



“十四五”职业教育国家规划教材

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新核心 高职英语

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1

应用能力训练



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编写说明

《新核心高职英语》系列教材依据教育部《高等职业教育专科英语课程标准(2021年版)》(以下简称“新课标”)教学要求提出的“坚持立德树人,发挥英语课程的育人功能;落实核心素养,贯穿英语课程教学全过程;突出职业特色,加强语言实践应用能力培养;提升信息素养,探索信息化背景下教与学方式的转变;尊重个体差异,促进学生全面与个性化发展”,结合一线教学实践,以服务学生未来职业发展编写而成。本系列教材坚持“实用为主、够用为度”的原则,强调语言的灵活性和思想性,选题新颖,内容丰富,兼顾英语教育的工具性和人文性。

根据新课标课程结构设置要求,《新核心高职英语综合教程(1、2)》对应基础模块职场通用英语教材;《新核心高职英语综合教程(3、4)》对应拓展模块学业提升英语教材;《新核心高职行业英语》中的《机电英语》《交通英语》《汽车实用英语》《实用艺术英语》《医护英语》《医学英语:临床与康复》(均是“十四五”职业教育国家规划教材)对应拓展模块职业提升英语教材,其他行业英语教材也在开发中;《中西文化基础教程》《实用英语写作》《英文报刊选读》等对应拓展模块素养提升英语教材。

《新核心高职英语综合教程(1、2)》配有《新核心高职英语应用能力训练(1、2)》及音频,为教师和学生提供全方位的教学资源,以知识、文化与素质为核心,强化英语基本技能的训练和职业素养的提升。第1册内容贴近高职高专学生的校园生活,确定了从新生入学到校园生活,再到假日兼职以时间发展顺序的学生感兴趣的八个主题;第2册以学生“了解社会、预热职场”确定主题内容,面向象牙塔外的社会万象,关注社会热点问题,提高个人素养,为进入职场做好铺垫。

《新核心高职英语应用能力训练》为《新核心高职英语综合教程》的同步练习用书,共有两册,本书为第一册。习题的编写以高等学校英语应用能力考试题型为样本,训练内容紧扣单元主题,包括词汇、语法、翻译、写作等的练习,既注重各项能力训练之间的衔接和互补,也贯彻听、说、读、写、译并重的原则。本书既可以作为课堂教学的有益补

充,也可以作为高职英语应用能力训练模拟试题,供学生们复习、巩固与拓展语言技能和知识,提高学生的英语语言应用能力。

每个单元包含以下内容:

1. Listening Comprehension

听力练习包括对话、会话和短文的听力理解,内容以日常交际和简单业务交际为主。

2. Vocabulary and Structure

词汇与结构练习旨在巩固词汇用法以及语法知识,训练学生对高频词汇不同形式、多义词等的正确应用的能力,以及对句子结构的辨析能力,促进语法学习。

3. Reading Comprehension

阅读练习包含5篇文章,文章内容大多与单元主题相关,形式新颖、题材多样。对于文中出现的较难的词语,都在括号里做了汉语标注。本环节不仅考查学生阅读技巧和理解能力,而且在能力训练的过程中拓展了知识面,开阔了视野。

4. Translation—English into Chinese

翻译练习包括句子和段落的翻译,训练学生的翻译技巧和能力。

5. Writing

实用写作练习包括填写信息表、书写名片、贺卡、制作简历、海报等,目的在于培养学生阅读、翻译和写作应用文的能力。

本书最后附有两套高等学校英语应用能力考试真题,并附有所有习题答案及听力文本,可供学生们自测自评使用。

《新核心高职英语》系列教材编写组

Contents

Unit 1	Hi, I'm a Freshman!	1
Unit 2	English Opens a Door to the World	14
Unit 3	Share Sports, Light Passion	26
Unit 4	Health Is Wealth	39
Unit 5	Online or Offline, That Is a Question	52
Unit 6	Fortunate to Have You	66
Unit 7	Holidays Bring Warmth and Joy to Hearts	80
Unit 8	Build a Full Life Through Part-time Jobs	93
高等学校英语应用能力考试 (B 级) 试题一		106
高等学校英语应用能力考试 (B 级) 试题二		119
Suggested Answers		132

Unit 1



Hi, I'm a Freshman!

Part

I

Listening Comprehension

(15 minutes)

Directions: This part is to test your listening ability. It consists of 3 sections.



Section A

Directions: This section is to test your ability to give proper responses. There are 5 recorded questions in it. After each question, there is a pause. The questions will be spoken **two times**. When you hear a question, you should decide on the correct answer from the 4 choices marked A, B, C and D.

- | | |
|----------------------------------|----------------------|
| 1. A. How do you do? | B. Good morning. |
| C. I'm fine. | D. It's very nice. |
| 2. A. Great. Thank you. And you? | B. Yes, I am. |
| C. How are you? | D. How do you do? |
| 3. A. Yes, I'd like to. | B. Never mind. |
| C. I'm from Beijing. | D. Nice to meet you. |
| 4. A. You're welcome. | B. Certainly. |
| C. I'm Helen. Nice to meet you. | D. Go ahead. |
| 5. A. Pleased to meet you. | B. I'd love to. |
| C. It doesn't matter. | D. Not at all. |



Section B

Directions: This section is to test your ability to understand short dialogues. There are 5 recorded dialogues in it. After each dialogue, there is a recorded question. Both the dialogues and questions will be spoken **two times**. When you hear a question, you should decide on the correct answer from the 4 choices marked A, B, C and D.

- | | |
|--|-------------------------|
| 6. A. Henan Province. | B. Beijing. |
| C. America. | D. Hubei Province. |
| 7. A. Joe. | B. Judy. |
| C. Michael. | D. Jack. |
| 8. A. She is a girl. | B. Peter is a freshman. |
| C. Peter is a student from the Students Union. | D. Peter is a teacher. |
| 9. A. Teacher and student. | B. Peter is a teacher. |
| C. Husband and wife. | D. Mother and son. |
| 10. A. A shop. | B. A hospital. |
| C. A classroom. | D. A playground. |



Section C

Directions: In this section you will hear a recorded short passage. The passage will be read **three times**. During the second reading, you are required to write down in the blanks the words or phrases that you hear. The third reading is for you to check your writing. Now the passage will begin.

Good morning, everyone. It's my honor to introduce 11 Waters to you. Professor Waters is from the United States of America. She will teach us English 12. Professor Waters is an experienced teacher. She has taught English in many 13. She is a very good teacher and she is really an expert in 14. She is the author of a number of books in this field. So, it is a pleasure for us to have her as our English teacher here. Now, let's welcome her to say 15 to us!

- | | | |
|-----------|-----------|-----------|
| 11. _____ | 12. _____ | 13. _____ |
| 14. _____ | 15. _____ | |

Part II

Vocabulary and Structure

(15 minutes)

Directions: This part is to test your ability to use words and phrase correctly to construct meaningful and grammatically correct sentences. It consists of 2 sections.

Section A

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.

16. Mary majors _____ English.
A. for B. at C. on D. in
17. My brother will arrive _____ Beijing this morning.
A. at B. to C. in D. for
18. _____ how poor he is, I will marry him.
A. Though B. Because C. For D. No matter
19. _____ some point, you are right.
A. At B. In C. To D. As
20. She is a famous movie star, and her parents are _____ of her.
A. happy B. glad C. proud D. surprised
21. We will go to the Summer Palace _____ it doesn't rain tomorrow.
A. and B. but C. if D. however
22. Buying a lot of clothes _____ her dream.
A. are B. is C. to be D. being
23. You should speak English as _____ as you can.
A. much B. more C. a lot D. many
24. I'd like to introduce you _____ James Stewart, the new manager of our department.
A. to B. with C. of D. on
25. I don't know how _____ this problem.
A. do B. to do C. solve D. to solve

Section B

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

26. Our _____ (rank) of the best cities for job growth includes many college towns.
27. We need to be able to show that we care and plan to assist all these children _____ (globe).
28. She was 16 months old by the time the state issued her birth _____ (certify).
29. Does a plane headed down the runway have only about a 60% chance of _____ (land) safely?
30. They also include workers in health care and _____ (emerge) services, and people between six months and twenty-four years of age.
31. So, in the short term, I have this _____ (intern) with General Mills this summer.
32. They throw a lot of work at us, we have a lot of _____ (responsible), and it's all new.
33. When it comes to _____ (master) any skill, your experience, effort, and persistence matter a lot.
34. Support from those closest to you is vital in these _____ (try) times.
35. Could you tell us about a person who wrote a _____ (recommend) letter for you?

Part



Reading Comprehension

(40 minutes)

Directions: *This part is to test your reading ability. There are 5 tasks for you to fulfill. You should read the reading materials carefully and do the tasks as you are instructed.*



Task 1

Directions: *After reading the following passage, you will find 5 questions or unfinished statements numbered 36 to 40. For each question or statement there are 4 choices marked A, B, C and D. You should make the correct choice.*

Congratulations! You've been accepted into college. You're excited and maybe a little nervous. What can you expect? Read on for our advice.

Prepare yourself for a new life at a college

Entering college is like starting a new phase of life. You will have to adjust to your new surroundings. Try to do everything by yourself and learn to stand on your own two feet.

Learn to enjoy the hardships

College is a place where teenagers become adults and academia meets society. It's a challenging process. You won't win every prize and you won't be popular with all your classmates all the time. Only when you have experiences of these things will you know what society and life are like.

Communication with others

College is just like a small society, so you have to communicate with your fellows. Smile at your classmates, show your concern and speak with them. Then they will be happy to help you in return.

Take on your own responsibilities

Don't count on others to make decisions or plans for you. You are your own master. You should plan your life and manage your study right from the start of your college life. Face up to your troubles bravely and don't run away.

College is a very important time of your life. If you pay attention, you will acquire precious knowledge, good sense, social experience and determination.

36. According to the passage, when you start your college life, you are _____.
- A. happy B. excited
- C. a little bit nervous D. Both B and C.
37. It is a _____ process that teenagers become adults and academia meets society.
- A. hard B. pleasure
- C. challenging D. easy
38. Only when you have experienced _____ will you know what society and life are like.
- A. happy things B. failure
- C. success D. popular things
39. When you communicate with your classmate, you can _____.

- A. smile at them
B. show your concern with them
C. speak with them
D. All of the above.
40. When you need to make a decision, you should _____.
A. ask your parents for help
B. ask your teacher for help
C. ask your classmates for help
D. decide by yourself



Task 2

Directions: This task is the same as Task 1. The 5 questions or unfinished statements are numbered 41 to 45.

College is a lot different from high school. You may decide to commute from your home to a local campus. Without doubt, though, the most dramatic year is for those living away from home.

On some of those long, seemingly endless nights of studying and writing, it will be only natural for you to long for (向往) the good old days. Hang in there. These down periods will pass. Whatever you do, don't make major decisions about your major, your courses, or even your roommates during one of these blue periods. Things always look better in the morning.

You'll make a lot of new friends. Continue to be yourself. Don't strike a pose or play the role of someone you're not. Select your friends with the same care and patience you have always used. Believe it or not, your college friendships will be among the most satisfying and enduring relationship in your life. It's always exciting to discover how wonderfully diverse (多样化的) college relationships can be.

You'll also be on your own, your own boss (more or less) 24 hours a day. Enjoy your new-found freedom. Sleep in until the afternoon on a light class day. Explore the local town or suburb with one or two of your new friends. Remember, though, with freedoms comes responsibility. Just find your own style.

41. The main difference between high school and college is that _____.
A. you will have more freedom
B. you will have no doubt
C. you will live away from home
D. you will be much happier
42. What does the author mean by saying "blue periods" in the second paragraph?
A. periods in blue color
B. surprising periods

- C. sad periods D. happy periods
43. When you make friends, you should _____.
 A. do as your friends do B. be yourself
 C. strike a pose D. play the role of someone you're not
44. College friendship is _____.
 A. the most satisfying of your life
 B. the most enduring relationship in your life
 C. wonderfully diverse
 D. All of the above.
45. The sentence in the last paragraph, "You'll also be your own boss (more or less) 24 hours a day", means _____.
 A. you will become a boss
 B. you will become a boss by yourself
 C. you do not have anyone else telling you what to do and you make your own decisions
 D. All of the above.



Task 3

Directions: The following is an introduction of Peking University Library. After reading it, you should complete the information by filling in the blanks marked 46 to 50 (**in no more than 3 words**) in the table below.

Peking University Library was founded in 1902 under the name Capital University Book Collection Building. After the revolution (革命) of 1911, it gained its present name. Around the May 4th Movement of 1919, Peking University became one of the centers for revolutionary activities. Some of the revolutionary leaders, such as Li Dazhao and Mao Zedong, worked in the library. Many well-known scholars (学者), including Zhang Shizhao, Yuan Tongli and Xiang Da, had been library directors. In 1952, after the nationwide readjustment (重新调整) of colleges and universities, the library moved with Peking University to the former Yenching University (燕京大学) campus, and the Yenching University Library was incorporated (纳入) into the Peking University Library. Peking University Library also obtained collections from other universities, and it finally formed the present collection centered in the former Yenching University Library building. In 1975, a new library building was founded

in the center of the campus. At that time, it was the best library with the greatest building area and the best building conditions in China. On May 4th 1998, the centennial anniversary of Peking University, the new library building was constructed, symbolizing (象征) the new beginning of the library's march towards modernization. The well-known Hong Kong entrepreneur, Honorary Doctor of Peking University, Mr. Li Ka Shing financially sponsored the construction.

Peking University Library

Time of foundation: 46

In 1902, the name of Peking University Library is Capital University: 47

Name one of the well-known scholars who had been library directors: 48

The time when the Yenching University Library was incorporated into the Peking University Library: 49

Title of Mr. Li Ka Shing in Peking University: 50

46. _____

47. _____

48. _____

49. _____

50. _____



Task 4

Directions: The following is a list of Schools & Departments of Peking University. After reading it, you are required to find the items equivalent to (与……等同) those given in Chinese in the list below. Then you should put the corresponding letters in brackets numbered 51 to 55.

- A. —major
- B. —student aid
- C. —community college
- D. —tuition fee
- E. —work-study program
- F. —semester
- G. —credits

- H. —curriculum
- I. —faculty
- J. —association
- K. —scholarship
- L. —professor
- M. —counselor
- N. —president
- O. —associate's degree
- P. —bachelor's degree
- Q. —room and board

Example: (A) 专业

(B) 助学金

- | | |
|------------|----------|
| 51. () 学费 | () 辅导员 |
| 52. () 学期 | () 勤工俭学 |
| 53. () 食宿 | () 大专文凭 |
| 54. () 社团 | () 社区学院 |
| 55. () 学分 | () 大学校长 |



Task 5

Directions: The following is a list about college freshman fears below. After reading it, you are required to complete the statements that follow the questions (No. 56 to No. 60). You should write your answers **in no more than 3 words** on the line correspondingly.

Common College Freshman Fears

1. I don't know anyone there, and I'll have problems meeting new people and making friends.

One important thing to remember is that almost everyone there is new, and virtually no one knows anyone else. Even the friendliest first-year college students know a small handful

of folks, at most, before arriving on campus. Since everyone is looking to meet other people (especially during orientation and your first week), take a deep breath and introduce yourself. And just in case that doesn't work, there are lots of other ways to meet new people on campus.

2. I don't know how I'll balance so many things.

Time management is one of the biggest challenges for college students. By learning some important time management skills, however, you can stay on top of your game and learn how to handle a very demanding schedule while still having fun.

3. I'm nervous about being on my own for the first time.

Good! You should be nervous; being on your own, especially for the first time, is hard. But something inside of you knows you are ready or you wouldn't have wanted to go to college in the first place. Sure, you'll make mistakes along the way, but you're ready to head off on your own. And if not, there are plenty of people and support mechanisms on a college campus to help you out.

4. I don't think I can handle all of the stress.

College is a very stressful place, but being in a stressful situation and being stressed are very different things. Managing college stress takes some practice, but is definitely manageable.

56. What should you remember when you have problems meeting new people and making friends?

One important thing to remember is that almost everyone there _____.

57. What's a big challenge for college students?

_____ is one of the biggest challenges for college students.

58. Why are you nervous as a freshman in college?

I'm nervous about being _____ for the first time.

59. Can you handle all of the stress in college?

No, I _____ I can handle all of the stress.

60. Who can help you when you meet with difficulties?

There are _____ and support mechanisms on a college campus to help you out.

Part IV

Translation—English into Chinese

(25 minutes)

Directions: This part, numbered 61 to 65, is to test your ability to translate English into Chinese. Each of the four sentences (No. 61 to No. 64) is followed by four choices of suggested Chinese translation marked A, B, C and D. Make the best choice and write your translation of the paragraph (No. 65) in the corresponding space.

61. Let those who have been there before guide you by listening to some of their expert advice.
- A. 让那些曾经有过类似经验的人来指引你,听听他们的专业性意见。
B. 让那些曾经有过类似经验的人来指引你,听听他们某些专家的意见。
C. 让那些曾经去那里旅行的人来指引你,听听他们某些专家的意见。
D. 让那些曾经去那里旅行的人来指引你,听听他们的专业性意见。
62. Explore the topics and subjects that interest you and don't be afraid to really delve in.
- A. 探索对你有益的话题和学科,不要害怕钻研不进去。
B. 探索对你有益的话题和学科,要勇于钻研进去。
C. 探索令你感兴趣的话题和领域,要勇于钻研进去。
D. 探索令你感兴趣的话题和领域,不要害怕钻研不进去。
63. Make a schedule that works around when you are the most productive and creative.
- A. 做好日程安排,在你最有效率和创造力的时候取得最佳效果。
B. 做好日程安排,在你最有效率和创造力的时候学习和工作。
C. 制订高效的日程表,在你最有效率和创造力的时候学习和工作。
D. 制订高效的日程表,在你最有效率和创造力的时候取得最佳效果。
64. There was always something happening on campus, though, so it was hard to leave.
- A. 既然校园里总是事务缠身,因而很难抽身。
B. 既然校园里总是事务缠身,因而只好勉强离开。
C. 不过,校园里总是事务缠身,所以只好勉强离开。
D. 不过,校园里总是事务缠身,所以很难抽身。

65. The university gives me the chance to think about my life beyond what I know. I want to spend my life travelling the world and helping other people. Thanks to my experiences here, I feel confident in my abilities. The world is uncertain right now; but I know that with my experiences, I am entering the workforce to change the world for the better.

Part V
Writing

(25 minutes)

Directions: This part is to test your ability to do practical writing. You are required to help Yang Bin write a personal information form according to the information given below.

杨斌, 男, 身高182厘米, 体重73千克, 汉族。于1997年9月28日出生于山东省青岛市, 家中只有父母两人, 父亲的联系方式是1568565 × × × ×, 母亲的联系方式是1557575 × × × ×。杨斌现就读于山东师范大学, 主修日语, 居住于第五学生集体宿舍, 201室。他在大学期间爱好音乐。他的联系方式为1390631 × × × ×, e-mail: yangbin@163.com。

Personal Information Form			
Name		Gender	
Date of Birth		Nationality	
Height		Weight	
Dormitory		Hobbies	
Telephone		E-mail	
Place of Birth			
Correspondence Address			
Family Status			
Family Members	Telephone		
Father			
Mother			