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新题型

大学英语4级考试

阅读周计划

主 编 蒋 斌

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主 编 蒋 斌

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刘晓燕

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Preface

前言

阅读理解一直在四级考试中占据相当大的比重,也一直是四级考试的难点。很多考生往往由于阅读题型失分严重而不能顺利通过四级考试。出现这样的问题,一是因为缺乏做题技巧,二是有些考生不能很好地安排自己的复习计划,有效地提升自己的阅读水平。针对这些突出的问题,我们特意邀请了具有多年大学英语教学经验的老师精心编写了这本《大学英语4级考试阅读周计划》,为考生提供了一个为期4周的完整的四级阅读复习方案,从而解决考生平时复习中出现的问题。

本书的编写体例如下:

引言 本部分首先对大学英语四级考试阅读理解的考试要求、考查重点、阅读的题型结构、命题方向等进行分析,帮助考生把握复习重点,做到有的放矢。在进入复习之前,考生可以利用本部分提供的一套真题,来测试自己的阅读水平,发现问题所在。最后,考生可以结合我们提供的复习建议来制订自己的复习计划。

快速阅读 快速阅读是四六级考试改革后出现的新题型,这部分相对于篇章阅读出题较简单。本部分主要介绍了做这类题常用的阅读方法,以及快速定位信息的依据,然后根据快速阅读的题型分别给出了一些答题技巧,供考生参考。在每一部分理论讲解后都配有练习题,进行及时巩固,强化理解。

篇章词汇 本部分根据考试大纲要求及历年的真题分析,重点介绍了篇章词汇的解题流程,希望考生从整体上进行把握。周一至周五周六每天都配有相应练习,考生可以边学边练。

篇章阅读 本部分按考题的类型分别介绍了每种类型的出题点和解题技巧,讲解详实,练习充分。

全真模拟 在进行各题型的专项学习后,考生可结合本部分的模拟试题进行综合训练。试题难度与真题高度一致,文章题材多样,均选自国外著名的英文报刊杂志。

Preface

附录 本书最后附有四级考试高频词汇，并按照考频由高到低排列，掌握这些高频词汇有助于考生排除阅读障碍，提高做题的速度和准确率。

另外，您还可以到星火英语网(www.sparke.cn)下载最近三年的阅读真题，相信通过对真题的详研，您的阅读水平会有更快的提升。

本书三大特色：

1、时间紧凑，规划科学

本书根据大部分考生的复习周期，帮助考生合理地安排时间，每周每天都有相应的任务，分配均匀，安排科学。这样考生可以结合本书编排制订适合自己的时间表，复习起来省时高效，目标明确。

2、考点全面，解析到位

本书把各题型的各考点相应的出题规律和应对技巧一一介绍，全面而不啰嗦，并配有真题实例帮助考生理解。练习题的讲解深入、到位，给出了核心词汇、长难句和文章结构；题目解析按照考生习惯的解题思路，用线索词、定位、解析和避错方式讲解，最后给出参考译文，帮助考生更好地理解全文。

3、导图讲解，清晰明了

对于篇章阅读中的长难句，我们采用图解的形式，使句子结构更加清晰，考生可学习其分析思路，掌握分析方法，使难句不再难。另外，每一篇篇章阅读的文章，书中以导图的形式给出文章结构，有助于帮助考生把握文章大意，弄清楚作者的思路，解题时会大有帮助。

本书的编者皆是从事大学英语教学、四六级考试辅导教学的专家教师，凭借多年丰富的教学及考试辅导经验，他们能准确地把握考试的脉搏，给学生以科学、系统的指导。我们希望考生能够告别盲目的复习状态，掌握这些阅读的解题技巧，从而能够从从容应对四级考试。最后真诚地祝愿广大考生在未来的考试中取得理想的成绩！

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引言

- 一、四级阅读概述
- 二、典型真题自测
- 三、复习建议



引言

一 四级阅读概述

(一) 大纲要求

大学英语四级考试阅读理解部分要求考生:能基本读懂一般性题材的英文文章,阅读速度达到每分钟 70 词。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。能基本读懂国内英文报刊,掌握中心意思,理解主要事实和有关细节。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。

四级阅读理解部分考核的主要技能是:

1. 辨别和理解中心思想和重要细节

(1) 理解明确表达的概念或细节

(2) 理解隐含表达的概念或细节(如总结、判断、推论等);通过判断句子的交际功能(如请求、拒绝、命令等)来理解文章意思

(3) 理解文章的中心思想(如找出能概括全文的要点等)

(4) 理解作者的观点和态度

2. 运用语言技能理解文章

(1) 理解词语(如根据上下文猜测词和短语的意思)

(2) 理解句间关系(如原因、结果、目的、比较等)

(3) 理解篇章(如运用词汇及语法承接手段来理解篇章各部分之间的关系)

3. 运用专门的阅读技能

(1) 略读文章,获取文章大意

(2) 查读文章,获取特定信息

(二) 题型结构

大学英语四级考试的试卷构成中,阅读理解占总分的 35%,其中快速阅读部分占 10%,仔细阅读部分占 25%。题型包括 1 篇快速阅读、1 篇篇章词汇和 2 篇篇章阅读。题型结构具体如下:



测试内容		测试题型	比 例	
阅读理解	仔细阅读理解	多项选择	25%	35%
		选词填空或简答题		
	快速阅读理解	是非判断+句子填空或其他	10%	

(三)命题方向

1. 快速阅读

(1)测试重点

快速阅读要求考生运用略读和查读两种技能从篇章中获取信息。略读主要考查考生通过快速阅读获取文章主旨大意或中心思想的能力,查读主要考查学生利用各种提示,如数字、大写单词、段首或句首词等,快速查找特定信息的能力。

快速阅读的长度一般在1 000词左右,而考试时间为15分钟,这就要求考生的阅读速度每分钟至少要达到100词。

(2)命题方向

快速阅读部分的题型有三种:是非判断、多项选择和句子填空。除了2006年6月、2006年12月和2007年6月三次考试的题型是“7道是非判断+3道句子填空”以外,从2007年12月到目前为止,快速阅读都是采用“7道多项选择+3道句子填空”的题型。

总结近几年的命题规律,加上对几种题型的特点分析可知,将来快速阅读的题型仍然会倾向于“多项选择+句子填空”的组合。

2. 篇章词汇

(1)测试重点

篇章词汇的出题形式是在一篇长度为200~250词的文章中删去10个词汇,要求考生从所提供的15个单词中选出最合适的词填入空格处,使短文恢复完整。备选单词中每个单词最多只能选择一次。

篇章词汇所考查的词汇范围不包括冠词、介词等虚词,而只针对名词、动词、形容词和副词这几类实词进行考查。从表面上看来是对词汇的考查,其实重点是测试考生对篇章语境中词汇的理解和运用能力。

尽管该题型没有直接考查语法,但备选项中各单词的词性和形式不尽相同,需要在空格处填入符合句子语法要求的词,这就要求考生能够正确分析

句子语法结构并准确判断空格处的词性及形式。

(2) 命题方向

尽管大纲中规定选词填空与简答题作为二选一题型出现,但迄今为止,四级考试考的都是选词填空,而简答题一次都没有出现过。因此,考生在复习时要有所侧重。

3. 篇章阅读

(1) 测试重点

相比较而言,篇章阅读理解是考生最为熟悉的一种题型,新题型中的篇章阅读在内容和难度方面并没有什么变化,体裁仍旧是以说明和议论文为主,出题形式也仍然是四选一的多项选择题,每篇后面也仍然是5道题目。

它测试考生多个层面的阅读理解能力,题型主要包括主旨大意题、语义理解题、观点态度题、事实细节题和推理判断题。

(2) 命题方向

篇章阅读是四级阅读部分测试的重点题型,也应该是考生复习的重点。

(四) 应试策略

从近几年的试题来看,文章题材的范围比较广泛,但主要还是以这些题材为主:一是社会生活方面的文章。涉及面较为广泛,包括一切与人的生活有直接关系的内容,诸如它们的发展,给人的生活带来的影响等等;二是教育、经济和文化方面的文章。此类文章常常反映出社会最新的热点信息。比如2008年6月四级考试选择若干篇与当前国际热点密切相关的文章;三是科普类的文章。这类文章有两个特点:一是涉及面很广,几乎可以涉及科学技术领域的方方面面,当然涉及的深度不会太深或太专业;另一个特点是,即使是一般科技领域也多涉及其社会意义,不是完全在科技方面的探讨。了解这些题材的范围是要让我们知道,在做阅读理解题时,除了要具备语言方面的知识外,还应该有更广泛的知识面,它往往能够帮助我们克服文字上的理解障碍。所以考生可以有意识地加强一下这几个方面的背景知识,但需要强调的是,考生答题时要严格根据文章的内容作答,千万不可根据自己所掌握的背景知识想当然地答题。这是在做阅读题中一定要把握的一点。

一般来说,文章的体裁大致包括议论文(argumentative)、描述文(descriptive)、和记叙文(narrative)等。不同体裁的短文有其不同的段落组织方式和脉络层次,也就有不同的阅读理解方式。四级阅读体裁主要是以议论文、说明文和记叙文为主,其中议论文和说明文是较难的两种文体。



二 典型真题自测

Part II Reading Comprehension (Skimming and Scanning) (15 minutes)

Directions: In this part, you will have 15 minutes to go over the passage quickly and answer the questions on **Answer Sheet 1**. For questions 1-7, choose the best answer from the four choices marked A), B), C) and D). For questions 8-10, complete the sentences with the information given in the passage.

Caught in the Web

A few months ago, it wasn't unusual for 47-year-old Carla Toebe to spend 15 hours per day online. She'd wake up early, turn on her laptop and chat on Internet dating sites and instant-messaging programs—leaving her bed for only brief intervals. Her household bills piled up, along with the dishes and dirty laundry, but it took near-constant complaints from her four daughters before she realized she had a problem.

"I was starting to feel like my whole world was falling apart—kind of slipping into a depression," said Carla. "I knew that if I didn't get off the dating sites, I'd just keep going," *detaching* (使脱离) herself further from the outside world.

Toebe's conclusion: She felt like she was "addicted" to the Internet. She's not alone.

Concern about excessive Internet use isn't new. As far back as 1995, articles in medical journals and the establishment of a Pennsylvania treatment center for overusers generated interest in the subject. There's still no consensus on how much time online constitutes too much or whether addiction is possible.

But as reliance on the Web grows, there are signs that the question is getting more serious attention: Last month, a study published in *CNS Spectrums* claimed to be the first large-scale look at excessive Internet use. The American Psychiatric Association may consider listing Internet addiction in

the next edition of its diagnostic manual. And scores of online discussion boards have popped up on which people discuss negative experiences tied to too much time on the Web.

“There’s no question that there’re people who’re seriously in trouble because they’re overdoing their Internet involvement,” said *psychiatrist* (精神科医生) Ivan Goldberg. Goldberg calls the problem a disorder rather than a true addiction.

Jonathan Bishop, a researcher in Wales specializing in online communities, is more skeptical. “The Internet is an environment,” he said. “You can’t be addicted to the environment.” Bishop describes the problem as simply a matter of priorities, which can be solved by encouraging people to prioritize other life goals and plans in place of time spent online.

The new *CNS Spectrums* study was based on results of a nationwide telephone survey of more than 2 500 adults. Like the 2005 survey, this one was conducted by Stanford University researchers. About 6% of respondents reported that “their relationships suffered because of excessive Internet use”. About 9% attempted to conceal “nonessential Internet use”, and nearly 4% reported feeling “preoccupied by the Internet when offline”.

About 8% said they used the Internet as a way to escape problems, and almost 14% reported they “found it hard to stay away from the Internet for several days at a time.”

“The Internet problem is still in its infancy,” said Elias Aboujaoude, a Stanford professor. No single online activity is to blame for excessive use, he said. “They’re online in chat rooms, checking e-mail, or writing blogs. The problem is not limited to *porn* (色情) or gambling” websites.

Excessive Internet use should be defined not by the number of hours spent online but “in terms of losses,” said Maressa Orzack, a Harvard University professor. “If it’s a loss where you’re not getting to work, and family relationships are breaking down as a result, then it’s too much.”

Since the early 1990s, several clinics have been established in the US to treat heavy Internet users. They include the Center for Internet Addiction Recovery and the Center for Internet Behavior.



The website for Orzack's center lists the following among the psychological symptoms of computer addiction:

- Having a sense of *well-being* (幸福) or excitement while at the computer.
- Longing for more and more time at the computer.
- Neglect of family and friends.
- Feeling empty, depressed or irritable when not at the computer.
- Lying to employers and family about activities.
- Inability to stop the activity.
- Problems with school or job.
- Physical symptoms listed include dry eyes, backaches, skipping meals, poor personal *hygiene* (卫生) and sleep disturbances.

People who struggle with excessive Internet use may be depressed or have other mood disorders, Orzack said. When she discusses Internet habits with her patients, they often report that being online offers a "sense of belonging, an escape, excitement and fun," she said. "Some people say relief... because they find themselves so relaxed."

Some parts of the Internet seem to draw people in more than others. Internet gamers spend countless hours competing in games against people from all over the world. One such game, called World of Warcraft, is cited on many sites by posters complaining of a "gaming addiction."

Andrew Heidrich, an education network administrator from Sacramento, plays World of Warcraft for about two to four hours every other night, but that's nothing compared with the 40 to 60 hours a week he spent playing online games when he was in college. He cut back only after a full-scale family *intervention* (干预), in which relatives told him he'd gained weight.

"There's this whole culture of competition that sucks people in" with online gaming, said Heidrich, now a father of two. "People do it at the expense of everything that was a constant in their lives." Heidrich now visits websites that discuss gaming addiction regularly "to remind myself to keep my love for online games in check."

Toebe also regularly visits a site where posters discuss Internet overuse.

In August, when she first realized she had a problem, she posted a message on a Yahoo Internet addiction group with the subject line: "I have an Internet Addiction."

"I'm self-employed and need the Internet for my work, but I'm failing to accomplish my work, to take care of my home, to give attention to my children," she wrote in a message sent to the group. "I have no money or insurance to get professional help; I can't even pay my *mortgage* (抵押贷款) and face losing everything."

Since then, Toebe said, she has kept her promise to herself to cut back on her Internet use. "I have a boyfriend now, and I'm not interested in on-line dating," she said by phone last week. "It's a lot better now."

1. What eventually made Carla Toebe realize she was spending too much time on the Internet?
 - A) Her daughters' repeated complaints.
 - B) Fatigue resulting from lack of sleep.
 - C) The poorly managed state of her house.
 - D) The high financial costs adding up.
2. What does the author say about excessive Internet use?
 - A) People should be warned of its harmful consequences.
 - B) It has become virtually inevitable.
 - C) It has been somewhat exaggerated.
 - D) People haven't yet reached agreement on its definition.
3. Jonathan Bishop believes that the Internet overuse problem can be solved if people _____.
 - A) try to improve the Internet environment
 - B) become aware of its serious consequences
 - C) can realize what is important in life
 - D) can reach a consensus on its definition
4. According to Professor Maressa Orzack, Internet use would be considered excessive if _____.
 - A) it seriously affected family relationships



- B) one visited porn websites frequently
C) too much time was spent in chat rooms
D) people got involved in online gambling
5. According to Orzack, people who struggle with heavy reliance on the Internet may feel _____.
A) discouraged B) pressured C) depressed D) puzzled
6. Why did Andrew Heidrich cut back on online gaming?
A) He had lost a lot of money.
B) His family had intervened.
C) He had offended his relatives.
D) His career had been ruined.
7. Andrew Heidrich now visits websites that discuss online gaming addiction to _____.
A) improve his online gaming skills
B) curb his desire for online gaming
C) show how good he is at online gaming
D) exchange online gaming experience
8. In one of the messages she posted on a website, Toebe admitted that she _____.
_____.
9. Excessive Internet use had rendered Toebe so poor that she couldn't afford to seek _____.
_____.
10. Now that she's got a boyfriend, Toebe is no longer crazy about _____.
_____.

Part IV Reading Comprehension (Reading in Depth) (25 minutes)

Section A

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on Answer Sheet 2 with a single line through the centre. You may not use any of the words in the bank more than once.

Questions 11 to 20 are based on the following passage.

When we think of green buildings, we tend to think of new ones—the kind of high-tech, solar-paneled masterpieces that make the covers of architecture magazines. But the US has more than 100 million existing homes, and it would be 11 wasteful to tear them all down and 12 them with greener versions. An enormous amount of energy and resources went into the construction of those houses. And it would take an average of 65 years for the 13 carbon emissions from a new energy-efficient home to make up for the resources lost by destroying an old one. So in the broadest 14, the greenest home is the one that has already been built. But at the same time, nearly half of US carbon emissions come from heating, cooling and 15 our homes, offices and other buildings. “You can’t deal with climate change without dealing with existing building,” says Richard Moe, the president of the National Trust.

With some 16, the oldest homes tend to be the least energy-efficient. Houses built before 1939 use about 50% more energy per square foot than those built after 2000, mainly due to the tiny cracks and gaps that 17 over time and let in more outside air.

Fortunately, there are a(an) 18 number of relatively simple changes that can green older homes, from 19 ones like Lincoln’s Cottage to your own postwar home. And efficiency *upgrades* (升级) can save more than just the earth; they can help 20 property owners from rising power costs.

- | | | |
|-------------------|---------------|--------------|
| A) accommodations | F) historic | K) replace |
| B) clumsy | G) incredibly | L) sense |
| C) doubtfully | H) powering | M) shifted |
| D) exceptions | I) protect | N) supplying |
| E) expand | J) reduced | O) vast |

Section B

Directions: There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on Answer Sheet 2 with a single line through the centre.