

体验式

大学英语⑥级考试

主编 王长喜
编者 杜占叶

14堂阅读课



读文章时，读些什么，才能切实读懂读透？
做题目时，分析哪里，才能准确快速做题？

清晰思路
读文章读到刃上
做题目想到点上

旁白式提示，体验式学习
引导你学会阅读学会做题

14堂阅读课

大学英语⑥级考试

体验式

主 编：王长喜

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《长喜英语》图书编委会

本书“旁白式提示，体验式学习”做题引导方法，系独家原创，未经许可不得模仿。

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作者的话

六级阅读，读文章时，应该读些什么，才能切实读出效果，保证文章读懂读透？

六级阅读，做题目时，应该关注哪里，才能拎住题目关键，准确做题快速做题？

这个问题，考生在想，我们也在设计，设计一种好的形式，引导考生会读会做。

一些图书，只重解析，说得头头是道，可若考生不会阅读，解析再好又有何益？

还有一些，方法技巧，也是解析时说，做完题了才去灌输，考生又能学会多少？

阅读试题，首先是读，然后才是做题，读透了才能做好题，一学阅读二学做题。

做题之时，大脑活跃，这时适时指点，引导咋读提示咋做，考生最易领悟学会。

文题右侧，旁白提示，引导你去思考，读文章时该读些啥，做题目时该关注啥。

本书独创，体验学习，让你在做题中，潜移默化学会做题，会心一笑领会方法。

旁白提示，体验学习，全面激活思维，让你真正学会阅读，让你真正学会做题。

旁白式提示

体验式学习



见右页

全书内容，精华浓缩，课堂讲解实用到位，课堂练习标准有效，练习析评一语中的，最后设计摸底测试。

旁白式提示 体验式学习

学会阅读

For hundreds of millions of years, *turtles* (海龟) have struggled out of the sea to lay their eggs on sandy beaches, long before there were nature documentaries to celebrate them, or GPS satellites and marine biologists to track them, or volunteers to hand-carry the *hatchlings* (幼龟) down to the water's edge lest they become disoriented by headlights and crawl towards a motel parking lot instead. A formidable wall of bureaucracy has been erected to protect their prime nesting sites on the Atlantic coastlines. With all that attention paid to them, you'd think these creatures would at least have the gratitude not to go extinct.

But Nature is indifferent to human notions of fairness, and a report by the Fish and Wildlife Service showed a worrisome drop in the populations of several species of North Atlantic sea turtles, notably loggerheads, which can grow to as much as 400 pounds. The South Florida nesting population, the largest, has declined by 50% in the last decade, according to Elizabeth Griffin, a marine biologist with the environmental group Oceana. The figures prompted Oceana to petition the government to upgrade the level of protection for the North Atlantic loggerheads from "threatened" to "endangered" — meaning they are in danger of disappearing without additional help.

Which raises the obvious question: what else do these turtles want from us, anyway? It turns out, according to Griffin, that while we have done a good job of protecting the turtles for the weeks they spend on land (as egg-laying females, as eggs and as hatchlings), we have neglected the years they spend in the ocean. "The threat is from commercial fishing," says Griffin. Trawlers (which drag large nets through the water and along the ocean floor) and longline fishers (which can

【做题提示】

句首时间暗讽没有人类参与，海龟也活了几百年。

提示你理解隐含语义。

all that attention 指什么？

提示你理清文章层次。

首段讲人们主观上来避免_____。

But 转折承上启下，结合上下文理解该句。

提示你注意文章语气、态度变化处。

本段讲_____没能_____。点明问题所在，下句强化该观点。

本段分析_____的原因：_____。

注意并列结构；as 引导原因。

提示你一些细节注意处。

deploy thousands of hooks on lines that can stretch for miles) take a heavy toll on turtles.

Of course, like every other environmental issue today, this is playing out against the background of global warming and human interference with natural ecosystems. (后有删减)

末段指出____的____，
呼吁人们____。

学会做题

提示你做题时分析
哪里，往哪去想。

52. We can learn from the first paragraph that _____.

- [A] human activities have changed the way turtles survive
- [B] efforts have been made to protect turtles from dying out
- [C] government bureaucracy has contributed to turtles' extinction
- [D] marine biologists are looking for the secret of turtles' reproduction.

53. What does the author mean by "Nature is indifferent to human notions of fairness" (Line 1, Para. 2)?

- [A] Nature is quite fair regarding the survival of turtles.
- [B] Turtles are by nature indifferent to human activities.
- [C] The course of nature will not be changed by human interference.
- [D] The turtle population has decreased in spite of human protection.

54. What constitutes a major threat to the survival of turtles according to Elizabeth Griffin?

- [A] Their inadequate food supply.
- [B] Unregulated commercial fishing.
- [C] Their lower reproductive ability.
- [D] Contamination of sea water.

55. How does global warming affect the survival of turtles?

- [A] It threatens the sandy beaches on which they lay eggs.
- [B] The changing climate makes it difficult for their eggs to hatch.
- [C] The rising sea levels make it harder for their hatchlings to grow.
- [D] It takes them longer to adapt to the high beach temperature.

【做题提示】

52. 注意结尾观点句，注意代词指代。

53. 转折句承上启下，结合上下文理解。

54. 关注引言。

55. 注意介词宾语的内部结构。

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几点说明 1. 第一至三篇讲解示例中,“09-12”表示六级考试“09年12月真题”,特殊说明除外。 2. 全书快速阅读解析“线索”一栏中黑斜体内容为线索词。 3. 全书“难句突破”标注:主语加黑,谓语加黑加斜,宾语和表语加波浪线,定语用小括号,状语用方括号,补语用下划双横线,同位语用大括号,需要重点注意的则用下划虚线。



第一篇 快速阅读

快速阅读，要求考生在 15 分钟内读完一篇 1200 词左右的文章，并解答文后的 7 道选择题和 3 道填空题。阅读材料主要选自英语国家最新出版的报刊和杂志，具有较强的时效性；体裁以议论文、说明文为主，最近题中也出现夹叙夹议的文章。

如何快速略读文章

本堂
目标

学会如何在有限的时间内“快速”而有效地略读文章,抓住文章的主题、了解每部分的大意及个别细节。



30 分钟听讲

做快速阅读,首先要快速略读一遍全文,以便能快速抓住文章的主题、把握文章的结构、了解每部分的大意及个别细节。

考生在略读时,可以一边读,一边用笔画出每一部分的主题句或主题词(主题句和主题词经常在每一段的段首或段尾),这样,后面做题再回来寻找题目出处时,就会快很多。

快速阅读的文章有两种形式:有小标题的文章、无小标题的文章。下面我们分别举例来演示一下如何做略读。

一 有小标题的文章

文章的每一部分,都有一个总括性的小标题。这个小标题,就是这一部分内容最为概括的主题句或主题词。把握小标题,可以帮助我们快速把握文章的行文框架和主要内容。

但略读过程若只看小标题,毕竟太不详细了,我们还是要以每一个小标题为分界,划分各部分,稍微把握一下每一部分(每一小标题下)的主要内容,划出主题句或主题词。

【真题示例】

(08-12)

Supersize Surprise

【略读】

Ask anyone why there is an obesity epidemic and they will tell you that it's all down to eating too much and burning too few calories. That explanation appeals to common sense and has dominated efforts to get to the root of the obesity epidemic and reverse it. Yet obesity researchers are increasingly dissatisfied with it. Many now believe that something else must have changed in our environment to *precipitate* (促成) such dramatic rises in obesity over the past 40 years or so. Nobody is say-

ing that the “big two” — reduced physical activity and increased availability of food — are not important contributors to the epidemic, but they cannot explain it all.

Earlier this year a review paper by 20 obesity experts set out the 7 most plausible alternative explanations for the epidemic. Here they are.

1. Not enough sleep

It is widely believed that sleep is for the brain, not the body. Could a shortage of shut-eye also be helping to make us fat?

Several large-scale studies suggest there may be a link. People who sleep less than 7 hours a night tend to have a higher body mass index than people who sleep more, according to data gathered by the US National Health and Nutrition Examination Survey. Similarly, the US Nurses' Health Study, which tracked 68,000 women for 16 years, found that those who slept an average of 5 hours a night gained more weight during the study period than women who slept 6 hours, who in turn gained more than those who slept 7.

It's well known that obesity impairs sleep, so perhaps people get fat first and sleep less afterwards. But the nurses' study suggests that it can work in the other direction too: sleep loss may precipitate weight gain.

Although getting figures is difficult, it appears that we really are sleeping less. In 1960 people in the US slept an average of 8.5 hours per night. A 2002 poll by the National Sleep Foundation suggests that the average has fallen to under 7 hours, and the decline is mirrored by the increase in obesity.

2. Climate control

We humans, like all warm-blooded animals, can keep our core body temperatures pretty much constant regardless of what's going on in the world around us. We do this by altering our *metabolic* (新陈代谢的) rate, shivering or sweating. Keeping warm and staying cool take energy unless we are in the “thermo-neutral zone”, which is increasingly where we choose to live and work.

There is no denying that ambient *temperatures* (环境温

左边加下划线部分为本部分的主题句，本部分引出导致肥胖流行的另外七种最有可能的理由。本小标题下介绍理由一：睡眠不足。肥胖和睡眠相互影响。

左边加下划线部分为本部分的主题句。

本小标题下介绍理由二：气候控制。气候舒适的环境会让人肥胖。

度) have changed in the past few decades. Between 1970 and 2000, the average British home warmed from a chilly 13.0 C to 18.0 C. In the US, the changes have been at the other end of the thermometer as the proportion of homes with air conditioning rose from 23% to 47% between 1978 and 1997. In the southern states — where obesity rates tend to be highest — the number of houses with air conditioning has shot up to 70% from 37% in 1978.

Could air conditioning in summer and heating in winter really make a difference to our weight? Sadly, there is some evidence that it does — at least with regard to heating. Studies show that in comfortable temperatures we use less energy.

3. Less smoking

Bad news: smokers really do tend to be thinner than the rest of us, and quitting really does pack on the pounds, though no one is sure why. It probably has something to do with the fact that nicotine (尼古丁) is an appetite suppressant and appears to up your metabolic rate.

Katherine Flegal and colleagues at the US National Center for Health Statistics in Hyattsville, Maryland, have calculated that people kicking the habit have been responsible for a small but significant portion of the US epidemic of fatness. From data collected around 1991 by the US National Health and Nutrition Examination Survey, they worked out that people who had quit in the previous decade were much more likely to be overweight than smokers and people who had never smoked. Among men, for example, nearly half of quitters were overweight compared with 37% of nonsmokers and only 28% of smokers.

4. Genetic effects

Your chances of becoming fat may be set, at least in part, before you were even born. Children of obese mothers are much more likely to become obese themselves later in life. Offspring of mice fed a high-fat diet during pregnancy are much more likely to become fat than the offspring of identical mice fed a normal diet. Intriguingly, the effect persists for two

左边加下划线部分为本部分的主题句。

本小标题下介绍理由三:吸烟少。尼古丁会抑制食欲,使人新陈代谢率提高,有利于烟民变瘦。

左边加下划线部分为本部分的主题句。

本小标题下介绍理由四:遗传因素。肥胖具有部分遗传性。左边加下划线部分为本部分的主题句。

or three generations. Grand-children of mice fed a high-fat diet grow up fat even if their own mother is fed normally — so your fate may have been sealed even before you were conceived.

5. A little older...

Some groups of people just happen to be fatter than others. Surveys carried out by the US National Center for Health Statistics found that adults aged 40 to 79 were around three times as likely to be obese as younger people. Nonwhite females also tend to fall at the fatter end of the spectrum: Mexican-American women are 30% more likely than white women to be obese, and black women have twice the risk.

In the US, these groups account for an increasing percentage of the population. Between 1970 and 2000 the US population aged 35 to 44 grew by 43%. The proportion of Hispanic-Americans also grew, from under 5% to 12.5% of the population, while the proportion of black Americans increased from 11% to 12.3%. These changes may account in part for the increased prevalence of obesity.

6. Mature mums

Mothers around the world are getting older. In the UK, the mean age for having a first child is 27.3, compared with 23.7 in 1970. Mean age at first birth in the US has also increased, rising from 21.4 in 1970 to 24.9 in 2000.

This would be neither here nor there if it weren't for the observation that having an older mother seems to be an independent risk factor for obesity. Results from the US National Heart, Lung and Blood Institute's study found that the odds of a child being obese increase 14% for every five extra years of their mother's age, though why this should be so is not entirely clear.

Michael Symonds at the University of Nottingham, UK, found that first-born children have more fat than younger ones. As family size decreases, firstborns account for a greater share of the population. In 1964, British women gave birth to an average of 2.95 children; by 2005 that figure had fallen to 1.79. In the US in 1976, 9.6% of women in their 40s had had only

本小标题下介绍理由五: 年龄增长。40~79岁之间的人、少数族裔人群的发胖几率高。

左边加下划线部分为本部分的主题句。

本小标题下介绍理由六: 大龄产妇。母亲年龄越大, 孩子发胖几率越高; 头胎生的孩子比后生的孩子更易肥胖。

左边加下划线部分为本部分的主题句。

one child; in 2004 it was 17.4%. This combination of older mothers and more single children could be contributing to the obesity epidemic.

7. Like marrying like

Just as people pair off according to looks, so they do for size. Lean people are more likely to marry lean and fat more likely to marry fat. On its own, like marrying like cannot account for any increase in obesity. But combined with others — particularly the fact that obesity is partly genetic, and that heavier people have more children — it amplifies the increase from other causes.

本小标题下介绍理由七: 胖人同胖人结婚。

左边加下划线部分为本部分的主题句。

无小标题的文章

文章中间没有小标题, 没有明显的每一部分的分隔, 这时候, 略读过程中有意识根据行文内容的节奏、变化, 分出部分, 并划出每一部分的主题句或主题词, 就显得更为重要。

找主题句或主题词时, 尤其是要注意把握文章的开头或结尾部分来把握文章的主题或写作目的, 同时在浏览全文的过程中更要注意查看每段的段首或段尾, 因为主题句往往就分布在段首或段尾。

【真题示例】

(09-06)

Helicopter Moms vs. Free-Range Kids

【略读】

(1) Would you let your fourth-grader ride public transportation without an adult? Probably not. Still, when Lenore Skenazy, a columnist for the *New York Sun*, wrote about letting her son take the subway alone to get back to her Manhattan home from a department store on the Upper East Side, she didn't expect to get hit with a wave of criticism from readers.

(2) "Long story short: My son got home, overjoyed with independence," Skenazy wrote on April 4 in the *New York Sun*. "Long story longer: Half the people I've told this episode to now want to turn me in for child abuse. As if keeping kids under lock and key and cell phone and careful watch is the right way to rear kids. It's not. It's debilitating (使虚弱) — for us and for them."

(3) Online message boards were soon full of people both applauding and condemning Skenazy's decision to let her son

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go it alone. She wound up defending herself on CNN (accompanied by her son) and on popular blogs like the Huffington Post, where her follow-up piece was ironically headlined "More From America's Worst Mom."

(4) The episode has ignited another one of those debates that divides parents into vocal opposing camps. Are modern parents needlessly overprotective, or is the world a more complicated and dangerous place than it was when previous generations were allowed to wander about unsupervised?

(5) From the "she's an irresponsible mother" camp came: "Shame on you for being so careless about his safety," in comments on the Huffington Post. And there was this from a mother of four: "How would you have felt if he didn't come home?" But Skenazy got a lot of support, too, with women and men writing in with stories about how they were allowed to take trips all by themselves at seven or eight. She also got heaps of praise for bucking the "helicopter parent" trend: "Good for this Mom," one commenter wrote on the Huffington Post. "This is a much-needed reality check."

(6) Last week, encouraged by all the attention, Skenazy started her own blog—Free Range Kids—promoting the idea that modern children need some of the same independence that her generation had. In the good old days nine-year-old baby boomers rode their bikes to school, walked to the store, took buses—and even subways—all by themselves. Her blog, she says, is dedicated to sensible parenting. "At Free Range Kids, we believe in safe kids. We believe in car seats and safety belts. We do NOT believe that every time school-age children go outside, they need a security guard."

(7) So why are some parents so nervous about letting their children out of their sight? Are cities and towns less safe and kids more vulnerable to crimes like child kidnap and sexual abuse than they were in previous generations?

(8) Not exactly. New York City, for instance, is safer than it's ever been; it's ranked 136th in crime among all American cities. Nationwide, stranger kidnaps are extremely rare;

本部分讲述作家 Skenazy 的一篇关于让 9 岁的儿子独自乘地铁回家的文章引起人们热议的故事,引出中心议题:现在的家长过分监管孩子。话锋一转。