

<<致用英语（下）>>

图书基本信息

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前言

在国家关于大力发展职业教育政策的推动下，近年来，我国高等职业教育蓬勃发展，无论从招生规模还是在校生人数上，高职高专教育均已形成高等教育的半壁江山。

与此同时，随着我国涉外经济的发展，对外交流日益增多，对于应用型英语人才的需求也在不断增长，因此，大部分高职高专院校都开设了英语专业。

为满足新形势下高职高专英语专业教学的需要，推进课程建设与发展，引导注重职业素质培养、提高实际应用能力的高职高专英语教学改革方向，我们在广泛调研的基础上，为高职高专英语专业基础课程编写了这套《致用英语》系列教材。

《致用英语》系列教材是依据我国高职高专英语专业的培养目标和教学要求，结合高职高专学生的实际需求，为英语专业学生量身定制的教材。

该系列教材的起点词汇在1,500词左右，力求从低起点入手，循序渐进，通过大量、有效的实践，引导学生达到既定的学习目标。

系列教材充分吸收和借鉴了国内外优秀英语教材的优点，以外语教学理论为指导，语言知识与语言技能并举，不同课程各有侧重；同时，营造真实丰富的语言环境，提供生动多元的文化知识，设计形式多样的教学活动。

教材内容的选取紧密结合高职高专学生的学习与生活，同时兼顾其职业发展的需求，这不仅可以激发学生学习的兴趣，奠定其坚实的专业基础，同时也为学生今后的求职、就业做了铺垫。

正如书名《致用英语》所示，本系列教材致力于全面提高学生实际应用英语的能力，同时促进学生自我发展能力的培养。

根据教育部颁布的“高职高专教育指导性专业目录”，高等职业教育英语专业分设应用英语、商务英语、旅游英语和英语教育四个专业。

《致用英语》基础课系列教材涵盖了这四个专业在基础教学阶段课程设置中开设的主干课程，可满足两个学年、四个学期的教学需求。

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内容概要

《致用英语》是供高职高专英语专业学生使用的系列教材，包括《综合教程》、《口语教程》、《听力教程》、《听力教程》、《阅读教程》、《写作教程》、《语法教程》、《英语国家概况》、《英语报刊阅读》。

本系列教材根据高职高专英语专业的教学现状和改革方向，由国内英语教育专家和高职高专英语教学一线的教师联合编写，旨在以全新的理念、实用的内容，着重培养学生的综合职业素质，提高学生的英语应用能力。

《致用英语 阅读教程》共两册，旨在通过大量的阅读实践、实用的阅读技能训练，全面提高学生的阅读能力。

每册包括10个主题单元和两个综合训练。

每单元包括和主题相关的两篇主课文和一篇补充阅读，使学生在完成基本的阅读训练的同时，接触多种题材和体裁的阅读文章，拓展知识面，扩充词汇量。

系统讲解阅读技巧，并结合课文中的实例进行练习和巩固，有效提高学生的阅读技能。

练习形式丰富多样，启发性强，注重培养学生的批判性思维能力。

书籍目录

Unit 1 Learning Passage A The Power of Knowledge Passage B How to Improve Your Study Habits Reading Skills Identifying Skill Requirement Supplementary Reading Seven Steps to Positive Self Talk

Unit 2 Blue Jeans Passage A The Invention of Blue Jeans Passage B Forever in Blue Jeans Reading Skills Reading Poetry Supplementary Reading Dad's Boots

Unit 3 Living in the City Passage A Getting Pounded Passage B New Orleans Reconstruction: We Shall Overcome Reading Skills SQ3R Strategy Supplementary Reading The Sparrows in Madison Square

Unit 4 Entertainment Passage A Can a Film Change the World? Passage B Star Couples Fight to Keep Baby News Private Reading Skills Activating Your Background Knowledge Supplementary Reading So, What Were We Writing about Again?

Unit 5 Travel and Tourism Passage A Secrets of Cheap Travel Passage B Slow Business Travel Reading Skills Practical Tips for Reading Critically Supplementary Reading Travel and Tourism Comprehensive Practice

Unit 6 Natural Disaster Passage A Storm of the Century Passage B Pompeii Reading Skills Enlarge Your Vocabulary Supplementary Reading Food and Water in an Emergency

Unit 7 Environment and Energy Crisis Passage A Water Everywhere, and Not a Drop to Grow Passage B Solar Power Wins Enthusiasts but Not Money Reading Skills Speedy Reading Supplementary Reading One Country's Success Story: Building a Green Economy

Unit 8 Internet Pioneers Passage A Vinton Cerf Passage B Tim Berners-Lee Reading Skills Active Reading Supplementary Reading Internet Privacy

Unit 9 Economy Passage A Is an Open Economy Good? Passage B Economic Boom Produces More Domestic Brands Reading Skills Summarizing Supplementary Reading How World Growth Will Withstand the US Recession

Unit 10 Career Passage A Triple Your Personal Productivity Passage B Is Your Work Getting in the Way of Your Life? Reading Skills Figurative Language Supplementary Reading My Defense of Unfulfilling Careers Comprehensive Practice Key to Exercises

章节摘录

The weather report in the local newspaper
A novel
A poem
A bus timetable
A fax in the office
An email or letter from your best friend
A recipe
A short story written by your favorite author
Seven Steps to Positive Self Talk

Most of us are in constant mental chatter. We talk to ourselves all day long and , unfortunately , this self talk is frequently negative. This negativity can destroy any seed of hope that we may otherwise have in striving for our dreams. Our actions are inspired by our thoughts. If we can change the way we think , we can begin to change the actions we take. It is human nature to seek personal growth , whether financially , emotionally , physically or spiritually. Practicing positive self talk can help us set in motion actions that will bring us greater rewards. The following are seven steps to positive self talk. By following these steps you will begin to get rid of negative inner conversations and have empowering thoughts.

1. Eliminate internal negative chatter. The first step is one of awareness. It will be hard to make a change to positive thinking without being acutely intimate with the thoughts that run through your mind. Recently , I was amazed to discover deeply buried emotions from negative thoughts that I had for fewer than 10 minutes. Without awareness , I would have carried the hurt and anger inside. Awareness helped me to bring them out to deal with. Undoubtedly it will not be easy to make a switch if you have a long history of negative self talk. Your talk became negative over the years due to various factors.

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