



根据最新《英语课程标准》编写

全国通用

高中英语

阅读理解 150 篇

最新考试大纲 最新必考题型 最新考试真题

高二

彭素梅 主编

- 强化训练
- 紧贴课标
- 名师编写
- 专项专练



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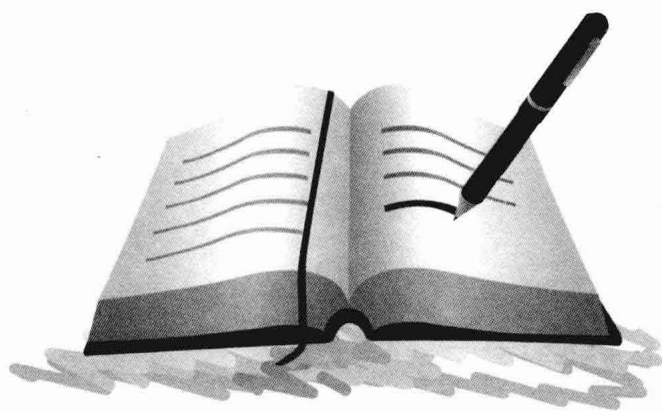
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阅读理解在高考等各类英语考试中占有重要地位,而且往往是学生英语考试中失分最多的项目。造成学生阅读能力欠缺的原因一般有以下几种:

1. 阅读量小。
2. 没有遵循循序渐进的原则,并且没有选择到合适的阅读材料。一开始就阅读难度过大的文章,容易失去自信心,久而久之,就会失去阅读兴趣,不能持之以恒地坚持阅读。
3. 阅读方法不正确。

针对以上影响学生阅读能力的因素,我们组织一线名师编写了这套丛书。它具有以下特点:

1. 大量输入,材料新颖;2. 由易到难,循序渐进;3. 方法导入,答案详尽。

本书的结构为:真题热身—策略指导—轻松训练—实战模拟—答案详解。

真题热身 本部分为一份阅读综合检测试卷,试题选自高考真题,难度与所在年级相符。通过这份权威的热身试卷,学生可以在进行本书的学习之前,对自己的阅读水平进行恰当的评估,从而能够做到有的放矢,使自己的阅读水平得到快速的提高。

策略指导 如何快速提高自己的阅读解题能力,方法很重要。本部分从阅读题的命题特点、解题步骤和解题技巧等几方面进行讲解,并给出实例。俗话说“磨刀不误砍柴工”,读了本部分内容后,学生将对如何提高、改善自己的阅读技巧、阅读速度以及训练方法,形成自己的系统认识。

轻松训练 根据循序渐进的原则,本部分的训练分为基础篇、能力篇、提升篇和新题型篇,高考系列中增设了真题篇。本部分旨在从比较容易的文章入手,逐渐增加难度,从而使学生在训练中逐渐提高自己的阅读能力。本部分材料具有以下几个特点:
1. 材料新,时代感强;2. 趣味生动,贴近学生生活;3. 权威科学、题型全面;
4. 题材广泛、考点全面,覆盖高考所有话题。通过本部分的训练学生的阅读能力将取得长足的进步。

实战模拟 学生在通过第三部分的轻松训练后,需要对自己的水平进行测试。本部分提供几份高仿真性的模拟试卷,让学生不仅能对自己前一阶段的训练效果进行有效的终极评价,而且还可以进行综合性的模拟训练。从而使自己的实战能力达到质的飞跃。

答案详解 本部分分为三块,首先是文章大意。然后每一小题给出答案,并进行详细讲解、点评以及方法的指导。最后对文章中出现的长难句进行点拨分析。有答案详解,学生可以在没有老师帮助的情况下,进行自主学习。

本书准确把握考试重点、预测命题趋势,运用科学的训练体系帮助学生提高阅读能力。相信学生的阅读水平能够在一系列的训练后得到飞跃。

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Passage ① 基础篇 (2010年北京卷)

主题	Goldie的秘密	体裁	记叙文	难度	☆☆☆	词数	471	建议用时	8分钟
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Goldie's Secret

She turned up at the doorstep of my house in Cornwall. No way could I have sent her away. No way, not me anyway. Maybe someone had kicked her out of their car the night before. "We're moving house." "No space for her any more with the baby coming." "We never really wanted her, but what could we have done? She was a present." People find all sorts of excuses for abandoning an animal. And she was one of the most beautiful dogs I had ever seen.

I called her Goldie. If I had known what was going to happen I would have given her a more creative name. She was so unsettled during those first few days. She hardly ate anything and had such an air of sadness about her. There was nothing I could do to make her happy, it seemed. Heaven knows what had happened to her at her previous owner's. But eventually at the end of the first week she calmed down. Always by my side, whether we were out on one of our long walks or sitting by the fire.

That's why it was such a shock when she pulled away from me one day when we were out for a walk. We were a long way from home, when she started barking and getting very restless. Eventually I couldn't hold her any longer and she raced off down the road towards a farmhouse in the distance as fast as she could.

By the time I reached the farm I was very tired and upset with Goldie. But when I saw her licking (舔) the four puppies (幼犬) I started to feel sympathy towards them. "We didn't know what had happened to her," said the woman at the door. "I took her for a walk one day, soon after the puppies were born, and she just disappeared." "She must have tried to come back to them and got lost," added a boy from behind her.

I must admit I do miss Goldie, but I've got Nugget now, and she looks just like her mother. And I've learnt a good lesson: not to judge people.

- () 1. How did the author feel about Goldie when Goldie came to the house?
A. Shocked. B. Sympathetic. C. Annoyed. D. Upset.
- () 2. In her first few days at the author's house, Goldie _____.
A. felt worried B. was angry
C. ate a little D. sat by the fire
- () 3. Goldie rushed off to a farmhouse one day because she _____.
A. saw her puppies B. heard familiar barkings
C. wanted to leave the author D. found her way to her old home
- () 4. The passage is organized in order of _____.
A. time B. effectiveness C. importance D. complexity



Passage ② 能力篇 (2010年福建卷)

主题 培训课程广告 体裁 应用文 难度 ☆☆☆☆ 词数 567 建议用时 6.5分钟

Columbus College, 241 Queen Elizabeth Drive, Kowloon City

Memo

To: All Staff

From: Jackie Mok, Secretary; Sports Development Committee

Date: May 20, 2010

A week ago, "Sports for Life" programme was sent to the parents, requiring them to select a sport they wanted their child to play. Since then, our staff have received lots of calls from parents asking for more information about it. Here is a memo (备忘录) for your reference when you answer the phones.

Sports 1: Basketball

We expect that this will be the most popular of the four sports. Therefore, students should be advised to sign up as soon as possible. Students will take a private bus to and from Kwun Tong Sports Park. To cover the cost of hiring a bus, each student will have to pay \$10 each time. There will be four basketball courts available for our use with one teacher watching over each game.

Sports 2: Gym

We will be using St. Peter's Memorial Park. There are two reasons for choosing this park. First, it is not very busy and crowded before 6:00 pm. Second, it has lots of trees with plenty of shade. Students must bring along two bottles of water to prevent thirst. Three activities, skipping, jogging, outdoor aerobics (有氧运动), all of which are free of charge, will be arranged. And there will be a teacher on duty for each of the activities.

Sports 3: Hiking

Hiking (远足) will take place at Kowloon Peak. The activity will start at 2:30 pm and finish 90 minutes later. Three teachers will accompany the students, and a hiking instructor will accompany each group of 15 hikers. Each instructor will cost \$75/hr. Students are advised to bring plenty of water and sunscreen.

Sports 4: Swimming

The Kowloon City Aquatic Centre is a 10-minute walk from our school. Four teachers will go to the pool and conduct the goings-on from the poolside. We will only be able to reserve the pool for one hour (i.e. 2:45pm to 3:45 pm). Only students skilful at swimming can take up this activity. The pool will have two lifeguards present. Girls must wear a swimming suit. The cost is \$10 per visit.

- () 1. Which of the following is TRUE according to the passage?
- A. Students selecting basketball had better register early.
B. Students participating in gym should arrive at 6:00 pm.
C. Hiking usually begins at 2:30 pm and lasts two hours.
D. Students having swimming suits can take up swimming.
- () 2. It can be inferred from the passage that _____.
A. students taking part in basketball will walk to the courts
B. every student can gain admission to one of the four sports
C. hiking students can have a regular rest in the shade of trees
D. students taking up the four sports should bring bottles of water
- () 3. It can be concluded that _____.
A. each sport will take only one hour
B. students will be charged for the four sports
C. all the sports will take place at Kowloon Peak
D. teachers will accompany students on each sport
- () 4. The purpose of the memo is to _____.
A. attract students' interest in the programme
B. require the parents to select a sport for their child
C. help the staff explain the programme to the parents
D. remind teachers and lifeguards to be present on time



Passage ③ 能力篇 (2010年山东卷)

主题 怎样更好地保护环境 体裁 说明文 难度 ☆☆☆☆ 词数 501 建议用时 9分钟

Ask someone what they have done to help the environment recently and they will almost certainly mention recycling. Recycling in the home is very important of course. However, being forced to recycle often means we already have more material than we need. We are dealing with the results of that over-consumption in the greenest way possible, but it would be far better if we did not need to bring so much material home in the first place.

The total amount of packaging increased by 12% between 1999 and 2005. It now makes up a third of a typical household's waste in the UK. In many supermarkets nowadays food items are packaged twice with plastic and cardboard.

Too much packaging is doing serious damage to the environment. The UK, for example, is running out of it for carrying this unnecessary waste. If such packaging is burnt, it gives off greenhouse gases which go on to cause the greenhouse effect. Recycling helps, but the process itself uses energy. The solution is not to produce such items in the first place. Food waste is a serious problem, too. Too many supermarkets encourage customers to buy more than they need. However, a few of them are coming round to the idea that this cannot continue, encouraging customers to reuse their plastic bags, for example.

But this is not just about supermarkets. It is about all of us. We have learned to associate packaging with quality. We have learned to think that something unpackaged is of poor quality. This is especially true of food. But it also applies to a wide range of consumer products, which often have far more packaging than necessary.

There are signs of hope. As more of us recycle, we are beginning to realise just how much unnecessary material we are collecting. We need to face the wastefulness of our consumer culture, but we have a mountain to climb.

- () 1. What does the underlined phrase "that over-consumption" refer to?
- A. Using too much packaging. B. Recycling too many wastes.
C. Making more products than necessary. D. Having more material than is needed.
- () 2. The author uses figures in Paragraph 2 to show _____.
A. the tendency of cutting household waste B. the increase of packaging recycling
C. the rapid growth of supermarkets D. the fact of packaging overuse
- () 3. According to the text, recycling _____.
A. helps control the greenhouse effect B. means burning packaging for energy
C. is the solution to gas shortage D. leads to a waste of land
- () 4. What can be inferred from Paragraph 4?
A. Unpackaged products are of bad quality. B. Supermarkets care more about packaging.
C. It is improper to judge quality by packaging. D. Other products are better packaged than food.
- () 5. What can we learn from the last paragraph?
A. Fighting wastefulness is difficult. B. Needless material is mostly recycled.
C. People like collecting recyclable wastes. D. The author is proud of their consumer culture.

Passage ④ 提升篇 (2010年四川卷)

主题 索马里海盗袭击 体裁 应用文 难度 ☆☆☆☆☆ 词数 427 建议用时 7.5分钟

Somali pirates (海盗) robbed three Thai fishing ships with 77 sailors on board nearly 1, 200 miles off the Somali coast, the farthest-off-shore attack to date, an officer said Tuesday.

Pirates have gone farther south and east in answer to increased patrols (巡逻) by warships off the Somali shore. The robbing of the three ships Sunday was about 600 miles outside the normal operation area for the international force, said a spokesman.

The spokesman said the attack so far out at sea was a clear sign that the international patrols against pirates were having a “marked effect on pirate activity in the area”.

“Once they start attacking that far out, you’re not even really talking about the Somali basin or areas of water that have any connection with Somalia,” said an officer, Roger Middleton. “Once you’re that far out, it’s just the Indian Ocean, and it means you’re looking at trade going from the Gulf to Asia, from Asia to South Africa.”

“This is the farthest robbing to date. They are now operating near the Maldives and India,” said another officer.

The three ships—the MV Prantalay 11, 12, and 14—had 77 members on board in total. All of them are Thai, the spokesman said. Before the Sunday robbing, pirates held 11 ships and 228 sailors.

Pirates have increased attacks over the past year in hopes of catching more dollar payments. Because of increased patrols and defenses on board ships, the success rate (率) has gone down, though the number of successful attacks has stayed the same year over year.

- () 1. The pirate attack reported in the text happened _____.
 A. far out in the Indian Ocean
 B. in the normal patrol area
 C. near the Somali coast
 D. in the south of Africa
- () 2. According to the text, which can best describe the situation of the pirate problems?
 A. More goods on board are lost.
 B. Pirate attacks happen in a larger area now.
 C. The number of attacks has stayed the same these years.
 D. Pirate attacks are as serious as before along the Somali coast.
- () 3. Which is true about the warship patrols according to the text?
 A. The patrols are of little effect.
 B. The patrols are more difficult.
 C. More patrols are quite necessary even in Asia.
 D. The patrols only drive the pirates to other areas.
- () 4. How many sailors were held by the pirates up to the time of the report?
 A. 228. B. 77. C. 383. D. 305.



Passage ⑤ 新题型篇 (2009年安徽卷)

主题 到网站上搜索就业信息 体裁 说明文 难度 ☆☆☆☆ 词数 403 建议用时 10分钟

阅读下面的短文, 根据所读内容在表格中的空白处填入恰当的单词。注意: 每个空格只填一个单词。

Many people need guidance in choosing a career (职业). Fortunately, there is much information on the Web about job opportunities (机会). With all the information available, it's not surprising that people can feel confused. So if you're ready to start your first job or change careers, where do you begin?

The Occupation Handbook is a good resource. Regularly updated, the *Handbook* is available as a book and on-line. Not only is information provided about the United States as a whole, but readers can easily search for information about their particular state. You can read about the fastest-growing occupations in the area where you live and find out what they are like. You can also learn how to apply for jobs.

Take, for example, Nadia's situation. Nadia was a doctor's assistant in Iran, and her goal in the United States is to become a nurse. However, she needs to work while she is studying nursing. She is interested in becoming a medical assistant to help work her way through college. When going on-line to the *Handbook* and searching under "medical assistant", Nadia is happy to read that this is expected to be one of the fastest-growing careers through 2010. Besides, job opportunities are even better for people with experience. She discovers that medical assistants not only have to do some office work, but have medical responsibilities as well. Nadia decides this job will be interesting and will also provide excellent experience for her nursing career.

The Occupation Handbook is just an example of websites that can help you plan a new career. When you have found information about some different careers, you will be ready to talk to career advisers. Choosing your future career is an extremely important decision. It's worth taking the time and finding as much information as you can.

Title	Finding Information on the 1. _____ for Tomorrow's Job
Introduction	There is a lot of information on-line, but too much of it may sometimes be 2. _____.
Facts of the Handbook	The information is updated in a 3. _____ manner. Its vast resources include ways of job 4. _____.
Nadia's 5. _____	She wants to become a nurse in the United States. She needs to work to make 6. _____ for her college study. Her previous 7. _____ may help her to get the job. If she's a medical assistant, she'll also take medical 8. _____.
Conclusion	Find some information on-line before 9. _____ career advisers. The time you spend and the efforts you make will be 10. _____.



Passage ⑥ 新题型篇 (2010年天津卷)

主题 导盲马 体裁 记叙文 难度 ☆☆☆☆ 词数 382 建议用时 10分钟

阅读下面的短文，并按照题目要求用英语回答问题。

When Dan Shaw gets up from the sofa in his home, Cuddles is never far away. When he wants to go outside, he doesn't take Cuddles out for a walk—Cuddles takes him for a walk. Cuddles is clearly no ordinary family pet. It is a two-foot-high miniature horse and serves as the guiding eyes of Shaw, who is blind.

When Shaw lost his sight, his wife suggested he apply for a guide dog. Shaw, an animal lover, said he couldn't bear to part with a dog (which usually lives about eight to ten years) and get used to a new one, perhaps several times in his life.

Then Shaw heard of a program about the tiny guide horses. He learned that the horses possess many qualities that make them an excellent choice for guiding people. They are clean, friendly, smart and have great memories. They can be trained to remain calm in noisy and crowded places. Best of all, they live for 25-35 years, which would enable Shaw to have the same guide companion for most or all of his life.

Shaw immediately applied to be and was accepted as the first person to receive a guide horse. The instant he met Cuddles, he knew he was making the right choice. Then he began his training.

Through training, Shaw and Cuddles learned to find their way on busy streets, step over curbs (便道沿儿) and find elevator buttons. Cuddles even demonstrated (显示) its ability to step in front of Shaw and block him, to prevent him from walking into a dangerous situation. The little horse also expertly led Shaw through busy shopping malls. They got along without any difficulties. Now Shaw is confident that Cuddles will change his life for the better.

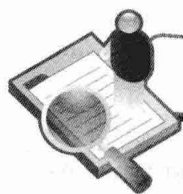
1. What's the meaning of the underlined word "miniature" in Paragraph 1? (No more than 2 words.)

2. Why didn't Shaw want to choose a dog as his guide? (No more than 15 words.)

3. What does Paragraph 3 mainly tell us? (No more than 10 words.)

4. How does Shaw feel about his future life with the help of Cuddles? (No more than 10 words.)

5. In your opinion, what is the ideal relationship between man and animals? (No more than 20 words.)



新课标对高二英语的阅读要求（七级）

教育部最新颁布的《普通高中英语课程标准》对高中英语的七级阅读方面的要求：

1. 能从文章中获取主要信息并能摘录要点；
2. 能理解文章主旨、作者意图；
3. 能提取、筛选和重新组织文章中的简单信息；
4. 能借助上下文的线索理解文章；
5. 能理解和欣赏一些浅显的经典英语诗歌；
6. 除教材外，课外阅读量应累计达到30万词以上。

针对新课程标准对学生阅读能力要求的提高，高考阅读理解试题难度的逐步加大，同学们平时要加强阅读训练，养成良好的阅读习惯，才能有效地提高自身的阅读能力。

考点透视

一、考纲对阅读理解能力测试的主要要求：

1. 读懂材料的主旨大意，以及用以说明主旨大意的事实细节。
2. 既理解具体的事实，也理解抽象的概念。
3. 既理解表层的意思，也理解深层的含义（包括作者的态度、意图等）。
4. 既理解某句、某段的含义，也理解全篇的逻辑关系，并能进行推理和判断。

二、高考阅读理解题的选材特点：

高考阅读理解文章的选材内容广泛，包括人物、故事、科普、文化、新闻、广告、历史和地理等。题材多样，体裁各异，涵盖了记叙文、说明文、议论文和应用文等。

三、高考阅读理解的试题特点：

高考阅读理解选择题主要包括几种题型：细节理解题、主旨大意题、词义猜测题、推理判断题等。它们的考查角度各不相同，具体地说：

1. 细节理解题多是通过语句的同义或反义转换来考查学生寻找信息的能力；有时要求学生按时间发生的先后进行排序。
2. 主旨大意题考查学生对文章主题句的确定；标题类的题目要求学生浓缩主题，精确表述，中心词通常在原文中可以找到。
3. 词义猜测题是让学生通过对上下文的理解和对语句前后关系的判断来猜测划线词的含义。
4. 推理判断题要求学生通过对文章表面的叙述文字进行分析，理解其深层含义，判断作者的写作意图。

解题技巧（附实例解析）

阅读是一个语言知识输入的过程，同时也是文化体验的过程。同学们平时在阅读训练中既要注重对文章细节的理解，也要注重对文章主旨的把握，更要注重对文脉逻辑的梳理，以便准确答题。为了有效地提高阅读水平，除了大量的阅读训练外，同学们也需要掌握一定的阅读技巧，具体如下：



一、审视文章标题，找准全文主题句，把握文章主旨。

文章的标题往往是全文的主题，它能帮助我们理解全文的内容和走向。因此，审视标题，有利于加快对文章的理解，提高解题的效率。主题句往往对全文起概括、归纳的作用，它一般出现在文章的开头或结尾。

二、细读文章，注意文章细节理解。

除了主旨题以外，细节理解题也是阅读理解题考查的重点。对于这种题型，同学们必须细读文章，然后从文中找出相应词句作为解题依据。

三、先看问题，再读文章，提高阅读速度。

《普通高中英语课程标准》要求中学生阅读速度达到每分钟70—80个单词，而阅读理解做题的参考时间限为35分钟。考生必须在十分有限的时间内领会文章主旨，理清文章脉络。所以，同学们要掌握正确的解题思路：看题目——阅读——解题——有选择地再阅读——再解题。

四、理解文章结构，掌握作者意图。

英语文章讲究使用主题段与主题句，段与段之间通常有过渡词连接，承上启下，使文章行文连贯。如果想要准确、深刻地理解文章，必须对文章的结构有所了解，把握全篇的文脉。此外，每篇文章都有一个特定的写作目的。因此，这类试题要求考生在理解文章总体内容的基础上，透过隐藏在语篇深层的逻辑线索去领悟作者的言外之意。

五、扩大词汇量，掌握猜词技巧。

由于当今的阅读文章题材广泛，体裁多样，经常出现一词多义，甚至出现没学过的词汇。要解决阅读中的生词问题，一要扩大英语词汇量，二要学习并掌握一些猜测生词词义的方法。

六、抓住结构，逐个击破长句、难句。

目前高考趋势之一就是难句增多，句型多变。但再长的句子，只要能抓住结构关键词，就能用化整为零的办法各个击破。

总之，阅读理解的技巧无论有多合理，都必须在实践中加以掌握和完善，所以同学们在平时的阅读训练中，如能运用所学的技巧多阅读、多琢磨，阅读能力必有提高。

【实例解析】（2009年山东卷）

“In only six days I lost seven pounds of weight.”

“Two full inches in the first three days!”

These are the kinds of statements used in magazine, newspaper, radio and television ads, promising new shapes and new looks to those who buy the medicine or the device. The promoters of such products say they can shape the legs, slim the face, smooth wrinkles, or in some other way add to beauty or desirability.

Often such products are nothing more than money-making things for their promoters. The results they produce are questionable, and some are dangerous to health.

To understand how these products can be legally promoted to the public, it is necessary to understand something of the laws covering their regulation. If the product is a drug, FDA(Food Drug Administration) can require proof (证明) under the Food, Drug, and Cosmetic Act that it is safe and effective before it is put on the market. But if the product is a device, FDA has no authority to require premarketing proof of safety or effectiveness. If a product already on the market is a danger to health, FDA can request the producer or distributor to remove it from the market voluntarily, or it can take



legal action, including seizure (查封) of the product.

One notable case a few years ago involved an electrical device called the Relaxacisor, which had been sold for reducing the waistline. The Relaxacisor produced electrical shocks to the body through contact pads. FDA took legal action against the distributor to stop the sale of the device on the grounds that it was dangerous to health and life.

Obviously, most of the devices on the market have never been the subject of court proceedings (法律诉讼), and new devices appear continually. Before buying, it is up to the consumer to judge the safety or effectiveness of such items.

- () 1. It can be inferred that ads mentioned in the text are _____.
A. objective B. costly C. unreliable D. illegal
- () 2. Which of the following is true according to the text?
A. The court is in charge of removing dangerous products.
B. New products are more likely to be questionable.
C. The production of a device must be approved by FDA.
D. The promoters usually just care about profits.
- () 3. FDA can ask for the proof of safety and effectiveness of a product _____.
A. if it is a drug
B. if it is a device
C. if its consumers make complaints
D. if its distributors challenge FDA's authority
- () 4. The Relaxacisor is mentioned as _____.
A. a product which was designed to produce electricity
B. a product whose distributor was involved in a legal case
C. a successful advertisement of a beauty product
D. an example of a quality beauty product
- () 5. The author intends to _____.
A. make consumers aware of the promoters' false promises
B. show the weakness of the law on product safety
C. give advice on how to keep young and beautiful
D. introduce the organization of FDA

【解题点拨】

日常生活中，人们随时随地会遇到各种广告。作为消费者，我们需识别出一些虚假的承诺，免得上当受骗。

1. C 推理判断题。根据文章第四段可知，这种广告是不可信的。

2. D 细节理解题。根据文章第四段中Often such products are nothing more than money-making things for their promoters.可知，这种广告只是在乎利润。

3. A 细节理解题。根据文章第五段中If the product is a drug, FDA (Food Drug Administration) can require proof (证明) under the Food, Drug, ... 可知。

4. B 细节理解题。根据文章倒数第二段最后一句话可知。

5. A 作者意图题。通读全文可知，作者的目的是让消费者注意虚假的广告承诺。

长难句翻译：To understand how these products can be legally promoted to the public, it is necessary to understand something of the laws covering their regulation.

要了解这些产品怎样能合法地向公众推广，就必须了解相关的法律法规。



解题注意事项

一、克服某些不良的阅读习惯，提高阅读速度和理解水平

阅读时，同学们应戒除出声读、逐字读、指读和回读等不良习惯；要注意心情放松，集中注意力在阅读内容上，顺着作者的思路往下读。

二、不同体裁的文章，采用不同的阅读方法

1. 阅读记叙文应注意：①通读全文，把握文章的主要内容，弄清全文主要记叙什么事；②弄清事件发生的地点、时间及事件发生变化的过程。

2. 阅读议论文可遵循以下几个步骤：①找出中心论点；②理清文章结构；③辨析文中论据；④分析论证过程。

3. 阅读应用文可采用略读法和查阅法，即先浏览文章的标题、黑体、大写以及一些提示的部分，然后带着题目去找答案，没必要逐字逐句地阅读短文。

4. 阅读说明文可采用以下几个方法：①阅读文章的开头和结尾，从主题句着手，找出支撑句，然后寻找文章的结论。②带着题干中的问题，在文中捕捉所需的信息，并进行加工处理。

三、重视阅读速度的提高

阅读理解考的是速度。因此，做阅读理解时，同学们要注意培养自身快速阅读的习惯。阅读时要扩大视读的广度，把逐词逐句的点式阅读变成一次扫描一句的线式阅读，切不可在个别难懂的词句上浪费时间。此外，要留心关键词句，注意弦外之音。

四、培养阅读时的语感

阅读时，同学们可以先把文章后面的问题看一遍，带着问题去看文章。这样可以去掉杂念，提高阅读速度和解题的正确性。读完一篇文章后，要回味一番，对文章的段落结构、中心思想、人物事件、论点论据要做到心中有数。

总之，学会“自学”是提高英语阅读能力的有效措施。同学们应培养自身的课外阅读习惯，使英语阅读策略在课堂外得到有效的实践，从而迅速提高阅读能力。