

 普通高等教育大学英语系列教材

**INNOVATION
COLLEGE ENGLISH**

创新大学英语

三册 综合教程

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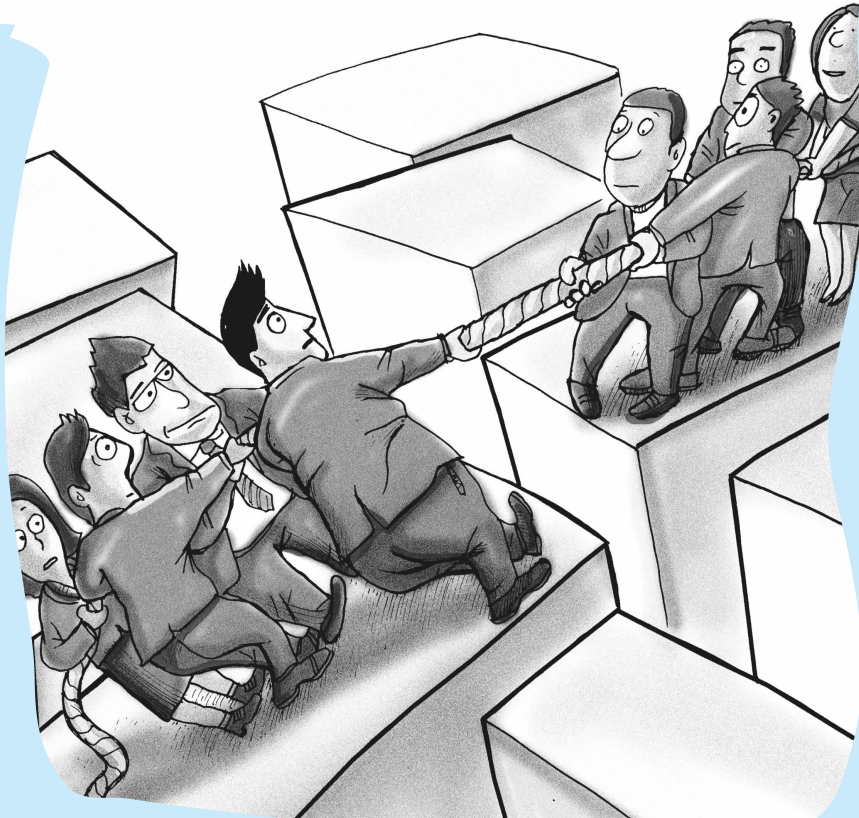
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UNIT 1

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 /f/ 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. 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 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**

Directions: *Listen to the passage and choose the best answers to the questions you hear.*

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

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

(Time: 15 minutes)

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."

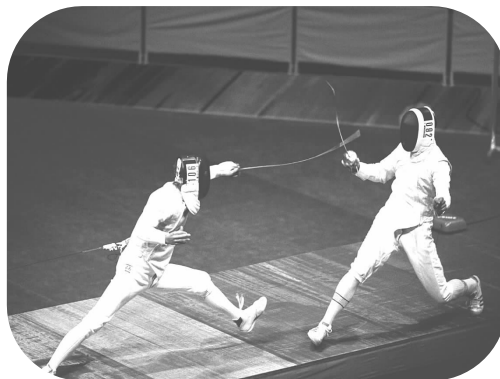
There can be a ton of pressure in high school sports. Usually it comes from the feeling that a parent or coach expects you to always win. But sometimes it comes from inside, too: Some players are just really hard on themselves. And individual situations can add to the stress: Maybe there's a recruiter (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.



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)

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 easing 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

(Time: 6 minutes)

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.

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.



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.

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 promote?



Part Three Intensive Reading

Text

Competition vs. Cooperation

Perry W. Buffington

- ① Which works better, competition or cooperation? The answer, 1 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



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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.” 75

- 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. 80

- 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.

- 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. 85

(765 words)

New Words and Expressions

competition	/ˌkɒmpə'tɪʃən/	n.	a situation in which people or organizations try to be more successful than other people or organizations 竞争
vs.	/'vɜːsəs/	prep.	a written abbreviation of versus 与……相对,(比赛等)……对……
cooperate	/kəʊ'ɒpəreɪt/	vt.	to work or act together for a shared purpose 合(协)作
cooperation	/kəʊ,ɒpə'reɪʃən/	n.	合(协)作
cooperative	/kəʊ'ɒpərətɪv/	adj.	willing to cooperate, helpful 合(协)作的
cooperatively	/kəʊ'ɒpərətɪvli/	adv.	合(协)作地
verify	/'verɪfaɪ/	vt.	to check that sth. is true or accurate; confirm 证(核)实;证明
neglect	/nɪ'glekt/	vt.	to give too little attention or care to 疏忽,忽视(略)
unabated	/ˌʌnə'beɪtɪd/	adj.	continuing without becoming any weaker or less violent 不减弱的,不衰的
furthermore	/fɜːðə'mɔː/	adv.	in addition to what has already been said 而且,此外

New Words and Expressions

cherish	/'tʃerɪʃ/	<i>vt.</i>	to love sb./sth. very much and want to protect them or it 珍惜(爱)
paraphrase	/'pærəfreɪz/	<i>vt.</i>	to express the meaning in other words; to express in a shorter, clearer, or different way 解释, 意译
royal	/'rɔɪəl/	<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	/'vɜːtʃʊəli/	<i>adv.</i>	almost, nearly 实际上, 事实上
occupation	/ˈɒkjʊ'peɪʃən/	<i>n.</i>	a job, profession or employment 工作, 职业
colleague	/'kɒliːg/	<i>n.</i>	sb. you work with, used especially by professional people 同事(僚)
elementary	/elɪ'mentəri/	<i>adj.</i>	concerning the first and easiest part of a subject 初步的, 基本的
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	/pɜːsə'nel/	<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	/dɪ'rektə/	<i>n.</i>	sb. who is in charge of a particular activity or organization 主管(任), 负责人
vacancy	/'veɪkənsɪ/	<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	/'flu(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; likely to change; not fixed 不固定的, 易变的
		<i>n.</i>	a liquid 液(体), 液态物

New Words and Expressions

leadership	/ˈliːdəʃɪp/	<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>	(AmE: ice hockey) (美)冰球运动; (BrE: 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	/kəˈliːdʒiət/	<i>adj.</i>	relating to a college or its students 大学的, 大学生的
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	/səˈfɪstɪkətɪd/	<i>adj.</i>	complicated and advanced in design 复杂的, 精密的, 尖端的
interaction	/ɪntərˈækjən/	<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	/saɪkəˈlɒdʒɪkəli/	<i>adv.</i>	of, relating to, or arising in the mind 心理上



New Words and Expressions

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	/ˈsɪndrəʊm/	<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 综合症
inappropriate	/ˌɪnəˈprəʊpriət/	<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	/kənˈfɔ:məti/	<i>n.</i>	agreement with established rules, customs, etc. 遵从,一致
facilitate	/fəˈsɪlɪteɪt/	<i>vt.</i>	to make sth. easy or easier; to help 使容易(便利),促进
integrity	/ɪnˈtegrəti/	<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	/ˌɒbdʒekˈtɪvəti/	<i>n.</i>	a state or situation in which sth. is based only on facts and evidence 客观性,客观现实
maintain	/menˈteɪn/	<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	/ˈriːsɔ:s/	<i>n.</i>	sth. you can use to help you to achieve sth., especially in your work or study 资源

New Words and Expressions

vie	/vaɪ/	<i>vi.</i>	to compete strongly with sb. in order to obtain or achieve sth. 竞争
reinforce	/riːn'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	/,prɒbə'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

New Words and Expressions

commodity	/kə'mɒdətɪ/	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

Reading for Main Idea

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.



Reading for Detailed Information

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

- 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.

**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)

- 2) Break the glass to sound the alarm _____ fire. (in the case of; in case of)
- 3) It _____ the couple more than 2000 Yuan per year to run the car. (spends; costs)
- 4) According to reliable information _____, those missing children have been found. (resource; source)
- 5) The apartment is very convenient in that some schools and hospitals are close _____. (at hand; in hand)
- 6) It was advertised in today's newspaper that there was a(n) _____ post of manager to fill. (empty; vacant)
- 7) I am surprised that Andy was _____ the first prize in the speech competition. (awarded; rewarded)
- 8) I came here _____ to present you with the birthday gift. (specially; especially)

Structure

1. Directions: Study the models and complete the following sentences by translating the Chinese into English, using "As with..." or "It seems/seemed (that)..."

Model 1: _____ (正如世间万物), too much of a good thing can be a problem.

➡ **As with everything**, too much of a good thing can be a problem.

Model 2: _____ (竞争似乎会给健康带来副作用). Cooperation, and other pro-social/unselfish behavior, tends to have positive side effects.

➡ **It seems that competition has unhealthy physical side effects**. Cooperation, and other pro-social/unselfish behavior, tends to have positive side effects.

- 1) _____ (如同徒步旅行一样), you should always think about your safety and wear good clothes.
- 2) _____ (如同学习任何语言), the old saying that "practice makes perfect" applies.
- 3) _____ (看来他没有采纳我的建议) and I was quite upset.
- 4) _____ (看来父亲要发火了) but it was not my fault.
- 5) _____ (看来史密斯教授不能来了), so we have to invite another expert.

2. Directions: Combine the following pairs of sentences as show in the model.

Model: You have signed.

You can't change any term in the contract.

➡ You can't change any term in the contract **once** you have signed.