

<<助你成长>>

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作者：李树德，毛荣贵，（美）Rosemary Adang 编译

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## <<助你成长>>

### 内容概要

《助你成长》就“教育子女如何成才”这一话题，从美国杂志上浩如烟海的文章中精选出22篇，撰写了导读，翻译成汉语，呈现给读者。

如一把把开启智力的钥匙，如一个个通向顶峰的石级，这些文章，将助你攀登，助你成才。

多少学子对出类拔萃的“尖子生”暗羨不已，多少家长节衣缩食，不惜重金为子女择校！

读一读Secrets of Straight-A Students（《优等生的成功秘诀》）吧，名校的尖子生的秘诀不“秘”也。

——人人可以学到，人人可以做到。

比如：Study anywhere——or everywhere（学习不论场合）；比如：Get organized（归放学习资料有条理）；比如：Schedule your time（安排好时间），等等。

如此而已，岂有它哉！

如此做法，应了眼下一句时髦话——细节决定成败。

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### 作者简介

毛荣贵，上海交通大学教授，翻译博导。  
曾任《科技英语学习》（月刊）主编10年。  
1996年应美国驻华大使James R Sasser（詹姆士·尚慕杰）之邀，以leading citizen（杰出公民）的身份遍访美国并讲学；Rosemary Adang，英语语言文学研究专家。  
中美教授携手，精选美国当代短文，介绍给中国读者。  
这些短文反映了美国社会的方方面面，美国人的价值观、人生观、生活观，以及美国人的日常生活，同日寸，也折射了美国当代文学的某些特点。

毛荣贵约请李树德教授、张琦教授等七位学者将这套丛书翻译成汉语，并约请旅美学者倪俊先生具体审校了译稿、指导翻译了工作。

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### 书籍目录

前言之一 前言之二 优等生的成功秘诀 让你的孩子如虎添翼 帮助孩子对付欺弱者 如何让孩子出污泥而不染 如何找到真爱 一所企业办的学校 肯特·阿莫斯的孩子 帮助孩子对付伙伴的压力 调教可怕的少年 什么造就了奥运冠军? 纳瓦霍人的骄傲 她听见了音乐 我的儿子, 我的劲敌 直下自杀坡 我的雄心壮志之源 疾步如飞 “妈妈, 我要和我的男友一起生活” 就是为了“酷”一点 父亲的为人之道 父亲的忠告 帮助孩子克服羞怯 聪明父母的七个忌语

## 章节摘录

~2. They are cheering for the Lady Chieftains from Shiprock, a desert town on the Navajo Nation reservation. They are cheering for a group of high-school girls who have known few victories in life, led by a black coach who will not accept defeat. In eight years of living with these normally reserved people, Richardson has never seen them so aroused. 3. Dressed in simple maroon-and-gray uniforms, the mostly short, stocky teen-agers look tense. They are up against Kirtland Central's powerhouses, Lady Broncos, who have won eight state championships in a row. 4. In the pregame huddle, coach Richardson reminds his team, "We can win this." He speaks in a calm, serious voice that gives no hint of his Texarkana, Texas, upbringing. "I believe in you. Now you have to believe." The girls emerge from the huddle shouting their coach's favorite exhortation, "Discipline !

"5". As Richardson watches the Lady Chieftains take the court, he senses the nervous hope they share with their fans. This is a chance to prove that the Navajo people can achieve anything they set their hearts on. 6. In 1980, Jerry Richardson was hired as a special-education teacher for Shiprock High School. Then 24, he had just gotten his master's degree in physical education from Louisiana Tech. Before that, he had gone to Northwestern State University of Louisiana on a track scholarship. 7. Visiting Shiprock for the first time, Richardson felt as if he were in a Third World country: three stoplights, a few broken-down trailers, a couple of convenience stores. Flat, scrubby land stretched for miles, broken only by a large rock shaped like a ship under sail, for which the town is named. 8. Poverty and unemployment chimed almost one of every two on the reservation. Alcohol and drug abuse were major health problems. Many kids in Shiprock had lost close friends or family to alcohol-related fatalities. Richardson heard rumors of what passed for fun in this bleak area: a game of "chicken." Kids would get drunk and dodge traffic, sometimes with fatal results. 9. At Shiprock High School, teachers came and left as frequently as spring snows on the mesa. On any day, at least 15 per-cent of students were absent. And the dropout rate was twice the state average. 10. When Richardson became the assistant basketball coach, the Lady Chieftains had never won a championship. And no one had expected them to. He had visions of what the team could be, but he didn't get off to the kind of start he wanted. As he was driving to a school game, a truck crossed the median and collided head-on with his car. Richardson was pinned inside for two hours with a punctured lung, a broken jaw and multiple bone fractures. 11. Four months after the accident, he was back on the basketball court. If Jerry Richardson could pull through a near-fatal car accident without giving up or making excuses, couldn't he foster that same kind of grit in the Lady Chieftains ?

12. Three years later, when the head coach quit, Richardson was the only one interested in the job. He immediately made changes. The girls and their parents were given contracts to sign. Practices would be three hours a day. Three unexcused absences would get a girl kicked off the team. 13. Instead of waiting for a failed report card to take action, he started weekly grade checks. The players had to act like role models on court and off—no drinking, drugs or discourteous behavior. Dating was fine, but serious boyfriends were out. 14. One thing that bothered Richardson was the girls' seeming passivity. When he spoke to them, they avoided eye contact. "To them, looking an adult in the eye is rude," another teacher explained. "You can't go against their culture." 15. "That's fine at home," the coach answered. "But what about off the reservation ?

People will assume they're submissive or deceitful." So Richardson began to teach the girls to look people in the eye when they weren't on the reservation. 16. He was also annoyed by the informal coaching of relatives. Navajo culture places a strong emphasis on family. Outside of coaching, that was fine with Richardson. But he resented relative giving advice from the sidelines during a game. "I am their only coach," he told players' families. 17. Richardson was unprepared for the backlash that followed. Parents complained that he was too strict and not sensitive enough to Navajo culture. Some parents wouldn't speak to him. 18. "I respect your culture." Richardson would reply. "But I will not handicap these girls. And I will not expect less of them than I expect of myself." 19. Once, just before a game, Richardson entered the locker room to find 12 adults around a table where one of his players was lying. 20. "She's witched," an adult explained, pointing to the teen-ager. "That's why she's not playing well. We have to unwitch her." 21. Richardson called the team out on the floor. "I want all the girls who believe they're witched to

stand to one side," hesaid. "The rest of us are going to play basketball," Suddenly, thegirl who was lying on the table no longer believed she was witched.22. When parents complained that Richardson had no respect.~

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