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"王氏英语单词学习记忆理论"体系简要

书圣语言研究部 王道平

小学生是我的老师

英语曾一度是我的心头之痛,这种痛不仅是在我的大学时代,在我大学毕业后的几年里亦是如此。相信这种感觉,苦学英语而不得的学子是深有体会的。而我的痛,不仅缘于自己对英语掌握的不够,更缘于自己这些年始终没有找到一个很好的英语学习方法供学子参考。说来惭愧,我自认一直孜孜不倦地在英语方面做着一点小小的研究,也有点心得,但是要谈到英语学习的本质,却始终捉襟见肘。直到2003年的一次意外发现,这种局面才彻底打破。

那次偶然的机会,我看到几个小学生在写生词。他们边把"茂盛"读一遍,边工工整整地在书写本上写一遍。接下来,我以为他们会把它再读写一遍,可是出乎意料,他们接下来读写的是:"形容草木生长得多而茁壮"。这一发现让我惊讶,更令我惊喜,因为一直萦绕在我脑海的一系列的英语学习问题,就这样被几个小学生轻易地解答了,他们成了在我关键时刻给我指导的老师!为什么单词难以记住?为什么记住了不知道怎么用?为什么记住了又容易忘?为什么英语学习始终难有起色?其最最基本的原因(我个人以为另一基本原因是语法①,但这在国内外英语教育界颇有争议),莫过于记忆单词的过程,换句话说,单词是怎样去记忆的。

目前我们常见的单词类书籍,无论是词典还是词汇手册,几乎都是一个单词对应几个中文解释词,外加部分例句。如某比较权威的词汇书里这样阐释:"try vt. ①试图,努力②试验,试用③审讯④考验,磨练 vi. 努力,尝试 n(C). 努力,尝试"。该书做得稍好一些,指出"①试图,努力(+to do)②试验,试用(+doing)"。但"vt. ①试图,努力"和"vi. 努力,尝试"后面都接"(+to do)",两个词义从其阐释的结构上看都属不及物动词,为什么会一个是"vt."而另一个是"vi."呢?事实上,try 是可以做及物动词直接接宾语(something)的。因而此种阐释纯属理解不透,此其一。其二,这个词义一般用在什么环境下,讲出来了没有?没有。这是最常见、最简单的单词,难度大一点的单词问题可能就更多了。此种问题在当前出版的图书中比比皆是。因此,英语学不好,并不全是学子的问题,更重要的,恐怕是编著学习用书之人的责任。

回过头来,让我们看看小学生是怎么记忆生词的吧:"茂盛:形容草木生长得多而茁壮"。 他们读生词——注重词音;写生词——注重词形;读写其意思——注重词义(而且比较具体, 这和我们平时记忆单词或目前单词书注解不同);理解词的适用对象——注重词的适用语境

① 从教学的角度讲,我个人以为语法应该划分为自然习得语法和系统语法两大类。前者指在语言学习交流中自然而然掌握的语法系统,它偏向于语言的描述性,后者指系统学习语法获得的语法系统,它偏向于语言的规约性。现今我国英语教学改革淡化语法教学,实际上是在由系统语法向自然习得语法转变,这有好的一面,但也可能会弊大于利,关键是要解决好描述性和规约性在教学中的关系问题以及现今英语语法教学体系的适用性问题。这两个问题搞清楚了,系统语法学习与否的争论局面可能会为之改观。

(即"茂盛"是用来形容"草木"而不是人或动物的)。他们把"茂盛"一词放到一个正确的语境中,使抽象的"茂盛"与具体的枝叶浓密壮实高大的树木或簇拥肥沃的草地联系一起,恰如其分地理解了它。我们知道,理解得越深刻的东西,我们就越容易记住,也就越容易使用。词音、词形、词义、词境相结合记忆生词,是我国小学汉语启蒙教育的精髓所在。类推至英语学习,我们能否如此呢?这种想法,在紧接着的两年时间的思索和探究中得到了证实。

任何一种语言,词都是基本的元素,而语法是连词成句成篇的手段,词好比砖,语法好比框架,两者结合成楼房的毛坯,而听、说、读、写、译则是两者基础上的延伸,让房屋体现实用和美观。单词记不住、不会用,想在这五项能力上得到发展又谈何容易?在重新梳理先前的理论研究成果并进一步仔细验证之后,我们以"一次学习,终身受益"为宗旨和核心,提出了一种全新的英语单词学习记忆理论——思维波动理论与三三循环记忆法。

思维波动理论

上个世纪90年代末,当《学习的革命》这本书在中央电视台大力宣传时,一种探讨思维方式与学习记忆之间的关系的理论——脑图,也随之为中国当时的相当一部分人所熟知。

脑图的基本观点是:思维以一点为出发点向四周发散,在其四周建立发散点,实现第一级



发散;然后再以第一级发散点为出发点,在其四周建立发散点,实现第二级发散,如此循环下去,直至思维终端(或临时终端)。它体现出思维层次的联系性,并力求将思维的联系性和事物的联系性统一,实现学习的飞跃。这种理论的提出为人类对学习方法的理论探讨做出了巨大的贡献,它不同于同时期以至于现在的其他一些学习记忆理论,因为它探讨的是人类学习记忆的共性,适用于任何人群,而不是某一具体个人的成功经验。

然而,这一理论对中国学习者的影响实在是微不足道,曾经熟悉它的人现在大部分都和它生分了。为什么一个伟大的理论在中国会沦落到这样的地步?原因恐怕有两点:它没有给出具体的训练措施,其指导性并没有以具体的学习案例作为体现,大多数人对它没有深刻的了解或没有从中受益。没有使人们从中受益是其没有具体措施和学习案例导致的结果,也是最终被人忘却的直接原因,此其一。其二,该理论本身存在着不完善的地方。它体现了思维的联系性,但这种联系处在一种静止状态,和事物之间的普遍联系性难以区别,事物之间联系的复杂性便给人们对这种理论的理解和运用造成了阻碍。总的来说,该理论体现了思维的联系性、思维联系性和事物联系性的统一,但并未能揭示思维的动性和趋向。相对于人脑的思维,客观存在着的万物之间的联系可以看作是静止的,人们思维的过程就是分析相对静止的事物间的联系以解决新问题。因此,人类大脑思维理论应该准确描述思维运动的方式和趋向:





- 1) 思维以一个联系点为出发点向四周发散, 在其四周建立发散点,实现第一级发散。
- 2)这一过程存在着时间上的细微区别,所有 发散点的建立时间均不相同,即思维不是同时将 所有的发散点向前延伸,而是有先有后,在某个时 间段内只能是某一个发散点向前延伸。

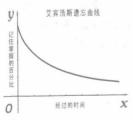
- 3)在发散点形成后,思维会自动选择其中的一个发散点作为新的出发点,在其四周建立 新的发散点,实现第二级发散。选择新的出发点,可以在其他发散点形成之前,也可以在所有 发散点(一段时期内可能形成的发散点)形成之后。
- 4) 思维从上一个出发点过渡到下一个出发点,并不按照上一级发散点建立的时间顺序进行选择,而是按照它们与上一出发点的亲密程度(对外界事物的经验和感受)来确定由谁来承担下一出发点的任务。
- 5)当问题涉及到诸多因素时,思维有可能在已有二级发散的基础上实现第三级发散,也可能在第二次发散后又回到第一级发散的某个发散点,重复第二级发散,还有可能选择新的第一级出发点,然后按照上述方式实现第二级、第三级发散。这三种方式通常交错出现。
 - 6) 按上述方式发散下去,直至思维终端(或临时终端)。此即我们提出的思维波动理论。

它的基本单位(如图)是动态的,而不是脑图的静态反映。它的建立以脑图理论为基础,但在实质上又不同于脑图理论,它是在脑图理论基础上的飞跃,它的理论导向不仅在于遵循思维层次的联系性和万事万物的联系性来学习记忆事物,更在于怎样遵循思维层次的联系性和万事万物的联系性规律创造性地学习记忆事物。事物联系有疏密之分,决定着思维联系也有疏密之分。当思维联系和事物联系的疏密全部同向时,学习记忆的效率最高;当思维联系和事物联系的疏密全部逆向时,学习记忆的效率最低;中间情况次之。把握思维运动方式及其动向,才能真正正确把握事物间的联系,不仅是把握事物间联系的"普遍性",更是联系的紧密性,即,哪些事物或手段与解决问题最相关?

因此,提出思维波动理论的目的,就是要了解思维的方式和趋向。了解思维方式和趋向的目的,就是要在尊重事物联系普遍性的基础上,找出它们之间的联系,分析联系的紧密性及联系方式,从而找到解决问题的方法和手段。我们深信,思维波动理论在英语单词学习记忆上的运用,将揭开英语单词学习记忆乃至英语学习历史的新篇章。

三三循环记忆法

"三三循环记忆法"是在艾宾浩斯遗忘曲线的指导下,遵循须反复记忆才能达到牢固记忆的效果这一遗忘规律,针对中国大中学学生和其他外语学习者的学习现实,结合前人的优秀研



究成果提出的一套记忆方法。它有效地利用记忆的超限抑制、 消退抑制、前摄抑制和倒摄抑制,关键地解决了记忆额度(一次 记忆的数量)、循环频率(每个记忆单位即时记忆的时间或次 数)和循环周期(隔多久重复这一记忆过程)这三个看似简单 实为复杂的问题。三三循环记忆法与思维波动理论的璧合,将 极为有效地增加单词学习记忆的效果。

现将此记忆方法简述如下:

A、B、C、D、E、F、G ··· (每个字母代表一个词汇)

在本书词汇排版的帮助下,将三个词汇(A、B、C)列为一组记忆。顺次地,边准确、响亮地读出词汇,边絣写词汇的词形,同时听清自己的发音。动手、动嘴、动耳,每个词汇重复三遍;

(三三: 三个词汇; 动手、动嘴、动耳; 记忆三遍——

组块学习, 避免前摄抑制和倒摄抑制, 全方位记忆, 初步实现循环记忆)

上述过程完成后,掩住词汇的中文释义和英文解释及例句(本书的排版见正文部分),只看词汇的词形和音标,尝试在头脑中再现中文词义及其用法。此步骤也可以反向操作。

(尝试回忆,强化记忆)

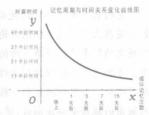
如果三个词汇(A,B,C)中有一个词汇,比如 B,在再现时出现短路情况,则将 B 拣出来,与其后的 D、E 另做一组,重复 1)、2)的操作过程。如果 B 还是不能及时再现,则将它拣出来,再与后面的两个词汇(或,后面的 F 与未能再现的 D 或 E)一起列为一组,重复 1)、2)的操作过程,直至 B 能及时再现。

(合理分配时间和精力,避免均匀受力,对部分词汇进行 必要的超额学习;提高时间利用率,提升单位精力的效率)

依此下去,半个小时后,将所有记忆过的词汇和词义细心看一遍,结束本次记忆。

(再次实现及时、循环记忆)

然后于晚上、一天后、三天后、七天后、半月后重复上述操作过程。由于第一轮已基本扫除了记忆的障碍,以后"晚上"至"半月后"的记忆时间将呈 y = x¹(第一象限)曲线递减。(另外,为确保永记不忘,请在每月后抽 10~20 分钟的时间轻松地"翻"一遍所有的几千词汇!)



(分布学习,循环记忆,弥补机械记忆能力下降的不足)

在利用此方法记忆单词时,必须坚持"三个原则"、处理好"三个问题"。

三个原则:

短: 间隔时间要短、一次记忆时间不能太长;

频: 经常记忆,记忆的频率要高;

快:快速记忆,在一个词汇上停留的时间不要太长。

三个问题:

自己的发音和标准发音的问题。 在记忆之前,必须确认自己的发音即使做不到标准、地道,起码也要正确,否则效果很难达到。如果词汇发音不过关,建议先听词汇的标准发音,直至自己发音正确。

记忆新词汇和重复记忆旧词汇的时间问题。 按照上述方法,如果在记忆新词汇的同时重复记忆已经记忆过的旧词汇,时间长了势必出现时间不够用的情况,这时要根据能用来记忆词汇的时间,在保证完成复习旧词汇的前提下,适当减少或暂时中断记忆新词汇,不可贪多。

持之以恒的问题。 此方法虽简单有效,但如果不能持之以恒,就会与没有方法一样,达不 到此方法可以达到的效果。

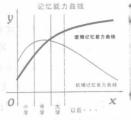
奉书的二大优点

你相信只要踏实记住600个单词,就能比较轻易地记住近6000个单词的神话吗?对本书而言,这不是神话,更不是大话,而是实话。本书的单词在编排上不同于以往任何辞典、词汇书籍。它不采用按字母顺序的机械的、传统的编排方式,也不采用刻意打乱词序的排版方式,而是实实在在以学习者记忆单词的"方便、快捷、实用"为根本出发点,以单词的相互联系和大脑记忆规律为基础进行编排的,它能让英语学习者真正具有"神速记忆"单词的功能。迄今为

止。它被界内人士评为"中国人记忆单词历史上最伟大的一次革命"。

基干上述英语单词学习记忆理论,本书即呈现以下六大绝无仅有的优点:

(一)单词编排完全符合人类大脑记忆规律。它遵循以词形为联系、以词义为联系、以功 能为联系、以语境为联系,四者合而为一的原则,从自由词即最简单 词出发,寻找其词形衍生词及意义、功能、语境相关联词(不论词 性)。这种编排既遵从了词与词之间的客观联系,也遵循了人的大 脑记忆事物的规律。彻底利用了记忆的前摄抑制、后摄抑制规律。便 于单词的词形、词义、用法的记忆,将大脑对单词词形联系记忆和词



- (二)单词都做到了将解释和例句合而为一。即,对该词的详细的英文解释也是例句。它 有助于学习者在看例句时更深刻的理解该词,加深对该词的记忆。只有理解了的事物,记忆才 会更深刻,故此这种记忆方法的特殊效果是一般举例所无法比拟的。
- (三)所有的解释都讲出了该词的使用情景。记单词,最主要是能学以致用,知道单词的 使用场合,即在什么时候、什么情况下才能用这个单词,是记忆单词的最终目的。用此方法记 住该词,就不可能出现读时不知词在句中的意思、写时不知该用什么词的尴尬局面。另外,它 更是培养英语思维能力最基础、最根本的方法。
- [四] 所有解释的情景都尽力"以我为中心"。读例句时,将"我"置身于该词的几乎所有的 情景中,能自然而然地将词的用法、情景和自己的切身联系在一起,有助于更快地记住单词的 词形、词义和用法,达到记忆的最佳效果。
- (五)详记略记,由你做主!本书采取特殊的编排方式,将单词的中文词义和英文解释句 左右对照,使学习记忆对象简洁明了,有助于让学习者根据自己已经掌握单词的情况,自主选 择哪些单词该不该花较长的时间、较大的精力记忆。看自己想看的,不看自己不必看的,落足 于实处,节约记忆单词的时间,并最大限度地提高单位时间的效率。
- (六)繁文缛节,与我何干?本书不采取一般的书以单词词根为记忆单词的基础或重要方 式的编排方法,让学习者省去了记忆词根的负担。某个具体词根在英语单词里并不具有普遍 性,总会有特例发生;不否认词根在一定程度上有利于单词的词义记忆,但由于名目繁多,而且 绝大部分都不能单独出现,必须和其他一组英语字母组合才能形成单词,没有自己固定的"词 义",因此"生成"的单词与词根的"词义"绝大部分都很牵强,不利于记忆单词的词义和用法。 例如,-ceive 意为"接受",所以 deceive 的词根分析是: de-(加强意义) + -ceive"接受"→ "(使)接受(信以为真)"→"欺骗;蒙蔽"。天才的你,能从 deceive 的 -ceive(接受)中推出 "欺骗;蒙蔽"的意思吗? perceive, conceive 又是什么意思呢? 另外,单个词根的变化性也太 大,稍不留意,就会将单词记错。如,fac-, fic-, fact-都意为"干,做",但你能把 manufacture 记成 manuficture 或 manufactture 吗? 相比较而言,词缀的"词义"则明了、稳定得多,而掌握 一个词缀,通常可以帮助记忆几十甚至成百上千个单词。因此本书原则上抛弃了词根记忆这 一"繁文缛节",代之以词缀、词义的联系,让词义之间的联系带动词形的相似和相异的记忆。

我们确信,这样一本词汇书,对任何一个准备英语考试或进一步学习英语的人都会产生莫 大的影响,给予最有力的帮助。但我们必须声明:如果不能遵循艾宾浩斯遗忘曲线,利用"短 频快"的记忆方法(见前部分"三三循环记忆法"),在记忆遗忘出现之前及时复习,我们将无 法保证使用本书的效果会比用一般的词汇书记忆单词的效果好上好几倍。

和奉书做一次亲密接触

书的好坏必须由读者自己作出评判。本部分将邀请你体验英语单词学习记忆理论的优越 性,验证本书所"鼓吹"的优点是否属实。

英语单词词义的要求比中文更严谨,必须在上下文语境中才能真正体会。因此,请注意下 面单词的语境:动词的主语、宾语(适用对象);动词所连接的副词、介词、不定式(动词搭配); 形容词所修饰的中心词:名词的适用语境:单词解释句中包含的语气等等,这些都是单词记忆 中需要掌握的。

准确地说,记忆单词的过程,首先是学习理解的过程,其次才是记忆,其最终目的,就是要 培养英语逻辑思维能力。用中文的逻辑思维方式代替英语的逻辑思维方式,是无法真正提高 英语能力的。而从具有一般语境的单词着手学习记忆单词、既是学习记忆单词的最佳方法,也 是培养英语思维能力的基本,在此两层意义上,对已经具有成熟理解能力的成年人来说,这种 方式就变得尤为有效。

advance /əd'vɑ:ns/ nc. 预付款;借款 vi. 前进;提前

nt. 金等)

借给;预付(定 If I advance someone a sum of money, I lend it to them, or pay it to them earlier than arranged.

vt. 使提前

To advance an event, or its time or date, means to bring it forward to an earlier time or date.

vt. 支持;推动

If I advance a cause, interest, or claim, I support it and help to make it successful.

vt. 提出:讨论

When a theory or argument is advanced, it is put forward for discussion.

adv. phr. 提前: 在 prp. ···之前

If I do something in advance, I do it before a particular date or event. If one thing happens or is done in advance of another, it happens or is done before the other thing.

advanced /ad/voinst/

先进的;发达 adj. 的;发展好了 的

An advanced system, method, or design is modern and has been developed from an earlier version of the same thing. An advanced country ahs reached a high level of industrial or technological development. An advanced student has already learned the basic facts of a subject and is doing more difficult work. Something that is at an advanced stage or level is at a late stage of development. If I say that someone is of advanced years or is advanced in age, I am saying in a polite way that they are old.

advantage -/əd'va:ntɪdʒ/ nc. 优点 nu. 优势

vt. phr. 利用

If I take advantage of something, I make good use of it while I can. If someone takes advantage of me, they treat me unfairly for their own benefit.

phr. 转变为优

If I use/turn something to my advantage, I exploit it in order to benefit from it.

advantageous / ædvən terd 395/

adi. 有利的

If something is advantageous to me, it is likely to benefit me.

disadvantage / disəd va:ntid3/ nc. 不利因素;不利条件

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adv. phr. 处于不利 地位

If I am at a disadvantage. I have a problem or difficulty that many other people do not have, which makes it harder for me to be successful.

phr. 对某人不

If something is to my disadvantage or works to my disadvantage, it creates difficulties for me.

adverse /'ædv3:s/ adi. 不利/有害的

Adverse conditions or effects are unfavorable to me.

salutary /ˈsæljutrɪ/

benefit /'benɪfɪt/ nv. 福利,津贴,救济金

A salutary experience is good for me, even though it may seem difficult or unpleasant at first.

nu. 利益,好处

If something is to my benefit or is of benefit to me, it helps me or improves my life. If I say that someone is doing something for the benefit of a particular person, I mean that they are doing it for

that person.

(使)受益

If I benefit from something or if it benefits me, it helps me or improves my life.

nu. 帮助,帮忙

If I have the benefit of some information or equipment, I am able to use it so that I can achieve something.

benefactor /benɪfæktə/ nc. 恩人,捐助者,赠送者,赞助人 beneficent /bi/nefisant/

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adj. 慈善的, 仁慈 的,善行的

A beneficent person or thing helps people or results in something good.

beneficial /benɪˈfɪʃl/

adi. 有益的

0 0 4 4 A Something that is beneficial helps people or improves their lives.

beneficiary /benr fr ferr/, /benr fr frerri/US: nc. 受惠者, 受益人; 受遗嘱人 profit / profit/ nc. 利润,收益,益处

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得利,获益 272

If I profit by/from something, or it profits me, I earn a profit from it, or gain some advantage or benefit from it.

profitable /'profitabl/

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adj. 盈利的;可带来利润的

A profitable organization or practice makes a profit.

有利可图的, adj. 可赚钱的

Something that is profitable results in some benefit for me.

从上述例子可以得出如下几点结论:

1、本书以语意为结合点,将意义相关(同义、近义或反义)的 advance, adverse, salutary, benefit, profit等放在一起,对比学习记忆,遵循人脑记忆事物的联系性规律,同时利用 了人脑生理记忆的前摄抑制、后摄抑制规律。(见附图)

2、本书以自由词(最简单词,即最小单位词)为出发点,寻找其词形衍生词如附加词缀 构成的新词等,如由 advance 延伸到 advanced, advantage, advagtageous, disadvantage、 由 benefit 延伸到 benefactor, beneficent, beneficial, beneficiary、由 profit 延伸到 profitable 等等,这些词大部分是通过在自由词前后附加词缀获得的。(见附图)

3、本书使单词的中文词义和英文解释句左右对照,并用不同的颜色区分,排版简洁明了,便于在循环记忆中自主选择每个词所需花费的时间和精力,获取学习记忆的最大时效。

4、本书对单词的详细的英文解释也是例句,所有的解释都讲出了该词的使用情景。如,If I advance someone a sum of money or advance a sum of money to someone, I lend it to them, or pay it to them earlier than arranged. 其中解释了 advance 一词的适用对象(I, money, someone),以及使用此词产生的语义结果(I lend it to them, or pay it to them earlier than arranged.)。

5、本书在对单词详细的英文解释中都尽力以"我"为中心。如, If I advance someone a sum of money or advance a sum of money to someone, I lend it to them, or pay it to them earlier than arranged. 以"我"为情景设置对象, 有利于加深印象。而在单词实际使用中, 本书英文解释中的任何一个"I"几乎都可以用具体个人、机构或团体替换。

6、本书在对单词详细的英文解释中都特别用点线指出了动词搭配的介词或不定式部分。 如 If I profit from something, or it profits me, I earn a profit from it, or I gain some advantage or benefit from it. 单词的主语、宾语要求学子注意, 但词前后的介词搭配往往容易忽略, 这是本书所要强调的。

7、本书详细标明了名词的单复数形式(ns.,nc.,nu.,nv.,npl.)、动词的及物性(vi.,vt.),便于学子掌握使用;词的难度主要从其词形难度、词义难度、使用频率三方面(偏重于词义难度)考虑,用♥标明,实心越多,原则上需要花费的时间和精力也越多。

附图:



Thinking-waves 思權強動圈

("思维波动图"已经商标注册,未经同意,不得以任何形式用于其他任何出版物。)

凸级词汇正文



(融会贯通版)

本书依照"王氏英语单词学习记忆理论", 将6500余单词归为712类,每一类以色框标识。

Action and although a

主要词汇索引见本书第490页

a thought ** * * the out on

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examine /rg'zæmm/

检查,细查

仔细考虑

对…进行考试

If I examine something, I look at it carefully.

If a doctor examines me, he or she checks my body in order to find out how healthy you are.

If an idea or plan is examined, it is considered very carefully.

If I am examined. I am given a formal test in order to show my knowledge of a subject.

exam(ination) /ɪqˌzæmɪˈneɪʃnˌɪgˈzæm/nc. 考试,测验

check /t[ek/nc. 支票/;检查,核对;登记;方格图案,格子织物

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检查:核对 vi.

检查;核对 vi.

制止,控制 vt.

使…突然停 vt.止:中断

phr. 被控制着

(凭票)托运或

phr. 办理登记 vi. 手续

phr. 核对 vt.

phr. 付帐后离

phr. 检查, 检 vt.

phr. 校对, 检 查,检验

vt. 检验:测试

测试,测验

If I check something such as a piece of information or a doument, I make sure that it is correct or satisfactory.

If I check on someone or something, I make sure they are in a safe or satisfactory condition.

To check something, usually something bad, means to stop it from spreading or continuing.

If I check myself or if something checks me, I suddenly stop what I am doing or saving.

If something or someone is held/kept in check, they are prevented from becoming too great or powerful.

At an airport, when I check (in) my luggage, I give it to an official so that it can be taken aboard the plane I will be traveling on. When I check in or check into a hotel or clinic, I arrive and go through the necessary procedures before I stay there. When I check in at an airport, I arrive and show my ticket before going on a flight.

When I check things off, I check or count them while referring to a list of them, to make sure I have considered all of them.

When I check out of a hotel or clinic where I have been staying, I pay the bill and leave.

If I check out something or someone, I find out information about them to make sure that everything is correct or satisfactory.

If I check up on something or someone, I find out information about them.

cheque /tfek/nc. 支票,空白支票

test /test/ nc. 测试,试验,检验

When I test something, I try it, for example by touching it or using it for a short time, in order to find out what it is, what condition it is in, or how well it works.

If I test someone, I ask them questions or tell them to perform certain actions in order to find out how much they know about a subject or how well they are able to do something. If I test someone, I deliberately make things difficult for them in order to see how they react.

If an event or situation is a **test** of a person or thing, it reveals their qualities or effectiveness.

If I say that something will **stand the test** of time, I mean that it is strong or effective enough to last for a very long time.

verify /'verifai/

检验,校验 查证,核实

vi. phr. 经受考验

If I verify something, I check that it is true by careful examination

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or investigation.

vt. 证明;证实 testify / testifai/

vi. 作证

If I verity something, I state or confirm that it is true.

When someone testifies in a court of law, they give a statement of what they saw someone do or what they know of a situation, after having promised to tell the truth.

vi. 说明,证实 If one thing testifies to another, it supports the belief that the second thing is true.

warrant /wprənt/nc. 正当理由;许可证,委任状/

证明…正当:/ vt. 为…提供充足

If something warrants a particular action, it makes the action seem necessary or appropriate for the circumstances.

witness / witnis/nc. 目击者,证人;证据,证明

为…作证,证/ If someone witnesses my signature on a document, they write their name after it, to confirm that it really is my signature.

If I say that a place or period of time witnessed a particular event or change. I mean that it happened in that place or during that period of time. I can also say that a person witnessed an event or change.

nc. 目击/见证人 vt. phr. 为··· 作证

vt. 目睹,见证

If I am witness to something, I see it happen.

If something or someone bears witness to something else, they show or say that it exists or happened.

testimony /'testimani/

nv. 证据,证词

In a court of law, someone's testimony is a formal statement that they make about what they saw someone do or what they know of a situation, after having promised to tell the truth.

If I say that one thing is testimony to another, I mean that it shows clearly that the second thing has a particular quality.

nu. 表明,说明 affirm /əˈfɜːm/

vt. 确认;证实

If I affirm that something is true, I state firmly and publicly that it is true. If an event affirms something, it shows that it is true or ex-

danger /'demd39/

nu. 危险,威胁/ nc. 危险的人或物

adj. phr. 脱离危险

Danger is the possibility that someone may be harmed or killed.

A danger is something or someone that can hurt or harm me.

If someone who has been seriously ill is out of danger, they are still ill, but they are not expected to die.

in danger adj. phr. 在危险中;垂危 dangerous /'demdzərəs/ IIB TO PRODUCT

adj. 的;充满危险/

危险/不安全

If something is dangerous, it is able or likely to hurt or harm me.

危机四伏的 **threat** $/\theta ret/nu$. 恐吓,威胁 nc. 坏兆头,危险迹象

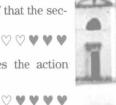
threaten / θretn/

vi. 快要来临

If someone threatens to do something unpleasant to me, or if they threaten me, they say or imply that they will do something unpleasant to me, especially If I do not do what they want.

vt. 对…有危险; If something or someone threatens a person or thing, they are likely to harm that recovery calling the something or someone threatens. likely to harm that person or thing.

If something unpleasant threatens to happen, it seems likely to happen.



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risk /risk/nc. 冒险/风险 adv. phr. 由自己负

phr. 冒险(去

adv. phr. 在危险!

prp. phr. 冒···之险

冒着失去…的

hazard /ˈhæzəd/nc. 危险,冒险,危害

冒险一猜

venture /'ventfə/nc. 冒险行动;冒险事业

vi.

joint venture nc. 合资企业/

gamble /'qæmbl/nc. 投机,冒险;赌博/ vi. 投机,冒险

vt. 赌(博)

phr. 在危险 adv.中,利害攸关

npl. 赌注

vt. 提出(要求)

If I tell someone that they are doing something at their own risk, I am warning them that if they are harmed it will be their own responsibility.

If I run the risk of doing or experiencing something undesirable, I do something knowing that the undesirable thing might happen as a result.

If I risk doing something, I do it, even though I know that it might have undesirable consequences.

If someone or something is put at risk, they are put in a situation where something unpleasant might happen to them.

If I do something at the risk of something unpleasant happening. I do it even though I know that the unpleasant thing might happen as

If I risk something unpleasant, I do something which might result in that thing happening or affecting me. & Pregnant women who are heavy drinkers risk damaging the unborn foetus. 怀孕的妇女 如果酗酒就是在冒伤害腹中胎儿的危险。

If I risk someone's life or something that is worth having, I do something which might result in it being lost or harmed. to: She risked her own life to help a disabled woman. 她冒着生命的危险去 帮助一位残疾妇女。

~ ~ ~ ~ ~ If I hazard someone or something, I put them into a situation which might be dangerous for them, because of something I am trying to achieve.

If I hazard a guess, I make a suggestion about something which I know might be wrong.

adventure /əd vent ʃə/nc. 冒险,冒险经历 vi. vt. 冒险

If I venture somewhere, I go somewhere that might be dangerous. If I venture into an activity, I do something that involves the risk of failure because it is new and different.

冒险说出/提, If I venture a question or statement, I say it in a cautious hesitant manner because I am afraid it might be stupid or wrong.

> If I gamble on something, I take a risky action or decision in the hope of gaining money, success, or an advantage.

> If I gamble an amount of money, I bet it in a game such as cards

or on the result of a race or competition. gambler /'qæmblə/nc. 赌徒;投机者

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stake /sterk/nc. 赌注:树桩 If something is at stake, it is being risked and might be lost or damaged if I am not successful. \(\psi : At stake are more than 20,000 \) jobs in Britain's aerospace sector. 英国航天部门的两万个岗位与 英国利害攸关。

> The stakes involved in a contest or a risky action are the things that can be gained or lost.

> If I stake a claim, I say that something is mine or that I have a right to it.

(以金钱、生. 命等)赌/下 注:拿…冒险

If I stake something such as my money or my reputation on the result of something, I risk my money or reputation on it. 😾 I'd stake my all on it. 我拿我的一切打赌。

If I have a stake in something such as a business, it matters to me, for example because I own part of it or because its success or failure will affect me.

deed /di:d/

nc. 行为.行动

nc. 功绩,事迹

A deed is something that is done, especially something that is very good or very bad.

A deed is a document containing the terms of an agreement, especially an agreement concerning the ownership of land or a building.

act /ækt/nc. 假装,演戏;(演出等的)幕或节目;法令,法案;战斗

起作用:生效

行动:举动

phr. (行动)流 露出:付诸行 vt.

举动;表现;假 vi. 装;装扮 vt.

vi.

代表:代表某 人的利益

adv. phr. 当场;在 prp. 做…时

action / ækfn/

vi. phr. 起诉, 控

phr. 失掉战斗 vi. 力; (机械等) 出毛病,不灵

phr. 使…参加 战斗,发动;开 vt. 动:使生效

If something acts, it produces an effect. If something acts on another, it produces an effect on it.

If I acts, I do something, or take action. If I act on advice, order, or information, I do what has been advised or suggested.

If I act out something such as my fears, thoughts, fantasies or an event happened etc, I express my fears, thoughts, fantasies or the event in actions and behavior rather than in words.

If I act strangely, correctly, stupidly etc, I behave in a strange, correct, or stupid way. If I act the fool, hero etc, I behave like a fool, hero etc. If I act like a child, a fool etc, I do thing childishly, foolishly, or pretends to be a child, a fool etc.

If I act as a manager, president, inspector etc, I become a manager, president, inspector etc for a short time, especially the usual person is absent.

If I act for someone, or acts on someone's behalf, I represent someone, in a court of law or by doing business for someone.

If I catch someone in the act, I discover them doing something wrong or committing a crime. If I say that someone was in the act of doing something, I mean the person was doing something when s/he was seen or interrupted.

W W W W W

If I bring / call / take an action against someone, I want to get a court order to stop someone doing something or to pay compensation for damage they have caused.

If someone or something is put out of action or is out of action, they are injured or damaged and cannot work or be used.

If I put/bring/ call an idea or policy into action, I begin to used it or cause it to operate.

break off the action vi. phr. 停战

come into action vi. phr. 投入战斗 * fall in action vi. phr. 阵亡 come out of action vi. phr. 撤出战斗;离职;停业

active /'æktɪv/adj. before n. 积极的,非消极的

If a person or animal is active in a particular place or at a particular time, they are performing their usual activities or performing a particular activity. If I have an active mind or imagination, I am always thinking of new things.

Someone who is active moves around a lot or does a lot of things.

adj. 精力充沛的/

(作定语)活跃 的 起作用的 before n.

activity /æk'tıvətı/

运动,活动,活 nu. 动的状态

nc. 特殊活动

nc. 行动,行为

activate /'æktiveit/

interact /interact/

互相作用,互

忙于活动的; / If someone is active in an organization, cause, or campaign, they 积极参加的 🗸 do things for it rather than just give it their support.

> An active volcano has erupted recently or is expected to erupt quite soon.

An active substance has a chemical or biological effect on things.

Activity is a situation in which a lot of things are happening or being done.

An activity is something that you spend time doing.

The activities of a group are the tings that they do in order to achieve their aims.

If a device or process is activated, something causes it to start working. If somthing such as spirit, enthusiasm activates me, it make me todo something good.

When I interact with another person, we communicate with each other as we work or spend time together. When computers interact with people or other machines, information or instructions are exchanged. When one thing interacts with another, the two things affect each other's behavior or condition.

interaction / intər æk ſn/nu. 互相作用,互相影响 counteract /kauntəˈrækt/

To counteract something means to reduce its effect by doing something that produces an opposite effect.

react /rɪ ækt/ vi. (with) 起化学反应

vi. 反应,作出反 应;采取行动

背离,背道而

抵触;有不良

When I react to something that has happened to me, I behave in a particular way because of it.

If I react against someone's way of behaving, I deliberately behave in a different way because I do not like the way they behave.

If I react to a treatment or substance, I am affected unpleasantly or made ill by it.

agree /əˈgriː/

同意;赞成

同意;允诺

(phr.)对…达 成协议;取得 一致意见

agreeable /əˈgri:əbl/

令人愉快的, 使人高兴的

adi. 同意的

If people agree with each other about something, they have the same opinion about it or say that they have the same opinion. If I agree with an action or suggestion, I approve of it.

If I agree to do something or agree to a proposal, I say that I will do what someone wants, or that I will let something be done.

If people agree on something or agree something, they all decide to have or do something.

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If something or someone is agreeable, they are pleasant and people like them.

If I am agreeable to something or if it is agreeable to me, I am willing to do it or to allow it to happen.

agreement /əˈgriːmənt/nu. 同意,赞成;允许

phr. 同意; 赞 vt.

If I am in agreement with a plan or proposal, I approve of it. 如: His opinion is in agreement with mine. 他的意见和我的一致。