的 Amflora 马铃薯为欧盟接受。八个欧盟国家已彻底禁止转基因作物。整个亚洲，包括印度和中国，大多数转基因作物尚未获得政府批准，其中包括一种产量高、农药少的抗虫性水稻。在数百万人挨饿的非洲，仍有些国家拒绝进口转基因食品，虽然其成本低廉（究其原因是产量高，水、杀虫剂的需求少）。肯尼亚居民普遍营养不良，但是拒绝所有转基因作物。虽然在发展中国家，缺乏维生素 A 每年会导致 100 万人死亡，50 万人不可治愈的失明，但没有一个国家有明确的种植“黄金大米”的计划。黄金大米是一种转基因作物，含有比菠菜还丰富的维生素 A（大米里通常不含维生素 A）。

[10] 从全球来看，只有 1/10 的农田种植转基因作物。美国、加拿大、巴西、阿根廷四个国家种植的转基因作物占全球的 90%。其他拉美国家则将转基因作物拒之门外。就是在美国，谴责转基因食品的声音也越来越高。截至发稿日，至少有 20 个州正在考虑通过转基因食品标识法案。

[11] 加剧这些抵制行动的恐惧由来已久。20 世纪 70 年代，华盛顿大学的科学家首次研发出转基因的烟草，此后公众就一直担心转基因食品的安全。20 世纪 90 年代，第一批转基因食品进入市场时，绿色和平组织、塞拉俱乐部、拉尔夫·纳德、查尔斯王子和许多名厨都旗帜鲜明地反对转基因食品。欧洲的消费者对转基因食物的担忧尤甚。1997 年对奥地利的一项调查发现，69% 的当地居民认为转基因食品存在严重的风险，而在美国仅有 14% 的人持相同的观点。

[12] 在欧洲，对转基因食品的怀疑长期以来和其他方面的担忧交织在一起，例如对美国农业综合企业的不满。然而，无论基于什么原因，欧洲的态度在全世界产生了反响，影响了一些国家的政策，转基因食品本来可以给这些国家带来巨大利益。“非洲人并不关心野蛮的美国人在做什么”，齐尔伯曼说，“他们把目光投向欧洲，发现欧洲人拒绝转基因食品，因此他们也不使用它。”欧洲反对基因工程的各种力量为“预防原则”提供了支持。这一原则坚持认为，既然在世界范围内放任使用一种有毒的、侵入性的转基因作物有可能

会给世界带来大灾难，那么在能证明基因工程这项技术绝对安全之前，应当停止其运行。

[13] 但正如医学研究者所知，没有任何东西可以真正地被“证明是安全的”。人们只有百般努力去探寻个中风险，才能最终做到规避重大风险，转基因作物也是如此。

Section III TEXT B

The Messy Truth about Weight Loss

KEYS TO EXERCISES

READING COMPREHENSION

1. C (Paragraph 1: If fad diets, reality television programs and willpower could make a dent in the problem, we would have seen a change by now.)
2. C (Paragraph 2: Much of our work has challenged common dogmas and opened doors for new approaches. ... As many experts have suspected and as we and others have now proved, what you eat and how much you eat play a substantially greater role in determining whether you shed kilograms. ... This realization allows us to create personalized weight loss plans for individuals that work better than any one-size-fits-all advice.)
3. B (Paragraph 5: The oxygen we breathe helps to burn that fuel, and whatever is not used right away is stored in the liver as glycogen or fat. When no more space is available in the liver, the excess is stored elsewhere in fat cells.)
4. D (Paragraph 8: By the 1980s prices had dropped, and the technique had become more efficient, although there were times when our lab had to spend as much as \$2,000 to perform a single measurement. As a result, it took more than 20 years to accumulate enough data to figure out how much energy the body needs to avoid weight gain or loss.)
5. A (Paragraph 11: It is tempting to assume that Americans have low calorie requirements because they lead sedentary lives, but researchers have documented similar calorie needs even in indigenous populations leading very active lives.)
6. B (Paragraph 12: Americans consume 500 more calories (the equivalent of a grilled chicken sandwich or two beef tacos at a fast food restaurant) each day than they did in the 1970s. An excess of as little as 50 to 100 calories a day—the equivalent of one or two small cookies—can lead to a gain of one to three kilograms a year. That easily becomes 10 to 30 kilograms after a decade.)

课文参考译文: Text B

减肥所蕴含的凌乱真相

苏珊·罗伯兹和赛·克鲁帕·达斯

肆虐全球的肥胖症是人类健康面临的巨大挑战之一。2014年,大约6亿成年人患有肥胖症,占人口总数的13%。自1980年以来,这一数字在全球范围内翻了一番多。目前,37%的美国成年人肥胖,另外34%的美国人超重。依照目前的增长趋势,健康专家预言到2030年将有一半的美国人肥胖症患者。

[1] 倘若流行的节食食谱、真人秀电视节目以及意志力对肥胖症略有影响,我们现在就能看到这一现象得以改观。然而,肥胖(即身体含有过多的脂肪,超过标准体重的120%及以上)这个问题异常复杂且很难有快速解决的办法。弄清为什么吃、吃什么、身体如何控制体重,以及改变不良饮食习惯给人们带来的好处,绝非易事。过去二十年,我们实验室遵循科学严谨的原则,致力于开发更有效的方法治疗肥胖症,并维持健康的体重。

[2] 我们开展的诸多挑战陈规旧矩的工作,也为新方法开辟了道路。例如,我们已经证明,当你想减肥时,运动并非是最重要的。尽管运动会给健康带来很多好处,而其中之一就是维持健康的体重。正如许多专家所猜想到的,也正如我们及他人已经证明了,吃了什么、吃多少在决定是否能够在减肥方面起着实质性的作用。但是我们的研究要深入得多,指出不同的人吃不同的食物,减肥效果会更好。认识到这一点,我们就可以制订个性化的减肥计划,这比任意一个放之四海而皆准的建议要有效得多。

[3] 我们相信新的认识可以改善世界各地数百万人的健康状况。肥胖症增加了所有非传染性重大疾病的患病风险,包括2型糖尿病、心脏病、中风以及几种癌症。这些疾病足以使一个人的寿命缩短多达14年。研究表明,体重超标也会干扰我们身体抵抗感染的能力、干扰深度睡眠、影响延年益寿,从而引发别的问题。了解如何防治这种流行性疾病已经花费了我们很长时间。

[4] 减肥可以归结为一个简单的数学公式,即消耗的热量大于摄入的热量。几十年来,健康专家认为如何形成热量赤字并不太重要:只要保证合适的营养,增加锻炼同时减少食物摄入就可以安全有效地减肥。但是这个假设并没有考虑人类生理和心理的复杂性,当放到现实世界去检验时,很快就崩溃了。正如以前在实践中所发现的,分类整理细节、在科学的基础上管理调控体重需要花费很长时间,其所需要的专业知识超过了我们的想象。

[5] 20世纪90年代初,我们的研究迈出了第一步,确定基本的热量需求:正常人的身体需要多少能量?这个问题很难回答。当然,人们从食物中获取热量。人体要吸收利用能量,食物必须被分解或代谢,正如汽油被分解为汽车所提供能量一样。我们呼吸的氧气有助于消耗热量,无论什么热量如果不马上消耗掉,就会以糖原或脂肪的形式储存在

肝脏里。当肝脏没有地方储存时, 剩余的热量就会储存在脂肪细胞的其他地方。此外, 新陈代谢会产生二氧化碳, 我们呼出二氧化碳, 也排泄出尿、排泄物等废物。这个过程对于不同的人效率不同, 对于同一个体在不同环境下效率也不同。

[6] 长期以来, 测量人类热量消耗最好的办法是让他们在一个专门的实验室里生活两周, 比如我们的实验室。在那里, 研究人员可以测量实验对象吃的任何食物并追踪他们的体重。另一种方法就是把志愿者关在一个密闭的房间, 测量他们吸入的氧气及呼出的二氧化碳。从这些测量中, 我们可以估算出身体最基本的热量需求。这些方法极为不便, 也不能完美地复制出日常生活的环境。

[7] 一种简单得多的方法是使用所谓的双标水, 它含有少量的氘 (2H) 和氧 18 , 两者都是无害的、非放射性同位素。在喝过双标水后的一到两周内, 尿液里排泄出氘和部分氧 18 。(剩下的氧 18 以二氧化碳的形式呼出)。用这些数据, 他们可以计算出一个人日常所需消耗的热量, 而无须干扰其日常生活。研究者采集尿液样本, 并比较这两种同位素在此期间从身体里消失的速度。有了这些数据, 他们可以计算出一个人每天所消耗热量的数量, 而无须干扰其日常生活。

[8] 这个方法在 20 世纪 50 年代就已经研发出来了, 但数十年来双标水太贵了不能用于人体研究。到 20 世纪 80 年代, 双标水价格下降, 技术也更加成熟。尽管如此, 我们实验室有时为了完成一次测量, 花费也高达 2 000 美元。结果, 积累足够的数据用以探求维持不胖不瘦的标准体型需要多少热量, 就花费了二十多年的时间。

[9] 这些由我们小组和其他人进行的实验帮助我们确定了, 人类保持身体健康、精力充沛并不需要太多的热量。任何过量的摄入都会迅速导致体重增加。在这方面, 我们很像其他灵长类动物, 包括黑猩猩和红毛猩猩。目前, 在美国, 身高正常、体重正常的成年男性, 每天需要 2 500 卡的热量用以维持其健康体重, 而没有肥胖症的成年女性平均每天需要的热量约 2 000 卡。(男性往往需要更多的热量, 因为通常他们的体型更大些, 肌肉更结实些。)

[10] 与此相反, 研究表明不同的物种如红鹿(在一次实验中六岁雌性红鹿的平均体重 100 公斤)和灰海豹(三只成年雌性灰海豹平均体重 120 公斤)维持每公斤体重所需的热量是灵长类动物的两到三倍。

[11] 人们很容易认为, 美国人对卡路里的需求很低, 因为他们过着久坐不动的生活。但研究人员发现据文献记载, 即使是生活非常活跃的土著居民, 他们需要的热量也只是和美国人大致相同。亨特学院的赫尔曼·庞泽和他的同事测量了坦桑尼亚北部哈扎族人(以采集狩猎为生)对热量的需求, 发现他们平均每天仅需要 2 649 卡的热量。和当地的男性一样, 当地的女性, 比别的地区小巧些, 仅需 1 877 卡热量。另一个对西伯利亚雅库特土著居民的研究发现, 当地男性需要 3 103 卡热量, 女性则需要 2 299 卡。对于居住在安第斯高原的艾玛拉人, 男性需要 2 653 卡热量, 女性需要 2 342 卡。

[12] 尽管我们对热量的需要没有改变, 政府公布的数据表明, 美国人每天平均摄入的热量比 20 世纪 70 年代多了 500 多卡(相当于快餐店的一块烤鸡三明治或者两个墨西哥牛

肉卷)。即使每天额外摄入的热量少到 50 到 100 卡(相当于一到两块小饼干的热量),一年体重也能增加 1 到 3 公斤,十年后,体重很容易增长 10 到 30 公斤。那么有这么多人超重或肥胖就不足为奇了。

Section IV TRANSLATION

I

Translate the following paragraph into Chinese.

你买巧克力有多少因素是基于不同的口味,又有多少是因为其包装的绚丽?一项新的研究证实了我们长期以来的猜测——巧克力的包装方式比它的味道更能产生强烈的情感吸引力。研究表明,虽然我们未来会买什么巧克力主要取决于它的味道,但我们舌头尝到的味道在一定程度上受到了包装的影响。来自澳大利亚墨尔本大学的研究团队表示,他们的研究成果可能有助于企业寻找产品的营销思路。在这个实验中,75 名巧克力品尝志愿者基于三种测试条件来回答问题:一个只尝味道不看包装,一个不尝味道只看包装,第三个既尝味道又看包装。在最后一个环节,同样的巧克力样品分别根据六种不同的包装概念进行了包装——大胆、风趣、普通、特殊、健康和优质。参与者被要求评价产品的味道、吃完的感受,以及他们会购买此款巧克力的可能性。如果包装和里面的巧克力不匹配,人们对巧克力口味的评价就会更低。更重要的是,当包装上提到积极的词语时,人们也更容易喜欢此款巧克力的包装和味道。

II

Translate the following paragraph into English.

Over the past few years, worsening / deteriorating smog has posed a serious threat to human health, which is why city dwellers in China are quite concerned about their living environment. Approximately 30 percent of PM2.5 is attributed (ascribed) to the exhaust of motor vehicles that were projected to exceed (surpass) six million by the end of 2018, making it difficult for us to stay far away from polluted air. We have paid a high price for that. Governments at each level are to address the concerns of the ordinary people.

Section V WRITING: Graphs (图表作文)

第一节 图表作文的类型

图表作文,一种常见的英语写作题型,在 CET-4、CET-6、考研、托福、雅思等英语

考试中出现。图表作文就是把非文字信息(通常为各种图表表示的数字信息等)转换成文字信息的一种作文。图表作文可以分为两大类:表作文和图作文。

一、表作文

表格(Table)可以使大量数据系统化,便于阅读和比较。表格常由标题(Title)、表头(Boxhead)(表格的第一行)、侧目(Stub)(表格左边的第一列)和主体(Body)部分(表格的其余部分)等部分组成。表格可以分为动态表格和静态表格两种。

二、图作文

图作文包括普通类和特殊类两种。普通类作文即数据图题型作文,在考试中呈现的概率较高,所涉图形包括线状图、柱状图、饼状图。特殊类作文即非数据图题型作文,在一般的考试中呈现的概率较低。

1. 数据图:一般分为线状图、柱状图和饼状图。

(1) 线状图(Line Chart):线状图的数据通过横轴和纵轴的坐标点表现出来。线状图包括散点图、折线图和曲线图。在考试中,多数以曲线图的形式出现。曲线图包括单根曲线图和多根曲线图。单根曲线图只有一根曲线,但是曲线的变化比较复杂;多根曲线图有多条曲线,曲线本身变化并不复杂,但各个曲线之间的变化较大,侧重于各条曲线的相互比较。

(2) 柱状图(Bar/Column Graph):柱状图表明的是各个项目之间的互相比,其数据和线状图一样通过横、纵轴来表示。柱状图提供的信息量较大,数字之间的对比非常明显,往往反映了不同事物之间的巨大差别。可以分为静态柱状图和动态柱状图。

(3) 饼状图(Pie Chart):题目中给出的数据多半都是一些比例数字,以百分比为单位。数字的分布往往反映部分与整体之间的比例关系。可以分为静态饼状图和动态饼状图。

2. 非数据图:一般包括流程图、地图、结构图。

(1) 流程图(Flow Chart):流程图描述一个事物的变化过程。可以分为环状流程图和线状流程图。该类型题一般没有数据,只是以示意图的方式呈现。有时候以时间先后关系排列,有时候以空间关系组合。

(2) 地图(Maps):可以分为静态地图和动态地图。静态地图和普通地图很相似,规定“上北、下南、左西、右东”,用约定的标识来标记图中的建筑物、道路及其他。动态地图则在上述基础上,更强调一个地区的发展变化。

(3) 结构图(Structure Chart):通常用来展示某个物体或系统的结构或工作原理。

3. 图片作文:图片作文以漫画居多,四、六级以及考研的作文多以此类形式出现。图片作文并没有任何数据,多以图片、漫画形式出现,并辅以少量的文字,用来挖掘人们对某些热点现象的看法,是一种比较灵活的命题形式。但是在研究生的论文阅读与写作中,大多只涉及实验数据的处理,即使在人文科学、社会科学的论文方面也很少涉及图片作文的写作。

第二节 图表作文的写法

依据在考试中出现的频率, 本文主要详细讲解表格作文和数据类图型作文。图表式作文是说明文的一种。由于测试目的不同, 对图表作文的写作步骤会有不同的要求。一般图表作文的写作, 都应该从三个层次来写: 第一, 按照题目要求描述图表总情况; 第二, 对数字进行仔细的比较, 抓住特点进行分析、归纳并找出产生变化的原因; 第三, 可表述读图表后的想法和评论, 从而得出自己的结论。

一、图表的描述

写好一篇图表作文, 首先需要对图表进行正确详细的描述, 描述一般应该从大到小、由远及近。一般的图表作文都会有名称, 构成图表的基本要素等。要对它们逐一进行清晰的描述。

1. 表格的描述

表格的描述通常由标题开始, 首先告诉读者, 这是根据什么数据绘制成的表格, 一般会包括调查对象、调查的时间范围和地理范畴。然后介绍表头和侧目, 即构成图表的具体要素。最后具体介绍表格中的数据。表格中的数据描述要简洁且具有代表性, 不能一一具体介绍。如下面的 **Sample One**, 文章一开头就介绍了表格的标题 “the results of a survey about road accidents in Britain”。接着介绍了侧目和表头, 侧目由事故的五个原因组成, “fall into five categories: going to school, going home from school, playing in the street and so on”; 表头则由五个年龄段组成 “are classified into five age groups ranging from age 2 to 16”。最后介绍了表格中的数据, 各个年龄阶段各种原因引起的交通事故的具体数字。

静态表格虽然很常见, 但描述起来难度较大。这种表格一般是表头标明一类事物, 侧目标明另一类事物。有时在横行和纵列最后都有总计。先把这些数据按照高、中、低顺序排列, 并加以说明, 再在中间的单元格中找符合同样规律的数据作为例子加以说明。动态表格的描述要从起点时间的数据说起, 之后突出在不同时间段的趋势变化。描述表格时, 尤其要强调归类, 突出重点。一般要指出最高、最低类型的数字。如果不复杂, 应该指出中间数据, 如果复杂, 应对中间数据进行粗略介绍。

2. 线状图的描述

描述线状图也要从标题开始, 注意概括趋势和介绍关键点。可以把曲线分成若干个阶段, 对不同阶段的特征分别进行描述。对于不重要的部分, 进行简略描述就可以了, 但不可以完全不写。对于多条曲线的描述, 要在对单条曲线描述后, 对不同曲线进行比较。

要熟悉线状图各部分的英文名称。常见部分中、英文名称如下: 标题 (topic)、横轴 (horizontal axis)、纵轴 (vertical axis)、最高点 (peak)、最低点 (bottom)、标记说明 (caption)。

3. 柱状图的描述

柱状图的描述, 同样也不可忽视标题。静态柱状图, 读出数据即可, 并不需要依次读出。动态柱状图, 如果把每根柱子的顶部相连, 就成为线状图了。柱状图的描述必须对不同类型的数字进行分析、归类, 从中总结出规律。差别比较大的数字之间尤其需要进行对比。在对图形进行描述时, 一般分类进行。对动态柱状图的描述也要从起点开始, 按照趋

势进行描述。如 **Sample Two** 文章开头直接介绍了标题 “urban growth rates in percentages in three regions: China, Asia, and the world”。接下来,并未对数据进行一一介绍,而是先介绍了柱状图的变化趋势 “The urbanization growth rates for the three regions were obviously downward”,然后重点介绍了中国城镇化建设在这一时间内的规律。

4. 饼状图的描述

饼状图也要率先表述标题。饼状图中的数字分布往往有一定的规律,要对数字进行归纳整理,总结出规律。描述饼状图可以从右上角开始,按顺时针顺序进行。静态饼状图描述的重点是对整体内的各部分进行比较,找出其中的数量关系。把数据按高低顺序排列,进行描述即可。描述时,也可以合并或忽略某些数据。如 **Sample Three** 文章开头也直接介绍了标题 “spending patterns for foreign students”。然后按照花费的比例,依次从大到小进行了介绍,并把 “entertainment, clothes, study material, and ground (travel)” 四个数据进行了整合, “can be divided very roughly into thirds... the last divided between entertainment, travel, clothes and study materials”,从而使得数据的规律更加清晰。

二、图表的分析

对图表数据的分析,主要可以分为三步,对图表数据进行比较、对图表数据进行趋势分析,通过趋势分析预测其未来走向。在 **Sample One** 中通过对数据进行比较说明,发现引起交通事故的最主要原因是 “Playing in the street caused the largest number of traffic accidents and the age group of 5-7 was most easily injured on the road.”。

对图表作文数据进行分析,首先要比较其差异性和相似性,但主要侧重于差异性。要从数值方面比较其大小,对数据进行倍数比较,或进行排序。无论数字的变化是以什么样的图表形式呈现的,在既定的时间范围内,变化趋势会呈上升、下降、保持不变、先上升后下降、先下降后上升等。同时变化幅度还有大小之分。两者相结合,趋势可以进一步分为:大幅度上升、小幅度上升、上升后加速上升、大幅度下降、小幅度下降、下降后加速下降、先上升后下降、到达顶点、先下降后上升、到达低谷、保持平稳、波动、交叉。在 **Sample Two** 中通过对数据进行比较说明,发现中国城镇化增长的比率在降低,亚洲和全世界的趋势与中国的趋势相同 “The urbanization growth rates in Asia and the world also show similar trends.”。

分析数据特征的变化趋势,主要是为了预测该图形的未来发展动态,从而采取有力措施,解决问题。

三、非数据图题型的写作

非数据图题型的写作较为复杂。介绍流程图时,也要先介绍标题,即这个流程图是关于什么的。要有总体介绍和细节描述,从第一个环节说起,分步说明,直至最后一个环节。在此过程中,找到流程图的第一环节是关键。

静态地图的描述要按照一定的空间顺序来进行,要突出重点,要起到见文如图的效果。结构图很少在考试中出现,可以按照科学的顺序描述各部分的结构。

图片作文的写作,要有顺序地观察和描述图片。图片作文中的文字尤为重要,起到了

画龙点睛、引导整个图片思维的效果。

写作答案：

Task 1 Paraphrase the following sentences :

1. Williams admits that he is one of the few biologists who strongly questioned the safety of GM crops. **(for the topic sentence of the body)**

2. Most of the funding is provided by the companies that sell GM seeds, which heavily support researchers to attempt to seek for ways to further apply genetic modification technique to agriculture. **(for the developing sentence of the body)**

3. When we examine the evidence on both sides and weigh the pros and cons, we were surprised to find a way to get out of this dilemma. **(for the beginning to introduce the author's opinion)**

4. He claims that the benefits of GM crops far outweigh the health risks, but the risks have not been proved in practice. **(for the summary sentence of the body)**

5. Serious risks can be avoided only by making every effort to face them, and so is the GM crops. **(for the ending to give a suggestion)**

Task 2 Choose one table or chart, then summarize the information by selecting and reporting the main features, and make comparisons where relevant. Write at least 150 words.

1. Sample One

The table of figures above presents us with the results of a survey about road accidents in Britain. The reasons for the road accidents fall into five categories: going to school, going home from school, playing in the street and so on. Injured people here in question are only children, who are classified into five age groups ranging from age 2 to 16.

In terms of time and place, playing in the street was the most important reason causing traffic accidents, at 214 cases. In total, 52 children had accidents while shopping for their parents, followed by 45 while cycling in the street. For instance, the age group of 5–7 shows such tendency with 81 when playing in the street, 32 when shopping for their parents and 10 when cycling in the street.

With regard to age groups, children aged from 5 to 7 were most likely to get traffic accidents and actually 152 children in this age group, more than one third of the total number, were injured. The age group of 2–4 and the one of 8–10 came to a second and third, at 108 and 83 respectively. Luckily only 7 children aged 14–16 encountered such accidents.

Overall, a conclusion can be drawn that playing in the street caused the largest number of

traffic accidents and the age group of 5–7 was most easily injured on road. It is also noticeable that 98 children aged 2–4 had accidents when playing in the street, which means they should not be allowed to play in the street at such an early age.

(261 words)

2. Sample Two

This column chart illustrates urban growth rates in percentages in three regions: China, Asia and the world as a whole in a 20-year period 1985–2005.

Overall, the urbanization growth rates for the three regions were obviously downward. Compared with the growth rates for Asia and the world, China's urbanization rates were always in a leading position. In the first five years, the urbanization growth rate in China came out top with 5%. Although this figure was followed by a continuous decline in the subsequent 15 years, in the last period it still stood at the highest of 3%.

The urbanization growth rates in Asia and the world also show similar trends. The first period 1985–1990 saw the highest urbanization growth rate of 3.8% for Asia and 2.6% for the world. Then, the growth rates dropped respectively from 3% and 2.4% in the second period 1990–1995 to 2.7% and 2% in the last period 2000–2005.

(154 words)

3. Sample Three

The pie chart reveals typical spending patterns for foreign students taking English language courses in schools in London. The average spending can be divided very roughly into thirds—the first third being spent on rent and food, the second on school fees and the last divided between entertainment, travel, clothes and study materials. The total weekly spending for international students is shown to be 300 per week.

From the information described in the chart, it can be seen that rent and food accounts for exactly a third of the total amount spent by students, amounting to 100 per week. This is the biggest single expense for students in London.

The second greatest expense is school fees, the average being 90 per week.

Entertainment makes up a fifth of the total spending for students in London, and the remaining money (\$50) is used to travel on the underground and buy clothes and study materials.

(152 words)

Section VI GRAMMAR: Infinitive 2 (不定式)

不定式

(3) 学生比较熟悉不定式充当定语的某些用法, 如 I have nothing to do now 或 this is a

good chance to learn English, 但可能不熟悉下列句子 (摘自 *Hard Choices*) 中划线词接不定式的用法:

1. ...and accepted President Barack Obama's offer to represent our country as Secretary of State.

2. Perhaps the most famous example from my four years as Secretary of State was President Obama's order to send a team of Navy SEALs into a moonless Pakistani night...

3. The candor of our conversation was reassuring and reinforced my resolve to support him.

4. When he asked what he needed to do to convince my supporters to join his campaign, I said he'd need to give them time, but a genuine effort to make them feel welcome would persuade the vast majority of them to come around.

5. The Obama campaign suspected that her nomination was a blatant (明显的) attempt to scuttle (放弃) their hope of welcoming the women...

6. Our team inherited a daunting list of challenges at a time of diminished expectations at home and abroad about America's ability to lead the world.

7. ...President-elect Obama announced me as his choice to serve as the sixty-seventh Secretary of State.

8. ...is a sign to friend and foe of the seriousness of my commitment to renew American diplomacy.

9. ...to fulfill the President-elect's promise to close the military prison at Guantanamo Bay.

10. These programs may garner few headlines, but they have the potential to influence the next generation of U.S. and Chinese leaders in a way no other initiative can match.

11. It reconfirmed my determination to take a page from Steve Jobs and...

12. ...but kept the summit on track and resisted the temptation to immediately rearrest Chen.

13. ...who kept trumpeting his desire to leave China and go to the United States...

还有摘自其他作品的句子:

14. It does require, however, our best effort, and our willingness to believe in ourselves and to believe in our capacity to perform great deeds...

15. Instinctively we recognized a deeper need — the need to find through government the instrument of our united purpose...

16. Along with the urge to be jack-of-all-trades goes a willingness to change from one occupation to another. The emphasis on success and achievement, coupled as it is with a desire to be loved and admired, leads to a critical dilemma of personality.

经常接不定式充当定语的名词主要有:

ability ambition attempt call campaign capacity choice claim commitment
compulsion courage decision demand desire determination eagerness effort
endeavor failure freedom hope inability incentive inclination need obligation

option order plan potential power pretension promise refusal reluctance
request resolution resolve responsibility right struggle temptation tendency threat
urge willingness wish

如果能熟练使用这些用法, 就能使英文的表达更加正式和简练, 从而避免过多使用从句, 试翻译下列汉语词组:

提高自己的英语表达能力

由于她不愿意表态

尽管他一次又一次试图逃跑

他拒绝提供更多线索是因为……

未能说服她使我感到……

不赞成她结婚的决定

……使我相信有必要换个方式

……需要克服困难的勇气

信守维护世界和平的承诺

为脱贫做出的努力

赞赏你们有决心发表学术价值高的论文

可翻译为:

improve one's ability to express himself in English

because of her reluctance to give her own opinions

despite his repeated attempts to escape

his refusal to offer more clues is due to...

failure (inability) to convince her leaves me...

not in favor of her decision to get married

...convince me of the need to change my approach

...require the courage to overcome difficulty

...be faithful to one's commitment to safeguard world peace

...one's effort to eliminate poverty

...appreciate your determination to publish articles of high academic value

下列词既可以接不定式, 也可接 of doing, 接不定式似乎更常见:

chance dream duty goal intention method opportunity responsibility way

但是, chances of doing 通常指“可能性”, 而 a chance to do... 很可能是“机会”。

而下列词通常接 of doing :

advantage benefit consequence custom experience fear habit importance
impression means pleasure possibility privilege problem process prospect sense
system task tension thought vision

所以说, the advantage to live in a city 或 her possibility to survive this disaster 不是主流用法。

此类名词接 of doing 时, 有时结构更加复杂, 动词是被动形式, 例如:

1. The chance of arms being exported direct from the United Kingdom to Guatemala was remote.
2. Most of us, when young, had the experience of a sweetheart being taken away from us by....
3. In the middle of the night, I was woken up by the sound of the door being opened.
4. The thought of the heart being transplanted to another person gave them endless pain.
5. Many people shudder at the prospect of the overthrown president being executed.

二、其他与不定式相关的结构:

(1) 不定式表示结果状语, 而不是目的状语

1. Finland has overtaken Norway to become the happiest nation on earth, according to a UN report.
2. She turned back to see her mom weeping.
3. Some of these rural children grow up to be engineers or professors.
4. Time flies never to be recalled. (光阴一去不复返)
5. William Tyndale, the first person to print an English language New Testament, left his native England for Europe, never to return. (再也没回来)
6. ...we pledge our word that one form of colonial control shall not have passed away merely to be replaced by a far more iron tyranny.
7. Buddy's mother walked into his room to find him standing shakily beside his bed.
8. It was an unpleasant shock when she got home to discover Mitch's car was parked outside.

(2) to do... is to do... 做……就等于(无异于)……

1. To walk through the battered national arm museum in Bucharest... was to witness an extraordinary moment in history.
2. To go to Pompeii today is to take a trip back in time. (如时光倒流)
3. To rely on the government to protect your privacy is to ask a peeping tom to install your window blinds.

4. To understand the motives of others is to some extent to understand our own.

(3) be (have) yet to do... 还没有……

1. ...and the burial places of several New Kingdom pharaohs have yet to be found.
2. But the most embarrassing moment was yet to come.
3. And, in addition, there will be a psychological problem, for we have yet to trace the mental and moral consequences of a prolonged diet of sentimental or sensational spectacles on the screen.

(4) ...only to do... 表示“出乎意料的”结果

1. Her father, Aung San, a general himself, had led Burma's successful fight for independence from the British and Japanese, only to be assassinated in 1947 by political rivals.

2. After all, we'd invested lots of time in the P5+1 process, only to see the agreement made in the room overruled back in Tehran.

3. On several occasions he told me he would finally do it, only to be stopped by other members of his center-right coalition.

4. But upon failing even to do that, he staggers back to his old house, only to make an astonishing discovery.

5. When my son was sixteen years old, I recall going down for breakfast one morning, only to discover a certain tension in the air.

(5) 系动词 be 前有 do 的某个形式时, 充当表语的不定式多数情况下省略 to

1. In a situation like that, there are no sentiments that can provide much comfort or understanding. All you can do is offer a human touch, a kind word, a gentle embrace.

2. All he did was stand there taking money. (只需站在那儿收钱)

3. The number one thing you must do to become a winner is believe that you have the right to be successful.

4. The next thing he did was stop eating cottage cheese.

(6) be to do... 的用法

可用于 if 引导的从句, 表示“计划”或“可能性”, 如:

1. If we are to be successful in carrying out these policies, it is clear that we must have continued prosperity in this country...

2. If we're to survive the stress and change of this knowledge explosion, we have become infinitely more adaptable and capable of solving problems...

虽然 be to do... 表示“计划、愿望、应该或可能”, 但 was / were to do... 表示“后来”, 例如:

3. ...(in 1793) try to persuade the Chinese both to open their market to Britain (which was to become the first country to be transformed by the Industrial Revolution) and to deal with...

4. This was the introduction of the concept of romantic love, which was to influence literature for many hundreds of years.

5. Years afterward I was to learn that when she found a lump she was sent to a specialist.

6. The question of trade relations with Egypt and Syria was one which was to crop up regularly throughout the trip.

Key to Exercise 6

Translate the following sentences into English.

1. What do you think of her decision to quit her job?
2. My inability (failure) to publish an SCI paper in two years let my adviser down / was a big disappointment to my adviser.
3. Her parents came to the school to talk to her yesterday in an attempt to change her mind.
4. On board a train, she met a young man about her age who was to become her husband two years later.
5. Deng Xiaoping left his hometown /native village at age 15, never to return.
6. Last month, I took the TOEFL test again, only to perform much worse than before.
7. Success requires the determination to achieve one's life goals, the courage to overcome difficulty and a good ability to collaborate with others.
8. This girl feels upset at the prospect of her boyfriend being assigned to work in Tibet.
9. There is the myth that the best way to lose weight is to skip breakfast.
10. This lecture has convinced me of the need to have an intimate knowledge of English grammar.

Unit 7

Environment and Energy

Section I // READING SKILLS: What Is Active Reading?

Practice of Reading Techniques

Activities before and during reading Text A:

1. ***Determine what sort of essay the reading selection is: narrative, descriptive, expository, or argumentative.***

The reading selection is an expository essay.

2. ***In what aspects do you think the author will discuss the topic?***

Probably the author will discuss the topic in the following aspects: renewable energy may provide people, especially the poor ones, with cheap energy; renewable energy may replace fossil fuel in many places so that the pollution of air and water will become less serious; and renewable energy industry may provide people with many job opportunities.

3. ***What do you expect the author's attitude towards the traditional (fossil fuel) energy industry — such as the coal industry — is?***

It is very likely that the author holds a negative attitude towards the traditional energy industry.

4. ***How does the author discuss the benefits of renewable energy concerning human welfare?***

When talking about human welfare, the author says renewable energy, such as solar power, can be transformative. He discusses this in the following ways: (1) exemplification—by giving examples in Para. 7, the author proves that renewable power is scalable and flexible; (2) contrast and comparison —by comparing the use of kerosene to that of renewable energy in Para. 8, the author proves that the latter is cheaper and safer.

Section II TEXT A

Renewable Energy Has More Economic Benefits than You Know

TEACHING OBJECTIVES:

Studying Text A will enable students

1. to understand the relationship between human activities and environment.
2. to learn what benefits renewable energy can bring.
3. to learn how to use the following key words:
option; maintenance; usage; generate; transmission; induce; infectious; habitat; epidemic;
emission
4. to learn compound sentence patterns in (1) and the use of gerund phrases as subjects in (2)
(1) When added to cell phone charging, fuels for lighting and cooking, energy can consume up to 50% of household incomes in sub-Saharan Africa. **As long as** families are dependent on non-renewable energy sources, they cannot lift themselves out of poverty.
(2) Another economic benefit is that renewable energy is scalable in areas where there is very little or no electricity. For example, there are over one billion people who don't have access to electricity. **Getting home solar power systems** gives them access to something that can change their lives for the better.
5. to learn how to write expository essays.
6. to discuss the related topics regarding environmental problems and renewable energy.

KEYS TO EXERCISES

I

READING COMPREHENSION

A.

1. C (Paragraph 1: This article is intended to be a snapshot of some key high-level points.)
2. B (Paragraph 3: In the US, some politicians have jabbered on about the importance of coal jobs, but they actually aren't all that significant when put in context. ... In fact, over 260,000 Americans are employed by the solar power industry, and that total blows away the number of coal jobs.
And Paragraph 4: Easily beating coal again is the wind power industry, with over 100,000 jobs.)
3. A (Paragraph 4: Easily beating coal again is the wind power industry, with over 100,000 jobs. ...)

creating more than 500,000 new jobs. According to the Wind Vision Report, wind has the potential to support more than 600,000 jobs in manufacturing, installation, maintenance, and supporting services by 2050.

And Paragraph 5: Another benefit is that wind turbines can be installed in rural areas at existing farms to provide much-needed income to local people.)

4. D (Paragraph 7: Another economic benefit is that renewable energy is scalable in areas where there is very little or no electricity. ... Even in the poorest countries, solar's flexibility is making it desirable.

And paragraph 8: As long as families are dependent on non-renewable energy sources, they cannot lift themselves out of poverty. Kerosene usage also results in a huge number of severe or even deadly burns every year in Africa.)

5. D (Paragraph 11: As mentioned before with the Bangladesh example, in rural India, renewable energy has the ability to bring electricity to remote places where people have not had access, or not enough of it.)
6. A (Paragraph 14: Another way that climate change can impact human health is through the spread of infectious diseases. ... While we cannot know whether climate change was the cause of the specific interaction between bats and humans that is believed to have launched the Ebola outbreak in Guinea, we will see more of these interactions in the future, and more epidemics as a result.)

B. Fill in the following blanks with information in Text A.

Introduction:

Main idea: Renewable energy brings with it many benefits — it is cheaper; it also comes with other economic and societal benefits.

Body:

Main idea: some significant benefits:

1. Renewable energy technologies provide enormous jobs for people.

Renewable energy industries employ almost 10 million people around the world with the contribution of \$1.4 trillion to the global economy in 2016.

Statistics show that renewable energy industries have more employees than some industries in the US. For instance, the solar power industry employs over 260,000 Americans, which defeats the US coal industry that employs about 76,000 workers.

Another example is the wind power industry with over 100,000 jobs at present which will support more than 600,000 jobs by 2050. The wind power industry also has the benefit of providing much-needed income to local people. The wind farms in Illinois serves as a good example with the potential income of almost \$6 billion to local economies.

Why do renewable energy technologies offer an economic advantage? There are two key reasons: (1) they are more labor intensive than conventional technologies; (2) they help keep the income at home because they use indigenous resources.

2. Renewable energy is accessible, even in the poorest countries.

One good example is solar power. In very poor areas with no electricity, solar power can be transformative in that it can change their lives for the better. One instance is the installation of more than 3.5m solar home systems in rural villages of Bangladesh. In contrast, many Africans remained poor because non-renewable energy, such as kerosene, can consume up to 50% of their household incomes. What's worse, the usage of kerosene even caused a great number of severe or even deadly burns in Africa.

3. Renewable energy can help reduce waste in current systems.

For instance, in India, by having decentralized solar power and wind, the country has started to save its energy losses of about 30%, which is due to transmission line losses. Some Indian villages that have never had grid-provided electricity now have solar DC microgrids and the largest installation to date involves 71 villages in Rajasthan, which electrify some 4,000 homes.

4. Renewable energy is the solution to many global problems.

Many serious global problems are brought about by climate change, which is caused by the emissions of burning fossil fuels. One big problem is the increasingly frequent occurrences of extreme weather events such as Hurricane Harvey and Hurricane Maria which cost billions of dollars. Another serious problem is the outbreak and spread of infectious diseases. Climate change destroys animal habitats and increases the interaction between humans and animals, which may result in the spread of some diseases from animal to humans. The Ebola outbreak in Guinea is a case in point. By replacing fossil fuels, renewable energy can help solve these problems.

Conclusion:

Renewable energy can raise millions of people out of energy and/or financial poverty by providing a clean, inexhaustible form of electricity.

II

VOCABULARY

A.

1. C 2. B 3. A 4. B 5. D 6. A 7. C 8. B 9. D 10. C

B.

1. ranging from ... to 2. provide ... to 3. as long as 4. put ... in context 5. compared with
6. leave out 7. have ... access to 8. go with 9. contribute ... to 10. blow away

III

CLOZE

1. B 2. A 3. B 4. D 5. C 6. A 7. D 8. B 9. A 10. C

IV

TRANSLATE THE FOLLOWING PARTS INTO CHINESE

1. 我们可以看到，可再生能源技术具有经济优势有两个主要原因：(1) 与机械化的、资本密集型的化石能源技术相比，可再生能源技术是劳动密集型的。因此，在投资相同的情况下，可再生能源行业通常能够创造比传统发电行业更多的就业岗位。(2) 可再生能源技术主要使用本地资源，因此大部分收益可以留在本地。
2. 另一个经济效益是，可再生能源在电力很少或没有电力的地区是可推广的。例如，目前全球仍有 10 多亿人无法获取电力资源，而安装太阳能发电系统能够改善他们的生活。
3. 由于无法获取电力资源，许多非洲居民不得不购买煤油，由此而产生的经济影响可能是深远的。加上手机充电，照明、烹饪所需要的化石燃料的支出，能源消费可占撒哈拉以南非洲居民家庭收入的 50%。如果继续依赖不可再生能源，非洲家庭就无法脱贫。
4. 在这些地区，除非得到大量补贴，否则建立大型发电厂在经济方面是不可行的。而如今分散式的小型可再生能源系统可以为人们服务，给他们省钱。在印度国家电网始终无法提供电力的村庄，太阳能直流微电网已经开始产生影响。
5. 虽然我们尚不明确气候变化是否是造成西非蝙蝠和人类之间的近距离接触进而引发了几内亚埃博拉疫情的罪魁祸首，但是未来我们将会看到更多的这类接触，以及由此引发的更多的流行病。
6. 当然，气候变化并不是造成上述灾难的唯一因素，因此，这些灾难造成的损失中只有一部分可归罪于气候变化。然而，这些实例却都说明气候变化会给人类健康造成可怕影响，并带来沉重的经济损失。

V

SPEAKING PRACTICE

1. How many forms of renewable energy do you know? What are they? And what benefits and drawbacks do they have? (Such as solar energy, wind power)

There are at least four kinds of energy that can be considered renewable: solar energy, wind power, biomass energy and geothermal energy.

(1) Solar energy. This energy can be collected and converted in a few different ways. The range is from solar water heating with solar collectors or attic cooling with solar attic fans for domestic use to the complex technologies of direct conversion of sunlight to electrical energy using mirrors and boilers or photovoltaic cells. Unfortunately, these are currently insufficient to fully power our modern society. (2) Wind Power. Wind energy can be used to pump water or generate electricity, but requires extensive areal coverage to produce significant amounts of

energy. (3) Biomass is the term for energy from plants. Energy in this form is very commonly used throughout the world. Unfortunately, the most popular is the burning of trees for cooking and warmth. This process releases copious amounts of carbon dioxide gases into the atmosphere and is a major contributor to unhealthy air in many areas. Some of the more modern forms of biomass energy are methane generation and production of alcohol for automobile fuel and fueling electric power plants. (4) Geothermal power. Energy left over from the original accretion of the planet and augmented by heat from radioactive decay seeps out slowly everywhere, every day. In certain areas the geothermal gradient (increase in temperature with depth) is high enough to exploit to generate electricity. This possibility is limited to a few locations on Earth and many technical problems exist that limit its utility. Another form of geothermal energy is Earth energy, a result of the heat storage in the Earth's surface. Soil everywhere tends to stay at a relatively constant temperature, the yearly average, and can be used with heat pumps to heat a building in winter and cool a building in summer. This form of energy can lessen the need for other power to maintain comfortable temperatures in buildings, but cannot be used to produce electricity.

There are other forms of renewable energy. Tidal power, wave power and hot hydrogen fusion are other forms that can be used to generate electricity. Each of these is discussed in some detail with the final result being that each suffers from one or another significant drawback and cannot be relied upon at this time to solve the upcoming energy crunch.

2. What are the traditional ways of generating electricity? What benefits and drawbacks do they have? (Such as fossil fuels and hydroelectric energy.)

There are at least two traditional ways of generating electricity: the burning of fossil fuels and the use of hydroelectric energy.

(1) Fossil fuels usually include coal, petroleum and natural gas. All of them can be used to produce steam to drive generators that can supply electricity. Since the beginning of the Industrial Revolution in Great Britain in the second half of the 18th century, fossil fuels have been consumed at an ever-increasing rate. Today they supply more than 80 percent of all the energy consumed by the industrially developed countries of the world. Although new deposits continue to be discovered, the reserves of the principal fossil fuels remaining on Earth are limited. Advances in technology — such as hydraulic fracturing, rotary drilling, and directional drilling — have made it possible to extract smaller and difficult-to-obtain deposits of fossil fuels at a reasonable cost, thereby increasing the amount of recoverable material. In addition, as recoverable supplies of conventional (light-to-medium) oil became depleted, some petroleum-producing companies shifted to extracting heavy oil, as well as liquid petroleum pulled from tar sands and oil shales.

(2) Hydroelectric energy. Some consider this kind of energy renewable as it uses the gravitational potential of elevated water that was lifted from the oceans by sunlight. However,

it is not strictly speaking renewable since all reservoirs eventually fill up and require very expensive excavation to become useful again. At this time, most of the available locations for hydroelectric dams are already used in the developed world. There are several favorable features of hydropower. Anywhere rain falls, there will be rivers. If a particular section of river has the right terrain to form a reservoir, it may be suitable for dam construction. No fossil fuels are required to produce the electricity, and the earth's hydrologic cycle naturally replenishes the "fuel" supply. Therefore, no pollution is released into the atmosphere and no waste that requires special containment is produced. Since water is a naturally recurring domestic product, there is no worry of unstable prices, transportation issues, production strikes, or other national security issues. Hydropower is very convenient because it can respond quickly to fluctuations in demand. The reservoir of water resulting from dam construction, which is essentially stored energy, can support fisheries and preserves, and provide various forms of water-based recreation for locals and tourists. Land owned by the hydroelectric company is often open to the public for hiking, hunting, and skiing. Therefore, hydropower reservoirs contribute to local economies. Hydroelectric power is also efficient and inexpensive compared with fossil fuels. The advantages of hydropower are convincing, but there are some serious drawbacks that are causing people to reconsider its overall benefit. Since the most feasible sites for dams are in hilly or mountainous areas, the faults that often created the topography pose a great danger to the dams and therefore the land below them for thousands of years after they have become useless for generating power. In fact, dam failures do occur regularly due to these terrain conditions, and the effects are devastating.

3. Do you think renewable energy will totally replace fossil fuels in the near future? Why? (Infrastructure, technology, ecological environment, etc.)

Renewable energy probably cannot totally replace fossil fuels in the near future. Unlike solar, wind, and other alternative sources, the infrastructure is already in place to deliver oil, coal, and natural gas to customers. Oil and natural gas companies have erected derricks, pumpjacks, and ocean-based drilling platforms in some of the remotest corners of the globe. They also own huge supertankers capable of shipping crude oil anywhere in the world. Refineries operate all the time, turning crude oil into gasoline, heating oil, and other products. Meanwhile, coal companies are well-entrenched, serving as important components of the economies of many states.

Moreover, thousands of miles of high-voltage utility lines have been laid, linking coal-fired electrical plants and nuclear plants to population and industrial centers. The current high-voltage transmission grid imposes constraints on the deployment of new renewable energy such as wind, solar, and geothermal power because it simply does not currently go where many of these renewable energy resources will be developed. The costs of connecting these new renewable energy sources to the grid is believed to be high.

There are also other problems that hinder the replacement. For instance, wind power energy

and solar energy have to occupy lots of land resources to build the facilities, which may have a negative impact upon the habitats of the local plants and animals, and eventually harm the local ecological environment.

4. Do you agree with the author that humans have induced some severe climate changes? If yes, in what way? If not, why? (The greenhouse effect.)

The Earth's climate can be affected by natural factors that are external to the climate system, such as changes in volcanic activity, solar output, and the Earth's orbit around the Sun. Yet most scientists believe that climate change is mainly caused by human activities, such as the burning of fossil fuels and the conversion of land for forestry and agriculture. Since the beginning of the Industrial Revolution, these human influences on the climate system have increased substantially. In addition to other environmental impacts, these activities change the land surface and emit various substances to the atmosphere. These in turn can influence both the amount of incoming energy and the amount of outgoing energy and can have both warming and cooling effects on the climate. The dominant product of fossil fuel combustion is carbon dioxide, a greenhouse gas. The overall effect of human activities since the Industrial Revolution has been a warming effect, driven primarily by emissions of carbon dioxide and enhanced by emissions of other greenhouse gases. The build-up of greenhouse gases in the atmosphere has led to an enhancement of the natural greenhouse effect. It is this human-induced enhancement of the greenhouse effect that is of concern because ongoing emissions of greenhouse gases have the potential to warm the planet to levels that have never been experienced in the history of human civilization. Such climate change could have far-reaching and/or unpredictable environmental, social, and economic consequences.

5. Do you think that the outbreaks of some serious diseases are caused by human activities? Please give some examples. (Such as malaria, H5N1 avian influenza, SARS, AIDS, the Middle East Respiratory Syndrome.)

Yes, I think human activities caused the outbreaks of some serious diseases, or at least contributed a lot to the outbreaks. Let's take the outbreaks of malaria in tropical areas for example. The interactions among humans, parasites, and mosquitoes in malaria transmission are complex. Human behavior not only influences individual risk of being infected, but human behavior and environmental impact can foster conditions that promote malaria transmission and risk. Human activity in clearing and settling land can create conditions that promote breeding of Anopheles mosquitoes. Excavation of earth, impounding of water, and the clearing of shade are factors promoting increased mosquito breeding in Africa and areas of the Americas. Housing construction (e.g., the presence of screening and windows) affects the ability of mosquitoes to enter dwellings at night when humans are indoors. Agriculture practices and certain occupations can increase the risk of infection; for example, in Southeast Asia when humans work in forest

areas where malaria transmission occurs because those areas are the habitat of the predominant mosquito vector species.

Another example is the outbreak of H5N1 avian influenza, which in 2003 spread in Southeast Asia and by 2006 was present in over 60 countries and territories, which had emerged from animals and infected thousands of people.

BACKGROUND INFORMATION

1. The Greenhouse Effect: The notion that the Earth's temperature is rising due to the burning of fossil fuels was first raised in 1896 by Swedish physicist Svante Arrhenius, who suggested that carbon dioxide and similar gases trap heat in the atmosphere and reflect it back to Earth. Arrhenius coined the term *greenhouse effect* because in a greenhouse the sun shines through the clear panes of glass, where it heats the air inside and enables plants to grow even though the outside temperature may be very cold. In a greenhouse most of the heat does not escape through the glass panes, because it has been absorbed by the plants. In the greenhouse effect described by Arrhenius, the carbon dioxide and other gases in the atmosphere trap the heat, which is absorbed by the oceans and terrain of the Earth.

In 1951 Guy Stewart Callendar of Great Britain published a paper asserting that the carbon dioxide content of the Earth's atmosphere had increased by 10% since the 1890s. Callendar was an engineer who specialized in steam power. His findings prompted others with expertise in chemistry, meteorology, and similar sciences to begin taking a hard look at the issue of climate change. Over the next few decades, several scientists produced studies supporting the theory that the Earth's temperature is rising, and in 1979 the National Academy of Sciences issued a report confirming that global warming is a consequence of fossil fuel use.

A 2007 report by the IPCC (Intergovernmental Panel on Climate Change) provided further proof, finding that the years 1995 through 2006 included some of the warmest on record, dating back to 1850. In the century between 1907 and 2007, the IPCC concluded, the average temperature of the Earth climbed by 0.8°C. These numbers may seem minor, but according to IPCC, the greenhouse effect has already led to environmental change — the average temperature in the Arctic has risen twice the global average during the past 100 years. This means that in recent years the polar ice cap has been melting at a fast rate. Since 1978, the IPCC found, the size of the Arctic ice cap has shrunk by 3.3%. “Warming of the climate system is unequivocal, as is now evident from observations of increases in global average air and ocean temperatures, widespread melting of snow and ice and rising global average sea level,” says a 2007 report by the IPCC.

2. Global Warming Skeptics: There are skeptics who suggest that global warming is much ado about nothing. They argue that warming and cooling cycles are normal and have occurred on

the surface of the Earth since the earliest days of the planet. They point to re-occurrences of ice ages approximately every 100,000 years. During such periods great sheets of ice cover much of the Northern Hemisphere but disappear as the Earth warms. Further, some suggest that carbon dioxide is a gas that occurs naturally in the environment — it is, after all, emitted by people and animals when they exhale — and therefore should be of little concern.

课文参考译文: Text A

可再生能源带来的经济效益比你知道的多

杰克·理查德森

[1] 在世界上大多数地方,可再生能源已经比其他能源便宜,而它也带来了其他的经济和社会效益。本文即是这方面某些关键要点的概述。

工作,工作,工作

[2] 首先,在全球范围内有大量人员在从事可再生能源工作。目前世界各地从业人数有近 1 000 万人,其中 300 多万人就业于太阳能行业;大型水力发电公司从业者约 150 万人;而 120 万人在从事风力发电工作。新能源(及技术)——包括太阳能、风能、高效能源、能源存储和电动汽车——2016 年为全球经济贡献了 1.4 万亿美元(这一数额的美国部分为 2 000 亿美元。)

[3] 在美国,一些政客一直在喋喋不休地谈论煤炭业的重要性,但从全局来看,煤炭业实际上并不那么重要。根据《华盛顿邮报》的一篇文章所称,美国的煤炭业从业者约为 76 000 人,这一从业人数低于许多其他行业的从业人数。例如,二手车经营业总共约有 138 000 名员工,旅游业从业者约为 99 000 人,其他如博物馆业、广播电台及酿酒业都比煤炭业拥有更多员工。《华盛顿邮报》的文章遗漏了可再生能源业的员工数据。事实上,超过 26 万美国人受雇于太阳能行业,这一数据远超煤炭业的从业人员人数。

[4] 风电行业拥有超过 100 000 名员工,这一数据也大于煤炭业从业人员人数。据美国能源部估计,到 2030 年,为实现风力发电占总发电量 20% 的目标,美国需新增 10 万台风力涡轮机,这将创造超过 50 万个新的工作岗位。根据(美国能源部)《风能展望报告》,到 2050 年,风能行业有望提供与之相关的制造、安装、维修和辅助服务方面的 600 000 多个工作岗位。

[5] 另一个好处是,风力涡轮机可以在乡村地区的现有农场中安装,这可为当地人提供急需的收入。下面这个例子很能说明问题:《风能展望报告》调查了伊利诺伊州 23 个最大的风力发电场,发现它们在使用寿命内可为当地经济增收近 60 亿美元,而在其建设过程中已经创造了超过 1.9 万个就业岗位。这些项目还将为该州提供 814 个永久性就业岗位。

[6] 我们可以看到,可再生能源技术具有经济优势有两个主要原因:(1) 与机械化的、资本密集型的化石能源技术相比,可再生能源技术是劳动密集型的。因此,在投资相同的

情况下, 可再生能源行业通常能够创造比传统发电行业更多的就业岗位。(2) 可再生能源技术主要使用本地资源, 因此大部分收益可以留在本地。

人民福祉

[7] 另一个经济效益是, 可再生能源在电力很少或没有电力的地区是可推广的。例如, 目前全球仍有 10 多亿人无法获取电力资源, 而安装太阳能发电系统能够改善他们的生活。即使是在最贫穷的国家, 太阳能的灵活性也使其变得可获取。例如, 孟加拉国已经在该国农村地区安装了超过 350 万套家用太阳能发电系统。

[8] 该如何计算向数百万原本无法获取电力资源的人提供电力的价值呢? 简单地说, 这种好处必然是巨大的。由于无法获取电力资源, 许多非洲居民不得不购买煤油, 由此而产生的经济影响可能是深远的。加上手机充电, 照明、烹饪所需要的化石燃料的支出, 能源消费可占撒哈拉以南非洲居民家庭收入的 50%。如果继续依赖不可再生能源, 非洲家庭就无法脱贫。同时煤油的使用也导致非洲每年都产生大量的严重烧伤甚至死亡案例。

[9] 对于我们这些生活在电力资源稳定、充足的国家的人来说, 因为我们一直不缺少电力资源, 可能不会有多少考虑, 然而在没有电力资源的贫穷地区, 太阳能发电系统却很可能产生革命性的作用。

能源效率

[10] 增加新的、更有效的能源技术可以减少现有系统的浪费。印度就是一个很好的例子。由于传输中的损耗, 目前, 该国能源损失率约为 30%。通过建立分散的太阳能和风能发电系统, 该国不仅减少了这些损失, 还大量节省了能源和资金。

[11] 正如之前所提到的孟加拉国的例子, 在印度农村, 可再生能源技术有能力将电力输送到原本没有电力资源或者电力资源短缺的偏远地区。在这些地区, 除非得到大量补贴, 否则建立大型发电厂在经济方面是不可行的。而如今分散式的小型可再生能源发电系统可以为人们服务, 给他们省钱。在印度国家电网始终无法提供电力的村庄, 太阳能直流微电网已经开始产生影响。迄今为止最大规模的太阳能直流微电网已经服务于印度西部拉贾斯坦邦的 71 个村庄。在这里, 作为印度电力部的组成部分, 太阳能直流微电网和公用事业公司 Jodhpur Vidyut Vitran Nigam 合作, 为约 4 000 户家庭提供电力资源。

[12] 由此可见, 可再生能源不仅与环境有关, 它还能使生活变得更好, 并为经济效益作出贡献。

气候变化

[13] 人们已经确定, 气候变化会导致极端天气现象发生, 比如造成飓风、旋风、龙卷风和野火等严重事件。人类活动引起的气候变化导致了这些极端事件数量增加、强度增大。据估算, 仅飓风哈维就造成了 1 250 亿美元的损失。飓风玛丽亚造成的损失约在 950 亿美元到 1 020 亿美元之间。事实上, 2017 年对美国来说是破纪录的一年。总计 16 个不同的恶劣天气事件总共造成了高达 3 060 亿美元的损失。而之前的纪录是 2005 年的 2 140 亿美元。

[14] 气候变化影响人类健康的另一种方式是传染病的传播。气候变化破坏了动物的栖息地, 给动物种群的生存带来了压力。例如, 气候变化使得西非蝙蝠被迫到离人类更近的地方寻找食物。同样, 受到气候影响, 人类活动也越发接近动物栖息地。虽然我们尚不明确气候变化是否是造成西非蝙蝠和人类之间的近距离接触进而引发了几内亚埃博拉疫情的罪魁祸首, 但是未来我们将会看到更多的这类接触, 以及由此引发的更多的流行病。

[15] 当然, 气候变化并不是造成上述灾难的唯一因素, 因此, 这些灾难造成的损失中只有一部分可归罪于气候变化。然而, 这些实例却都说明气候变化会给人类健康造成可怕影响, 并带来沉重的经济损失。而如果用可再生能源取代化石燃料, 则导致气候变化的排放将会减少。增加可再生能源也就能减少上述那类损失, 这在经济方面显然是非常有益的。

[16] 事实上, 继续使用化石燃料只会加剧气候变化的负面影响及其造成的经济损失。可再生能源显然是许多全球性问题的解决办法。用取之不尽、用之不竭的清洁电力能源来使成千上万的人摆脱能源短缺和 / 或经济贫困, 这难道会有人反对吗?

Section III TEXT B

Climate Change's Giant Impact on the Economy: 4 Key Issues

KEYS TO EXERCISES

READING COMPREHENSION

1. D (Paragraph 2: When we think about the economic damage from a hotter planet, it's important to remember that not all costs are equivalent, even when the dollar values are similar. There is a big difference between costs that are high but manageable versus those that might come with catastrophic events like food shortages and mass refugee crises.)
2. B (Paragraphs 2, 3, 4, 5, 6 and 7.)
3. D (Paragraph 9: At the core of the project were sophisticated efforts to model how a hotter earth will affect thousands of different places.)
4. C (Paragraphs 10, 11, 12 and 13.)
5. A (Paragraph 15: Changes in how people live, and the technology they use, could both mitigate the impact of climate change and ensure that the costs are less about a pure economic loss and more about rewiring the way civilization works.)
6. A (Paragraphs 16, 17, 18 and 19.)

课文参考译文: Text B

气候变化对经济的巨大影响: 四个关键问题

尼尔·欧文

[1] 很明显,到目前为止,与现代社会其他任何事物相比,气候变化带来的环境风险最大。通过使用越来越复杂精密的建模,我们开始能够研判气候变化所产生的潜在经济影响。研究人员认为,未来几十年的许多核心经济问题在本质上将是气候问题。以下是其中的一些重大问题。

经济损失的持续时间有多久?

[2] 当我们考虑全球变暖造成的经济损失时,重要的是要记住,并不是所有的损失都是相等的,即使是在折合的货币损失相近的情况下也是如此。重大但可控的损失与那种有可能带来粮食短缺和大规模难民危机等灾难性事件的损失是无法相提并论的。

[3] 试想一下气候变化造成经济损失的三种可能方式:

- * 一片曾经肥沃的农业区遭遇炎热的天气和干旱,导致其粮食产量下降。
- * 一条因海平面上升和频繁的飓风袭击而被洪水摧毁的道路必须重建。
- * 一家电力公司花费数亿美元建造一个更高效的电网,因为旧的电网无法抵御极端天气。

[4] 农田产量下降是经济生产能力的永久性损失——在不确定的未来,整个社会将会更为穷困。这比典型的经济衰退中工厂经历的情况还要糟糕。

[5] 重建道路的费用可能很高,但至少这笔钱是支付给了去做这项工作的人员和企业。而这种情况下社会的总体损失是本该用于更有价值的地方的资源不得不投入到道路重建中去。这是一次挫折,但这并不像退化的农田那样,永久性地减少了经济潜力。

[6] 而与前两种情况相反的是,对电网的新投资可以在能源效率和更高的可靠性方面产生长期效益。

[7] 在减少碳排放或适应气候影响方面进行的某些努力可能会产生效益,比如那些在交通和基础设施等领域所做出的努力。例如电动汽车就比使用内燃机的汽车对城市空气的污染要小。

与现在相比,我们应该如何预估未来?

[8] 为了找到制定环境法规的基准,美国政府开始计算“碳的社会成本”,即每新排放一吨碳会对未来造成多大的损害。

[9] 该项目的核心是通过精密计算来模拟全球变暖对不同地区将会造成怎样的影响。这种建模是必要的,因为一个每年经历数个炎热天气的低洼地区会比一个目前气候仍很温和的高海拔地区要更早地面对更大的问题。

气候变化如何加剧不平等?

[10] 如果一份政府报告提出,由于气候变暖,其国内生产总值很可能下降 10%,那我

们很容易去想象, 每个人的收入都减少了十分之一。

[11] 而事实上, 由于人们的居住地和工作不同, 经济影响可能存在着巨大的差异。

[12] 地势低洼、易发洪水的地区极有可能成为不适宜居住的地区——或者至少是保险业不再覆盖的地区。某些行业在某些地区将受到巨大打击, 或不复存在; 全球农业地图将发生变化。

[13] 对此, 富人很可能比穷人更容易适应。那些能够负担得起费用的人很可能会搬到气候变暖将产生有利影响的地方去。

[14] 因此, 气候变化的经济影响包括地理、人口和技术的巨大变化, 而这些变化又彼此相互影响。

我们能适应全球变暖吗?

[15] 改变人们的生活方式和他们所使用的技术, 既可以减轻气候变化的影响, 又可以确保损失不是纯粹的经济损失, 而是更多地耗费在人类文明的重新布局方面。

[16] 首先, 大多数资本投资仅持续一、二十年, 而人们也在不断地重建道路、建筑物和其他基础设施。如果气候变暖是缓慢发生的话, 人们只需要改变投资的地方就行了。

[17] 但一个很大的风险是, 气候变化发生得太快了。如果气候在短短几年内急速变暖, 那么那种至少要耗费一整代人的时间去适应的情况就成为了不可能——人类将会经历大规模的灾难或是死亡。

[18] 试想一下这种情景——因为干旱或其他极端天气而造成主粮连续几年绝收, 或某个沿海大城市在一次极端风暴中整个被摧毁。

[19] 耶鲁大学的经济学家威廉·诺德豪斯 (William Nordhaus) 说: “无论是工作模式、消费模式还是居住模式, 如果其变化快到我们无法适应, 那代价会是极其昂贵的。”威廉·诺德豪斯创建了现代气候经济学所依据的模型, 并因此而获得了诺贝尔奖。他说: “我们知道我们可以适应缓慢的变化, 而快速的变化却是最具破坏力也最令人痛苦的。”

[20] 很明显, 气候变化及其连锁反应可能是 21 世纪经济面临的决定性挑战, 但基于不同的假说会有很多种可能的结果。我们还应该认识到, 社会的经济背景一直在变化。预测这些变化对普通人的影响并不是一个简单的货币数据的问题。

Section IV TRANSLATION

I

Translate the following paragraph into Chinese.

2015 年, 中国超过德国, 成为全球太阳能电池板安装量最大的国家。然而, 由于各企业越来越难以获得修建太阳能发电厂所需的巨大土地库存, 它们正转而采取一种创新解决方案: 在太阳能电池板底下发展各种种植养殖业。此举帮助他们规避了政府对变更农业

用地用途的限制，赢得了当地农民的支持，并带来了额外的收入流。专家表示，这种做法非常合理，因为它能将太阳能发电非常有效地整合进农业用地，而不会侵占农业生产的空间。

II

Translate the following paragraph into English.

Students in China may / possibly spend twice as much time on English as on any other subject (course), for learning of English requires extensive reading, rote learning (mechanical memorization) and regular revision. The teacher often has students do a multitude of exercises involving multiple choices, only to neglect (ignore) the cultivation of the ability to express oneself in English. This test-oriented teaching approach leaves much to be desired. The increasing importance attached to oral / spoken / colloquial English is more of a blessing than a curse.

Section V WRITING: Exposition (说明文)

说明文

一、什么是说明文？

说明文 (expository essay) 是介绍、阐述、说明、澄清或解释某一事物或事件的发生、发展、结果、特征、性质、状态、功能的文体，主要用于介绍具体事物、解释抽象概念、说明客观事物的特点或阐述自然现象等，其目的是给读者提供相关知识，使之了解客观世界，掌握解决问题的方法。说明文的特点是内容客观且具有科学性，条理分明、逻辑严谨，语言简练准确。

常见的说明文有：说明书、产品介绍、旅游指南、解说词、工作报告、景物介绍、科普文章等。根据被描述的客体不同，说明文可以分为两种：1. 事物说明文——说明的事物是客观存在、具有形体的东西；2. 事理说明文——说明抽象的概念，介绍事物的本质属性，或陈述事件的发生、发展及结果等。学术说明文 (academic expository essay) 通常是对某一概念的解释、某种机械运作的介绍或某事件的调查等，其特点是主题鲜明、内容客观、逻辑严密、语言简练。

说明文与其他文体的区别：1. 说明与记叙：说明强调科学性及知识性，大多是为了解释说明某些客观事物，帮助读者了解客观世界；记叙则偏重于具体地反映事物的情况和变化过程，使读者能够感知并感动。2. 说明与描述：说明要求以平实简洁的语言将事物的状态、性质、功能、成因、过程、结果等客观地告知读者；而描写则是对事物作出生动形象的描绘，以给读者留下鲜活、深刻的印象。3. 说明与议论：说明是为了让读者了解情况、明白事理、辨别真伪，一般不会确立论点；议论则是对事物或问题进行推断、论证、评论，表明作者的观点、态度及主张。

【范文 1】

China Greens World's Horizon

1. 中国对全球绿化的贡献。
2. 中国进行绿化的过程。
3. 中国绿化对全球的示范作用。

In the past few decades, the Chinese government and people have striven for a greener country and a greener world. And now it seems that the nation's efforts as a whole have paid off. According to a study by NASA and published in the journal *Nature Sustainability*, China and India are mainly responsible for making the Earth greener over the past two decades.

The study found that since 2000 the Earth's green leaf area has increased by 5 percent, or over 5 million square kilometers. That's an area equivalent to the total area of the Amazon rainforest. It is mainly the result of big tree-planting programs in China and intensive agriculture in both countries, according to NASA. Experts say that China and India account for one third of the increased greening, but contain only 9 percent of the planet's land area covered in vegetation. And China was the major contributor, by adding 25 percent to this increase, while India added 6.8 percent.

Over the past decades, China has made great efforts to green the land. In 1978, China began a national-level forestation project—the Three North Shelter-belt Forest Program, also known as the “Great Green Wall.” The program has seen many trees planted in 13 provinces and autonomous regions in northern China to act as windbreaks. By the end of 2017, the forest coverage rate among the regions of the project had reached 13.57 percent, compared to 5.05 percent 40 years ago.

In the light of China's success in dealing with desertification, the United Nations Environment Program (UNEP) believes the country is a good example for others to follow.

(范文 3 改编自《21 世纪双语新闻》，281 words)

【范文 2】

Digital Payments

1. 电子支付的现状。
2. 电子支付取代现金支付的原因。
3. 电子支付的影响。

For the past 3,000 years, when people thought of money they thought of cash. From buying food to settling bar tabs, day-to-day dealings involved creased paper or clinking bits of metal. Over the past decade, however, digital payments have taken off—tapping your plastic on a terminal or swiping a smart phone has become normal. Now this revolution is about to turn cash into an endangered species in some rich economies. That will make the economy more efficient—

but it also poses new problems that could hold the transition hostage.

Countries are eliminating cash at varying speeds. But the direction of travel is clear, and in some cases the journey is nearly complete. In Sweden the number of retail cash transactions per person has fallen by 80% in the past ten years. Cash accounts for just 6% of purchases by value in Norway. Britain is probably four or six years behind the Nordic countries. America is perhaps a decade behind. Outside the rich world, cash is still king. But even there its dominance is being eroded. In China digital payments rose from 4% of all payments in 2012 to 34% in 2017.

Cash is dying out because of two forces. One is demand—younger consumers want payment systems that plug seamlessly into their digital lives. But equally important is that suppliers such as banks and tech firms (in developed markets) and telecoms companies (in emerging ones) are developing fast, easy-to-use payment technologies from which they can pull data and pocket fees. There is a high cost to running the infrastructure behind the cash economy—ATMs, vans carrying notes, tellers who accept coins. Most financial firms are keen to abandon it, or deter old-fashioned customers with hefty fees.

In the main the prospect of a cashless economy is excellent news. Cash is inefficient. In rich countries, minting, sorting, storing and distributing it is estimated to cost about 0.5% of GDP. But that does not begin to capture the gains. When payments dematerialize, people and shops are less vulnerable to theft. Governments can keep closer tabs on fraud or tax evasion. Digitalization vastly expands the playground of small businesses and sole traders by enabling them to sell beyond their borders. It also creates a credit history, helping consumers borrow.

Yet set against these benefits are a bundle of worries. Electronic payment systems may be vulnerable to technical failures, power blackouts and cyber-attacks. In a cashless economy the poor, the elderly and country folk may be left behind. And eradicating cash, an anonymous payment method, for a digital system could let governments snoop on people's shopping habits and private titans exploit their personal data.

(范文4改编自 *The Economist*, 451 words)

二、如何写好说明文？

一篇好的说明文必须具备以下三个要素：内容的科学性、结构的条理性和语言的准确性。

内容的科学性指的是说明文的内容及选取的材料必须真实确凿，并能如实地反映客观事物，准确地把握事物的特征、本质和规律，具有严密的科学性。

结构的条理性指的是根据说明的事物和事理的具体情况，采取相应的说明顺序。常见的说明顺序有时间顺序 / 程序顺序、空间顺序和逻辑顺序。采用时间顺序进行说明的文章通常用于说明事物的产生、发展、变化、成长过程；说明物品的生产程序和使用程序；介绍人物生平等。介绍建筑物等静物的文章一般按空间方位的顺序来进行安排。在进行此类写作时，首先要确定观察点，再以此点为原点，或仰视、或俯视，或远眺、或近观，按一

定方位,从前后、左右、上下、表里等方面来说明事物。而事理说明文则多采用逻辑顺序进行说明。这类文章通常按事物内部的关系来进行安排,如主次关系、总分关系、并列关系、因果关系、对比关系等。按此种顺序说明时,要注意弄清各部分之间的内在联系,做到由表及里、由浅入深、由现象到本质。

语言的准确性指的是说明文应当语言简练、说明严密并具有科学性和严谨性。说明文的实用性很强,其语言表达如果“失之毫厘”,读者获取的结果往往“谬以千里”,因此说明文的语言必须准确无误地表明时间、空间、数量、范围、程度、特征、性质、程序等等。

针对不同的事物或事理,可以采取以下几种说明方式:

(一) 描述 / 定义法 (description/definition):

在这种说明文中,作者通过列举特点或举例等来进行描述。此种方法常用的语言有“for example, characteristics are”等。例如:

Giant panda, also called panda bear, is a bearlike mammal inhabiting bamboo forests in the mountains of central China. Its striking coat of black and white, combined with a bulky body and round face, gives it a captivating appearance that has endeared it to people worldwide. According to the IUCN Red List of Threatened Species, fewer than 1,900 pandas are thought to remain in the wild.

(二) 程序 / 顺序法 (process/sequence):

在这种说明文中,作者按照时间顺序来进行说明,或按数字顺序或程序进行表述。此种方法常用的语言有“first, second, third; next; then; finally”等。例如:

There are several things you can do to project a good image in an interview. First of all, look like a winner. Dress conservatively and well, and you'll look like you're going to the top. Second, communicate clearly. Consider each question carefully and respond with total honesty. Remember to make eye contact and maintain good posture. You need to look attentive but also at ease. Third, have a positive and assertive attitude. It's important to appear confident of your ability and optimistic about your future. Finally, be prepared. Present a professional resume and be ready to explain everything in detail.

(三) 比较 / 对比法 (comparison/contrast):

在这种说明文中,作者通过比较或对比,说明两个或两个以上事物的相同点或不同点。此种方法常用的语言有:“different; in contrast; alike; unlike; same as; on the other hand”等。例如:

The modern Olympics is very unlike the ancient Olympic games. Individual events are different. While there were no swimming races in the ancient games, for example, there were chariot races. There were no female contestants and all athletes competed in the nude. Of course, the ancient and modern Olympics are also alike in many ways. Some events, such as the javelin and discus throws, are the same. Some people say that cheating, professionalism, and nationalism in the modern games are a disgrace to the Olympic tradition. But according to the ancient Greek

writers, there were many cases of cheating, nationalism, and professionalism in their Olympics too.

(四) 因果法 (cause and effect):

在这种说明文中, 作者常列举一个或多个原因及其导致的结果。此种方法常用的语言有: “cause; reasons why; if... then; as a result; therefore; because” 等。例如:

Perhaps the first and foremost cause of suicide is depression. Due to the nature of this disease, people suffering from it often find living, performing everyday routines, working, having relationships, and so on, totally unbearable. Even the simplest actions require immense psychological effort, because one of the questions undermining the psyche of a depressed person sounds like, “What is the point in all this?”

(五) 问题及解决方案法 (problem and solution):

在这种说明文中, 作者提出一个问题并列举一个或多个解决方案, 有时作者也会采用问答法 (question-and-answer format) 进行说明。此种方法常用的语言有: “problem is; dilemma is; puzzle is solved; question ... answer” 等。例如:

What can we do to improve our sound environment and to better protect our health? First of all, if something's too loud, speak up. For example, many owners of movie theaters seem to think that only people hard of hearing are still going to the movies. If you complain about the noise and nothing happens, demand a refund and leave. That's the language that managers typically do understand.

Also, talk to your children about the health effects of noise and that listening to loud music today will have consequences when they're older.

You can also move your bedroom to the quiet side of the house, where your own building shields you from road traffic noise. If you're looking to rent or buy a new place, make low noise a priority. Visit the property during different times of the day and talk to the neighbors about noise.

You can wear noise-canceling headphones when you're traveling or if your office has high background noise levels.

In general, seek out quiet spaces, especially on the weekend or when you're on vacation. Allow your system to wind down.

(六) 分类法 (classification):

在这种说明文中, 作者把一个大主题进行分类或分组说明。此种方法常用的语言有: “divide ... into; several; type(s); group(s)” 等。例如:

It is always good to be able to speak more than one language. Polyglots are valued assets in any company, and in general tend to be more educated and open-minded people; at the same time, learning a foreign language is often considered difficult—a lifetime task that not everyone can accomplish. This is partially true: whereas many languages are relatively easy to learn (mostly European languages), there are several hard nuts to crack among them. Traditionally, the garland for difficulty goes to Asian languages, but there are toughies among western languages as well.

Let us take a look at the most challenging languages in terms of mastery—both for English native speakers and people of other cultural origins.

The Chinese language (precisely, both Mandarin and Cantonese dialects—the two most widely spoken ones) is probably the most difficult language to learn. According to the assessment of the Foreign Language Institute, an English native speaker might need at least 2,200 hours (or 88 weeks) to start using this language more or less confidently (ELL). The most common hardship is, obviously, **READING** And writing: you will need to know about 3,500–4,000 characters in order to be able to communicate or perceive a written message.

The Japanese language treads on the heels of Chinese. The good news about **READING** and writing is that you will need to learn only around 2,500 characters. The bad news is everything else. Japanese culture borrowed Chinese characters about a 1,000 years ago; with true Japanese thrift, these characters were imbued with Japanese meanings and sounding, but the original sounding and semantics were not cast aside—which means that almost every character in this language has both Chinese and Japanese pronunciation and meaning, and to fully understand Japanese text, you need to know them both; many words use partially Chinese, partially Japanese sounding.

You must have probably guessed already that number three is the Russian language. Spoken by at least 200 million people, it possesses incredibly flexible grammar, which actively uses numerous prefixes, suffixes, and endings. Russian pronunciation is not that difficult, but there are several unique sounds that you will hardly see in other languages.

However, along with Russian, there is Hungarian—one of the few European languages that are almost impossible for a foreigner to learn. To start with, Hungarian has 35 distinct cases, with 18 of them being in use constantly. 14 vowels, a heavy dependence on all kinds of idioms and phraseology even in everyday speech, several verb forms, and the overall complexity of pronunciation can make studying Hungarian a nightmare for a non-native person.

There are definitely other complicated languages, and listing them would take a rather long time. The first three leaders are, however, Chinese, Japanese, and Russian/Hungarian languages. Long story short, Chinese and Japanese are, in general, 100% different from any western language you probably know. As for Russian and Hungarian languages, they share third place in rating for their overly complicated grammatical structures and pronunciation, as well as for some unique features that probably no other European language possesses.

写作答案:

Task 1 Paraphrase the following sentences:

1. This article is to present a short description of some key high-level points. (用于开头段)

2. The wind power industry has more than 100,000 jobs, which heavily outnumbered that of the coal industry as well. (用于主体段)

3. Would anyone refuse a clean and inexhaustible form of electricity that can raise millions of people out of energy and/or financial poverty? (用于结尾段)

4. By now, climate change is believed to be the first one to be blamed for triggering environmental risks in the modern age. (用于开头段)

5. As is known to all, the 21st-century economy will probably face a major challenge posed by climate change and its ripple effects. (用于结尾段)

Task 2 Write an expository essay on the topics below.

1. Nonverbal Communication

Sample:

Nonverbal Communication

Communication nowadays has become a sort of cult. Because of this, it is not only important what and how you say something to other people, but also how your body behaves in the process of communication, as body language is as informative as the spoken one, sometimes conveying information more personal and important than the one said aloud. This is called nonverbal communication.

Nonverbal communication includes facial expressions, gestures, the distance between speakers, eye contact, voice intonations, touch, and many other minor details which can provide speakers with valuable details about each other. For example, if a person avoids eye contact, it might mean that he or she is hiding something, feels uncomfortable around you, and so on.

Body language has several important functions. For instance, a person's gestures can repeat the message he or she is making orally: a little child explaining how birds fly and waving his or her arms like wings is a decent example of this function. Another function is the opposite — when the way a conversationalist acts does not match with the orally-transmitted message. An example is when a person sitting with a dull face and twirling a pen in their fingers says they are interested in what you say. Substitution occurs when verbal messages can be expressed by nonverbal means (like shrugging). The function of complementing can be explained by a situation when a parent pats their child on the head for behaving well, while speaking it out loud. In addition, gestures can be used for accenting, like when raising one's index finger when speaking about something important.

Nonverbal communication is a rich layer of everyday communication, and being able to decrypt it may disclose new meanings of what people say to each other.

(292 words)

Section VI GRAMMAR: Subordinate Clause 1 (各类从句)

各类从句

1. 从句中的动词时态

(1) 在 if 从句中, 也可使用 be going to do..., 不少中学英语教师认为这是错误的, 而实际上是正确的。下列句子均摘自希拉里的自传 *Hard Choices*:

1. If we were going to live up to my promise to Preval — to be Haiti for Haiti — this wasn't going to be a quick relief effort.

2. Abbas felt he needed to find another nonviolent avenue to press forward if he was going to keep his hold on power and...

3. If we're going to build a cooperative relationship, then we need China to be with us at the Security Council.

4. If Mubarak was going to leave the presidency and Egypt was going to begin a transition, then these questions about what would happen next would become relevant and pressing.

5. We needed both if we were going to get at the heart of the underlying challenges.

谈到状语从句, 有些地区的中学生都熟悉这个术语“主将从现”, 也就是“主句用将来时, 而从句用现在时”。虽然这个说法有时适用, 如用于时间状语从句, 但用于宾语从句、原因状语从句或让步状语从句时就不一定管用, 例外的情况太多了, 所以不能盲目地使用。例如:

I know you are going to be busy tomorrow.

As the weather will be nice tomorrow, let's go hiking in the country.

(2) 国内学生见到 by the time, 很可能首先想到完成时。如果主句中的动作已经完成, 最好用完成时, 但如果表示当时的状态或动作时, 也可使用进行时或一般时, 这样的例子很多。所以, 认为 by the time 必须接完成时是错误的。下面所有例句均摘自 *Hard Choices*:

1. When I visited as First Lady fifteen years earlier, it was still a poor and undemocratic country. By 2009 it was being transformed under the forward-looking leadership of President Susilo Bambang Yudhoyono.

2. Back at the Wanshousi Temple, troubling press reports starting (started) popping up on my colleagues' BlackBerries. By the time I emerged from my meeting with Dai, it was clear something had gone wrong.

3. But by 2009, it was hard to argue that our policy of isolation and sanctions was working any better.

4. By the time Mom turned fourteen, she could no longer bear life in her grandmother's house.

5. The global middle class is expected to double in size by 2035, to as many as 5 billion.

另一方面，学生似乎不了解在什么情况下使用 *by the time* 或 *by...*。实际上，*by...* 的结构主要用于描述事件的发展过程，说明到某一时刻进展如何，用于叙述性段落，而不是脱离上下文孤立地使用。下一段文字是很好的例证，摘自 *Tweet Success* (Lynn Rosellini)。在介绍鸟类学者 David Sibley 的家庭背景后，作者写道：

By age five, David was tracing bird paintings from books. By eight, he was banding birds with his father's crew at Point Reyes Bird Observatory in California, and later at the Peabody Museum of Natural History at Yale. By 12, he memorized hundreds of bird calls. "That's a Bell's vireo!" he exclaimed once on a trip in Illinois. His father shook his head. "No, we're too far east. There wouldn't be any here." But David plodded around a pond to get a closer look. Sure enough, he was right.

(3) 另外一个时态容易出错的词是 *since*，与某些词连用时可用一般时，包括 *first*, *second*, *best*, *worst* 等词，例如：

This was his first foreign trip since winning reelection, and it would be our last as a traveling team.

This is the worst drought since the 1990s.

2. 定语从句

(1) 不定代词，如 *something* 或 *anything*，接定语从句时通常用 *that*，但也可以使用 *which*。虽然没有 *that* 流行，但并不是错误的，有很多例句，例如：

1. How is it that something which you described as worse than useless eight months ago has now become indispensable? (George Mitchell)

2. This is something which we know, in our bones, we cannot do. (Anthony Eden)

3. For these reasons the expenses of the army and navy and of coast defenses should always be considered as something which the Government must pay for... (William Taft)

4. He (a student) should never be required to do anything which is beyond his capacity. (*New Concept English*, Book II)

5. If there is anything which the child can be said to be acquiring, it is a range of potential, which we could refer to as his "meaning potential." (Michael Halliday)

甚至强调句中也可使用 *which*，例如：

1. It was that belief which had led me to organize, and it was that belief which would lead me to conclude... (Barack Obama)

2. ...the assumption used to be, as Weber argued, that it was Confucianism which was responsible for Asia's economic torpor, because... (Chris Pattern)

3. John Rockefeller was a bookkeeper making twenty-five dollars a month. It was his goals which drove him to become the master of an oil industry. (Lewis Timberlake)

新出现的一种用法是 *which* 引导的定语从句是个独立的句子，例如：

1. She's wise that way, my grandmother, suspicious of overwrought sentiments or overblown

claims, content with the common sense. Which is why I tend to trust her account of events...
(Barack Obama)

2. And something else, too, something nobody talked about... and the score only mattered because that's how you sustained the trance. In the middle of which you might make a move or a pass that surprised you, so that even the guy guarding had to smile... (Barack Obama)

(2) 时间定语从句中, the day (days) 或 the year (years) 后面有时可用 that 代替 when, 但也可以省略引导词, 而且特别常见, 例如:

1. ...the day they walked out of prison, the day the house arrest was ended, was not the end of the struggle. (Hillary Clinton)

2. I'll never forget the day she came home from the beauty shop with short hair, all her beautiful waves gone. (Bill Clinton)

3. ...and anchored in Tokyo on the day World War II ended. (George H. W. Bush)

4. In 1960, the year that my parents were married, miscegenation still described a felony in over half the states in the Union. (Barack Obama)

5. I remember January 4, 2005 — the day that I and a third of the Senate were sworn in as members of the 109th Congress. (Barack Obama)

此外, days 或 years 充当主语时, 国内的主流观点是动词用单数形式, 但国外通常把它们看作是复数, 例如:

1. These years were also a personal journey for me, both literally and figuratively. (Hillary Clinton)

2. But those days were over. (Hillary Clinton)

3. I knew the days ahead were going to be taxing on us all. (Hillary Clinton)

4. The next few weeks in Hot Spring were more interesting than I could have imagined. (Bill Clinton)

5. Four years of new experience have not belied our historic instinct. (George H. Bush)

Webster's Third New International Dictionary 中有:

...twelve hours are supposed to elapse between Acts I and II. (2298 页)

...often years pass by until the new ruler is found. (2513 页)

(3) 定语从句中的介词与 which 连用

请翻译下列句子:

1. 科学家一直在研究吸烟导致肺癌的机理。

2. 我们看待同一个问题的角度取决于我们的文化。

3. 大数据的应用将决定临床医学未来发展的方向。

4. 互联网是我们收集各类信息的最佳手段。

5. 空气污染影响人类健康的程度已经成为我们特别关注的一个话题。

可能出现这样的译文:

1. Scientists have been studying the mechanism that cigarette smoking induces lung cancer.
2. The perspectives we look at the same matter depend on our culture.
3. The application of big data will determine the direction that clinical medicine will be developing.
4. The Internet is the best means that we collect various information.
5. The extent that air pollution affects human health has become one of our major concerns.

上述译文的共同错误是定语从句与被修饰词之间缺少必要的连接词，而且此类错误在科研论文的英文摘要中屡见不鲜。首先要知道一个完整的句子不可能充当定语从句，然后要注意介词的选择取决于前面的名词。所以，上述句子应该分别使用 by which、from which、in which、by which 和 to which。

请注意 question 接疑问词从句时用介词 of 连接，例如：

1. Many countries in the region were grappling with the question of which model of governance best suited their society and circumstances.
2. When I told him that I thought the United States and China had to write a new answer to the age-old question of what happens when an established power and a rising power meet, he enthusiastically agreed.

Key to GRAMMAR Exercise 7

Translate the following sentences into English.

1. The question of which language sounds the most pleasant is difficult to answer.
2. There was a drizzle / fine rain the day I came to Shanghai for the first time.
3. The past two decades have witnessed the surge / tremendous increase of motor vehicles in Beijing.
4. Yesterday, I began by revising my paper before I had it polished by a foreign professor. Then, I had it reviewed by my adviser. By the time I returned to my dorm, my roommate was sound asleep.
5. If you are going to change your job, you should first think about what you are capable of doing.
6. The extent to which humans depend on the Internet might have been beyond expectation decades ago.
7. The patience with which this professor lectured impressed us favorably.
8. The worst / most miserable days are yet to come.
9. This is his first trip abroad since he was elected president.
10. The environment in which we grow up has huge influence on us.

Unit 8

Culture and Education

Section I // READING SKILLS: Prereading

IN THIS SECTION THE STUDENTS WILL LEARN:

1. to use prereading techniques;
2. to improve reading efficiency with these prereading techniques.

PRE-READING Activities

1. From the title and beginning paragraphs, what do you think the article might be about?

The title and the beginning sentence both focus on one word, “loneliness,” which is now overwhelming a vast majority of Americans so that it has developed into an epidemic. What’s worse, this disease does not only plague the nation as a whole, but also put the country on the verge of being torn apart just as indicated by the title “How Loneliness Is Tearing America Apart.” Simply speaking, this article might be about the negative impacts that loneliness has on the nation and its people.

2. What are the possible negative consequences of long-term loneliness?

If the state of loneliness is prolonged and lasting, it will have a great impact on both your physical and mental health. Some researchers suggest that loneliness can increase the risk of health problems, such as insomnia, heart disease, diabetes or even premature death. On the other hand, human beings are social creatures who harbor the need to be connected with other people. If they stay isolated from others for an extended period of time, they may feel that living is less meaningful and some will suffer from anxiety, lack of confidence or depression. Some people will even take their own life simply because of depression brought by long-term loneliness.

3. In the text, the author repeatedly mentions the importance of community in relieving loneliness. How do you understand the author's concept of a "thick" community?

By community, it means a group of people living together within a certain area. Here in the text, "community" is synonymous with neighborhood. A "thick" community refers to an intimate, involving and relatively lasting neighborhood which can bridge or at least tone down some differences and gives its residents a sense of belonging. Moreover, a thick community doesn't necessarily refer to your hometown or a place where you have lived for a long time. The key point in a thick community is that everyone in it would like to invest in the places and would finally like to consider it as their home.

4. From the last paragraph, can you figure out the author's purpose in writing this article?

In the last paragraph, the author concludes the passage with some suggestions on how to recover from the epidemic of loneliness: to become kind neighbors and generous friends. Otherwise, some opportunists will take advantage of this suffering and push the country to the verge of being "ripped apart." From this, we can see that the author is trying to call people's attention to the potential danger of loneliness and at the same time he is demanding an immediate reaction from the public so as to keep this problem under control.

5. If you were the author, how would you organize the passage?

As indicated from the beginning and concluding paragraphs, the author is trying to investigate into a social problem before coming up with some practical suggestions. This article might start with a description about the seriousness of the problem, then followed by as a detailed analysis of possible reasons together with feasible solutions to the problem.

Section II TEXT A

How Loneliness Is Tearing America Apart

TEACHING OBJECTIVES:

Studying Text A will enable students

1. to learn the definition of loneliness and its negative impacts on people and on the nation as a whole.
2. to understand the reasons why people are getting increasingly lonely today and how to rid of loneliness in the light of this analysis.
3. to learn to use the following key words and phrases:
successive; pervasive; transient; trivial; recommendation; fertilize; proposition; leave out, take on; in the wake of; wind up

4. to learn the effective use of adverbial clause of concession introduced by “wh-ever” and other connecting devices:
 - (1) I’m grateful to **whoever** has ever done me a favor. (with whoever)
 - (2) They’re very intolerant of any criticism, **positive or negative**. (with connecting device)
5. to learn how to use examples to illustrate your point and impress your readers.
6. to discuss the related topic regarding the cultural factors in one’s emotional well being.

KEYS TO EXERCISES

I READING COMPREHENSION

A.

1. A (Paragraph 1: The survey, which charts social isolation using a common measure known as the U.C.L.A. Loneliness Scale, shows that loneliness is worse in each successive generation.)
2. B (Paragraph 4: Mr. Sasse’s book was published before these events, but he presciently described what he believes lonely people increasingly do to fill the hole of belonging in their lives: They turn to angry politics.)
3. A (Paragraph 7: One reason is the changing nature of work. ... Yet the reality of the workplace is rapidly attenuating, as people hop from job to job, and from city to city, as steady work becomes harder to find and the “gig” economy grows.)
4. A (Paragraph 8: Too many Americans don’t have a place they think of as home — a “thick” community in which people know and look out for one another and invest in relationships that are not transient.)
5. C (Paragraph 13: He told me I had it all wrong — that moving back home and going to the gym on Friday aren’t actually the point; rather, the trick is “learning how to intentionally invest in the places where we actually live.”)
6. D (Paragraph 14: Each of us can be happier, and America will start to heal, when we become the kind neighbors and generous friends we wish we had.)

B. Fill in the following blanks with information in Text A.

Part 1: Phenomenon (Paras. 1–4): Loneliness is worse in each successive generation.

Examples:

- 1) According to Mr. Sasser, loneliness is killing us as an increasing number of people may commit suicide or die from drug overdose because they suffer from loneliness;
- 2) The recent mail-bomb campaign and massacre can well explain that what lonely people increasing choose to do is to turn to angry politics so as to fill the hole in their life.

Part 2: Reasons (Paras. 5–8): Why are people getting increasingly lonely or even turn to angry politics?

One reason is that in today's world, people could find their sense of community only by showing contempt towards those who are on the other side of the political spectrum.

Another reason is the changing nature of work, as people hop from job to job, from city to city. There is a pervasive feeling of homelessness.

Part 3: Solutions (Paras. 9–13): According to Mr. Sassa, finding a “thick” community, or a place that one can consider as home can help create a sense of belonging or even bridge their political differences.

First, a “thick” community can be a place where one can find hometown gym on a Friday night feeling. It can be one's hometown where one can find their natural roots.

Second, a “thick” community can be a place where one would be willing to invest and eventually call it their home even if it is a completely new place.

Part 4: Conclusion (Para. 14): If we like to become kind neighbors and generous friends, we can be happier and America will begin to heal.

II

VOCABULARY

A.

1. A 2. B 3. A 4. D 5. B 6. B 7. C 8. C 9. B 10. A

B.

1. left out 2. wind up 3. capitalize on 4. take on 5. in the wake of
6. irresistible 7. apparently 8. skyrocketing 9. crave for 10. rip apart

III

CLOZE

1. A 2. B 3. B 4. D 5. C 6. B 7. A 8. B 9. C 10. D

IV

TRANSLATE THE FOLLOWING PARTS INTO CHINESE

- 萨瑟认为“孤独症正在杀死我们”，他列举了许多数据，包括因患孤独症自杀或服用药物过量造成的死亡率在美国正直线上升。今年 45 000 美国人可能会因孤独症自杀，70 000 多人会因此死于药物服用过量。
- 继向特朗普总统反对派投放炸弹事件和匹兹堡生命之树教堂大屠杀事件后，萨瑟提出孤独正杀死我们的论断便更加让人觉得不容乐观，两起事件的行凶者都是不与人往来，显然极度孤独的人。

3. 有线电视、意识形态、校园政治与社会媒体各个领域都存在“对立”或分裂的阵营，人们要在美国极其分化的左右派阵营中找到社会归属感。一般来说，人们是通过诋毁对方政治阵营中“他们”的方式才可以确定“我们”究竟意味着什么。
4. 然而，萨瑟更为担心的是越来越多的人都会感到无家可归：很多美国人想不出他们可以把哪里看作是家：一种“亲密”的社区，人们互相认识，彼此关照，愿意投入到各种相对持久的人际关系中。
5. 搬到一个既不是我们成长、也未生活过的陌生地方必然会经历孤独，我们对此心中有些恐惧。对于我们这样没有归宿、四海为家的人来说，找到关系亲密的邻里、乐享其中生活是不是完全没有可能？
6. 国家患有孤独症，政治投机分子企图利用这种人际关系隔离分裂国家，这对我们每一个人来说都是挑战。

V

SPEAKING PRACTICE

1. *Why is it that even though we are more connected today, loneliness is worse than ever before?*

As technology and the Internet have transformed the way we interact, more and more people choose to communicate with others via social media as a substitute for face-to-face communication. It can't be denied that the way we get in touch with each other may have been improved, however, the easy and quick means of communication make people mistakenly believe the other way of communication is unnecessary. People would choose to live in a more private and isolated world. As a result, they feel increasingly lonely for lack of an urgent need to go out to meet their friends.

On the other side, it is fair to say that people are only more digitally connected than ever before, however, their emotional need to communicate with others can hardly be satisfied in this virtual world. Close relationships are regarded as the most important sources of meaning in life, and they need to be established and later maintained with constant personal investment. This also can't simply be accomplished in the virtual world. Instead of bringing people closer, communication in the virtual world is widening the psychological distance between people.

2. *Are there any positive impacts of loneliness on a person?*

Experiencing temporary loneliness is something that everyone will naturally feel. Moving away or losing a loved one is something we all have experienced. This type of loneliness can be necessary because it triggers us to reconnect or build new relationships.

A person who has experienced short-term loneliness can also show some positive attributes in personality and demonstrate greater productivity. Take a kid for example, he might feel lonely without any company. Lack of adequate support from adults gives him the very ability to deal with problems more independently and he is in a better position to endure setbacks and pressure later in his life. Another fact that can hardly be ignored is that some greatest human inventions or

breakthroughs were mostly made by people who could temporarily escape from the noisy world and could make the best of their solitude.

3. To what extent, do you agree with the author's claim that loneliness will tear a nation apart?

In the text, the author made the claim that loneliness would give rise to some radical actions and widen political differences, which would eventually put America at the risk of being torn apart.

I do believe loneliness will lead to some social problems if it becomes widespread. As stated by the author, without adequate social connection, some may choose to commit suicide just because of long-term depression, while others may release their anger and take revenge by injuring or even killing others. So it is fair to conclude that loneliness is a problem, and that long-term isolation can lead to serious social problems.

However, not all loners will turn to violent or extreme actions. Some psychologists find that loners are occasional shooters, and they often become so after getting connected to a movement. Therefore, in my opinion, it's exaggerating to say that loneliness will overthrow a nation. The claim that loneliness will tear America apart serves more as a warning to keep the whole society on red alert to this social isolation.

4. Apart from the author's suggestions, do you have any other suggestions that help reduce or recover from loneliness?

In the text, the author highlights the importance of investing in a community which we can consider a home. In other words, the author is suggesting we should rebuild the connection with our neighbors. Similarly, the connection can be extended to other areas in our life. We'd better start with our most immediate or closest relationships, such as our relationships with our family, friends or coworkers. We can also reach out and form a bond with someone who shares similar hobbies or interests. However, one can hardly avoid loneliness simply by meeting lots of new people. It is important to develop deep, intimate and affectionate relationships. A healthy and strong relationship demands a lot of personal effort and their emotional commitment.

Seeking help is another approach to alleviate our loneliness. We can go to someone to whom we would be willing to reveal our emotional suffering. Likewise, taking some therapies that allow you to understand what it is like to feel lonely will help you get some professional support to deal with the problem.

5. What kinds of people are more likely to suffer from loneliness, young people or old people? What might be possible reasons for their loneliness?

Loneliness is not that closely related to age. In fact, loneliness is affecting people of all age groups. The point is whether a person can stay well connected with the others or not.

The elderly experience loneliness mostly as a result of living alone or due to the lack of close connection with families or friends. As age advances, senior citizens find it increasingly

difficult to stay connected with friends, let alone to start new relationships. However, if they are not constrained by their physical conditions, old people would like to invest more time and emotions in enhancing their relationships than younger generations do.

Young people can also feel lonely when they don't interact with anyone on a regular basis or they are surrounded by people but they don't feel close to them or understood by them. Reasons for their loneliness may be various, ranging from frequent job hopping, destabilizing settlement in one particular area or the overreliance on the Internet or mobile phones. All these may result in a lose social connection and a lack of sense of belonging.

BACKGROUND INFORMATION

1. **Loneliness:** Loneliness implies a feeling of dissatisfaction with the quality of current relationships or lack thereof. Humans are social creatures—we thrive in groups and decline when we're alone for too long, often becoming depressed.

Feelings of loneliness are personal, so everyone's experience of loneliness will be different. You may choose to be alone and live happily without much contact with other people, while others may find this a lonely experience. Or you may have lots of social contact, or be in a relationship or part of a family, and still feel lonely—especially if you don't feel understood or cared for by the people around you.

Feeling lonely isn't in itself a mental health problem, but the two are strongly linked. Having a mental health problem can increase your chance of feeling lonely, or conversely feeling lonely can have a negative impact on your mental health, especially if these feelings have lasted a long time. Some researches suggest that loneliness is associated with an increased risk of certain mental health problems, including depression, anxiety, low self-esteem, sleep problems and increased stress.

2. **Social isolation:** Social isolation is an absence of social relationship. It is distinct from solitude, which is simply the state of being alone. Social isolation can occur in solitude or in the vicinity of others. Solitude can be chosen or forced, healthy or unhealthy, while social isolation describes an unwanted and often harmful experience. A person may be experiencing social isolation if they: avoid social interaction due to shame or depression; spend extended periods of time alone; experience social anxiety or fears of abandonment at the idea of social interaction; have only limited or superficial social contact; lack important social or professional relationships; develop severe distress and loneliness.
3. **Them: Why We Hate Each Other — and How to Heal:** *Them* became an instant *New York Times* bestseller when it came out in 2018. In the book, the author, US Senator Ben Sasse, argues that, contrary to conventional wisdom, the US crisis isn't really about politics. It is that people are so lonely that they can't see straight—and it bubbles out as anger. Mr. Sasse

is highly attuned to the cultural sources of the US current discontents and dysfunctions. His strong written analysis of the US current existential unease hit a national nerve. As for the solution, the author suggests that reversing the decline requires something radical: a rediscovery of real places and human-to-human relationships. Even as technology nudges people to become rootless, Sasse shows how only a recovery of rootedness can heal the lonely souls.

4. **Mail-bomb campaign:** Two weeks before the national election in October, 2018, packages containing pipe bombs and suspicious white power were addressed to several outspoken critics of President Trump, including former U.S. President Bill Clinton and Barack Obama. The bombs were reported to be crude but operational, but none of the bombs exploded and no one was hurt. Security services released the results of initial findings from their investigation, which indicate what all the packages came from a single source or group, whose identity has yet to be discovered.
5. **The massacre at the Tree of Life synagogue:** A mass shooting took place at the Tree of Life synagogue in the Squirrel Hill neighborhood in Pittsburgh on Oct. 27, 2019. As many as 11 people were reported dead and 6 people were wounded, including four police officers. The suspected gunman, Robert Bower, 46, had been taken into custody after being wounded in a shootout with police at the scene of mass shooting.
6. **Outrage industrial complex:** Outrage industrial complex in America prospers by setting American against American. America has developed a “culture of contempt”—a habit of seeing people who disagree with us not as merely incorrect or misguided, but as worthless. Meanwhile, one in six Americans have stopped talking to close friends and family members over politics. Millions are organizing their social lives and curating their news and information to avoid hearing viewpoints differing from their own. Ideological polarization is at higher levels than at any time since the Civil War. Maybe you dislike it—more than nine out of ten Americans say they are tired of how divided we have become as a country.

课文参考译文: Text A

孤独是如何让美国人崩溃的

亚瑟·布鲁克斯

当生活有了缺憾，人们通常会通过宣泄愤怒以抚平人生之不足。

[1] 孤独症正在美国蔓延。

[2] 美国信诺医疗保险公司最近开展的一项大规模调查发现，大多数美国人会感到非

常孤独，感觉自己在人际交往中无足轻重。几乎半数受访者认为他们偶尔或经常会有孤单或是“被抛弃”的感觉。大约有 13% 的美国人认为没有人真正了解他们。这项调查采用常用的加州大学洛杉矶分校孤独感量表测量人际关系隔离现状，结果显示孤独问题正在一代又一代人中逐步加重。

[3] 这是新书——《他们：我们为何仇视彼此——以及如何治愈》——所讨论的核心问题，作者为内布拉斯加州共和党议员本·萨瑟。萨瑟认为“孤独症正在杀死我们”，他列举了许多数据，包括因患孤独症自杀或服用药物过量造成的死亡率在美国正直线上升。今年 45 000 美国人可能会因孤独症自杀，70 000 多人会因此死于药物服用过量。

[4] 继向特朗普总统反对派投放炸弹事件和匹兹堡生命之树教堂大屠杀事件后，萨瑟提出孤独正杀死我们的论断便更加让人觉得不容乐观，两起事件的行凶者都是不与人往来，显然极度孤独的人。虽然萨瑟的书出版于这些事件之前，但他在书中颇有预见地写到，他相信孤独症患者会逐步采取行动填补生活中归属感的缺憾：他们会选择宣泄愤怒的方式进行报复。

[5] 有线电视、意识形态、校园政治与社会媒体等各个领域都存在“对立”或分裂的阵营，人们要在美国极其分化的左右派阵营中找到社会归属感。一般来说，人们是通过诋毁对方政治阵营中“他们”的方式才可以确定“我们”究竟意味着什么。

[6] 这里要说一下这样做的好处。“愤怒行业联合体”，在我看来，就是一些行业进行积累财富和集中权力的手段，各行业通过组织这种现实生活中不存在的模拟社群机构满足了人们的心理需求。

[7] 我们为什么如此孤独？一个原因就是工作性质的改变。工作是建立友谊和社会关系的一个重要渠道。回顾下你自己的交际圈：一定是很多最亲密的朋友，也许甚至包括你与你配偶的关系，都开始于你的工作场所。然而，随着人们从一工作跳槽到另一工作，从一个城市搬迁到另一城市，稳定工作越来越难找，“零工”经济开始兴起，工作场所对你的实际影响正在急剧减弱。

[8] 然而，萨瑟更为担心的是越来越多的人都会感到无家可归：很多美国人想不出他们可以把哪里看作是家，一种“亲密”的社区，人们互相认识，彼此关照，愿意投入到各种相对持久的人际关系中。套用《体育画报》中的说法，有人可能会说我们越来越找不到“周五晚上家乡体育场上的感觉”了。

[9] 萨瑟认为这种说法特别贴切，他热情洋溢地谈到了在内布拉斯加州费利蒙镇的成长经历，小镇上只有 26 000 人。他描写到，周五晚当地高中的各种体育活动会把镇上的人都聚集到一起，对街坊和对社区的热爱让多数的差异，特别是政见的分歧，都变得似乎不无关紧要。他饱含深情地讲述了他的情感经历，以及这里给他带来的强烈的归属感。这发生在由于上学或工作原因离开家乡几十年后，当他再次举家搬回到费利蒙小镇生活的时候。

[10] 萨瑟用“死亡社会成本”的概念生动地描述了他这里给他带来的归宿感具体是种什么样子的感觉，在年富力强、身体健康的 46 岁，他就有了在费利蒙当地公墓给自己置办

一块墓地的打算。萨瑟对外宣传美国的摘要因此可能会这样书写：去到一个可以找到周五晚上家乡体育场感觉的地方，把自己的根留在那里，身后也可以去滋养那片土地。

[11] 对我们很多人来说，这可能会是个棘手的命题。读这本书的时候，我就在问自己：在哪里可以找到家乡体育馆的感觉？我本该属于哪里？我愿意将自己埋葬在哪里？我头脑中没有出现任何具体地方。我想到的不是费利蒙，不是我的家乡西雅图，尽管那里特别宜居，而 35 年前我却毫不留恋地离开了那里。

[12] 所有这些思考主要缘于我和妻子目前的生活，我们正准备几个月后从马里兰州搬到马萨诸塞州，搬到一个既不是我们成长、也未生活过的陌生地方，对于随之而来必将经历的孤独我们多少会心怀恐惧。我们这种人没有归宿、四海为家，是不是就不可能找到亲密的邻里关系，乐享其中生活？

[13] 我最近向萨瑟提出这些疑问。他说我全都理解错了——故乡和去体育场并不真正是问题的关键，其实关键在于“我们要对我们真正居住的地方学会用心经营”。换句话说，成为社区成员并不是说我能找到一个费利蒙这样的地方，也不是我对曾经居住的地方有什么样的感觉，更不是对到一个陌生城市人际生疏的惶恐，而是在这个我愿意最终当成是家的社区里，自己选择成为怎样的邻居。

[14] 国家患有孤独症，政治投机分子企图利用这种人际关系隔离分裂国家，这对我们每一个人来说都是挑战。如果我们可以成为心中所期待那样的友善邻居、慷慨朋友，我们每一个人都可以生活得更加幸福，美国将会开始康复。

Section III TEXT B

What Straight-A Students Get Wrong

KEYS TO EXERCISES

READING COMPREHENSION

1. A (Paragraph 2: All have joined the cult of perfectionism out of a conviction that top marks are a ticket to elite graduate schools and lucrative job offers.)
2. C (Paragraph 4: Across industries, research shows that the correlation between grades and job performance is modest in the first year after college and trivial within a handful of years.)
3. C (Paragraph 5: Yes, straight-A students master cramming information and regurgitating it on exams. But career success is rarely about finding the right solution to a problem — it's more about finding the right problem to solve.)
4. C (Paragraph 6: "In college our creative architects earned about a B average," Donald MacKinnon wrote. "In work and courses which caught their interest they could turn in an A performance, but in courses that failed to strike their imagination, they were quite willing to

- do no work at all.”)
5. C (Paragraphs 7, 8: “They typically settle into the system instead of shaking it up.” This might explain why Steve Jobs finished high school with a 2.65 G.P.A., J.K. Rowling graduated from the University of Exeter with roughly a C average, and the Rev. Dr. Martin Luther King Jr. got only one A in his four years at Morehouse.)
6. A (Paragraph 13: Recognize that underachieving in school can prepare you to overachieve in life.)

课文参考译文: Text B

优生生在哪里出现了问题

亚当·格兰特

如果学校里你从未失败过，其实你并没有为今后的成功做好准备。

[1] 十年前，我在沃顿商学院执教的第一学期期末，一个学生在答疑时间找到我。他坐下来，然后便痛哭流涕。我的脑子迅速运转，想着可以让一个大三学生哭鼻子的种种可能：可能是女朋友把他甩了；或是他被指控剽窃。“我得了第一个 A，”他说话时声音在颤抖。

[2] 年复一年，我沮丧地看着学生热衷于去取得全优成绩。有些学生为此不顾自己的健康；个别学生拿不到优秀成绩甚至会起诉学校。所有学生都加入到追求完美成绩的狂热之中，信仰只有一个，拿到高分就等于拿到最好研究生院以及高薪工作的入场券。

[3] 我曾经与他们有着一样的想法。刚入大学校门，我就给自己定下到毕业时 GPA 成绩要达到 4.0 的目标。这个成绩才可以体现出我的智力和意志力，才可以说明我具备成功的基本素质。但我错了。

[4] 事实很明显：成绩优异不是事业成功强有力的预测指标。研究显示，不管在哪一行业，成绩高低与工作表现在毕业后的第一年具有一定的关系，但在之后的几年里，二者的关联性非常微小。例如，在谷歌，一旦员工毕业后两三年，他们的成绩与他们的工作表现毫不相干（当然，必须承认如果你的成绩有不及格，那你可能进不了谷歌）。

[5] 学业成绩很少可以评估像创造力、领导力、团队合作能力、社交能力、情商或是政治头脑等方面的能力。当然，成绩优异的学生具有识记知识点并将其照搬到考卷上的能力。但是，事业的成败很少关乎寻求问题的正确答案，更多的是找到需要解决的关键问题。

[6] 在 1962 年的一项经典研究中，一群心理学家跟踪研究了美国最具创造力的建筑师，并把他们与那些技巧有余、创造力不足的同行进行比较。区分建筑师是否有创造力的一项因素就是看他们是否有起伏的成绩记录。“在我们大学，最富有创造力的建筑师的平均成

绩是良,”唐纳德·麦金农写道。“对感兴趣的工作或是学习,他们会表现非常突出,而对于那些不能激发想象力的学科,他们会全然放弃努力。”把精力都投入到可以引起他们好奇心的事物上,优先完成可以激发他们内在兴趣的事,这最终造就了他们事业上的成功。

[7] 争取最优异的成绩需要你学会循规蹈矩,而一个有影响力的职业生涯需要你具有创造力。在一项针对毕业时成绩在班级位居前列学生的研究中,教育研究人员凯伦·阿诺德发现,尽管这些人通常可以取得事业成功,但他们很少成为所处行业中的翘楚。“在毕业典礼上致告别词的优秀学生不会成为未来的行业领军人物,”阿诺德博士解释说,“他们通常会让自己适应体制,而不会去尝试改革原有体制。”

[8] 这似乎可以说明为什么史蒂夫·乔布斯的高中成绩 GPA 只有 2.65, J. K. 罗琳从埃克赛特大学毕业时大致平均成绩只有 C,让人敬仰的马丁·路德·金在莫尔豪斯学院四年学习中只得到过一个 A。

[9] 如果你的目标是毕业时能有一份完美无瑕的成绩单,那你就可能会去选择容易拿高分的课程,让自己待在舒适区里。如果你愿意忍受偶尔拿个 B,你就能一边努力啃着晦涩难懂的《芬尼根守灵夜》,一边学习使用 Python 编程。你从中可以吸取经验,学会应对失败和挫折,而这些经历将有助于培养你的韧劲。

[10] 成绩优异的学生也会错过锻炼社交能力的机会。花很多时间泡在图书馆里意味着你要相对减少去结识一生挚友、加入新社团或是做义工的时间。这是我的经验所得。我没有实现 GPA 达到 4.0 的目标,毕业时我的 GPA 成绩是 3.78。(这是我自 16 年前申请研究生院以来第一次告诉别人我的 GPA 成绩。真的,没有人会在意你的成绩)回头来看,我现在并不认为我当时的成绩再高一点就好了。如果让我再上一次大学,我会减少学习的时间。与其把时间花在记忆像眼睛内部运行机制这样的内容,还不如花时间去尝试即兴喜剧表演,或是与室友半夜多聊聊人生的意义。

[11] 所以,对于大学,我的建议是:要让学生更容易接受学识上的挑战。研究生院可以明确提出他们不在意 GPA 到底是 3.7 还是 3.9,二者没有区别。大学打分时不再使用“+”或“-”号,这样 GPA 只要达到 3.7,成绩单上呈现的就都是 A。这或许也可以让学生不再疯狂追求高分,疯狂追求高分只会造成学生在学业上的过度竞争,太多的学生现在就是为毫无意义的完美成绩去奋斗。为什么必须让学生在开学第一个月而不能等到学期结束再决定课程是否采用“及格-不及格”的记分方式呢?

[12] 对于雇主,我的建议是:一定要态度明确,你们更看重的是技能,而不是高分。一些招聘人员已经开始这样做了:在 2006 年一项针对 500 个招聘岗位的研究中,大约有 15% 的招聘者会主动放弃 GPA 特别高的学生(也许是质疑他们的生存目标和生活技能),超过 40% 的招聘人员在初步筛选时不会考虑成绩因素。

[13] 对于成绩很好的学生,我的建议是:要意识到即使学业成绩没有实现预期目标,这一经历或许可以帮助你现实生活中取得远远超出预想的成功。所以,现在也许需要你们鼓起勇气,重新设定一个目标——在你毕业之前至少拿到一个 B。

Section IV TRANSLATION

I

Translate the following paragraphs into Chinese.

那么孤独感是如何转变为健康问题的？研究者认为长期的人际隔离会引起系列生理反应，并造成正常免疫反应机制出现问题。孤独的个体最初会转变对世界的看法，典型的特点是会认为他人是一种威胁，这导致他在参加聚会这样的人际交流中倍感压力。“长期孤独的人群有一套自我的世界观，他们臆断任何人都是不可信任的”，本研究第一作者，加州大学洛杉矶分校医学院的助理教授史蒂夫·科尔认为，“这并非是因为他们对社会充满敌意；仅仅是他们认为这个世界对他们更具威胁。”

II

Translate the following sentences or paragraph into English.

1. The reality is that everything we do is a subset of the environment.
2. The pole vault combines the grace of a gymnast with the strength of a body builder.
3. Her stories were always ones that described the land from a bird's-eye view.
4. As an old system goes into decline, the opportunity, space and resources become available for something new to grow.
5. The grass feeds the bison that keeps the predator alive—interdependence in a healthy biological system.
6. These negative outcomes are largely the result of ignoring the dynamics of natural healthy systems.
7. Then out of nowhere, and from the deepest depths of his soul, he envisioned his mother.
8. The same mentality that oppresses people pollutes the environment.
9. It was either the deafening roar of people in the stands or the thump of his landing that brought Michael back to earth.
10. Michael was immediately swarmed with people hugging and congratulating him on the greatest accomplishment of his life.
11. Undergraduates, especially freshmen (first-year students), hope to improve their English proficiency to a great extent. The problem (question) is which teaching method works better / is more effective. Students can hardly get interested in a lesson if the teacher does nothing but repeat what the book says. Competent (qualified) teachers will not only adopt amusing ways of instruction, but enable students to learn a great deal. The top priority for a teacher is to make the students' English more idiomatic and accurate.

Section V WRITING: Exemplification (举例法)

举例法

一、什么是举例法？

举例法 (exemplification) 是议论文或说明文段落写作中最为常见的拓展主题的手段之一。段落只有主题通常难以达到让人信服的目的，通过实例对作者的观点或文章的主题思想进行说明、解释，使抽象、难解的事物具体化，这不仅有助于读者感受到作者的观点，而且可使文章读起来生动、有趣，给读者留下深刻的印象。请比较如下两个例句：

1. Many plants and animals are threatened by global warming.

2. Many plants and animals are threatened by global warming. In southern Britain, for example, the beech tree may become extinct within 30 years. Many plants and animals are threatened by global warming.

相比之下，第二句举出具体详尽的案例来说明全球变暖这一较为抽象的主题，这有助于读者深入理解作者的观点，而且可以让主题更具信服力。举例法的作用可以概括为：1) 解释观点或澄清概念；2) 支持概括性的主题观点；3) 解释难点或不熟知的概念。举出的例子可以是一个单词、短语、句子或是更长的一段话。

二、如何利用举例法拓展段落主题？

2.1 举例法的段落结构

运用举例法进行段落写作，段落结构安排至关重要。举例法的结构安排有两种，一种是陈述观点后举出一个或多个例子阐明观点；另一种是举一个很长的例子后转入所阐明的观点。我们以本单元课文 B “What Straight-A Students Get Wrong” 的两段为例：

1. The evidence is clear: Academic excellence is not a strong predictor of career excellence. Across industries, research shows that the correlation between grades and job performance is modest in the first year after college and trivial within a handful of years. For example, at Google, once employees are two or three years out of college, their grades have no bearing on their performance. (Of course, it must be said that if you got D's, you probably didn't end up at Google.)

2. In a classic 1962 study, a team of psychologists tracked down America's most creative architects and compared them with their technically skilled but less original peers. One of the factors that distinguished the creative architects was a record of spiky grades. “In college our creative architects earned about a B average,” Donald MacKinnon wrote. “In work and courses which caught their interest they could turn in an A performance, but in courses that failed to strike their imagination, they were quite willing to do no work at all.” They paid attention to their curiosity and prioritized activities that they found intrinsically motivating — which ultimately served them well in their careers.

两段都采用了举例法，但其组织结构具有显著差异。例 1 首先提出观点，然后两个例子说明本段主题观点。它采取的段落结构为：

Topic sentence

Supporting details

Example 1

Example 2

例 2 中只呈现一个科学研究结果进行举例，紧接着对研究的重点问题及其发现进行简单介绍，段落结尾通过结合研究结果提出主题观点。它采取的段落结构为：

One extended example

Explanation of the example

Topic sentence

2.2 例子的选取与安排

在段落写作中，采用举例法不是几个例子的罗列，更主要的是如何选取例子及如何安排多个例子在段落中的先后顺序。

首先，例子的选取。举例法是支持段落主题句的重要手段，因此所选取的例子要与该段落的主题句直接相关，具有代表性，能够准确、有效支持或解释主题。

其次，例子的类型。例子可以是作者个人经历或观察，可以是新闻、他人著作或影视作品，也可以是权威机构提供的统计数据、研究结果或专家观点等。

以上文例 1 为例，本段的主题句为：Academic excellence is not a strong predictor of career excellence。作者采用了两种不同类型的事例，一个是研究结果（Across industries, research shows that the correlation between grades and job performance is modest in the first year after college and trivial within a handful of years.），其目的在于从理论角度上解释说明段落的主题，另一个为 Google 公司的招聘理念（For example, at Google, once employees are two or three years out of college, their grades have no bearing on their performance.），作者选取像 Google 这样有代表性的国际知名公司的人才招聘理念，在实践层面印证了作者观点的可信度。

再次，例子的安排

一个段落的主题句下如选取多个例子，例子的先后顺序安排是有技巧性的。例 1 中作者选取了理论和实践两个方面的案例，增强了主题句的信服力。多个例子之间还可以采用时间顺序、空间顺序、从最重要到最不重要或是反之亦可，总之，例子安排的先后顺序是存在一定内在逻辑性和目的性的。

2.3 例子的描述

选好例子之后，需要用语言进行描述，描述时例子需要做到语言具体、准确。提供统计数据时要客观，为读者提供充分的信息，这样读者可以评估数据的可信度，所采取例子可以更有效地支撑主题。请试比较下面两个例子：

1. For most companies, once employees are out of college, their grades have no bearing on their performance.

2. At Google, once employees are two or three years out of college, their grades have no bearing on their performance.

显然, 例子 2 将上一例句中更广义的 “most companies” “out of college” 的描述进一步细化, 内容更为具体, “Google” “two or three years out of college”, 替代了模糊不清的范畴。提供细节不仅可以使事例更具代表性, 描述更具客观性, 而且会让读者阅读时对此更具认同感。

需要强调的是, 描述事例时提供必要的细节, 但描述案例时不要对各个细节都做过多的描述, 仅提供与你观点相对应的相关细节就可以, 太多的细节描述会让读者抓不住重点。

2.4 常用的衔接词

使用举例法时, 通常需要使用衔接词, 这有助于段落写作的连贯性。否则段落可能会显得松散凌乱。

举例法中常用的衔接词有:

(1) 介词短语: for example, for instance, as an illustration of,

(2) 形容词短语: such as, such .. as ...

(3) 副词: as, particularly, especially

(4) 动词短语: be an example of, be a case in point, take...as an example, provide an example, illustrate with an example, bring forward a case, draw an example

常用的句型有:

One example of...is...

One thing that bothers me is...

...can be illustrated by...

Another example of ...is...

An additional example is ...

Second, consider the case of...

Still another good example of...is...

The most important example of...is...

采用举例法写作时, 有意识地使用连接词可以帮助保证举例的有效性和段落的连贯性。但值得注意的一点是, 不能过度强调连接词的重要性, 举例法的重点在于思想的表达, 连接词可以促进段落中思想的流动, 过度使用就会造成舍本逐末, 影响思想的连贯性。

Task 1 Paraphrase the following sentences:

1. Career success is not always guaranteed by academic excellence. (topic sentence)

2. Research shows that there is no strong link between grades and job performance, as

employers will only give limited or little consideration to GPA in selecting job applicants. (supporting evidence)

3. If you are two or three years after graduation, according to Google, your ability to do the job well is completely irrelevant to school achievement. (supporting evidence)

4. Career success is more about finding the right problem to solve than finding the right solution to a problem. (supporting point)

5. Be aware that you will stand a better chance of achieving success later in your career if you have experienced frustrations in the school work. (conclusive sentence)

Task 2

Sample 1

The Downsides of Social Media (自写文章)

Social media has become an indispensable part of a modern life. We use it to connect with people and keep up to date with the latest news. However, does it allow us to be closer with other people or more perceptive to the world happenings? Maybe the reality is just not as good as we have expected.

Social media has technically closed the geographical difference and bring people closer. However, the psychological distance has never been bridged simply by the use of social media. Instead, it has pushed us further apart, especially from people that are closest to us. Today, it is not uncommon to find that at a party or gathering, people are busier taking photos and posting them to social media than chatting with each other. It seems that people care more about friends in the virtual world than about those who are sitting just next to them.

What's more, social media is considered a great way to stay informed. Do you become more intelligent with the knowledge of overloaded information? Two years ago, one report was forwarded frantically on WeChat and dominated many users' moments of that day. The report was written by a father who described the unfortunate experience of his son in the hope that people would extend a generous hand to help his son out of cancer. However, on the second day, the report was found to be an absolutely fake story. This incident has sounded an alarm to the public that we might have lost our reason and wisdom in the face of disguised tricks within a social network.

Of course, the convenience and easy access brought by social media can never be ignored, but we should constantly remind ourselves that we have to take its consequence while enjoying the privileges brought by social media. Therefore, try to use it in a more careful and critical way.

Section VI GRAMMAR: Subordinate Clause 2: Adverbial Clauses of Concession (让步状语从句)

让步状语从句

翻译“不论”或“无论”时，学生最熟悉的是 no matter，甚至有的同学见到“不论”就想起 no matter。一方面，学生应该尽可能使用 whatever 或 wherever 等形式，另一方面，有不同表达“不论”的方式，应该根据具体结构选择简练的表达方法。

(1) whatever 等结构的使用范围比 no matter what... 更广，有时只能用 whatever 等结构，如整个结构充当主语或宾语时。下面的第一句和第二句就不能使用 no matter... 的结构。

1. Our military is the best in the world, and our troops give their all to succeed in whatever they're asked to do.

2. I told the staff to dress casually, sleep as much as possible, and do whatever they could to stay healthy amid the rigors of a grueling schedule.

3. But wherever we were, we could still count on finding staff favorites on the menu, like the Air Force's famous turkey taco salad. (也可使用 no matter where)

请试用 + ever 形式翻译下列句子：

不论谁帮过我忙，我都感谢。

不论你发生什么事儿，都与我无关。

上课时不论老师说什么，我都记下来。

上述句子可翻译为：

I'm grateful to whoever has ever done me a favor. (使用 no matter 翻译很麻烦)

Whatever happens to you has nothing to do with me.

I take down whatever the teacher says at class.

名词与 whatever 连用时，经常用省略句形式，如：

whatever the difficulty

whatever your excuse

whatever the price

whatever the reason

使用 whether 表示“不论……还是……”时，前面不必使用 no matter，例如：

1. Whether you have read the book or not, you might know something about the author.

2. Whether you are interested in this job, you have to finish it by the deadline.

3. Whether she accepts or turns down the offer, she is old enough to decide for herself.

(2) 表示“不论大小”或“无论贫富”等意义时，没必要使用 no matter... 结构，最流行的用法是 or 连接，有时用 and，例如：

1. They're very intolerant of any criticism, positive or negative.
2. All citizens, rich or poor, enjoy some political rights.
3. Toward all nations, large and small, our attitude must be one of cordial and sincere friendship.
4. Let us resolve that we the people will build an American opportunity society in which all of us — white and black, rich and poor, young and old — will go forward together arm in arm.
5. We have to do whatever can do to capture Bin Laden, dead or alive.

邓小平有句名言“不管黑猫白猫，捉到老鼠就是好猫。”网上有不同的译法，但多数译法忽略了这种简妥的表达方式。该句子可翻译为 A cat, black or white, is a competent one as long as it can catch rats.

“无论”偶尔有通过其他方式表达的，例如：

1. For the first time all major economies, developed and developing alike, agreed to report transparently on their mitigation efforts. (Hillary)
2. It is the ability to hold and process quantities of information, both verbal and non-verbal — such as, say, memorizing a musical score and rewriting it in your head.

(3) 列举几个成员时，可用 be it (they)... 或 whether it (they) be... 或 whether...or..., 例如：

1. When you think about sports, whether it be football, baseball or basketball, you realize several key ingredients are needed to set the stage.
2. Together the results of these studies demonstrate that language exposure in early childhood is necessary for language to develop fully in any language, be it a first or second language.
3. ...technology is good enough that those who sell e-books, be they distributors or retailers, should be able to self-police and prevent unauthorized purchases.
4. Every time we have faced a challenge, whether war or depression or global competition, Americans have risen to meet it...
5. All citizens should have the right to live, work, and worship as they choose, whether they be Muslim or Christian or from any other background.

所以，“任何一个国家，不论是中国还是美国，都应该致力于维护世界和平”可翻译为 “Any country, be it China or the United States, is to be committed to safeguarding world peace.”

(4) alike 经常出现在具有对立意义的两个名词后, 其含义是“不论……还是……”或“两者都……”, 例如:

1. The program was well received by teachers and students alike for its remarkable practicality and powerful expandability.

2. ..., who exploited their workers, adults and children alike.

其他例子有 doctors and patients alike, employers and employees alike 或 males and females alike。

(5) no amount of... 的含义是“不论怎样……都不能……”或“再多的……也不能……”, 例如:

1. No amount of training, coaching or personal efforts will help the situation.

2. No amount of persuasion can change her mind.

3. No amount of money can ensure longevity.

(6) never...too... 或 can never overestimate... 等句式也可表示“不论怎样……也不……”, 例如:

1. It's never too late to quit smoking.

2. Never too old to learn.

3. You can never learn too much.

Key to GRAMMAR Exercise 8

Translate the following sentences into English.

1. Whoever has read this book wants to read it a second time.
2. Any university, be it / whether it be Peking University or Renmin University, has some distinguished professors.
3. It is said that whatever you want to eat is available if you go to the cafeteria around 11 : 30.
4. Whether you are interested in research, what counts is to bring your talent into full play.
5. You should attach importance to each course this semester, compulsory or optional.
6. Adults and children alike can easily become addicted to online games.
7. No amount of reading can turn him into a popular writer.
8. You can never be too patient when playing with a kid.
9. I turn to my college classmates whenever I'm in trouble.
10. I keep in mind whatever my mom says.

Economics and Management (I)

Section I READING SKILLS: Making Predictions and Connections

IN THIS SECTION THE STUDENTS WILL LEARN:

1. to analyze reading efficiency and flexibility;
2. to understand factors that affect rate and comprehension;
3. the basic principles that govern efficiency.

Practice of Reading Techniques

Activities for Making Predictions and Connections in Text A

1. *Which of the following ways do you think is the most effective in influencing and changing people's behavior? Education, legislation or enforcement? Why?*

Education is the most effective in influencing and changing people's behavior. First and foremost, information obtained in education helps learners to anticipate consequences of action and inaction, thus laying a solid foundation for their decision afterwards. Second, models and demonstrations serve to arouse learners' sympathy and ease their nervousness and anxiety. Last, incentives and contests help enhance their sense of responsibility and self-motivation.

2. *By reading the title of this article, what do you expect the author to talk about in this article?*

The author may talk about the application of AI or other cutting-edge technologies in promotion of employees, communication of coworkers as well as the systematization of HR management.

3. *We know that a good author never forgets to give synonyms in the text to explain a new word, especially a key concept. Can you find two synonyms of "nudge" in the 3rd paragraph and guess the meaning of "nudge"?*

“prompt” and “coax” are two synonyms of “nudge” and it can be inferred that “nudge” means “encourage sb. to do sth. in a gentle rather than forceful way.”

4. Can you locate the linking words between each paragraph? What are their functions?

“but” in the first sentence of the 6th paragraph indicates that the next paragraph is meant to call in question the validity of Humu’s claim in the 5th paragraph. “If” in the first sentence of the 10th paragraph indicates that the next paragraph is meant to serve as an example of the idea put forward in the 9th paragraph.

5. What aspects of “nudges” do you think will be covered in this article? Which aspect will possibly be the focus of the author?

The conceptualization of “nudges,” the application of nudges and the feedback to the practice of nudges will be discussed and all considered, the feedback to the practice is most likely to be the focus.

Section II TEXT A

Toward a Happier Office with Data-driven Nudges

TEACHING OBJECTIVES:

Text A will enable students

1. to learn the definition of “nudge” and the psychological mechanism behind the practice of HUMU.
2. to learn about different attitudes toward the practice of “nudge” in HR strategy.
3. to learn how to use the following key words and phrases:
foster; insight; prompt; sensitive; motivated; anonymous; potential; elevate; deploy; comply with
4. to learn about past participles being used in (1) and “it” being used as the grammatical subject or formal subject in (2)
 - (1) A nudge can have a powerful impact if correctly **deployed** on how people behave and on human performance.
 - (2) **It** was hard to argue with most of the messages the company delivered because they encouraged behavior most people would welcome. to learn how to use cause and effect in an argumentative writing.
5. to be familiar with the comparison and contrast essay
6. to discuss the related topics regarding the practice of “nudge” in office life.

KEYS TO EXERCISES**I****READING COMPREHENSION**

A.

1. C (Paragraph 1. The first paragraph tries to grab the audience's attention by citing two examples of A.I.'s potential for solving complex problems. The first one cited is reduction of automobile deaths. In this case, for example, the software algorithm can analyze a city's traffic footage and use artificial intelligence to recognize traffic events known as near-misses, that is, a car screeching to a halt to avoid hitting a pedestrian. This strategy, known as surrogate safety analysis, may use near-misses as "surrogate events" in order to detect risk before actual crashes take place. As patterns emerge, city transportation officials will gain the ability to identify where the highest risks for traffic accidents are around the city. Eventually, the goal is to build a database that city officials will be able to use to spot the riskiest areas on the streets. In the second example, a probabilistic A.I. model by IBM is said to be used to better understand patients' individual conditions and, crucially, how they are likely to develop. It can give information about a wide range of symptoms — from shaking hands to mood swings — and then use this data to help identify the biomarkers of diseases including diabetes, Huntington's disease, Alzheimer's, Parkinson's, and more. The A.I. can help doctors understand more about the progression of these neurological disorders, as well as pinpoint how advanced they are. Both of these two cases talk about the functions and purposes of Analytical AI, consistent with cognitive intelligence. At the end of the 1st paragraph, the author mentions A.I.'s potential to make people happier at work, namely the social aspect of A.I.)
2. A (Paragraph 2. It can be seen that Humu is trying to locate or identify one or two behavioral changes to ameliorate the atmosphere of office and make the employees happy. Since it is based on people-analytics programs, it can be inferred that people-analytics programs must be focused on the behavior and performance of employees in order to give advice to their employers.)
3. B (Paragraph 3. Richard Thaler's research digs into how people often make decisions on their accessibility or availability rather than their aftermath. That means he focuses on the hidden psychology of people making decisions.)
4. D (Paragraph 6. In answer to Todd Haugh's claim, Dr. Wisdom dispenses doubts by demonstrating how nudges works, namely designing the context in which people make decisions beneficial to the majority. Also, Dr. Wisdom cites the evidence that most of the nudges satisfy most people's needs by stimulating ideal or optimal decisions.)
5. B (Paragraph 11. Ms. Jimenez claimed that the timely nudge from Humu reminded her of the

importance of keeping all her employees happy and inspired.)

6. B (The whole text)

B. Fill in the blanks with the information in Text A.

Introduction:

AI's potential for solving some of the world's dilemmas has become the focus of many technology companies and employees' motivation at work has been addressed in this way. (Paragraph 1)

Body:

Humu's practice of nudges: Based on Richard Thaler's groundbreaking research into people's tendency to make a decision based on a well-timed nudge, Humu prompted its employees into small actions to achieve its goal. (Paragraphs 2–4)

Humu meets with two main challenges when implementing nudges: first, potential infringement of data privacy has been called into question; second, the debate over deliberate manipulation for the sake of companies has been ignited. (Paragraphs 5–11)

Conclusion:

Practicality of nudges in real life: Sweetgreen's example demonstrates nudges' use in career advancement and employee retention. (Paragraphs 12–13)

II

VOCABULARY

A.

1. C 2. A 3. D 4. B 5. D 6. A 7. D 8. B 9. C 10. B

B.

1. put the boot in	2. argued with	3. laid into	4. laid... up
5. put... in the forefront	6. laid out	7. came up for	8. putting the work in
9. come up with	10. comply with		

III

CLOZE

1. C 2. B 3. D 4. A 5. A 6. C 7. B 8. D 9. A 10. C

IV

TRANSLATE THE FOLLOWING PARTS INTO CHINESE

1. 技术公司想开发人工智能的潜力，解决世界上最大的一些难题，比如减少机动车造成的死亡，帮助医生诊断。三位前谷歌员工创建的公司正将人工智能定位为一个更普遍问题的解决方案：更快乐地工作。

2. 在一个雇员觉得决策方式不透明的公司, Humu 可能会在会议前轻推某位管理者让其询问她的团队以获取讯息, 并准备改变自己的想法。Humu 可能也会让某位雇员提出她本人愿意回答的有关自己团队的问题。
3. 这一理念基于经济学家理查德·塞勒获得诺贝尔奖的研究。该研究关注人们面对抉择时, 如何只考虑是否更容易而非是否对自己最有益, 以及适时的助推如何诱导他们做出更好的选择。
4. 我们想成为自己希望成为的那个人。但我们需要别人提醒。如果使用得当, 一个助推可能会深刻影响人们的行为模式和表现。
5. 对公司来说, 最大的挑战是处理人力资源这种敏感领域的数据和人工智能。Humu 声称其软件尊重雇员隐私, 授权雇员删掉个人数据, 包括那些问卷中的匿名评论。Humu 声称完全遵循欧洲严苛的数据隐私规则。
6. “想想每个成员在目前角色和长期规划中的成功必备技能,” 电子邮件如此写道, “记下来。将这些技能记录下来, 能帮助你为团队及时捕捉到出现的机会 —— 那么, 现在就努力投入吧!”

V

SPEAKING PRACTICE

1. What do you think of those applications for roll call to check attendance on class?

Using face recognition for scanning behaviour of students in an interesting approach but using the systems in schools has raised obvious privacy concerns. There are upsides to this as well though it helps the school tailor its approach better to keep the students involved. See <https://www.analyticsvidhya.com/blog/2018/06/china-school-facial-recognition-analyse-students/>

2. When you are talking about a balanced diet, what do you have in mind? Do you think there are some nudges which might help you keep a balanced diet?

It's an age-old public health question — how to preserve people's ability to make their own choices while encouraging them to make good ones. In the realm of food, it's something that school administrators, health insurers, and lawmakers have been thinking a lot about in recent years. Some approaches they've tried out are dramatic: for instance, banning sodas in school vending machines, or implementing a junk food tax. Others are more subtle. These so-called “nudges” often use positive cues and suggestions rather than rules to try to change behavior. See

<https://www.statnews.com/2016/09/22/healthy-food-nudges/>

3. Are you always suffering from a neckache due to excessive use of computers? Do you think setting an eye-rest reminder before using the computer serves as a good nudge?

Working too long without taking a break can take a toll on your mental and physical health. We're all guilty of sitting in one position for too long, not getting up to stretch, and ending up sore, strained, and fatigued because of it. In 2015, five desktop apps for Windows, Linux, and

macOS could be installed that reminded users to take breaks, stretch, and stay healthy. See <https://www.techrepublic.com/blog/five-apps/five-free-apps-to-help-remind-you-to-take-a-break/>

4. *What do you think about traditional nudges such as defaults? Do you think they are to some extent manipulative because they do not require cognitive engagement or motivation from the decision maker?*

As opposed to boosts and educative nudges, traditional nudges, such as defaults, do not require cognitive engagement or motivation from the decision-maker. Consider, for example, a complex issue such as climate change. Protecting the environment is a task for the government and the people. In order to engage people in pro-environmental behavior, successful interventions need to consider human decision-making in situations of uncertainty. Suggested interventions in the form of nudges include green defaults (e.g., automatic enrollment in green energy programs), the re-framing of information (e.g., highlighting social benefits rather than personal sacrifice), conveying social norms (e.g., comparing one's energy consumption to the neighbors'), and using eco-labels. The issue of whether defaults are manipulative remains to be discussed. See

<https://www.behavioraleconomics.com/supporting-decision-making-under-uncertainty-nudging-boosting-or-both/>

5. *What do you think about A.I.'s potential role in the field of human resource management? Are you optimistic or pessimistic? Do you think the involvement of A.I. will counteract prejudices or reduce discrimination?*

Open.

BACKGROUND INFORMATION

Make a thumbs up, extend your arm all the way, close one eye, and see if you can hide the animal with your thumb. This rule of thumb is suggested by the organization Leave No Trace to help children to judge the safe distance from a wild animal. Rules of thumb that make complex decisions a little easier have been termed heuristics in the scientific literature. Making decisions can be overwhelming when there is too much information or too little time. We can consciously process only a limited amount of information at a time, a characteristic which Herbert Simon termed bounded rationality. As a result, people simplify decisions by using heuristics. Heuristics are simple decision rules that allow judgments of acceptable accuracy without integrating all the information available. They play an important role in daily judgments and decision-making processes. For example, we can safely cross a street without accurately analyzing the speed of approaching cars. Children learn quickly how to do this long before taking their first physics class. However, the use of heuristics may also lead us astray and leave us prone to biases. In fact,

a debate is ongoing over whether heuristics primarily serve to help us or harm us.

Heuristics and Biases

The first scholars to systematically study heuristics were psychologists Amos Tversky and Daniel Kahneman in their heuristics and biases program. Tversky and Kahneman wondered how people come up quickly with intuitive answers to complex questions. In numerous studies, they demonstrated that a basic mechanism of most heuristics is the substitution of an easy question for a more complex one. For example, if asked about the likelihood of a terrorist attack, some people may answer based on how easily they can think of a recent terrorist attack, which is known as the availability heuristic. If asked about the likelihood that a given person is a potential criminal, some people may answer based on subjective associations with the person's looks or nationality, which is known as the representativeness heuristic. The heuristics and biases program has inspired researchers in psychology and economics by showing how people simplify decisions, but especially because it demonstrated how human judgment can be biased and result in systematic errors. These insights resulted in behavioral interventions known as nudges, which respond to biases and structure choices in a way that makes it easier for people to make better decisions. The use of nudges has been promoted as a non-regulatory and cost-efficient policy instrument. For example, automatic enrollment in a savings plan is a nudge that responds to inertia and present bias — which often lead to procrastinating retirement planning.

Fast and Frugal Heuristics

Another group of researchers has emphasized the advantages of using heuristics in situations of uncertainty rather than the potential biases resulting from their use. Gerd Gigerenzer and his colleagues investigate fast and frugal heuristics, which are simple rules that do not necessarily sacrifice accuracy. They describe decisions as ecologically rational when they reduce effort and increase accuracy by matching the mind's capacities with the current environment. Fast and frugal heuristics can sometimes outperform complex algorithms in real-world situations. A typical example is the gaze heuristic, which describes how a person or a dog can ably catch a ball or a frisbee without analyzing all the factors that affect the object's trajectory. Similar to the advocates of nudges, fast and frugal researchers call for designing environments in ways that trigger successful heuristic strategies. However, they suggest environments that support informed decision-making without steering people in a certain direction, as nudges do. As an alternative to nudges, Till Grüne-Yanoff and Ralph Hertwig introduced boosts, which are based on fast and frugal heuristics and aim at expanding (boosting) people's decision-making competences by supporting them to apply their existing skills and tools more effectively. A boost of statistical understanding to make informed medical decisions may include the presentation of statistical information in frequencies rather than probabilities. Boosts in the form of decision-trees have been quite successful in medicine, for example, to support informed decision-making of both patients and providers.

The Debate

Heuristics are often portrayed as a deviation from optimal reasoning, yet can also be viewed as the optimal human strategy to reduce complexity in a given situation. A public discussion between Gigerenzer and Kahneman and Tversky in the 1990s was the beginning of this debate, which is still ongoing. In the 2016 Behavioral Economics Guide, Gerd Gigerenzer congratulates Daniel Kahneman and Amos Tversky for promoting heuristics in psychology, before lamenting their linking of heuristics to systematic errors and biases, which has led to the wrong assumption, in his opinion, that humans are irrational, lack accuracy, or are simply not very smart. Daniel Kahneman, however, has repeatedly stated that he and Amos Tversky never intended to show that human choices are irrational, but rather that human beings are not well-described as purely rational agents. Ultimately, both groups of researchers agree that heuristics generally work well, and that in many cases a good-enough or satisfying outcome is sufficient and an optimal outcome not feasible. It is unfortunate that the two approaches to heuristics are still seen and act as opposing parties.

Nudges vs. Boosts

Image based on a presentation by Ralph Hertwig (2018) at the German Rector's Conference.

Uncertainty, time constraints, and incomplete knowledge are all parts of everyone's daily life; consequently, heuristics are useful tools we all rely on, often with success and sometimes with failure. The two approaches that study heuristics do not have to be conflicting, as both schools offer important insights into human decision-making and valuable tools to support decisions under uncertainty. In a recent article in *Perspective on Psychological Science*, Ralph Hertwig and Till Grüne-Yanoff congratulate Richard Thaler and Cass Sunstein for drawing attention to the importance of behavioral science in policy by introducing nudges. The authors acknowledge that some nudges such as labels and reminders are educative in nature and, thus, are similar to what the authors term short-term boosts. That is, both offer additional information in a way that is easy to understand and follow, but may not equip people with a new competency (as long-term boosts do). As opposed to boosts and educative nudges, traditional nudges, such as defaults, do not require cognitive engagement or motivation from the decision-maker. While nudges may be effective policy instruments, there should be room for more approaches, as Hertwig and Grüne-Yanoff argue.

Consider, for example, a complex issue such as climate change. Protecting the environment is a task for the government and the people. In order to engage people in pro-environmental behavior, successful interventions need to consider human decision-making in situations of uncertainty. Suggested interventions in the form of nudges include green defaults (e.g., automatic enrollment in green energy programs), the re-framing of information (e.g., highlighting social benefits rather than personal sacrifice), conveying social norms (e.g., comparing one's energy

consumption to the neighbors'), and using eco-labels. Eco-labels may count as a boost as well if they target the consumers' competence and boosts their understanding of pro-environmental features of the product. Communicating risks around climate change in a way that is easily understandable, such as by using simple graphs, could be a way to boost pro-environmental intentions. These interventions would make it easier for people to behave pro-environmentally despite their uncertainty — and tackle the larger issue from different angles. The distinction between nudges and boosts seems not to be clear for many, however. In the 2017 Behavioral Economics Guide, Cass Sunstein points out that people sometimes make mistakes and in such cases an improvement in choice architecture might help. He also acknowledges, however, that these improvements might take the form of a boost. Rather than making a clear distinction between the approaches, it may be practically more useful to integrate them in one framework (for example, based on their level of education or information).

Conclusion

Both nudges and boosts are powerful tools based on empirical behavioral science that may improve and support decision-making. How could these and other approaches be incorporated into one useful framework? While the discussion on how to use these tools to support decisions and change behavior has already begun (see, for example, Hertwig's overview of rules for using boosts over nudges in policy), the wider community of researchers and practitioners in behavioral economics should engage in integrating both views and finding empirical support for their use in various contexts, as discussions often remain on the theoretical level. A clear framework that integrates various approaches to support decision-making may offer choice architects a repertoire of valuable tools depending on the setting, goals, and the characteristics of the decision-maker.

Further Readings

Kelman, M. (2011). *The Heuristics Debate*. New York, NY: Oxford University Press.

Raue, M., & Scholl, S. G. (2018). The Use of Heuristics in Decision-making under Risk and Uncertainty. In M. Raue, E. Lerner, & B. Streicher (Eds.), *Psychological Perspectives on Risk and Risk Analysis — Theory, Models and Applications*. New York, NY: Springer.

MORE INFORMATION ABOUT THE TEXT

1. It's an age-old public health question — how to preserve people's ability to make their own choices while encouraging them to make good ones.

In the realm of food, it's something that school administrators, health insurers, and lawmakers have been thinking a lot about in recent years. Some approaches they've tried out are dramatic: for instance, banning sodas in school vending machines, or implementing a junk food tax. Others are more subtle. These so-called "nudges" often use positive cues and suggestions rather than rules to try to change behavior. Here, five sneaky nudges that research has shown

have the potential to make a real difference.

2. **Think ahead.** Getting kids to choose healthy meals has always been a challenge. But researchers at the University of Florida found a way to do it. They studied 70 students at a Florida school who used a software program to preorder their school lunches. Some placed their orders as usual, while others received behavioral “nudges” based on United States Department of Agriculture’s MyPlate recommendations. Kids who chose all five of the recommended food items got a screen with a smiley face. Those who did not, got a screen asking if they wanted to go back; while they could decline that offer, the “no” button was grayed out. Researchers found that students getting the MyPlate nudges selected significantly more fruit, veggies, and low-fat milk than students in the control group. University of Florida researcher Gabrielle Miller believes that preordering takes away impulse selections. “It’s like that rule about making a list before you go grocery shopping,” she said. “You’ll make more healthful choices.”
3. **Point the way.** Speaking of groceries, researchers at New Mexico State University recently found that a good way to get people to buy, and subsequently eat, more fresh fruits and vegetables is to remind consumers where to find them. In a 14-day pilot study examining the effects of in-store marketing, researchers selected two similar grocery stores in the same chain and with similar customer bases. The floor of one store got 6-by-3-foot arrows in highly visible areas, pointing toward the produce section. The arrows were marked with notes like, “Follow green arrow for health,” with images of fruits and vegetables and positive emoticons. The store with the arrows saw a significant increase in people’s spending on produce, but their overall spending didn’t go up — indicating that shoppers were trading prepackaged food for fresh food.
4. **Buck the system.** Teenagers often resist even the gentlest of directives to do anything, including healthful eating. So behavioral scientists tried harnessing that rebellion toward positive aims. And it seems to work. Researchers divided up eighth-graders into groups. One got traditional healthy eating education; another group also got a discussion of healthy eating, but it was framed as a way to take a stand against the manipulative food industry. The next day, that group chose fewer junk food items from a snack menu than the other did. For the teens that got the “take a stand” message, there was a 7 percentage points increase in the rate at which they chose water over sugary drinks. They picked healthier snacks — like fruit, carrots or nuts — over chips or cookies at an 11 percent higher rate than they had prior. “This treatment led eighth graders to see healthy eating as more autonomy-assertive and social justice-oriented behavior,” the researchers wrote. “Public health interventions for adolescents may be more effective when they harness the motivational power of that group’s existing strongly held values.”

5. **Consider placement.** Where food is located can make a big difference in whether it's selected and eaten. Nutritionists, psychologists, and others are recommending that stores and restaurants put healthier options in favorable locations. Food marketing researchers at Cornell University suggest that restaurants can design menus to emphasize healthier items by listing them first within sections and columns with bigger or more colorful typefaces. Cafeterias are also experimenting with moving salad bars closer to entrances and desserts farther away. And we're all used to the quick-grab goodies making up the obstacle course of temptation at the grocery checkout. University of Oxford scientists found that sales of healthy foods increased when they were placed closer to the cash register. The researchers noted that tricks like this worked even when people knew they were tricks. "Repositioning healthy foods is a simple, effective, and well-accepted nudge to increase healthy purchases," wrote the researchers. "Moreover, disclosing its purpose does not impact on effectiveness."
6. **Win with words.** Cornell researchers have found that restaurant menu items marked with descriptors such as "succulent" or "traditional" were ordered more often than items with plainer titles. They suggest using the technique with more healthful menu choices. For example, "tender grilled chicken," instead of just "grilled chicken." Catchy names work, too. In a study of 8- to 11-year-olds, carrots were added to their school lunches. When the carrots transformed into "X-ray vision carrots," the kids crunched away 66 percent of them, but they ate only 32 percent of carrots with the mild-mannered title "food of the day." In another study, lunchtime vegetable sales went up 99 percent in a school that offered "Silly Dilly Green Beans" and "Power Punch Broccoli."
7. **The General Data Protection Regulation (GDPR):** a regulation in EU law on data protection and privacy for all individual citizens of the European Union (EU) and the European Economic Area (EEA). It also addresses the export of personal data outside the EU and EEA areas. The GDPR aims primarily to give control to individuals over their personal data and to simplify the regulatory environment for international business by unifying the regulation within the EU. Superseding the Data Protection Directive 95/46/EC, the regulation contains provisions and requirements pertaining to the processing of personal data of individuals (formally called data subjects in the GDPR) inside the EEA, and applies to an enterprise established in the EEA or—regardless of its location and the data subjects' citizenship—that is processing the personal information of data subjects inside the EEA. 欧盟一般数据保护条例
8. **Why does the author mention A.I.'s potential for reducing automobile deaths and helping doctors diagnose diseases?**

The author expects that most of the audience have learned about or benefited from A.I.'s application in these two fields. He cites the example as a perfect guide-in or introduction to his less familiar topic, that is A.I.'s involvement in people-analytics programs.

9. What does Laszlo Bock mean by saying “A nudge can have a powerful impact if correctly deployed on how people behave and on human performance.” ?

Laszlo Bock wants to demonstrate the importance of research into the hidden mechanism of nudges based on data-collection and algorithm. Meanwhile, he wants to caution against prejudice that nudges can be resorted to regardless of the context, the target, the occasion and the procedure.

10. What are the two issues coming into question concerning the validity and effectiveness of nudges?

The first issue is the potential infringement on people's privacy as a result of data collection and analysis before sending nudges. The second issue is the concern that employers may find nudges a useful tool of manipulation and thus be minded otherwise.

11. Can we draw a conclusion that nudges can prevent more employees from leaving by reading the last 4 paragraphs?

It can only be inferred that nudges can help managers realize the importance of making employees happy and stimulated to retain them and some tips may prove to be effective. Whether managers can prevent employees from leaving depends on their personalized application of these nudges.

课文参考译文: Text A

数据驱动, 助推更快乐的职场

Daisuke Wakabayashi

[1] 技术公司想开发人工智能的潜力, 解决世界上最大的一些难题, 比如减少机动车造成的死亡, 帮助医生诊断。三位前谷歌员工创建的公司正将人工智能定位为一个更普遍问题的解决方案: 更快乐地工作。

[2] 新企业 Humu 总部位于谷歌的家乡加利福尼亚州山景城, 基于互联网巨头领潮的人力分析项目研究诸如如何定义杰出管理者和促成更好的团队合作一类的课题。Humu 也想为其他公司提供类似的数据驱动的洞察力。它运用人工智能深入研究针对雇员的调查问卷, 发现有可能最大程度上提升雇员幸福程度的一两个行为转变。接下来, 它发送邮件或者信息, “助推” 雇员个体采取微小行动, 以达成较大的目标。在一个雇员觉得决策方式不透明的公司, Humu 可能会在会议前轻推某位管理者让其询问她的团队以获取讯息, 并准备改变自己的想法。Humu 可能也会让某位雇员提出她本人愿意回答的有关自己团队的问题。

[3] Humu 一切努力的核心是公司的 “助推引擎” (是的, 已经注册商标)。这一理念基于经济学家理查德·塞勒获得诺贝尔奖的研究。该研究关注人们面对抉择时, 如何只考虑

是否更容易而非是否对自己最有益,以及适时的助推如何诱导他们做出更好的选择。谷歌运用这一策略,诱导雇员在工作中也效仿节俭、健康的素食模式,刺激他们为退休做更多储蓄,在餐厅少浪费食物以及选择更健康的零食。运用机器学习,Humu 将会根据雇员的反馈量身定做,调整信息发送的时机、内容和技巧。

[4]“我们经常想成为更好的人,”拉兹罗·博克说,他是 Humu 的总裁,也是前谷歌人力运营或者说人力资源部门的部门领导。“我们想成为自己希望成为的那个人。但我们需要别人提醒。如果使用得当,助推可能会深刻影响人们的行为模式和表现。”博克任职谷歌十余年间,公司的雇员翻了八倍多。任职谷歌期间,他策划了很多人力资源分析项目,在该领域声名卓著,2015 年还出版专著,详细解读了公司数据驱动下的人力管理新模式。2017 年,他从谷歌离职后,很快与两位之前的同事创立 Humu。一位是杰西·韦斯杜姆,她有行为决策研究博士学位,曾与博克共同从事人力分析研究。另一位是韦恩·克罗斯比,前谷歌技术总监。Humu 筹集了 4 000 万美金,有 15 个客户,公司规模从 150 人到 65 000 人不等。

[5] 对公司来说,最大的挑战是处理人力资源这种敏感领域的数据和人工智能。Humu 声称其软件尊重雇员隐私,授权雇员删掉个人数据,包括那些问卷中的匿名评论。Humu 声称完全遵循欧洲严苛的数据隐私规则。

[6] 但是,雇员们会认为助推确实有用抑或意在操控呢?印第安纳大学凯莱商学院商业法律与伦理助理教授托德·豪格认为助推会让雇员采取更有利于雇主利益而非其自身利益的行为。“唯有公司才知道助推目的何在,”他说。“设计助推之人才是利益会被优先考虑之人。”负责谷歌大部分助推研究的韦斯杜姆博士却认为很难质疑公司发出的大多数信息,因为这些信息推动的行为受到大多数人的欢迎。“任何人都可以参与”,她说,“其实就是设计一种语境,能让人们在其中做出有利于最大多数人的决定。我们从来没有尝试让人们做他们不愿意做的事情。”

[7] 沙拉连锁品牌 Sweetgreen 首席运营官桑吉夫·拉兹丹也是 Humu 的客户。他认为如果助推在谷歌没有业绩记录,自己很有可能就会将其当作“有关幸福的无稽之谈”。不过,在几个月中收到克罗斯比先生发来的电子邮件之后,他认为那些不起眼的提醒确实让自己能够更轻松地行动起来。他举例说,自己曾被推动就他自己正面对的决策征询团队成员的意见。“团队不知道我受到了助推”,他说。“不过我也不介意告诉他们今天收到了韦恩的邮件。”

[8] Sweetgreen 总裁乔纳森·纽曼点评说,Humu 精准定位了 Sweetgreen 最关心的问题:留住员工。Sweetgreen 在美国有 90 家店面,主要聘用小时工。留住员工,保证其快乐至关重要。招聘和培训员工开销不小,而有经验的员工更有生产力。更快乐的员工对待顾客会更为友善,而顾客也喜欢看见熟悉的面孔。

[9] 八月的时候,Humu 分析了上个月 Sweetgreen 1 800 名店面员工完成的情绪调查问卷,发现 43% 的被试都偶尔会考虑离开 Sweetgreen 去他处求职。

[10] Humu 的计算程序得出结论,如果 Sweetgreen 想提升雇员的留职比例,就需要

让更多雇员认可这样的论断：“我相信我在 Sweetgreen 有很好的发展平台。”被试中，81% 的雇员对这一论断持肯定态度。对快餐行业来说，这样的数字着实很不错了，可仍然低于 Humu 为 Sweetgreen 设定的 88% 幸福指数。Humu 的建议是，尽管雇员大多数都快乐，但是有些人还是觉得自己缺少职业生涯上升的机会。Humu 推荐门店经理——被称为 Sweetgreen 的总教练——与员工开展一对一的会谈，讨论其职业发展目标。

[11] 一个月后，九月初，Sweetgreen “山景城”店总教练埃琳娜·希门尼斯收到了一条助推信息。到目前为止，Sweetgreen 只给经理发送助推信息。

[12] “想想每个成员在目前角色和长期规划中的成功必备技能，”电子邮件如此写道，“记下来。将这些技能记录下来，能帮助你为团队及时捕捉到出现的机会——那么，现在就努力投入吧！”希门尼斯夫人与员工简要交流了职业发展规划，单独与每个员工谈话，知悉很多人都想学到不同的技能。

[13] “这是一个很好的提醒，要让每个人快乐，有干劲，”她说。“我希望这能帮助我留住员工。在这里，这可不容易。”

Section III TEXT B

Many Restaurants and Cafes Refuse to Accept Cash

KEYS TO EXERCISES

READING COMPREHENSION

1. D (Paragraph 3: What about children? Or people who are paid in cash, or others who, for whatever reason, can't or won't open a bank account (because they are undocumented, for example, or do not have a home or a fixed address)?)
2. A (Paragraph 5: “We already have so many forms of stigma and discrimination in this country,” says Bill Maurer, a UC Irvine professor who also directs the Institute for Money, Technology and Financial Inclusion, “and now we are adding mode of payment to the list — if we start marking belonging by ‘means of payment,’ that’s a big problem.”)
3. C (Paragraph 6: The cashless challenge, the spokesperson explained, was designed to “make it okay to say I am cash free, and hopefully encourage others to come forward, too.”)
4. D (Paragraph 7: And in his video entry for Visa’s challenge he focuses on business benefits like speed, efficiency, and theft reduction. ...speeds up wait times for customers, and eliminates the risk of theft, either by third parties or workers.)
5. D (Paragraph 10: ... the team will start out cash-free and see how it goes.)
6. B (Paragraph 11: Van Leeuwen store manager Henry Molina says that if a customer makes it to the front of their often-long lines without a card, he’ll politely explain the policy before

ultimately letting the customer have one ice cream on the house.... Kremer says, “we’ll comp the meal and remind them for next time.”)

课文参考译文: Text B

许多餐厅和咖啡厅拒绝接受现金

Alexa Tsoulis-Reay

[1] 在东休斯敦的一家卖健康食物和咖啡的店里，我选好一个价值 11 美元的素食三明治做午餐，这时，我注意到身边的一位先生试图要买杯咖啡，他看上去像位流浪汉。买咖啡的过程不太顺利，首先，这家不卖奶制品的咖啡店只能提供“素食牛奶”，没法弄到点儿传统牛奶。而且，一小杯咖啡的价格是 2.95 美元，相当昂贵。不过，就在这一难题要得到解决的时候，最后一个不可超越的障碍出现了，正当这位潜在顾客拿出手中的一堆硬币和一叠纸币的时候，一位员工不得不告诉他这家咖啡厅不收现金。我们三人互相盯着，彼此都感觉不自在了，最终，他总算把咖啡给了这个男人。

[2] 在那之前，我一直都知道有些餐厅和咖啡厅不收现金，但我一直不曾体会到这类地方不断扩张会产生怎样的后果。那以后，我意识到到处都是“无现金”的咖啡店、小餐馆和外卖餐厅。让我吃惊的是，这些店铺迫使人们采用一种不是每个人都想要的消费方式和生活方式，这样一来，它们创造了人与人之间的鸿沟，一些人能在这些店铺消费，一些人不能在这些地方消费。

[3] 对这件事我思考的越多，就越是被这些商家弄得生气。这些商家的老板难道是要把某类特定的消费者拒之门外吗？比如，把孩子们拒之门外？或者，那些用现金付账的人，或者，不管什么原因，那些没有能力，也不愿意去银行开账户的人（比如，因为他们没有户口信息，或者他们没有家，或者没有一个固定住址）？那些仅仅是不愿付交易税的游客该如何呢？其他人呢，比如，那些单纯不喜欢让诸如苹果、Square 这样的公司掌握他们完整的消费记录的人们呢？

[4] 难道，这些商家在拒绝现金的同时不是正在传递一个十分明确的信息，他们只接受某一类顾客吗？

[5] “这个国家已经有太多形式的耻辱和歧视了，”比尔·毛勒说，这位加州大学尔湾分校的教授同时也掌管着货币、科技和金融联合学院，“现在，我们又把支付方式加入了这个名单——如果我们开始把‘支付方式’作为区分人社会属性的标签，这将会造成大问题。”毛勒在超过四十个国家协调开展研究关于新的支付技术对人们幸福的影响，他鼓励每一个人认真思考“无现金革命”会造成的深远后果，不过，这似乎并没有影响到无现金运动的发展。

[6] “现金是我们主要的竞争者；现金现在的境地可不太好，”最近，一位维萨信用卡发言人告诉我。在 2017 年的夏天，这家信用卡公司发布了“无现金挑战”，向那些完全采用无现金手段运营的商家奖励 1 万美金。发言人解释说，无现金挑战的目的在于“人们可

以自由说出我不使用现金,希望这项挑战能鼓励其他人也这样。”

[7] 西蒙·法尔科是纽约快餐休闲餐厅西蒙披萨的主厨和店主,在维萨卡无现金挑战中他赢得了1万美金,他说采用无现金手段运营自己餐厅的根本原因在于维持一个不收小费的环境。在他参与维萨信用卡挑战的录像参赛作品中他集中展示了不使用现金带来的商业好处,比如,速度、效率和减少偷窃。小商户们一致认为取消现金的流水作业会更好地利用资源(员工不用浪费时间算账或者在摸过纸币后浪费时间洗手了),对消费者来说减少了等待时间,还降低了偷窃的风险,无论偷窃是来自第三方还是来自员工。

[8] 食品包装公司伍尔夫耐特的老板伊塔伊·阿菲克说,他看过数据,85%的“超高科技”客户反正都是要用卡支付的,他决定把下东区和西村的两家店定为无现金经营。“在纽约城,”他告诉我,“几乎人人都有一张储蓄卡或者一张信用卡。”

[9] 这是无现金经营的企业家们普遍的思维方式,“在纽约城每个人都有一张储蓄卡或者一张信用卡!”法尔科在他的维萨卡视频录像里宣称,不过,这种认为每个人都有一张卡的信念只是适用于这些企业家的目标观众。根据FDIC最近的一次全国调查,约有6.5%的美国家庭(也就是约有840万人)没有银行账户,另外18.7%的人则是我们称之为“无银行账户层”,也就是说他们很可能只能依靠现金度日。在纽约州,几乎25%的家庭,也就是几乎有一半的黑人家庭和西班牙裔家庭为无银行账户或者非银行账户阶层。

[10] “要采用无现金经营确实存在一个你不能忽视的小障碍,我们曾为此挣扎过,”西奥·弗里德曼说,他是刨冰公司Bonsai Kakigori的合伙创始人,如今这家公司也采用无现金经营了。弗里德曼承认,“当你说‘我只收卡’的时候你就是在发起一个真实的社会经济学声明。”Bonsai的团队是如何解决这一难题的呢?“欢迎来到小商业的世界,”弗里德曼说。“每天你都会遇到成千上万的决策,而你必须选择一个立场,然后活下去。”他说,今年冬天一家新的Bonsai独立摊位会在下东区开业,团队会开始尝试不收现金,看看效果如何。“如果我们每天要拒绝10个人,我们就要开始收现金了,如果不收现金没问题,那么就这样经营下去。”

[11] 事实上,这可能会成为一个问题,不收现金的商家会用不同办法来应对那些不能或者不愿用卡支付的顾客。去年秋天,冰激凌连锁店范鲁文完全不收现金了。合伙创始人本·范鲁文说,不喜欢这种方式的顾客要么是担心要付交易费的游客,要么他们有卡,但在原则上反对这种商业模式的人。范鲁文的商店经理亨利·莫利纳说,如果一位顾客好不容易排长队到前列却没有卡,他会先礼貌地解释政策,最终会免费给这位顾客一份冰激凌。(莫利纳还说,如果顾客的钱正好,他会收下现金,然后为顾客刷他自己的卡。)去年,卖墨西哥玉米卷和玉米煎饼的多斯托罗斯连锁店也不收现金了,合伙创始人利奥·克雷默说,出于慷慨,他们有意在培训员工时不让他们那么严格遵守不收现金的政策。(他还指出,还有一些替代办法。比如,你可以走进一家药店,花一点钱,买一张预付礼品卡,不过为了买一个玉米卷花的工夫似乎太多了。)
“如果我们已经做好菜才发现顾客没有卡,”克雷默说,“我们会免费赠送这顿饭,并提醒他们下次注意。”他补充说,“我相信,大多数说没带卡的人是真的没带卡。”

[12] 对我来说最令人吃惊的是, 大多数情况下, 商家拒绝现金居然是完全合法的。没有一项联邦法律规定个人企业必须接受现金, 唯一强制商家必须接受现金的州是马萨诸塞州。

Section IV TRANSLATION

I

Translate the following sentences into Chinese.

1. 困难坎坷是人们的生活教科书。
2. 只要一个人还有追求, 他就没有老。直到后悔取代了梦想, 一个人才算老。
3. 毅力在效果上有时候能同天才相比。
4. 奇迹有时候是会发生的, 但是你得为之拼命地努力。
5. 凡事必先难后易。
6. 只有有耐心圆满完成简单工作的人, 才能够轻而易举地完成困难的事。
7. 无论何事, 只要对它有无限的热情你就能取得成功。
8. 人世间所有的荣华富贵不如一个好朋友。
9. 不要因一次挫败, 就放弃你原来决心想达到的目的。
10. 人就是人, 是自己命运的主人。

II

Translate the following paragraph into English.

Some college graduates have no trouble (difficulty) finding jobs / can find jobs easily (without much trouble) / Jobs are easily available to some college graduates who are characterized by academic excellence and a willingness to engage in / undertake low-income jobs. These two factors are equally important (of equal importance). Working where one can prove his own worth / value is the first step towards success. For example, Obama started as a community organizer, who might not have anticipated that he could become president of the United States.

Section V WRITING: Cause and Effect (因果作文)

因果作文

一、什么是因果作文

因果作文 (cause and effect) 是议论文写作中的一种常见类型, 它以陈述事物的原因、

结果关系为主。通常，它的开篇段落或者提出一个问题或者陈述一个观点，主体部分回答问题形成的原因或者解释观点背后的逻辑。需要注意的是，开篇段落与主体段落存在着因果关系，每一段中，开篇句与支持句之间也存在因果关系。常见的因果关系英文表达有：

表原因：

Because, The reason(s)...; The reason why...; ...is due to...; ...is caused by...

Since...; ...results from...; ...leads to...

表结果：Therefore; Consequently; Thus; As a consequence; The results are...;

...is the result of; As a result; The outcome is...

下面，我们看一些表示因果关系的句子，注意句子中表达因果关系的词语。

1. Customs and habits of different of countries are acceptable to people of another country.
As a result, a more secure and peaceful world arises.

2. Customs are inherited through the passage of time and from the past generations,
therefore they should not be dismissed lightly.

3. Change of some habits may lead to people's lack of appropriate verbal and personal communication, **thus resulting in** poorer human relationship.

4. Some people live by these customs and habits, **because** the tradition provides vacant positions for some people in the society.

5. **Because of** fast food, family members seldom sit together for dinner, **leading to** poor familial relationships.

二、因果作文的写法

因果作文可以有两种写作方法，一是从结果出发，分析形成某一现象的原因；另一类是从原因出发，分析某一问题可能导致的结果。首先，我们看从结果出发分析原因的一类因果作文。在这类作文中，作者先描述一种结果或者现象，再分析造成这一结果的原因，在陈述原因时可以继续推演因果的逻辑关系，比如，

In the past, family was a very important concept in people's minds, and it was the center of live of many people, men or women, young or old. But with the development of social economy, families nowadays are becoming not as close as before.

There are several reasons for this phenomenon. Firstly, with social advance, people are now more independent than before. Apart from their family, they can easily get help from their friends in a shorter time than before, and it is much easier to make more friends now as a result of rapid improvements in telecommunications. Secondly, the outside world is becoming more charming and fascinating, and people share more time with their friends, colleagues or business partners in their leisure time instead of their family. Thirdly, in modern society, social competition is getting fiercer and keener; consequently, people have to devote more time and energy to their careers. They also feel the urgent need to broaden their scope of knowledge and upgrade themselves so as not to lag behind others. ...

这一段采用了两层果-因结构。总体看,文章采用总分结构,作者先陈述现代社会中家庭关系比较疏远这一现象,再依次罗列造成这一结果的原因。具体看,陈述每一个原因时可进一步展示因果关系。首先,随着社会进步人们愈加独立,那么为什么人们可以愈加独立?原因是,电信产业的快速发展便于人们方便快速地结交朋友,即在家庭关系外建立人际关系。这就构成了第二层的果-因结构。

第二类因果作文首先陈述原因,再描述可能造成的结果。比如,

Boarding students benefit tremendously from the campus life. Firstly, they can throw themselves fully into the school world. They get to know more friends and share joys and sorrows with their fellow students. By doing so, they learn to cooperate and tolerate and develop excellent interpersonal skills, which are all of great significance to their future careers. The second merit is that they command much time for study, for they need not waste so much time commuting between school and home and suffer from less distraction. Besides, they enjoy a better academic atmosphere with easy and quick access to the library and teachers. In a word, living on the campus is beneficial to the students not only academically but psychologically.

作者首先说明现象,住宿生可以在校园生活中获得巨大的好处。然后分析,这一现象(原因)可能引起的一系列结果,比如,学生可以深入体会校园世界,与同学们分享快乐和痛苦,掌握更多的学习时间,享受更便捷的图书馆及教师资源等。需要注意的是,在作者陈述这三条结果时,仍然使用因果关系。比如,第一个结果,住校可以使学生深入校园世界,继而促成他们学习合作、宽容并发展出色的人际交流能力,这就构成了第二层的因-果结构。又如,住校可以使学生掌握更多学习时间,原因是学生不需要往返于家庭和学校,这就构成了第二层的果-因结构。总之,在因果作文中,因果逻辑关系贯穿全文,需要我们有更缜密的逻辑思维。

无论是哪一类因果作文,在排列原因和结果时都需要依照重要性递减的规律排列内容。比如,

It is unfair for pop stars to earn higher salaries than teachers and doctors. Firstly, their performance of one hour may earn them thousands of dollars, while most people are too far behind to catch up, so it is unfair for people in other fields and may discourage them. Secondly, the value of knowledge is depreciating and people will become money-oriented. ... Lastly, stars are always the idols of young people, but some stars are not well cultivated and they set a misleading model for the young. ... 此处, Firstly, Secondly, Lastly 依次罗列了为什么明星比其他人薪水高是不公平的,其重要性是递减关系。

【范文】: Computer Games

1. 分析儿童玩电脑游戏的利益,比如,学会体验生活、开发智力、培养性格等
2. 儿童玩游戏可能带来的害处,比如,导致身体不健康、影响视力、耽误学习等
3. 作者阐明自己的立场

Some people advocate that computer games are good for children. They claim that since life

itself is also a game, computer games offer children a good chance to experience life. By playing a role in the game, they can learn how to overcome different kinds of opponents and how to face the reality. In addition, some of the games are not easy at all. Children have to rack their brains to find ways to attain a higher score. Thus, to some extent, the games enhance children's intellectual ability. Another strength worth mentioning is that playing computer games also helps children to cultivate some desirable qualities such as perseverance, strong will and self-confidence.

However, computer games, in other people's mind, have their demerits. First of all, too much indulgence in the games may lead to the deterioration of children's physical health. Children desert the football ground as they all sit at home around the computers playing the football game. As a result, they can't be physically fit and strong. Moreover, facing the computer for a long time, children easily suffer from shortsightedness. Secondly, computer games distract children's attention from their studies. They finish their homework in a hurry, or even copy their classmates'. Thirdly, some computer games are filled with violence. Children are too young to distinguish right from wrong. They imitate the aggressive behavior blindly. In this sense, violent computer games should take the blame for the higher rate of juvenile delinquency.

For my part, I completely agree with the latter. Computer games are just fantasy. We should encourage children to set a real goal in life and pursue their great ideals.

《最新雅思作文高分捷径》吴建业编著，北京：世界知识出版社，2001

Task 1 Paraphrase the following sentences:

1. At Humu if workers find the ways of making decisions are hard to understand, a manager might be encouraged before a meeting to ask her members for ideas and to be ready to change her mind.
2. Using machine learning, Humu will adjust the timing, content and techniques of the messages it delivers to employee's responses.
3. Our country already has many forms of bias, says Bill Maurer, a UC Irvine professor who also leads the Institute for Money, Technology and Financial Inclusion, "and now we are adding mode of payment to the list — if we start marking belonging by 'means of payment,' that's a big problem."
4. Maurer coordinates research in more than 40 countries about the impact of new payment technologies on people's well-being. He encourages people to think seriously about influences of cashless payment in the long run, which does not seem to impact on cash-free advocates.
5. The spokesperson explained that the cashless challenge was designed to make people willing to announce that they are cash-free, which might encourage others to do the same.

Task 2 Write a paragraph by the topic sentence listed below.

1. We should ban advertisements. This world is flooded with many fictitious advertisements,

which are consequently exaggerating, misleading and flying in the face of truth. Naturally, consumers are the victims and manufacturers the beneficiaries. The abuse of advertisements also give rise to unhealthy competition among manufacturers.

2. The Internet makes the world smaller. Firstly, we can send E-mails to our friends in distant countries while sending a traditional letter might take us weeks. Secondly, we can make friends with people all over the world. Moreover, the Internet accelerates the flow of information and spreads education to all corners of the globe, which makes it easier and faster for us to have the latest information.

Section VI GRAMMAR: Subordinate Clause 3 (时间状语从句和地点状语从句)

时间状语

一、状语从句

(1) It has been (is)...since...

该句型的特点是主句可用完成时或一般时，从句中通常用过去时或完成时，since 通常接从句，但也可接名词，往往表示“自从……以后……时间过去了”，例如：

1. It has been only twenty-five years since television came to control American free time.
2. It has been almost a year since Johnny Broderick died in a highly expected way.
3. It is seventy-two years since the first inauguration of a President under our National Constitution.
4. We were very tired, it being eleven hours since we set out from the head of the ski-lift pass.

但有时候最好把 it has been...since... 翻译为“……时间没做……”，例如：

1. It is almost a month since we have had any chance of eating any crumbs of bread or tasting any milk.
2. It's been a long while since the family had an outing together.
3. It has been nearly two months since I smoked last.

此外，不少学生在翻译或写作时忘记使用 since，而是选择 from the time...until now，如把“从小学到现在一直学英语”翻译为 learn English from the time I entered elementary school until now。

(2) It is...before...

该句式表示“过……时间……”，例如：

1. It was not long before a helicopter arrived on the scene to rescue the survivors of the plane crash. (不久)

2. It was quite some time before the sixth blind man found the elephant at all. (用了很长时间)

3. Still he declined to take questions and would not predict how long it will be before SARS is brought under control. (需要多长时间)

试翻译:

1. 两年后我就能自食其力了。
2. 我们重逢的时刻指日可待。
3. 大约五年后他再次尝试步行穿过撒哈拉沙漠。

可翻译为:

1. It will be two years before I can make a living on my own.
2. It won't be long before we meet again.
3. It was about five years before he made a second attempt to walk through the Sahara Desert.

(3) It is not until...that...

该句式意义相当于 not...until..., 是笔头英语中常见的句式, 例如:

1. It was probably not until the 1880's that man, with the help of a more advanced steam locomotive, managed to reach the speed of one hundred mph.

2. It wasn't until my family moved to Texas, after the war, that questions of race began to intrude on their lives.

3. It dawned on me that it's not until we die that we become all we will ever be.

二、一些表示时间的介词的用法

英语语法中, 时间连词可以直接接过去分词, 相当于状语从句, 例如:

1. When encouraged, we can become confident of ourselves.
2. ...innocent until proven guilty.

但是, 虽然 before 和 after 可当连词使用, 却几乎不能直接接过去分词。在医学论文中, 经常出现这样的语法错误:

After treated with this drug...

The mice were divided into three groups before given...

After cultured for two days, the cells were placed...

正确的表达方式是把这两个词看作是介词, 后面加上 being, 也就是 after being treated 或 before being given。

into 经常用于表示“某活动进行了……时间”时, 例如:

1. Harry Kewell was dismissed just 25 minutes into the game for a controversial handball on the line. (比赛进行了 25 分钟时被罚下)

2. Five minutes into the film, Soviet and Cuban paratroopers float down to a small Colorado town and open fire with machine guns. (电影放映了 5 分钟时)

3. About two years into his career, he was given an opportunity to study abroad.

所以,“手术进行了大约一个小时的时候”可翻译为 about one hour into the surgery。halfway (midway) through... 表示“……进行了一半时”,例如:

1. About halfway through the movie, I decided that I'd seen enough, and turned to my mother to see if she might be ready to go.

2. He should have had one more year left, but something had gotten to him midway through his junior year....

after...as... 表示“做……工作……时间后”,例如:

1. After five years as a high school teacher, she found it necessary to update her knowledge. (当了 5 年中学教师后)

2. After about ten years as a housewife and mother, she read law by correspondence course and...

soon after 或 immediately after 表示“一……就……”,例如:

1. This professor decided to go on a tour of China soon after retirement. (一退休就去中国旅游)

2. It is not a good habit to start watching TV immediately after supper.

upon 或 on 有时也表示类似的意义,例如:

Upon his arrival at the airport, he found the flight he was due to take had been delayed.

in the course of... 和 in the process of doing... 表示“在……过程中”,例如:

1. Something unexpected happened in the course of the negotiation.

2. Students can sometimes feel frustrated in the process of preparing for this test.

...from now 表示“……时间后”,例如:

1. Eight years from now, America will celebrate its 200th anniversary as a nation. (8 年后)

2. A hundred years from now, it will not matter what my bank account was...

3. What will you be doing three years from now? (3 年后)

...to come 表示“未来的……”,例如:

1. ...one that will shape our lives and the lives of our children for many years to come. (未来的很多年里)

2. You have to learn to cherish life in the days to come. (在未来的日子里)

away 和 ahead 经常用于表示“还有……时间”,例如:

1. My birthday is about two weeks away.

2. Soon after the boy and the girl are engaged, the wedding date is set. Usually it is set for a long time ahead, sometimes as much as a year away. (提前一年敲定结婚日期)

by 表示“差……时间”，例如：

She missed the train by about five minutes. (差5分钟没赶上火车)

地点状语从句

地点状语从句由 where 引导，例如：

1. Where once a few strong columns could hold up the weight of the world, now a dynamic mix of materials, shapes, and structures was needed.

2. I hope to work where I can make many friends.

与定语从句不同，引导地点状语从句的 where 前面可用某些介词，例如：

1. ...Bill and I decided to go to Mianus River Gorge, one of the many trails near where we live in Westchester County.

2. The other day, she told me something about her parent standing not far away from where we are sitting now.

3. There used to be some tall trees around where we built our first home.

但是，由于 where 经常当作副词使用，不能充当主语，所以表示“以前是……的地方”或“现在是……的地方”时需要用 what，例如：

Columbus landed in what is now known as Mexico and called it America.

Born in what used to be the Clark Air Base, she is stricken with cerebral palsy.

I grew up in what is now part of Inner Mongolia.

A new teaching-building has been built in what used to be a swimming pool.

Key to GRAMMAR: Exercise 9

Translate the following sentences into English.

1. It has been seventy years since the People's Republic of China was founded.
2. It was about twenty years before he found his biological parents.
3. It is not until they begin to write research papers in English that some students find grammar critical.
4. About ten minutes into the lecture, it dawned upon her that this lecturer looked familiar.
5. Halfway into the experiment, I came to realize that I knew too little about this field.
6. There used to be many trees in what is now a library.
7. Most students hope to work where they have good prospects of development.
8. We would go to play football immediately after school in our childhood.
9. I'll be with my parents two days from now.
10. This city was already quite prosperous before being buried by the volcanic ash.

Unit 10

Economics and Management (II)

Section I READING SKILLS: Improving Your Concentration

IN THIS SECTION THE STUDENTS WILL LEARN:

1. to improve concentration;
2. to increase retention and recall with specific techniques.

PRACTICE OF READING TECHNIQUES

1. *By reading the title, what do you expect to read in the text?*

By reading the title, we expect to read the present situation of gender pay gap, the target and function of gender pay gap reporting and the reasons and solutions to gender pay gap or how to reduce gender pay gap.

2. *What are the reasons for the persisting gender pay gap mentioned in the text?*

The reasons mentioned are as follows: Firstly, few employers submitted the gender pay gap reports and only one in five employers produced an action plan with their data. Secondly, there was no enough government or regulatory intervention to enforce the implementation of gender pay gap plans. Thirdly, significant leadership and institutional change, which influenced the working priorities, occurred over the past two years.

3. *How does the author support his main idea?*

The author adopts lots of statistics and data from various researches.

Section II TEXT A

Gender Pay Gap Persists Despite Rise in Reporting

TEACHING OBJECTIVES:

Studying Text A will enable students

1. to learn about gender inequality in economy
2. to understand the measures and challenges of gender pay gap reduction
3. to learn how to use the following key words:
shrink; compel; compliance; proportion; impose; regulatory; accelerate; priority; controversial; query
4. to learn nominative absolute structure in (1) and the adverbial clause of condition in (2).
(1) **With four months to go** until the deadline for employers to report their April 2018 numbers, 6 percent of employers have reported so far and the data they have submitted show a median pay gap of 11.4 percent, a small decline from 11.8 percent a year ago.
(2) **As** the number of female chief executives in the UK's top 350 listed companies shrinks, questions are being raised about the effectiveness of gender pay gap reporting, now in its second year, in changing corporate behavior and pushing progress.
5. to learn how to use statistics as supporting evidence.
6. to discuss the related topic regarding economics and management.

KEYS TO EXERCISES

I

READING COMPREHENSION

A.

1. D (Paragraph 2: Campaigners for workplace diversity hoped the new reporting rules would compel employers to narrow the gap swiftly, but so far, there is little evidence that this is happening. A *Financial Times* analysis of the data submitted by more than 600 employers reveals that the gap barely narrowed between April 2017 and 2018.)
2. B (Paragraph 8: He said the fact that only a third of employers had published any narrative with their pay gap figures and then of "very variable" quality "must cast doubt as to how seriously the gender pay gap is being taken by many organizations.")
3. C (Paragraphs 11–12)
4. D (Paragraph 14)

5. A (Paragraphs 18–19)
6. B (The whole text.)

B.

Part I (Paragraph 1) Introduction:

Questions are raised about the effectiveness of gender pay gap reporting.

Part II (Paragraphs 2–12): The present situation of gender pay gap (reporting)

- 1) Between April 2017 and 2018, the pay gap barely narrowed.
- 2) So far, reports submitted by 6% of employers have shown a decline from 11.8% to 11.4%.
- 3) Research by organizations revealed only 1/5 employers had produced an action plan in tandem with their data, 1/10 employers had set themselves targets to measure progress on these plans, and 1/3 employers had published any narrative with their pay gap figures and then of “very variable” quality.
- 4) FTSE 100 and 350 indicated that the proportion or number of female executives had fallen.

Part III (Paragraphs 13–26): Measures and challenges to promote gender pay gap reduction

- 1) Measures: Firms are required to set and share targets, action plans and progress, and imposing meaningful consequences for those who don't.
- 2) Challenges:
Significant leadership and institutional change leads to the shift of working focus.
The efficacy and the cost of the gender pay gap reporting website are queried.

II

VOCABULARY

A.

1. B 2. B 3. C 4. B 5. D 6. D 7. C 8. A 9. C 10. B

B.

- | | | | |
|--------------------------------|---------------------|-----------------|-------------------|
| 1. in tandem with | 2. set out | 3. in tune with | 4. broaden... out |
| 5. take one's eye off the ball | 6. trapped ... into | 7. call on | |
| 8. narrow the gap | 9. institutional | 10. variable | |

III

CLOZE

1. B 2. C 3. D 4. B 5. C 6. D 7. A 8. B 9. C 10. D

IV

TRANSLATE THE FOLLOWING PARTS INTO CHINESE.

1. 随着英国排名前 350 的上市公司中女性首席执行官人数的减少, 人们对于性别薪酬差距报告 (现在已是第二年) 能否有效改变公司行为和推动公司进步提出了质疑。
2. 主张工作场所多元化的活动家希望新的报告规则能够迫使雇主迅速缩小差距。但到目前为止, 几乎没有证据表明这种情况发生。
3. 距离 2018 年 4 月, 即雇主提交数据的截止日期还有四个月。到目前为止, 已有 6% 的雇主上交了报告, 他们提交的数据显示薪资差距中位数为 11.4%, 略低于一年前的 11.8%。
4. 负责执行性别工资差距报告的平等和人权委员会的研究报告称, 其抽样调查的 440 名雇主中, 只有五分之一的雇主制订了带有数据的行动计划, 尽管政府希望所有企业都做这样的计划。
5. 有一部分挑战是在过去两年中, 那些负责管理和监督薪酬差距报告的人员体验了强有力的领导力和体制变革。
6. 我将把政府平等办公室的工作重点转移到如何帮助那些经济来源不活跃的女性, 低收入和低技能的女性, 还有获得遗产福利, 工作时间或收入深受限制的女性, 以及想要独立却面临多重障碍的女性。

V

SPEAKING PRACTICE

1. What do you think of the gender pay gap in the UK and other countries? Is it a serious problem?

As a society, universally, women are paid less than men. In 2019, the World Economic Forum found that on average women across the world are paid just 63% of what men earn. There is not a single country where women are paid as much as men. Laos, in southeast Asia, is the closest to achieving parity with women earning 91% of what men are paid.

Yes, it is a serious and complicated question.

2. What contributes to the persistent gender pay gap?

Sex segregation or gender typing is viewed by many sociologists as a cause of the “gender gap” in earnings. Sex segregation refers to the fact that men and women are concentrated in different occupations. For instance, jobs that were over 80 percent female included the secretary, childcare worker, hairdresser, cashier, bookkeeper, telephone operator, receptionist, typist, elementary school teacher, librarian, and nurse. Jobs that were over 80 percent male included the doctor, lawyer, dentist, taxi driver, plumber, electrician, carpenter, firefighter, auto-mechanic, machinist, and truck driver. The reason that sex segregation is problematic is that the gender composition of a job is associated with the pay received for that job. This finding has emerged in numerous studies. An analysis of 1980 census data showed that both women and men are

directly disadvantaged by employment in an occupation that is predominantly female. This theory has been specifically applied to explain gender differences in earnings. Even after adjusting for cognitive, social, and physical skill demands, jobs pay less if they contain a higher proportion of females. However, economists and sociologists differ in their explanations of how occupational segregation leads to a gender gap in pay. Economists typically focus on the occupational choices women make, while sociologists tend to focus on the constraints women face. Specifically, many economists — as well as employers and public policymakers—endorse a human capital theory explanation. Human capital theory, developed by Gary Becker, argues that individuals make investment in their own “human capital” in order to increase their productivity and earnings. “Human capital” includes formal schooling, on-the-job training, and work experience. Those who invest more in their own human capital are considered more productive, and consequently are paid higher wages.

3. What can we do to reduce the gender pay gap?

Some main recommendations are as follows:

- 1) Address differences in subject and career choices, educational attainment and access to apprenticeships.
- 2) Improve work opportunities for everyone, no matter who they are or where they live, by investing in sector-specific training and regional enterprise.
- 3) Encourage men and women to share childcare responsibilities by making paternity leave a more effective incentive and improving access to childcare.
- 4) Increase diversity at all levels and in all sectors by encouraging employers to tackle bias in recruitment, promotion and pay, and introducing a new national target for senior and executive management positions.
- 5) Report on progress towards reducing pay gaps by extending reporting to ethnicity and disability and collecting annual statistics.

4. Do you believe the gender pay gap will disappear in the future?

Open. According to the World Economic Forum in 2019, the global pay gap between men and women will take 202 years to close, because it is so vast and the pace of change so slow. “The overall picture is that gender equality has stalled,” Saadia Zahidi, the WEF’s head of social and economic agendas, said. “The future of our labour market may not be as equal as the trajectory we thought we were on.”

5. What other gender issues are worth our attention?

Gender equality is a human right, but our world faces a persistent gap in access to opportunities and decision-making power for women and men. Globally, women have fewer opportunities for economic participation than men, less access to basic and higher education, greater health and safety risks, and less political representation. Gender issues are not focused

on women alone, but on the relationship between men and women in society. The actions and attitudes of men and boys play an essential role in achieving gender equality. Education is a key area of focus. Although the world is making progress in achieving gender parity in education, girls still make up a higher percentage of out-of-school children than boys.

Women's health and safety is another important area. HIV/AIDS is becoming an increasingly impactful issue for women. A final area of focus in attaining gender equality is women's economic and political empowerment. Though women comprise more than 50% of the world's population, they only own 1% of the world's wealth.

BACKGROUND INFORMATION

1. What is the gender pay gap?

The gender pay gap is the average difference between hourly wages for men and women.

Since changes to the Equality Act came into force in April 2017, companies with more than 250 employees have been legally required to report their gender pay gap figures by the end of the financial year. Organizations must also reveal the proportion of men and women who receive financial bonuses. The deadline for this is 30 March for public bodies and 4 April for private companies.

2. What is equal pay?

The gender pay gap isn't the same as equal pay. Unequal pay is when women are paid less than men for doing the exact same work. Equal pay has been a legal requirement since the Equal Pay Act was introduced in 1970. Despite this, pay discrimination remains rife, explains Sam Smethers, chief executive of the Fawcett Society. "We know from our Equal Pay Advice Service that it is still happening," Smethers explains. "Gender pay gap reporting does not give women the information they need to challenge unequal pay. For that they need to know what their colleagues earn. Most employers say they don't have an issue — but unless they have conducted an audit and set up a transparent pay framework, how would they know for sure?"

The BBC famously became embroiled in a controversy over unequal pay in July 2017 after it published a list of its highest-earning presenters, revealing a stark imbalance between the number of men and women at the top of the broadcasting company.

The Equality and Human Rights Commission (EHRC) is currently in the process of conducting an investigation into the BBC over suspected pay discrimination against female employees. The organization hopes to publish its results at the end of this year.

3. How is the gender pay gap calculated?

Companies must report their gender pay gap in terms of six figures, explains Dr Jana Javornik of Leeds University Business School. These include: mean gender pay gap, median gender pay gap, mean bonus gender pay gap, median bonus gender pay gap, proportion of males

and females receiving a bonus payment and proportion of males and females in each quartile band.

The mean gender pay gap is an average. It's calculated by adding up the wages of all male and female employees and dividing it by the number of employees. The pay gap is the difference between the mean figures for men and women, which is reported as a percentage.

4. Related terminology

(1) Median pay gap

The median pay gap is the difference in pay between the middle-ranking woman and the middle-ranking man.

If you place all the men and women working at a company into two lines in order of salary, the median pay gap will be the difference in salary between the woman in the middle of her line and the man in the middle of his.

(2) Mean pay gap

The mean pay gap is the difference between a company's total wage spend-per-woman and its total spend-per-man.

The number is calculated by taking the total wage bill for each and dividing it by the number of men and women employed by the organization.

(3) Pay gap vs. equal pay

The gender pay gap is not the same as unequal pay.

Unequal pay is giving women less than men for the same work. That has been against the law since the Equal Pay Act was introduced in 1970.

A company's gender pay gap can also be caused by other things, for example, fewer women in senior or highly-paid roles or more women in part-time jobs.

5. China's gender pay gap

In 2018, the average monthly salary of Chinese women was 6 497 yuan, which was 78.3 percent of that of men, an increase of 8.7 percentage points over the previous year, according to a report on China's gender gap in workplaces, released by online recruitment website zhipin.com on Wednesday. The report said that jobs, industries and seniority were the top three contributing factors of the gender pay gap, while education could help narrow it.

According to the report, job choice is the biggest contributor to the gender pay gap. Men are generally more inclined to take jobs with high work intensity and high salaries, such as technician or salesman, for example. Women, on the other hand, prefer jobs with average work intensity and moderate salaries, such as administrative, operational and marketing positions. In the past two years, more and more women have taken up senior technical, senior management and other senior posts. However, in most well-paid positions, the ratio of men to women is still seriously unbalanced.

In terms of industries, the engineering and manufacturing industries, including mining, smelting and chemistry, have a bigger gender pay gap. In the science and tech industries, such as the Internet, medical care and electronic communications, large differences in earnings between women and men also exist, the report said.

The gender wage gap among first-time job holders is the smallest, with a gap of roughly 10 percent for those with less than three years of work experience. And the wage gap widens with seniority, according to data from zhipin.com. After working for five years, it is more difficult for women to get promoted in the workplace, their seniority-based salary increase rate is significantly lower than men's, and the gap will only accelerate with age.

When asked the main reasons that hinder women from getting promoted in the workplace, respondents ranked female employees' need to spend more time on their family, women's lack of external resources and social support, and women's inadequacies in senior management positions as the top three factors.

The report noted that an increased level of education can boost women's earnings and competitiveness in the workplace. Data from zhipin.com show that the average salary of women with a master's degree or above is 68 percent higher than that of women with a bachelor's degree or below, which is 7 percentage points higher than that of men.

(<http://www.chinadaily.com.cn/a/201903/07/WS5c80dc02a3106c65c34ed5dd.html>)

课文参考译文: Text A

报告数量有所上升, 性别薪酬差距持续

莎拉·戈登, 亚历山德拉·维斯涅斯卡, 比利·埃伦伯格香农

[1] 随着英国排名前 350 的上市公司中女性首席执行官人数的减少, 人们对于性别薪酬差距报告 (现在已是第二年) 能否有效改变公司行为和推动公司进步提出了质疑。

[2] 主张工作场所多元化的活动家希望新的报告规则能够迫使雇主迅速缩小差距。但到目前为止, 几乎没有证据表明这种情况发生。英国《金融时报》对 600 多位雇主提交数据的分析显示, 2017 年 4 月至 2018 年间收入差距几乎没有缩小。

[3] 距离 2018 年 4 月, 即雇主提交数据的截止日期还有四个月。到目前为止, 已有 6% 的雇主上交了报告, 他们提交的数据显示薪资差距中位数为 11.4%, 略低于一年前的 11.8%。

[4] 负责执行性别工资差距报告的平等和人权委员会的研究报告称, 其抽样调查的 440 名雇主中, 只有五分之一的雇主制订了带有数据的行动计划, 尽管政府希望所有企业都做这样的计划。只有十分之一的雇主设定了衡量这些计划进展的目标。

[5] 首席执行官丽贝卡·希尔森拉特表示，平等和人权委员会呼吁，政府应该强制雇主公布行动计划。

[6] “进入报告的第二年，我们需要把关注点放在那些必须在缩小差距上发挥作用的雇主。他们首先要公开阐述他们打算如何解决这个问题”，她说。

[7] 英国特许人事与发展协会的首席执行官彼得·切奇说，尽管报告提出“性别平衡问题亟待关注”，但仅仅让公司公布他们的数据，“然后下一年又忘记这些数据”是不够的。

[8] 他说，只有三分之一的雇主公开描述薪酬差距数字及其“非常多变”的特点。这让人“不得不怀疑许多机构是如何认真对待性别工资差距的”。

[9] 未能公布行动计划或缩小薪酬差距并不是英国职场性别平等进展缓慢的唯一迹象。

[10] 执行招聘公司 Spencer Stuart 最近的研究显示，从富时 100 指数来看，执行委员会中女性的比例今年为 18.6%，而 2017 年为 19.4%。此外，男性在执行委员会的比例翻了一番，从 7.6% 增加到 15.7%。

[11] 有政府做后盾的《汉普顿-亚历山大评论》在 11 月份报道说，今年，英国最大的上市公司董事会中女性人数有缓慢增长，但富时 350 指数的女性首席执行官从 15 人降到了 12 人。

[12] 目前，任命人员中近三分之二是男性。而且，按照现在的速度，执行委员会的报告里以及直接向执行委员会提交的报告里所提到的目标，即董事会中的女性占 33% 是不太可能实现的。

[13] 特许管理协会首席执行官安·弗兰克说，性别薪酬差距报告增强了人们的意识，但“考虑到进展缓慢，我们还需要做更多的努力”。

[14] “我们需要强制的透明——要求公司制定和分享目标、行动计划和进展，并对那些做不到的人施加承担有意义的后果，”她说，“这是更多政府或监管干预可以助力加快达到结果的地方。”

[15] 有一部分挑战是在过去两年中，那些负责管理和监督薪酬差距报告的人员体验到了强有力的领导力和体制变革。

[16] 负责妇女和平等的部长已经换了三次了，从 Justine Greening 到 Amber Rudd，再到现任的 Penny Mordaunt。Mordaunt 女士已经改变了管理性别薪酬差距报告的政府平等办公室。随着部长的轮换，该办公室的部门已变为内阁办公室的永久之家了。在这个过程中，她也改变了工作重点。

[17] Mordaunt 女士表示，虽然政府平等办公室在缩小性别工资差距方面取得了进展，并且在顶级公司中让更多女性担任董事会成员，但低收入、低技能女性往往“被排除在话语之外”。

[18] “我将把政府平等办公室工作的重点转移到如何帮助那些经济来源不活跃的女性，低收入和低技能的女性，还有获得遗产福利，工作时间或收入深受限制的女性，以及想要独立却面临多重障碍的女性。”她在 11 月份表示。

[19] 主张工作场所多元化的活动家表示，工作重点的改变已经受到英国脱欧的影响，

这一影响还将持续, 而且这一改变也将削弱政府对减少性别工资差距的投入。

[20] “有一个永久之家是件好事, 这些也值得优先考虑”, 一位与政府工作关系密切的专家说。

[21] “尽管让更多女性加入高层引发了更多争议, 但没有人不同意这一重点。这意味着政府在性别薪酬差距问题上会冒险忽略这一点。”

[22] 政府平等办公室指出: “正如负责妇女和平等的部长 11 月所说, 这是工作重点的‘扩大’, 政府平等办公室将支持正在清理办公室的女性以及这些办公室的占有者。这不是二选一的情况——执行总裁可以兼顾到这两类人, 以确保性别平等在工作场所成为现实。”

[23] 其他活动家询问性别薪酬差距报告网站的效力和费用。11 月, 政府透露设计和建造它的成本为 235 万英镑。

[24] 经济学家朱利安·杰索普表示, 这只占了纳税人相对较少的钱, 更大的问题是企业自身的负担, 特别是那些数据对企业意义不大的小公司。

[25] “当然, 如果性别薪酬差距报告能提供真正的经济或社会效益, 这些成本仍然是合理的, (但是) 这些都是悬而未决的。”他说。

[26] 平等和人权委员会是妇女和平等委员会调查的对象, 该委员会正在调查其“众所周知的执行(实施)问题”。

Section III TEXT B

KEYS TO EXERCISES

READING COMPREHENSION

1. C (Paragraph 1: New data indicates that the share of women studying the subject in America's universities has flatlined and the pool of prospective female economists may even be shrinking.)
2. B (Paragraph 1: That pattern would be disturbing in any academic field but because economics has an outsize influence on public policy; Paragraph 2: women are less likely than men to progress at each successive step along the career path; Paragraph 3: Among first-year doctoral students studying economics, the share was 32 percent in 2017 — barely changed from 33 percent in 2000; Paragraph 3: fewer than one-fifth of the incoming doctoral students were women.)
3. A (Paragraph 8: On top of that, seemingly gender-neutral parental leave policies have exacerbated gender inequities)
4. D (Paragraph 9: The result is that women's voices are underrepresented)
5. D (Paragraph 15: Other researchers have found that women economists are more likely than

men to sign petitions that call for a more active government role in the economy.)

6. C (Paragraph 17: The most striking statistics of all come from a survey taken over 20 years ago, in which 98 percent of women economists agreed with the proposition that “there is a ‘good-old-boy’ network in the economics profession.”)

课文参考译文: Text B

为什么女性的声音在经济学上是稀缺的?

贾斯廷·沃尔弗斯

[1] 几十年来,研究经济学的女性人数似乎在增加,缓解了美国职业女性经济学家的持续短缺。但这一进展已经停滞。新的数据显示,在美国大学里研究这一课题的女性比例已经在下降,而未来女性经济学家的人数也会减少。这一模式令任何学术领域都会不安,因为经济学对公共政策有着巨大的影响,而这就意味着未来几年男性的声音会主导许多重要的决策。

[2] 实际上,经济领域的每一级别的训练和专业级别里,女性都是少数。女性在职业道路上每一步都比男性进步的可能性小,这种不平衡在高层更为不平衡。这种情况被称为“泄漏管道”,但随着越来越多的女性进入这条管道,女性经济学家的数量不断增加。

[3] 然而,来自美国经济协会委员会的一份新报告提供了一个令人警醒的画面。自本世纪初以来,进入职业经济学家行列的女性比例一直没有增加。报告显示,在研究经济学的一年级博士生中,这一比例在2017年为32%,与2000年的33%相比几乎没有变化。这种不平衡是如此之大,以至于在“前二十大”经济学项目中,只有不到五分之一的博士生是女性。

[4] 在经济职业道路的早期阶段,女性所占比例的下降已经开始重塑这一领域的高级阶段。例如,由美国经济协会的女性经济学专业地位委员会发表的报告显示,自女性博士生的比例开始下降的六年后,完成博士学位的女性比例也开始下降。七年后,终身经济学副教授中女性的比例停止上升。

[5] 女性全职经济学教授的比例继续上升——在那些拥有博士学位的系里这一比例现在是14%——部分原因是在20世纪70年代、80年代和90年代,更多的女性涌入了经济学领域。2000年左右,这种涌入现象逐渐进入尾声,这也预示着未来女性全职教授的比例会进入平缓期。

[6] 主修经济学的本科生女性比例在20世纪90年代中后期达到顶峰,此后一直在下降。2016年,经济学专业只有35%的学生是女性——与20世纪80年代初大致相同——尽管女性在所有本科学位中占大多数。

[7] 一系列细致的研究发现,女性在成为职业经济学家后,会遇到一系列的障碍。问

题清单令人望而生畏。在这一领域中,女性的写作水平往往较高,而与男性一起写作的论文却得不到应有的评价;学生的教学评价往往对于女性(教授)存有偏见,而新闻界针对经济研究的讨论中也往往将女性置于次要地位。

[8] 更重要的是,看似中性的育儿休假政策加剧了性别不平等,因为男性有时会利用女性的产假来促进自身的职业发展,而女性则花时间生产、护理和康复。此外,一个颇受欢迎的在线讨论论坛也经常存在使女性及其工作性别化或琐碎化的问题。另一项研究发现,经济学在学术领域中是一个“离群点”,因为“在晋升过程中持续存在性别差距,而这一差距不能轻易用生产率差异来解释”。

[9] 结果就是女性的声音无法被充分体现。

[10] 珍妮特·耶伦是唯一一位担任美联储主席的女性,甚至连耶伦女士都曾在哈佛大学没能赢得终身教授的任期。从来没有女性财政部长。只有三名妇女担任经济顾问委员会主席,但没有一人在共和党总统的领导下任职。在所谓的前二十大经济系的全职教授中,男女性的比例是 6:1。芝加哥大学有一位女性全职经济学教授,而西北大学则没有。

[11] 这些研究迫使许多经济学家反思,人们很难相信这个领域真的是精英政治。他们在教师休息室和会议厅召开紧急对话,全国范围内有关性别和权力的广泛对话也与之并行。

[12] 在这一次的清算中,美国经济协会发表了一份声明,谴责厌女症,并在最近的一份报告中承认,“不可接受的行为已经通过默许的容忍继续下去。”该协会最近为经济行业起草了一份行为准则。

[13] 女性经济学家的缺乏已经产生了重要的后果。

[14] 再来看看 2014 年对专业经济学家进行的一项调查显示出的不同意见。在美国,63% 的女性表示收入应该更均等地分配,而只有 45% 的男性持有这种观点。女性经济学家认为美国政府过于庞杂的比例要比男性经济学家低 13%,认为美国政府监管过度的比例比男性经济学家低 18%;而 20% 的女性经济学家认为雇主应该为工人提供健康保险,16% 的女性经济学家认为当前的政策过度支持的是经济增长而非环境质量。

[15] 也许最有说服力的是关于薪酬的问题:只有 14% 的女性经济学家表示,不同性别产生的工资差距主要是由于教育和自愿职业选择而引发的,而 54% 的男性经济学家同意这一观点。其他研究人员发现女性经济学家比男性更有可能签署要求政府在经济中发挥更积极作用的请愿书。

[16] 女性经济学家倾向于关注与男性不同的话题。虽然男性在宏观经济学中占主导地位,但在研究劳动力市场、健康和教育的人群中,女性更为凸出。唯一的女性占多数的经济学会议是关于儿童经济学的,这是一个专注于学校教育、家庭结构和儿童福祉的领域。如果有更多的女性经济学家,这些问题肯定会受到更多关注。

[17] 最引人注目的统计数据来自 20 多年前的一项调查,其中 98% 的女性经济学家同意“经济学界有一个‘优秀老男孩’网络”的观点,许多男性同意这一观点。如果没有更多的女性参与这个领域,这种关系网依旧可能会持续下去。

Section IV TRANSLATION

I

Translate the following sentences into Chinese.

1. 我本可以忍受黑暗，如果我不曾见过太阳。
2. 心有猛虎，细嗅蔷薇。
3. 如果你希望成功，当以恒心为良友、以经验为参谋、以谨慎为兄弟、以希望为哨兵。
4. 接受过去和现在的模样，才会有能量去追寻自己的未来。
5. 杰出的人有着目标，其他人只有愿望。
6. 被轻蔑的时候能平静地一笑，这是一种自信。
7. 不去期望，失去了不会伤心，得到了便是惊喜。
8. 知足是人生在世最大的幸事。
9. 有时候一个人为不花钱得到的东西付出的代价最高。
10. 一个人越伟大，对表扬和奉承就越反感。

II

Translate the following paragraph into English.

Over the past two decades, the price of homes (housing / a property) has quadrupled (increased fourfold / four times) in some parts of this city, making it impossible for wage-earners to buy an apartment (flat). Whatever the reason, the surging (soaring) price of homes can add to the financial pressure / load of parents. The ordinary people can do nothing about it but express their dissatisfaction. Despite the evidence that the effort of the central government to bring the price of homes under control is beginning to work, universal affordability of a flat is virtually out of the question (impossible).

Section V WRITING: Comparison and Contrast (对比与对照)

议论文与说明文中的对比与对照

对比或对照就是把两件事或者是一件事的某两个方面进行对比与比较，从中发现一个事件和另外一个事件的区别，或者是突出一件事情的重要特征以及变化等等。对比或对照是常用的一种写作手法，如果对比或对照手法在写作中运用得当，可以增加文章的可读性和深度。对比对照的写作方法一般出现在议论文与说明文中。

一、正反观点型议论文中的对比与对照

在议论文中，常见的比较对经常使用在正反观点的描述中，以两种方式呈现：

1. 块状比较方式: 先 A 后 B, 即 A1, A2, A3... ; B1, B2, B3...。

示例: Country Life and City Life

It is really hard to say which is better than the other, city life or rural life. Both have their merits and shortcomings.

Living in the city has a great many advantages. First, you can enjoy various foods, foreign or domestic. Second, there are more cultural activities in the city — you can go to the concert, theatre, movies or disco club after a day's hard work. **But city life has many problems, too.** The overcrowded population, traffic jam, industrial pollution, and the lack of understanding between people may result in disease and unhappiness. **Living in the country, however,** you can watch the magnificent sunrise and sunset and listen to the bird singing in the tree. If you want, you can certainly have a huge garden when a small green space seems a luxury in the city. In the country, you don't have so much pressure. You can enjoy the pleasure of work by planting seeds in the earth and watching them grow into flowers and finally into fruits or food. **But rural life may not be that perfect.** Things are going so slowly that sometimes you may feel that you are absolute left behind in some remote corners of the world. You may again miss the parties, friends and movies in the city.

Like anything else, country life and city life have their advantages and disadvantages. The best solution may be that you enjoy pleasures of both lives and get rid of their inconveniences.

2. 逐点比较方式: AB 交错, 即 A1, B1 ; A2, B2 ; A3, B3...。

示例: Middle School Life and College Life

There are many differences between middle schools and colleges. First, in middle school, we have to listen to what the teacher says in class, to understand the content of the text. **But in college,** we must study on our own before class. If not, we couldn't follow the teacher. **Second, there are lots of rules in middle school.** For example, we should wear the uniform, the girls must have their hair cut short, and we are not allowed to make boy- or girlfriends. **However, in college,** we have more freedom. We can wear the clothes we like. And the girls could have long beautiful hair. We are also free to make boy- or girlfriends. The third, in middle school, we must study first. That means we could do nothing but study. **In contrast,** we have to do everything by ourselves in college. That means we must plan our time carefully.

正反观点议论文中常用的对比对照短语:

1) Useful words and phrases:

比较: like, similarly, likewise, in the same way, in the same manner, equally

对照: by contrast, on the contrary, while, whereas, on the other hand, unlike, instead, but, conversely, however, nevertheless, otherwise, whereas, unlike, yet, in contrast

2) Useful expressions

Everything has its advantages and disadvantages, and ... is no exception.

The advantages far outweigh the disadvantages.

The advantages of A are much greater than those of B.

A may be preferable to B, but A suffers from the disadvantages that...

For all the disadvantages, it has its compensating advantages.

Like anything else, it has its faults.

A and B have several points in common.

A bears some resemblances to B.

However, the same is not applicable to B.

A and B differ in several ways.

Evidently, it has both negative and positive effects.

The same is true of B.

二、数字图表类说明文中的对比与对照

在说明文中，常见的比较对经常使用在描述图表或曲线图中数值或趋势的变化。可以以两种方式呈现这种数值变化：

1. 句子间的对比对照：在两个句子中分别描述数值，形成明显的对比。

示例：

商品名称	规格等级	单位	本期价格 (元)	比上期 价格涨跌 (元)	涨跌幅 (%)
花生油	压榨一级	升	27.39	0.06	0.2
大豆油	5L 桶装	升	10.03	-0.03	-0.3
菜籽油	一级散装	升	13.34	-0.01	-0.1

1) In contrast, by contrast, on the contrary

The most expensive oil among the three items was made from peanuts (27.39 yuan per litre), with a marginal rise of 0.2%. **In contrast**, the lowest price was in soybean oil (10.03 yuan), decreasing slightly by 0.3%.

2) In comparison

Peanut oil price rose modestly by 0.06 yuan to 27.39 yuan/litre. **In comparison**, the price of colza and soybean oil went down marginally by 0.01 yuan and 0.03 yuan to 13.34 yuan/litre and 10.03 yuan/litre respectively.

3) However

The price of two items, namely colza and soybean oil, dropped slightly by 0.01 yuan and 0.03 yuan to 13.34 yuan/litre and 10.03 yuan/litre respectively. The figure of peanut oil, **however**, climbed modestly by 0.06 yuan to 27.39 yuan/litre.

2. 句子间的对比对照：在同一个句子中对比两个信息。

1) while

While there was a slight rise in peanut oil price to 27.39 yuan/litre, there were marginal downward trends in the prices of colza oil and soybean oil, falling to 13.34 yuan/litre and 10.03 yuan/litre respectively.

There was a slight rise in peanut oil price to 27.39 yuan/litre while there were marginal downward trends in the prices of colza oil and soybean oil, falling to 13.34 yuan/litre and 10.03 yuan/litre respectively.

2) whereas

Whereas the majority of oil items experienced a slight price decrease, peanut oil was exceptional with a marginal increase in its unit price.

The majority of oil items experienced a slight price decrease whereas peanut oil was exceptional with a marginal increase in its unit price.

3) more or less/fewer than

The price of peanut oil was 27.39 yuan/litre, which was 17.36 yuan more than soybean oil. Colza oil's price was 14.05 yuan less than peanut oil's.

4) most or least/fewest

The most expensive price was in peanut oil—27.39 yuan/litre.

The lowest price (10.03 yuan/litre) among these three items was in soybean oil.

5) similar, the same /as... as

similar (to)

The downward percentages of colza and soybean oil were very similar (0.1% and 0.3% respectively).

Similar decreases occurred in soybean oil (0.03 yuan) and colza oil (0.01 yuan).

The price for colza oil was very similar to the price for soybean oil.

the same as ...as

The percentage of the price decrease in colza oil was almost exactly the same as in soybean oil.

6) differ/different/difference

The prices of colza oil and soybean oil differed by approximately 3 yuan.

There was a difference of just over 17 yuan between the prices of peanut oil and soybean oil.

The prices were slightly different between the colza oil and soybean oil—the former was merely 3.09 yuan more than the latter.

数字图标类说明文中常用的对比对照句式：

1) In 2007, only 11% of Indian households had air-conditioning, compared with/to 86% in the US.

2) Teachers' salary was the largest cost of the school, while/whereas the amount of money spent on books was the smallest.

3) The difference between Australia and the UK was barely noticeable.

In Germany, the expenditures on the six kinds of products varied slightly.

The cost of food accounted for the largest proportion of the family expenses (40%), followed by the cost of gasoline (25%) and the money spent on education and training (15%).

4) The proportion of people choosing rock music was considerably/slightly larger than that of people who were in favor of classical music, respectively 60% and 17%.

5) The figure of coal consumption was twice as large as that of petrol.

The proportion of elderly people aged over 65 almost doubled/tripled, rising from 9% in 2000 to 16% in 2005.

The number of wild birds in the UK halved, declining from 5 million to 2.5 million.

6) Singapore has a population of about 4 million people, with Chinese accounting for 3 quarters. The total sales of Coke reached 17.1 billion dollars in 2000, with North America having the largest proportion which was 34%, compared with only 7% in Africa and the Middle East.

7) The proportion of elderly people saw a considerable increase during the 20-year period from 5% to 17%.

Both the popularity of beef and lamb saw/showed an increasing trend.

The UK saw a remarkable increase in terms of the number of tourists from overseas.

8) The use of mobile phones increased dramatically/substantially/considerably, rising from 55% to 80%.

9) There was a dramatic increase in the use of mobile phones.

10) Between 1995 and 2000, the amount of goods transported by road remained relatively stable, at approximately 70 million tons.

(附)

数字图表类说明文中的常用词汇

1. 表示向上升、增加: increase, rise, improve, grow, ascend, mount, aggrandize, go up, climb, take off, jump, shoot up (暴涨), soar, rocket, skyrocket

举例: 人口上升: the number of population increased/ascended/mounted 等等。

2. 表示上升后保持平稳: flatten out (下降或升高后变平), level off

举例: 人口上升后保持平稳: the number of population mounted and leveled off.

3. 表示复苏 (下降后再上升): recover, bounce back

举例: 人口下降后复苏: the number of population decreased and recovered.

4. 表示下降: decrease, decline, descend, drop, fall, go down, come down, collapse, crash, fall off, slump, plummet, plunge, slide, shrink, dwindle, diminish

举例: 人口减少: the number of population decreased/ declined

5. 表示下降后保持平稳: bottom out, flatten out (下降或升高后变平)

举例: 人口下降后保持平稳: The population decreased and bottomed out.

6. 表示稳定或水平: remain steady/constant, stay stable, stabilize, stagnate, flatten out (下降或升高后变平), level off, stay at the same level, be similar to, there is little / hardly any / no change

举例: 表示人口数量保持平稳的时候可以写: The population stayed stable. /The population remained steady.

7. 表示波动: fluctuate

举例: 人口波动: The population fluctuated.

8. 表示在底部: reach a low point, bottom out, reach the bottom, reach the rock, hit a trough

9. 表示在顶部: reach a peak, peak, top out, reach the highest point/ the top/ the summit/ the most, peak in/at, reach the zenith

举例: 人口到达了顶峰: The population peaked/ reached its summit/ reached its zenith.

10. 形容词和副词指示变化程度

abrupt(ly)(突然), sudden(ly)(突然), dramatic(ally)(急剧), drastic(ally)(急剧), sharp(ly)(急剧), quick(ly)(迅速), rapid(ly)(迅速), marked(ly)(显著), significant(ly)(显著), considerable (considerably)(相当), substantial(ly)(相当), moderate(ly)(适当), gradual(ly)(逐渐), slight(ly)(轻微), slow(ly)(缓慢), steady(steadily)(平缓)

11. 常用名词

line chart (线图), curve diagram (曲线图), horizontal axis (横轴), vertical axis (纵轴), plateau (上升后的稳定期), record high (历史高度), record low (历史低点), trough (曲线上的) 最小值, zenith (最高值), general trend, upward/downward trend

增加: an increase, a rise, a growth, an improvement, an upturn, a surge, an upsurge, an upward trend

下降: a fall, a decrease, a decline, a drop, a downturn, a downturn trend, low point, reduction

波动: fluctuation

12. 常用介词

remain steady/ stay stable/ level off/ bottom out/ peak/reach its peak/ reach its zenith 后面需要使用的是 at。

举例: 1) 人口在 500 万上保持平稳: The population remained steady at 5 million.

2) 人口在 800 万时到达了顶峰: The population peaked at 8 million.

3) 下降后, 人口在 400 万保持平稳: After decreasing, the population bottomed out at 4 million.

4) 上升后, 人口在 700 万保持平稳: After mounting, the population leveled off at 7 million.

Task 1 Paraphrase the following sentences:

1. New statistics show that the proportion of women studying economics in American universities has been at a low level and the number of female economists in future may even be decreasing. (用于主题段)
2. If only more and more women joined the economics, the number of female economists would keep increasing. (用于主题段)
3. Less than one-fifth of women would be the incoming doctoral students. (用于主题段)
4. Among first-year doctoral students studying economics, the proportion was 32 percent in 2017, which was only a slight change from the proportion of 33 percent in 2000, according to the report. (用于主题段)
5. That influx ended around the year 2000, which may result in a slow increase as well as a steady number of female full professors in economics. (用于主题段)

Task 2**Model essay for 5:****Why Is the Price of Pork Rising?**

Pork is the staple meat of Chinese people. The average person in China eats more pork than in any country other than Germany, and it accounts for almost 4% of China's consumer-price baskets, against less than 1% in Germany. Rising pork prices could therefore push up China's inflation rate over the coming months. It is estimated that inflation will rise from 3% in April to 3.4% in May.

The outbreak of African swine fever last year has brought down the breeding stock of pigs in China. In October last year, the number of reproductive sows decreased by 5.9 percent year-on-year, breaking the 5 percent warning line. The decrease has been expanding continuously ever since, hitting 26.7 percent in June. Since it takes at least 10 months for piglets to mature, and the fall in the number of sows has not been checked, the supply of pork will continue to slip for months. The other cause is that stricter environmental protection policies carried out after April 2015 have forced many small-scale pig farms, whose capacity to manage the risks of diseases and price fluctuations is much weaker, to shut down. The disappearance of small farms means the industry has put all its eggs in one basket — large pig farms. Before effective methods were found to control the outbreak of swine fever, weeding out the small pig farms has actually weakened the whole industry's capacity to cope with the epidemic. But history shows when the price of pork goes up, the pig farming industry will increase its investment to quickly expand their breeding scale to gain from high prices. And with the increase of supply, the price of pork will decline soon. Since the epidemic has been largely controlled nationwide, it will only be a

matter of time before the pork supply picks up, and the price falls.

Even if it has affected dozens of countries, the African swine fever should not be classified as “natural disaster” to justify the pork price hike. The authorities have plenty of lessons to draw from the dramatic changes in the pig industry to improve their adaptability and risk-prevention ability for the management of the food industry. The Commerce Ministry said it has been closely following the rising price of pork in the market, and will put more frozen pork, beef and lamb reserved by the central government into the market to increase the supply of meat.

Section VI GRAMMAR: Correct Word Choice 1 (正确选词练习1)

(1) find / find out

多少学生认为两者的区别在于 find 表示“寻找”，强调的是“过程”，而 find out 的意义是“找到”，强调的是“结果”。这是错误的理解。不论是“找”还是“找到”，我们都使用 find，而 find out 的主要意义是“了解”、“弄清楚”或“搞明白”，主要接疑问词引导的从句，与“找到”毫无关系，而 find 几乎不接疑问词引导的从句，例如：

1. They are trying to find out whether there is something about the way we teach language to children which in fact prevents children from learning sooner.
2. Dr. Carl Rogers spent many years trying to find out why people succeed.
3. Go to the building a day or two before, if necessary, to find out how long the journey takes.
4. Scientists haven't been able to find out why humans age faster than the tortoise.

find out 经常与 about 连用，表示“了解”，与 learn about 意义接近，例如：

1. So we made an appointment, then got online to see what we could find out about these strange symptoms I was having.
2. Can you help my family find out about an accident that took my best friend in the world away?
3. Rontgen went on to find out more about these strange rays.

所以，find out more about... 表示“更多了解……”，而 find out all about... 表示“把一切了解清楚”。finding out about these universities... 的含义是“了解这些大学”，而不是“找到这些大学”。

find out 偶尔也接陈述句，意义为“了解到”，例如：

1. ...prone to make jokes about Indonesians until they found out that she was married to one...

2. From the amount of C14 in the bones, he found out that they were about 10,000 years old.

(2) spend / take

国内流行的观点是这两个词均可与时间连用，意义相同，只是句型不同。这是错误的理解。实际上，这两个词表达完全不同的意义，而且 take 可以灵活使用，不局限于 it takes somebody…。spend 表示“把时间用于……”，也就是 spend time doing…，而 doing 往往表示一个持续的动作，与是否完成无关。take 通常表示“做……需要多长时间”，有完成的含义，而且句子的主语可以多样化。请看下列句子：

1. It took Helen about two hours to write this abstract.
2. It took about two hours for Helen to write this abstract.
3. Helen took about two hours to write this abstract.
4. This abstract took Helen about two hours to write.
5. Writing this abstract took Helen about two hours.
6. This abstract took about two hours.

这些句式都是正确的，区别在于流行度不同，国内学生最熟悉第一个句式，因此可能认为其他的句式是错误的。

请尝试翻译下列句子：

1. 在中国拿硕士学位通常需要三年时间。
2. 父母用了很长时间才说服儿子。
3. 有些患者需要几个月时间才能康复。
4. 从我们公司走到最近的地铁站大约需要 10 分钟。

参考译文：

1. It usually takes three years to get a master's degree in China.
2. The parents took a long time to convince the son.
3. For some patients, recovery takes a couple of months.
4. It takes about ten minutes to get to the nearest subway station from our company on foot.

这些句子均不能用 spend 翻译，更不能用 cost 翻译，当然有时也可使用 need 或 require，但句子结构需要变化。所以，“It took me about one week to write this essay”表示“写完这篇论文用了一周左右时间”，意义相当于“I finished this essay in a week or so”，而“I spent about one week writing this essay”的含义是“写了一周”，相当于“I wrote this essay for a week”，没有“完成”的含义，很可能还要接着写。此外，spend money to do something 是正确的表达方式，也有人使用 spend money on doing something。

take 有时用于定语结构中，例如：

1. The fire is now out, but the iconic spire fell during the hours it took to battle the blaze. (在灭火过程中)
2. Jason Williams hit two three-pointers in less time than it takes to read this sentence.

3. Computers can do calculations in a fraction of the time taken by a human mathematician.

4. You can hardly calculate the time taken to write this book. (写此书所花费的时间)

虽然 it takes somebody... 通常接时间, 但也可以接 somebody 或 something, 都是很常见的用法, take 的意义为“需要”, 例如:

1. It takes an experienced surgeon to perform this operation.

2. It takes courage and effort to accomplish such a mission.

3. I often wonder what it takes to be what I want to be.

4. It doesn't take much to find a job in this city. (很容易)

所以, “不论付出多大努力”可译为 whatever it takes。

(3) believe / believe in

国内学生特别熟悉 believe, 而很少使用 believe in, 甚至误解 believe in 的意义。虽然 believe in 可表示“信仰”, 如 believe in God, 但其主要意义是“相信……的存在(作用或能力)”, 如:

believe in TCM (相信中医的作用)

believe in UFOs (相信 UFOs 存在)

believe in this government (相信政府的执政能力)

believe in myself (自信)

believe in Crazy English (相信疯狂英语)

根据这种意义, “相信语法书”或“相信茶的保健作用”可译为 believe in grammar books 或 believe in tea。

电影《山楂树之恋》中有老三与敬秋在亭子里对话的场景。老三说:“你可能没有爱过, 所以不相信世界上有永久的爱情。”英文字幕是“You might not have fallen in love so you don't believe in eternal love.”。这样使用 believe in 是很地道的用法。

(4) between / among / amid

虽然 between 通常表示“两者之间”, 但也可用于“两者以上”的情形。如果涉及的数量是“两个以上”, 不一定必须使用 among, 有时选择 between 更为合适。下面是 Webster's Ninth New Collegiate Dictionary (146 页) 对两词之间区别的解釋:

There is a persistent but unfounded notion that *between* can be used only of two items and that *among* must be used for more than two. *Between* has been used of more than two since Old English; it is esp. appropriate to denote a one-to-one relationship, regardless of the number of items. It can be used when the number is unspecified <economic cooperation between nations>, when more than two are enumerated <between you and me and the lamppost> <partitioned between Austria, Prussia, and Russia—Nathaniel Benchley>, and even when only one item is mentioned (but repetition is implied) <pausing between every sentence to rap the floor—

George Eliot>. *Among* is more appropriate where the emphasis is on the distribution rather than individual relationships <discontent among the peasants>. When *among* is automatically chosen for more than two, some strain on English idiom can result <a worthy book that nevertheless falls among many stools—John Simon> <the author alternates among mod slang, clichés and quotes from literary giants—A.H. Johnson>.

该解释的大意是：认为 *between* 只能用于两者之间，而 *among* 用于两者以上是毫无根据的。不管涉及多少项目，只要注重“一对一”的关系，就要使用 *between*，没有明确数字时也是如此。*among* 强调分布，有时涉及“两者以上”时选用 *among* 会使句子显得不地道。

Book of English Usage (77 页) 对此有下列解释：

...But when more than two entities are involved or when the number of entities is unspecified, the word choice depends on what you want to say. You use *between* when the entities are considered as distinct individuals and *among* when they are considered as a mass or collectivity. Thus in the sentence *The balloon landed between the houses*, the houses are seen as points that define the boundaries of the area where the balloon touched down. We assume, therefore, that the balloon did not land on any of the individual houses. In *The balloon landed among the houses*, the area of landing is considered to be the general location of the houses, taken together. It leaves open the possibility that the balloon came down on one of the houses. By the same token, we may speak of *a series of wars between the Greek cities*, which suggests that each city was an independent participant in the hostilities, or of *a series of wars among the Greek cities*, which allows for the possibility that the participants were shifting alliances of cities. For this reason, *among* is used to indicate inclusion in a group: *She is among the best of our young sculptors. There is a spy among you.* Use *between* when the entities are seen as determining the limits or endpoints of a range: *They searched the area between the river, the farmhouse, and the woods. The truckdriver had obviously been drinking between stops.*

此书的解释与上面字典的解释相似。介词 *between* 强调的是“个体”，而 *among* 突出的是“集体”。*The balloon landed between the houses* 和 *The balloon landed among the houses* 都是用词合适的句子，区别在于：第一句中的房子被看作是界定气球落地区域的若干点，含义为气球不可能落在某个房顶上；而第二句表明落地点是房子所在的一片区域，气球有可能落在某个房子顶上。*a series of wars between the Greek cities* 表明每一城市是独立的参与者，而 *a series of wars among the Greek cities* 可能意味着参与者的结盟国不断变换。“属于某一团体”就用 *among*，而选择 *between* 表示范围的界限。

between 用于“三者或三者以上”的情形很多，如：

- ...partnerships between scientists, educators, and students
- ...to abolish tariffs between all its members by the year 2020
- ...make the difference between full recovery, death, or brain damage in drowning accidents
- ...the relationship between man, society, nature, and history

...organizing during the summer a meeting between the four Heads of Government, the United States, France, the Soviet Union and ourselves.

...is found also in letters between friends or family members

...a multilateral deal between the seven countries involved in ocean mining

...a war to divide up Iraq between Iran, Syria, Turkey and the Kurds

...no continuity of mood between the three books

...was divided between the four grandchildren

...many interrelationships between linguistics, philosophy and psychology

此外, 不论涉及的数量是多少, 某些名词后经常接 between, 如 agreement, communication, cooperation, difference, exchange, relationships, treaty, trip, understanding.

医学科研人员经常对比若干小组之间的差异。如果动物组是两个以上, 他们习惯于使用 among, 如 the difference among the three groups, 而此时用 between 更好。

虽然字典对 amid 的解释是 among, 但该词常用于表示 “背景”, 如 amid the confusion, amid concerns over global warming, amid applause, amid increasing tensions, amid the storm and the darkness。

Key to Correct Word Choice: Exercise I

Translate the following sentences into English.

1. You have to find out whether you need a medical exam if you are applying to be a temporary resident of Canada.
2. It took the police nearly two months to find out who had plotted this explosion.
3. About one-third of Americans believe in UFOs / one out of every three Americans believes in...
4. Switzerland lies between France, Germany, Austria and Italy.
5. This retired general plans to spend the rest of his life writing his memoir.
6. It takes many years of hard work to be a celebrated scientist.
7. I'll do whatever it takes to turn into realities the dream I believe in.
8. Amid escalating tensions over the trade war between China and the United States, many countries feel concerned about the prospect of global economy.
9. You are advised to read related books if you want to find out more about this war.
10. Can you explain the difference between these four words?

Environment and Sustainability

Section I READING SKILLS: Increasing Your Attention Span

IN THIS SECTION THE STUDENTS WILL LEARN:

1. to increase attention span;
2. to use the techniques that govern attention span.

Practice of Reading Techniques

Answer the following questions before or during reading Text A.

1. *Why does the author introduce Alanis Obomsawin and Bill Mollison's words? What is his purpose?*

Arty Mangan quotes Alanis Obomsawin and Bill Mollison's words to initiate his argument. The present generations shouldn't meet their needs by sacrificing the benefits of future generations. All things are connected and "things in nature don't expand forever." We should rethink challenges to sustainable development and make changes.

2. *From the author's standpoints, what are some specific challenges to sustainability?*

There are three challenges: rewarding the wrong activity, industrialization of biological systems, and treating nature like a slave.

3. *In which paragraph does the author move from his general introduction to his theme statement?*

In Paragraph 6, the author moves from his general introduction to his theme statement. (What are some specific challenges to sustainability? There are many artifacts of the old, non-sustainable systems that challenge sustainability. I'm just going to touch on three: rewarding the wrong activity, industrialization of biological systems, and treating nature like a slave.)

4. *Could you pick up some words and expressions that signal change or continuation in the author's thought?*

“Unfortunately” (Paragraph 3) / “As” (Paragraph 5) / “also, so” (Paragraph 10) “Additionally” (Paragraph 11) / “but” (Paragraph 13)

5. *What actions, if any, would you take to respond to non-sustainable systems?*

Open.

Section II TEXT A

Three Challenges to Sustainability

TEACHING OBJECTIVES:

Studying Text A will enable students

1. to know better about sustainability and specific challenges to it.
2. to learn how to use the following key words:
sustainability; compromise; befall; fertile; prolong; forgo; epidemics; vicinity; deposit; yield; entity; regenerate
3. to learn direct speech seen in (1) and “it” as subject placeholder in Subject Clause in (2)
(1) In 1987, the Brudtland Commission of the United Nations **defined it this way**: “Sustainable development meets the needs of the present without compromising the ability of future generations to meet their own needs.”
(2) **It is** estimated **that** governments spend more than \$700 billion a year to subsidize environmentally unsound practices in agriculture, water, energy, and transportation.
4. to learn how to use juxtaposition to explain a general topic in an argumentative writing.
5. to discuss the related topic regarding environmentally sustainable development.

KEYS TO EXERCISES

I

READING COMPREHENSION

A.

1. D (Paragraph 2: Bill Mollison, the founder of Permaculture, wonders, “Why does society, with all its skill, intelligence, and resources, keep falling into holes of its own making?”)
2. B (Paragraph 8: The farming practices that are being supported are a disaster from the point

of view of sustainability—using genetically engineered seeds, high chemical inputs, farming marginal lands, and forgoing crop rotation so that they can maximize subsidy payments.)

3. A (Paragraph 10: The grass feeds the bison that keeps the predator alive—interdependence in a healthy biological system.)
4. B (Paragraph 11: ...their blind pursuit of yield and efficiency has resulted in increased disease among animals and people, inhumane conditions for the animals, an increase in greenhouse gasses, and antibiotic resistance.)
5. C (Paragraph 13: JL Chestnut, the great civil rights lawyer from Alabama, speaking at the Bioneers conference before he died, said, “The same mentality that oppresses people pollutes the environment.”... treating nature as property just as at one time slaves were treated as property.)
6. D (Paragraph 15: That effort led to the CELDF work with the government of Ecuador to write into the new Ecuadorian constitution in 2009 the Rights of Nature.)

B. Fill in the following blanks with information in Text A.

Three Challenges to Sustainability	Wrong Actions	Consequences
Rewarding the wrong activity	Governments spend more than \$700 billion a year to subsidize environmentally unsound practices in agriculture, water, energy, and transportation; more than \$15 billion annually is given to corn, soy, cotton, and other commodity farmers.	This prolongs the pathology of the status quo, monopolizes resources, maintains the power structure, and decreases the opportunity for a new system to be designed and built that serves people and the environment in a sustainable and humane way.
Industrialization of biological systems	Our modern version of animal husbandry is CAFOs : concentrated animal feeding operations.	The blind pursuit of yield and efficiency has resulted in increased disease among animals and people, inhumane conditions for the animals, an increase in greenhouse gasses, and antibiotic resistance. Additionally, CAFOs created as much waste as a small city.
Treating nature like a slave	Those laws, including the Clean Air Act and Clean Water Act, were passed under the authority of the commerce laws of the U.S. Constitution, treating nature as property just as at one time slaves were treated as property.	The planet is in worse shape today than it was in the 1970s. Environment laws do not protect the rights of nature, but merely slow down the rate of destruction.

II VOCABULARY

A.

1. B 2. C 3. A 4. D 5. A 6. B 7. C 8. C 9. A 10. D

B.

1. send out 2. account for 3. tied up 4. penetrated 5. in good shape
6. feeds on 7. emerging from 8. put pressure on 9. regenerated 10. apart from

III CLOZE

1. D 2. B 3. A 4. C 5. B 6. A 7. D 8. C 9. A 10. B

IV TRANSLATE THE FOLLOWING PARTS INTO CHINESE.

1. 我们今天的行为将如何影响 200 年后我们的子孙后代? 不幸的是, 现代工业社会里仍有太多人认为环境是外部的, 与自身无关。
2. 随着一个旧系统的衰落, 才会有机会、空间和资源供新的事物生长。一棵树在林中倒下, 光线才得以穿透树荫。腐烂的树叶和枝干在分解以后, 创造了肥沃的环境, 更多的水流出, 休眠种子中的激素被激发, 幼苗从旧系统的腐朽中萌发。
3. 目前的经济体系经常奖励那些最不可持续的行为, 这些做法使得现存的病态还在蔓延, 对资源形成垄断, 维护权力结构, 减少设计和建设新系统的机会, 而这个系统用可持续和人道的方式能够为人民和环境服务。
4. 从可持续性的角度来看, 这些被资助的农业行为就是一场灾难——使用转基因种子, 严重依赖化学产品, 耕种边际土地, 放弃作物轮作, 以使它们能够最大限度地获得补贴。
5. 历史上, 当成群的野牛聚集在平原上以本地的草为食时, 它们的粪便和尿液为草地提供了必要的营养, 也为土壤食物网提供了有益的细菌。
6. 环境被认为是商业的一个子集部分——仅仅是一个为商业获取资源的地方。环境法不保护大自然的权利, 而只是减缓破坏环境的速度。

V SPEAKING PRACTICE

1. Do you think that economic development should take priority over environmental protection?

This is only short-term thinking. Mankind has a long-term responsibility to protect the environment. I am not supportive of the idea that economic development should take priority. It is necessary and absolutely possible that economic development and environmental protection co-exist, in the sense that both of them are indispensable for the prosperity of society. A well-

preserved environment is the groundwork for the economy and in a way promotes economic growth. A fast-developing and well-functioning economy calls for a good environment, which offers essential resources, such as wood, coal and water for production. So, economic development and environmental protection are equally important. In this sense, we should work towards an environmentally-friendly economy.

2. Do you agree with the author that “as an old system goes into decline, the opportunity, space and resources become available for something new to grow”?

According to the author, as an old system goes into decline, the opportunity, space and resources become available for something new to grow. A tree falls in the forest allowing light to penetrate the canopy. The decaying leaves and limbs decompose, creating fertile conditions, more water becomes available, hormones in dormant seeds are stimulated and seedlings emerge from the decay of old structures. Natural regeneration is an important component of uneven-aged forests, which ensures the continued replenishment of trees when older trees die or are harvested.

3. What is your idea about genetically engineered foods?

Genetically engineered foods have been a well-publicized topic for years and its ability to incite passion and controversy doesn't appear to be going away anytime soon. The possible benefits of genetic engineering include: more nutritious food, fast food, tastier food, disease-and-drought-resistant plants that require fewer environmental resources (such as water and fertilizer), less use of pesticides, increased supply of food with reduced cost and longer shelf life (保质期), food with more desirable traits, such as potatoes that produce less of a cancer-causing substance when fried, medicinal foods that could be used as vaccines or other medicines. Some people have expressed concerns about GE foods, such as: creating foods that can cause an allergic reaction or that are toxic, unexpected or harmful genetic changes and foods that are less nutritious.

4. How have CAFOs changed animal husbandry in the world?

In the United States and other parts of the world, livestock production is becoming increasingly dominated by concentrated animal feeding operations (CAFOs). In a CAFO, animals are crammed by the thousands or tens of thousands, often unable to breathe fresh air, see the light of day, walk outside, peck at plants or insects, scratch the earth, or eat a blade of grass. CAFOs have become the predominant method of raising livestock, and the crowded conditions in these facilities have increased water and air pollution and other types of harm to public health and rural communities. These may be the most industrialized of all agricultural systems; people's blind pursuit of yield and efficiency have resulted in increased disease among animals and people, inhumane conditions for the animals, an increase in greenhouse gasses, and antibiotic resistance. Additionally, CAFOs created as much waste as a small city. These negative outcomes are largely the result of ignoring the dynamics of natural healthy systems. CAFOs are not the inevitable result of market forces. Instead, these unhealthy operations are largely the result of misguided

public policy that can and should be changed.

5. *Why are the rights of nature not given due attention?*

According to the author, JL Chestnut, the great civil rights lawyer from Alabama, once said, “The same mentality that oppresses people pollutes the environment.” In the 1970s, the Clean Air Act and Clean Water Act were passed, treating nature as property just as at one time slaves were treated as property. The environment is considered to be a subset of commerce—merely a place to get resources for business. Environment laws do not protect the rights of nature, but merely slow down the rate of destruction. Today, numerous laws provide for a rights-based approach to environmental protection. Based as they are on an instrumentalist rationality that seeks to promote human entitlements to nature, the majority of these rights remain anthropocentric. Although there are growing calls within academic and activist circles to reorient rights alongside an ecocentric ontology, only one country to date has taken the bold step to bestow rights on nature in its constitution. The Ecuadorian Constitution of 2009 announces the transition from a juridical anthropocentric orientation to an ecocentric position by recognizing enforceable rights of nature.

BACKGROUND INFORMATION

1. Environmental sustainability: It is the maintenance of the factors and practices that contribute to the quality of environment on a long-term basis. The growing scarcity of natural resources is one of today’s greatest global challenges. Optimizing efficiency is the use of resources that offers both ecological and economic benefits and is a key component in our sustainability strategy worldwide. Hence, developing energy-efficient products is a central element of our desire to save energy and deal with climate change.

2. Environmental attitudes in sustainable development: Environmental attitude is a psychological tendency expressed by evaluating the natural environment with some degree of favor or disfavor. Pro-environmental attitudes are more likely to engage in environmental conservation or preservation activities such as practicing low energy lifestyles such as cycling, rather than using a private car, engaging in waste recycling, water and energy conservation behavior.

3. Environmentally unsound practices:

- The extensive use of fire leading to the depletion of soil nutrients;
- The use of alien grazing animals, particularly sheep, goats and cattle, which destroy the protective vegetation and promote soil erosion;
- Agriculture on the steep slopes, with furrows (犁沟) orientated downhill, enhancing erosion;
- The use of non-native species for reforestation projects leading to the depletion of soil water and nutrients levels in long-term perspective;

- Increasing human population density that shortens fallow (休闲的) periods;
- A “rape the planet” model that clear-cuts forests to grow GMO soybeans that feed factory cattle which are turned into processed meat;
- The mass application of chemical pesticides and fungicides (杀真菌剂);
- The accelerating loss of farming soils;
- The mass poisoning of the oceans and aggressive over-fishing;
- Runaway human population growth;
- The widespread destruction of animal habitat;

...

4. Animal husbandry: It is the controlled cultivation, management, and production of domestic animals, including improvement of the qualities considered desirable by humans by means of breeding. Animals are bred and raised for utility (e.g., food, fur), sport, pleasure, and research.

5. Breeding: It is the application of genetic principles in animal husbandry, agriculture, and horticulture to improve desirable qualities. Ancient agriculturists improved many plants through selective cultivation. Modern plant breeding centers on pollination; pollen from the chosen male parent, and no other pollen, must be transferred to the chosen female parent. Animal breeding consists of choosing the ideal trait (e.g., fine wool, high milk production), selecting the breeding stock, and determining the breeding system (e.g., crossbreeding, inbreeding).

6. Dairying: It is a branch of agriculture that encompasses the breeding, raising, and utilization of dairy animals, primarily cows, for the production of milk and the various dairy products processed from it. Milk for human consumption is produced primarily by the cow and the water buffalo. The goat is also an important milk producer in China, India, and other Asian countries and in Egypt. Goat's milk is also produced in Europe and North America but, compared to cow's milk, goat's milk is relatively unimportant. Buffalo's milk is produced in commercial quantities in some countries, particularly India. Where it is produced, buffalo's milk is used in the same way as is cow's milk, and in some areas the community milk supply consists of a mixture of both.

7. Junk food: It can be appealing for a variety of reasons, including convenience, price and taste. For those who do not always understand the health consequences of their eating habits, junk food may appear especially appetizing. However, regularly consuming fattening junk food can be addictive for people and lead to complications like obesity, chronic illness, low self-esteem and even depression, as well as affecting how they perform in study and work.

课文参考译文: Text A

可持续性的三大挑战

阿尔蒂·曼根

[1] “所有树木被砍伐的时候，所有动物被猎杀的时候，所有的水体被污染的时候，所有的空气都不能呼吸的时候，只有在这个时候，你才发现金钱是不能吃的，”阿拉尼·索姆萨因说道。

[2] 朴门永续设计的创始人比尔·莫里森对一个问题百思不得其解：“为什么社会凭借其所有的技能、智力和资源，仍然不断陷入自己制造的困境？”什么是可持续发展？可持续发展面临的挑战有哪些？1987年，联合国布鲁兰德委员会将其定义为：“既满足当代人的需要，又不对后代人满足其需求的能力构成危害的发展，可称为可持续发展。”

[3] 我们今天的行为将如何影响200年后我们的子孙后代？不幸的是，现代工业社会里仍有太多人认为环境是外部的，与自身无关。

[4] 事实上，我们所做的一切都是环境的一个部分。西雅图酋长是一位伟大的海岸赛利希族的勇士，也是一名外交官，他写了一篇关于环境的雄辩的文章。在论述中，他对富兰克林·皮尔斯总统购买赛利希土地和扩大白人定居点的提议做出了回应。他说，“无论地球发生什么事，地球上的孩子都会受到影响。如果人们随地吐痰，他们就是向自己吐痰。我们知道，地球不属于人类，人类才属于地球。我们知道，一切事物都是相连的。”

[5] 自然界中的事物不会永远扩张。随着一个旧系统的衰落，才有机会、空间和资源供新的事物生长。一棵树在林中倒下，光线才得以穿透树荫。腐烂的树叶和枝干在分解以后，创造了肥沃的环境，更多的水流出，休眠种子中的激素被激发，幼苗从旧系统的腐朽中萌芽。

[6] 可持续发展面临哪些具体挑战？很多挑战存在于旧的、不可持续的系统里，我只想谈三个问题：奖励错误的行为，生物系统的工业化以及把自然当作奴隶对待。

奖励错误的行为

[7] 据估计，政府每年花费7 000多亿美元来补贴农业、水、能源和交通运输中出现的不利于环境保护的做法。目前的经济体系经常奖励那些最不可持续的行为，这些做法使得现存的病态还在蔓延，对资源形成垄断，维护了权力结构，减少了设计和建设新系统的机会，而这个系统用可持续和人道的方式能够为人类和环境服务。

[8] 在此要说一个例子，给种植商农业补贴，这是奖励最糟糕的农业行为。每年有超过150亿美元的补贴用于玉米、大豆、棉花和其他商品的种植者，这些农产品造成了广泛的毒性，扭曲了市场，占用了可以支持可持续发展行为的资金。从可持续性的角度来看，这些被资助的农业行为就是一场灾难——使用转基因种子，严重依赖化学产品，耕种边际土地，放弃作物轮作，以使它们能够最大限度地获得补贴。由于获得了补贴，商品价格低

于实际的生产成本，为便宜的高卡路里食物市场提供垃圾食品，从而导致肥胖和糖尿病的泛滥。

生物系统的工业化

[9] 历史上，当成群的野牛聚集在平原上以本地的草为食时，它们的粪便和尿液为土壤食物网提供了有益的细菌，也为草提供了必要的营养。食用草的顶部带来地下草根的梢枯，由此产生的有机物可以喂养有益的土壤细菌。

[10] 粪便和尿液向狼群等捕食者发出了强烈刺鼻的信号，表明它们就在附近。捕食者向牛群施加压力，迫使它们转移到另一个区域。这种群体迁移确保了草地不会受到过度啃食，否则会造成荒漠化。捕食者的施压也可以控制特定区域内动物排泄物的数量。这些营养物在较高的密度下会产生毒性。因此，捕食者保护了草地，没有草地野牛就无法生存。草喂养野牛，使捕食者可以靠着野牛生存，这就是健康的生物系统中的相互依赖性。

[11] 我们的现代畜牧方式是 CAFOs，称为集中式动物饲养操作。这些可能是所有农业系统中最为工业化的了，它们盲目追求产量和效率，导致动物和人类疾病的增加，用不人道的方式对待动物，增加温室气体的排放以及提高抗生素耐药性。此外，集中式动物饲养操作产生的动物排泄物相当于一个小型城市。这些负面的结果更多地是由于忽视自然健康系统动态变化所造成的。

[12] 乳制品是新墨西哥州的第一大农产品。乳品、牲畜和饲料约占新墨西哥州所有农业收入的 80%。新墨西哥州的牛群规模是所有州中最大的，这意味着高度集中的经营活动，数万头牛被圈养在自己的粪便里，把非天然的玉米当作食物，导致它们的胃酸化以及致病的大肠杆菌的传播。

把自然当作奴隶对待

[13] 阿拉巴马州伟大的民权律师切斯塔特临终前，在百奥尼斯会议上说：“压迫人民的心态同样会污染环境。”和 20 世纪 70 年代相比，今天的星球处于更加糟糕的情形，那个时候通过了《清洁空气法》和《清洁水法》。它们是在美国宪法中的商业法的授权下通过的，自然被当作财产看待，就像从前奴隶被当作财产看待一样。环境被认为是商业的一个子集部分——仅仅是一个为商业获取资源的地方。环境法不保护大自然的权利，而只是减缓破坏环境的速度。

[14] 公众环境法律防卫基金会已经与宾夕法尼亚州、新英格兰州和弗吉尼亚州的社区合作，通过起草和帮助通过一些法律条文来确立“自然的权利”法，该法律旨在“改变生态系统的地位，使其转变为具有权利的实体，法律不再视其为财产”。

[15] 这一努力促成了公众环境法律防卫基金会与厄瓜多尔政府的合作关系，在 2009 年的时候自然的权利被写入新的厄瓜多尔宪法。编纂入典的文字是这样表述的，“大自然拥有生存权、持续权、维护权、再生权（涉及生命周期、结构、功能和进化过程）。”

Section III TEXT B

True Height

KEYS TO EXERCISES

READING COMPREHENSION

1. A (Paragraph 3: His palms were sweating. He needed a towel to dry his grip. A glass of ice water quenched his thirst but hardly cooled his intensity.)
2. C (Paragraph 5: Her excitement and passion for details made Michael's dreams full of color and beauty.)
3. D
4. D (His personal record was 3 inches short of 17 feet. Paragraph 9: The bar was set at nine inches higher than his personal best. That's only one inch off the National record, he thought.)
5. A (Paragraphs 9, 10: His mother always used to tell him when you felt tense, anxious or even scared, take deep breaths. So he did.)
6. D (The whole text)

课文参考译文: Text B

真正的高度

戴维·纳斯特

[1] 困难越大, 战胜困难就越令人感到自豪。——莫里哀

[2] 当天空黑暗到一定程度时你就会看到那满天闪烁的星星。——查尔斯·A. 比尔德

[3] 此刻, 他的手掌正在冒汗。他需要一块毛巾来擦干手掌和他紧握着的撑杆。一杯冰水解除了他的干渴, 但是却不能使他那紧张的心冷静下来。他感到那块坐在身下的阿斯特罗草皮和他今天面临的全国青少年奥林匹克运动会上的竞争一样炽热。横竿被设置在 17 英尺的位置, 这比他个人的最好成绩要高出 3 英寸。迈克尔·斯通正面临着他撑杆跳高生涯中最富有挑战性的一天。

[4] 虽然竞赛决赛已经结束一个多小时了, 看台上的观众还有两万多人。撑杆跳是田径比赛中真正具有魅力的项目。它将体操的优美和身体的力量结合起来。它还具有飞翔的因素, 而且观众一想到运动员能飞到两层楼那么高真不可思议。此时此刻不仅是迈克尔·斯通的现实和梦想, 还是他的探索。

[5] 在迈克尔的记忆里，他一直梦想着能够飞翔。在他的成长过程中，妈妈读了许多关于飞翔的故事给他听。她的故事为他描述的总是飞翔时俯瞰大地的情景。每当她读到细节的时候，她就充满了兴奋和激情，这使得迈克尔的梦想也充满了迷人的色彩和美丽。迈克尔不停地重温着这样一个梦想：他沿着乡村小道飞奔，他能感觉到脚下的岩石和大块的泥土。当沿着镶着金边的麦浪奔跑的时候，他总会超过从身边经过的火车。就在那一刻，他会深深地吸一口气，然后猛地腾空而起，像一只雄鹰一样高高地“飞翔”。

[6] 但是，另一方面，他的爸爸却不是一个爱做梦的人。伯特·斯通是一位现实主义的铁杆分子。他坚信做事要付出艰辛的努力和汗水。他的座右铭是：“如果你想得到什么，那么就努力去干吧！”从14岁起，迈克尔就是这么做的。他首先是从一项谨慎而系统的举重训练开始的。他每隔一天练举重，每隔另一天练跑步。这个训练项目是在他的教练，也就是他爸爸小心翼翼的监督下进行的。迈克尔的献身精神、决心和自律精神是教练最喜欢的。

[7] 如今迈克尔在撑杆跳高方面所取得的成绩看起来都是对他艰苦训练的回报。迈克尔·斯通对跳过17英尺的横竿是否感到惊讶、激动甚或是傲慢自大，你无从知晓。他似乎忘记了超过自己最好成绩3英寸的这个事实，并且，他似乎也忘记了在这场全国青少年奥林匹克运动会的撑杆跳高比赛中，他是仅剩的两名竞争者之一。

[8] 当迈克尔跳过了17英尺2英寸，并且又跳过了17英尺4英寸的时候，他仍旧像刚才一样平静。他所要的是不懈的准备与坚定的决心。他仰面躺着，从人群中发出的一阵叹息声里，他知道另一位竞争者的最后一跳已经失败了。由于另一位竞争者失误较少，迈克尔需要跳过这个高度才可以赢。

[9] 这一次他感到跑道有些不同。这使他震惊，但很快就恢复了镇静。跑道在他脚下就像一大捆湿草。现在横竿比他个人最佳成绩还高9英寸。他想这比全国纪录只高一英寸。这一时刻的紧张气氛让他感到焦虑。他开始努力摆脱这种紧张的状态，但是却不管用。相反他变得更加紧张。然后不知从何处，或许是从他灵魂的最深处吧，他想到了他的妈妈。过去他的妈妈经常告诉他说，当感到紧张、担忧甚至是恐惧的时候，就做一次深呼吸。

[10] 于是，他按照他妈妈所说的去做了。顿时，那种紧张的感觉从他的腿上消失了，他轻轻地把撑杆放在他的脚下，开始伸展双臂，挺直上身。他小心翼翼地捡起他的撑杆。他感到他的心脏在剧烈地跳动着。他确信所有观众也和他一样。这时，整个赛场的寂静似乎淹没了一切。然后，他听到了远处几只飞翔着的知更鸟在唱歌，他意识到他飞翔的时刻到来了。

[11] 当他沿着跑道开始疾速奔跑的时候，他感到有些东西与往昔是那么的的不同，但却又是那么的熟悉。他感到他脚下的路面就像是他经常梦到的乡下土路，那些岩石和大块的泥土以及那金黄色的麦浪此刻一下充满了他的思绪。他做了一次深呼吸，然后，他的梦想终于实现了——他开始“飞”起来了！迈克尔·斯通的“起飞”一点儿也没费力气，就像是在他童年时的梦幻中一样，他飞了起来。但是，他知道这次他可不是在梦中，眼前所发生的一切都是真实的。在他的周围，万事万物好像都在以慢动作运动着，而且，他从来都没有感觉到周围的空气像现在这么纯净，这么新鲜。迈克尔就像是一只威武的雄鹰一样在

翱翔着。

[12] 也许是因为看台上观众那震耳欲聋的欢呼声, 抑或是因为迈克尔从高空中落到充气垫子上的撞击, 迈克尔重新回到了现实之中。他仰面躺在充气垫子上, 明媚的阳光照耀着他的脸庞, 此刻, 他能想象得到的只有那绽开在妈妈脸上的微笑。他知道, 他的爸爸可能也在微笑着, 甚至可能是开怀大笑。伯特激动时总是这样, 先微笑然后吃吃地笑。然而, 迈克尔不知道的是他的爸爸正紧紧地拥抱着妻子激动地哭泣呢!

[13] 这时候, 迈克尔被团团地围住, 人们与他拥抱, 祝贺他生命中迄今为止所取得的最大成就! 那天, 他后来的那一跳一举越过了 17 英尺 6.5 英寸的高度, 那是一项全国乃至全世界的青少年奥林匹克运动会纪录。随着媒体的关注、可能会发生的高薪签约以及蜂拥而至的忠心祝贺, 迈克尔十七岁的生活将会随之改变, 再也不会像以前那样平静了。当然, 这一切并不只是因为他赢得了全国青少年奥林匹克运动会撑杆跳高的冠军并创造了一项世界纪录, 也不只是因为他把自己的最好成绩提高了 9.5 英寸, 而只是因为迈克尔·斯通是一个盲人。

Section IV TRANSLATION

I

Translate the following sentences into Chinese.

1. 事实上, 我们所做的一切都是环境的一个部分。
2. 撑杆跳将体操的优美和身体的力量结合起来。
3. 她的故事描述的总是飞翔时俯瞰大地的情景。
4. 随着一个旧系统的衰落, 才有机会、空间和资源供新的事物生长。
5. 草喂养野牛, 使捕食者可以靠着野牛生存, 这就是健康的生物系统中的相互依赖性。
6. 这些负面的结果更多地是因为忽视自然健康系统动态变化所造成的。
7. 然后不知从何处, 或许是从他灵魂的最深处吧, 他想到了他的妈妈。
8. 压迫人民的心态同样会污染环境。
9. 也许是因为看台上观众那震耳欲聋的欢呼声, 抑或是因为迈克尔从高空中落到充气垫子上的撞击, 迈克尔重新回到了现实之中。
10. 这时候, 迈克尔被团团地围住, 人们与他拥抱, 祝贺他生命中迄今为止所取得的最大成就。

II

Translate the following paragraph into English.

Despite different admissions standards, the number of students in most of the graduate schools in China is surprisingly large. Not only do advisers (supervisors) encourage students to

read as much literature as possible, but also expect them to make their own discoveries (discover things for themselves). Those with innovative ideas are more likely to publish / have better chance of publishing papers (articles) of high academic value. Whether you have decided to become a doctorate student or get employed, an academic degree can shape / determine your future.

Section V WRITING: Definition (定义法作文)

定义法作文

一、什么是定义法作文？

定义法 (definition) 是对于一种事物的本质特征或一个概念的内涵和外延所作的简要说明。通过下定义，可以使读者对该事物有一个更直接的认识。这种方法运用非常广泛，各类教科书、说明文、工具书、议论文等经常使用，它能够使说明更科学合理、更清楚明白。比如，在说明文中起到解释作用，在议论文中用来发表意见、观点。

定义法的显著特点是文字简洁，内容客观，概念性强。在具体运用时要注意两点：一是这种技法多用于复杂深奥的事物或知识，不是任何说明对象都可以用，如说明钢笔、书包则不宜用，而说明电脑则可用这种方法。二是定义要下得确切，必须是唯一正确的解释，完全符合事物的实情，既要指出事物的性质，又要指出事物的特征，还要与那些易混事物区别开来。如给“人”下定义：“能制造工具并使用工具进行劳动的高等动物。”这就准确，因为它抓住了“人”的本质。

为了使欲说明的抽象概念一目了然，让读者开卷便抓住文章的主旨，作者通常选择定义法开篇，收到深入浅出的阐述效果，以引发下文说明内容的展开。其涉及的范围，不外乎被说明对象的性质、特征、含义等。

【范文 1】

The Essence of Charm

1. 魅力是什么？
2. 对于女人和男人，魅力又意味着什么？
3. 魅力给我们的启示。

Charm is the ultimate weapon, against which there are few defenses. If you've got it, you need neither money, looks, nor pedigree. It's a gift, given only to give away, and the more used, the more there is.

In a woman, charm is probably more exacting than in a man, requiring a wider array of subtleties. It is a light in the face, an air of exclusive welcome, an almost impossibly sustained note of satisfaction in one's company, and regret without fuss at parting.

Charm in a man, I suppose, is his ability to capture the complicity of a woman by a single-

mindful acknowledgment of her uniqueness. Here again it is a question of being totally absorbed, of really forgetting that anyone else exists, for nothing more fatally betrays than the suggestion of a wandering eye. Silent devotion is fine, but seldom sufficient; it is what a man says that counts, the bold declarations, the flights of fancy, the uncovering of secret virtues.

Charm, in the end, is a most potent act of behavior, the laying down of a carpet by one person for another to give his existence a moment of honor. It is close to love in that it moves without force, bearing gifts like the growth of daylight. It snares completely, but is never punitive. It disarms by being itself disarmed, strikes without wounds, wins wars without casualties—though not, of course, without victims.

(范文 1 选自 Laurie Lee, "I Can't Stay Long" (1975), 237 words.)

【 范文 2 】

Youth

1. 青春是什么?
2. 对于不同年龄的人, 他们怎样看待青春。
3. 青春的真正意义是什么?

Youth is not a time of life; it is a state of mind; it is not a matter of rosy cheeks, red lips and supple knees; it is a matter of the will, a quality of the imagination, a vigor of the emotions; it is the freshness of the deep springs of life.

Whether 60 or 16, there is in every human being's heart the lure of wonder, the unfailing childlike appetite of what's next and the joy of the game of living. In the center of your heart and my heart there is a wireless station: so long as it receives messages of beauty, hope, cheer, courage and power from men and from the infinite, so long are you young.

When the aeries are down, and your spirit is covered with snows of cynicism and the ice of pessimism, then you are grown old, even at 20, but as long as your aeries are up, to catch waves of optimism, there is hope you may die young at 80.

(范文 2 选自 Samuel Ullman, Youth (1918), 170 words)

二、如何写好定义法作文?

写作水平是语言综合运用能力的反映。作为英语写作的学习者, 通常首先需要掌握一些英语写作中语言运用的基本特点, 在此基础上, 不断提高遣词造句的准确性, 然后再通过大量的写作实践来增强作文的可读性。

现在, 我们来看一下定义法在英语写作中的基本特点, 其运用位置可以有三种情况: 一是用于文章或段落之首, 对说明对象或对象的若干方面作定义介绍, 以起到交代、点题或引渡入文的作用。二是用于文章的正文 (本论), 明确中心, 利用思维逻辑和组织逻辑, 展开对事物的界定性说明。三是用于文章或段落的结尾, 既对说明的事物或知识下定义作介绍, 又对上文说明的内容进行概括归纳。读后有瓜熟蒂落、水到渠成之感, 给人以自然

和谐、顺畅通达的印象。

(一) 定义法在文章或段落之首的用法

【常见开篇句】

1) Sth. is often referred to as / defined as...

例如: Corrupt officials are often referred to as the most dangerous borers (蛀虫) in our government bodies.

2) (Doing) Sth. is just the same as .../is compared to.../is likened to.../is like...

例如: Life in the middle of marriage is often compared to wire-walking, for in the late years they need each other.

3) Sth. is to...what sth. else is to...

例如: An individual human existence is to the human society what a river is to the ocean.

4) To / For / With most people / sb., sth. is /means...

例如: To dishonest people, a friend means a target or an object that is of some use to them at present or in the future.

5) Sth. is the symbol / mark / equivalent of .../ is symbolic of .../ is equivalent to...

例如: If selling one's sex is the mark of degeneration, selling one's power is equivalent to committing crime.

【常见过渡句】

1) People from different backgrounds, however, put different interpretations on the same thing. (用于各抒己见类议论文和展开式界说性说明文)

2) But different people hold completely different views as to its nature. (用于各抒己见类议论文和界说性说明文)

3) If / When adopted to account for / define / expose ..., it can come in different meanings. (用于具体定义说明文)

4) If it is intended for ..., however, the divergence of outlook on it ceases to continue while a new meaning to it begins to stand out. (用于归纳性定义说明文)

5) Our life abounds with examples in point. (用于举例说明文)

(二) 定义法在文章的正文(本论)的用法

文章的正文应以文章的开头为线索,具体地叙述、说明或论证文章的主题。将定义法运用到文章的正文部分,要注意句子之间应衔接自然,而且还要合乎逻辑。这里涉及两种逻辑组织,一种叫思维逻辑:利用发散思维、放射思维、对等思维、抽象思维、形象思维等寻求事物的一般性到特殊性(或特殊性到一般性)定义或内涵,实现对事物的界定性说明;一种叫组织逻辑,包括定义法、举例法、同义/反义释义法、比喻法、细节法等。

【常见界说性句式】

1) Sth. is like /as... as/ similar to / the same as / compared to (明喻)

例如: In the eyes of book worms, books are compared to / like a magic blanket that carries

them anywhere as they like.

2) Sth. is / refers to / is nothing but ... (明喻)

例如: To a seeker after the treasure of knowledge, learning is rowing across an unbounded ocean, in which hardship is seen as his boat.

3) Sth. is thought of / defined / valued / cherished / seen / esteemed as ...

例如: A true friend is valued as your mirror that helps you find any dirt on your face.

4) A does sth. just as B does sth. else. (类比)

例如: Educative experiences of life can tell us how to get rid of failure, just as weather-beaten sailors know how to steer clear of rocks.

5) Sth. means / signifies / stands for / is a symbol (matter / sign / token) of ...

例如: Love is a matter of given and then discovering, as an unexpected gift, the deepest satisfaction one can know.

为了将界定的事物表述清楚, 我们还需要表达自己的观点, 特别是在议论文体中。下面列举了几个常用的句型。

【常见中心意思句】

1) With / For different people / things, however, sth. is open to different interpretations / tastes / connotations.

2) Sth. may be / bear / convey many meanings / values / hints to many different people / things, but in all senses / the broadest sense / a real sense, it is / means ...

3) On the whole / All in all, however, the diverse / different / various meanings / interpretations / concepts / definitions of sth. originate from / can be traced back to the same source / core.

4) When adopted to define different things / people, sth. comes in a variety of flavors / tastes / meanings / senses / values.

(三) 定义法在结尾(结论)的用法

写文章与其他所为同理, 必须做到有始有终。定义法作文的结尾段常用于写文章的读者群或写作对象和目标有密切关系的界定说明, 其界说既要准确到位、具体可行, 又要语重心长、寓意深刻; 或给人以教诲, 令其掩卷深思; 或指人以方向, 使其轻装上路。

【常见段首句式】

1) As far as ... is / are concerned, sth. in question means / signifies / symbolizes ...

例如: As far as a person of bad taste is concerned, life means seeking for physical incentives, of which money is usually counted as No. 1.

2) If adopted / used to define / measure / weigh / judge ..., sth. in question is often seen / valued / thought of / referred to / cherished as ...

例如: If adopted to weigh the college student, beauty is thought of as his or her comprehensive qualities.

3) With / For / To..., sth. in question is just the same as ...

例如: With some of the upstarts, luxurious living is just as essential as parading their success.

4) What is the meaning / interpretation / connotation of ...if it is limited / restricted to the field / scope / circle / group of ...?

例如: What is the meaning of loyalty if it is restricted to the circle of pure scientists?

写作答案:

Task 1 Paraphrase the following sentences.

1. Next, I'll discuss three: rewarding the wrong activity, industrialization of biological systems, and treating nature like a slave. (用于开头段)

2. It is sad to say that too many people in the modern industrial world still believe the environment is disconnected from themselves. (用于主体段)

3. A good case in point is the agricultural subsidies for commodity growers that reward the worst farming practices. (用于主体段)

4. In terms of sustainability, the farming practices that are being supported are a disaster. (用于开头段)

5. There is no doubt that ignoring the dynamics of natural healthy systems can lead to these negative results. (用于结尾段)

Task 2 Choose one of the following topics and write a definition essay with no more than 300 words but no less than 250 words.

Sample:

On Honesty

What is honesty? Honesty means speaking the truth and being fair and upright in act. Considered as a virtue, it is admired in every country and every culture. We can actually put honesty in two different ways: honest to yourself and honesty with others.

The process of recognizing, accepting and expressing authentic self starts with you. Nothing is more important than being honest with yourself, which is the key to self-growth. If you fall off a bike, you could blame the bike for being two-wheeled. Being honest to yourself would mean you understand that you are not trying hard enough on the bike. Not being honest makes you close your mind and not try to improve yourself. That trust you build to yourself will in turn build confidence to win in life. You understand how to conquer that fear of failing and you end up a better person.

Then we have the honesty to others. Honesty keeps everything going. It's what keeps the economy going. The chain of trust is created by contracts that lead from materials to be delivered

to the shop shelves. You can't be dishonest to others and expect them to be honest to you. Keeping your promises would build your credibility. In that way, you earn people's trust. However, in the current trend of commodity economy, it seems that more and more people are willing to pay their honesty to get money. For them, compared with health, beauty, money, intelligence, reputation and talent, honesty is the only thing that can not be abandoned.

In short, honesty is important in growing and maturing as a trustworthy person. We should never justify such an opinion as "small dishonesty is a trivial matter." We should root out the seeds of dishonesty once it grows in our hearts.

Section VI GRAMMAR: Correct Word Choice 2 (正确选词练习2)

(5) adviser / mentor / supervisor / tutor

这四个词经常被翻译为“导师”，很多硕士生称自己的导师为“tutor”，而 tutor 的真正意义是“家教”和管理学生日常生活的“导员”或“班主任”，与科研或学位关系不大。如果某个本科生不好好学习，整天虚度光阴，那么 tutor 可能找他谈话。研究生的导师可翻译为 adviser 或 supervisor，前者可能更常用。mentor 通常指“影响你言行的人”，如父母或历史名人。

(6) contact / expose / interact / touch

这几个词都有“接触”的含义，令中国学生困惑，所以汉语的“接触”不好翻译。有人把“我经常接触老外”翻译成“I often touch foreigners”，某电视台把电视节目“非常接触”译为“unique touch”，不知用什么方式 touch。原因是 touch 通常指“用手触摸”。有的学生把“接触社会”翻译为“touch the society”。

A. *Webster's Third New International Dictionary* 对 touch 的定义为: the state or fact of being in contact or communication 接触，联系，联络。例句有：

lost touch with the other boats in the fog (失去联系)

keeping in touch with distant relations (保持联系)

kept in close touch with headquarters by phone (联络)

out of touch with modern methods (不接触)

还有：

stay in touch with former teachers 或 lose touch with reality

作为动词时，touch 的主要意义有：触摸、碰、表面接触、利用（与否定词连用），例如：

touch one's face with fingertips

touch the delicate flower with fingers

If you touch the snake, he will strike.

...never touches alcohol in any form

...hardly touched his dinner

...hasn't touched the piano since his wife's death (没碰钢琴)

After the news program, the remote is often left untouched. (看完新闻节目后, 没人动遥控器了)

Don't touch anything before the police come.

...until your forehead touches the floor

B. be exposed to 常见的意义是“使……遭受”, 通常有“受到负面影响”的含义, 例如:

...be exposed to danger / attack / ridicule / pollutants

...expose humans to many risks

Long exposure to strong sunlight can harm your skin.

但也可说 be exposed to classical music / western culture / books on history, 例如:

I expose students to African history, geography, artistic traditions. (Obama)

“长期接触手机射线……”可译为 chronic (long) exposure to radiation..., 不宜使用 contact, 更不能使用 touch。

C. contact 有时可代替这两个词, 通常意义有:

1. union or junction of body surfaces 身体表面接触

eye contact 目光接触

body contact 身体接触

cooled by contact with the air

Hepatitis C virus is spread by contact with infected blood.

Any contact with this liquid will.... 只要接触这种液体就会……

2. association or relationship 交往

students and teachers in daily contact

Japan's new contact with Europe

3. an instance of meeting, connecting or communicating 见面, 交流

Ordinary men were made to feel a direct contact with their God.

keep in contact with the other members

make contact with the enemy

have close contact with various patients 近距离接触各类患者

come into contact with new ideas 接触新思想

have wide contact with these politicians 广泛接触这些政客 (打交道)

需要注意的是, contact 作为动词时是及物动词, 如 Please contact the admissions office if you have any questions (有问题请与招生办联系), 不少人错误地写为 Please contact with the admission office...。

D. interact 互动

...have an opportunity to interact with various animals at the zoo

...encourage active interactions with other kids

(7) likely / unlikely like / dislike like / unlike

前面已经讲过 likely 和 unlikely 的一些用法。这两个词经常充当形容词,用于 be likely (unlikely) to do... 句式当中。此外,likely 也可充当副词,如 “She will likely say that she knows nothing about it.”。该词的名称形式是 likelihood,相当于 possibility 或 chance。like 和 dislike 通常当动词用,也可充当名词,如 talk about your likes and dislikes。like 与 unlike 相对时,主要充当介词,但偶尔也可当形容词用,如 like father, like son (有其父,必有其子)。需要强调的是,不少学生混淆 like 和 the same as,或者混淆 unlike 和 different from,请翻译下列两个句子:

同汉语一样,英语也是历史悠久的语言。

与汉语不同,英语是一门广泛使用的语言。

翻译第一句时,不能使用 the same as..., similar to 或错误更严重的 same as,而是最好使用 like。在第二句中,最好使用 unlike,而不是 different from。换言之,like 和 unlike 经常用于句子前面的状语中。

(8) last but not the least

在本科生当中,这个词组太流行了。只要表达“最后一点”,几乎每个学生都能想到 last but not the least,但 *Webster New World Dictionary* (p. 1522) 有这样的说明:

...hackneyed refers to such expressions which through constant use have become virtually meaningless (e.g., “last but not the least”).

字典对形容词 hackneyed 的解释是 make trite or commonplace by overuse,而 trite 的定义是 worn out by constant use; no longer having freshness, originality, or novelty。简单地说, hackneyed 的意义是“由于过度使用,从而变得没有任何新意”,相当于“太俗了”。由此可见, last but not the least 并不是流行的英语,而是“几乎没什么意义”的表达法,也就是我们俗称“被用烂的”字眼。事实上,国外很少有人使用该表达法。

(9) lack

该词的错误使用率极高,笔者不确切了解错误的源头,可能与四六级写作的范文有关。如果让学生翻译“我们缺钱”,他们的译文很可能是 we are lack of money。此类错误已到了泛滥的地步。

请看下列句子:

These college graduates lack adequate housing.

Lack of activity leaves me overweight.

Competent and experienced teachers are lacking in these schools.

There is a chronic lack of water on these islands.

These flowers are withering for lack of water.

这些句子都正确使用了 lack。该词既是名词,也是及物动词,而 lacking 是形容词,相当于 short。所以说,可用 somebody lacks something 表示“缺什么”,而 somebody is

lack of something 错误地使用了 lack。该词前面可使用冠词, 如 a lack of... 或 the lack of..., 但没有复数形式, 而 shortage 经常用于复数形式, 如 labor shortages。

类似的错误用法还有 face with (应该是 be faced with 或 face), please contact with this office (应该是 contact this office), regular exercise is benefit for health (应该是 exercise benefits health 或 exercise is of benefit to health), this book is helpful for improving my reading comprehension (应该是 this book can help improve my reading comprehension)。

(10) 意义变化的词

1. myth 目前的主要意义是“错误的理解”或“误区”, 而不是“神话”。

2. neighborhood 经常指“社区”“地段”“地界儿”或“居民区”, 如 a rich neighborhood (富人区) 或 poor neighborhoods (贫民区)。

3. in a particular direction 或 a particular school 中的 particular 不是指“特殊的”或“特定的”, 而是“某一个”。所以, “学习某一门外语”可译为 learn a particular foreign language。

4. access 的主要意义是“有机会使用或利用”, 而不是“靠近”, 常用的结构有 easy access to higher education (上大学容易), restrict children's access to the Internet (限制孩子上网), better access to high-quality health care。所以, have no access to expensive toys 的意义是“没有像样的玩具”, 而 inaccessibility of health care 的意义是“看病难”。

5. vision 经常指“憧憬”“想象”或“未来的设想”, 如 have a clear vision of where the country is developing 或 turn their vision of a good school into realities (把自己心目中的理想学校变成现实)。

6. breaking 经常表示“震撼的”或“惊人的”, 如 breaking news。

7. trending 经常表示“网上热议的”或“热门的”, 如 trending news stories。

8. interact 的字典定义为“相互作用”或“相互影响”, 但经常表示“交往”“互动”或“接触”, 如“有机会面对面接触诺贝尔奖获得者”可译为 have an opportunity to interact with Nobel prize winners。儿童应该学会 interact with other kids (交往)。

9. 字典对 in that 的解释是 because, 但实际上绝不能用 in that 替换 because, 说明原因时可能首选 because。in that 的主要意义是“体现在……”, 例如 “This therapy is superior to the conventional one in that it is both effective and inexpensive。”

10. deprive 的通常意义是“剥夺”或“使……失去”, 但 deprived 经常表示 impoverished, 也就是 poor, 所以“贫民区”可译为 deprived neighborhoods。

Key to Correct Word Choice: Exercise 2

Translate the following sentences into English.

1. Japan is a country that lacks natural resources / where natural resources are lacking.
2. (The) lack of physical activity has left me overweight.
3. Unlike birds, monkeys are a species that is quite intelligent.

4. Like coffee, tea is also conducive to health.
5. Children can never feel the sweetness of fresh air unless they are exposed to nature.
6. Many parents in China's big cities spend a lot of money to have their children tutored.
7. Higher education has become much more accessible.
8. Chinese seems too difficult to learn to foreigners in that the spelling of Chinese characters is extremely complicated.
9. Smartphones / cell phones / mobile phones are the best means by which people stay in touch with each other.
10. What's your vision of life?

Unit 12

Success and Happiness

Section I READING SKILLS: Remembering What You Read

IN THIS SECTION THE STUDENTS WILL LEARN:

1. to remember what you read;
2. to use some methods to help you remember better in reading essays in English.

Section II TEXT A

Laws of Lasting Love

TEACHING OBJECTIVES:

Studying Text A will enable students

1. to find the definition of love and happiness
2. to learn the use of the key vocabulary: unfulfilling; grieve; lament; bang; sacred; diagnosis ; verdict; infantile; gorgeous; premise
3. to use the comparative structure “as...as”
e.g. Infatuation is when you think he’s as gorgeous as Robert Redford, as pure as Solzhenitsyn, as funny as Woody Allen, as athletic as Jimmy Connors, and as smart as Albert Einstein. Love is when you realize he’s as gorgeous as Woody Allen, as smart as Jimmy Connors, **as funny as** Solzhenitsyn, as athletic as Albert Einstein, and nothing like Robert Redford in any category.
4. to grasp the meaning of “look out for No. 2” in the context.

The old saying was look out for No. 1. But we’ve learned to look out for No. 2. If you fight for yourself, only you can win. When you fight for your marriage, you both win.

5. to learn how to use quotation in writing and to summarize the main ideas.
6. to discuss the related topic regarding love and happiness.

KEYS TO EXERCISES

I

READING COMPREHENSION

A.

1. A (Paragraph 3: Peter laughed and said, "If you wonder where your love went, you forgot that you are the one who makes it. Love is not out there; it's in here between Lita and me.")
2. B (Paragraph 5: A fulfilling marriage begins when two people make time together their No. 1 priority. If we hope to find love, we must first find time for loving.)
3. B (Paragraph 11: Before I could ask a question of this doomsayer, my wife stood up, handed me my robe, adjusted the tubes attached to my body and said, "Let's get out of here. This man is a risk to your health.")
4. D (Paragraph 17: This hurtful, infantile argument illustrates how spouses, instead of looking for love, may look for flaws. It is a way of seeing.)
5. A (Paragraph 22: This argument illustrates how some people spend their marriages struggling to change a spouse's mind. ...Paragraph 23: When this couple broke free of their one-reality trap, their problems were solved.)
6. D (Paragraph 28: Marriage is designed primarily for giving rather than taking. It is meant to be a permanent union of two unselfish people.)

B. Fill in the following blanks with information in Text A.

Introduction: According to Paul Pearsall, more and more people were disappointed over their unfulfilling relationships.

Body: In order to help the patients who lost love, Paul Pearsall listed five laws for lasting and loving relationships.

1. put time where love is;
2. in crisis, become as one;
3. take a loving look;
4. try another perspective;
5. look out for No. 2.

Conclusion: With the laws discovered by Paul Pearsall, people could love deeply, tenderly and lastingly.

II VOCABULARY

A.

1. A 2. B 3. A 4. B 5. C 6. A 7. B 8. D 9. D 10. D

B.

1. gaze at 2. break free 3. spring from 4. verdict 5. perspective 6. marital
7. rests on 8. permanent 9. ego 10. fulfilling

III CLOZE

1. A 2. C 3. A 4. B 5. A 6. A 7. B 8. A 9. B 10. C

IV TRANSLATE THE FOLLOWING PARTS INTO CHINESE.

1. 美满的婚姻始于两个人都把抽时间多聚在一起当成各自的第一要事。如果我们希望找到爱，首先我们必须找时间去爱。
2. 令人遗憾的是，目前心理学都注重独立的自我模式。要使婚姻持久，我们就必须克服以自我为中心。我们必须超越亚伯拉罕·马斯洛声称的“自我实现”，要“共同实现”。我们要学会把时间放在爱上。
3. 我们如何看待对方通常更多地取决于我们而不是他们。丈夫和妻子不是观众，而是相互生活中的参与者和观察者。
4. 这一争吵表明一些人如何把婚姻耗费在努力改变对方的想法上面。在爱情持久的婚姻中，人们的出发点是：婚姻有许多现实问题，他们要学着去接受不同的观点。
5. 正如一位丈夫告诉我的：“俗话说要争先做主。现在我们学会了退让一步当第二。如果你为自己奋斗，成功的仅仅是你自己。当你为自己的婚姻而奋斗时，你们就会双赢。”
6. 爱能释放出强大的治愈能量。持久的爱知道去感悟，去给予，使这份爱成长壮大。如果我们把精力投入爱，我们就从爱中汲取力量。

V SPEAKING PRACTICE

1. What are the laws for lasting and loving relationships discovered by the author?

According to the author, there are several laws to follow:

- a. put time where love is;
- b. in crisis, become as one;
- c. take a loving look;
- d. try another perspective;
- e. look out for No.2.

2. What are the causes of marriage problems in modern society?

There are several reasons for marriage problems:

- a. some problems arise from different perspectives and personalities;
- b. both husband and wife devote their time and energy to their career development and pay less attention to mutual communication;
- c. both overemphasize self-importance and can't see the spouse in perspective;
- d. both lack the communicative skills to express his or her true feeling;
- e. both are under financial pressure, such as buying a large house, supporting their elderly parents or children's education;
- f. either or both of them has/have an ill relationship with each other's family members.

3. How do you understand the advice "taking a loving look"?

As the saying goes: "Beauty is in the eye of the beholder." And there is the wonderful expression by Judith Viorst, "Love is when you realize he's as gorgeous as Woody Allen, as smart as Jimmy Connors, as funny as Solzhenitsyn, as athletic as Albert Einstein, and nothing like Robert Redford in any category—but you'll take him anyway." Moreover, how we see our partners often depends more on how we are than how they are.

4. To solve the marriage problems mentioned in the text, what are your tips other than those given by the author?

We need to find the humors in each other's annoying habits.

Value our spouse more than anything in the world.

Compromise can get us through the good and bad times.

5. Do you believe love can be romantic while marriage has to be practical? Why?

To some extent, I would like to say yes, because laws of lasting love can help us keep love fresh and marriage can make us feel stable.

Love can be romantic is in the sense that the two persons who fall in love feel happy and are always trying to create moving emotional scenarios and occasions to touch each other. However, marriage is also a bond of two entire families besides the couple. It is a life about firewood, rice, oil, salt, vinegar and tea. Marriage is the goal of every love because it's a commitment to each other to be partner in life. To be married is to have chosen each other to be with. A stable, loving home is far better for our children. Family helps us weather life's toughest times. And finally, growing old alone and lonely is really unpleasant.

MORE INFORMATION ABOUT THE TEXT

- 1. Robert Redford (1936–)** (罗伯特·雷德福): engaging, blond American leading actor and director who, although working within the studio system, has encouraged independent film-makers. His best roles so far have been as Johnny Hooker in *The Sting* and Bob Woodward

in *All the President's Men*, as a director, he scored with *Ordinary People Quiz Show*. He set up the Sundance Film Institute in Utah for independent film-makers and in 1997 announced the creation of Sundance cinema, a venture with a major distributor to set up a chain of cinemas for the screening of independent.

2. **Solzhenitsyn, Aleksandr Isayevich** (索尔仁尼琴·艾萨耶维奇): author of Russia, was imprisoned under Joseph Stalin for critical comments and later exiled to Soviet Cen. Asia, in 1953. In 1994, he arrived back in the USSR. He received Lenin prize nomination in 1964, Nobel Prize for literature in 1970, etc.
3. **Jimmy Connors** (吉米·康纳斯): born on September 2, 1952 in Belleville, Illinois. One of the most enduring personalities in tennis, Connors, a left-hander, played with reckless abandon and gave everything on every point. Early in Connors' career he was a controversial figure—boorish, ill-tempered and antiestablishment. But as he got older, he mellowed and became one of the most popular players in tennis history. Connors always put on a good show. After his retirement in 1993, he became the prime mover behind the senior tour for players 35 and over. He was inducted into the International Tennis Hall of Fame in 1998.
4. **Woody Allen** (1935–) (伍迪·艾伦): respected American actor, director and screenwriter, a former night-club comedian and appeared in numerous night clubs, TV shows and motion picture such as *What's New Pussycat* (1965), *Take the Money and Run* (1969), *Everyone Says I Love You*, etc. He created the most individual body of work in American cinema and capturing the stressful pleasures of modern urban living, receiving Sylvania Award, award Berlin Film Festival for his screenplay in 1953, and nominated for Emmy Award as TV writer in 1957 as well.

课文参考译文: Text A

永葆爱情的法则

保罗·皮尔索尔

[1] 我做婚姻专家 25 年，遇见过成百上千对婚姻不美满、失望之极的夫妇。我目睹激情蜕变成煎熬。我与病人们一起为他们失去的抑或是从未找到的真爱而哀伤。

[2] “我们曾经是那么相爱，可如今爱一去不复返了，”一位女士向我哭诉。“即使他就在我旁边，为什么每晚我还会感到如此孤独？难道婚姻就不能有更多的内容？”

[3] 可以的。我曾应邀参加一对了不起的夫妇的 60 周年结婚纪念。我问丈夫彼得是否曾经觉得孤独，不知道他和丽塔之间是否还有爱。彼得大笑道：“如果你觉得爱不复存在，那么你就忘了你就是爱的缔造者之一。爱不在彼而在此，在我和丽塔之间。”

[4] 我知道我们可以爱得深沉,爱得温柔,爱得永远。我见过这样的爱,而且我自己也感受过这样的爱。以下是我发现的永葆爱情的法则:

[5] 给爱时间。美满的婚姻始于两个人都把抽时间多聚在一起当成各自的第一要事。如果我们希望找到爱,首先我们必须找时间去爱。

[6] 令人遗憾的是,目前心理学都注重独立的自我模式。要使婚姻持久,我们就必须克服以自我为中心。我们必须超越亚伯拉罕·马斯洛声称的“自我实现”,要“共同实现”。我们要学会把时间放在爱上。

[7] 不少经历过不幸的夫妇都懂得珍惜相聚的时刻。一位丈夫讲述了撞车后他被困在车里的经历。他的妻子在车外面,哭喊着敲打车窗。“我以为我会死,而我们在一起还没有待够,”他告诉我。“那时我发誓要花时间来自爱我的妻子。我们的时间现在属于我们自己了,而且这些时间弥足珍贵。”

[8] 共度危难。一天傍晚,就在一对夫妻离开我办公室时,我听见了似乎是枪的声音。我往窗外看去,见这对夫妇退向他们的汽车,街灯附近是一个大大的人影。丈夫和妻子紧紧相拥,一直往后退。那个人影也加快了脚步奔向他们,这对夫妇手挽手跑向他们的汽车。

[9] 就在我打电话给保安的时候,人影靠近了,我认出那是我们的一个保安。后来我得知,那个“枪声”与那对夫妇无关,但他们当时并不知道。就像群居的动物,面对危险时,他们倚在一起,形成“伴侣警示圈”。受到威胁时,他们成为一个整体。

[10] 几年前,当我与癌症病魔抗争时,我和妻子组成了我们自己的“伴侣警示圈”。每次医生来告知我病情发展的情况,我妻子都会与我相拥着。得病早期基本上没有什么好消息。一天,一位医生带来了极其可怕的消息。他盯着病历本,咕哝道,“看来你迈不过这个坎。”

[11] 我还没来得及向这位灾难预言者提问,我妻子就站了起来,把我的长袍递给我,调整好连在我身上的管子,说道:“我们走。这个人对你的健康是个威胁。”她搀扶着我艰难地走向门口,那位医生走过来。“走开,”我妻子命令道。“离我们远点儿。”

[12] 我们一起沿走廊往外走,医生试图追上我们。“别停,”我妻子说,一边推着静脉输液架。“我们要找个明白的人谈谈。”然后她抬手指向医生,“别再靠近我们。”

[13] 我俩并肩前进,形同一人。我们逃离到安全的地方,希望找到一位不会混淆问诊和判决的医生。没有她,我可能永远也不可能走向康复。

[14] 温情相视。我们如何看待对方通常更多取决于我们而不是他们。丈夫和妻子不是观众,而是相互生活中的参与者和观察者。

[15] “结婚之前,我丈夫对我呵护有加,精力旺盛,”一位妻子曾对我说。“他好像都没法把他的手从我身上挪开。我们结婚以后,他变成了一个“沙发土豆”,看球赛的时间远多过看我的时间。他从猛男变成了面瓜。”

[16] “可笑,”丈夫回答道。“但是你最近有没有看看你自己?结婚的时候,你很漂亮。现在却穿着那件旧袍子。如果我从猛男变成了面瓜,那你就从洋娃娃变成了老黄瓜。”

[17] 这种伤人、幼稚的争辩反映了伴侣们不是彼此寻找爱,而是相互指责。问题在于

看问题的方式。

[18] 作家朱蒂斯·维欧斯特曾经写道，所谓迷恋，就是你认为他像罗伯特·雷德福般英俊，像索尔仁尼琴般单纯，像伍迪·艾伦般风趣，吉米·康纳斯般健硕，艾尔伯特·爱因斯坦般聪明。所谓真爱，是当你意识到他有伍迪·艾伦的模样，吉米·康纳斯的智商，索尔仁尼琴的幽默，艾尔伯特·爱因斯坦的健壮，没一处像罗伯特·雷德福——但你仍然会选择他。

[19] 这一永葆爱情的法则指导着我们带着爱去看对方，而不是寻找爱在哪里。

[20] 换个角度。“你难道看不出你对我母亲的误解多深吗？”一名气愤的妻子曾经这么说道。“她在我们眼中是个圣人，可你把她说成是个魔鬼。”

[21] “你怎么能这么说？”她的丈夫可能会说。“傻瓜都能看出你妈妈是多么让人烦。”

[22] 这一争吵表明一些人如何把婚姻耗费在努力改变对方的想法上面。在爱情持久婚姻中，人们的出发点是：人们的观点各不相同。他们学会了接受不同的观点。

[23] 当这对夫妻不再只从自己的角度看问题，他们的矛盾就解决了。“我母亲是一个关爱我们的讨厌鬼，”这位妻子现在承认道。

[24] 另一位丈夫谈论他妻子说：“她令我眼界大开。她看到我从来看不到的。我也以同样的方式帮她。我们在彼此之间找到一个婚姻的角度看待事物，而这与我俩任何一个人的角度都是完全不同的。”

[25] 持久的婚姻并不明了构成它的独立“自我”是什么样的。但有一点它是完全有信心的，只要双方不断增进了解，婚姻关系就会日益增进。

[26] 适时退让。爱能释放出强大的治愈能量。持久的爱知道去感悟、去给予，使这份爱成长壮大。如果我们把精力投入爱，我们就能从爱中汲取力量。

[27] 不好的力量源于两个自我在碰撞时产生的分歧。当我看见夫妻们彼此争吵时，我想喊：“成熟点，别吵了，开始相爱！”学会如何去爱远远胜过学会如何争吵。不要试图赢于婚姻，而应赢得婚姻。

[28] 婚姻的本质是给予而不是索取。它应该是两个无私个体的永久结合。正如一位丈夫告诉我的：“俗话说要争先做主。现在我们学会了退让一步当第二。如果你为自己奋斗，赢的仅仅是你自己。当你为自己的婚姻而奋斗，你们就会双赢。”

Section III TEXT B

How to Pursue Happiness

KEYS TO EXERCISES

READING COMPREHENSION

1. D (Paragraph 1: A woman I know climbed on the bathroom scale after two weeks of butterless

- toast and chilly jogs around the park. The needle was still stuck on the number where she's started. This struck her as typical of how things had been going lately.)
2. B (Paragraph 3: Every day, it seems, we're flooded with pop-psych advice about happiness. The relentless message is that there's something we're supposed to do to be happy — make the right choices, or have the right set for beliefs about ourselves.)
3. A (Paragraph 6: Maybe you would not say yesterday was a happy day, because you had a misunderstanding with your boss. But were not there moments of happiness, moments of clear peace? Now that you think about it, wasn't there a letter from an old friend, or a stranger who asked where you got such a great haircut? You remember having a bad day, yet those good moments occurred.)
4. D (Paragraph 7: You can't command her appearance; you can only appreciate her when she does show up.)
5. A (Paragraph 9: Happiness is an attitude, not a condition.)
6. B (Paragraph 10: Happiness is a choice. Reach out for it at the moment it appears, like a balloon drifting seaward in a bright blue sky.)

课文参考译文 : Text B

如何追求幸福

阿代尔·拉腊

[1] 我认识一位女士，她吃烤面包不抹黄油，每天在寒风中坚持慢跑。两周后站在浴室的磅秤上量体重，指针依然指向她刚开始节食、锻炼时的位置。这令她很惊讶，想想过去的两周，她注定是不会快乐的。

[2] 她穿好衣服，怒视着她的紧身裤，意外发现口袋里有 20 美元。这时她妹妹打来电话，告诉她一件好笑的事。当她急匆匆地上车、为还要去加油而气哼哼时，却发现室友已经为她的车加好了油。这就是一位整天想着自己永远不会快乐的女士。

[3] 看来每一天我们的周围都充斥着教我们如何快乐的流行的心理建议。近乎苛刻的一条是我们必须得做点事才会快乐——做出正确的决定，或有一套关于我们自己的信念。我们的开国之父们甚至把追求幸福写进了《独立宣言》。

[4] 与追求幸福相连的是如下这个观点，即幸福是一种永恒的状态。假如我们一直不快乐，那么我们就可以得出一个结论：我们出问题了。

[5] 然而大多数人经历的不是永恒的幸福的状态。幸福是平常的心态，是散文家休·普拉瑟曾经说过的混合物，它集“尚未解决的问题、模棱两可的胜利、莫名其妙地击败对手等于一体——心灵真正宁静的片刻很少”。

[6] 也许你不会说昨天是幸福的一天，因为你与上司产生了误会。但难道就没有幸福的时刻？心灵宁静的片刻？想一想，是不是收到了老友的信？或者有位陌生人问你在哪儿剪的那么酷的发型？你只记得一天中不愉快的片刻，却忘记了曾经有过的好时光。

[7] 幸福就像是造访者。比如你做梦也没想到和蔼可亲的、远在海外的蒂莉姨妈会突然出现；她点了一圈最高级的饮料，然后消失了，只留下梔子花的余香。你不能强迫她出现，而当她不期而至时，你只能满心欢喜。同样你不能强迫幸福到来——但有一点可以肯定，当幸福到来时，你肯定会感觉得到。

[8] 当你装满一脑袋问题往家走时，不妨放慢脚步，欣赏如血夕阳洒在城市高楼的窗户上，熠熠生辉；或驻足聆听在渐渐暗淡的暮色中打篮球的孩子们的喊叫声。你或许会觉得自己精神一振，这仅仅是因为你注意了生活。

[9] 幸福是一种心态，不是条件。幸福就是一边清洗百叶窗，一边聆听别人在吟唱；幸福就是花一个小时整理你的衣柜；幸福就是一家人围坐在一起吃团圆饭。幸福是眼前的事，而不是允诺“将来有一天……”假如我们能爱上我们正过着的生活，我们将是多么幸运，我们又将会体验多大的幸福呀！

[10] 幸福是一种选择。当幸福出现时，要及时伸手抓住它，因为幸福就像一个气球，飘向大海，飘向蔚蓝的天空。

Section IV TRANSLATION

I

Translate the following sentences into Chinese.

1. 成功与否往往只是一念之差。
2. 愚人很快会忘记说过的话，智者很快会放弃手里的钱。
3. 她心地善良，性格温柔，气量又大，为人乐观。
4. 不论你的人生被贴上什么标签，只有你自己可以定义自己。
5. 伟大并不在于强大，而在于如何使用力量。
6. 通过爱获得宁静，通过宁静获得思想。
7. 人生深藏的秘密其实就是所有值得做的事情是为别人付出。
8. 永远心存信念，努力工作加上一点好运，我迟早会成功。
9. 勇敢并非没有恐惧，而是克服恐惧，也不是没有焦虑。
10. 直到她看不见他了，她才走回家去，有时抬头望望天空，乌云在翻滚奔腾。

II

Translate the following paragraph into English.

All of us are eager to find out what it takes to succeed. Success requires effort, opportunity

and inspiration. Persistence (perseverance) is the key to significant breakthroughs. If Edison had given up after a few failures, we might now read by the light of candles. Unfortunately, people now tend to assess (evaluate) success in terms of wealth and reputation (prestige).

Section V WRITING: Argumentation (议论文写作)

议论文写作

一、什么是议论文

议论文 (argumentation) 又叫说理文, 是一种剖析事物, 论述事理, 发表意见, 提出主张的文体。作者通过摆事实、讲道理、辨是非等方法, 来确定其观点正确或错误, 树立或否定某种主张。议论文应该观点明确、论据充分、语言精练、论证合理、有严密的逻辑性。议论文是以议论为主要表达方式, 通过摆事实、讲道理, 直接表达作者的观点和主张的常用文体。它不同于记叙文以形象生动的记叙来间接地表达作者的思想感情, 也不同于说明文侧重介绍或解释事物的形状、性质、成因、功能等。总而言之, 议论文主要是以理服人, 一篇有说服力的议论文不仅能证明或反驳某一观点, 还能起到发人深省的效果。

二、如何写好议论文

议论文主要是通过议论或说理来表达对某个问题所持有的看法, 并通过分析和推理得出结论, 因此作者在写作中必须运用可靠的信息和证据, 或提供事实或细节来进行严密推理, 最终清晰阐明或证明自己的立场和观点。如果学生要写好这类文体, 首先需要了解议论文的写作要求: 1 提出明确的观点; 2 组织合理的论据; 3 采取正确的论证。其次要遵循议论文的写作思路, 最后要熟悉议论文的写作类型。

(一) 议论文的写作思路

1. 引出论题

作者介绍背景信息, 旨在激发读者兴趣和引出讨论的话题。

【常用段首句】

Nowadays, there is a popular statement that..., which means...

It is generally accepted / assumed / acknowledged that ...,

The arguer may be right about / that..., but he seems to neglect the fact that...

As it is heatedly debated recently, ... is drawing more and more attention.

2. 引出论点

表达作者对上述话题所持有的观点、看法或态度。

【常用主题句】

Contrary to what many people believe, ...is actually helpful/harmful to... than...

Weighing the pros and cons of both sides. I side with ...

Some people welcome it with applause. However, others contend that... As for me, I cast

my preference for...

To my mind, the advantages far outweigh the drawbacks.

3. 进行论证

作者对主题句展开进一步论证、解释和说明，论证的方法多种多样，常见的有归纳法、演绎法、例证法、类比法、因果法，反驳法等。在论证过程中要求语义完整、层次分明、结构清晰、逻辑严谨，体现主旨。

【常用扩展句】

Here are some illustrations for...

The point is best illustrated with...

In the first place,... Additionally...

To begin with... Moreover... In the third place...

For one thing... For another... Additionally...

4. 得出结论

作者对论证的观点和立场的总结和重申，通常使用同义词语或近义词语重现主题句的中心思想，高度概括要点和做出评论。

【常用结论句】

Taking into account all these factors / From what has been discussed above, we may safely draw / reach / come to / arrive at the conclusion that...

All the analysis / evidence points to an unshakable / sound conclusion that ...

For the reasons presented above, I strongly commit to the notion that ...

Recognizing the fact that ...should drive us to conclude that...

(二) 议论文的写作类型

1. 比较性议论文 (Analyzing-Alternative Essay)

比较性议论文是一种常见的论说文，通常是比较两种或两种以上事物各自的优缺点，从而选择其中一种，并加以论证。例如：

There are two sorts of people in the world, who with equal degrees of health and wealth, and the other comforts of life, become, the one happy, and the other miserable. This arises very much from the different views in which they consider things, persons and events; and the effect of those different views upon their own minds.

An old philosophical friend of mine grown from experience, was very cautious in this particular, and carefully avoided any intimacy with such people. He had, like other philosophers, a thermometer to show him the heat of the weather, and a barometer to mark when it was likely to prove good or bad; but, there being no instrument invented to discover, at first sight, this unpleasing disposition in a person. He for that purpose made use of his legs, one of which was remarkably handsome, the other, by some accident, crooked and deformed. If a stranger, at the first interview, regarded his ugly leg more than his handsome one, he doubted him. If he spoke of

it, took no notice of the handsome leg, that was sufficient to determine my philosopher to have no further acquaintance with him. Every body has not this two-legged instrument, but every one with a little attention, may observe signs of that carping, faultfinding disposition, and take the same resolution of avoiding the acquaintance of those infected with it. I therefore advise those critical, querulous, disposition. In whatever situation men can be placed, they may find conveniences and inconveniences; in whatever company, they may find persons and conversation more or less pleasing; at whatever table, they may meet with meats or drinks of better and worse taste, dishes better or worse dressed; in whatever climate, they will find good and bad weather; under whatever government, they may find good and bad laws, and good and bad administration of those laws; in every poem or work of genius, they may see faults and beauties; in almost every face and every person, they may discover fine features and effects, good and bad qualities.

Under these circumstances, the two kinds of people above mentioned fix their attention, those who are to be happy, on the conveniences of things, the pleasant parts of conversation, the well-dressed dishes, the goodness of the wines, the fine weather, and enjoy all with cheerfulness. Those who are to be unhappy, think and speak only of the contraries. Hence they are continually discontented themselves, and by their remarks sour the pleasures of society, offend personally many people, and make themselves everywhere disagreeable. If this turn of mind were founded in nature, such unhappy persons would be the more to be pitied. But as the disposition to be critical, or be disgusted, is perhaps taken up originally by imitation, and is unawares grown into a habit, which, although now strong in some individuals, may nevertheless be cured when those who have that habit convinced of its bad effects on their felicity.

(范文1选自 Benjamin Franklin, The Handsome and Deformed Leg, 331 words)

2. 阐述性议论文 (Inductive Essay)

阐述性议论文是对某一问题正面阐述作者自己的观点, 说明自己的理由, 这类议论文不需要对别人的观点批评和指正, 它主要是对某个事物、某个观点的必要性、重要性或危害性进行阐述和论证。例如:

The success of some men bewilders those around them because they never seem to work, or to work for any length of time. Their secret is their power to concentrate, and thus to obtain the maximum of result with the minimum of apparent effort. "Concentration," says Emerson, "is the secret of success in politics, in war, in trade, in short, in all the management of human affairs."

Concentration is a habit of mind. Men are not born equal in their power of concentration any more than in their power of playing billiards. But up to a point everyone can improve his power in every direction. This is the age of specialists. Remember that concentration is necessary not only to do things, but to select what to do. In these days no one can achieve great distinction unless he concentrates on some one thing.

It must be remembered that concentration is an exhausting mental and physical business

for those who are unaccustomed to it. Therefore, to begin with, the strain should not be too prolonged. Attention should be relaxed for a suitable period. In other words, the habit should be gradually formed. Brisk, vigorous concentration for a quarter of an hour on the first day may be gradually expanded into two hours or more at the end of a month. The essence of concentration is that the full powers of the mind should be centered on the task in hand. A tired mind and body cannot accomplish this to the best advantage, and in the case of children and young persons, harm may result from too prolonged efforts.

(范文 2 选自 George Allardice Riddell, Concentration, 273 words)

3. 解释性议论文 (Cause-and-Effect Essay)

解释性论文一般用于解释社会现象或社会问题，这类议论文首先对社会现象或社会问题产生的原因或造成的影响进行解释和分析，最后提出解决的方法或建议。例如：

A gifted American psychologist has said, "Worry is a spasm of the emotion; the mind catches hold of something and will not let it go." It is useless to argue with the mind in this condition. The stronger the will, the more futile the task. One can only gently insinuate something else into its convulsive grasp. And if this something else is rightly chosen, if it is really attended by the illumination of another field of interest, gradually, and often swiftly, the old undue grip relaxes and the process of recuperation and repair, begins.

The cultivation of a hobby and new forms of interest is therefore a policy of first importance to a public man. But this is not a business that can be undertaken in a day or swiftly improvised by a mere command of the will. The growth of alternative mental interests is a long process. The seeds must be carefully chosen; they must fall on good ground; they must be sedulously tended, if the vivifying fruits are to be at hand when needed.

To be really happy and really safe, one ought to have at least two or three hobbies, and they must all be real. It is no use starting late in life to say: "I will take an interest in this or that." Such an attempt only aggravates the strain of mental effort. A man may acquire great knowledge of topics unconnected with his daily work, and yet hardly get any benefit or relief. It is no use doing what you like: you have got to like what you do.

(范文 3 选自 Winston Churchill, Cultivating a Hobby, 268 words)

4. 评论性议论文 (Pro-and-Con Essay)

评论性议论文是客观分析和评论某一事物或事件的正反两个方面，或是对某一问题反映出的不同观点展开讨论，并做出判断或给出结论。例如：

It is curious that our own offenses should seem so much less heinous than the offenses of others. I suppose the reason is that we know all the circumstances that have occasioned them and so manage to excuse in ourselves what we cannot excuse in others. We turn our attention away from our own defeats, and when we are forced by untoward events to consider them, find it easy to condone them. For all I know we are right to do this; they are part of us and we must accept the

good and bad in ourselves together. But when we come to judge others, it is not by ourselves as we really are that we judge them, but by an image that we have formed of ourselves from which we have left out everything that offends our vanity or would discredit us in the eyes of the world.

To take a trivial instance: how scornful we are when we catch someone out telling a lie; but who can say that he has never told not one, but a hundred? There is not much to choose between men. They are all a hotchpotch of greatness and littleness, of virtue and vice, of nobility and baseness. Some have more strength of character, or more opportunity, and so in one direction or another give their instincts freer play, but potentially they are the same. For my part, I do not think I am any better or any worse than most people, but I know that if I set down every action in my life and every thought that has crossed my mind, the world would consider me a monster of depravity. The knowledge that these reveries are common to all men should inspire one with tolerance to oneself as well as to others. It is well also if they enable us to look upon our fellows, even the most eminent and respectable, with humor, and if they lead us to take ourselves not too seriously.

(范文 4 选自 William Maugham, *On Motes and Beams*, 334 words)

Task 1 Paraphrase the following sentences.

1. For the quartercentury I have been a therapist for married couples, I have observed hundreds of individuals deeply unhappy over relationships which did not meet their needs. (用于文章开头段)

2. A tragic life event has made many couples aware of the deep value of their time together. (用于文章开头段)

3. This analysis demonstrates how the struggle to change a partner's mind is a major facet of married life for many people. (用于文章过渡段)

4. One husband declared regarding his wife "She makes me see new things!" (用于文章中间段)

5. The partners in a lasting marriage are sure that their bond will evolve in a constant process of mutual learning. (用于文章开头段)

Task 2

7. Reading Makes a Full Man

Reading makes a full man; conference a ready man; and writing an exact man. And therefore, if a man writes little, he had need have a great memory; if he confers little, he had need have a present wit; and if he read little, he had need have much cunning, to seem to know that he doth not. Histories make men wise; poets witty; the mathematics subtle; natural philosophy deep; moral grave; logic and rhetoric able to contend. There is no stand or impediment in the wit, but

may be wrought out by fit studies: like as diseases of the body may have appropriate exercises. Bowling is good for the stone and reins; shooting for the lungs and breast; gentle walking for the stomach; riding for the head; and the like. So if a man's wit be wandering, let him study the mathematics; for in demonstrations, if his wit be called away never so little, he must begin again. If his wit be not apt to distinguish or find differences, let him study the schoolmen; If he be not apt to beat over matters, and to call up one thing, to prove and illustrate another, let him study the lawyers' cases: so every defect of the mind may have a special receipt.

《论读书》采用议论文来表达人生的哲理。节选的第一部分旨在强调读书的功效，第二部分是对第一部分中“读书的作用”的补充说明。在这部分中，作者的论证一步步加强，如读书对人的性格的影响（histories make men wise; poets witty; the mathematics subtle; natural philosophy deep; moral grave; logic and rhetoric able to contend）；作者最后提出头脑中凡有缺陷，皆有特药可医（every defect of the mind may have a special receipt.）。这种对人的自我完善的渴求及确信必达目的之抱负，反映了文艺复兴时代崇尚理性，相信人的力量和人具有无限潜力的“人文主义精神”，同时也反映作者的冷静、理性和自信的态度。可以说培根《论读书》是抽象思维、语言运用和论证的典范之作。

10. Some people think the most important thing about being rich is that it gives them an opportunity to help other people. To what extent do you agree or disagree?

Sample 1

These days the inequality in wealth distribution still remains pervasive on a global scale, with the rich being richer and the poor being even poorer. And whether helping others should be high on the wealthy people's agenda has triggered heated debate.

Assisting other people might be essential for some affluent people. Initially, being well-off lays a material foundation for aiding other people. It is quite common for entrepreneurs and celebrities such as famous sports professionals and movie stars to establish or donate to charity organizations. Besides, according to Maslow's hierarchy of needs theory, self-actualization, which lies at the top of the pyramid, is considered growth needs and leads to long-lasting happiness. Maximizing social benefits falls into this category, enabling rich people to achieve a higher degree of happiness compared with satisfying lower level needs, the latter of which is too easy to accomplish.

On the other hand, the rest of the rich people have their own ideas of what is their priority. For some, they tend to expand their business through merger and acquisition, covering a wider range of transactions and earning much more money. For others, they choose to be an investor, selecting business proposals and investing in appropriate ones. Once these startup companies have gone public, investors will reap the rewards and make huge profits. Furthermore, some rich people please themselves in terms of materials ways by living extravagant lifestyles with huge houses and cars. They may buy a yacht so as to hang out on the sea or travel around the world

without worrying about money.

Personally, I contend that merely those who rank the highest on the fortune list tend to regard helping others as the most critical task while other rich people may think about themselves first. (292 words)

Sample 2

If being rich is being happy, can helping others be a super-happiness? The resounding answer is yes. The rich would feel even a higher degree of happiness, particularly when they are giving for causes that they are passionate about.

Generally, those who are happiest are those who give the most to others, according to ancient wisdom and new research. It makes conventional sense that helping other people in need is a path to everlasting happiness. As the Chinese saying goes: "If you want happiness for an hour, take a nap. If you want happiness for a lifetime, help somebody." Scientific experiments also show that altruism, or selfless concern for the well-being of others, is hard-wired in the brain, and it is pleasurable. In view of all this information, helping others may be just the secret to living a life that is both happy and meaningful.

However, it is important to remember that helping others does not always make the rich feel the happiness they deserve. In some cases, giving can make the rich feel taken advantage of, even though it is the right thing to do. Therefore, to be really happy in helping others, the rich can choose the causes they love. Meanwhile, giving to a cause that specifies where their money is going can lead to a positive feeling of everlasting happiness rather than a negative feeling of resentment. Understandably, it is not only how much money they give, but also how much love they put into giving.

In giving, rich people can choose the causes that fit them to achieve a high degree of happiness. The best thing the rich can do with their money, therefore, is not just being able to help others, or even how much they can help, but being able to help for the right causes. (304 words)

Section VI GRAMMAR: Correct Word Choice 3 (正确选词练习3)

一些介词的使用特点

1. 通常接介词 to 的名词有: access addiction admission allergy answer appeal approach attachment attitude barrier challenge contribution damage dedication devotion exception exposure hostility indifference introduction key limit loyalty means (a means to an end 实现目的的手段) objection obstacle opposition right prelude (前奏) proneness reply resistance response sensitivity solution threat vulnerability

还有其他词或结构通常接 to, 如 lives lost to cancer, be home to wildlife (野生动物的家园), there is more to happiness than wealth and health。

但是用 in 表示“向……方向”, 而不是 to 或 towards, 如 in different directions。

2. about 的用法

该词意义很多, 学生也熟悉其主要用法, 但有些用法很流行, 可是国内学生不熟悉, 请看下面句子:

- (1) What do you like about her?
- (2) What is impressive about this city is the multitude of motor vehicles.
- (3) There is nothing special about this park.
- (4) I'm afraid there is nothing we can do about smog.
- (5) Life is not all about work and play.

前三句中, about 的意义相同。第一句可翻译为“她哪儿好?”, 第二句可译为“这个城市给人印象深的地方是机动车多”, 而第三句的意义是“这家公园没有任何特殊之处”。介词 about 表示“……的某个方面”。所以, “医生的伟大之处是……”可译为 what is great about doctors is…。第四句中的 about 经常用于 do anything / nothing / something / little about..., 表示“对……采取措施或对策”。所以, 句子“老师对这样的学生几乎无计可施”可译为 teachers can do little about such students 或 there is little teachers can do about these students, 而不宜使用 for 或 with 等介词。第五句反映的是 about 经常与 all 连用, 表示“核心内容”或“主要目的”, 如 scientific research is all about innovation (科研讲究的就是创新)。

3. for 的用法

该词有些固定搭配, 如 for lack of... 或 for want of... (由于缺少……), for the benefit of...(但是 in the interest of ...), for the purpose of...(但是 with a view to doing...), for free (免费), for good (forever)。

名词 reason 前后经常用 for, 如 for the simple reason that... (仅仅因为……), for political reasons (而不是 because of 或 due to political reasons), the reason for her absence (不能使用 of)。但是, with good reasons 或 the reason behind this arrangement 也是正确的。

因为 for 有“由于”的含义, 所以有人就错误使用该词, 如 for the bad weather (由于天气不好) 或 for my poor English (由于自己英语水平低)。实际上, for 通常与一些表示“态度”或“情感”的动词连用, 如 apologize, appreciate, be grateful to... 或 be obliged to... (感谢), blame, condemn, criticize, denounce, thank, 所以, 使用该词时应该小心。

有些动词后通常使用 for oneself, 而不是 by oneself, 如 confirm, decide, discover, find, judge, observe, prove, see, think 等词。例句有:

learn to think for yourself (学会独立思考)

decide for yourself (自己决定)

see for myself (亲自看看)

4. from 的用法

该词比较好用，但是也有错误使用的现象，如学生们熟知的 ...talk about this from the following three aspects，这是个“臭名昭著”的句子。表示“方面”时，aspect 与 in 连用，也就是 in this aspect，而 perspective（角度）与 from 连用。

需要注意的是，表示“远非……”时，far from 通常接形容词，而不是名词，如 far from clear, far from easy（绝非易事），far from perfect, far from settled。所以，“远非令人满意”应该译为 far from satisfactory，而不是 far from satisfaction。

此外，我们熟知 be different from...，这是主流用法，但也可说 be different to... 或 be different than...，意义相同。

5. over 的用法

有些名词经常接介词 over，意义相当于 about 或 regarding，这些名词包括 advantage anxiety argument battle concern conflict controversy depression dispute dominance quarrel sanction superiority tension war worry，如：

the long-lasting controversy over GM foods

the dispute over this island

the advantage of females over males

a quarrel over Brexit

Key to Correct Word Choice: Exercise 3

Translate the following sentences into English.

1. If the police had not taken immediate action, the situation would have gone in the opposite direction.
2. The earth is home to humans.
3. What is special about this book is that it explores the impact of the Civil War on foreign countries.
4. There is the belief that we can do nothing about / there is nothing we can do about the intensifying climate change.
5. Teaching is not all about impartation of knowledge.
6. Your English abstract is far from perfect.
7. The conflict over the Diaoyu Island was provoked (started) by Japan.
8. Children should be encouraged to discover things for themselves.
9. For financial reasons, she didn't opt for the Ph.D. program.
10. The advantage of this surgical approach over conventional methods lies in good efficacy.

KEYS TO READING COMPREHENSION TEST I**Passage One**

1. C (According to the survey of 4,500 students, cheating was found to be in full sway, with 97 percent admitting to at least one instance of cheating, from copying homework to duplicating answers on tests.)
2. D (“Nowadays parents may make little of their child’s mistake by thinking ‘he was cheating, but it’s not like he’s taking drugs’ or ‘she’s pregnant.’”)
3. B (Who has time to have a meeting after school with all the records, materials, and statements?)
4. A (For example, English teachers may check word clusters on the Internet for signs of fraud...)
5. D (No matter what the cheaters’ motives are, educators agree the computer has greatly contributed to their wrongdoing. With an Internet hookup, cheating is just a click away.)

Passage Two

6. C (But there are a growing number of computer-recycling options that do not take up space...if too old to be useful, broken down to its key commodities—steel, aluminum, copper and plastic)
7. D (Computer makers Dell, Gateway and Hewlett-Packard have recently launched or improved programs to collect old personal computers and printers from any manufacturer.)
8. C (The company charges for shipping and handling—U.S. \$13-34 per item... at shredders the company has in Tennessee.)
9. B (Old hardware, however, may not make it to school in one piece, especially if the computer is too old to run a current operating system... he often strips old computers down to their composite parts.)
10. A (The last two paragraphs.)

Passage Three

11. A (Crowd control could soon become a crucial skill for climbers on Mount Everest, as important as physical strength or watching the weather.)
12. C (Overcrowding has already taken its toll. In 1996, 14 died on the mountain when the members of several expeditions were trapped at high altitudes by sudden snowstorms...)
13. D (Traditionalists are also worried about the growing tendency of expeditions to set records and achieve “firsts”, rather than simply climb the mountain. This year’s crop of summiteers included the oldest man, 64-year-old Sherman Bull from Connecticut...)
14. A (That is probably why officials in Katmandu are ignoring concerns about overcrowding and talking about even more climbers coming next year.)

15. B (But a celebration of the 48th anniversary of the first conquest of Everest, by Sir Edmund Hillary and Sherpa Tenzing Norgay, was cancelled after violent strikes, called by the Communist opposition.)

Passage Four

16. C (Americans and Japanese are different in many ways, such differences are neither superior nor inferior to each other.)

17. D (The “you to you” approach practiced in Japan is based on each side—automatically and often unconsciously—trying to understand the other man’s point of view, ...)

18. D (In other words, Western style decision-making proceeds mainly from top management and often does not consult the middle management or the worker)

19. A (Another characteristic is “bottom-up direction” of management. When I use the term “bottom-up”, I am referring to a style of management—perhaps what you would call keeping your finger on the pulse of the public, or the labor force, or other audiences.)

20. C (The theme of the whole passage.)

Passage Five

21. D (Liberal in this instance refers to their willingness to intervene in the free operation of the market.)

22. B (However, the liberal economist does not believe that the explicit and implicit costs of a freely operating market should or can be ignored.)

23. C (Others, however, perhaps because they are extremely lucky or because they have inherited wealth, may have not only the ability to participate in the system, but they may have the ability to direct the course of that system.)

24. B (First, these economists find a basic problem with fairness in the marketplace. Since the market is driven by the forces of consumer spending, there are those who through no fault of their own (they may be aged, young, weak, physically or mentally handicapped) may not have the ability to participate in the economic system. Others, however, perhaps because they are extremely lucky or because they have inherited wealth, may have not only the ability to participate in the system, but they may have the ability to direct the course of that system.)

25. A (Second, the free market does not and cannot handle spill-over effects or what are known as “externalities”. These are the third party effects which may occur as a result of an economic act.)

KEYS TO READING COMPREHENSION TEST II

Passage One

1. D (The whole passage.)
2. C (It is estimated that within ten years, consumers could be faced with handling more than 100 passwords!)
3. B (Finally, do not use a word that can be found in any dictionary, even a foreign-language one... Programs can test for variations of these words, such as if they are spelled backward, capitalized, or combined.)
4. D (don't use passwords made up entirely of letters or digits... Usually ones that have a minimum of six to eight characters and that have a mixture of upper- and lower-case letters, digits, and punctuation symbols. (But) don't pick any of the examples given above (2B/not2B is an example).)
5. D (Other suggestions include taking two short words and link them with a punctuation character, ...)

Passage Two

6. C (Actually, I'm surprised it was that much. Go to almost any suburb developed in the last 30 years, and you will not find a sidewalk anywhere. Often you won't find a single pedestrian crossing.)
7. A (I discovered that there was no way to cross over six lanes of swiftly moving traffic on foot without putting myself in danger.)
8. A (but afterward I realized that I was possibly the only person ever to have entertained the notion of negotiating that intersection on foot.)
9. D (Last three paragraphs.)
10. B (Although the bookshop was no more than 70 or 80 feet away, I discovered that there was no way to cross over six lanes of swiftly moving traffic on foot without putting myself in danger. In the end, I had to get in our car and drive across.)

Passage Three

11. D (Person of the Century? *Time* magazine offered Albert Einstein, an interesting and solid choice. Unfortunately, it was wrong. The only possible answer is Winston Churchill. And the whole story.)
12. C (... only Churchill carries that absolutely required criterion: necessity...)
13. B (His 1905 trifecta—a total unknown publishing three papers, each of which revolutionized its field—is probably the single most concentrated display of genius since the invention of the axle.)

14. C (But considering the concentration of genius in the physics community of the first half of the 20th century, it is hard to believe that the general theory would not have come in due course, too.)

15. D (But that kind of criticism is similar to criticism to Lincoln as the greatest of 19th-century Americans because he shared many of his era's appalling prejudices about black people.)

16. A (But is that not precisely to the point? It took a 19th-century-man—traditional in habit, rational in thought, conservative in temper—to save the 20th century from itself.)

17. C (The uniqueness of the 20th century lies not in its science but in its politics. The originality of the 20th surely lay in its politics.)

18. B (It invented the police state and the command economy, mass mobilization and mass propaganda, mechanized murder and routinized terror—a breathtaking catalog of political creativity.)

19. A (Who stopped the dragon? Yes, it was the ordinary man, the taxpayer, the soldiers who fought and won the wars...)

20. D (Yet every once in a while, a single person arises without whom everything would be different. Such a man was Churchill.)

Passage Four

21. C (Classroom teachers... don't have time to determine what works and what doesn't.)

22. B (Competencies are standards made concrete.)

23. C (Competencies are standards made concrete. They typically consist of skills that students who have met the standards should be able to demonstrate.)

24. A (But I offer the following concerns, which sooner or later we will need to address.)

25. B (As I have observed, what had all the potential of being helpful is now confusing, unbelievably time consuming, and often counter-productive—if the real goal is to spend time helping students learn.)