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INNOVATION
COLLEGE ENGLISH

创新大学英语

三册 教师用书

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Unit One

Competition and Cooperation

Objectives

• Skills

- 1) Listening
 - a) Detecting Assimilation
 - b) Listening for General Information and Details
- 2) Reading
 - a) Fast Reading
 - b) Reading for General Information and Details
- 3) Speaking
 - a) Discussing about Teamwork
 - b) Interview
- 4) Writing
 - a) Essay Writing
 - b) Practical Writing: Application Letter

• Language Focus

Key Words and Phrases

competition	royal	conduct	sophisticated	integrity
cooperate	bring... out	personnel	in the case of	reinforce
verify	virtually	vacancy	lead to	distribute
neglect	tend to do	have an impact on	maintain	witness
overall	elementary	interaction	perception	for sb.'s/sth.'s sake
cherish	paraphrase	facilitate	participate	make it a point to do sth.

Structures

It seems that...	rather than...
as with...	appositive clause
once... (introduces a clause)	

Teaching Arrangement

• **Listening**

- 1) Time schedule: 1 class hour
- 2) Suggested lesson structure:
 - a) Listening Strategy: 10-15 minutes
 - b) Task I Listening Practice: 10-15 minutes
 - c) Task II Topic-related Listening: 20-25 minutes

• **Reading Comprehension**

- 1) Time schedule: 1 class hour
- 2) Suggested lesson structure:
 - a) Reading Strategy: 15 minutes
 - b) Task I Fast Reading: 20 minutes
 - c) Task II Lead-in: 10 minutes

• **Intensive Reading**

- 1) Time schedule: 2-3 class hours
- 2) Suggested lesson structure:
 - a) Warm-up Activities: 15-20 minutes
 - b) Text Understanding: 20-25 minutes
 - c) Language Study: 45 minutes
 - d) Exercises: 45 minutes

• **Speaking**

- 1) Time schedule: 1 class hour
- 2) Suggested lesson structure:
 - a) Activity One: 15 minutes
 - b) Activity Two: 15 minutes
 - c) Activity Three: 15 minutes

• **Writing**

- 1) Time schedule: 1 class hour
- 2) Suggested lesson structure:
 - a) General Writing: 25 minutes
 - b) Practical Writing: 20 minutes

Teaching procedures



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/, where said naturally in many accents and discourse styles (“dombe silly”). 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 /f/ 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.

- | | | |
|------------------------|----------------|-------------------|
| 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.

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.

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.

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

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 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.

 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】 a sign of courage and wisdom

依据倒数第二段的第一句。



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”。



Part Three Intensive Reading

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.

Warm-up Activities

I. Purposes

- to make students get a better understanding of cooperation and competition;
- to familiarize the students with the topics in the text.

II. Warm-up Activities

Activity One

Directions: *Ask students to discuss the following questions in groups.*

- What are the advantages of cooperation?
- What are the advantages of competition?

Tips:

- Cooperation is beneficial to social and personal communication, especially in the learning and working environment (for example...). It also has positive impacts on our physical and mental health (for example...), etc. Cooperation can build trust between each other and help to bring long-term relationship; besides, cooperation can turn a small and weak business into a big and strong one.
- Competition can produce a kind of pressure which is necessary for the personal and social development (for example...). From the evolution and natural selection aspect, it is a better way to make progress in the world. Competition can help to defeat rivals and direct a short cut to success for us.

Activity Two

Directions: *Ask students the following question.*

- Which kind of society do you prefer, a cooperative one or a competitive one?

Tips:

- I prefer to live in a cooperative society because I like a peaceful and harmonious social environment, and I don't want to see people hurt or do harm to each other because they want to get a better social status/a better job/a higher income/a bigger house, etc.
- I would like to live in a more competitive society because I need some pressure for my self-development and progress. I believe that only competition can encourage me to become a stronger and more powerful person in the society.

Activity Three

Directions: *Ask students to comment on the following expressions.*

- Competition and cooperation are involved in every field of life and work.
- Without competition, people would remain idle and have no ambition.

- Competition is found everywhere because it is inborn human nature to long for a better life.
- Many hands make light work.
- The only thing that will redeem mankind is cooperation.

Tips:

- 社会各个领域都充满着竞争与合作。
- 没有竞争,人们就会无所事事,没有抱负。
- 到处都能发现竞争,因为渴望更好是人的天性。
- 众人拾柴火焰高。
- 唯一能拯救人类的方法就是合作。

Global Study of the Text

Suggested Activities

Activity One: *Understanding the Text Structure*

Directions: *The text can be organized into four parts. Go through the text quickly and decide which paragraphs the following titles can cover.*

Parts	Paragraphs	Titles
Part One	Para 1	Statement of the text: Cooperation works better.
Part Two	Paras 2—6	Supporting details: Cooperation brings out the “best” in us and has an impact on individuals in several key areas.
Part Three	Para 7—13	Solutions: suggestion and ways to facilitate cooperation.
Part Four	Para 14	Conclusion: Cooperation should be encouraged.

Activity Two: *Understanding the Content*

Directions: *Answer the following questions.*

1. According to the text, why does cooperation have an impact on individuals working together?

Tips: Because it not only creates a more fluid leadership, but also allows everyone to participate actively without fear of censure. Cooperation also has an impact on an individual's perception of the working environment.

2. What problem does too much cooperation lead to according to the psychologists?

Tips: It can lead to “group-think”, “yes-man” syndrome, or inappropriate conformity.

3. What are the findings from the study conducted by the Cooperation Learning Center?

Tips: The researchers found that cooperation does much more than help people get along. It seems that competition, or the constant feeling that you have to work against something, has unhealthy physical side effects. Cooperation, and other unselfish behavior, tends to have positive side effects.

4. How can team efforts be reinforced?

Tips: When the team does well, the entire group is rewarded and the rewards should be distributed equally among group members.

Activity Three: Understanding the Content

Directions: Find out the main idea of each paragraph in Part Two.

Para.2: Some people hold the belief that competition is the key to success.

Para.3: Cooperation surely brings out the “best” in us in every occupation.

Para.4: Cooperation has an impact on individuals.

Para.5: Cooperation does more than help people get along.

Para.6: Cooperation affects our health.

Detailed Study of the Text

1) (Para.2) 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.

【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”。

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.

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.

2) (Para.3) If in fact competition brings out the “beast” in us, then research demonstrates that cooperation surely 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.

【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) (Para.4) **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.

【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) ...”.

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) (Para.5) **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.

【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”。句子的谓语动词是“took a... look at...”。

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) (Para.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.

【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) (Para.5) 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.

【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, 合作远不仅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) (Para.6) 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.

【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) (Para.6) 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.

【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) (Para.7) 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.

【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 is 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) (Para.7) 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.

【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) (Para.7) 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.

【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) (*Para.10*) **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.

【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) (*Para.11*) **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.

【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) (*Para.11*) **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.

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

【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) (Para.12) **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.

【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) (Para.12) **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.

【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.

If the facts once become known, he will be punished.

- 18) (Para.14) **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.

【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.

Keys:

Text Comprehension

Reading for Main Idea

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

Reading for Detailed Information

- 1) B 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 | 2) in the case of | 3) costs | 4) sources | 5) at hand |
| 6) vacant | 7) awarded | 8) specially | | |

Structure

1.

- 1) As with hiking
2) As (it is) with learning any language

- 3) It seemed that he didn't adopt/take my advice
- 4) It seemed that my father would lose his temper
- 5) It seems that Professor Smith can't come

2.

- 1) I'll send you my address once/when I've found some place to live.
- 2) I would have little influence over her once she (had) made up her mind.
- 3) You will be very happy and relaxed once you have got to know everyone in the company.
- 4) He would be offended once he understood what the real purpose was.
- 5) We can make use of online resources once we have registered.

Translation

- 1) 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”。
- 2) 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”。
- 3) 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。
- 4) 简而言之,合作是规则,但得遵从客观现实。
- 5) 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。

附: 课文参考译文

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。