

Unit One

微型讲座

Mini-lecture

自主学习与目标管理

随着学习型社会的到来,自主学习成为国内外教育学和心理研究的热点。自主学习,顾名思义,就是不依赖于别人独立自主地学习。有了一定的自主学习能力,学生就不再是被动地接受知识的机器,而是能够主动学习的主人。他们会用科学的方法积极探求知识,敢于质疑问难,其个性也能得以充分发展。

自主学习是指在老师的指导下,学生根据自己的学习基础和特点,自主制定学习计划。就像老师上课时要有教案一样,学生学习也要有自己的“学案”。“学案”应该在老师的指导下自己制定。它包括学习目标、学习内容、学习方式、学习策略、学习场所以及学习所需要的材料。自主学习要求学生不仅有较强的自学能力,同时还要有合理分配学习时间、及时反馈学习效果、恰当调节学习行为的能力。

自主学习的基本操作过程是:确定学习目标→制定学习计划→明确学习内容→选择学习方法和策略→监控学习过程→评价学习结果。

自主学习可以采用“目标管理”(Management by Objectives, 简称为 MBO)。这个具有划时代意义的概念是由现代管理大师彼得·德鲁克(Peter F. Drucker)在 1954 年提出的。“目标管理”已成为当代管理学的重要组成部分。它的主要贡献之一就是它使得我们能自我控制的管理来代替由别人统治的管理。德鲁克认为:组织的目的是使平凡的人做出不平凡的事。

检验“目标管理”的有效性可以用以下方法: Specific (详细而明确的), Measurable (可测量的), Achievable (可完成的), Realistic (现实的), Time-related (有时限的), 其缩写为 SMART。



管理是一种实践,其本质不在于“知”,而在于“行”。下面就让我们把“目标管理”用于自主学习吧。

学生可以按如下方法制定一个周的学习计划:

学习目标: 扩大词汇量,并学会使用常用单词。

学习计划: 每周 75 个单词,平均每天 15 个(周一至周五),周末复习。

学习内容：本周学习的课文中出现的 B 级和 A 级新单词。

学习方法和策略：通读课文，抄下新单词，写在词卡上（参见第二册第 1 单元的微型讲座：怎样记忆单词？）。每天早晨上课前大声朗读 20 遍，并说出中文意思；下午抄写 20 遍；晚上默写一遍。选取你认为最重要的 5 个单词各造一个句子，并把句子念出来。每天如此，周末总复习。

监控学习过程：每天记录学习结果，记下全部掌握的（会读、知道中文意思、会写）单词数量，把没有掌握的单词放在第二天的学习计划中。每周统计一次学习成果，把没有掌握的单词放在下一周的学习计划中。

评价学习结果：选定一本难度合适的考试题，每两周做一份试卷，看看成绩有无提高。

即学即练

按照上面的操作过程，制定一份听力自主学习计划（包括听教材的课文录音和电影剪辑等）。

阅读实践

Reading Practice

1

Duties of Students

Students will make the most intelligent members of the society. It is necessary for them to prepare for shouldering the responsibilities that will fall upon them in the course of time. Wisdom and foresight urge all students to perform their duties well. That is why every student has to make the best use of his or her school days.

As future masters of the society, students must get prepared for a strenuous life. In other words, it is their lot to face life's hardships. One who is bodily weak cannot hope to have great success. It is very important, therefore, for students to develop fully their physical prowess by taking regular exercise.

To render themselves really useful, students are expected to specialize along some line of study. Their ambition should be to know everything about something rather than to know something about everything. The 21st century has no place for those who have no special knowledge or training.

Moreover, students must cultivate the habit of self-research. This means that they should not rely upon their teachers or textbooks. The world is full of truths. Classroom work alone will not make one achieve much towards the goal of perfection. Students should rely upon their own efforts and try to be active seekers of knowledge if they expect to enter upon a successful career.

Notes

- | | |
|--|--|
| 1. intelligent /m'telɪdʒənt/ <i>adj.</i> 聪明的, 有才智的 | 7. render /'rendə(r)/ <i>vt.</i> 使得, 使成为 |
| 2. shoulder the responsibility 承担责任 | 8. specialize /'speʃəlaɪz/ <i>vi.</i> 专攻, 专门研究 |
| 3. in the course of time 终于, 总有一天 | 9. ambition /æm'bɪʃən/ <i>n.</i> 雄心, 野心 |
| 4. strenuous /'strenjuəs/ <i>adj.</i> 艰苦的 | 10. cultivate /'kʌltɪveɪt/ <i>vt.</i> 培养 |
| 5. lot /lɒt/ <i>n.</i> 命运; 份额 | 11. perfection /pə'fekʃən/ <i>n.</i> 尽善尽美, 完美 |
| 6. prowess /'praʊs/ <i>n.</i> 杰出的才能 (或技巧), 高超的本领 | |

I. Choose the best answer for each of the following questions.

- The sentence "Students will make the most intelligent members of the society." means "_____".
A. Students will produce or create future generations who are very bright and clever
B. Students will clone the most intelligent citizens for the future society
C. Students will become the brightest part of the future society
D. Students will become college teachers to cultivate talents for the society
- According to the passage, young students should be prepared to lead a _____ life in the future.
A. tough B. happy C. miserable D. simple
- To make themselves really useful for the future society, students are supposed to _____.
A. be very strong by taking regular exercise
B. have specialized knowledge in a certain field
C. become advanced blue-collar workers
D. be ambitious in their line of study
- What does the sentence "Their ambition should be rather to know everything about something than to know something about everything." mean?
A. Students should have the desire to study widely and to know everything, not just something.
B. Students should be so ambitious as to master everything, instead of knowing something about a certain subject.
C. Students should have the ambition to know everything, not just some line of study.
D. It is better for students to have a specialized knowledge of a certain field than to have a little knowledge of many fields.
- According to the passage, if a student wants to be successful in his future career, which piece of advice is he expected to follow?
A. He should do his research all by himself.
B. He should rely more upon his teachers or textbooks for knowledge and future development.
C. He should be an independent and active researcher and a seeker of knowledge.
D. He should rely upon classroom work alone for the goal of perfection.

II. Choose the best answer to complete each of the following sentences.

- Living at college, first of all, gives me a sense of _____, of being on my own.
A. humor B. experience C. responsibility D. claim
- It _____ John as an only child to support his mother after his father died.
A. fell upon B. took the responsibility
C. shouldered the responsibility D. prepared for
- He is a man with _____ habits, doing the same thing at the same time every day.
A. usual B. regular C. certain D. frequent
- Such good fortune falls to the _____ of few men.
A. fate B. lot C. misfortune D. promise
- The reason nations trade with one another is that it pays to _____. Specialization makes the best use of a country's productive resources—its natural resources.
A. specialize B. trade C. produce D. export
- An accident has _____ him helpless.
A. tended B. saved C. given D. rendered
- He tries to _____ the sort of people who may be useful to his business in the future.
A. form B. render C. research D. cultivate
- His curiosity about the surroundings led him to a _____ in science.
A. career B. way C. dream D. road
- If you had had more _____, you would have saved yourself much trouble.
A. sight B. proposal C. foresight D. view
- Michael Jordan is famous for his _____ with basketball.
A. business B. feeling C. job D. attitude

III. Writing

As a future master of the society, you are supposed to take responsibilities. To perform your role successfully, what preparations are you going to make? Write an essay of 120 words to tell about your plan.



Attendance and Academic Progress

The best way to learn English is to come to class regularly and to do your homework. If you miss several days of classes, for any reason, you cannot keep up with the other students. The Language and Cultural Center (LCC) is a serious academic program in intensive English and wants all of its students to succeed. Therefore, students are expected to attend all classes regularly, do all classroom assignments, meet all class requirements, and make academic progress. Students who do not meet these standards may be placed on academic probation. Students placed on academic probation will meet with their teachers and with either or both the associate director and foreign student advisor. Students will be informed in writing of the terms and length of their probation.

Students who have 30 hours of absence are in danger of being placed on academic probation.

Students failing to meet the terms of their probation will be terminated from the LCC for the remainder of the semester. This is also likely to result in the loss of students' status with the US Immigration and Naturalization Service.

Students who have 50 hours of absence will not receive a Certificate of Successful Completion and will be terminated from the program.

If a student is absent for ten consecutive days with no explanation, the student will be terminated automatically from the program.

Notes

- | | |
|--|---|
| 1. attendance /ə'tendəns/ <i>n.</i> 出勤 | 3. terminate /'tɜːmineɪt/ <i>v.</i> 停止, 结束 |
| 2. probation /prəʊ'beɪʃən/ <i>n.</i> 试用(期); 察看 | 4. consecutive /kən'sekjʊtɪv/ <i>adj.</i> 连续的 |

I. Choose the best answer for each of the following incomplete statements.

- According to the passage, attending classes regularly and finishing assignments is _____.
A. the best way to learn English
B. an unnecessary way to learn English
C. a personal way to learn English, not necessarily suitable for others
D. the most important and only way to learn English
- The result of your absence from classes for several days is that _____.
A. you will be unable to get a diploma
B. you will be placed on academic probation
C. you will be unable to keep up with the class
D. you will be terminated from the LCC
- If a student at the LCC _____, he will be placed on academic probation.
A. meets all class requirements
B. attends all classes regularly
C. does all classroom assignments
D. fails to make academic progress
- If a student at the LCC misses _____, he is likely to be placed on academic probation.
A. a week's classes B. 30 hours' classes
C. a term's classes D. 50 hours' classes
- Students' failure to meet the terms of their probation will directly result in _____.
A. termination from the center for the remainder of the semester
B. loss of students' status with the US Immigration and Naturalization Service
C. departure from the USA
D. not receiving a Certificate of Successful Completion

II. Complete the following flow-charts of actions and their consequences by choosing the appropriate consequence from the list given below. (You may use any consequence more than once.)

- A. will be terminated from the program
- B. may lose students' status with the US Immigration and Naturalization Service
- C. will receive advice and counseling
- D. may be put on academic probation

Students who frequently

fail to complete their → 1 and → 2
homework

Students who do not

meet the terms → 3 and → 4
of their probation

Students absent

for 30 hours → 5

Students absent

for 50 hours → 6 and → 7

III. Choose the best answer to complete each of the following sentences.

1. Nowadays mass media can keep us _____ of the latest news and developments.
A. informing B. inform C. informed D. to be informed
2. It was his long time of absence from class that _____ his failure in the exam.
A. resulted from B. resulted in C. happened to D. led into
3. She studied hard in order to _____ her classmates.
A. keep up B. keep at C. keep out D. keep up with
4. He is the municipal government's _____ on the environmental problem.
A. advice B. advising C. advisor D. advises
5. The professor expected us to complete our class _____ right now.
A. assessment B. assignment C. exception D. access
6. The clothes a person wears may show his _____ or social position.
A. curiosity B. determination C. status D. significance
7. We're writing to express our regret of not being able to meet your _____ stated in your letter dated on September 30.
A. determination B. assignments C. specials D. terms
8. After a period of _____, he became a regular member of the club.
A. probation B. observation C. trial D. examination
9. His membership will be _____ due to his absence from yesterday's meeting.
A. eliminated B. destroyed C. terminated D. finished

10. She is critically ill and _____ losing her life.
A. in trouble of B. in danger of C. in difficulty of D. in terms of

3 The Teacher-student Relationship

Many instructors believe that an informal, relaxing classroom environment is helpful to learning and improvement. It is common for students to have easygoing and friendly relationships with their professors. The informal professor is not necessarily a poor one and is still respected by students. Although students may be in a lower position, some professors treat them as equals. However, no matter how equal professors would like to be, they still are in a position of power.

Professors may establish social relationships with students outside of the classroom, but in the classroom they keep the instructor's role. A professor may have coffee one day with students but the next day expect them to meet a deadline for the submission of a paper. Professors have several roles in relation to students; they may be counselors and friends as well as teachers. Students must realize that when a teacher's role changes, they must appropriately adapt their behaviour and attitudes.

Many teachers believe that the responsibility for learning lies with the student. The ideal student is considered to be one who is motivated to learn for the sake of learning, not the one interested only in getting high grades.

Professors will help students who need it, but prefer that their students not be overly dependent on them. In the United States, professors have other duties besides teaching. Often they are responsible for administrative work within their departments. In addition, they may have to publish articles and books. Therefore the time that a professor can spend with a student outside of class is limited. If a student has problems with classroom work, the student should either approach a professor during office hours or make an appointment.

Notes

- | | |
|---|--|
| 1. easygoing /'i:zi.gəʊɪŋ/ <i>adj.</i> 平易近人的 | 4. motivate /'məʊtɪveɪt/ <i>v.</i> 激发……的积极性
(或学习兴趣) |
| 2. submission /səb'mɪʃən/ <i>n.</i> 提交 | |
| 3. counselor /'kaʊnsələ(r)/ <i>n.</i> (学生) 辅导员;
顾问 | 5. overly /'əʊvəli/ <i>adv.</i> 过度地 |

I. Choose the best answer for each of the following questions.

- Which of the following statements is true?
 - Many teachers in the United States prefer to be informal with students in class because they want to please their students.
 - Many teachers in the United States think that a relaxing classroom environment does not help students to learn better.
 - Many teachers in the United States believe that students can learn better and be more creative in an informal atmosphere.

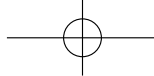
- D. Many teachers in the United States believe that an informal and relaxing classroom environment easily destroys the professor's position of authority.
2. In universities, professors would like to be equal with their students, but _____.
 A. they are still considered poor ones
 B. they are not respected by their students
 C. they are in a lower position
 D. they are still in a position of authority
3. "Students must realize that when a teacher's role changes, they must appropriately adapt their behaviour and attitudes." This sentence means _____.
 A. teachers and students can hardly become friends
 B. teachers and students can be friends outside class, but must keep the teacher-student relationship in class
 C. students should establish relationships with teachers so that they can get better grades
 D. teachers and students can be friends both in and outside class
4. According to the passage, who is considered the ideal student?
 A. The student who is interested in getting high grades.
 B. The student who is able to learn because of his interest in learning.
 C. The student who is dependent on teachers.
 D. The student who maintains a good relationship with teachers outside class.
5. In class, professors have roles except being students' _____.
 A. equal partners
 B. counselors
 C. friends
 D. instructors

II. Fill in the blanks according to the information from the passage.

1. Outside class, it is common
for students to have

relationships
with their
professors.

2. In class, professors may be respected
by students as their



4

Three Advertisements About Language Learning

A

INTERNATIONAL LANGUAGE CENTRE
INSTITUTE OF TECHNOLOGY
FRENCH & JAPANESE
SUMMER INTENSIVE

Also commencing January 2004

* Mandarin	* Thai	* Vietnamese	* Korean
* Indonesian	* English	* Spanish	* Italian
* German	* Russian		

For Further Details Contact:

Admissions & Information Office

5 Bligh Street

Sydney, 2000

Tel: 295 4561

Fax: 235 4714

B

GLOBAL LANGUAGE LEARNING CENTRE
ONE OF THE WORLD'S BEST LANGUAGE SCHOOLS NOW IN SYDNEY
LEARN A NEW LANGUAGE IN 10—20 WEEKS
LATEST METHODS
DAY AND EVENING COURSES
BUSINESS, HOSPITALITY OR TRAVEL
CHOICE OF NINE LANGUAGES
Phone for Appointment: 938 0977

C**UNIVERSITY OF CANBERRA**

Learn English in Australia's National Capital

- * The TESOL Centre has more than 24 years' experience in providing quality language programs for overseas students
- * Test preparation, possibility of further academic study
- * Access to University facilities
- * Classes conducted on campus with opportunity to mix with Australian students

Notes

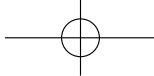
1. commence /kə'mens/ *v.* 开始, 着手
2. Mandarin /'mændərɪn/ *n.* 普通话
3. Vietnamese /ˌvjetnə'mi:z/ *n.* 越南语

I. Match each piece of the following information with one of the three advertisements above.

1. up-to-date teaching methods
2. the instruction of Italian
3. test preparation classes
4. language teaching for special purposes
5. evening classes

II. Match each piece of the following information with two of the three advertisements above.

1. a wide variety of language choices
2. a language center in Sydney
3. a language center of a university
4. English language programs for overseas students
5. intensive language classes



对照阅读

Bilingual Reading

Chopsticks

Chopsticks are the main tools to be found on Chinese dinner tables. Some people say that it is under the cultivation of Confucianism that Chinese choose chopsticks as their tableware rather than a knife and fork. They believe that chopsticks reflect gentleness and benevolence, the main moral teachings of Confucianism, while knives and forks have something to do with violence. Using chopsticks also has a great deal in common with the using of a brush when writing Chinese characters. Usually, those who write skillfully with the brush handle chopsticks correctly. While writing, one must maintain coordination in shoulder, arm, wrist and finger movements in order to write well. Westerners are often impressed with the skill of the Chinese hand in making embroideries and clay sculptures. Couldn't this also be attributed, at least partly, to the constant use of chopsticks?

筷子

筷子是中國人在餐桌上使用的主要餐具。有些人認為中國人之所以選擇筷子而不是刀叉作為他們的餐具是受孔子儒家學說熏陶的結果。他們認為筷子反映文雅和仁慈，這是儒家的主要道德信條，而刀叉則跟暴力有關。用筷子與使用毛筆寫漢字有很多共通點。寫得一手好字的人，通常都能正確地使用筷子。寫毛筆字的時候，寫字人必須要保持肩膀、手臂、手腕和手指的動作協調。中國人在刺繡和陶土雕塑方面心靈手巧，給西方人留下了深刻的印象。這難道不也在一定程度上歸功於中國人長期使用筷子嗎？

Notes

- | | |
|--|---|
| 1. tableware /'teɪblweə(r)/ <i>n.</i> 餐具 | 7. coordination /kəʊˌɔːdɪˈneɪʃən/ <i>n.</i> 協調 |
| 2. cultivation /ˌkʌltɪ'veɪʃən/ <i>n.</i> 培養；養成 | 8. wrist /rɪst/ <i>n.</i> 手腕；腕關節 |
| 3. Confucianism /kən'fjuːʃənɪzəm/ <i>n.</i> 儒教 | 9. embroidery /ɪm'brɔɪdəɪ/ <i>n.</i> 刺繡 |
| 4. benevolence /brɪˈnevələns/ <i>n.</i> 仁愛；善行 | 10. clay /kleɪ/ <i>n.</i> 黏土；泥土 |
| 5. brush /brʌʃ/ <i>n.</i> 毛筆；刷子 | 11. sculpture /'skʌlptʃə(r)/ <i>n.</i> 雕刻；雕塑品 |
| 6. maintain /meɪn'teɪn/ <i>vt.</i> 保持；維持 | 12. attribute /ə'trɪbjʊːt/ <i>v.</i> (to) 歸結於；歸因於 |

格言警句

Famous Sayings

1. The secret of success is constancy of purpose.
成功的秘诀是目标坚定。
2. A thousand-li journey is started by taking the first step.
千里之行，始于足下。
3. As in the Changjiang River waves urge waves, so the younger generation excels the older generation.
长江后浪推前浪，一代更比一代强。
4. It takes ten years to grow trees, but a hundred to rear people.
十年树木，百年树人。
5. A man must not be judged by his appearance, just as the ocean cannot be measured in gallons.
人不可貌相，海水不可斗量。

Notes

1. constancy /'kɒnstənsɪ/ *n.* 坚定；经久不变
2. urge /ɜːdʒ/ *vt.* 推进
3. excel /ɪk'sel/ *v.* 胜过，优于
4. rear /rɪə(r)/ *v.* 培养；养育

看电影学英语

Film Clips

Lion King (I)

故事梗概

本片讲述了一个在非洲大陆的动物王国里发生的哈姆雷特式的故事，以小狮王 Simba 的成长过程为载体，探讨了爱、责任、勇气和生命这些永恒的话题。

Simba 曾是一位无忧无虑的小王子，然而美丽的世界被叔叔 Scar 的阴谋篡位玷污。Scar 残忍地设计杀害了 Simba 之父 Mufasa，并使 Simba 误认为父亲之死是出于自己的责任。于是 Simba 选择了逃避，从自己的王国出走。

成年后的 Simba 在狒狒 Rafiki 的开导和朋友的帮助下终于承担起重任，重返王国，从 Scar 手中夺



回了自己的家园。

在迪斯尼画家精湛的技巧下，非洲大地的壮阔生动地展现在观众眼前，尤其是运用电脑技术制作的羚群奔驰的一幕，场面颇为恢宏，再配以 Hans Zimmer 天才式的音乐，影片带给观众以史诗般的感受。

《狮子王》一片以其不可抗拒的魅力成为电影史上最卖座的动画片之一。

第一部分：

辛巴 (Simba) 在狒狒 (Rafiki) 的引导下，来到池塘边，见到了已经死去的父亲的亡灵。

Simba: That's not my father. That's just my reflection.

Rafiki: No. Look harder.

(Rafiki motions over the pool. Ripples form. In the ripples, the image of Mufasa's face forms over that of his son's.)

Rafiki: You see? He lives in you.

(Simba is awe-struck. The wind picks up. In the air the huge image of Mufasa is forming from the clouds. He appears to be walking from the stars. The image is ghostly at first, but steadily gains colors.)

Mufasa: *(quietly at first)* Simba...

Simba: Father?

Mufasa: Simba. You have forgotten me.

Simba: No. How could I?

Mufasa: You have forgotten who you are and so forgotten me. Look inside yourself, Simba. You are more than what you have become. You must take your place in the circle of life.

Simba: How can I go back? I'm not who I used to be.

(The music rises to the full image of Mufasa.)

Mufasa: Remember who you are. You are my son, and the one true king. *(The image starts to fade)* Remember who you are.

Notes

- | | |
|----------------------------------|------------------------------------|
| 1. reflection /rɪ'flekʃən/ n. 倒影 | 4. awe-struck /'ɔ:stɹʌk/ adj. 敬畏的 |
| 2. ripple /'rɪpl/ n. 波纹 | 5. ghostly /'gəʊstli/ adj. 幽灵的，可怕的 |
| 3. image /'ɪmɪdʒ/ n. 图像；肖像 | 6. fade /feɪd/ vi. 淡出，消失 |