

# 问题与解决办法

## 单词

词汇	发音	词性	翻译
overweight	[us],oʊvərˈwert [uk],əʊvəˈwert	adj.	超重的; 过重的
problem	[us]ˈprɑːbləm [uk]ˈprɒbləm	noun	问题
break	[us]breɪk [uk]breɪk	noun	改变, 终止
quit	[us]kwɪt [uk]kwɪt	verb	辞职, 离开, 放弃
begin	[us]bɪˈɡɪn [uk]bɪˈɡɪn	verb	开始, 着手
disorganized	[us]dɪsˈɔːrgənəɪzd [uk]dɪsˈɔːɡənəɪzd	adj.	杂乱无章
lazy	[us]ˈleɪzi [uk]ˈleɪzi	adj.	懒散的, 怠惰的
flexible	[us]ˈfleksəbl [uk]ˈfleksəbl	adj.	柔韧的, 灵活的, 易弯曲的, 可变通的
employee	[us]ɪmˈplɔɪiː [uk]ɪmˈplɔɪiː	noun	雇员
cost	[us]kɔːst [uk]kɒst	noun	费用, 花费, 开销
theft	[us]θeft [uk]θeft	noun	盗窃,偷窃
argumentative	[us],ɑːrgjuˈmentətɪv [uk],ɑːgjuˈmentətɪv	adj.	善论证的,喜好争论的
communication	[us]kə,mjuːnɪˈkeɪʃn [uk]kə,mjuːnɪˈkeɪʃn	noun	交流, 交际
competition	[us],kɑːmpəˈtɪʃn [uk],kɒmpəˈtɪʃn	noun	比赛, 竞赛
competition	[us],kɑːmpəˈtɪʃn [uk],kɒmpəˈtɪʃn	noun	比赛, 竞赛
deadline	[us]ˈdedlaɪn [uk]ˈdedlaɪn	noun	期限
financial	[us]faɪˈnænʃl [uk]faɪˈnænʃl	adj.	资金的, 金融的
innovation	[us],ɪnəˈveɪʃn [uk],ɪnəˈveɪʃn	noun	新方法,新事物;革新,创新
insomnia	[us]ɪnˈsɑːmniə [uk]ɪnˈsɒmniə	noun	失眠(症)

lack	[us]læk [uk]læk	noun	欠缺, 没有, 不足
marital	[us]'mærɪtl [uk]'mærɪtl	adj.	夫的; 妻的; 婚姻的
addicted	[us]ə'dɪktɪd [uk]ə'dɪktɪd	adj.	上瘾的, 无法戒除的
alcoholic	[us],ælkə'hɒlɪk [uk],ælkə'hɒlɪk	noun	酗酒者
morale	[us)mə'ræl [uk)mə'ræl	noun	士气, 精神状态
offensive	[us]ə'fensɪv [uk]ə'fensɪv	adj.	冒犯的, 得罪人的, 唐突的, 无礼的
sloppy	[us]'slɔ:pi [uk]'slɒpi	adj.	衣着不整的, 做事马虎的
solution	[us)sə'lu:ʃn [uk)sə'lu:ʃn	noun	解决方法

## 解释问题

在本课中, 您将学习如何解释个人问题。

观看视频, 学习语言用法。 <https://cns2.ef-cdn.com/Juno/15/68/8/v/15688/4.6> Scene 1.mp4

[SARAH] I need a coffee.  
[MARK] You want a hot coffee, now?  
[MARK] Sarah, it's like 115 degrees outside.  
[SARAH] I know.  
[SARAH] I'm addicted.  
[MARK] Are you serious?  
[MARK] You know, you really should quit drinking coffee.  
[SARAH] But I need it.  
[SARAH] Anyway, what's your problem?  
[SARAH] It's just a cup of coffee.  
[MARK] Sarah, when you drink coffee, you smoke.  
[SARAH] No, I don't.  
[SARAH] Mark.  
[MARK] Sarah.  
[SARAH] Mark, I stopped smoking.

coffee 咖啡  
addicted 成瘾的  
quit 停止  
smoke 吸烟

### 个人问题

如果你无法放弃止做某事，你就是对它addicted，或你对它有了一种addiction，下面就是一些常见的沉溺。	
He's addicted to cigarettes.	他有烟瘾。
She's addicted to coffee.	她喝咖啡上瘾。
They're addicted to gambling.	他们嗜赌成瘾。
He's addicted to alcohol. He's an alcoholic.	他嗜酒成瘾。他是个酒鬼。
以下是一些其他常见的个人问题。	
She has financial problems.	她碰到了一些经济上的问题。
He has a weight problem. He's overweight.	他有体重问题。他非常胖。
I have a problem sleeping. I have insomnia.	我睡不着觉。我患有失眠症。
They have marital problems.	他们遇到了婚姻问题。

## 阅读找出大意

找出段落或文本的大意是一种重要的阅读技巧。大意是指梗概，不是具体细节。了解大意后，更容易理解文本。

你通常可以通过确定主题句来找出大意。主题句一般位于段首，但也可以出现在其他位置。

如果你不确定主题句，你可以通过用自己的话概括来得出文本大意。寻找重复的单词或观点来帮助概括。

确定大意时不可太狭隘，也不能太宽泛。一个陈述即便真实，但可能过于具体或笼统，不可能是大意。

阅读有关男子 John 的短文。

请选择正确的答案。

Poor John. He has a lot of personal problems. His job is very stressful. At night he can't stop thinking about his job, and he has terrible insomnia. He has marital problems because he drinks too much. And he's overweight because he doesn't exercise. John needs to make some changes.

请把词条移至正确的间隔处。

Poor John. He has a lot of personal (problems) . His job is very (stressful) . At night he can't stop thinking about his job, and he has terrible (insomnia) . He has (marital) problems because he drinks too much. And he's (overweight) because he doesn't exercise. John needs to make some

(changes).

谈论问题

在确定一个问题后，你可能想详细加以解释。以下是一些帮助你进行解释的表达。	
I have insomnia. The problem is that I can't stop thinking about work.	我患有失眠症。问题在于我老想着工作。
She can't quit smoking. One big problem is that her husband smokes, too.	她戒不了烟。一个大问题是她的丈夫也抽烟。
<b>that</b> 可省略而不会造成意义的改变。	
He is very overweight. The trouble is he eats too much chocolate.	他非常胖。问题是他吃太多巧克力了。
She can't quit smoking. One big problem is her husband smokes, too.	她戒不了烟。一个大问题是她的丈夫也抽烟。

# 为你的朋友提建议

在本课中，您将学习如何给朋友提出忠告。

观看视频，学习语言用法。 <https://cns2.ef-cdn.com/Juno/15/69/0/v/15690/4.6> Scene 3.mp4

[SARAH] I don't know why I ever started.  
[SARAH] I mean, smoking, makes your hands stink.  
[SARAH] Mark's always thinking about my health.  
[SARAH] That's one reason I decided to come on this trip.  
[SARAH] I thought if I could go two weeks, in a car, with Mark, without smoking, I'd definitely break the habit.  
[SARAH] I should give up smoking.  
[SARAH] I really should.  
[MARK] Do you want to stop?  
[SARAH] No. Do you?  
[MARK] Ah, no. I'm fine.  
[MARK] Do you have to do that?  
[SARAH] Do what?  
[SARAH] We're getting gas?  
[MARK] Yeah, we should get gas.

started 开始  
break the habit 改掉习惯  
give up 放弃  
stop 停止

选出正确的单词。

I know that smoking is really bad for me. I really need to ( begin / give / stop ) it up.

He wants to lose weight, so he's going to ( give up / quit / begin ) exercising more.

She wants to stop drinking coffee, but it's really hard to ( break / stop / give ) the habit.

When did they ( give / break / start ) having financial problems?

How long ago did you ( stop / break the habit / began ) smoking?

You really should ( start / quit / begin ) eating so much salt. It's bad for you.

**Truth:** give; begin; break; start; stop; quit

情态动词 'ought to'和'had better'

你可以使用情态动词 <b>ought to</b> 和 <b>had better</b> 来给予个人建议。 <b>Had better</b> 语气强于 <b>ought to</b> ，在提出强烈的建议时使用。	
He's very overweight. He ought to lose some weight.	他很胖，应该减减肥。
Your health is very poor. You had better quit smoking.	你身体很不好，最好把烟戒了。
<b>had better</b> 的否定是 <b>had better not</b> 。 <b>ought to</b> 的否定是 <b>ought notto</b> ，但很少使用。	
You had better not start smoking. It's a terrible habit.	你最好不要开始吸烟。这个习惯很不好。
She has terrible insomnia. She ought not to drink coffee in the evening.	她严重失眠。她晚上不应该喝咖啡。

请把词条移至正确的间隔处。

JUSTIN: I have terrible (insomnia) . I feel so tired at work.

AMY: Can I give you some (advice) ?

JUSTIN: Yeah, sure.

AMY: Well, (don't) eat dinner too late. And you (had better) not drink coffee in the afternoon and evening. Instead, drink lots of water.

JUSTIN: Right.

AMY: Also, get some exercise after work. You ought to go for a long walk or maybe go to the gym. Oh, and this is really important: You had better (not) watch TV in bed. You (ought to) read a book. That always helps me sleep.

JUSTIN: Thanks for the advice.

AMY: Oh, one more thing. You should open your window. Fresh air is great for sleeping.

阅读写给杂志问答专栏的来信和专栏作家的回答。

请选择正确的答案。

**Dear Mary, I really want to quit smoking, but I can't. Every time I talk on the phone or drink coffee or alcohol, I have to smoke. My boyfriend says I smell bad. My friends don't want to go out with me. What can I do? Please help me. Paula-----**

Dear Paula, Quitting smoking is very, very difficult. It's an addiction. Some people can't do it alone. My advice is that you ought to see your doctor. Your doctor can give you medicine to help. Also, when you talk on the phone or drink coffee or alcohol, you had better eat something. That will keep your mouth busy. Good luck! Mary

请把词条移至正确的间隔处。

Dear Mary,

I really want to (quit) smoking, but I can't. Every time I talk on the phone or drink coffee or alcohol, I have to (smoke) . My boyfriend says I smell bad. My friends don't want to go out with me. What can I do? Please help me.

Paula

Dear Paula,

Quitting (smoking) is very, very difficult. It's an (addiction) . Some people can't do it alone. My advice is that you (ought) to see your doctor. Your doctor can give you medicine to help. Also, when you talk on the phone or drink coffee or alcohol, you (had better) eat something. That will keep your mouth busy.

Good luck!

Mary 阅读建议。

请选择正确的答案。

Just ask Mary  
Dear Paula, Quitting smoking is very, very difficult. It's an addiction. Some people can't do it alone. My advice is that you ought to see your doctor. Your doctor can give you medicine to help. Also, when you talk on the phone or drink coffee or alcohol, you had better eat something. That will keep your mouth busy. Good luck! Mary

提出强烈建议

提出强烈建议有许多方法。学习这些不同的表达。	
Make sure to get enough sleep.	务必保持充足的睡眠。
Make sure not to drink coffee at night.	晚上千万别喝咖啡。
Be sure to exercise every week.	务必每周锻炼身体。
Be sure not to eat too much fast food.	务必不要吃太多快餐。
Don't start smoking.	不要开始吸烟。
You ought to give up gambling.	你应该戒赌。
You had better stop smoking.	你最好戒烟。
You had better not talk to him. You're angry!	你最好别和他说话。你很生气!

请选择正确的词。

Don't ( ought / start / better ) gambling again!

You ( better / should / ought ) to give up smoking.

Make ( better / sure / should ) to drink lots of water.

You'd better ( not / shouldn't / don't ) talk to her right now.

Make sure not ( don't / to / oughtn't ) drink too much coffee.

He had ( better / ought / should ) save some money.

**Truth:** start; ought; sure; not; to; better

## 解决员工问题

在本课中，您将学习如何讨论解决员工问题的办法。

观看视频，学习语言用法。 [https://cns2.ef-cdn.com/Juno/12/89/65/v/128965/GE\\_6.3.3\\_v3.mp4](https://cns2.ef-cdn.com/Juno/12/89/65/v/128965/GE_6.3.3_v3.mp4)

[TODD] I asked you here to talk about your occasional tardiness.  
[HARRY] Oh, okay.  
[TODD] You see, it's becoming a bit of a problem. Sometimes you're as much as an hour late.  
[HARRY] I know.  
[TODD] So what's going on?  
[HARRY] I'm really sorry. I've been meaning to talk to you about this.  
[TODD] Okay. So what's the story?  
[HARRY] Well, as you know, my wife's just got a new job.  
[TODD] Mm-hmm.

[HARRY] And it's now me who drives the kids to school every morning. That's what's making me late.

[TODD] I know how that is. I have two kids of my own. But regardless, we have to figure out a solution to this.

[HARRY] I agree.

[TODD] Another possibility would be for you to stay an hour later in the evenings. We have a lot of engineers who work late. They often have questions for us. You could deal with them.

[TODD] Would that work for you?

[HARRY] Yeah, that would work. That would definitely work. Thanks, Todd. I appreciate your flexibility on this.

[TODD] Let's try this for a couple of weeks, and see how it goes.

[HARRY] Okay.

[TODD] And I want to emphasize that we value your work. This isn't a big deal.

[HARRY] Thanks, Todd.

tardiness 迟到  
late 晚的, 迟的  
flexibility 灵活性

## 工作问题

与生活中其他方面一样, 有时工作中也会碰到一些问题。一位员工可能需要与老板就以下方面谈话:	
being late = tardiness	迟到
being disorganized	缺乏条理的
being lazy	懒惰
being sloppy	粗心
being argumentative	好辩

<b>being offensive</b>	<b>无礼</b>
not being flexible	处事不灵活
not following instructions	不遵守指示
not working well with the team	和团队合作不愉快
not meeting deadlines	没有如期完成



请把词条移至正确的间隔处。

JOSH: My (boss) wanted to speak with me today. And it wasn't very nice.

PAM: What (for) ?

JOSH: For not meeting my (deadline) .

PAM: Oh, no. I'm sorry.

JOSH: Yeah, and also for (being) argumentative.

PAM: Really? Well, you are a bit (argumentative) – sometimes.

JOSH: Me? Argumentative? No way! I am not.

PAM: You see?

JOSH: What?

PAM: Did your boss mention anything else?

JOSH: Uh, yeah. He said I need to work on being more (flexible) .

PAM: Yeah ... Good luck with that.

### 'who' 引导的关系从句

用关系从句连接两个句子。关系从句使您的写作和讲话更流利，并帮助您避免重复。关系代词 **who** 用来指人。

We have a lot of engineers. The engineers work late.

We have a lot of engineers who work late.

在例子中，主句 **We have a lot of engineers** 是一个完整的句子。关系从句 **who worklate** 不是一个完整的句子，故不能独立成句。

请听音频。请把词条移至正确的间隔处。

You wouldn't believe the (people) I work with. I have a (colleague) who never cleans his desk. He is so (sloppy) . I have a manager (who) enjoys being (offensive) . It's just awful. And I have a (boss) who is never in the office. She's so (lazy) it's incredible.

观看视频，学习语言用法。 [https://cns2.ef-cdn.com/Juno/12/89/65/v/128965/GE\\_6.3.3\\_v3.mp4](https://cns2.ef-cdn.com/Juno/12/89/65/v/128965/GE_6.3.3_v3.mp4)

[TODD] I asked you here to talk about your occasional tardiness.

[HARRY] Oh, okay.

[TODD] You see, it's becoming a bit of a problem. Sometimes you're as much as an hour late.

[HARRY] I know.

[TODD] So what's going on?

[HARRY] I'm really sorry. I've been meaning to talk to you about this.

[TODD] Okay. So what's the story?

[HARRY] Well, as you know, my wife's just got a new job.

[TODD] Mm-hmm.

[HARRY] And it's now me who drives the kids to school every morning. That's what's making me late.

[TODD] I know how that is. I have two kids of my own. But regardless, we have to figure out a solution to this.

[HARRY] I agree.

[TODD] Another possibility would be for you to stay an hour later in the evenings. We have a lot of engineers who work late. They often have questions for us. You could deal with them.

[TODD] Would that work for you?

[HARRY] Yeah, that would work. That would definitely work. Thanks, Todd. I appreciate your flexibility on this.

[TODD] Let's try this for a couple of weeks, and see how it goes.

[HARRY] Okay.

[TODD] And I want to emphasize that we value your work. This isn't a big deal.

[HARRY] Thanks, Todd.

So what's going on? 那么, 发生什么事了?

What's the story? 怎么回事?

We have to figure out a solution. 我们必须想出解决的办法。

Another possibility would be ... 另一种可能是.....

Would that work for you? 你觉得这可行吗?

Yeah, that would work. 对, 这可行。

Let's see how it goes. 我们看看会怎么样。

请把词条移至正确的间隔处。

LARRY: Come in. Ah, Pamela. Thank you for coming. Have a seat.

PAMELA: No problem. What's up?

LARRY: I (asked you here) today to talk about the team.

PAMELA: What about the team?

LARRY: Well, I know you're a hard worker, but Paul told me that you don't work well with the team. He says you're argumentative. This is something we (have to deal with) . What's (the story) ?

PAMELA: Excuse me, but Paul is offensive to all the women on the team.

LARRY: Okay. How is he offensive?

PAMELA: He's always making bad jokes about women. And last week, he called Anna fat. He's just so rude. You can ask any woman on the team.

LARRY: Really? Well, we have to (figure out a solution) for this.

PAMELA: (One solution could be) for you to talk to the team as a group, not just Paul or me.

LARRY: I think that's a good idea. Would tomorrow (work for you) ?

PAMELA: Yes. Thank you very much.

## 提出解决工作问题的办法

在本课中，您将学习如何就工作中的问题提出解决办法。

观看视频，学习语言用法。 [https://cns2.ef-cdn.com/Juno/12/62/89/v/126289/GE\\_6.3.4\\_v2.mp4](https://cns2.ef-cdn.com/Juno/12/62/89/v/126289/GE_6.3.4_v2.mp4)

[SIMON] Pam! Just the person I wanted to talk to.  
[PAM] Hey, Simon. What's up?  
[SIMON] Well, I'm curious about something. How long did you work at Sunset Computers?  
[PAM] Um, three years. Why?  
[SIMON] You read the announcement about us buying them, right?  
[PAM] Uh, yeah.  
[SIMON] Well, I wanted to get your thoughts on a few things.  
[PAM] Sure. Go ahead.  
[SIMON] So, I've been working with the engineers over at Sunset, and I think that they're first rate. They really know what they're doing. But I'm having a lot of trouble with middle management.  
[PAM] I'm really not surprised to hear that.  
[SIMON] Why?  
[PAM] Well, when I was there, employee morale was really low. Some of the managers were incompetent. And the communication between management and staff was terrible.  
[SIMON] Really?  
[PAM] Yeah. And things got even worse after the CEO left.  
[SIMON] I can imagine.  
[PAM] Simon, can I be honest with you?  
[SIMON] Of course.  
[PAM] The lower-level staff at Sunset are great, and so are the products. But I really think the only solution is to replace the management team.  
[SIMON] That's pretty radical.  
[PAM] Yeah, but it's the only way to solve the problem.  
[SIMON] I appreciate your honesty. I'm gonna have to think about this.

first rate 第一流的，头等的  
morale 士气  
incompetent 无能力的，不胜任的  
communication 交流  
radical 激进的，彻底的

## 公司问题

我们在生活和工作中都会碰到问题。学习其中一些常见的公司问题。	
Business is bad, and employee morale is low.	生意很差，而且员工士气低落。
Communication between management and staff is poor.	管理层和员工之间的沟通不畅。
There is a continuing problem of employee theft in the company.	公司里有员工盗窃的问题。
The company's costs are going up and up.	公司的开支一直在上涨。
Competition is fierce in our industry.	我们行业的竞争很激烈。
Because of terrible mismanagement, the company is in trouble.	因为管理不善，公司现在陷入困境。
The company's biggest problem is a lack of innovation.	公司最大的问题是缺乏创新。
We don't have the money to buy the latest technology.	我们没有购买最新技术的资金。

选出正确的单词。

We need to talk to each other. ( Competition / Costs / Communication ) is important.

The team didn't meet its deadline due to ( mismanagement / latest technology / first rate ) .

We don't have the best products because of a lack of ( innovation / costs / theft ) .

Our ( innovations / costs / thefts ) are a problem. We need to spend less money.

Our ( morale / mismanagement / competition ) is weak. There aren't many companies like us.

The employees aren't happy. We need to improve their ( morale / cost / innovation ) .

**Truth:** Communication; mismanagement; innovation; costs; competition; morale

请把词条移至正确的间隔处。

Our company has a number of problems. We need to have better (communication) between management and staff. If employee (morale) is poor, we will not do well. Also, a lack of (innovation) will make people not want to buy our products. We have to keep (costs) down so we have the money to buy the latest (technology) . We also have to watch what the (competition) is doing. We are not alone in this business.

**'that'** 引导的关系从句

用关系代词连接两个句子。用关系代词**that** 代替事物。

I work for a company. The company has lots of problems.

I work for a company that has lots of problems.

在该例子中，主句**I work for a company** 是一个完整句，关系从句**that has lots of problems**不是完整句，故不能单独成句。

记住，使用关系从句可以让你的作文和讲话更流畅，避免重复。

请听音频。请把词条移至正确的间隔处。

The company I work for has a lot of problems. We have technology (that's not) the latest. I have a computer (that's 10 years old) . We have a management team that's (disorganized) . We have products (that aren't) innovative. We have competition (that's) doing better. We have costs (that) are rising quickly.

观看视频，学习语言用法。 [https://cns2.ef-cdn.com/Juno/12/62/89/v/126289/GE\\_6.3.4\\_v2.mp4](https://cns2.ef-cdn.com/Juno/12/62/89/v/126289/GE_6.3.4_v2.mp4)

[SIMON] Pam! Just the person I wanted to talk to.

[PAM] Hey, Simon. What's up?

[SIMON] Well, I'm curious about something. How long did you work at Sunset Computers?

[PAM] Um, three years. Why?

[SIMON] You read the announcement about us buying them, right?

[PAM] Uh, yeah.

[SIMON] Well, I wanted to get your thoughts on a few things.

[PAM] Sure. Go ahead.

[SIMON] So, I've been working with the engineers over at Sunset, and I think that they're first rate. They really know what they're doing. But I'm having a lot of trouble with middle management.

[PAM] I'm really not surprised to hear that.

[SIMON] Why?

[PAM] Well, when I was there, employee morale was really low. Some of the managers were incompetent. And the communication between management and staff was terrible.

[SIMON] Really?

[PAM] Yeah. And things got even worse after the CEO left.

[SIMON] I can imagine.

[PAM] Simon, can I be honest with you?

[SIMON] Of course.

[PAM] The lower-level staff at Sunset are great, and so are the products. But I really think the only solution is to replace the management team.

[SIMON] That's pretty radical.

[PAM] Yeah, but it's the only way to solve the problem.

[SIMON] I appreciate your honesty. I'm gonna have to think about this.

I really think the only solution is to ... 我真的认为唯一的解决办法就是.....  
It's the only way to solve the problem. 这是解决问题的唯一办法。

### 提出解决办法

使用类似表达来提出解决办法:	
One solution could be that we hire a new manager.	一种解决办法是我们雇一位新经理。
Another possibility would be to have a team meeting.	另一种可能是开一场团队会议。
为了竭力提出解决方法，使用类似下列表达。	
I really think that the only solution is to replace the entire management team.	我真的认为唯一的解决办法是替换整个管理团队。
The only way to solve this problem is to buy the company.	解决问题的唯一办法是买下这家公司。
I strongly suggest that we deal with this problem immediately.	我强烈建议我们即刻处理这一问题。

描写你熟悉的一个公司问题。对问题进行描述。有什么可能的解决办法？有没有找到一个解决办法？由于机密的缘故，请不要提及真正的公司名，真正的人名或真正的产品名。请用大概的描述总称取代。我们会严肃地对待您的隐私。请勿将关于自己的个人信息（种族、宗教、健康状况等）与别人分享。

输入到输入框。写60-100个单词。

**Example:**

the employees weren't happy. The communication between management and employees was very bad. The boss didn't know what to do. Finally, the boss decided that the solution was to have a team meeting with management and employees every week. That was a very good idea. The communication got better,  
and employee morale also got better.