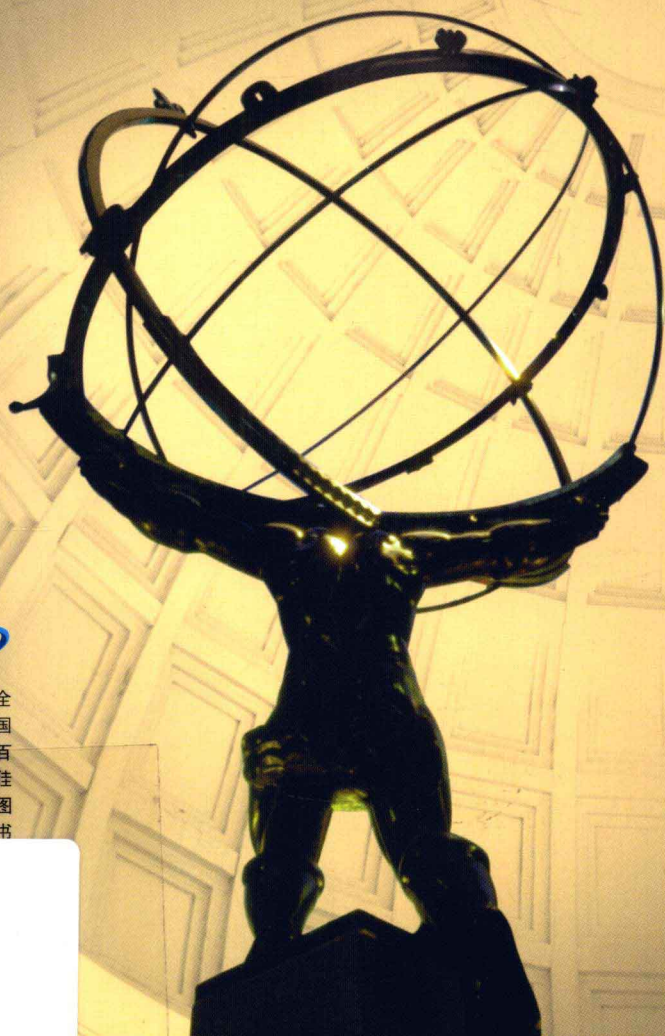


阅读 · 思维训练教程

赵明学◎编著

THINKING THROUGH READING



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全国百佳图书出版单位

内容提要

这是一本以丰富学生的思想、开展思维训练和培养思辨能力为目的的英语阅读教材。既通过阅读,接触不同思想,引导学生进行独立思考,然后通过师生以及学生间的互动交流,达到丰富学生的思想内涵,提升学生的思辨能力,养成良好思维习惯的教学目的。

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前言

阅读,是一个获取知识的过程,是通往博学多识的必由之路。鲁迅先生晚年病重时表示:“倘能生存,我仍要学习。”“删夷枝叶的人,决定得不到花果。”

阅读,是一个开阔胸襟视野的过程。若要如此,就要放开度量,大胆地,无畏地,尽量地吸收古今中外的文化知识。不容纳百川,无以汇成大海。

阅读,是一个思考、探索的过程。思索不是一种苦思冥想的活动,而是把所读内容同客观现实联系起来,加以观察,内省外思,取精用宏。“学而不思则罔。”

阅读,是一个比较鉴别的过程。为了比较,就要敢于接触不同的观点,看看为自己所不解或反对的人和事究竟是怎样的,凡真伪、是非、优劣,都可以通过比较得到鉴别。“多闻择其善而从之。”

阅读,是对思维能力的培养和心智机制的训练。理解能力,记忆能力,综合的能力,分析的能力,判断的能力,想象的能力,感悟和体验的能力等都可以从中受惠。阅读是可以培养能力的,当思想得以飞跃,情绪得以激昂,“创新”还会无动于衷吗?至此,阅读才走过“学—思—行”的全程。“我思,故我在。”

阅读,何尝不可以是一种“享受”呢?当你为某人的精神而叹服;当你为某人的真实所感动;当你的思想因和某人的对话而自由驰骋;当你为和某人笔下的那些美丽天使的舞姿而欢娱;等等。享受,是阅读过程中的一种身心状态。当你读出一个“自我”,阅读活动就回归了“人本”。

就语言而言,不外乎涉及语言形式和语言所表达的思想内容两个方面。思想需要语言这一表现形式;而文字如果没了思想内容,至多是一种书法艺术。对于一个人来说,道理相同。

带着以上对阅读的认识,我编著了这本《阅读·思维训练教程》。其实,“reading for thinking”和“reading for being”更能真正代表我编写此书的心思。前者是方法,后者是目标,即以期通过“阅读与思考”这样一种大脑训练方式,使大家养成思考的习惯,丰富思想内涵,培养思辨能力,深刻挖掘自我,为全面提升“人”这个 being 的品质,投注一臂之力。

全书共选文 16 篇,为利于阅读理解,有的选文作了部分删改;练习的设计和编写全部是为 reading for thinking 这一思维训练目的服务的。

编者

2011 年 8 月

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Passage 1

OPEN YOUR MIND

1 In most modern bookshops there is a large section devoted to business and how to succeed in it. Many of these books talk about particular problems, like how to manage time or motivate staff. Others are written by successful entrepreneurs who want to tell the public how they build their businesses. Now there is also an increasing number of books telling us how to use the most valuable resource in the world. That is the human brain.

2 The science of psychology was developed by doctors who wanted to treat the causes of mental illness. It was not long before people realized that the study of the mind could also be used to help healthy brains work better. This process could then be applied to business. As far back as the 1920s, people who wanted to succeed were urged to “think and grow rich”. Another technique was to say “Everyday and in every way I will become better and better” before going to bed at night.

3 Since those days we have learned far more about how the brain actually works. One of the most surprising facts is that it hardly works at all. On average, people only use 1% of their brain power in everyday life. It is as though we have inherited a huge mansion and decided to live in the bathroom. How can we explore the other rooms, make ourselves at home and take full possession of our thinking processes?

4 Psychologists have come up with a number of answers that can be applied to our daily work and life. Some of these encourage us to expand our brain power. Speed-reading, for instance, is a way of training people to understand words in groups rather than individually.

5 Other techniques encourage us to change the way we think. “Lateral Thinking”, for instance, encourages us to solve problems by looking at them in many different ways and exploring every possibility which might provide a solution. “Brainstorming” is a way of generating ideas by discussion. The views of one speaker produce ideas in other members of the group.

6 Another technique, “Mind Mapping”, encourages people to visualize situations in pictures rather than in words. In this way we can look at things as a whole rather than focusing on individual activities. We can then identify problems that might occur, in advance, rather than dealing with things as they happen.

7 What all of these ideas have in common is that they attempt to solve problems through creativity. They are based on the discovery that different parts of the brain control different areas of our thinking process. The left side of the brain controls logic and learning. The right side controls our imagination and our artistic sense.

8 Traditionally, education and working life have emphasized the left brain over the right. Knowledge and rational thinking are regarded as better guides than imagination. Traditional thought says that it is better to learn what everybody else knows than to think differently. In reality this approach to life makes things more difficult. Both sides of our brain are meant to be used together, just as we use both hands to tie our shoelaces.

9 If we are given a choice between two things that work equally well we will always choose the most beautiful. This fact shows the influence of our right brain and explains why design is now a vital part of business thinking. Industrial designer Frank Nuovo recently described how he deliberately appealed to the creative instinct. “I want to create something that would make people reach out and say ‘I like this’.

10 In the past, businesses and other large organizations have tended to create a “culture of conformity”. Individuality and creativity were discouraged. Now many are learning that this is a mistake. At every level, the future belongs to those who can dream.

WORDS AND PHRASES

conformity【kən'fɔːməti】*n.*

inherit【in'herit】*v.*

instinct【'instɪŋkt】*n.*

lateral【'lætərəl】*adj.*

make oneself at home

mansion【'mænfən】*n.*

behavior that follows accepted rules

receive property or money from

someone after they have died

a natural feeling, knowledge, or power

of or at the side

be comfortable with one's surroundings

a very large house

I. Understanding the Text

◇ Understand the subject matter.

◇ Read for the main information.

◇ Learn the writing technique.

◇ Reach the conclusion.

1. What is the theme of the passage?

2. What are the main points made in this passage?

Para. 1 – 2: _____

Para. 3 – 6: _____

Para. 7: _____

Para. 8 – 9: _____

Para. 10: _____

3. What is the conclusion drawn in this passage? (Para. 10)

II. Analyzing the Paragraphs

- ◇ *Summarize the information.*
- ◇ *Generalize the main idea.*
- ◇ *Find out the topic sentence.*

1. What is the main idea of Paragraph 1?

2. What is the main idea of Paragraph 2?

3. What is the main idea of Paragraph 3?

4. What is the main idea of Paragraph 4?

5. What is the main idea of Paragraph 5?

6. What is the main idea of Paragraph 6?

7. What is the main idea of Paragraph 7?

8. What is the main idea of Paragraph 8 and 9?

9. What is the main idea of Paragraph 10?

III. Learning the Language

- ◇ *Be aware of and sensitive to language variations and varieties.*
- ◇ *Choose the language as being used in the passage.*
- ◇ *Learn the best language.*

1. In most modern bookshops there is a large _____ devoted to business and how to succeed in it. (Para. 1)

A) section

B) part

C) counter

D) place

2. Others (books) are written by successful entrepreneurs who want to tell the public how they _____ their businesses. (Para. 1)
A) build B) make C) establish D) create
3. Now there is also a(n) _____ number of books telling us how to use the most valuable resource in the world. (Para. 1)
A) much B) many C) increasing D) increased
4. Since those days we have learned far more about how the brain actually works. One of the most surprising facts is that it hardly _____ at all. (Para. 3)
A) functions B) works C) operates D) starts
5. How can we explore the other rooms, _____ and take full possession of our thinking processes? (Para. 3)
A) let ourselves at home B) make ourselves at home
C) allow ourselves at home D) comfort ourselves at home
6. On average, people _____ 1% of their brain power in everyday life. (Para. 3)
A) only use B) use only C) only take D) take only
7. Psychologists have _____ a number of answers that can be applied to our daily work and life. (Para. 4)
A) taken up with B) got up with
C) brought up with D) come up with
8. “Brainstorming” is a way of _____ ideas by discussion. (Para. 5)
A) producing B) making
C) constructing D) generating
9. Both sides of our brain are meant to be used together, just as we use both hands _____ our shoelaces. (Para. 8)
A) to tie B) to fasten C) to knot D) to secure
10. Industrial designer Frank Nuovo recently described how he deliberately appealed to the creative _____. (Para. 9)
A) instinct B) distinct C) extinct D) distinct

IV. Thinking Openly

- ◇ *Keep your mind open to new ideas.*
- ◇ *Be receptive to other's opinions.*
- ◇ *Challenge your own judgment.*

1. The most valuable resource in the world is the human brain. (Para. 1)
What do you think?

2. On average, people only use 1% of their brain power. (Para. 3)
What do you want to say after reading this statement?

3. Speed-reading is a way to expand our brain power. (Para. 4)
How do you explain this?

4. Brainstorming is a way of generating ideas by discussion. (Para. 5)
What can you learn from this statement?

5. The left side of the brain controls logic and learning. The right side controls our imagination and our artistic sense. What comes to your mind with this information? (Para. 7)

6. Traditionally, education and working life have emphasized the left brain over the right. (Para. 8) Is this generally true in China's education?

V. Thinking Critically

- ◇ *Be critical in your thinking.*
- ◇ *Be skeptical in your thinking.*
- ◇ *Be introspective in your thinking.*

1. How many ways of thinking can you come up with?

2. What is/are the way(s) of thinking you most frequently use?

3. How can 'speed-reading' be a way of expanding our brain power?

4. What is 'lateral thinking'?

5. Is 'brain storming' a way of your generating ideas?

6. Which is more important? To learn what everybody else knows or to learn to think differently.

7. The point(s) that I do not agree with the writer.

VI. Thinking Independently

- ◇ *Develop and form ideas or opinions of your own.*
- ◇ *Be both inductive and deductive in your thinking.*
- ◇ *Communicate and share with others.*

◇ *Write and present your composition on one of the following topics.*

1. How to open one's mind
2. My way of opening my mind
3. The potentials of human mind
4. The importance of developing our thinking ability
5. Living in the “bathroom” or in the “huge mansion”
6. One thing I have learned from this passage

Passage 2

GIVE US 15 MINUTES A DAY

1 Your boss has a bigger vocabulary than you have. That's one good reason why he's your boss. This discovery has been made in the word laboratories of the world. Not by theoretical English professors, but by practical, hard-headed scholars who have been searching for the secrets of success.

2 After a host of experiments and years of testing they have found out: That if your vocabulary is limited your chances of success are limited. That one of the easiest and quickest ways to get ahead is by consciously building up your knowledge of words. That the vocabulary of the average person almost stops growing by the middle twenties. And that from then on it is necessary to have an intelligent plan if progress is to be made. No haphazard hit-or-miss methods will do.

3 It has long since been satisfactorily established that a high executive does not have a large vocabulary merely because of the opportunities of his position. That would be putting the cart before the horse. Quite the reverse is true. His skill in words was a tremendous help in getting him his job.

4 Dr. Johnson O'Connor of the Human Engineering Laboratory of Boston and of the Stevens Institute of Technology in Hoboken, New Jersey, gave

a vocabulary test to 100 young men who were studying to be industrial executives.

5 Five years later those who had passed in the upper ten percent all, without exception, had executive positions, while not a single young man of the lower twenty-five percent had become an executive.

6 You see, there are certain factors in success that can be measured as scientifically as the contents of a test-tube, and it has been discovered that the most common characteristic of outstanding success is “an extensive knowledge of the exact meaning of English words.”

7 The extent of your vocabulary indicates the degree of your intelligence. Your brain power will increase as you learn to know more words. Here's the proof.

8 Two classes in a high school were selected for an experiment. Their ages and their environment were the same. Each class represented an identical cross-section of the community. One, the control class, took the normal courses. The other class was given special vocabulary training. At the end of the period the marks of the latter class surpassed those of the control group, not only in English, but in every subject, including mathematics and the sciences.

9 Similarly it has been found by Professor Lewis M. Terman, of Stanford University, that a vocabulary test is as accurate a measure of intelligence as any three units of the standard and accepted Stanford-Binet I. Q. tests.

10 The study of words is not merely something that has to do with literature. Words are your tools of thought. You can't even think at all without them. Try it. If you are planning to go down town this afternoon you will find that you are saying to yourself: “I think I will go down town this afternoon.” You can't make such a simple decision as this without using words. Without words you could make no decisions and form no judgments whatsoever.

11 A pianist may have the most beautiful tunes in his head, but if he had only five keys on his piano he would never get more than a fraction of

these tunes out. Your words are your keys for your thoughts. And the more words you have at your command, the deeper, clearer and more accurate will be your thinking.

12 A command of English will not only improve the processes of your mind. It will give you assurance; build your self-confidence; lend color to your personality; increase your popularity. Your words are your personality. Your vocabulary is you.

13 Your words are all that we, your friends, have to know and judge you by. You have no other medium for telling us your thoughts—for convincing us, persuading us, giving us orders.

14 Words are explosive. Phrases are packed with TNT. A simple word can destroy a friendship and land a large order. The proper phrases in the mouths of clerks have quadrupled the sales of a department store. The wrong words used by a campaign orator have lost an election. For instance, on one occasion the four unfortunate words, “Rum, Romanism and Rebellion”^[1] used in a Republican campaign speech threw the Catholic vote and the presidential victory to Grover Cleveland.^[2] Wars are won by words. Soldiers fight for a phrase. “Make the world safe for Democracy.” “All out for England.” “V for victory.” The “Remember the Maine” of Spanish War days has now been changed to “Remember Pearl Harbor.”

15 Words have changed the direction of history. Words can also change the direction of your life. They have often raised a man from mediocrity to success.

16 If you consciously increase your vocabulary you will unconsciously raise yourself to a more important station in life, and the new and higher position you have won will, in turn, give you a better opportunity for further enriching your vocabulary. It is a beautiful and successful cycle.

17 For words can make you great!

(By *Wilfred Funk* and *Norman Lewis*)