

<<新编大学英语实用教程>>

图书基本信息

书名：<<新编大学英语实用教程>>

13位ISBN编号：9787119049595

10位ISBN编号：7119049593

出版时间：2009-5

出版时间：外文出版社

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页数：199

字数：316000

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### 内容概要

为了强对高职高专教育的宏观管理和指导,进一步推动高职高专教育的教学基本建设和教学改革,我社以国际流行英语教学为导向,联合各大院校的资深教师,结合最新的实际教改情况,总结实践教学经验,深入研究高职高专英语教学的特点,几易其稿,终于编写出这套《新编大学英语实用教程》。

本套教程突出强调“立足实用,打好基础,强化能力”的高职英语教学原则,以全面提高学生的应用能力为目标,旨在培养高职高专应用性人才。

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## 章节摘录

Have you ever felt so anxious during an examination that you suffer from what is known as test anxiety? For a number of years, Dr. Trimble helped many students learn how to perform better during exams and to bring up their grades. Some of these students began holding learning workshops on overcoming test anxiety. For many students, just being in a workshop with other sufferers made them feel better. They realized that they were not the only ones who had done poorly on tests because of tension. In the workshops, students are taught that anxiety is normal. You just have to prevent it from getting the better of you. The first step is to learn to relax, which will help relieve tension. If you are so calm, you don't care how you do on an examination and you can do well. As a student you must know that if you begin to study a day or two before the examination, you can't learn it all. Instead, concentrate on what you can do and try to think what questions are likely to be asked and what you can do in the time left for studying. On essay questions, instead of starting right away, take a few minutes to organize your thoughts, make a brief outline, and then start off with a summary sentence. Keep working steadily, and even when time starts to run out, don't speed up.

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编辑推荐

《新编大学英语实用教程：学生用书第1册》严格遵循离职英语教学大纲 体例设计紧扣高职  
教学特点 教材、教参、练习册三位一体 多媒体教学光盘实现立体教学

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