

<<大学基础英语教程>>

图书基本信息

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前言

教育部《大学英语课程教学要求》(以下简称《教学要求》)明确指出:“我国幅员辽阔。各地区、各高校之间情况差异较大,大学英语教学应按照分类指导、因材施教的原则。以适应个性化教学的实际需要。”

《大学基础英语教程》即是依据《教学要求》编写的一套大学英语教材,主要适用于全国各高等院校艺术、体育类学生,民族地区学生和其他一些大学入学时英语基础相对薄弱的非英语专业大学生,旨在使学生通过本教材的系统学习,在英语语言知识、应用技能、学习策略和跨文化交际方面能够达到《教学要求》中规定的高等学校非英语专业本科毕业生应达到的基本要求。

一 编写原则 《大学基础英语教程》在编写过程中力图体现以下编写原则: 1. 以《教学要求》为依据,重点培养学生英语综合应用能力。

2. 以人为本,因人制宜,始终考虑适用对象的现有英语水平和实际学习需求。

3. 旨在使学生通过本教材的学习,做到学有所用,学以致用,以用促学,学用统一。

力争使语言知识的传授与语言运用能力的提高做到相辅相成、有机互补,既不片面强调语言知识的传授,也不片面强调没有坚实基础的语言能力的提高。

二 教材特色 与国内其他大学英语优秀教材相比,本教程的特色主要体现为“唯实”、“简约”、“实用”、“教育”四个方面。

洞察适用对象外语水平和学习需求之实并以之为本,教材编著与设计力求因应适用对象之求并扼之以要,高度重视学生综合文化素养的培养以及所学外语知识和技能的实际应用。

寓人文素养与道德教育于外语学习的潜移默化之中。

具体体现如下: 1. 唯实性 本教材专门为全国各高校艺术、体育类学生,民族地区学生和其他一些大学入学时英语基础相对薄弱的非英语专业大学生所编写,编写体例、课文选材、练习设计等均体现了较强的针对性,以提高学生综合运用语言的能力为出发点和最终归宿,针对学生的薄弱环节和实际需要,做到因应需求、有的放矢。

2. 简约性 与国内现有其他优秀教材相比,本教材依据目标学生实际情况,不求教材大而全,突出其简约而实用的特点。

同时,本教材编写融听、说、读、写、译多种语言技能培养为一体,各册既各有侧重,又有机相连,从而达到全面培养学生综合运用英语能力的目标。

3. 实用性 本教材选材力求语言规范、严谨,选文力求与适用对象的专业和兴趣相关。

同时知识性与趣味性兼备。

选文富于思想内涵,融语言、文化、技能为一体,有助于学生运用所学外语知识就课文涉及的相关问题阐述自己的观点和看法。

这不仅能训练学生的语言技能,同时也能培养学生的综合素养。

重点语言知识及技能讲解以及练习的编配侧重使学生学以致用,在知识运用中检验知识,弥补不足。

4. 教育性 外语学习不仅事关学生综合运用英语的能力和学生的国际视野,更是人才培养的有机组成部分。

本教材选文不仅注重激发学生的学习兴趣。

培养学生的外语技能,更加注重学生综合人文素养的提升和积极人生观与正确价值观的培养,使之在潜移默化之中,启迪学生的思想,陶冶学生的情操。

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内容概要

编写原则与教材特色

本教材专门为全国各高校艺术、体育类学生，民族地区学生和其他一些大学入学时英语基础相对薄弱的非英语专业大学生编写，编写体例、课文选材、练习设计等均体现了较强的针对性。

与国内其他优秀教材相比，本教材依据目标学生实际情况，教材编写不求大而全，突出其简约而实用的特点，各册既各有侧重，又有机相连。

本教材以《大学英语课程教学要求》为依据，重点培养学生英语综合应用能力，使学生通过本教材的学习，做到学有所用，学以致用，以用促学，学用统一。

本教材不仅注重激发学生学习兴趣，培养学生外语技能，更加注重学生综合人文素养的提升和积极人生观与价值观的培养，在潜移默化中，启迪思想，陶冶情操。

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章节摘录

Those are the "Big Ones" . and I dont have to tell you how important they are , but this article is about the "Little Ones" . They dont have the publicity of the larger steps , but theyre every bit as important . In no particular order , here are the small steps Id love for you to start taking . Ideally , you11 take each and every step each and every day-but realistically , you should just aim at doing just as many as you can , just as often as you can . LetS get to it !

Limit empty calories . You cant cut them out entirely , but try to avoid as many sodas , doughnuts , cookies , chips , and SO on , as you can . Next time you go to your favorite fast food restaurant (Go ahead and admit it !

Ive seen you there !

) , have a salad in place of the chips and drink tea instead of pop . Replace eating red meat with chicken or fish at every oppomity . The steps will be even bigger if you make sure the chicken or fish is grilled or baked instead of fried . If youre trying to lose weight , switch to using artificial sweetener in your tea and coffee , and switch to a diet"nk . A while back , I began to lose weight . I sweetened my tea and coffee with artificial sweetener instead of the cup of sugar I normally used . The next switch I made was going from Dr . Pepper to Diet Dr . Pepper . These were the only changes I made to my diet , and I quickly lost over 10 pounds . You quickly get accustomed to (and even begin to prefer !

) the diet drinks and sweetener . I literally Cant stand the taste of regular pop now , something 1 was once incredibly addicted to . Begin walking . Start with a trip around your neighborhood or a stroll through the park or mall . Make your walking a priority and dont allow anything to interfere with it . You will soon be SO hooked on the pleasure of walking that you wont allow yourself to miss a single day . When weather or illness prevents me from walking for a day , I feel crummy , absolutely crummy !

Small changes can yield very big , glorious results . My husband once told me that he had shaved stubborn strokes off his all-important golf game . I asked him if hed goRen new clubs , new balls , changed his stance or started scoring creatively . He showed me one tiny little maneuver with the positioning of his hands—he said it made all the difference in the world . A1l he did was change his thumbS stance !

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