

前言

经过充分调研、多次研讨和反复论证，由中外英语教育专家和高职高专院校一线教师共同策划、设计和编写的《捷进英语》立体化系列教材终于在2015年春季定稿，现正式出版，与广大高职高专院校师生见面。

《捷进英语》以新的理念设计教材，关注新一代学生的思维习惯和学习习惯，了解他们渴望关注、渴望联系、渴望表述的心理诉求，真正从他们的实际情况着手，从听、说、读、写各方面帮助他们切实提高英语应用能力，真正做到Enabling, Enlightening和Engaging，帮助学生快乐学习，把知识转换为智慧，受益终生。

编写背景

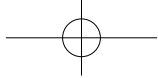
目前市面上高等职业院校的英语教材已有不少，为什么我们还需要新的教材？

“职业教育是广大青年成功成才的重要途径。”“提高职业技能和培养职业精神应并举。”近两年来，随着国家经济的转型、高等职业教育结构和育人机制的调整，高等职业教育迎来了发展的良好时机。新的职业教育精神赋予了英语教育新要求、新使命和新内涵：创建提升学生综合素质和职业竞争力的教学体系，探索让学生积极参与和主动体验的教学方法，开创英语教和学的新天地，增强学生的学习兴趣和信心。

在这样令人鼓舞的新形势下，各院校正积极探索建设一门真正服务于专业学科学习，且令学生真心喜欢、终身受益的外语课程。建设一门好的课程需要好的教学资源，以及围绕其搭建良好的教与学的平台来实现。在这一思考的框架下，我们组建了中外编者团队、共同开发了这套教学理念和教学方法新颖的全新教材《捷进英语》，以期满足高职高专院校和相关学校提高英语教学质量的改革需求。

教学思想

高职高专教材与教学的设计要为学生的就业着想，为学校人才培养目标着想，为国家和社会发展着想。育人目标、核心素养、文化语言、言语表达、行为习惯、逻辑思维、思辨能力等均在



《捷进英语》系列教材与教学设计中得以很好地体现。这是《捷进英语》系列教材的基本出发点。

“Enabling, Enlightening, Engaging”作为《捷进英语》的核心理念，旨在让学生在已有的英语基础上，在轻松快乐、自发自主的氛围中习得语言知识和语言技能，拓展思维能力和实践能力，提升文化修养，培养职业精神，以使我们的英语课程能够助力学生职业发展、提升学生思想、点亮学生未来。

基于这一理念，《捷进英语》立足新时期职业教育“立德树人”的人才培养任务，充分考虑新一代学生获取信息知识的习惯和特点，创新教学思想和教学方法，首创在纸质教材中实践“微学习”，通过微阅读、微视频、微写作、微活动，实现语言学习、品格发展和实践能力培养等多线并行、稳步发展。

教材结构和特色

《捷进英语》系列教材基于主干教程《捷进英语 综合教程》(1—3级)建设了“教、学、评”一体化的教学资源平台：《综合教程》配有《综合训练》，用于巩固和拓展学生所学，并计划开发数字课程，实现线上教学和线下教学相结合；同时配有《教师用书》、助教课件和电子教案，辅助教师授课，发展教师教学技能；教材还开发了在线题库，可实现大规模无纸化测试，及时检测教学效果，完善教学行为。

《捷进英语》主要具有以下几个方面的特色：

1. 创新的教学理念

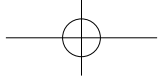
以“微”素材输入，以“微”活动实践。让学生零距离地感受语言，有信心地学习知识，轻松地掌握技能，开创英语学习新体验。

2. 科学的教学设计

教学分为语言知识和技能、思维和实践、情景模拟应用三个层次，循序渐进地训练学生从可以交流上升到智慧地交流，最终实现在不同生活情景和职业场景中能够得体地交流。每个教学模块内输入和输出紧密结合，层次清晰，目标明确。

3. 多元的题材和体裁

教材主题多样，素材生动，视角新颖。内容呈现中西方多元生活、职场情境、科普文化和经典文学，注重内涵性和思想性，以激发学生批判性地思考，培养学生分析问题和解决问题的能力，同时培养学生的职业精神、文学修养和审美情趣。



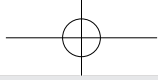
4. 国际化的思维和视野

中外教学专家联合编写，发挥各自的优势与专长，集其经验、创意与智慧，用原汁原味的语言、丰富多彩的文化和不同的思维方式帮助学生打开认识世界的窗口，开拓国际化的视野。

我们衷心期待《捷进英语》系列教材将为您的高职英语课堂增添活力，为高职师生带来收获与快乐！希望这套精心策划和编写的教材能够推动高职高专英语教学改革深化与质量提升，开启英语教学的新天地，让每个学生的人生绽放光彩，让每个学生的未来精彩纷呈！

《捷进英语》系列教材总主编

石坚



编写说明

《捷进英语综合训练》是配合《捷进英语综合教程》编写的同步练习用书，供学生复习、操练、巩固和拓展《综合教程》中所学到的语言知识和技能，提高学生的英语语言应用能力。

《捷进英语综合训练》共三级，每级八个单元。《综合训练2》每单元素材、主题、词汇、语言点紧扣《综合教程2》，题型与B级考试类似。每单元包括七大模块：听力理解（Listening Comprehension）、词汇与结构（Vocabulary and Structure）、阅读理解（Reading Comprehension）、翻译（Translation）、写作（Writing）、口语练习（Speaking），以及轻松一刻（Fun Time）。

听力理解：由四个任务组成，分别为提问与回答、短对话、长会话、短文填空，旨在训练学生正确理解所听问话、对话、会话和简单短文的能力。

词汇与结构：由两个任务组成，分别为单项选择和词汇填空。练习内容包括句法结构、习语搭配和词形转换等，旨在复习《综合教程》中学到的重点单词、词组、结构和语法知识。

阅读理解：由五篇文章组成，包括一般阅读材料和应用文。其中，应用性文章约占50%以上。题型为选择题、填空题、匹配题以及简答题。通过速读和细读，训练学生从书面材料获取信息的能力。

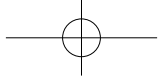
翻译：英语句子翻译，要求根据英文句子的句意从三个给定的汉语译文中选出最佳答案，旨在帮助学生提高语言理解能力以及良好的汉语表达能力。

写作：主要题型为应用文写作，帮助学生复习、实践《综合教程》中英语应用文的写作，旨在提高学生应用文写作能力和常用体裁的通用写作能力。

口语练习：提供两个预设场景，请学生选择其中一个与同学进行对话。每个场景与单元所学内容基本一致，旨在提高学生的口语表达能力。

轻松一刻：欣赏与单元主题相关的幽默笑话或歌曲等，既有利于学生紧张学习之后的放松，又有利于提高学生的学习兴趣，寓教于乐。

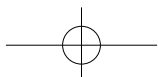
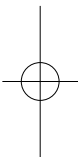
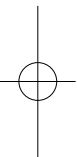
本书既可供学生课外自主学习，也可供教师在课堂教学中使用，检验、评估学生的学习效果。书后附有练习答案。本书在编写时不仅考虑到要复习和巩固《综合教程》中所学的内容，也考虑到学生有参加“高等学校英语应用能力考试”的实际需求，因此在练习题型的设计上尽可能与新题型保持一致。这样安排既符合英语学习的规律，也符合新形势下高职高专英语课程教学要求培养和提

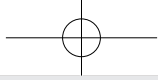


高学生英语应用能力的精神。

《捷进英语综合训练》总主编为石坚。《捷进英语综合训练2》主编为孙全军，副主编为姜永芳等，参加编写的人员有王若梅等。

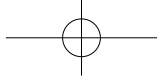
由于编者水平有限，疏漏之处敬请专家学者不吝指正。





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Unit

1

Virtually Connected



Listening Comprehension



Section A

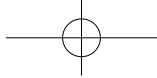
Directions: *There are 5 recorded statements or questions in this section. When you hear a statement or question, you should decide on the correct response from the 4 choices marked A, B, C and D.*

- | | | | |
|------------------------------|---------------------|------------------------|-----------------------------|
| 1. A. Yes, you may. | B. No, you may not. | C. Sure, here you are. | D. My pleasure. |
| 2. A. Yes, I can. | B. No, I can't | C. 6,000 <i>yuan</i> . | D. Yes, I could. |
| 3. A. No, you don't need to. | B. No, you mustn't. | C. No, you can't. | D. Yes, you need. |
| 4. A. Of course not. | B. No, I wouldn't. | C. Yes, I would. | D. Certainly. |
| 5. A. Yes, I will. | B. No, I can't. | C. Yes, I could. | D. I'd be happy to do that. |

Section B

Directions: *There are 5 recorded short dialogues in this section. After each dialogue, there is a recorded question. When you hear a question, you should decide on the correct answer from the 4 choices marked A, B, C and D.*

- | | |
|--|---------------------------------------|
| 6. A. To see her son. | B. To write to her son. |
| C. To chat with her son online. | D. To chat with her son on the phone. |
| 7. A. In a library. | B. In a bookstore. |
| C. In the teacher's office. | D. On the Internet. |
| 8. A. In a railway station. | B. On the Internet. |
| C. At a ticket booth. | D. In a bus station. |
| 9. A. To go on chatting online. | B. To stop chatting online. |
| C. To go to bed. | D. To do his homework. |
| 10. A. She can't log off the Internet. | B. She can't log on to the Internet. |
| C. She has no idea how the Internet works. | D. She needs to work on the Internet. |



Section C

Directions: There are 2 recorded conversations in this section. After each conversation, there are 5 recorded questions. When you hear a question, you should decide on the correct answer from the 4 choices marked A, B, C and D.

Conversation 1

11. A. Hooking up his new computer. B. Unplugging his new computer.
 C. Installing the software of his new computer. D. Using his new computer.
12. A. Because Jack is friendly. B. Because Jack is good at computers.
 C. Because Jack can't say no. D. Because Jack has a router.
13. A. A router. B. A printer.
 C. A SD card. D. A mouse.

Conversation 2

14. A. They don't like to. B. Both of them hurt their feet.
 C. One of them gets a pain in his foot. D. They have no time.
15. A. They are not interested. B. Going to the cinema will cost them a lot of money.
 C. They have already seen the film. D. They have to stay in the dorm at the weekend.

Section D

Directions: In this section, there is a recorded short passage with some words or phrases missing. You are required to put down the missing words or phrases according to what you hear.

No one can 16. _____ with the fact the computers are incredibly useful for students, as they provide 17. _____ to a wealth of information and entertainment. However, if used 18. _____, they can do more harm than good. Do you sometimes spend time playing games online when you should be doing your homework? If so, prepare for your grades to 19. _____! Your health is also 20. _____ if you spend too long at your computer. Repetitive strain injuries often 21. _____ when students have poorly designed work stations. Staring at a 22. _____ for hours on end won't do your eyes much good either. Computers are an 23. _____ resource, so make the most of them. 24. _____ your screen time, sit properly, take 25. _____ breaks, and don't waste your online study time on games.

Part II Vocabulary and Structure



Directions: *There are 10 incomplete statements here. You are required to complete each statement by choosing the appropriate answer from the 4 choices marked A, B, C and D.*

1. That sportsman showed a great _____ for racing when he was very young.
A. gifted B. gift C. gifts D. talented
2. He himself _____ two in the final football match.
A. goals B. marked C. scored D. scores
3. If you comment _____ something, you give your opinions about it or explanations for it.
A. upon B. about C. to D. on
4. The mobile phone he bought yesterday is the same _____ mine.
A. as B. than C. to D. over
5. You may disagree _____ him _____ this issue, but you should respect him.
A. on; to B. to; on C. with; on D. about; with
6. After all, individual strength is _____ while collective strength is unlimited.
A. limiting B. limited C. being limited D. limit
7. A person _____ be a millionaire to be able to live a happy life.
A. have to B. doesn't have to C. must D. mustn't
8. There _____ be something wrong with your computer.
A. have to B. has to C. should D. must
9. You _____ smoke in class.
A. don't have to B. must C. have to D. mustn't
10. If you want to study abroad, you _____ learn English well.
A. must B. have to C. don't have to D. mustn't

Section B

Directions: *There are 10 incomplete statements here. You should fill in each blank with the proper form of the word given in brackets.*

11. While on the road, with a smartphone you will be able to email or send short messages in questions to it and get back immediately (intelligence) _____ answers.
12. Her parents hope she can become a (profession) _____ and have more stability

after graduation.

13. Nowadays more and more people like (chat) _____ with friends online.
14. A car accident (block) _____ the main street this morning. As a result, many people got late for work.
15. Many young people enjoy surfing on the Internet all day long. But in (real) _____, that is very harmful to them.
16. The journalist kept on (post) _____ the latest news on the Internet to report what was going on in the incident of the air crash.
17. I am writing to (inform) _____ you that we have received your sample product.
18. His honesty and (straightforward) _____ won over his boss.
19. Many teenagers spend more and more time on computer games, (ignore) _____ their study.
20. Nowadays few young people (rare) _____ log on to the Internet to learn current news every day.

Part III Reading Comprehension



Task 1

Directions: After reading the following passage, you will find 5 questions or unfinished statements, numbered 1 to 5. For each question or statement there are 4 choices marked A, B, C and D. You should make the correct choice.

How to Make Smiley Faces

Including emoticons in your text messages is a way for you to express your feelings or signal the topic of your text. Using the right emoticon can help your reader gain a better understanding of your message.

The word “emoticon” is actually a combination of “emotion” and “icon”. Emoticons can be formed by typing a short series of characters on your keyboard. The first smiley face, :-), to appear on the Internet is credited to a message board posting in 1982 by a research scientist named Scott Fahlman. The most common emoticons consist of :), :(or :P, which are happy, sad and cheeky,

respectively. Emoticons have evolved dramatically ever since, with expressions ranging from classic to complicated.

Instructions

1. Make a smiley face to express happiness or good will. The smile comes in a variety of forms, the most common being :-). Variations include :), :], :o), =), =o) and :D.
2. Make a sad face to express displeasure or sadness. Frowned faces are similar to smiley faces, except that the opening parentheses is used instead of the closing one. :-(, :(, :0(, =0(and :-[are common.
3. Make a laughing emotion to express humour and mirth. :D, :-D, XD, X-D and =D are common for laughter.
4. Make a winking face to express playfulness or facetiousness. A semi-colon or asterisk is used for the eyes. ;), ;-D, ;D and *-D are common.
5. Make a skeptical or annoyed face to express your displeasure or uncertainty. Variations include =/, :-/, =-/ and :-|.

1. Smiley faces are one kind of _____.

A. emotion	B. icon
C. emoticons	D. emotion and icon
2. According to the passage, which statement below is NOT right?
 - A. Making a smiley face in your text message can help you express how you are feeling at the moment.
 - B. Making a smiley face in your text message can help you to signal your topic.
 - C. Making a smiley face in a text message is just for fun.
 - D. Making a smiley face in your text message can help your reader gain a better understanding of your message.
3. Who invented the first smiley face :-) on the Internet?

A. A writer.	B. A typewriter.
C. A scientist.	D. An e-friend.
4. The smiley face :-) means _____.

A. sadness	B. displeasure
C. fun	D. happiness
5. According to the passage, smiley faces can be made by _____.

A. drawing	B. typing a series of characters on a keyboard
C. taking a photo	D. copying

Task 2

Directions: *The following is an advertisement for online courses. You will find 5 questions or unfinished statements, numbered 6 to 10. For each question or statement there are 4 choices marked A, B, C and D. You should make the correct choice.*

Online Business Skills Courses

Courses for Success

Learn new skills or improve your existing ones with expert instruction from Courses for Success. Enhance your career options with convenient online training from this trusted educator.

- \$69 (\$169 value) for one online business skill course of your choice
- \$129 (\$319 value) for two online business skill courses of your choice
- Areas include administration, career development, human resources, and accounting
- Expand your skill set to attract potential employers
- Suitable for all skill levels

Courses for Success: www.coursesforsuccess.com.cn

6. Courses for Success is a(n) _____.
A. business school B. offline business skills courses provider
C. offline business skills training centre D. online business skills courses provider
7. Which word in the above passage can replace the word “enhance” in the passage?
A. Learn. B. Improve. C. Train. D. Attract.
8. How much will be charged for one online business skill course?
A. \$ 69. B. \$169. C. \$129. D. \$319.
9. What is the original value of two online business skill courses?
A. \$69. B. \$169. C. \$129. D. \$319.
10. Courses for Success does not provide courses in _____.
A. administration B. career development
C. human resources D. English writing

Task 3

Directions: Read the following instructions. After reading, you are required to complete the information by filling in the blanks marked 11 to 15 in no more than 3 words.

Do you often use a mouse instead of keyboard shortcuts for everything on your PC? If your answer is “Yes”, you are missing out! Keyboard shortcuts are the best time-saving shortcuts on the PC. I’ve rounded up some of the best ones for you today.

Ctrl+F for Find

Let’s start with one of the most useful keyboard shortcuts of all: **Ctrl+F**.

Press Ctrl+F in almost any application—your Web browser, for example—and you can start typing to find text in the page or document. Yes, most people still skim webpages to find what they’re looking for just as they would on a paper document, rather than using this far more efficient search.

Copy, Cut, and Paste Text

Don’t forget that **Ctrl+C** for copy, **Ctrl+X** for Cut, and **Ctrl+V** for Paste are critical shortcuts for working with selected text. It’s much faster to select some text with your mouse, press **Ctrl+C**, click somewhere in a document, and then press **Ctrl+V** than it is to click the Cut and Paste menus with your mouse. These are considered fairly basic keyboard shortcuts, but I’ve seen people use Microsoft Office entirely with their mouse. They use the keyboard to type words and reach for the mouse whenever they want to copy or paste text. That just takes longer.

Many useful keyboard shortcuts make it easier to work with text—another one is Ctrl+Z, which is “undo.” It undoes the last change, allowing you to quickly revert a change without reaching for the mouse.

Common Keyboard Shortcuts

When you are working with text on the PC,

1. if you need to undo a change you just made, use the keyboard shortcut: 11 .
2. if you need to find specific text in a page or document, use the keyboard shortcut: 12 .
3. if you need to cut selected text in a page or document, use the keyboard shortcut: 13 .
4. if you need to copy selected text in a page or document, use the keyboard shortcut: 14 .
5. if you need to paste selected text in a page or document, use the keyboard shortcut: 15 .

Task 4

Directions: *The following are some common computer terms. After reading them, you are required to find the items equivalent to (与……等同) those given in Chinese in the table below. Then you should put the corresponding letters in the brackets.*

A—microblog	B—WeChat	C—flesh search	D—open a blog
E—Facebook	F—log on	G—spam	H—virus
I—bug	J—homepage	K—browser	L—bandwidth
M—submit a post	N—refresh	O—search engine	P—group chat
Q—delete	R—stick	S—hacker	T—Trojan horse

Examples: (I) 漏洞 (N) 刷新

- | | |
|--------------|---------|
| 16. () 木马 | () 登录 |
| 17. () 搜索引擎 | () 微信 |
| 18. () 发帖子 | () 浏览器 |
| 19. () 人肉搜索 | () 主页 |
| 20. () 微博 | () 开博客 |

Task 5

Directions: *Read the following passage, and then you are required to complete the answers that follow the questions numbered 21 to 25. You should write your answers in no more than 3 words.*

Cyber Communication and Its Effects on Youth

Cyber communication is society's newest way to interact. Online social networking websites, text messages and emails provide users with an effective, quick way to communicate with people all over the world. Teens in particular spend hours online every day, on computers or personal electronic devices. The effects of cyber communication have both positive and negative consequences for youth.

A survey shows that 48 percent of teens believe the Internet improves their friendships. With social networking sites becoming increasingly popular, young people are able to stay connected

to real and online friends. Some teens believe cyber connections give them the confidence to be their real selves. Instant messaging programs, used by an estimated 13 million teens, allow conversations with friends to occur in real time. Online communication tools open the door for friendships with other teens near and far.

Cyber forms of communication don't require formal writing skills. Quite the opposite in fact: young people often use shorthand, abbreviations or slang when writing online. It is reported that 85 percent of teens use social networking communication, but 60 percent of them don't see this form of communication as "writing." Teens should be aware of the difference between formal and informal writing, and understand when the latter is not appropriate in school.

Cyberbullying is a negative effect of online communication between young people. Victims of cyberbullying often experience the negative effects rumors and lies spread on online social networks. Bullies may post inappropriate or embarrassing pictures of their victims. Another aspect of cyberbullying involves using mean text messages as a form of harassment. Cyberbullying has become a problem for almost half of American teens. In some extreme cases, teens have taken their own lives as a result of cyberbullying.

21. What effects can cyber communication have on young people?

Cyber communication can have _____ effects on young people.

22. According to the above passage, how many teens are estimated to use instant messaging programs?

It is estimated that _____ are using instant messaging programs.

23. What do teens often use when writing online?

Teens often use _____ when writing online.

24. In the sentence "Teens should be aware of the difference between formal and informal writing, and understand when the *latter* is not appropriate in school.", what does "the latter" here refer to?

It refers to _____.

25. In the sentence "In some extreme cases, teens have taken their own lives as a result of cyberbullying.", what does the phrase "taken their own lives" mean?

It means _____.

Part IV Translation

Directions: There are 3 sentences (No. 1 to No. 3) in this section. Each of the sentences is followed by three choices of suggested translation marked A, B and C. You are required to make the best choice.

1. Nowadays we are more likely than ever to rely on the Internet to study or work. (be likely to do)
 - A. 如今我们比以前任何时候都更喜欢依赖互联网去学习或工作。
 - B. 如今我们比以前任何时候都更喜欢靠着互联网去学习或工作。
 - C. 如今我们比以前任何时候都更可能依赖互联网去学习或工作。
2. With the help of the Internet, people don't have to go outdoors to know what happens around the world. (don't have to)
 - A. 有了互联网，人也必须出门才能了解世界上发生的事。
 - B. 借助于互联网，人不必出门也能了解世界上发生的事。
 - C. 有了互联网，人不必到户外去了解世界上发生的事了。
3. Many young people like posting the pictures of the delicious dishes they have on the Internet. (post... on the Internet)
 - A. 许多年轻人喜欢在互联网上邮寄他们吃的美味的照片。
 - B. 许多年轻人喜欢邮寄他们在互联网上吃的美味的照片。
 - C. 许多年轻人喜欢在互联网上发布他们吃的美味的照片的帖子。

Part V Writing

Task

Directions: Read the following email carefully. Then write a reply to it, answering the relevant questions.

Hi,
I'm interested in one of the iPhone 6 listed on your online shop. I still have some questions

to ask. Is it one purchased from abroad? Is it unlocked? Does it use SIM card? Does it go with a new charger? Can I keep my current phone number with the iPhone? Is a black one available now? Does the listed price include a shipping fee? What about the return policy? How can I pay for it?

I hope to receive your reply soon.

Charlie

Part VI Speaking

Task 1

Directions: *Read the following conversation and act it out.*

Mum: Michel, Tell me how to use WeChat. I'm feeling a bit left out!

Son: OK, Mum—WeChat is great! You can use it to chat with your friends through voice messages, texts, or images. You can also create group chats to chat with several friends together.

Mum: Is WeChat free?

Son: Yeah, it's free to download, install and use WeChat. The only thing is that you might need to pay your carrier for Internet service.

Mum: Mm. And are there any regional restrictions for voice messages?

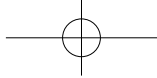
Son: No. You can chat with friends anywhere as long as you can have access to the Internet.

Mum: Sounds great! How do I register?

Son: You can log in to WeChat with your Facebook account or sign up with your phone number.

Let me download WeChat onto your cell phone. Then we can keep in contact via WeChat.

Mum: That sounds good to me!



Task 2

Directions: *Make conversations based on the situations given below.*

Situation 1: You have just got a new Apple iPhone. Make a conversation with one of your friends about how to write a text.

Situation 2: You are a shop assistant working in a cell phone store. Help a customer choose a cell phone. Describe the different phones and help your customer choose one which is suitable for him or her.



Part VII Fun Time



Microsoft Fix All

An electrical engineer, a chemical engineer and a Microsoft engineer are in a car. Suddenly the car just stops by the side of the road, and the three engineers look at each other wondering what could be wrong.

The electrical engineer suggests stripping down the electronics of the car and trying to trace where a fault might have occurred. The chemical engineer, not knowing much about cars, suggests that maybe the fuel is becoming emulsified and getting blocked somewhere.

Then, the Microsoft engineer, not knowing much about anything, comes up with a suggestion, “Why don’t we close all the windows, get out, get back in, open the windows again? And maybe it’ll work!”