

零
方案外语教程
——
看图学英语丛书
(四)

BASIC STUDY MANUAL

基本学习手册

根据 L.罗恩·哈伯特的作品编著



Based on the Works of

L. RON HUBBARD

中国时代经济出版社

学习需要革命 更需要技巧
通篇是看图说话，不只是看图识字
可随意用彩色笔涂描，在书上练习
中英文对照，易于自学，便于互动

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零方案外语教程 —— 看图学英语丛书

为了真正掌握英语,所推出的本系列教材与任何现行的英语教材都不冲突,而只能是补充。无论你是在读小学还是在读中学,都会发现这是一套非常有益的教材。它不会增加你的学习负担,反而有益于增加你的学习热情,改进你的学习方法,提高你学习英语的效率。无论你什么时候使用这套教材,它都是一种可供你从头或重新把英语作为外语进行学习的方案。同时,这种学习方法的改变,也有益于帮助读者改进其他功课的学习,特别是有助于那些在学习上面临各种困难的学生。

这是一套已经在美国、加拿大等 18 个国家使用 10 多年的教材,对象则是那些把英语作为外语的学生。特别是在教育的突破上,使用此教材更是效果卓著,因为学习既需要革命,也需要改进其方法与技巧。

作为心理学畅销书作家、教育学家,哈伯特先生曾经着力研究:为什么一些学生会在学习的过程中掉队,为什么会对一些课程失去学习的兴趣,为什么会产生厌烦、挫折感,甚至不能集中起他们的注意力,为什么他们会毫不犹豫地說出“讨厌学校”许多情况表明,问题往往就出在了学习本身。

在当今的教育体系中,教育本身到底缺少一些什么样的内容?尽管教育改革的呼声很高,但是学生们并不明白他们应该如何学习,如何才能通过提高学习的技巧和能力,来提升他们的学习成绩。

在这套丛书中,还有一个与众不同的特点,那就是满视野

都有着大幅的图画,文字不多,但是与图画配合在一起,形象地示范着如何应用英语进行思维,如何看图说话(不只是看图识字)。这一点颇为体现作者的苦心,变抽象为形象,使学习和理解同步,和积极的思维同步,和随时的练习同步,让学生们学得轻松、学得容易。书中的横条空格可以供学生们随手进行写作练习,书中的图画可以让学生们随意使用彩笔涂描,寓教于乐,树立学生们学习的毅力和自信心(这也是作者反复强调的一种学习技巧)。

本套丛书极为强调学习中的互动,如果学生的家长初通一点英语,借助此教材与学生共同学习,可以收到事半功倍的效果。如果作为学校的教材,由学过此套教材的教师们来进一步讲授,效果更佳。

本丛书除了《生活的学习技能》、《学习如何学习》、《基本学习手册》以外,还特别强调使用字典和学习文法(语法),出版有专供学生使用的《文法与沟通》(儿童用)、《如何使用字典》(儿童用图画书)。具体内容和每本书的特殊使用方法,见每本书后面刊登的重要资料和每本书封底的介绍。

本套教材中英文对照,既便于自学,也便于讲英语的外国人以此作为学习中文的教材。

编者 史星

2002年4月6日

Important Note

In reading this book, be very certain you never go past a word you do not fully understand.

The only reason a person gives up a study or becomes confused or unable to learn is because he or she has gone past a word that was not understood.

The confusion or inability to grasp or learn comes AFTER a word that the person did not have defined and understood.

Have you ever had the experience of coming to the end of a page and realizing you didn't know what you had read? Well, somewhere earlier on that page you went past a word that you had no definition for or an incorrect definition for.

Here's an example. "It was found that when the crepuscule arrived the children were quieter and when it was not present, they were much livelier." You see what happens. You think you don't understand the whole idea, but the inability to understand came entirely from the one word you could not define, crepuscule, which means twilight or darkness.

It may not only be the new and unusual words that you will have to look up. Some commonly used words can often be misdefined and so cause confusion.

This datum about not going past an undefined word is the most important fact in the whole subject of study. Every subject you have taken up and abandoned had its words which you failed to get defined.

Therefore, in studying this book be very, very certain you never go past a word you do not fully understand. If the material becomes confusing or you can't seem to grasp it, there will be a word just earlier that you have not understood. Don't go any further, but go back to BEFORE you got into trouble, find the misunderstood word and get it defined.

Definitions

As an aid to the reader, words most likely to be misunderstood have been defined in footnotes the first time they occur in the text. Words sometimes have several meanings. the footnote definitions in this book only give the meaning that the word has as it is used in the text. Other definitions for the word can be found in a dictionary. A glossary including all the footnote definitions is at the back of this book. This glossary is not meant as a substitute for a dictionary.

重要说明

研读本书的时候,要十分确定自己没有越过任何一个不是充分了解的字。

一个人会放弃学习、感到困惑或无法继续学下去的唯一原因,就是他越过了一个不了解的字。

困惑或无法理解与学习的情况会发生,是在于之前有一个没有定义或不了解的字。

你是否有过这样的经验:一篇文章从头读到尾却不知所云?那么,在这一页的某个地方,你一定跳过了一个你不认识或误解的字。

下面有一个例子。当你读到:“当晦暗来临时,孩子们会比较安静,而其他时间他们是喧闹、活跃的。”你会认为自己无法了解整个的意思,其实你的困惑完全是由于“晦暗”这个字所造成的结果;它的意思是黑暗不明亮的样子。

并非只有生字或不常见的字才需要查字典;有些常用的字也常常因为误解而造成困惑。

“不要忽略任何不明白的字”,这个资料对学习方面而言是最重要的事实。任何一个你曾经着手而又放弃的科目,都是由于其中有不懂的字所造成的。

因此,研读这本书时必须非常、非常地确定,自己未曾忽略任何一个不完全明了的字。如果对教材感到困惑,或似乎无法领悟其中的涵义时,不要再继续往下看,赶快回到陷入困境之前的地方,找到不懂或误解的字并加以定义。

定义

为了帮助读者理解本书的内容,容易误解的字第一次在书中出现时,会在注脚处加以定义。一个字常常会有好几个意思,本书注脚里所给予的定义,是该字在文中的意义。该字其他的定义可在字典里找到。

本书后面有一个词汇表,包括了书中所有注脚的定义。但这个词汇表并不能代替字典。

Editors' Foreword

Just about everyone agrees that in order to better yourself and get ahead in life, you have to be able to study. Getting through school, getting a promotion on the job, making more money and other personal and professional achievements are often determined solely by the ability to study and apply what you have learned. But how does one acquire this ability? The answer is in this practical guide to better study skills. This book contains the fundamentals of the first actual *technology* of study, developed by American writer and educator L. Ron Hubbard.

L. Ron Hubbard's study technology is being used with great enthusiasm and success by educators and students throughout the world — because it works. You can find this out for yourself the chapters of this book in sequence and doing the drills provided. *The Basic Study Manual* can be studied at home, using paper or notebook to write down the drill assignments, or as a classroom training course available from Applied Scholastics International.¹

This book and its drills have been designed in such a

way that if you honestly do each step, you will not only have absorbed some data that can help you, but you will be practiced in actually applying that data to get results.

The quality of your life depends on your ability to learn. And really learning any subject is made possible with this vital new technology.

The Editors

编者的话

大部分人都会同意,要想自我提升、改善生活,就要懂得学习。求学顺利、工作升迁、赚更多钱,还有其他个人或事业上的成就,往往只取决于一个人的学习能力,和应用所学的能力。但是要如何获得这种能力呢?

增进学习技巧的答案,就在这本实用的手册中。其中包括了,第一个真正的学习技术的基本知识,这是由美国作家兼教育家, L. 罗恩·哈伯特所研发的。

世界各地的学生和教育工作者,都以极大的热情成功地应用本书,因为 L. 罗恩·哈伯特的学习技术有效。循环阅读书中的章节并做练习,你自己可以发现这点。你可以在家里学习这本基本学习手册,写下全部练习作业,也可以参加由国际应用教育学会 (APS)¹ 举办的训练班。

本书的练习都是精心编排的,只要每步你都确实依序而做,不仅能学到对你有益的知识,并且使你通过实际的练习应用而得到实践效果。

生活的品质取决于你的学习能力,本书所提供的重要而又全新的学习技术,能让你真正学会任何课题。

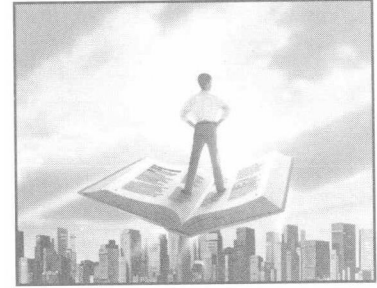
编者

1. **Applied Scholastics International**: the organization which promotes and utilizes L. Ron Hubbard's study technology with the aim of restoring educational quality and effectiveness around the world. It licenses and coordinates over 150 educational centers and schools on five continents. For more information, contact Applied Scholastics International at the address in the back of this book.

1. **国际应用教育学会 (Applied Scholastics International)**: 推广并利用 L. 罗恩·哈伯特学习技术的组织。成立的目的是,在恢复全世界教育的品质,和提升学习效果。在五大洲,学会授予执照给超过 150 家教育中心,并互相协调合作。若要更进一步的资讯,书后附有各地国际应用教育学会的地址,可以与之联络。

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CHAPTER ONE:

第一章

WHY STUDY ?

为什么要学习

Why Study?

In his dictionary¹ of 1828, Noah Webster² said that "to study" means "to apply the mind to; to read and examine for the purpose of learning and understanding."

Why does one study?

Until you clarify that, you cannot make an intelligent activity of it.

Some students go through a course and wind up³ at the other end of it unable to do anything with it. In actual fact, this is because they studied the course just so they could pass the examination; they did not study the course in order to apply the data in it.

This is why such people fail in practice after they graduate.

为什么要学习?

诺亚·韦伯¹在他1828年的字典里²陈述：“学习”，意为“去用脑筋；为了学到知识和技巧和理解含义而去阅读和检视。”

一个人为什么要学习呢？

除非弄清楚这一点，否则你无法从中得到智慧。

有的学生学完一门课程，最后却无法把它应用出来。事实上，这是因为他学习课程只是为了应付考试，而不是为了应用里面的资料。

这就是为什么这些人毕业后在生活上不会应用所学。

1. **dictionary**: a word book. A dictionary contains the meanings of words and other information about them. A dictionary can be used to find out what a word means, how to say a word, how to spell a word, how to use a word and many other things about words.

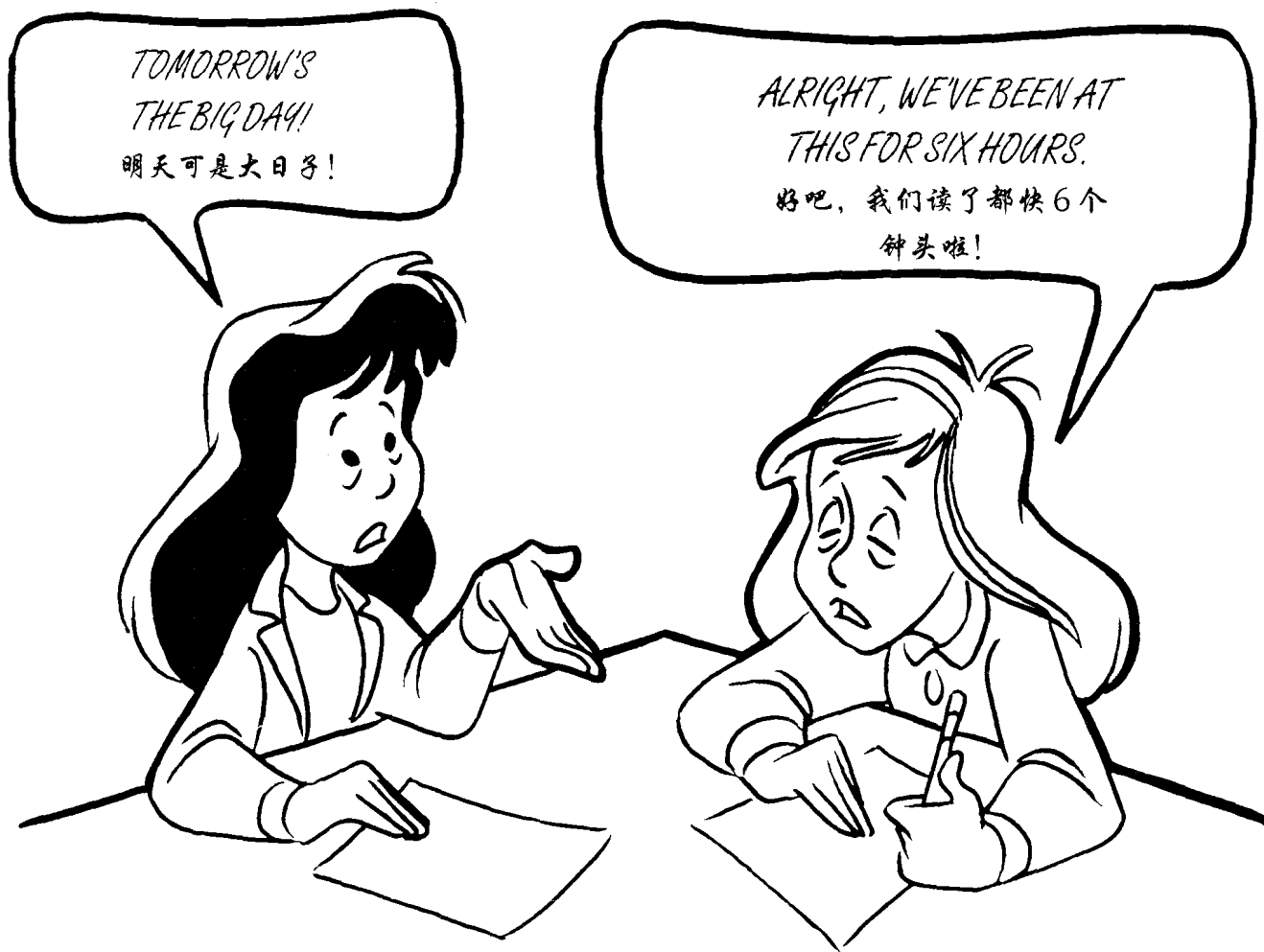
2. **Noah Webster**: (1758-1843) American educator and author, best known for his *American Dictionary of the English Language* (1828) and a spelling book called the *Blue-Backed Speller*. A number of widely used dictionaries, of varying scope and quality, still bear Webster's name. See also **dictionary**.

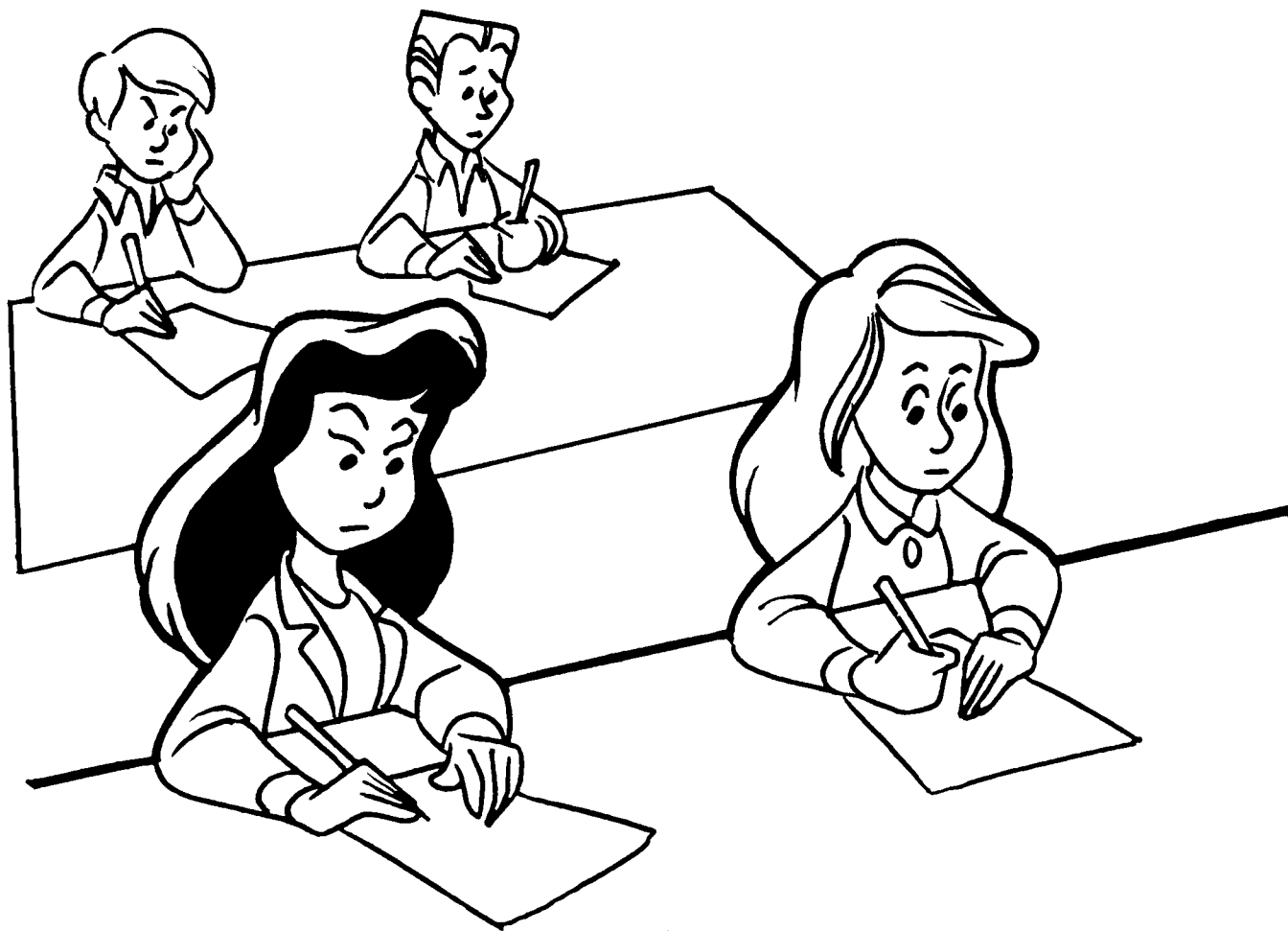
3. **wind up**: (informal) arrive in a place or situation as a result of a given course of action.

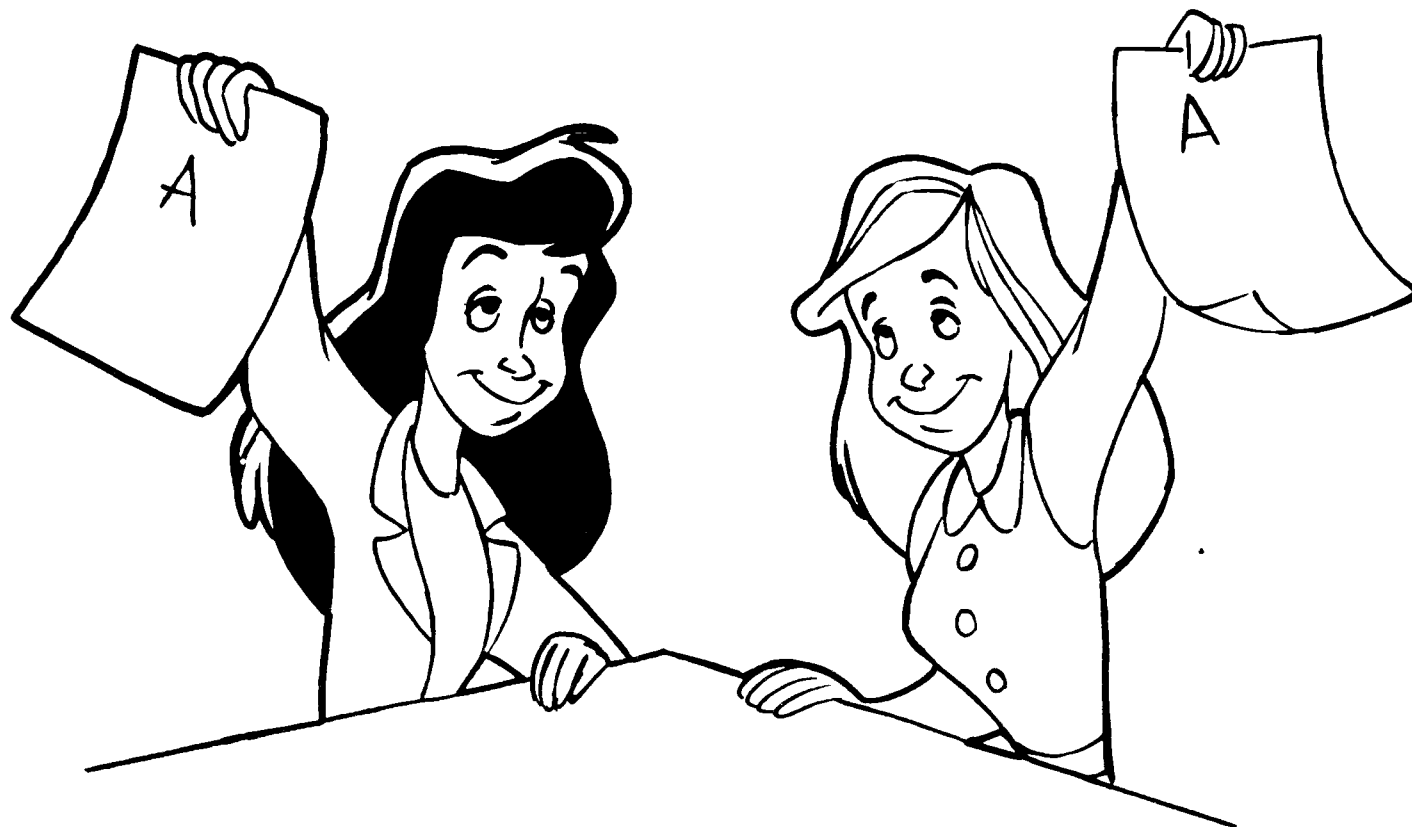
1. **字典 (dictionary)**: 一本有关字的书。字典包括字的意思，以及字的相关资料。可以用字典来找出一个字的定义、发音、拼音和用法，还有其他有关该字的事。

2. **诺亚·韦伯 (Noah Webster, 1758-1843)**: 美国教育家兼作家，最为人熟知的是1828年的美式英文字典，以及一本拼音的书，叫做《蓝背时的拼字员》(Blue-Backed Speller)。数本不同范围及品质的字典，仍延用韦伯的大名。











Instead of thinking, "Is this going to be on the exam?" one would do much better to ask himself, "How can I apply this material?" or "How can I really use this?"

With that in mind, a person would get much more out of what he studied, and would be able to put what he studied to actual use.

不要老想“这会不会考？”最好问问自己：“我如何去运用这些资料呢？”或者“我如何真正去应用这些呢？”

若能记住这一点，一个人将会在学习中获得更多的知识，并且可以把所学应用在实际生活上。

