

<<大学体验英语扩展教程2>>

图书基本信息

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前言

音乐首先是一种感受，只有在感受中才能体验音乐，培育音乐感。英语也是一种感受，因此我们也可在感受英语的体验中学习英语，掌握英语。不步入音乐殿堂，我们很难体味音乐的美妙；不涉足英语世界，我们也很难体验英语世界的奥妙。我们的《大学体验英语》选择了一些文体轻松随意、内容亲切现实的英语素材，设计了一些有话可说、有话愿说的练习，使英语学习成为一种学生愿意参加的欢悦经历和体验。不少使用过和正在使用《大学体验英语》的学生，都感到“体验”二字乍听起来新奇，可学后又倍感名副其实。

对那些一学英语就感到畏难的同学来说，他们的心理负担在愉快的英语体验中开始缓解；对那些喜欢学习英语的同学来说，他们的英语在新的体验式学习当中得到升华。

同学们和老师们还把自己学习和教课的体验归纳成希望我们修订再版《大学体验英语》的意见，用各种方式告诉了我们。

意见提得中肯，我们听得认真，再版修订时我们更加发挥和完善了“体验”的特点。

在保持广大师生认可的第一版的体系、特质和风貌的基础上，更新了部分教材内容，将《大学体验英语》的修订重点放在语言交际训练的编排上，更便于学生去“体验”《大学体验英语》，“体验”英语学习乐趣，“体验”英语能力的不断提高。

第二版更好地体现了编写《大学体验英语》时确立的“加强听说、加强表达、加强实用”的三项原则。

与此同时，我们还聘请优秀的一线教师为每册教材编写了至少一课的典型示范教案，帮助教师更好地引导学生去“体验”英语。

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内容概要

本书为国家“十五”规划教材、新世纪网络课程工程项目《大学体验英语》立体化教材的《扩展教程》第2册。

共8个单元，涉及大学生活、社会语言交际等，选文新颖、视角独特，符合大学生的兴趣和口味。本书还配有学生的自测试题，可以供学生检查学习效果。

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章节摘录

There is , experts tell us , simply too much pressure put on many employees these days. In many jobs , in sales or production departments , for example , unrealistic targets are set for the workforce. People are , in fact , trying to do the impossible and making themselves ill by doing so. In many countries , more and more people are working longer hours. Some workers have to do this to cope with their workload , while others think that staying late will impress the boss so much that he will promote them. This extended presence in the workplace is known as presenteeism. Such overwork often results in extreme fatigue , or even total exhaustion , with many people also suffering from insomnia. When the workers get home , instead of resting or enjoying a leisure pursuit , they simply cannot switch off. Their minds are still full of work worries. Most people used to be able to leave behind the tension and anxiety of the workplace when they went on holiday. Unfortunately , modern communication systems , such as mobile phones and emails , have made this a thing of the past. We find it almost impossible to leave our work behind. Neither the body nor the mind can go on doing too much indefinitely. Workers reach a point beyond which they cannot cope , and have to take time off. Some may experience burn-out and some may become mentally ill. Meanwhile , a study by some American universities has shown that stress can weaken the immune system. The fact that stress at work leads to illness is supported by findings by the British Health and Safety Executive. These indicate that 60 percent of absence from work is a result of stress. It is time for us all to take stress seriously and to reconsider the ethos of modern working conditions. Working hard is important but everyone must realize that even productivity is less important than our health.

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编辑推荐

注重实用表达能力的培养：在语言基础训练中加大听力和口语的学习内容，加强实用阅读、实用会话、实用写作的训练，培养学习者英语综合运用能力和在涉外交际中的实用表达能力。

注重教材的可操练性：选文短小精悍，生动有趣，便于听、说、读、写、译的训练；练习设计层层深入，通过训练达到学懂、会用的教学目的。

强调以人为本，突出“个性化”学习：注重学习者在整个学习过程中自主学习的引导，强调学习者在体验语言的立体化环境中获得语言知识，体验用英语表达和交流思想的美妙。

重视文化知识的学习，培养“跨文化意识”：提供大量真实的图片、富有时代感的文字材料以及英语国家丰富的文化背景，开拓学习者的视野。

立体化教材为英语学习提供全方位服务：文字版、网络版、电子教案以及多媒体学习课件等提供了立体、互动的英语学习环境。

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