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INNOVATION COLLEGE ENGLISH

综合教程 第三册

INTEGRATED COURSE

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第二版

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Unit

1

Competition and Cooperation





Part One Listening Comprehension

Listening Strategy

Detecting Assimilation

Assimilation (音的同化) is a phonological process that occurs when the articulation of one sound is influenced by another adjacent or nearby sound, usually a following one, so that the two sounds become more alike or even identical. A common example of assimilation would be “don’t be silly” where the /n/ and /t/ in “don’t” become /m/ and /p/. In the phrase “a good girl”, /d/ becomes /g/ because of the adjacent sound /g/. Assimilation is one of the barriers for English learners to understand the spoken English of native speakers. Paying attention to linguistic assimilation in English may help improve the listening ability.

Assimilation can often be found in the following consonant clusters:

- 1) /d/ changes to /dʒ/ before /j/
e.g. would you could you did you
- 2) /t/ changes to /tʃ/ before /j/
e.g. can’t you last year
- 3) /s/ changes to /ʃ/ before /j/
e.g. miss you this year
- 4) /t/ changes to /k/ before /k/ or /g/
e.g. short cut cut glass fat girl
- 5) /d/ changes to /b/ before /m/ /b/ or /p/
e.g. good morning ground plan blood brother
- 6) /d/ changes to /g/ before /k/ or /g/
e.g. bad girl hard core closed game
- 7) /n/ changes to /m/ before /m/ /b/ or /p/
e.g. American plan on me open book
- 8) /n/ changes to /ŋ/ before /k/ or /g/
e.g. common good open court golden goose
- 9) /s/ changes to /ʃ/ before /j/
e.g. space shuttle dress shop nice shoes
- 10) /z/ changes to /ʒ/ before /ʃ/ or /j/
e.g. rose show these sheep please you
- 11) /θ/ changes to /s/ before /s/
e.g. bath seat fourth season both sexes



Task I Listening Practice

1. Directions: Read the following phrases and circle the ones where assimilation occurs. Then listen to the recording to check answers and focus on pronunciation.

- | | | |
|------------------------|----------------|-------------------|
| 1) A) private property | B) front seat | C) Great Wall |
| 2) A) good luck | B) grand open | C) blood pressure |
| 3) A) common person | B) tin can | C) cotton field |
| 4) A) space explosion | B) bus shelter | C) nice day |
| 5) A) both sides | B) birth date | C) bath time |

2. Directions: Listen to the sentences and fill in the blanks with what you have just heard.

- 1) You can remove this picture, but be sure to upload another or we will display a _____ in its place.
- 2) Take a _____, and you will arrive there earlier.
- 3) We should work out a practical plan for speeding up construction in the _____ of this year.
- 4) The young man is considered the _____ in the company.
- 5) This paper has especially probed into the impact of the _____ structure on regional economic growth.
- 6) The purpose of NASA's _____ program is to develop a scientific understanding of Earth's system.
- 7) The Thai government published a _____ on the situation in Bangkok.
- 8) Nations import goods _____ lack or cannot produce efficiently.
- 9) He has been operating a successful _____ for several years and expanded last year to a chain of three stores.
- 10) The new computer would _____ get an accurate number.

Task II Topic-related Listening

1. Directions: Listen to the passage and choose the best answer to the questions you have just heard.

Word Tips

collaborate <i>vt.</i> 合作, 协作	initiate <i>vt.</i> 开始实施, 发起
contextually <i>adv.</i> 与上下文相关地	holistic <i>adj.</i> 整体的, 全面的

- 1) What is the passage mainly about?
A) At what age should children begin to learn to compete?

3

Part One Listening Comprehension

Task I Listening Practice

1. 1) A) private property
2) C) blood pressure
3) B) tin can
4) B) bus shelter
5) A) both sides

2. Script

- 1) You can remove this picture, but be sure to upload another or we will display a question mark in its place.
- 2) Take a short cut, and you will arrive there earlier.
- 3) We should work out a practical plan for speeding up construction in the fourth quarter of this year.
- 4) The young man is considered the best clerk in the company.
- 5) This paper has especially probed into the impact of the human capital structure on regional economic growth.

- 6) The purpose of NASA's Earth science program is to develop a scientific understanding of Earth's system.
- 7) The Thai government published a white paper on the situation in Bangkok.
- 8) Nations import goods that they lack or cannot produce efficiently.
- 9) He has been operating a successful dress shop for several years and expanded last year to a chain of three stores.
- 10) The new computer would help them get an accurate number.

Task II Topic-related Listening

1. 1) C 2) C 3) D 4) D 5) B

Script

We need to do two things to create an environment in which our children can compete healthily. First, we need to examine the role of competition in our children's lives. Is there too much or too little? Are children being exposed to serious competition too early? Are the rewards too high? A balance of competitive and cooperative experiences may reduce the bad, and the ugly side of competition. Too much too early will generally lead to difficult situations for children.



Second, we need to increase our efforts to help specific children and families manage competition and its impact on their development. Individual children respond to competition differently. For children who lose interest in activities, report high anxiety related to competition, or show signs of dishonesty when they have trouble coping with competition, parents and professionals should collaborate to initiate strategies to help them deal with the demands of competition.

Competition is never all good, all bad, or all ugly; its value is contextually determined. Every effort must be made to evaluate competitive systems and specific competitive situations to determine their impact on the holistic development of children.

2. Script

India, Brazil and South Africa have taken steps to increase trade between their emerging economies.

For decades, India, Brazil, and South Africa had little to do with each other 1) economically. The three countries, which have 2)

emerged as economic and political leaders in the developing world, set out to change their relationship in 2003. They 3) launched an initiative known as the India, Brazil and South Africa Dialogue Forum to 4) promote the interests of

- B) Are the rewards of competition too high?
C) How can we create a healthy competitive environment for children?
D) How to keep a balance between competition and cooperation?
- 2) What is the speaker's suggestion to the parents?
A) Examine the role of competition in our children's lives.
B) Increase our efforts to help specific children and families manage competition.
C) Both A and B.
D) Neither A nor B.
- 3) Who can help these children deal with the demands of competition?
A) Parents and teachers.
B) Professionals and friends.
C) Parents and friends.
D) Parents and professionals.
- 4) Which of the following statements is true about children's response to too much competition?
A) Most children have a similar response.
B) Competition would arouse their interest in the activities.
C) Children may experience high excitement.
D) Some of them may lie to escape the possible blame or punishment.
- 5) What can be inferred from the passage?
A) Too much and too early competition will generally lead to difficult situations for children.
B) Specific competitive situations have their specific impacts on children.
C) Competition is never all good, all bad, or all ugly.
D) It's effortless to create a balanced environment in which our children can compete healthily.

2. Directions: Listen to the passage three times and then fill in the blanks with what you have heard.

Word Tips

forum <i>n.</i> 论坛	summit <i>n.</i> 首脑会议, 峰会
guzzle <i>vt.</i> 狂饮, 暴食	ethanol <i>n.</i> 乙醇
sugar cane 甘蔗	

India, Brazil and South Africa have taken steps to increase trade between their emerging economies.

For decades, India, Brazil, and South Africa had little to do with each other 1) _____. The three countries, which have 2) _____ as economic and political leaders in the developing world, set out to change their relationship in 2003. They 3) _____ an initiative known as the India, Brazil and South Africa Dialogue Forum to 4) _____ the



interests of their rapidly growing economies. As part of that 5) _____, they held their first summit recently in Brazil, where agreements to 6) _____ cooperation in trade, technology and politics were signed.

As the three countries' growing economies guzzle more 7) _____, the leaders agreed to cooperate on developing alternative sources of energy. India has offered to share 8) _____, while Brazil says it can help India and South Africa develop ethanol, which it produces in large quantities from sugar cane. Three-way trade between India, Brazil and South Africa currently totals about \$8 billion. The leaders plan to increase that to \$10 billion by 2007. Two-way trade between India and South Africa has jumped by 9) _____. Trade between India and Brazil is also up, from \$400 million in 1999 to more than \$2 billion in 2005. The three nations are also exploring the possibility 10) _____ that they hope will eventually cover the continents they represent.

Part Two Reading Comprehension

Task I Fast Reading

Most people play a sport for the thrill of having fun with others who share the same interest, right? But it's not always fun and games. Most student athletes who play competitive sports have had thoughts that go like this at one time or another: "Man, I can't believe I let the ball in the goal, and I know from the look in coach's eyes he wasn't happy."

There can be a ton of pressure in high school sports. Usually it comes from the feeling that a parent or coach expects you to always win. But sometimes it comes from inside, too: some players are just really hard on themselves. And individual situations can add to the stress: maybe there's a recruiter (招募者) from your number one college scouting you on the sidelines. Whatever the cause, the pressure to win can sometimes stress you to the point where you just don't know how to have fun anymore. Perhaps it could even be the reason why you haven't been playing as well lately.



their rapidly growing economies. As part of that 5) effort, they held their first summit recently in Brazil, where agreements to 6) boost cooperation in trade, technology and politics were signed.

As the three countries' growing economies guzzle more 7) fuel, the leaders agreed to cooperate on developing alternative sources of energy. India has offered to share 8) wind and solar power technologies, while Brazil says it can help India and South Africa develop ethanol, which it produces in large quantities from sugar cane. Three-way trade between India, Brazil and South Africa currently totals about \$8 billion. The leaders plan to increase that to \$10 billion by 2007. Two-way trade between India and South Africa has jumped by 9) 150 percent in four years to \$4 billion last year. Trade between India and Brazil is also up, from \$400 million in 1999 to more than \$2 billion in 2005. The three nations are also exploring the possibility 10) of establishing a free-trade agreement that they hope will eventually cover the continents they represent.



How Can Stress Affect Sports Performance?

Stress is a feeling that's created when we react to particular events. It's the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina (耐力), and heightened alertness. A little stress or the right kind of positive stress can help keep you on your toes, ready to rise to a challenge.

The events that provoke(引起) stress are called stressors, and they cover a whole range of situations — everything from outright danger to stepping up to take the foul shot that could win the game. Stress can also be a response to change or anticipation of something that's about to happen — good or bad. People can feel stress over positive challenges, like making the varsity team, as well as negative ones.

Distress is a bad type of stress that arises when you must adapt to too many negative demands. Suppose you had a fight with a close friend last night, you forgot your homework this morning, and you're playing in a tennis match this afternoon. You try to get psyched (作好心理准备) for the game but can't. You've hit stress overload! Continuous struggling with too much stress can exhaust your energy and drive.

Eustress is the good type of stress that stems from the challenge of taking part in something that you enjoy but have to work hard for. Eustress pumps you up, providing a healthy spark(活力) for any task you undertake.



What Can I Do to Ease Pressure?

When the demands of competition start to get to you, try these relaxation techniques:

- **Deep Breathing:** Find a quiet place to sit down. Inhale(吸气) slowly through your nose, drawing air deep into your lungs. Hold your breath for about 5 seconds, then release it slowly. Repeat the exercise five times.
- **Muscle Relaxation:** Contract (flex) a group of muscles tightly. Keep them tensed for about 5 seconds, then release. Repeat the exercise five times, selecting different muscle groups.
- **Visualization:** Close your eyes and picture a peaceful place or an event from your past. Recall the beautiful sights and the happy sounds. Imagine stress flowing away from your body. You can also visualize success. People who advise competitive players often recommend that they imagine themselves completing a pass, making a shot, or scoring a goal over and over. Then on game day, you can recall your stored images to help calm nerves and boost self-confidence.
- **Mindfulness:** Watch out for negative thoughts. Whether you're preparing for a competition



or coping with a defeat, repeat to yourself: “I learn from my mistakes!” “I’m in control of my feelings!” “I can make this goal!”

When sports become too stressful, get away from the pressure. Go to a movie or hang out with friends. Put your mind on something completely different.

How Can I Keep Stress in Check?

If sports make you so nervous that you get headaches, become sick, or can’t concentrate on other things, you’re experiencing symptoms of unhealthy, potentially chronic (which means long-lasting and continuous) stress. Don’t keep such stress bottled up inside you; suppressing your emotions might mean bigger health troubles for you later on.

Talk about your concerns with a friend. Simply sharing your feelings can ease your anxiety. Sometimes it may help to get an adult’s perspective — someone who has dealt with stress over and over like your coach or fitness instructor. Here are some other things you can do to cope with stress:

- Treat your body right. Eat well and get a good night’s sleep, especially before games where the pressure’s on.
- Learn and practice relaxation techniques, like those described in the previous section.
- Get some type of physical activity other than the sport you’re involved in. Take a walk, ride your bike, and get completely away from the sport that’s stressing you out.
- Don’t try to be perfect — everyone flubs a shot or messes up from time to time (so don’t expect your teammates to be perfect either!). Forgive yourself, remind yourself of all your great shots, and move on.

It’s possible that some anxiety stems only from uncertainty. Meet privately with your coach or instructor. Ask for clarification if his or her expectations seem vague or inconsistent. Although most instructors do a good job of fostering athletes’ physical and mental development, you may need to be the one who opens the lines of communication. You may also want to talk with your parents or another adult family member.

If you’re feeling completely overscheduled and out of control, review your options on what you can let go. It’s a last resort, but if you’re no longer enjoying your sport, it may be time to find one that’s less stressful. Chronic stress isn’t fun — and fun is what sports are all about.

Recognizing when you need guidance to steer yourself out of a stressful situation doesn’t represent weakness; it’s a sign of courage and wisdom. Don’t stop looking for support until you’ve found it.

Enjoy the Game

Winning is exhilarating (令人振奋的)! But losing and some amount of stress are part of almost any sports program — as they are in life. Sports are about enhancing self-esteem, building social skills, and developing a sense of community. And above all, sports are about having fun.

(1064 words)



Part Two Reading Comprehension

Task I Fast Reading

1.

1) 【题解】 N

依据原文第一段、第二段可知其他因素也会导致压力，故该陈述错误。

2) 【题解】 Y

依据第四段第一句话 “The events that provoke stress are called stressors, and they cover a whole range of situations”, 故该陈述正确。

3) 【题解】 N

依据第五段和第六段第一句话可知该陈述错误。

4) 【题解】 NG

依据小标题deep breathing 这一段内容，该陈述没有被提及。

5) 【题解】 N

依据小标题mindfulness这一段可知 “Repeating to yourself: ‘I learn from my mistakes!’” 的目的是 “watch out for negative thoughts”, 而非 “find out your negative thoughts”, 故该陈述错误。

6) 【题解】 Y

依据小标题How Can I Keep Stress in Check这个部分的第一段最后一句 “suppressing your emotions might mean bigger health troubles for you later on” 可知该陈述正确。

7) 【题解】 Y

依据文章最后一句话 “And above all, sports are about having fun”, 故该陈述正确。

2.

1) 【题解】 Visualization/Recalling

依据小标题Visualization这一段的最后一句。

2) 【题解】 the lines of communication

依据倒数第四段的第四句。

3) 【题解】 courage and wisdom

依据倒数第二段的第一句。

1. Directions: Determine whether the following statements agree with the information given in the text.



Y for YES, if the statement agrees with the information;

N for NO, if the statement contradicts the information;

NG for NOT GIVEN, if there is no information on this in the text.

- 1) _____ Expectations from a parent or coach are the only source of pressure in high school sports.
- 2) _____ Stressor is the factor leading to stress and covers a whole range of situations.
- 3) _____ Distress is the good type of stress while eustress is the bad type of stress.
- 4) _____ For the ways to ease pressure, deep breathing is the most effective.
- 5) _____ Repeating to yourself: “I learn from my mistakes!” is a good way to find out your negative thoughts.
- 6) _____ Suppressing your emotions might be unhealthy for you later on.
- 7) _____ The main purpose of sports is to have fun.

2. Directions: Complete the sentences below using a word or words from the text.

- 1) _____ can help calm nerves and boost self-confidence.
- 2) Although most instructors do a good job of fostering athletes’ physical and mental development, you may need to be the one who opens _____.
- 3) Recognizing when you need guidance to steer yourself out of a stressful situation represents _____.

Task II Topic-related Reading

1 For many of us, competition is an extra spice that keeps life interesting, keeps us on our toes, and stimulates us to greater creativity and productivity. Sometimes, however, competition can be toxic(有毒的). It can become a pervasive lifestyle. You may feel anxious with each win and crushed with each defeat. Even hobbies can become so driven by competition that leisure loses its fun and playfulness.

2 Many of us know this from our own lives. Successful people are often good competitors. Many of you may thrive on competition. However, being a successful competitor can be a double-edged sword.





You may also know the down side of competition. It can come between you and your relationships. It can push you to drive too hard.

3 Competition is not just for work, school and the playing fields. Some of the most intense competition takes place at home. Almost any parent who has more than one child has experienced the competition that can occur between siblings (兄弟姐妹). Mild sibling rivalry (竞争) can help children learn about competition in a safe environment. Intense rivalry can leave lasting scars.

4 It is important for parents to model a healthy attitude towards competition in athletics and academics. If a parent feels that his child is defective in one area, he may insist that the child make it up to him by excelling in another area. If the child disappoints the parent with his classroom performance, he had better be an excellent athlete. This can promote an unhealthy narcissism (自我陶醉) in the child. He may feel that he has the right to win at any cost — cheating, or sabotaging (捣乱) other players. Parents must also model graceful striving, winning and losing in their own lives.

(291 words)

Directions: Read the passage carefully, then answer the questions in the fewest possible words. Write your answers in the spaces provided.

- 1) What positive role does competition play in our life?

- 2) What does success mean to a competitor according to the passage?

- 3) Among siblings, what can intense competition lead to?

- 4) According to the passage, in what field should parents model their child a healthy attitude towards competition?

- 5) What can an unhealthy attitude toward competition of a parent promote?

Task II Topic-related Reading

- 1) 【题解】 An extra spice.

根据第一段第一句 “For many of us, competition is an extra spice that keeps life interesting”。

- 2) 【题解】 A double-edged sword.

根据第二段第四句 “However being a successful competitor can be a double-edged sword”。

- 3) 【题解】 Lasting scars.

根据第三段最后一句 “Intense rivalry can leave lasting scars”。

- 4) 【题解】 In athletics and academics.

根据第四段第一句 “It is important for parents to model a healthy attitude towards competition in athletics and academics”。

- 5) 【题解】 An unhealthy narcissism in the child.

根据最后一段第四句 “This can promote an unhealthy narcissism (自我陶醉) in the child”。

Background Information

1. Sigmund Freud (1856—1939) was an Austrian physiologist, medical doctor, and psychotherapist. He is also regarded as one of the most influential thinkers of the twentieth century and as the founder of psychoanalysis as both a theory of personality and a therapeutic practice. He proposed the existence of an unconscious element in the mind which influences consciousness, and of conflicts in it between various sets of forces. Freud also stated the importance of a child's semi-consciousness of sex as a factor in mental development; his theory of the sexual origin of neuroses aroused great controversy. For more information about Sigmund Freud, please visit <http://www.iep.utm.edu/f/freud.htm> and <http://webpace.ship.edu/cgboer/freud.html>, where a detailed and comprehensive introduction about his life, thought and theory can be found.



2. The Cooperative Learning Center is a research and training center focusing on how students should interact with each other as they learn and the skills needed to interact effectively. It has been a part of the College of Education at the University of Minnesota for over 20 years. The training of the cooperative learning center includes instructors from pre-school through college in all subject areas. The training has concentrated on North America, but interest is growing around the world. For more information about the cooperative learning center, please visit <http://www.co-operation.org>.

3. Grade Point Average (GPA): In education, a grade (or mark) is a teacher's standardized evaluation of a student's work. In some countries, evaluations can be expressed quantifiably, and calculated into a numeric grade point average (GPA), which is used as a metric by employers and others to assess and compare students. A cumulative grade point average (CGPA) is the mean GPA from all terms, whereas GPA may only refer to a single term.

Grades in the United States: Classical five-point discrete evaluation with grades is the system most commonly used in the United States, but there are many variations. There are also a few schools that eschew discrete evaluation (letter grading) in favor of pure discursive evaluation. There is no standardized system of grading in the United States, as these issues are left up to individual universities, schools, and states. Grades in the United States are generally assigned by a letter: A(highest grade, excellent), B(above average), C(average), D (usually the minimum passing grade), and F (fail). Additionally, most schools will calculate a student's grade point average (GPA) by assigning each letter grade a number and using a mathematical formula to come up with a numerical representation of a student's work. Generally, American schools equate an A with a numerical value of 4.0. The percentage needed in any given coursework needed to achieve a certain grade and the assignment of GPA point values varies from one school to another. The most general and common grading scale is as follows:

Grade	Percentage	GPA value
A	90-100	3.5-4.0
B	80-89	2.5-3.49
C	70-79	1.5-2.49
D	60-69	1.0-1.49
F	0 - 59	0.0

Whether the failing grade is F or E typically depends on time and geography. Some states, but not many, have tended to favor E since World War II while the majority of the country tends to use F. Ultimately, the grade F traces to the days of two-point grading as Pass (P) and Fail (F). In recent years some schools have begun using an N for failing grades, presumably to represent NO CREDIT. For more information about GPA, please visit <http://www.wisegeek.com/what-is-a-gpa.htm>.

4. Ice hockey, often referred to simply as hockey, is a team sport played on ice. It is a fast paced and physical sport. Ice hockey is most popular in areas that are sufficiently cold for natural, reliable seasonal ice cover, though with the advent of indoor artificial ice rinks it has become a year-round pastime at the amateur level in major metropolitan areas such as cities that host a National Hockey League (NHL) or other professional-league team. It is one of the four major North American professional sports, with the National Hockey League (NHL) at the highest level, and the Canadian Women's Hockey League (CWHL) and the Western Women's Hockey League (WWHL) at the highest level of women's ice hockey in the world. It is the official national winter sport of Canada, where the game enjoys immense popularity.





参考译文

竞争与合作

派瑞·巴芬顿

竞争与合作，哪一个作用更大？毫不含糊地说，答案是合作。

虽然大多数人都对这个答案感到惊奇，但科学家们自19世纪后期以来在数以百计的研究中反复证实了这一观点。只是大企业、教育系统、卫生保健团体和大多数父母继续鼓励竞争，几乎完全忽略了合作的力量。这些群体均未意识到，日益激烈的竞争可能耗去数十亿美元的销售费用，还会造成人类成就的全面消减。此外，研究者们已证明，过多竞争可能导致健康欠佳。但我们仍抱有信念，坚信竞争（而非合作），用西格蒙德·弗洛伊德的话来说，“是通向成功的捷径”。

如果竞争确实凸显我们的“兽性”，那研究表明，合作会凸显我们的“人性”。这一结果体现在我们测试的每一种职业、技巧或行为中。譬如，与竞争型的同事相比，自认是合作型的科学家

可能发表的文章更多。合作型的商业人士薪水更高。合作型的学生从小学到大学平均分更高。在一起合作的人事主管发现需填补的空缺职位更少。而且，合作无疑促进了创造力。不幸的是，大多数人都没学过合作技巧。

合作看似在几个关键领域对共事的个体产生影响。它不仅令领导方式更为灵活，而且让每个人毫无顾虑地积极参与其中。此外，合作也影响个人对工作环境的感受。

也许令人惊奇的是，受合作直接影响的还有健康。“合作学习中心”开展了一项有趣的调查，对爱竞争的冰球运动员进行统计分析，研究合作与竞争、精神健康与身体健康之间的关系。中心评估了57名参加1980年奥运选拔赛的高校和半职业冰球运动员（年龄从18至29岁不等）。通过复杂的个性测量和社交计量，研究人员发现，合作远不止是有助人们融洽相处。

在这项研究中，更乐于合作的成员在心理适应和生理健康方面都优于更具竞争性的同事。竞争是你对某些事物持续对抗的情绪，它似乎会给健康带来副作用。而合作，及其他亲社会的无私行为，则易产生积极的影响。

正如世间万物，过犹不及。就合作而言，心理学家指出，太多的合作会导致“群体思维”、“人云亦云”或盲目跟风。尽管合作的氛围无疑能集思广益，优化成果，改善工作环境，但合作必须旨在完成当前项目。简而言之，合作是规则，但得遵从客观现实。



Part Three Intensive Reading

Text



Competition vs. Cooperation

Perry W. Buffington

- 1 Which works better, competition or cooperation? The answer, undoubtedly, is cooperation.
- 2 Although most people are surprised by this, scientists have repeatedly verified it in hundreds of studies since the late 1800s. Yet big business, the educational system, the health-care community, and most parents continue to encourage competition, almost totally neglecting the power of cooperation. None of these groups realizes that unabated competition may be costing billions of dollars in sales and overall decreases in human achievement. Furthermore, researchers have shown that too much competition may cause poor health. Yet we continue to hold the cherished belief that competition (not cooperation), to paraphrase Sigmund Freud, “is the royal road to success.”
- 3 If in fact competition brings out the “beast” in us, then research demonstrates that cooperation surely brings out the “best” in us. This finding has been held in virtually every occupation, skill, or behavior tested. For instance, scientists who consider themselves cooperative tend to have more published articles than their competitive colleagues. Cooperative business people have higher salaries. From elementary grades to college, cooperative students have higher grade point averages. Personnel directors who work together have fewer job vacancies to fill. And, not surprisingly, cooperation increases

creativity. Unfortunately, most people are not taught cooperative skills.

4 It seems that cooperation has an impact on individuals working together in several key areas. Not only does it create a more fluid leadership, but it allows everyone to participate actively without fear of censure. Cooperation also has an impact on an individual's perception of the work environment.

5 Another area directly impacted by cooperation is, perhaps surprisingly, health. A fascinating study conducted by the Cooperative Learning Center took a statistical look at competitive hockey players. The study examined the relation between cooperation/competition and mental and physical health. The Center evaluated 57 collegiate and semiprofessional ice-hockey players (aged 18-29 years) trying out for the 1980 Olympic team. Using sophisticated personality measures and a social-interaction scale, the researchers found that cooperation does much more than help people get along.

6 In this study, the more cooperative individuals were better adjusted psychologically and physically healthier than their more competitive colleagues. It seems that competition, or the constant feeling that you have to work against something, has unhealthy physical side effects. Cooperation, and other pro-social/unselfish behaviors, tend to have positive side effects.

7 As with everything, too much of a good thing can be a problem. In the case of cooperation, as psychologists point out, too much can lead to "group-think", "yes-man syndrome", or inappropriate conformity. Although there's no doubt that a cooperative environment increases the number of ideas, improves the quality of the outcome, and facilitates a better working environment, cooperation must be done in such a way as to protect the integrity of the project at hand. Simply put, cooperation is the rule, but objectivity must be maintained.

8 There are ways to facilitate cooperation, which have the same effects under any circumstances.

9 1. Share resources and information. When people are vying for knowledge, work space, personnel, or anything to help them get the job done, cooperation decreases. Resource exchange, however, encourages one person to work with another.

10 2. Reinforce team efforts. Rather than praising one person for a job well done, utilize a team approach to problem solving. When the team does well, the entire group is rewarded. This minimizes individual competition, and maximizes cooperation. Distribute the rewards equally among group members.

11 3. Act cooperatively. Research supports the fact that individuals who have witnessed a cooperative act will "pass it on", sharing some degree of cooperation with the next person they meet. Anytime you help another person feel better, you have increased the probability that he or she will be cooperative toward you. As Isaksen summarizes, "Actions speak louder than words and encourage another person to cooperate with you."

12 4. For your health's sake, experience cooperation. Make it a point to notice how much better you feel when you cooperate with others. As the researchers suggest, once you experience the positive feelings, there seems to be no other way to work except cooperatively.

13 In addition, other effective ways should not be overlooked such as focusing on doing well, allowing ample time, using similar language, sharing leadership, learning cooperative problem-solving tools and practicing reciprocity.

以下是促进合作的一些方法，
它们在任何情况下都同样有效。

1. 共享资源和信息。当人们为知识、工作空间、人事或任何有助完成工作的事物竞争时，合作就会减少。相反，交流资源会鼓励个人与他人合作。

2. 加强团队合作。与其称赞一个人的工作完成得漂亮，不如将问题的解决归功于团队的力量。如果团队干得出色，那整个团队都受到褒奖。这样就最大程度地减少了个人竞争，增强了合作。给予团队成员平等的奖励。

3. 合作行动。研究证实：目睹了合作行为的人会把这行为“传递”下去，与他们遇到的下一个人达成一定程度的合作。当你使别人快乐时，就可能使他/她更乐于与你合作。正如伊萨克森所说：“事实胜于雄辩，身体力行能鼓励别人与你合作。”

4. 为了健康，去体验合作。留意同他人合作给自己带来的乐观情绪。研究表明，一旦你体验到合作的乐趣，似乎合作就是工作的唯一方式了。

此外，其他一些有效方法也不应忽视。例如：专注于把事情做好，留够充足的时间，使用类似

的语言，共享领导权利，学会合作解决问题以及实践互惠互利。

简而言之，合作是一种有价值的东西，只有乐于给予和间接鼓励，合作才能发挥最好的效果。它使人融洽相处，是永远适于馈赠他人的礼物。



14 In brief, cooperation is a valuable commodity and works best when it is freely given and indirectly encouraged. It promotes goodwill toward men and women, and is a gift that is always appropriate.

(765 words)



New Words and Expressions

competition /ˌkɒmpə'tɪʃən/ <i>n.</i>	a situation in which people or organizations try to be more successful than other people or organizations 竞争
vs. /ˈvɜːsəs/ <i>prep.</i>	a written abbreviation of versus 与……相对, (比赛等)……对……
cooperate /kəʊ'pəreɪt/ <i>vt.</i>	to work or act together for a shared purpose 合(协)作
cooperation /kəʊ,ppə'reɪʃən/ <i>n.</i>	合(协)作
cooperative /kəʊ'pərətɪv/ <i>adj.</i>	willing to cooperate, helpful 合(协)作的
cooperatively /kəʊ'pərətɪvli/ <i>adv.</i>	合(协)作地
verify /ˈverɪfaɪ/ <i>vt.</i>	to check that sth. is true or accurate; confirm 证(核)实; 证明
neglect /nɪ'glekt/ <i>vt.</i>	to give too little attention or care to 疏忽, 忽视(略)
unabated /ˌʌnə'beɪtɪd/ <i>adj.</i>	continuing without becoming any weaker or less violent 不减弱的, 不衰的
furthermore /fɜːðə'mɔː/ <i>adv.</i>	in addition to what has already been said 而且, 此外
cherish /ˈtʃerɪʃ/ <i>vt.</i>	to love sb./sth. very much and want to protect them or it 珍惜(爱)
paraphrase /ˈpærəfreɪz/ <i>vt.</i>	to express the meaning in other words; to express in a shorter, clearer, or different way 解释, 意译
royal /ˈrɔɪəl/ <i>adj.</i>	relating to or belonging to a king or queen 王室的, 皇家的
royal road <i>n.</i>	a way of attaining sth. without trouble 捷径, 坦途
bring... out <i>v.</i>	to make sth. easier to see, taste, notice, etc. 使……显现, 引出
virtually /ˈvɜːtʃuəli/ <i>adv.</i>	almost, nearly 实际上, 事实上
occupation /ˌɒkjʊ'peɪʃən/ <i>n.</i>	a job, profession or employment 工作, 职业
colleague /ˈkɒliːg/ <i>n.</i>	sb. you work with, used especially by professional people 同事
elementary /elɪ'mentəri/ <i>adj.</i>	concerning the first and easiest part of a subject 初步的, 基本的

Detailed Study of the Text

1. Yet we continue to hold the cherished belief that competition (not cooperation), to *paraphrase* Sigmund Freud, “is the *royal road* to success”: However, we still deeply believe that competition is the way of attaining success, which is an idea of Sigmund Freud. (Para. 2)

【译文】但我们仍抱有信念，坚信竞争（而非合作），用西格蒙德·弗洛伊德的话来说，“是通向成功的捷径”。

paraphrase *v.* to express in a shorter, clearer, or different way 解释，意译

e.g. Please paraphrase the following passage into two paragraphs.

We should give full consideration to the difficulties China might meet in this year's export, yet that could never be paraphrased as neglecting or even abandoning the foreign market.

royal road short cut or the shortest and easiest way 捷径

e.g. The royal road to success is learning from other people's experiences.

2. If in fact competition *brings out* the “beast” in us, then research demonstrates that cooperation surely

grade point average <i>n.</i>	the average of a student's marks over a period of time in the US education system (成绩) 平均积点
personnel /pɜːsəˈnel/ <i>n.</i>	the department in a company that chooses people for jobs and deals with their complaints, problems, etc. 人事部门; the people who work in a company, organization, or military force 人员, 员工
director /dɪˈrektə/ <i>n.</i>	sb. who is in charge of a particular activity or organization 主管 (任), 负责人
vacancy /ˈveɪkənsɪ/ <i>n.</i>	a job that is available for sb. to start doing 空职 (缺)
have an impact on...	to have an effect on sb. or sth. 对……产生影响 (作用)
fluid /ˈfluː(ɪ)d/ <i>adj.</i>	likely to change; not fixed 灵活的, 易变的; graceful and continuing without any pauses or sudden changes 优美的, 流畅的
<i>n.</i>	a liquid 液 (体), 液态物
leadership /ˈliːdʒɪp/ <i>n.</i>	the qualities or abilities shown by a leader 领导, 领导权
censure /ˈsenʃə/ <i>n.</i>	the act of expressing strong disapproval and criticism 指 (谴) 责, 非难
perception /pəˈsepʃən/ <i>n.</i>	the ability to understand and make good judgments about sth. 洞察力, 理解力
fascinating /ˈfæsɪneɪtɪŋ/ <i>adj.</i>	extremely interesting and charming 有极大吸引力的, 迷人的
conduct /kənˈdʌkt/ <i>vt.</i>	to carry out or direct 进行, 实施
statistical /stəˈtɪstɪkəl/ <i>adj.</i>	relating to statistics 统计的, 统计学的
hockey /ˈhɒki/ <i>n.</i>	(<i>AmE</i> : ice hockey) (美) 冰球运动; (<i>BrE</i> : field hockey) (英) 曲棍球运动
physical /ˈfɪzɪkəl/ <i>adj.</i>	related to sb.'s body rather than their mind or emotions 身 (肉) 体的
physically /ˈfɪzɪk(ə)li/ <i>adv.</i>	in a way that is connected with a person's body rather than their mind 体格上, 身体上
evaluate /ɪˈvæljuet/ <i>vt.</i>	to judge or calculate the value or degree of sth. 评价 (估), 估计
collegiate /kəˈliːdʒɪət/ <i>adj.</i>	relating to a college or its students 大学的, 大学生的

brings out the “best” in us: If competition actually makes our “beast characteristics” clear, research shows that cooperation surely causes our “best” qualities to be seen. (*Para. 3*)

【译文】如果竞争确实凸显我们的“兽性”，那研究表明，合作会凸显我们的“人性”。

bring...out

(1) to make sth. easier to see, taste, notice, etc. 使……显现，引出

e.g. The increased responsibility brought out her best qualities.

That friend of his seems to bring out the worst in him.

(2) to present (a new product) to the public, introduce for sale 推出 (新产品)，推销

e.g. They are bringing out a new model of the car next year.

3. Not only does it create a more fluid leadership, but it allows everyone to participate actively without fear of censure: With cooperation, leadership would become more flexible, and everyone would play a more active role without fear of criticism. (*Para. 4*)

【译文】它不仅令领导方式更为灵活，而且让每个人毫无顾虑地积极参与其中。

Notice the inverted word order in the structure of “not only...but (also)...”.



semi-professional <i>adj.</i>	taking part in an activity for pay but not as a full-time job 半职业性的
try out for...	to compete for a position or place in sth., or to be a member of a team 参加……的选拔, 争取
sophisticated /sə'fɪstɪkeɪtɪd/ <i>adj.</i>	complicated and advanced in design 复杂的, 精密的, 尖端的
interaction /ɪntər'ækʃən/ <i>n.</i>	the activity of being with and talking to other people, and the way people react to each other 互动, 交流; a process by which two or more things affect each other 相互作用 (影响)
psychologically /saɪkə'lɒdʒɪkəl/ <i>adv.</i>	of, relating to, or arising in the mind 心理上
side effect <i>n.</i>	an unexpected or unplanned result of a situation or event 副作用
pro-social <i>adj.</i>	favoring or supporting social behavior 亲社会的
in the case of	as regards; so far as whoever or whatever is specified is concerned 就……而言, 关于
yes-man <i>n.</i>	a person who always agrees with people in authority in order to gain their approval 唯唯诺诺的人, 遵命先生
syndrome /'sɪndrəm/ <i>n.</i>	a set of opinions or a way of behaving that is typical of a particular type of person, attitude or social problem 一系列表现 (意见等); an illness which consists of a concurrent set of physical or mental symptoms 综合征
inappropriate /,ɪnə'prəʊpriət/ <i>adj.</i>	not suitable or right for a particular purpose or in a particular situation 不适合的, 不恰当的
conformity /kən'fɔ:məti/ <i>n.</i>	agreement with established rules, customs, etc. 遵从, 一致
facilitate /fə'sɪlɪteɪt/ <i>vt.</i>	to make sth. easy or easier; to help 使容易 (便利), 促进
integrity /ɪn'tegrəti/ <i>n.</i>	the state of being united as one complete thing 完整 (全); strength and firmness of character or principle, honesty 正直, 诚实
at hand	close by; about to happen 在手边; 即将到来
objectivity /,ɒbdʒek'tɪvəti/ <i>n.</i>	a state or situation in which sth. is based only on facts and evidence 客观性, 客观现实

e.g. Not only did I know her, but I was her best friend.

Not only is she pretty but also kindhearted.

Not only did I hear about it, but I saw it.

fluid *adj.* likely to change; not fixed 灵活的, 易变的

e.g. My holiday arrangements are fluid and I can come back to work at any time.

The situation is extremely fluid and is changing from day to day.

censure *n.* the act of expressing strong disapproval and criticism 指 (谴) 责, 非难

e.g. The new movie only invited the censure of most of the audience.

Some book critics give their praise or censure wholesale.

4. A fascinating study conducted by the Cooperative Learning Center took a statistical look at competitive hockey players: The Cooperative Learning Center launched a very interesting statistical research on competitive hockey players. (*Para. 5*)

【译文】“合作学习中心”开展了一项有趣的调查, 对爱竞争的冰球运动员进行统计分析。

“conducted”为过去分词作定语, 修饰“study”。句子的谓语部分是“took a...look at...”。

maintain /men'teɪn/ <i>vt.</i>	to make sth. continue in the same way or at the same standard as before 保（维）持
under... circumstances	the state of affairs being what it is 在……情况（条件）下
resource /rɪ'sɔːs/ <i>n.</i>	sth. you can use to help you to achieve sth., especially in your work or study 资源
vie /vaɪ/ <i>vi.</i>	to compete strongly with sb. in order to obtain or achieve sth. 竞争
reinforce /rɪːn'fɔːs/ <i>vt.</i>	to add strength or support to, make stronger or firmer 加（增）强
utilize /'juːtəlaɪz/ <i>vt.</i>	to use sth. for a particular purpose 利（使）用
reward /rɪ'wɔːd/ <i>vt.</i>	to give sth. to sb. because they have done sth. good or helpful or have worked for it 报答，奖赏
minimize /'mɪnɪmaɪz/ <i>vt.</i>	to lessen to the smallest possible amount or degree 把……减至最低数量或程度
maximize /'mæksɪmaɪz/ <i>vt.</i>	to increase to the greatest possible amount or degree 使……增至最大限度
distribute /dɪ'strɪbjʊ(:)t/ <i>vt.</i>	to share things among a group of people, especially in a planned way 分发（配）
equally /'iːkwəli/ <i>adv.</i>	in a way that is fair and the same for everyone 平等地，公平地
witness /'wɪtnɪs/ <i>vt.</i>	to see or notice (sth.) by being present when it happens 亲眼看见，目击
pass... on	to give sth. to another person 传递（给）
probability /ˌprɒbə'bɪləti/ <i>n.</i>	the likelihood that sth. will happen 可能性
for sb./sth.'s sake	(= for the sake of...) on account of, because of, for the benefit of 为了，因为
make it a point to do sth.	(= make a point of doing sth.) to do sth. deliberately, even when it involves making a special effort 特意去做……，决心做……
overlook /əʊvə'lʊk/ <i>v.</i>	to fail to see or notice sth. 忽视（略）
ample /'æmpl/ <i>adj.</i>	enough or more than enough 足够的，充裕的
reciprocity /rɪsɪ'prɒsəti/ <i>n.</i>	a situation in which two people, groups, or countries give each other similar kinds of help or special rights 互惠

conduct

vt. (1) to carry out or direct 进行，实施

e.g. Despite numerous failures, they continued to conduct the experiment without flagging.

We are conducting a survey of consumer attitudes towards organic food.

(2) (~ **oneself well/badly**) behave in the specified way （行为）表现

e.g. I think he conducted himself admirably, considering the difficult circumstances.

n. (1) a person's behavior in a particular place or in a particular situation 行为，品行

e.g. The prisoner was released early because of good conduct.

(2) the way in which an activity is organized and carried out 指导（挥），管理

e.g. There was growing criticism of the Government's conduct of the war.

statistical *adj.* of or relating to statistics 统计的；统计学的

e.g. The statistical data shows that the sales in the fourth quarter have decreased.

The school plans to make a survey of students from rural areas for statistical purposes.

5. The Center evaluated 57 *collegiate* and semiprofessional ice-hockey players (aged 18—29 years) *trying out*

for the 1980 Olympic team: The Center made an assessment of 57 collegiate and semiprofessional ice-hockey players (aged 18—29) who were candidates to be chosen as players for the 1980 Olympics. (Para. 5)

【译文】中心评估了57名参加1980年奥运选拔赛的高校和半职业冰球运动员（年龄从18至29岁不等）。

collegiate *adj.* relating to a college or its students 大学的，大学生的

e.g. Every June, each team gets the right to admit the best collegiate players as professionals.

It has established collegiate relations with many universities abroad.

“**trying out for**”为现在分词作定语，修饰句子的宾语“players”。

try out for to compete for a position or place in something, or to be a member of a team 参加……的选拔，争取参加

e.g. Most boys tried out for the school basketball team.

Those players not initially selected can be invited to try out for a team and are sometimes signed to playing contracts.

6. Using sophisticated personality measures and a social-interaction scale, the researchers found that cooperation does much more than help people get along: Through sophisticated measuring of personality and social-interaction, the researchers found that cooperation can bring many benefits besides helping people get along. (Para. 5)

【译文】通过复杂的个性测量方法和社会交往量表，研究人员发现，合作远不止是有助人们融洽相处。

“**using**”为现在分词作伴随状语，句子的主谓结构是“the researchers...found...”。

sophisticated *adj.*

(1) complicated and advanced in design 复杂的，精密的，尖端的

e.g. The operation of the factory relies on the highly sophisticated computer systems.

We should develop sophisticated technology in national defense.

(2) having a lot of experience of life, and good judgment about socially important things such as art, fashion, etc. 世故的，老练的，高雅时髦的

e.g. Customers are getting more sophisticated and more demanding.

Ten-year-olds can have a highly sophisticated grasp of morality.

do much more than do not only 不仅仅是，多于

e.g. Computers can do much more than solve problems in the scientific field.

Talking with people can do much more than make friends.

7. In this study, the more cooperative individuals were better adjusted psychologically and physically healthier than their more competitive colleagues: In this study, the more cooperative individuals could adapt better psychologically and were physically healthier compared with the more competitive ones. (Para. 6)

【译文】在这项研究中，更善于合作的成员在心理适应和生理健康方面都优于他们更具有竞争性的同事。

“**...were better...and...healthier than...**”是比较级句型，也是句子的主干结构。

psychologically *adv.* with regard to psychology; relating to the mind rather than the body 心理上

e.g. The young man was disturbed psychologically after his failure in the job interview yesterday.

8. It seems that competition, or the constant feeling that you have to work against something, has unhealthy physical side effects: Competition, or the feeling that you have to keep fighting against something, can bring unexpected bad effects on your health. (Para. 6)

【译文】竞争是你对某些事物持续对抗的情绪，它似乎会给健康带来副作用。

side effect an unexpected or unplanned result of a situation or event 副作用

e.g. Do you know if the sleeping pill has its side effect?

Take traffic in a modern city for instance, it's one side effect of civilization.

9. **In the case of cooperation, as psychologists point out, too much can lead to “group-think”, “yes-man syndrome”, or inappropriate conformity:** In terms of cooperation, psychologists note that too much of it can make people obey the rules of the group without careful consideration or people can always accept the ideas of the group and say “yes” to anybody. (Para. 7)

【译文】就合作而言，心理学家指出，太多合作会导致“群体思维”、“人云亦云”或盲目跟风。

in the case of so far as whoever or whatever is specified is concerned 就……而言，关于

e.g. In the case of a physical change no new substance is formed.

In the case of a highly intelligent animal, elementary training is easy.

in case if it happens that, if it should happen that, lest 假使，以防万一

e.g. Take an umbrella in case it rains.

in any case whatever happens or may have happened, anyway, anyhow 无论如何，不管怎样

e.g. We have to help her to pay the debt in any case.

in no case under no circumstances, never 无论如何不，决不

e.g. In no case should he be allowed to get up until he has completely recovered from his illness.

in case of if whatever is specified should occur 万一，假如发生

e.g. In case of fire, break the glass to sound the alarm.

“Group-think” refers to the phenomenon that people obey the group's rules inappropriately.

“Yes-man syndrome” refers to the behavior of always saying “yes” to others.

10. **Although there's no doubt that a cooperative environment increases the number of ideas, improves the quality of the outcome, and facilitates a better working environment, cooperation must be done in such a way as to protect the integrity of the project at hand:** It is certain that a cooperative environment is better for increasing the number of ideas, improving the quality of the outcome, and facilitating a better working environment, but the cooperation should be carried out so as to protect the completeness and purpose of the present project. (Para. 7)

【译文】尽管合作的氛围无疑能集思广益，优化成果，改善工作环境，但合作必须旨在完成当前项目。

facilitate vt. to make sth. easy or easier; to help 使容易（便利），促进

e.g. Computers can be used to facilitate language learning.

It would facilitate matters if you were more co-operative.

integrity n.

(1) the state of being united as one complete thing 完整（全）

e.g. Our integrity as a nation is threatened by these separatist forces.

The ancient pagoda is still there, but modern changes have damaged its integrity.

(2) strength and firmness of character or principle, honesty 正直，诚实

e.g. The integrity of the judge is unquestioned.

His integrity stood out in relief from the corruption of certain officials.

at hand 在手边；即将到来

e.g. He always kept the picture of his girlfriend's close at hand.

As the selling season is at hand, lots of fresh orders will pour in.

11. **Simply put, cooperation is the rule, but objectivity must be maintained:** To put it in a simple way, cooperation is the rule, but the standard of objectivity must be maintained. (Para. 7)

【译文】简而言之，合作是规则，但得遵从客观现实。

“put” in this sentence means “to express something using words”; for example, “to put it bluntly”, “to put it mildly” or “to put it another way”.

maintain v.

(1) to make sth. continue in the same way or at the same standard as before 保(维)持

e.g. I hope you will maintain your recent improvement.

He took the lead, and maintained it until the end of the race.

(2) to keep (sth.) in good condition by making repairs to it and taking care of it 维修, 保养

e.g. The railway lines have to be constantly maintained.

(3) to continue to say that sth. is true, even if other people do not believe you 坚持, 主张

e.g. This missile system, Bush maintains, will protect the US against so-called rogue states.

She maintained her innocence throughout the trial.

maintenance n. the act of keeping sth. in good condition by checking or repairing it regularly 维修, 养护, 保养

e.g. A lot of the cost of maintenance went into renewing brakes.

12. Rather than praising one person for a job well done, utilize a team approach to problem solving: Instead of singling out one person for praise for a good job, adopt the view that the problem solving is done by a team. (Para. 10)

【译文】与其称赞一个人的工作完成得漂亮, 不如将问题的解决归功于团队的力量。

rather than in preference to, instead of 宁愿; 而不

e.g. In an attempt to lose weight, he walks to work rather than going by car.

Chrysler should go into bankruptcy rather than approach the government for help.

13. Research supports the fact that individuals who have witnessed a cooperative act will “pass it on,” sharing some degree of cooperation with the next person they meet: Research shows that, if people have seen, or been part of, a cooperative act, they will continue to behave in this cooperative way; they may cooperate to some degree with the next person they meet. (Para. 11)

【译文】研究证实: 目睹了合作行为的人会把这行为“传递”下去, 和他们遇到的下一个人达成一定程度的合作。

“Research supports the fact that...” 是同位语从句, 说明fact的具体内容。

witness

v. (1) to see or notice (sth.) by being present when it happens 亲眼看见, 目击

e.g. Several journalists witnessed the incident in which eight people were injured.

Ambulance crews witness scenes like these every day.

(2) to be a sign or proof of 表明, 是……的证明

e.g. His tears witnessed the shame he felt.

n. sb. who is present when sth. happens, esp. a crime or an accident 目击者, 证人

e.g. Police have appealed to any witnesses to come forward.

14. Anytime you help another person feel better, you have increased the probability that he or she will be cooperative toward you: Each time you help another person and make him/her feel better, you have increased the chances of his/her cooperation with you. (Para. 11)

【译文】当你使别人感觉良好时, 他/她可能更乐于与你合作。

probability n. how likely sth. is to happen 可能性

e.g. The probability of making a mistake increases when you are tired.

Having disappeared for so long, the probability is that he has been kidnapped.

- 15. For your health's sake, experience cooperation:** You should cooperate with others for the benefit of your health. (Para. 12)

【译文】为了你的健康，去体验合作。

for sb.'s/sth.'s sake (= for the sake of...) on account of, because of, for the benefit of 为了，因为

e.g. Maybe later he would realize that all she had done was for the children's sake, not her own.

He had loved poetry for beauty's sake.

- 16. Make it a point to notice how much better you feel when you cooperate with others:** It is essential to notice the more pleasant feelings when cooperating with others. (Para. 12)

【译文】留意同他人合作给自己带来的乐观情绪。

make it a point to do sth. (= make a point of doing sth.) to do sth. deliberately, even when it involves making a special effort 特意去做……，决心做……

e.g. I have always made it a point to visit my mother on her birthday.

She made it a point to write home once a week.

He made a point of thanking the hostess before he left the party.

- 17. As the researchers suggest, once you experience the positive feelings, there seems to be no other way to work except cooperatively:** The researchers suggest that from the moment you experience the positive feelings, the only way to work is to work cooperatively. (Para. 12)

【译文】研究表明，一旦你体验了合作的乐趣，合作几乎就是唯一的工作方式了。

as conj. 正如，如同

e.g. As is announced in the newspaper today, the two large groups will cooperate in extensive fields for a few years.

As we know, Beethoven is one of the greatest musicians in history.

once conj. as soon as, when 一旦；当……的时候

e.g. Once you get used to the new job, you will have no further difficulties.

Once the facts become known, he will be punished.

- 18. In brief, cooperation is a valuable commodity and works best when it is freely given and indirectly encouraged:** Briefly speaking, cooperation works best when it is willingly given and encouraged indirectly. (Para. 14)

【译文】简而言之，合作是一种有价值的东西，只有乐于给予和间接鼓励，合作才能发挥最好的效果。

in brief in a few words 简而言之

e.g. Describe, in brief, the main plot of the novel.

In brief, what you have done benefits the program a lot.

commodity n.

(1) a thing that is useful or has a useful quality 有用（价值）的东西

e.g. Water is a precious commodity that is often taken for granted in the world.

I lead a very busy life, so spare time is a very precious commodity to me.

(2) a product or a raw material that can be bought and sold 商品，货物

e.g. Crude oil is the world's most important commodity.

The government increased prices on several basic commodities like bread and meat.



commodity /kə'mɒdəti/ *n.*

a product or a raw material that can be bought and sold 商品, 货物; a thing that is useful or has a useful quality 有用(价值)的东西;

goodwill /ɡʊd'wɪl/ *n.*

kind feelings towards or between people and a willingness to be helpful 友好, 善意

Text Comprehension

Global Reading

- 1) belief
- 2) success
- 3) best
- 4) fluid
- 5) participate
- 6) cooperative
- 7) adjusted
- 8) integrity
- 9) facilitate
- 10) valuable

Detailed Reading

- 1) B

Text Comprehension

Global Reading

Directions: Fill in the blanks with appropriate words from the text.

Although scientists have repeatedly verified that cooperation works better than competition, most people continue to cherish the 1) _____ that competition is the royal road to 2) _____. In fact, competition brings out the “beast” in us, while cooperation surely brings out the 3) “_____” in us. This finding has been held in virtually every occupation, skill, or behavior tested. Furthermore, cooperation not only creates a more 4) _____ leadership, but also allows everyone to 5) _____ actively without fear of censure. In a scientific study, the more 6) _____ individuals were better 7) _____ psychologically and physically healthier than the more competitive ones. However, cooperation must be done in such a way as to protect the 8) _____ of the project at hand. There are some ways to 9) _____ cooperation, such as sharing resources and information, reinforcing team efforts and acting cooperatively. In a word, cooperation is a 10) _____ commodity and an appropriate gift for men and women.



Detailed Reading

Directions: Choose the answer that best completes each sentence or answers each question.

- 1) According to the text, the educational system and most parents neglect _____.
A) the power of competition B) the power of cooperation

- C) the cost of dollars
- D) the decrease in human achievement
- 2) The research shows that _____ tend to be less successful.
 - A) competitive colleagues
 - B) personnel directors who work together
 - C) participants without fear of censure
 - D) creative individuals
- 3) In the study conducted by the Cooperative Learning Center, the more competitive individuals _____.
 - A) were better adjusted psychologically
 - B) were healthier physically
 - C) suffered from negative physical side effects
 - D) benefited from positive side effects
- 4) Which is NOT true about “cooperation” according to the text?
 - A) It works better than competition.
 - B) Too much cooperation can improve the quantity of income.
 - C) It is a gift that is always appropriate.
 - D) A team approach may be more useful than praising one person for a job well done.
- 5) According to the text, too much competition may _____.
 - A) lead to success
 - B) bring out the “best” in us
 - C) cause health problems
 - D) increase the number of ideas

Text Organization

Directions: The text can be divided into 4 parts. Now fill in the blanks with appropriate words from the text to complete the main idea of each part.

Parts	Paragraphs	Main Ideas
Part One	Para 1	Undoubtedly, cooperation works better than 1) _____.
Part Two	Paras 2—6	Competition brings out the 2) _____ in us, and research demonstrates that cooperation brings out the 3) _____ in us. Cooperation has an 4) _____ on individuals in several key areas, including health.
Part Three	Paras 7—13	In order to facilitate cooperation, we can 5) _____ resources and information, reinforce team efforts, act cooperatively and 6) _____ cooperation.
Part Four	Para 14	Cooperation is a valuable 7) _____ which promotes 8) _____ toward men and women.

17

- 2) A
- 3) C
- 4) B
- 5) C

Text Organization

- 1) competition
- 2) “beast”
- 3) “best”
- 4) impact
- 5) share
- 6) experience
- 7) commodity
- 8) goodwill



Language Focus

Vocabulary

1. 1) cherished
- 2) statistical
- 3) integrity
- 4) commodities
- 5) cooperative
- 6) distributed
- 7) sophisticated
- 8) vacancies
- 9) facilitate
- 10) interaction
- 11) witnessing
- 12) conducted
- 13) virtually
- 14) impact
- 15) maintained

2. 1) has neglected

Language Focus

Vocabulary

1. Directions: Fill in the blanks using some of the words given below. Change the form where necessary.

virtually	cherish	personnel	witness	paraphrase
conduct	facilitate	maintain	distribute	perception
participate	integrity	cooperative	vacancy	equally
impact	interaction	commodity	sophisticated	statistical

- 1) Her most _____ possession is the diamond necklace around her neck.
- 2) According to the _____ figures, over half of the students had a positive attitude toward their future.
- 3) Deleting this plot would destroy the _____ of the story.
- 4) Because of the long-lasting snowstorm, the price of agricultural _____ has risen greatly.
- 5) It is important to be _____ toward the other team members in order to achieve our goal.
- 6) Food and water have been _____ among the refugees from the neighboring country.
- 7) Since it is not easy to repair this highly _____ machine, we need more time.
- 8) The other positions have been filled, but there are still _____ for cleaners.
- 9) At college, computers are used to _____ students' language learning.
- 10) Price is determined through the _____ of demand and supply.
- 11) We were _____ the most important scientific development of the century.
- 12) The surgical operation was _____ by the best surgeon in the hospital.
- 13) At the beginning, _____ every soldier confronts his own problem.
- 14) Internet shopping has had a great _____ on the traditional bookstores.
- 15) Due to the lack of money, some public facilities in the community were poorly _____.

2. Directions: Distinguish between the confusable words and fill in the blanks with the proper word from the brackets of each sentence.

- 1) Since he was promoted last month, he has occupied himself with the new work and _____ his kids. (neglected; ignored)