

大学英语四级

快速阅读技巧

曹艳春 编著

ENG

辽宁大学出版社

大学英语四级 **快速阅读技巧**

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前 言

大学英语四级考试新题型中, 阅读理解部分的比重由原来占整个试卷的 40% 变为目前占整个试卷的 35%, 题型也由原来的单纯 4 篇篇章阅读改为目前的快速阅读 1 篇、篇章词汇或短句问答 1 篇、篇章阅读 2 篇。快速阅读题型, 重点考查学生对略读和查读两种阅读方法的掌握和运用能力。培养和引导广大考生从长篇文字中快速获取有价值的信息的能力。

鉴于阅读理解在四级考试中的重要性, 作者在本书中详细介绍了各种阅读技巧及相关的应试策略, 旨在帮助学生尽快提高阅读应试能力。

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第一篇

快速阅读解读及应试技巧

大学英语四级考试新题型中，快速阅读题重点考查学生对略读和查读两种阅读方法的掌握和运用能力，培养和引导广大考生从长篇文字中快速获取有价值的信息的能力。

快速阅读解读

一、什么是快速阅读呢？

快速阅读简称快读或者速读，它不同于细读。顾名思义，快速阅读就是用比平常人快几倍、十几倍、几十倍、甚至上百倍的速度进行阅读，用一句成语形容就是“一目十行”。就是要求阅读速度要尽可能的快，同时也要求理解率高、记忆效果好，从而在尽可能短的时间内获得最大量的有用信息。

二、快速阅读的目的是什么？

爱因斯坦曾经说过，快速阅读就是“在所阅读的书本中找出可以把自己引到深处的东西，把其他一切统统抛掉；也就是抛掉使头脑负担过重并将自己诱离要点的一切。”

快速阅读是一种“去粗取精”式的阅读。也有人称之为“扫描”式或“跳跃”式的阅读，其目的是要把书中那些无关紧要的信息“省略”，而使目光像雷达搜索和追踪目标一样，敏锐地抓住书中的重点、要点和总体脉络。这样，我们就可以用较少的时间去赢得较大的阅读量，用较少的精力获得较多的知识和信息。

三、快速阅读的性质是什么？

快速阅读是一种简缩的阅读。它运用无声的思维语言，在头脑中思索、解决问题。它具有简缩、跳跃和无声的性质。在阅读过程中，视觉感知文字符号要一个一个或一组一组地进行，还需要眼停和眼跳的配合，眼停即为对文字的注视，其时间长短是影响感知文字符号速度的最重要因素。这个感知行为和人的思维，常常不能同步进行，而是一快一慢，两者不能协调运作，从而影响阅读速度。

快速阅读是一种讲求效率、节省视力和脑力的阅读；是一种更有利于记忆的阅读；是一种更符合人的思维特征的阅读。

四、影响阅读速度的主要因素是什么？

阅读速度直接影响着信息量，对学习效率有很大影响。了解影响阅读速度的主要因素并有针对性地加以训练，具有重大意义。影响阅读速度的几个主要因素如下：

注意力：（Attention is the cognitive process of selectively concentrating on one aspect of the environment while ignoring other things.）“注意”，是人们熟悉的一种心理现象，通常称“专心”。注意是心理活动对一定事物的指向与集中，是智力活动的基础条件。集中注意力就是专心致志、对周围的人和事会听而不闻、视而不见。

有研究表明，天才有一个共同的突出的特性就是能长时间保持注意力，这种长久的集中注意力是成才的极为重要的因素。人在集中注意力做某件事的时候，能够发挥出超常的无法想象的潜力。良好的注意力，是提高我们工作和学习效率的必要因素。早在19世纪，马克思便根据自己的切身经历提出了“天才就是集中注意力”的著名论断，同时法国著名生物学家乔治·居维叶也说“天才，首先是注意力”。意大利儿童教育家蒙台梭利曾经说过：“给人类带来进步的伟大发现，与其说由于科学家们的教养或者他们的知识，毋宁说是由于完全聚精会神的能力。由于他们的智慧能够埋头于他们感到兴趣的工作”。这都强调了注意力这一人类共同的心理现象在科学研究和日常工作学习中的重要作用。不仅如此，注意是人们认识世界获得知识及运用经验适应环境和改造世界过程中必不可少的心理特征。

目前，在学生中普遍存在注意力难以集中的现象。注意力不集中，就会导致学习成绩上不去，无法记住有用的知识信息。

造成注意力不集中的原因有哪些呢？

1. 外界环境的干扰；
2. 对所学科目不感兴趣；
3. 家庭教育方式不当，没能形成良好的习惯；
4. 焦虑，精神高度紧张，心理压力过大；
5. 睡眠不足，大脑得不到充分的休息；
6. 缺乏阅读习惯，不善于集中自己的注意力；
7. 沉溺于某些事情或意识范围狭窄，因而引起对其他事物的注意力下降，比如上网、游戏成瘾等。

如今的学生，是在电视机前长大的一代。电视、网络等媒体的广告、新闻、高分贝的视听信息充斥着人们的视觉和听觉。人们的注意力转向了新奇刺激，无意注意代替了有意注意；短暂的注意占领了长久的注意。人们甚至对阅读、学习这类缺乏刺激的事物失去了兴趣和自制力。长时间专注地做一件事的能力在逐渐丧失。

音读：“音读”一般是指我们在快速阅读过程中大脑的听觉器官和发音器官有意无意地把单词的发音出声或在心里默读出来的现象。我们在平时阅读时要经历“形—音—义”的过程，往往是眼睛看到单词，大脑反映出读音，最后再确定词义。这是一个相对复杂的过程，要想提高阅读速度，就必须想办法简化这一过程，即去掉音读这一环节，实现由形到义的直接过渡。

忽略线索：忽略线索一般是指在阅读时对文章的文体、内容及结构不熟悉，忽视了文章的标题、引言、总结、说明及图解等信息，从而限制了阅读思考，影响记忆效率。因此在阅读时必须注意对文章标题、文章“五 W”要素等关键词的搜索与记忆。

阅读视野：阅读视野是指我们在阅读时，一眼所能看到的单词的数量。一般阅读的视野区为 15 度角，眼球停跳瞬间识别单词数量为 3 ~ 5 个。如果能有意识地逐渐加宽视野区范围，延长目光移视长度，让眼球停跳瞬间可以辨别更多单词，我们阅读的速度便会发生惊人的变化。

五、快速阅读的方法主要有哪些？

快速阅读是一种单纯运用视觉的阅读方式。它是一种科学运用视力和脑力的“眼脑直映”的方法。这种方法省略了传统阅读中的语言中枢和听觉中枢这两个中间环节，即文字信号直接映入大脑记忆中枢进行理解和记忆。它是在识字过程中形成的一种习惯和技能，经过锻炼，人人都可以做到。快速阅读的方法主要有略读和查读（**Skimming** 和 **Scanning**）两种方法。

What is meant by scanning?

Scanning is a fast reading technique. It's a way of reading to look for specific information in a text.

Scanning can be used to look up a phone number, read through the small ads in a newspaper, or for browsing TV schedules, timetables, lists, catalogues or web pages for information. For these tasks you don't need to read or understand every word.

Scanning is also useful when studying or looking to find specific information from a book or article quickly as there is not always time to read every word.

To scan efficiently, you should have a clear idea of what you are looking for (a date? A place? An explanation?), and where you are likely to find it. After finding the appropriate part

of the material, you read as much as is necessary to find the answer to your question.

Since the purpose in scanning is to search for specific information, accuracy is just as essential as speed. So, try to read quickly without sacrificing accuracy.

Hints and tips for better scanning.

1. Don't try to read every word. Instead let your eyes move quickly across the page until you find what you are looking for.
2. Use clues on the page, such as headings and titles, to help you.
3. In a dictionary or phone book, use the 'header' words to help you scan. You can find these in bold type at the top of each page.
4. If you are reading for study, start by thinking up or writing down some questions that you want to answer. Doing this can focus your mind and help you find the facts or information that you need more easily.
5. Many texts use A-Z order. These include everyday materials such as the phone book and indexes to books and catalogues.
6. There are many ways to practise scanning skills. Try looking up a favourite recipe in the index of a cookbook, search for a plumber in your local Yellow Pages, or scan web pages on the Internet to find specific information.

查读

查读是一种快速阅读技能,用以快速发现某个特定的信息。它是在考试和实际阅读中都很实用的一种方法。查词典时你要这样做,找电话号码等时也要这样做。

为了有效地查读,你必须清楚自己要寻找的是什么(日期?地点?解释?)以及你可能在什么地方找到它。找到相关联的部分后,再仔细阅读去找到你问题的答案。因为查读的目的是寻找某个特定的信息,所以准确率与速度同样至关重要。所以,不要为了速度而放弃准确率。

What is skimming?

Skimming means reading through a passage quickly to get general idea of its content. It is a valuable rapid reading skill, which helps improve your comprehension and save time.

There are three basic forms of skimming—previewing, overviewing, and reviewing. In preview skimming you view the material before you actually read it. You can use it to select a book, survey a chapter, or search for useful research material. Overview skimming is to get a “big picture” view of the material. You use it when you have a lot of material to read and don't have enough time to read it all. Review skimming is to view the material again. You can use it to go back the material again to refresh your memory, especially before a test or important discussion.

How do you skim read?

Don't read the whole text word-for-word. Use as many clues as possible to give you some background information. There might be pictures or images related to the topic, or an eye-catching title. Let your eyes skim over the surface of the text and, whilst thinking about any clues you have found about the subject, look out for key words.

To skim efficiently, you should:

1. Read the title, subtitles and subheading to find out what the text is about.
2. Look at the illustrations to give you further information about the topic.
3. Read the first paragraph.
4. Read the first and last sentence of each paragraph.
5. Read the last paragraph.
6. Don't read every word or every sentence. Let your eyes skim over the text, taking in key words.
7. Continue to think about the meaning of the text.

略读

什么是略读?

略读是指以尽可能快的速度阅读, 迅速获取文章大意或中心思想。它是一种非常实用的快速阅读技能, 可以提高你的理解能力并节省时间。

略读有三种基本的形式: 预先略读、通篇略读和回顾略读。预先略读是指在真正阅读之前把内容浏览一下。你可以这样来选择一本书, 了解一个章节, 或是搜寻有用的研究材料。通篇略读指快速阅读以对材料有一个大致的了解。当你要做大量的阅读又感觉时间不是很充足时, 就可以这样做。回顾略读是指把读过的材料再读一遍。在考试或重大的讨论之前, 你可以用这种方法温习材料以巩固记忆。

Skimming and Scanning

There are different styles of reading for different situations. The technique you choose will depend on the purpose for reading. For example, you might be reading for enjoyment, information, or to complete a task. If you are exploring or reviewing, you might skim a document. If you're searching for information, you might scan for a particular word. To get detailed information, you might use a technique such as SQ4R (Survey, Question, Read, Recite, Review, Recall). You

need to adjust your reading speed and technique depending on your purpose.

Many people consider skimming and scanning search techniques rather than reading strategies. However when reading large volumes of information, they may be more practical than reading. For example, you might be searching for specific information, looking for clues, or reviewing information.

Web pages, novels, textbooks, manuals, magazines, newspapers, and mail are just a few of the things that people read every day. Effective and efficient readers learn to use many styles of reading for different purposes. Skimming, scanning, and critical reading are different styles of reading and information processing.

Skimming is used to quickly identify the main ideas of a text. When you read the newspaper, you're probably not reading it word-by-word, instead you're scanning the text. Skimming is done at a speed three to four times faster than normal reading. People often skim when they have lots of material to read in a limited amount of time. Use skimming when you want to see if an article may be of interest in your research.

There are many strategies that can be used when skimming. Some people read the first and last paragraphs using headings, summarizes and other organizers as they move down the page or screen. You might read the title, subtitles, subheading, and illustrations. Consider reading the first sentence of each paragraph. This technique is useful when you're seeking specific information rather than reading for comprehension. Skimming works well to find dates, names, and places. It might be used to review graphs, tables, and charts.

Scanning is a technique you often use when looking up a word in the telephone book or dictionary. You search for key words or ideas. In most cases, you know what you're looking for, so you're concentrating on finding a particular answer. Scanning involves moving your eyes quickly down the page seeking specific words and phrases. Scanning is also used when you first find a resource to determine whether it will answer your questions. Once you've scanned the document, you might go back and skim it.

When scanning, look for the author's use of organizers such as numbers, letters, steps, or the words, first, second, or next. Look for words that are bold faced, italics, or in a different font size, style, or color. Sometimes the author will put key ideas in the margin.

Sometimes you can use **both** reading methods. After you have skimmed a piece of text to decide whether the text is of interest, you may wish to use scanning techniques to locate specific information.

Sample:

Skim and scan the following passage and select the correct answer.

Every second, 1 hectare of the world's rainforest is destroyed. That's equivalent to two foot-

ball fields. An area the size of New York City is lost every day. In a year, that adds up to 31 million hectares — more than the land area of Poland. This alarming rate of destruction has serious consequences for the environment; scientists estimate, for example, that 137 species of plant, insect or animal become extinct every day due to logging. In British Columbia, where, since 1990, thirteen rainforest valleys have been clearcut, 142 species of salmon have already become extinct, and the habitats of grizzly bears, wolves and many other creatures are threatened. Logging, however, provides jobs, profits, taxes for the government and cheap products of all kinds for consumers, so the government is reluctant to restrict or control it.

Much of Canada's forestry production goes towards making pulp and paper. According to the Canadian Pulp and Paper Association, Canada supplies 34% of the world's wood pulp and 49% of its newsprint paper. If these paper products could be produced in some other way, Canadian forests could be preserved. Recently, a possible alternative way of producing paper has been suggested by agriculturalists and environmentalists: a plant called hemp.

Hemp has been cultivated by many cultures for thousands of years. It produces fibre which can be made into paper, fuel, oils, textiles, food, and rope. For centuries, it was essential to the economies of many countries because it was used to make the ropes and cables used on sailing ships; colonial expansion and the establishment of a world-wide trading network would not have been feasible without hemp. Nowadays, ships' cables are usually made from wire or synthetic fibres, but scientists are now suggesting that the cultivation of hemp should be revived for the production of paper and pulp. According to its proponents, four times as much paper can be produced from land using hemp rather than trees, and many environmentalists believe that the large-scale cultivation of hemp could reduce the pressure on Canada's forests.

However, there is a problem: hemp is illegal in many countries of the world. This plant, so useful for fibre, rope, oil, fuel and textiles, is a species of cannabis, related to the plant from which marijuana is produced. In the late 1930s, a movement to ban the drug marijuana began to gather force, resulting in the eventual banning of the cultivation not only of the plant used to produce the drug, but also of the commercial fibre-producing hemp plant. Although both George Washington and Thomas Jefferson grew hemp in large quantities on their own land, any American growing the plant today would soon find himself in prison — despite the fact that marijuana cannot be produced from the hemp plant, since it contains almost no THC (the active ingredient in the drug).

In recent years, two major movements for legalization have been gathering strength. One group of activists believes that ALL cannabis should be legal — both the hemp plant and the marijuana plant — and that the use of the drug marijuana should not be an offense. They argue that marijuana is not dangerous or addictive, and that it is used by large numbers of people who are not criminals but productive members of society. They also point out that marijuana is less toxic than alcohol or tobacco. The other legalization movement is concerned only with the hemp plant used to produce fibre; this group wants to make it legal to cultivate the plant and sell the fibre for paper and pulp production. This second group has had a major triumph recently: in 1997, Canada legalized the farming of hemp for fibre. For the first time since 1938, hundreds of farmers are planting

this crop, and soon we can expect to see pulp and paper produced from this new source.

1. What is the main idea of paragraph one ?
 - a. Scientists are worried about the increasing lost land of Poland.
 - b. Logging is destroying the rainforests.
 - c. Governments make money from logging.
 - d. Bears and wolves are an endangered species.

2. What is the main idea of paragraph two?
 - a. Hemp is a kind of plant which can be used to make paper.
 - b. Canadian forests are especially under threat.
 - c. Canada is a major supplier of paper and pulp.
 - d. Canada produces a lot of hemp.

3. What is the main idea of paragraph three?
 - a. Paper could be made from hemp instead of trees.
 - b. Hemp is essential for building large ships.
 - c. Hemp has been cultivated throughout history.
 - d. Hemp is useful for fuel.

4. What is the main idea of paragraph four?
 - a. Many famous people used to grow hemp.
 - b. Hemp is used to produce drugs.
 - c. It is illegal to grow hemp.
 - d. Hemp is useful for producing many things.

5. What is the main idea of paragraph five ?
 - a. Hemp should be illegal because it is dangerous.
 - b. Recently, many people have been working to legalize hemp.
 - c. Hemp was made illegal in 1938.
 - d. Marijuana is not a dangerous drug.

6. How many species of salmon have become extinct in BC?
 - a. 34
 - b. 31
 - c. 137
 - d. 142

7. How much of the world's newsprint paper is supplied by Canada?
 - a. 42%

- b. 49%
- c. 34%
- d. 37%

8. What equipment on a ship was made from hemp?

- a. Ropes and cables
- b. waterproof cloth
- c. engine fuel
- d. life rafts

9. What drug can be obtained from a relative of hemp?

- a. cocaine
- b. heroin
- c. amphetamine
- d. marijuana

10. Where was hemp farming recently legalized?

- a. the USA
- b. Canada
- c. Singapore
- d. Poland

(Keys: b, c, a, c, b, d, b, a, d, b)

大学英语四级快速阅读题应试技巧

一、题型分析

快速阅读，要求考生在 15 分钟内阅读大约 1200 个单词的文章，做完 10 个题目。文章的形式一般为说明文，内容涉及科技、自然、地理、历史、人物、事件等方面。前 7 个题要求判断正误或未提及，后 3 个题要求根据文章内容把句子补充完整。其中，第一题为主旨题，考查考生对文章主要内容，也就是对文章大意的理解能力。第二到第七题为细节题，考查考生对文章中的关键信息点的掌握情况。第八到第十题为填空题，考查考生定点搜索关键词的能力。在这部分，特别强调考生在有限时间内了解文章大意，准确寻找重要细节的能力。

二、应试技巧

可以说，在信息爆炸的现代社会，在四级新题中增加快速阅读题型是对考生阅读能力的很好引导。考生要做好这部分试题，首先要有较快的阅读速度，同时还必须具备一定的阅读方法和技巧。

1. 提高阅读速度

快速阅读考查的是在短时间内迅速捕获最大信息的能力。因此在应试时，要注意掌握一定的技巧和方法。

(1) 先看问题，然后带着问题去原文中寻找相关信息。由于时间比较紧张，我们必须带着目的在原文中有选择有方向地阅读文章。这要求考生先看题目再看文章。那么如何快速找到相关的信息呢？

① 寻找与数字有关的细节。题目中的时间、数字等，是最应利用的信号，因为这些信息比较明显，很容易在原文中找到相关内容。如果没有这些信号，可以根据题目的中心话题在原文寻读。比如前文快速阅读例题中第六题 “How many species of salmon have become extinct in BC?”，一看题目，就可以直接到文章中去寻找相应的数字，很快便可找到答案。再比如大学英语四级新题型样题中快速阅读部分第一题是 “The passage gives a general description of the structure and use of a landfill”，看完题目可知此题考文章的大意，所以看文章时可以不顾细节，看一下各部分的小标题即可。再如第二题是 “Most of the trash that Americans generate ends up in landfills”，这个题目明显是涉及美国人对大部分垃圾怎样处理的话题，所以看

文章时就要重点关注含有美国人和大部分垃圾的话题。

② 寻找与人名、地名等专有名词有关的细节。

前文例题第十题 “Where was hemp farming recently legalized?”, 一看就知道是问地点的, 所以直接去原文寻找地名就可以了。

③ 寻找事物的性质特点或对比关系。(借助形容词、副词或其比较级、最高级定位信息源。再对比原文与题目对比较对象的陈述, 最终确定对比关系是否正确。)

④ 借助与文章主题有关的新信息定位信息源。每个题目都含有与上一个题目不一样的新信息, 表示新信息的名词或动词可成为题眼, 帮助定位信息源。

⑤ 借助特殊印刷体定位信息源。包括大写字母、特殊标点如括号、双引号等。这些标志很醒目, 只要题目与其有关, 很快就能找到相关内容。

(2) 有选择性地看文章。要抓关键句, 也就是主题句。在原文搜索相关信号时, 各段首末应该是阅读重点。一般情况下, 主题句往往是每个段落的第一句, 有时也可能是每段的最后一句。在特殊情况下, 可能出现在段落当中。通过主题句, 可以快速而准确地抓住每个段落的主要意思, 这样, 就可以把握住全文的中心思想了。另外转折、比较等重要语言现象都是重要的出题点。相反, 同义说明的内容, 举例的内容, 人物身份说明的内容, 含有大串专有名词或数字的内容, 都是我们略读的部分。

(3) 在做正误判断题目时, 要注意出题陷阱。就答题而言, 要注意前 7 题的答案有三种可能, 正确、错误或未提及。以往的四级阅读中, 如果一个选项的内容是文章没有提到的, 就会认定是错误答案, 所以考生没有选择“未提及”的习惯, 很容易出错。不过涉及未提及的题目一般不会太多。

(4) 在做补充填空题目时, 要靠原文。快速阅读的最后三题是补充完整的题目, 要求填写的只是个别单词。而这些单词一般是原文中的单词, 所以只要考生找到了原文的相关信息, 就可以填写正确。值得注意的是, 快速阅读的 10 个题目总体是按照顺序在原文设置答案, 但是个别补充完整的题目可能会打乱出题顺序。

2. 答题技巧

(1) 是非判断题技巧

Yes 题: Yes 题一般有如下几种:

① 同义表达原文: 一般来说, 题干很少照搬原文原句。多数是借用同义词或近义词对原文加以改写; 或改写句子结构, 如将原文主动句改为被动句, 但意思不变。

② 正确判断或概括原文：题干就原文的某句、某段等的基本观点加以推断、归纳或总结。

No 题：No 题一般有如下几种：

① 题意与原文相反：题干的用词或结构与原文意义相反。这可表现在用反义词、反义结构或 not 加上同义词。

② 混淆原文信息：题干中将原文相邻或并列信息的条件、主、谓、宾语等互换，故意将信息混淆。

③ 省去原文中表达不确定的一些词：题干中将原文中不确定的或未经证实的理论作为正确的或客观的来表达。常用 fact, prove 等词。

④ 改变原文的条件、范围、频率、可能性等：题干通过增加、减少或修改而改动原文的从句，用不同的条件、目的、时间、方式等来改变原文。如原文中的某种观点或陈述在一定条件下才成立，而题干却故意舍弃了这些条件，直接提出观点。有的题干是改动了原文的副词、形容词等，其频率、程度、范围或可能性等与原文不同。

Not Given 题：Not Given 题一般有如下几种：

① 无中生有。这类题目中，题干的或部分或全部内容在原文中并未提及，也许根据常识能够判断出该题是 Y 或 N，但文章未提及。

② 将原文具体化或以偏赅全。这类题目是将题干中涉及的范围缩小或将原文中的特殊现象推广为普遍现象。

③ 随意比较：对原文中出现的若干事物进行随意比较，题目无从考证。

④ 指虚为实。将原文中的目标、目的、愿望、誓言等内容，作为客观事实陈述。

(2) 句子填空题技巧

快速阅读部分的句子填空题，不仅考查略读、查读的能力，还考查在具体篇章中运用词汇和语法的能力。解答此类题目可以遵循如下步骤：

① 仔细阅读题干，理解其含义。

② 仔细分析所给出部分的语法成分，确定未给出部分的语法功能并判断词性。

③ 借助所给出部分出现的时间、地点、人物、数字等关键词语，确定该题在原文中的确切位置。