

新世纪高等教育  
时代英语教材系列

# 大学英语 快速阅读

3

总主编 宣 安

## College English Fast Reading



华东师范大学出版社

# 大学英语快速阅读

## 第三册

——分项主题 逐级进阶

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# 前言

随着大学英语教学改革为进一步深入，教育部高等教育司颁发的《大学英语课程教学要求》对阅读能力提出更新的要求，期望大学生的英语能力能够满足新时期国家和社会对人才培养的需要，继而适应国际竞争的需要。

《大学英语课程教学要求》对英语阅读能力要求有明确的描述。一般要求为在快速阅读篇幅较长、难度略低材料时，阅读速度达到每分钟100词。能就阅读材料进行略读和寻读，能读懂工作、生活中常见的应用文体的材料，能在阅读中使用有效的阅读方法。掌握较高要求的阅读理解能力，在快速阅读篇幅较长、难度适中的材料时，阅读速度达到每分钟120词。能阅读所学专业的综述性文献，并能正确理解中心大意，抓住主要事实和有关细节。

《大学英语快速阅读》就是为了满足在校大学生提高快速阅读能力的要求，并针对学生特点而编写的训练教材。全部四册教材按主题分项为生活、旅游、教育、文化等内容，学生可根据个人情况选择主题；文章长度由短至长，适合学生逐级进阶的学习过程。文章选材涉及人文社会、政治经济、教育科技、体育娱乐，具有真实性、新颖性、知识性和趣味性，为英语学习者提供各种英语表达的范例。读者可以欣赏地道的英语文章，扩大词汇量和知识面，在进一步提高阅读能力的同时，也可提高写作能力。每篇文章后面的试题形式多样，题量也有过渡，题目的设计包含大学英语四级考试新题型的快速阅读的判断題、多项选择题和填空题等类型。

《大学英语快速阅读》由上海交通大学大学英语部总主编，上海交通大学一年级和二年级学生对全部四册书内容进行了试用，同学们提出了非常好的建议，在此表示感谢。

《大学英语快速阅读》的编者皆为热爱英语教学的一线大学英语教师，由于时间仓促，水平有限，缺点在所难免。我们诚挚地希望读者提出批评和建议，以便进一步改进和完善。

编者

2008年6月于上海

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# Unit 1 Language Learning

## Passage 1

快速阅读自测

建议时间：一般要求 9' 42"	较高要求 8' 18"
实际时间：	正确答数：

**Directions:** Read the following passage, and then answer the questions. For questions 1-7, mark Y (YES) if the statement agrees with the information given in the passage, mark N (NO) if the statement contradicts the information given in the passage, and mark NG (NOT GIVEN) if the information is not given in the passage. For questions 8-10, complete the sentences with the information given in the passage.

### How You Can Double Your Reading Speed

Are you drowning in a sea of unread papers? Do you feel frustrated because you cannot keep up with your reading assignments? You may have wondered whether you should take a speed-reading course or learn to improve your reading ability by yourself.

The good news is that if you are committed and actually do the work, you can develop your own speed-reading program at home. You can greatly increase your reading speed without sacrificing comprehension.

How do you start to improve your reading speed? The first step is to determine what your current reading speed is.

Find some reading material to practice with, such as an article in a magazine, or a chapter of a book. Set a timer for a short period, such as five

or ten minutes. Start reading at your regular speed, and see how far you can get in the time allotted. Do not try to read faster or slower than normal; the object here is to find out what your regular reading speed is. When the time is finished, mark the page so you know exactly how far you get. You will need to count how many words you have read in this amount of time.

Now, use the same article and set the timer again, for the same number of minutes. Start at the point in your article where you left off the last time. Do not re-read exactly the same material that you have just finished.

This time, concentrate on reading much faster than you did the first time. Go as fast as you can while still taking in every word and maintaining your comprehension. Calculate your reading speed and compare it to your first effort. Did your score improve? Try again, striving to read even faster without sacrificing comprehension.

If your performance has measurably speeded up, notice whether you feel relaxed or tense. Are you telling yourself that reading fast is hard? Many of the roadblocks you face in going faster are mental, in your mind, and can be changed.

Many people have developed bad reading habits that slow them down. See if you make any of the following errors.

When you read, do you read word for word? Or do you sweep your eyes across phrases and sentences? Trying to take in every single word will slow you down and even interfere with your comprehension. Why? Because in the English language, the meaning of sentences is built up from groups of words, from the way phrases and clauses are put together. Halting at every single word can keep you from absorbing the meaning of the entire sentence.

You can actually take in the meaning of a sentence better by using your eyes to sweep across phrases and clauses, rather than slowing down to



take in each word separately.

A very common bad reading habit is called "*sub-vocalization*" (默读). You have probably noticed that many young children who are just learning to read will sound out syllables and words to themselves. Many people continue to do this even as adults. The habit of sub-vocalization is a drag on your potential reading speed because your brain can take in and process information much faster than you can sub-vocalize.

You can actually look at printed information and have it enter directly into the mind without moving your lips or sounding out the words in your mind. If you have been sounding out the words in your mind while you read, you will not be reading at your best level. From now on, consciously make the effort to take in meaning from the printed page without hearing the words spoken in your mind.

Another bad habit that slows down reading speed is going back and re-reading a line or phrase every time you think you may have missed a word. In many cases, going back to read the line again does not really improve comprehension. Simply eliminating this one negative habit could double your reading speed!

Consciously practice making the effort to keep on reading, refusing to back track, until it becomes second nature to you.

Most people when reading will sweep their eyes across each line of print from left to right. When they get to the end of the line at the right, their eyes jump to the beginning of the next line at the left. This is not always necessary, and it will slow you down. If you are reading columns that are not very wide, you may not need to sweep your eyes across every line from left to right. Practice looking at the center of the lines, and move your eyes down the column of print. See if you can still take in the meaning of the entire line this way.

How can you tell if you still understand the material when you increase your reading speed? How do you know if you are missing something important? Getting through an article faster is of little benefit if you don't understand most of it, or if you miss some vital points.

Every time you finish an exercise to improve your reading speed, ask yourself, "What was the article about? What were the main points? What were the supporting arguments presented?"

Write down what you understood and can remember. Then go back and read the original more slowly and carefully. Check it against what you have remembered. Were you correct in your understanding of what the article was about? Did you understand most of the main points? Did you miss anything important?

Keep track of how your reading scores change over time. With practice you should be able to greatly improve your reading speed while maintaining a good level of comprehension.

Retraining your eyes and brain may require a committed effort on your part, but the results will be worth it in terms of reading speed gained. Stay relaxed and confident while you practice.

(Words: 996)

1. It is impossible to increase your reading speed without sacrificing comprehension. ( )
2. To find out what your regular reading speed is you should try to read faster or slower than normal. ( )
3. You need to re-read the same material for several times to improve your reading speed. ( )
4. You can change many of the roadblocks in your mind in speed reading.

( )

5. The habit of sub-vocalization is a drag on your potential reading speed because your brain can take in and process information much faster than you can sub-vocalize. ( )
6. Going back and re-reading a line or phrase is a good method to avoid missing a word. ( )
7. If you are reading narrow columns you can just look at the center of the lines. ( )
8. You will be kept from absorbing the meaning of the entire sentence if you \_\_\_\_\_.
9. If you don't understand most of what you read or miss some vital points of an article, then fast reading is of \_\_\_\_\_.
10. It may require a committed effort on your part to \_\_\_\_\_.

## Passage 2

快速阅读自测

建议时间：一般要求 8' 3"      较高要求 6' 9"

实际时间：                      正确答数：

**Directions:** Read the following passage, and then answer the questions. For questions 1-7, mark Y (YES) if the statement agrees with the information given in the passage, mark N (NO) if the statement contradicts the information given in the passage, and mark NG (NOT GIVEN) if the information is not given in the passage. For questions 8-10, complete the sentences with the information given in the passage.

### Speed Reading Basics

Speed reading is vital in today's business and academic world. With the vast information that the Internet offers, and the huge amounts of reading tasks an average manager or student faces, there is really no choice but to try and increase the intake of information.

In the last forty years there has been an explosion of information. We are living the information revolution and that requires a lot of young professionals a great deal of effort in digesting this information and making good use of it.

Most of the people who attend speed reading courses and classes have some kind of problem, or believe they have some kind of problem, with their reading. Here are a few of these potential problems.

Lack of concentration or partial/impaired concentration is an obvious problem for speed reading. The effects of the environment on one's reading

rhythm and the general tendency of some people to be able of acceptable reading rate only in ideal situations. This problem is one of the basic speed reading problems and is usually dealt with in most courses.

Poor eye movement may cause some readers to shift their eyes to other directions and then go back to the book or paper to relocate the last point read. This problem also correlates with poor mechanical skills, which can be a real problem in speed reading.

Short attention span is a clear problem which almost everyone knows: you start strong and begin to slow down as you read on. This kind of problem typically creates a situation of going back to re-read some lines over and over again, or a need to read the same sentence a couple of times for lack of understanding or losing the line of thought altogether.

Reading by heart, when a person reads to himself (muttering the words or even reading out loud is an obvious problem. Since speed reading is much faster than talking, reading out loud inhibits the ability to read fast and also regulates a slow input of information into the cognitive system.

Delayed reaction to information and material — This delay often comes from inattention, reading ahead or distraction. Desire to remember every word — This is loosely related to the tendency to re-read or slow down.

So what can you do to increase your reading skills? Do you really need to try speed reading or should you consider just eliminating some of these problems? The answer is most likely dependent of what you need. No matter what your problem is, you need to address the problem.

To try and read faster, here are a few tips that would get you going. Think of reading as a "pick and choose" activity, where you can choose to read the words and phrases that are critical to comprehension, and skip over the connective tissue.

One major key in speed reading is filtering out all the words that have

nothing to do with the subject and naturally, there are a lot of them. All the connecting words, basically words that are there to connect one word with the other to make a sentence, e.g., the "and" and "it's", have got to go. Just make yourself blind to them, go over these words and do not dwell on reading or noticing them.

Practicing time reading is also good. Set up a timer and see how much you read in one minute, and in five minutes. Try and honestly estimate how much you get from the text (make sure this is something you read for the first time), and try to beat yourself at this over and over again, until you start to feel that you have moved up one level. Experiment with different texts, and try to find books with text that has some questions about what you just read so you can *apprise* (通知) your understanding. Evaluate your situation every time you do this, reading faster sometimes mean that you will make more mistakes on understanding the subject, you should start making "mental notes" while reading so you will not fail answering the questions.

Train yourself to read more quickly by forced timing. If you are a runner, training for a race, you go out and run every day and you try to improve your time or your distance.

Set a timer and run a reading race every day for two to four weeks. You do not have to spend more than five minutes on this exercise. You may become frustrated, at first, by the fact that you cannot read as fast or remember as much as you would like.

Practice makes perfect, and this is the most basic thing you can do to increase your reading speed, in two weeks you should see some improvement, and you should work on the weaker aspects of your reading skills. This is the start of speed reading, and once you master the basics you will be on your way to becoming a speed reader.

1. Not many people attend speed reading courses and classes because they don't believe they have some kind of problem with their reading.  
( )
2. Lack of concentration or partial/impaired concentration is one of the basic speed reading problems. ( )
3. Some readers shift their eyes to other directions and then go back to the book to relocate the last point read is called poor mechanical skills.  
( )
4. Reading by heart can regulate a slow input of information into the cognitive. ( )
5. We need to take reading as a "pick and choose" activity, where you can choose to read the words and phrases that are critical to comprehension, and skip over the connective tissue. ( )
6. Reading faster means that you will make no mistakes on understanding the subject, you should start making "mental notes" while reading so you will not fail answering the questions. ( )
7. You should train yourself to read more quickly by forced timing like a runner, training for a race. ( )
8. With the vast information and the huge amounts of reading tasks; there is really no-choice but to try and increase \_\_\_\_\_.
9. Reading the same sentence a couple of times for lack of understanding or loosing the line of thought is due to \_\_\_\_\_.
10. Once you master the basics of speed reading you will be on your way to becoming \_\_\_\_\_.

### Passage 3

快速阅读自测

建议时间：一般要求 10' 18" 较高要求 8' 36"

实际时间：

正确答数：

**Directions:** Read the following passage, and then answer the questions. For questions 1-7, choose the best answer from the four choices marked A), B), C) and D) based on the information given in the passage. For questions 8-10, complete the sentences with the information given in the passage.

#### Learning a Foreign Language

When it comes about learning a foreign language, many people wonder if they will be able to memorize enough vocabulary. But this question never occurs about their mother tongue. And yet, it was a foreign language; nevertheless, among all the questions that new parents ask, no doctor has ever heard: "Will my baby be able to learn my language?" Be honest. Do you know all the words of your mother tongue? The answer is: "no". New words, and new ways of using old words, appear every day. Twenty years ago, who would have been able to understand such a sentence: "Click here to download your digital book?" Nobody. You never stop acquiring new vocabulary and you never know when you will need it. Do you still use "tomagotchi"?

When you don't know the exact name of a thing, you don't hesitate to call it "whatsit". Why do you think foreigners do otherwise? (The French word for whatsit is machin. That's a good start! You already know the word



that can virtually replace any other!)

Sometimes, you have a word on the tip of your tongue... and it sticks there! But you do know this phenomenon and don't think that it is due to a bad memory. You should not give this phenomenon more importance in the language you are learning than in your mother tongue.

You need to learn only 2,000 or so basic French words to be able to create any paraphrase you need. You can't avoid some work in order to learn these essential words and all the more if you want to learn quickly. Before you contemplate to buy a learn-in-a-breeze method, be sure it is right for you. It is not as wise as it is said to rely on a method based upon *mnemotechnics* (记忆术). The first words seem very easy to learn; so, you buy the method; and you discover quickly, though too late, that a dozen words later, it is all the more difficult to learn a new word when you have also to learn the trick to memorize it.

### **Learn From the Blind**

Scientific studies about memory can help you to enrich your vocabulary quickly and, if not easily, far easier than you think. According to the criteria for accessibility, a website menu should not count more than 9 items: it is the larger number of items that blind people can memorize at once. And, most of the time, the blind are more able to focus than average people.

To establish your own lists is the best way to learn vocabulary as fast as possible. Let's study what an effective list looks like. Among prejudices about languages, there is the following: you need to establish huge lists in order to acquire as many words as possible. **WRONG!**

The most effective list contains 5 to 6 words at a time. Yes! Your larger list contains 6 words. Are you still afraid of the task? I'm sure you can deal with 6 words at a time. If you could draw your memory, you