

Unit

1

Part 1 Skimming for the Main Idea (1)

● Section A Exploratory Reading ●

Skim the following passage and answer the questions in 3 minutes.

While it is possible for people with great talent or drive to achieve with a bad attitude, it doesn't happen very often, and it takes an incredible amount of effort. And even if they do achieve some degree of success, they aren't happy. (And they make the people around them miserable too.) Most often, people with bad attitude don't get very far in life.

On the other hand, even barely average people can do great things when their attitudes are great. In *The Winner's Edge* (优势), Denis Waitley observed, "The winner's edge is not in a gifted birth, a high IQ, or in talent. The winner's edge is all in the attitude, not *aptitude* (才能). Attitude is the criterion for success."

Choose the best answer.

1. Which one of the following can be regarded as the key word in the passage?
A. People. B. Attitude. C. Success. D. Talent.
2. Which answer best sum up the passage?
A. People with great talent can always achieve great success.
B. Successful people tend to make those around them unhappy.
C. Good attitude contributes greatly to one's success.
D. Attitude is important.
3. What is the main idea of Paragraph 1?
A. People with bad attitude can still be successful.
B. People with bad attitude are unhappy.
C. People with bad attitude usually will not be very successful.
D. It takes a great deal of effort to succeed.

Explanations

1. The key is B. The topic of the passage is centered around people's attitude, so B is the

correct answer.

2. The key is C. The last sentence in Paragraph 2 “*Attitude is the criterion for success*” best summarizes the main idea of the passage.
3. The key is C. The last sentence in Paragraph 1 is the conclusion made on people with bad attitude. Pay attention to organizers like “*while, even if, most often*” as they can guide you to follow the author’s thought.

Reading Skills

Skimming is defined as reading quickly to get the main idea of a text. It is a technique used in previewing or for getting an overview of a text. When skimming, your eyes read rapidly over the page, just pick out the main ideas and topics. Scanning also involves rapid movement through a text, but it aims at searching for specific information rather than the main points.

Skimming enables you to quickly go through the text without paying attention to all parts of it. It is a valuable preparation for intensive reading as it allows you to select what is essential to read and to gain an overview of the structure of the material.

Strategies in skimming involve reading:

- 1) title, subtitles, subheading
- 2) the first and last paragraphs
- 3) the first sentence of each paragraph
- 4) words in bold type, italics, digits, or tables

● Section B Skills Application ●

Consolidation Exercise

Skim the following passage and answer the questions in 4 minutes.

Reading is becoming more and more important in the new knowledge economy and remains the most effective human activity for transforming information into knowledge.

If top readers read at speed of above 1,000 words per minute (wpm) with near 85% comprehension, they only represent 1% of readers. Average readers are the majority and only reach around 200 wpm with a typical comprehension of 60%. This seems surprising since most readers, actively reading work documents, newspapers, magazines, books or the contents of a computer display are practicing daily for at least one hour. With such an intense training everyone should be close to top performance.

Unfortunately, this is far from the real situation. The average reader is five times slower than the good reader. Things are even worse if we consider reading efficiency as well as speed. Reading efficiency is reading speed *weighted by* (加权; 乘以) comprehension rate and it amounts to $200 \times 60\%$ or 120 efficient words per minute (ewpm) for the average reader

and to $1,000 \times 85\%$ or 850 ewpm for top readers. Thus, an efficiency ratio of seven divides these two categories.

Choose the best answer.

- Compared to average reader, the accomplished reader reads with _____.
 A. higher speed and worse reading comprehension
 B. higher speed and better reading comprehension
 C. higher speed and same reading comprehension
- Readers reading above 1,000 wpm _____.
 A. are average readers
 B. are the majority of readers
 C. are the 1% minority
- The average reader's comprehension is around _____.
 A. 50% B. 60% C. 86%

Explanations

- The key is B. You can find the answer from the figures in the first and second sentence in Paragraph 2.
- The key is C. The first sentence in Paragraph 2 provides the answer.
- The key is B. The figure appears in both Paragraph 2 and Paragraph 3. Paying attention to figures, words in bold type etc. which can help you grasp the key points.

Part 2 Reading Comprehension

● Section A Reading in the Context ●

Read the passage with 10 missing words or phrases. Learn to guess their meanings from the context and then select one word for each blank from a list of choices given in a word bank following the passage. Each word or phrase should be selected only once.

Football stadiums have a huge environmental impact. Just keeping a *pitch* (场地) in top condition 1 regular watering, under-pitch heating to prevent freezing in the winter, and even the use of high-power lighting 2 to promote grass growth. Floodlights, scoreboards and video screens have large electricity demands, while thousands of fans travelling to and from the match 3 vast quantities of carbon dioxide while generating huge amounts of garbage.

But there are signs that football teams are starting to get wise to 4 issues with clubs around the world starting to make efforts to become more eco-friendly. A 2008 5 by “Ethical Consumer” looked at the eco-credentials of clubs in the English Premier League and

found that Manchester City was the greenest. Among its 6, the team says it has reduced *landfill* (垃圾填埋区) by 85 percent, moved to electric vehicles at the ground, and used eco-friendly paper for match-day programs.

By promoting safe walking routes, the club says it has managed to get 71 7 of its fans to walk to the stadium. The club even came up with an ambitious plan to 8 its own electricity by installing a *wind turbine* (风力发电机) at the stadium, but the scheme was 9 put on hold because of fears that ice could fall from the turbine blades and injure spectators.

Funded by the oil wealth of the Abu Dhabi United Group, Manchester City has the cash to 10 far-reaching green schemes, but at the other end of the financial spectrum, English non-league club Dartford FC has shown the big teams aren't the only ones that can afford to be eco-friendly.

A. investigate	F. transport	K. exhaust
B. environmental	G. emit	L. introduce
C. devices	H. achievements	M. survey
D. generate	I. requires	N. eventually
E. percent	J. machinery	O. groups

● Section B Reading and Matching ●

Read the following passage with 10 statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once.

Into the Unknown

- [A] Four days earlier, and some 1,000 or so kilometers north-east, I was sitting in a conference room at the University of Copenhagen's Department of Public Health, overlooking the beautiful lakes area. Around the table were health researchers Astrid Ledgaard Holm, Henning Langberg and Henrik Bronnum-Hansen. Ledgaard Holm, a doctoral student, has investigated the health impacts of increased cycling. Studying physical activity, exposure to accidents and air pollution, she and colleagues found that the overall burden of disease—including heart disease, stroke, type II *diabetes* (糖尿病), breast cancer, *colon cancer* (结肠癌), *cardiopulmonary disease* (心肺疾病) and *lung cancer*—was reduced in people who cycled. The positive health effects of increased cycling were more than a third larger than the potential loss of health from bicycle accidents and air pollution.
- [B] Other studies investigating the health impacts of cycling have found similar positive benefits, although the degree varies. In a different study based in Copenhagen,

researchers analyzed data from over 13,000 women and 17,000 men to explore the impact of physical activity on mortality. Even after adjusting for other factors, such as physical activity in leisure time, they found that people who did not cycle to work experienced a 39% higher death rate than those who did. In other words, cycling prolonged people's life.

- [C] One of the most interesting insights the *Danish* (丹麦的) researchers share is how they've discovered that many *Danes* (丹麦人) don't consider cycling exercise. "People here can easily be riding back and forth 5 km per day, and if you ask them on a questionnaire if they are physically active, they will say 'No, I don't do any exercise'," says Holm. For many here, she says, it's not a choice of activity, but your mode of transport.
- [D] What's immediately striking about cycling in Copenhagen is the incredible diversity of individuals on bicycles. Cycling in the morning rush-hour traffic on Norrebrogade, one of Copenhagen's busiest cycle routes, I see a woman in a long flowing black *jilbab* (穆斯林女式长袍) pedaling a cargo bike with two small children in the basket. I see men of all ages in suits; women in dresses, high-heeled boots and smart coats, flowing garments. I see university students and children cycling to school; babies fastened into child seats on the front or back of mum or dad's bike; and groups of children pedaling along in strong Christiana or streamlined Bullit bikes. Some children ride the cycle paths independently. Others are accompanied by parents cycling alongside, who guide their children with the occasional gentle hand on the back.
- [E] While cycling to interviews at the University of Copenhagen one morning, I came across a temporary memorial on the side of the street. At the intersection of Store Kongensgade and Dronningens Tværgade in the city center, a stretch of *tarmac* (柏油碎石路面), the length of a body was decorated with fresh flowers and candle jars inscribed with handwritten notes. I discovered later that it's where a 20-year-old woman on her bike was struck and killed several weeks earlier by a tourist bus making a right-hand turn.
- [F] Decades after streets were first painted with white crosses to mark fallen cyclists, cycling accidents, although rare, are still considered seriously here. Only one Copenhagen cyclist was killed in 2012, and no year from 1998 to 2012 has seen more than seven cyclists killed in the city, according to Statistics Denmark. These figures are quite something in a city where the population cycles an estimated 1.27 million km every day. The risk associated with being a cyclist in Copenhagen "has dropped by more than 70% over the last 15 years" according to Niels Torslov, the City of Copenhagen's traffic director. "And it's a very strong story about finding the right measures, and designing a road space in a way that protects the users, especially those cycling."

[G] The use of cycling *helmets* (头盔) is growing among Copenhageners, noticeably more than in Amsterdam, where helmet wearing is still very much an exception. At the time of her accident, in 2006, Ann-Doerthe Hass Jensen was wearing a helmet, though clearly, as she says herself, a helmet protects your head but not your feet. She says that working at Copenhagen's Center for Rehabilitation of Brain Injury, as she does, makes you crazy about helmets. "There is no way I would not have a helmet on," she says.

[H] So, how do we make our cities better for cyclists? Safe-cycling cities, policies and legislation already exist, and can inspire others. In Oregon, Portland's "vulnerable user law," for example, is made according to a European safety concept, says Portland attorney Ray Thomas, a partner at Swanson, Thomas, Coon and Newton, who specializes in cycling law. In Copenhagen, in one of many unplanned interviews with cyclists on city streets, I came across a young American student—Mike Milan, from Greenville, South Carolina—who was studying architecture there. "As I've learned in my urban design class here, Copenhagen has tried to slow down the city to a human pace, and a human scale," he said. His thoughts conceptually make the city's transport philosophy clear, and are equally applicable to Amsterdam.

[I] "Making people feel safer on bikes should not mean equipping them with reflective helmets," says Jack Harris, owner of London's Tally Ho! Cycle Tours. "We need infrastructure that allows more people to get onto bikes." The places that are serious about encouraging cycling as a safe, accessible and pleasant mode of transport have some tough decisions to make about vulnerable users, including cyclists, in the allocation of urban space.

- ___ 1. Infrastructure that allows more people to get onto bikes is needed to make people feel safer on bikes.
- ___ 2. A part of the road, where a 20-year-old woman on her bike was struck and killed by a tourist bus several weeks earlier, is decorated with fresh flowers and candle jars.
- ___ 3. Researchers found that people who did not riding a bicycle to work had a higher death rate than those who did.
- ___ 4. It's striking that there are various kinds of people cycling in Copenhagen.
- ___ 5. It is common for Danes to cycle 5 km per day, but they don't classify cycling as exercise.
- ___ 6. Researchers in Copenhagen found that cycling made people live longer.
- ___ 7. Researchers found that cycling reduced the overall burden of disease in cyclists.
- ___ 8. More and more cyclists in Copenhagen are using cycling helmets.
- ___ 9. There are already safe-cycling cities, policies and legislation, which can inspire others.
- ___ 10. There were not more than seven cyclists killed each year from 1998 to 2012 in Copenhagen.

Section C Reading in Depth

Read the following two passages carefully and then do the exercises below.

PASSAGE 1

Parents are being told to turn to iPads and Kindles to get boys interested in reading amid fears large numbers of children are *shunning* (避开) books at a young age.

A report from the National Literacy Trust found that children aged three to five often read for longer and had a better grasp of vocabulary when accessing touch-screen technology. The study found that *tablet computers* (平板电脑) had a particular impact on groups that are traditionally most resistant to reading—particularly boys and infants from poor families. Researchers found that boys were more likely than girls to use technology for educational activities and to read for a relatively prolonged period. The study also found that more three- to five-year-old children now had access to e-readers in the home and the number of nurseries and *childminders* (照看孩子者) using the devices had almost doubled in the last 12 months from 22 to 41 percent. Touch-screen technology “could be a vital new weapon to combat low literacy in key target groups”, the study said.

But the recommendations are likely to renew concerns that exposure to screen-based entertainment at a young age risks damaging children’s development. It came as an editorial published in the latest edition of the British Journal of General Practice warned that children were “more *susceptible* (易受影响的) to developing a long-term *problematic* (成问题的) dependency on technology”. The essay, by Aric Sigman, an independent lecturer in child health education, quoted research that found over-exposure to video games had a similar effect on the brain as *cocaine* (可卡因) and alcohol addiction, with extreme users showing signs of depression, anxiety and social *phobia* (恐惧症).

But Jonathan Douglas, the trust’s director, said it was crucial “that we recognise the opportunities that technology brings for engaging boys and poorer children in reading”. “Our research confirms that technology is playing a central role in young children’s vocabulary development,” he said. “Nearly all children have access to a touch-screen device at home and as technology advances and digital skills become increasingly important, we need to harness these developments to encourage children to become *avid* (热衷的) readers, whatever format they choose.”

The study jointly carried out with the publisher Pearson was based on a survey of more than 1,000 parents with young children combined with a poll of 567 early years workers. It also analysed the link between vocabulary and reading practices among 183 three- to five-year-olds. Researchers found that 6.3 percent of children only read “once or twice” a week and one percent did not read at all.

Traditional books were still the favoured reading method for all children to read but researchers suggested that boys and infants from poor homes were increasingly shifting to

technology such as the iPad, Kindle, Samsung Galaxy and Microsoft Surface.

1. Researchers found that tablet computers would particularly _____.
 - A. get boys from poor families interested in reading
 - B. get infants from poor families resistant to reading
 - C. get childminders interested in reading
 - D. get childminders bored with reading
2. It can be implied that touch-screen technology has a stronger effect on _____ in terms of reading.
 - A. boys than infants
 - B. girls than infants
 - C. girls than boys
 - D. boys than girls
3. Over-exposure to screen-based entertainment might cause _____.
 - A. cocaine and alcohol addiction
 - B. depression, anxiety and social phobia
 - C. low literacy in key target groups
 - D. technology advances
4. Researchers found that most children _____.
 - A. once or twice a week
 - B. did not read at all
 - C. read every day
 - D. read more than twice a week
5. More and more boys and infants from poor families were reading by means of _____.
 - A. traditional books
 - B. newspapers
 - C. touch-screen technology
 - D. TV sets

PASSAGE 2

Archaeologists (考古学家) in Jamestown, Virginia, have discovered a rare inscribed slate tablet dating back some 400 years, to the early days of America's first permanent English settlement. Both sides of the slate are covered with words, numbers, and *etchings* (蚀刻) of people, plants, and birds that its owner likely encountered in the New World in the early 1600s.

Archaeologists and other scientists are still trying to interpret the slate, the first with extensive inscriptions to be found at any 17th-century colonial American site. The scratched and worn 5-by-8-inch (13-by-20-centimeter) tablet is inscribed with the words "A MINION OF THE FINEST SORTE". Above the words are the letters and numbers "EL NEV FSH HTLBMS 508", as well as symbols that have yet to be interpreted.

“We don’t know what it means yet”, Kelso said. But there are some clues. According to Straube, “minon” is a 17th-century variation of the word “minion” and has numerous meanings, including “servant”, “follower”, “comrade”, “companion”, “favorite”, or someone dependent on a patron’s favor. A minion is also a type of cannon—and archaeologists have found shot at the James Fort site that’s the right size for a minion.

Drawings on the slate depict several different flower blossoms and birds that may include an eagle, a songbird, and an owl.

“The crude drawings of birds and *flora* (植物) offer dramatic evidence of how captivated the English were by the natural wonders of the alien New World,” *excavation* (发掘) director Kelso said. There’s also a sketch of an Englishman smoking a pipe and a man, whose right hand seems to be missing, wearing a ruffled collar.

Although the age of the tablet is not yet known, archaeological evidence—including turtle and oyster shells, Indian pots, trade beads, mirror glass, early pipes, medicinal jars, and military items—indicates that it was deposited in the well during the early years of James Fort, which was established in 1607. If it’s Smith’s well, archaeologists believe the tablet could date to 1611, when the well was probably filled in, or earlier.

Another recent discovery from the same well is a brass baby’s toy that’s a combination whistle and teething stick. Straube, the Jamestown *curator* (馆长), said the teething-stick portion is made from *coral* (珊瑚). In the 17th century, coral was considered good for babies’ gums and a magical substance that kept evil away. She said it may have belonged to one of the women who arrived with children in 1609.

1. From what the slate presents to us, clues can be found that its owner _____.
 - A. was living in harsh conditions
 - B. recorded what he experienced
 - C. did well in writing and drawing
 - D. was killed and buried in a well
2. The word “MINON” on the slate possibly means “cannon” because _____.
 - A. important symbols were interpreted
 - B. above it are some relevant symbols
 - C. it’s a variation of the word “minion”
 - D. bullets were found of the right size
3. Who is likely to be the owner of the slate?
 - A. An American Indian.
 - B. An archaeologist.
 - C. An English colonist.
 - D. An architect.
4. The slate reveals that the new continent _____.
 - A. was inhabited by savages
 - B. was occupied by Indians
 - C. had pleasant weather conditions

- D. had attractive natural scenery
5. In the 17th century, coral was considered to be _____.
- A. a substance helpful for infants' teeth
- B. a magical thing owned by rich women
- C. an expensive gift for close friends
- D. an evil thing that might cause trouble

Part 3 Translation

Translate the following paragraph from Chinese into English.

农历(lunar calendar)正月十五日是元宵节,紧随春节之后。古时候,人们提前 20 天为“春节”作准备。然而,元宵节为春节画上了句号。元宵之后,一切归于平常。“元”的字面意思是“第一”,“霄”指“夜晚”。元宵即指在新的一年人们首次看到满月。元宵节是家庭团聚的传统佳节,最著名的活动就是展挂各种各样美丽的灯笼,故此,元宵节又叫“灯节”(the Lantern Festival)。关于元宵节的起源之说多种多样,但是最确切的一种说法跟宗教信仰有关。

Part 4 Wonderful Writings

Read the following passage and try to memorize it.

Gifts from the Heart

According to legend, a young man while *roaming* (漫步) the desert came across a spring of delicious crystal-clear water. The water was so sweet, he filled his leather canteen so he could bring some back to a *tribal* (部落的) elder who had been his teacher.

After a four-day journey he presented the water to the old man who took a deep drink, smiled warmly and thanked his student *lavishly* (慷慨) for the sweet water. The young man returned to his village with a happy heart.

Later, the teacher let another student taste the water. He spat it out, saying it was awful. It apparently had become stale because of the old leather container.

The student challenged his teacher: “Master, the water was *foul* (恶臭的). Why did you pretend to like it?”

The teacher replied, “You only tasted the water. I tasted the gift. The water was simply the container for an act of loving-kindness and nothing could be sweeter.”

I think we understand this lesson best when we receive innocent gifts of love from young children. Whether it's a *ceramic* (陶瓷的) tray or a *macaroni* (通心粉) *bracelet* (手镯), the natural and proper response is appreciation and expressed thankfulness because we love the

idea within the gift.

Gratitude doesn't always come naturally. Unfortunately, most children and many adults value only the thing given rather than the feeling *embodied* (包含) in it. We should remind ourselves and teach our children about the beauty and purity of feelings and expressions of gratitude. After all, gifts from the heart are really gifts of the heart.