

图书基本信息

书名：<<基于学习风格和学习策略的外语教学>>

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## 内容概要

《基于学习风格和学习策略的外语教学：教师指南》一书是1997年版《基于学习策略的外语教学》的修订版。

1997年版本已用作多期暑期培训班的教材，接受培训的外语教师教授的语言达15种之多。

最近一期研修班在我国南京举办，参加的学员多达260名，来自我国25个省市自治区的120所高校。

《基于学习风格和学习策略的外语教学：教师指南》作者之一美国明尼苏达大学ESI系研究生院的主任Andrew D. Cohen教授不远万里来到中国，担任该研修班的主讲教师，连续5天尽心尽力为学员授课，受到学员的普遍好评，也为中国的外语学习策略师资培训开创了先河。

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章节摘录

Avid Sports Fans\*      1 . Research has found that fervent fans become so tied to their teams that they experience hormonal surges and other physiological changes while watching games , much as the athletes do .  
2 . The self-esteem of some male and female fans also rises and falls with a game's outcome , with losses affecting their optimism about everything from getting a date to winning at darts .      3 . Psychologists have long suspected that many die-hard fans are lonely , alienated people searching for self-esteem by identifying with a sports team . However , recent research suggests just the opposite-that sports fans suffer fewer bouts of depression and alienation than do people who are uninterested in sports .      4 . College sports fans are far more likely to wear clothing with their team's logo on it the day after victories than after defeats in what has been referred to as " basking in reflected glory " In other words .      sports fans attain some sort of respect and regard not by their own achievements but by their connection to individuals of attainment . Likewise , fans tend to claim credit for a team's success , saying " we won " to describe a victory , but tend to distance themselves from a team's failure , saying "they lost , when describing a defeat .      5 . While the run-of-the-mill spectator may abandon a team once it starts losing , more committed fans ride the same emotional roller coaster as the athletes . In addition , when their team loses , committed fans tend to blame their team's failures on officiating or bad luck rather than the other team's skill .      6 . One recent study showed that testosterone levels in male fans ( as measured by taking saliva samples ) rise markedly after a victory and drop just as sharply after a defeat . In addition , male fans with a low self opinion registered the highest surges in testosterone after a victory .      7 . For some fans the emotional roller coaster of watching a game can be addictive . Such fans feel a catharsis when they give free rein to their anger after a defeat or gloat openly in triumph after a victory .      8 . It was also found that men and women who were die-hard fans were much more optimistic about their sex appeal and specifically about their ability to get a date after a victory . They were also more optimistic about their ability to perform well at mental and physical tests , like darts and word games .      9 . Avid fans use their devotion to a team to fulfill their desire to belong to a group or a society . This deep attachment to a team can also lead to better mental health . Commitment to a team can protect people from depression ( e . g-a divorcee adopting the NY Knickerbockers giving her a new lease on life ) , as well as fostering feelings of self-worth and belonging .

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