

21世纪普通高等教育立体化精品教材

NEW DIMENSION  
COLLEGE ENGLISH

# 新维度

大学英语综合教程 3

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## 新维度大学英语综合教程 3

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《国家中长期教育改革和发展规划纲要(2010—2020)》明确指出,高等学校应“着力培养信念执着、品德优良、知识丰富、本领过硬的高素质专门人才和技术创新人才”,要“适应国家经济社会对外开放的要求,培养大批具有国际视野、通晓国际规则、能够参与国际事务和国际竞争的国际化人才”。《大学英语教学指南》提出,“大学英语课程应根据本科专业类教学质量国家标准,参照本指南进行合理定位,服务于学校的办学目标、院系人才培养的目标和学生个性化发展的需求”。

本套“新维度大学英语”系列教材以《大学英语课程教学要求》为依据,以《大学英语教学指南》为指导,以《全国高校英语应用能力考试大纲》《全国各类成人高等学校招生复习大纲》等为参考,力图遵循教育部高等教育司“大学英语改革工程”所确定的加强实用性英语教学、全面提高学生英语应用能力的教改方向,培养学生综合运用英语的能力。

## 一、教材特色

本套教材具有以下特色:

### 1. 注重调动学生积极性,倡导启发性教学

本套教材内容丰富,体例新颖,以新时期人才培养目标为参照,满足分层次、分类别教学需求,创新内容呈现形式,优化教学资源配置,以有效的课堂教学为目标,注重词汇和句式的复现率、练习的可操作性、资源的多样性,以全面提升学生的英语应用能力。

每册教材均由七个单元组成,既满足了公共英语课时的需求,又尽量避免了内容过多、课时不够用的矛盾。教材中的所有课文都经过精心挑选,语言符合地道的英美表述,内容丰富有趣且有一定的思想深度。与课文相对照,还设计了丰富的针对性习题,方便学生深入体会、模仿和练习。学生的学习兴趣被充分调动,其语言习得效果也会越来越好。

### 2. 分类指导、因材施教,满足个性化教学的实际需要

经过多年调查研究以及科学论证,我们组织了部分一线优秀教师编写本套“新维度大学英语”系列教材。我国幅员辽阔,各地区、各高校之间英语教学的情况差异较大,但是本套教材适用性广,并且注重理论与实践、基础与技巧之间的有机结合,使学生能学有所思、学有所悟,从而帮助学生逐步培养自主学习的能力,最终达到“一般要求、较高要求、更高要求”的水平。

### 3. 设计实用练习,创新写作练习,促进学生全面发展

教材根据内容难易程度及对应的学生层次,设置了部分大学英语四、六级真题和模拟题,增强教材的实用性;同时,我们还在每册教材中设有环环相扣、逻辑紧密的写作练习,对写作类型、写作过程及各

种文体的写作特点均作了简明扼要的分析，并对写作时应注意的句法、词汇的运用要领作了具体的概括，旨在培养学生的写作意识，增强学生对常见语言错误的鉴别能力，同时熟悉各种措辞造句、立意谋篇的技巧，从而达到以写作训练促进英语综合技能全面发展的教学目的。此外，教材还比较注重学生的思维训练，在培养学生听说读写译等英语应用能力的同时，着力培养其创新精神，实现学生的全面发展。

#### 4. 能拓宽学生的国际化视野

本套教材将多姿多彩的世界万象与课堂教学相结合，让学生在学习知识的同时，能够拓宽国际化视野，同时学会关注自身生活，用英语表达自己的想法，从而成长为具有较高英语应用能力和跨文化交际能力的国际化人才。

#### 5. 弘扬社会主义文化，推进文化自信自强

党的二十大报告中指出，全面建设社会主义现代化国家，必须增强文化自信，构建中国话语和中国叙事体系，讲好中国故事、传播好中国声音。本套教材在选材方面注重加强对社会主义先进文化、中华优秀传统文化的介绍，通过这些素材，加深学生对中国文化的理解、认同和热爱，增强文化自信，弘扬民族精神，厚植爱国情怀。

## 二、教材结构

本套教材包括《新维度大学英语综合教程》（一至六册，以下简称《综合教程》）、《新维度大学英语强化教程》（一至六册，以下简称《强化教程》）。《综合教程》为主教材，《强化教程》是对主教材内容的巩固练习以及有效补充。每单元教学时间设计为 8~10 学时。

## 三、适用人群

本套教材适用于高等院校非英语专业以及具有中级英语基础的人群。按照教材难易程度的升级，可进行不同的组合。

《综合教程》第一、二册以及《强化教程》第一、二册主要提供听说读写译的基础性综合训练，包括语音语调的训练以及语法讲解，可以作为从高中阶段学习到大学阶段学习的过渡教材。教材除了重视语言基本功的训练外，更着重培养学生英语学习的兴趣以及学习习惯和方法。《综合教程》第三册和《强化教程》第三册对应的练习题题型及难度比第一、二册上升了一个程度。《综合教程》第四、五册和《强化教程》第四、五册，参照大学英语四级考试水平。《综合教程》第六册和《强化教程》第六册，注重培养学生的科学素养和人文素养，强调英语的阅读和写作，旨在帮助学生更加适应社会和今后的职业需求。

## 四、编写团队

本套教材的总主编为段满福、金力、闫晓云，各分册主编为国内一批专家、学者及一线教师。本套教材的成形倾注了编者无数的心血和汗水，在此，对这些编者表示衷心的感谢。但由于编者水平有限，不足之处在所难免，我们真诚地希望各位专家和读者提出宝贵的意见，以便在修订中完善。

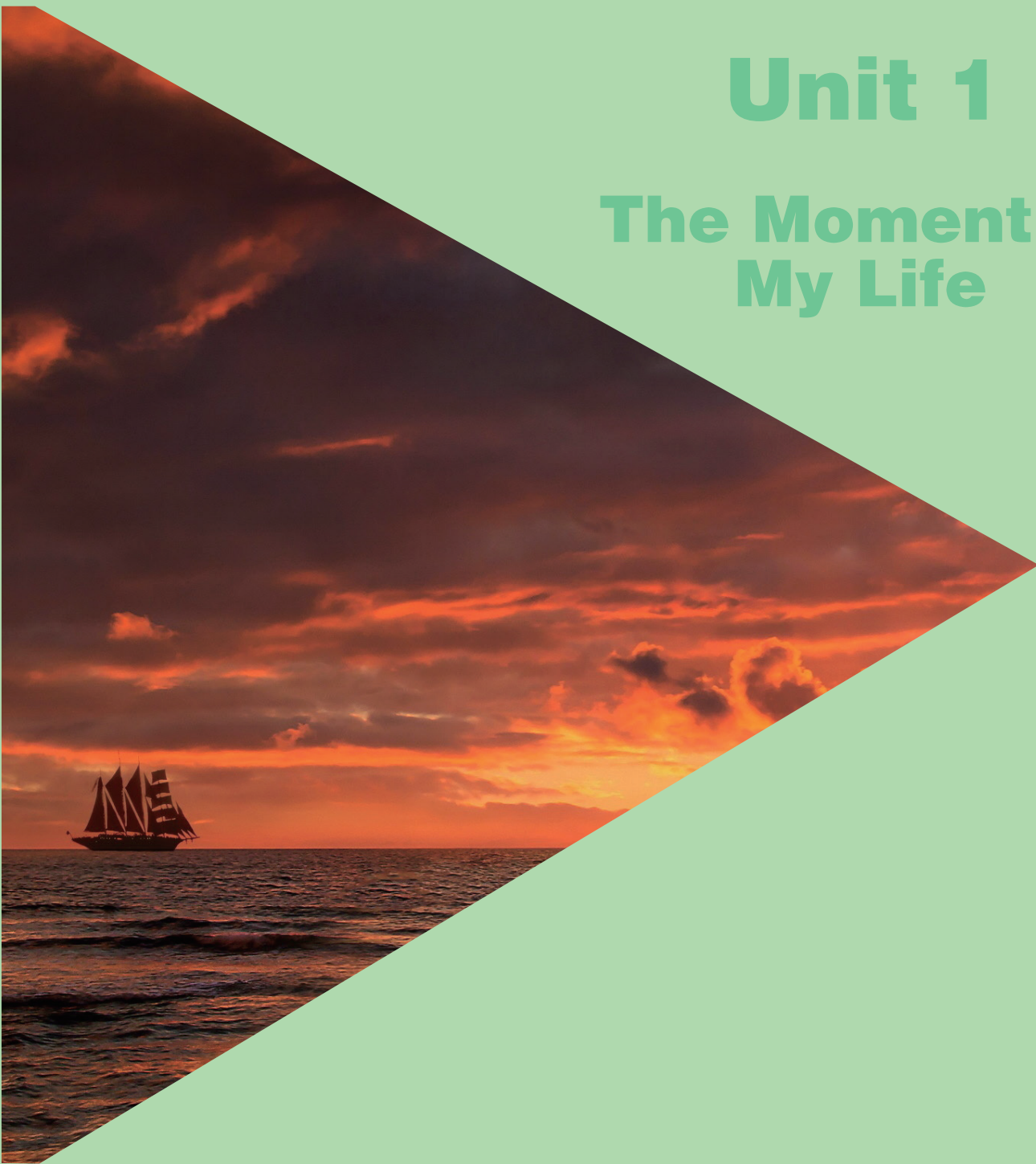
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2019年9月



# Unit 1

## The Moment of My Life



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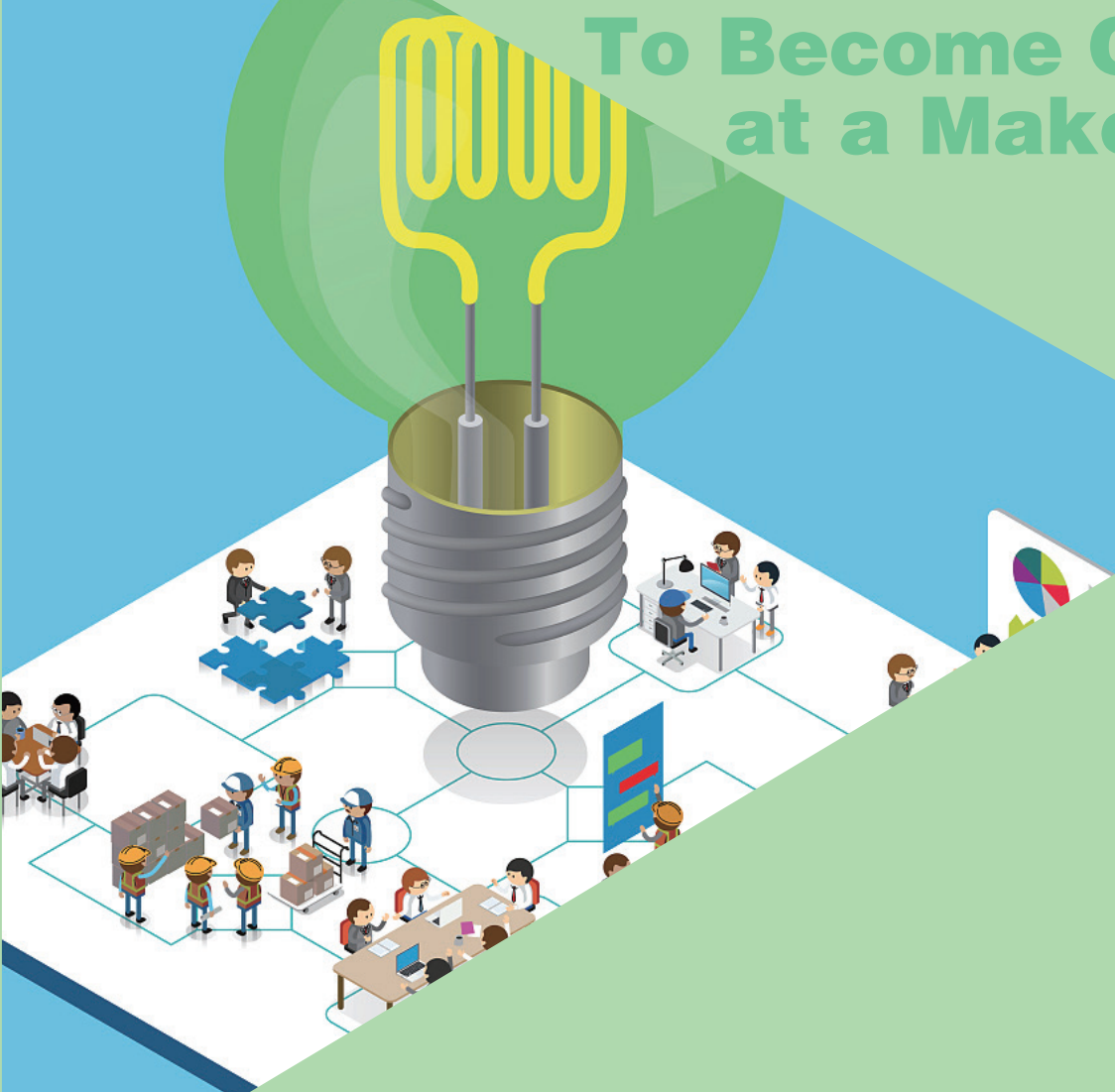
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NEW DIMENSION COLLEGE ENGLISH

# The Moment of My Life

Unit  
**1**





# Part One Lead-in Activities



Listen to the following sentences and fill in the blanks.

## Those Childhood Days

By Kavitha Krishnamurthy

Oh, those \_\_\_\_\_ childhood days,  
I do miss them in many ways.

Free periods in the school when we used to roam around,  
Cool games that we used to play on the \_\_\_\_\_ .  
Small fights with friends that lasted for a short duration of time,  
Interesting classes when we were taught the \_\_\_\_\_ rhyme.

School lunch break when we used to share our \_\_\_\_\_ ,  
Punishments in class when on the bench we stood.  
\_\_\_\_\_ in school that we were excited about,  
Free periods in class when we used to shout.

Rushing out of the school to \_\_\_\_\_ the school bus,  
When we used to reach home in a total mess.  
\_\_\_\_\_ games in the evening when we all friends used to gather,  
Those beautiful days when we had nothing to bother.  
Now life had become hectic and had increased its \_\_\_\_\_ ,  
We have to rush and struggle hard to win life's race.  
Sometimes I wish those golden days would come back again,  
When we were always happy sans any \_\_\_\_\_ .  
Oh, those beautiful childhood days,  
I do miss them in many \_\_\_\_\_ .







|| Complete the dialogue with the expressions given below, and then role play it with your partners.

1. Like what?
2. So that's why I haven't heard from you!
3. Don't forget I'm always here if you need a friend.
4. That's okay.
5. I know I can always count on you!
6. I haven't heard from you for a while.

A— Susan, \_\_\_\_\_ . Is everything OK?

B— Yeah, I guess. There's just so much going on in my life right now.

A— \_\_\_\_\_ .

B— Well, I'm really busy at work. I feel like I'm doing the job of three people! Plus, my grandmother has been quite sick, so I'm taking care of her.

A— \_\_\_\_\_ .

B— At the end of the day, I'm too tired to even pick up the phone to chat with friends.

A— \_\_\_\_\_ . Just be careful. You don't get sick, too.

B— I've been feeling really exhausted lately, but thanks for your concern.

A— \_\_\_\_\_ .

B— Thanks. \_\_\_\_\_ .

# Part Two Text A



## Lead-in Questions

1. Have you experienced some hard times during your life? How did you go through those difficulties?
2. Have you ever envied the lives of others? If so, what kind of life would attract you most?

## That's Life

By Katie Piehl

Is that really life/a series of disappointments that **hinder** us briefly, while we **sigh**, “That’s life,” and move on?



I prefer to **speculate** that there are laws that **govern** our lives, not just **random** hardships that are thrown in here and there to make us **miserable**. One thing in life that I have learned is not to **envy** the lives of others, for the difficulties in my own life have served to reveal and strengthen the laws

## ▶ New Words

**hinder**/'hɪndə(r)/

*v.* to make it difficult to do something or something to happen 阻碍, 妨碍; 阻止

**sigh**/saɪ/

*n.* let out a deep breath, as a way of expressing feelings such as disappointment, tiredness, or sadness 叹气; 叹息

*v.* say something with a sigh 叹着气说

**speculate**/'spekjuleɪt/

*v.* to form an opinion about something with uncertain or tentative grounds 推测

**govern**/'gʌvən/

*v.* bring into conformity with rules or principles or usage; impose regulation 管理; 支配; 统治

**random**/'rændəm/

*adj.* lacking any definite plan or order or purpose; governed by or depending on chance 随机的; 任意的; 胡乱的



that make me a better person.



I don't envy those who have never felt pain. Though maybe they have never experienced loneliness for weeks at a time, they have also never had the opportunity of discovering true friendship. The one who lives an **unburdened** life is the one who has never felt an **embrace** from someone who can tell he is hurting, though he says nothing; nor watched in surprise as his best friend arrived at his grandfather's **funeral**; nor had a **tissue passed to** him by someone who noticed the tears; nor heard the words, "I would miss you," when life seems impossible to **endure** any longer.

I have been through all those things, and

### ▶ New Words

**miserable**/'mɪzrəbl/

*adj.* very unhappy; full of misery; deserving or inciting pity  
悲惨的; 痛苦的; 卑鄙的

**envy**/'envɪ/

*v.* feel envious towards; admire enviously 嫉妒, 妒忌;  
羡慕

**unburdened**/,ʌn'burɪnd/

*adj.* not burdened with difficulties or responsibilities 无忧  
无虑的; 无牵累的

**embrace**/ɪm'breɪs/

*n.* the act of clasping another person in the arms (as in  
greeting or affection) 拥抱

*v.* squeeze (someone) tight in your arms, usually with  
fondness; to include something 拥抱; 包含

**funeral**/'fju:nərəl/

*n.* a ceremony at which a dead person is buried or  
cremated 葬礼; 丧礼

**tissue**/'tɪʃu:/

*n.* a soft thin (usually translucent) paper; part of an organism  
consisting of an aggregate of cells having a similar structure  
and function 纸巾; (人或动物细胞的)组织

though it has been the narrow road to travel. I would not **trade** the struggles and low points in my life **for** anything. It is when we carry the heaviest burdens that we realize the relief that can be found in a friend lifting them for us. I don't envy those



who have never made a mistake, and I envy even less those who only claim to have never made one. Though maybe they have never had to **be chastised** or **held accountable** for their actions, it is only when a person **does wrong**, and admits it, that he will truly experience growth.

The one who lives a life **free from** the regret of past faults is the one who has never learned the great worth of the words, "I'm sorry," and the even greater worth of the words "I forgive you"; nor felt the **triumph** of a completed task; nor **come to the realization** that successes don't always last, but likewise, neither do failures; nor seen that a broken heart is not always final, and that **dwelling on** the past can never change it.



Every experience in my life has brought **immense** learning, and even if I could **erase** some aspects of my life, I would choose to cherish the memories of my best times and learn from the

## ▶ New Words

**endure**/ɪn'djuə(r)/

*v.* put up with something or somebody unpleasant; persist for a specific period of time 忍耐; 容忍

**chastise**/tʃæ'staɪz/

*v.* speak to someone angrily or punish someone for something wrong that they have done 惩罚, 严惩; 责骂

**triumph**/'traɪʌmf/

*n.* a successful ending of a struggle or contest; the exultation of victory 胜利; 欢欣

**immense**/'ɪmens/

*adj.* extremely large or great 巨大的; 广大的

**erase**/'ɪreɪz/

*v.* to remove something completely; wipe out recorded information 消除, 消灭; 抹去, 擦除

**persecution**/'pɜːsɪ'kjuːʃn/

*n.* the cruel and unfair treatment of a person or group 迫害

**mold**/məʊld/

*v.* shape or influence, give direction to; form in clay, wax, etc. 塑造; 用模子制作

**inevitable**/'ɪnevɪtəbl/

*adj.* incapable of being avoided or prevented; invariably occurring or appearing 必然的; 不可避免的

**optional**/'ɒpʃənl/

*adj.* If something is optional, you can choose whether or not you do it or have it 可选择的; 非强制的

**trial**/'traɪəl/

*n.* the act of testing something; an annoying or frustrating, catastrophic event 实验; 磨难; 困难

**hindrance**/'hɪndrəns/

*n.* something immaterial that interferes with or delays action or progress 障碍, 妨碍; 妨害

memories of my worst. It is the pain, mistakes, and **persecutions** in life that truly **mold** strong men and women, and help us realize that the things of greatest value are the lessons that are learned from experience. No life is easy. Hardships are **inevitable**; it is the learning process that is **optional**.

In my daily life I try to understand that the **trials** I know will come are not **hindrances**; rather, they will be sources of strength. The law of life I consider from day to day is the law that my life will not be easy, and I must learn to face trials **as well as** to learn from them. After all, that's life.

### ▶ Phrases and Expressions

pass to	传到; 转到; 通到
trade ... for	用……换
be held accountable for	对……负责
do wrong	做错事; 作恶
free from	使摆脱; 免于
come to the realization	意识到; 认识到
dwell on	沉湎于; 居住在(某处)
as well as	既……又……; 除了……之外(也)

## Exercises

### ▶ Decide whether the following statements are true (T) or false (F).

- \_\_\_\_\_ About the disappointed life, we can do nothing but sigh.
- \_\_\_\_\_ People who have never felt pain must have never experienced loneliness for weeks at a time.
- \_\_\_\_\_ He was surprised when he found his best friend arrived at his grandfather's funeral.
- \_\_\_\_\_ A broken heart is not always final, and dwelling on the past can never change it.
- \_\_\_\_\_ If I could erase some aspect of my life, I would choose the memories of my best time.

### ▶ Choose the best answer to each question according to the text.

- According to the passage, which of the following is TRUE? \_\_\_\_\_
  - Life is just a series of disappointments that hinder us briefly.
  - Hardships are thrown randomly to make us miserable in our lives.
  - The difficulties in my own life can make a better person.
  - I don't envy the lives of others, because everyone would have experienced the hard times.
- What have the author's friends done for him? \_\_\_\_\_
  - Arrive at his grandfather's funeral without telling him in advance.

- B. Pass a tissue to him when he cries.  
 C. Embrace him when he feels hurt.  
 D. All of the above.
3. People will truly experience growth only when \_\_\_\_\_  
 A. he did not made mistakes.  
 B. he has to be held accountable for their actions.  
 C. he trades the struggles and low points in his life for other things.  
 D. he does wrong and admits it.
4. If the person is free from the regret of past faults, he has never \_\_\_\_\_  
 A. learned the great worth of the words “I am sorry”.  
 B. known that “I forgive you” is more valued than “I am sorry”.  
 C. realized that success can’t last but failure can.  
 D. seen that the heart is not broken finally.
5. The author regards the coming trials as \_\_\_\_\_.  
 A. hindrances  
 B. sources of strength  
 C. the law of life  
 D. learning process

 Some English words have more than one meaning. Please choose the meanings of the underlined words in the following sentences.

1. embrace            a) 拥抱                            b) 包含  
 (1) They’ll be ready to embrace the new technology when it arrives.  
 (2) No single theory can embrace and explain every human behavior.
2. funeral            a) 葬礼                            b) (比喻) 不愉快的事  
 (1) The Queen was represented at the funeral by the British ambassador.  
 (2) If you are caught bullying his brother, that’s your funeral.
3. tissue            a) 纸巾                            b) (人或动物细胞的) 组织  
 (1) The surgeon cut out all the diseased tissue.  
 (2) She moistened a tissue and gently wiped the dust off the necklace.
4. mold            a) 霉                            b) 塑造  
 (1) The stone steps were covered with mold and ulcers (腐烂物).  
 (2) The sweaty practice sessions mold mighty football teams.

5. endure            a) 持续                            b) 忍受

(1) They had to endure a long wait before the case came to trial.

(2) The monument will endure for hundreds of years.

**IV** Fill in the blanks with words from the box below. Change their forms if necessary.

hindrance	inevitable	optional	trial	persecution
unburdened	chastise	reveal	triumph	erase

1. The prince said the religious \_\_\_\_\_ around the world was not limited to Christians, but included many other minority faiths.

2. The defeat had \_\_\_\_\_ consequences for British policy.

3. How can he \_\_\_\_\_ me for something he knows nothing about?

4. Man's history is waiting in patience for the \_\_\_\_\_ of the insulted man.

5. Try as I might, I cannot \_\_\_\_\_ such a terrible experience from my mind.

6. The course consists of ten core modules and five \_\_\_\_\_ modules.

7. Companies should be made to \_\_\_\_\_ more about their financial position.

8. She feels that raising her children has been a matter of \_\_\_\_\_ and error.

**V** Fill in the blanks with the expressions from the box below. Change their forms if necessary.

trade...for	be held accountable for	be free from
do wrong	come to the realization	dwel on

1. The president struck back at critics who say he should \_\_\_\_\_ conditions that contributed to the riots.

2. He still claims the arms weren't \_\_\_\_\_ hostages.

3. As I previously stated, giving up is easy. However, giving up only seems to work because it leaves you \_\_\_\_\_ the burdens you felt when you were working towards something difficult.

4. He \_\_\_\_\_ that he would never make a good teacher.

5. She expressed her gratitude again, but it was too painful a subject to each, to \_\_\_\_\_ farther.

**VI** Translate the following sentences into English, using the given words or phrases in the brackets.

1. 他声称要对自己的行为负责。(claim, be accountable for)

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2. 我希望将来能有一天,我会不再受欲望的支配,不再受任何阻碍地全心投入到我的工作中去。(be free from, without hindrance)

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3. 他意识到详谈这些细节也许不是一件愉快的事。(come to the realization, dwell on)

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4. 任何做了坏事的人都会受到惩罚。(do wrong, chastise)

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5. 这些痛苦的战争创伤是无法抹去的。(it is...that, miserable, erase)

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**VII** Translate the following sentences into Chinese.

1. I prefer to speculate that there are laws that govern our lives, not just random hardships that are thrown in here and there to make us miserable.

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2. Though maybe they have never experienced loneliness for weeks at a time, they have also never had the opportunity of discovering true friendship.

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3. It is when we carry the heaviest burdens that we realize the relief that can be found in a friend lifting them for us.

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4. It is the pain, mistakes, and persecution in life that truly mold strong men and women, and help us realize that the things of greatest value are the lessons that are learned from experience.

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5. In my daily life I try to understand that the trials I know will come are not hindrances; rather, they will be sources of strength.

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