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晨读英语美文

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60篇

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前言 Preface

菁菁岁月 琅琅书声

就像一座城市里天籁般的钟声一样,琅琅的书声就是菁菁校园的灵魂。

晨曦微露,月华渐隐。校园的小树林里,草地上,小道旁,石桌前,教室外的楼梯转角处,都已回荡起铿锵的、熟练的、顿挫的读书声。晨读的学子们,或



坐,或站,或倚,或旁若无人仰天长诵,或默然低首唇角微启,情态各具,不一而足。激情与梦想在校园中荡漾,花草的香气和青春的朝气交织于一处,构成了一道靓丽的风景线。

诵读历来是一种重要的语言学习的方法。在诵读中,细细品尝,反复玩味,这样吟诵既久,必能烂熟于心,由“精”至“熟”,方能化为我所用。对于英语学习而言,



诵读更是硬道理兼真功夫,诸多英语学习成功者对此深有体会。诵读可熟悉英语语言的特点,诵读可培养英语语感,诵读可提高英语口语,诵读可掌握

英语的语音、词汇和语法,可让您在一种优美的语言交融中不知不觉地感受到英语水平的提升。诵读是脑、眼、耳、口等协调的过程,也是语言内化的过程。

一日之计在于晨,早晨是诵读的最佳时间。一天

之始,人的思维最活跃,心境最纯净,语言的理解力和接受力最强。晨读,每天开口 15 分钟,让您的一天融入在美好的语言音韵之中,让您刚刚读过的名篇佳作、精言妙语在一天之中慢慢地沉淀、领悟,化为您的所有。

本书中 60 篇美文,融时尚与经典于一身,既有英文报刊和国外网络中的最新文章,又穿插点缀有脍炙人口、历久不衰的珠玑之作,内容丰富,语言生动,表



达地道,或黄钟大吕,慷慨激昂;或寓意深远,耐人寻味;或细腻缱绻,感人肺腑。八个单元,各具特色,自成一體,名称别致高雅,诗文轻灵飞扬,配图精美脱俗,注释精练实用,点拨独到生辉,译文流畅通达,链接情趣盎然,录音优美纯正。每一细微之处,都体现着编者的用心,对唯美的追求,对读者的真情。

打开书卷吧,当鸟雀的啁啾还没有吵醒大地的沉睡,当如纱的薄雾还萦绕在枝叶间,当晨光抛下第一缕瑰丽的朦胧,我们嗓音清越,在书页间开始一次语言文字之旅,以一颗平静之心,去品味生活的多姿,感悟人生的美好,用热爱来面对我们成长的每一天。这是



我们的希望起步的地方,从这里开始,从晨读开始,我们用琅琅书声为自己盖上启程的印章。

让我们晨读英语,体味成长的感动吧!

编者



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How to Study

Genius learn from nature, talent from books. 自然赋予人天资, 书籍赋予人才智。

An aid to systematic^① study, which has proved of value in American colleges and universities is the system called SQ3R. The SQ3R stands for:

Survey Question Reading Recitation Revision

1) Survey. In brief, this means that instead of picking up a textbook and reading one of the chapters over and over, you should first survey: that is, find out all you can about the aims and purpose of the book, read the author's preface, study the table of contents and the index^②, read the chapter summaries (if there are summaries) and skim your way rapidly through the book. Keep in mind your own purpose in study. And if the book does not suit your purpose, search around until you find a better one.

2) Question. The second preparatory step—



asking questions—is also important. This requires going rapidly through the chapters of the book which you are going to tackle^③, and jotting down such questions as occur to you. This is useful because it motivates^④ you and gives you a purpose: it forces you to think and to arrange such knowledge as you already have. And if you persist in maintaining a questioning attitude, you will in time come to read books critically.

3) Reading. Next comes reading properly. The first reading of a chapter in the textbook usually needs to be rather slow and thorough. Most good textbook chapters have a structure of headings and subheadings, which you need to keep in the back of your mind as you read. Often you must turn back to previous pages to remind yourself of some fact or argument. If the subject is illustrated by graphs or by diagrams, you will often be well advised to copy them out or elaborate^⑤ them.

4) Recitation. A single reading is never enough, even though you read actively with intent to remember. The next stage in study is therefore recitation. Bacon said: “If you read anything over twenty times, you will not learn it by heart so easily as if you were to read it only ten, trying to repeat it between whiles^⑥, and when memory failed, looking at the book.” Recitation here does not mean word for word repetition, or learning by heart. It means outlining the substance of a passage. The outline provides the framework into which more details can





be fitted in subsequent recitation.

5) Revision. The final step of SQ3R is Revision. Revision should not be regarded as something to be undertaken just before examinations. One of the most practical results of memory experiments is that material that has to be retained over long periods should be studied and re-studied.^⑦ Memories become stronger and stronger with each relearning, and forgetting proceeds more slowly.

You will realize that the amount of time that you give to each of the steps of the SQ3R study technique will depend on the subjects you are studying. The natural sciences, the social sciences, the arts, and practical and vocational subjects differ in their aims and methods, but the SQ3R method can be applied in principle to all fields of study.

零花碎玉 Vocabulary and Expression

- ① systematic [ˌsɪstɪˈmæɪtɪk] *adj.* 系统的, 体系的
- ② index [ˈɪndeks] *n.* 指标; 索引; 目录
- ③ tackle [ˈtækl] *v.* 处理, 解决, 应付(问题或工作)
- ④ motivate [ˈməʊtɪveɪt] *v.* 激发
- ⑤ elaborate [ɪˈlæbəreɪt] *v.* 详尽描述, 精心制作
- ⑥ 本句中 as 是与前面的 so 连用, so... as... “太……以至于……”并非构成 as if; 而 if 作连词, 引导条件从句, “如果……”。
- ⑦ 本句中的第一个 that 引导表语从句, 第二个 that 引导的定语从句所修饰的中心词是 material。



如何学习

一种有助于系统学习的方法已在美国高等院校证明了其价值,称为SQ3R系统学习法。SQ3R分别代表:

纵览 提问 阅读 背诵 复习

1) 纵览。简而言之,纵览是指不要拿起一本书,一遍又一遍地阅读其中一个章节,而是应该首先浏览一番:尽可能地了解书的写作目的,阅读作者写的前言,浏览书的目录与索引,细读章节总论(如果有的话),然后快速跳读整本书。牢记你自己的学习目的。如果书与你的目的不符,就去寻找更好的书,直至找到为止。

2) 提问。第二个准备步骤是提问,也很重要。要想提出问题,首先需要快速浏览所攻读的书的各个章节,简单记下浮现在你脑海里的的问题。这样做非常有用,它能激发你学习的动力,给你定下一个目标:它迫使你思考问题,有效地应用你现有的知识。如果你坚持抱着提问的态度,过一段时间你就能以审慎的眼光读书了。

3) 阅读。接下来就是阅读。首次阅读一本教科书的某一章节时,通常速度要相当缓慢,要细读精读。大多数编写得好的教科书的章节都有标题与副标题,这个结构在阅读的过程中要牢记在心。为了提醒自己某个事实或某一论点,你常常不得不返回去读几页。如果主题伴有图表加以说明,通常最好的做法是将图表复制出来,或加以详尽阐述。

4) 背诵。仅仅阅读一遍是永远不够的,即使你带着记住要点的意图积极地阅读也是不够的。因此,下一个学习阶段是背诵。培根曾经说过:“你读什么东西连续二十多遍,你可能不容易把它记住;倘若你间或试着重复几遍,忘记了就看看书,这样只读十遍,效果可能更好。”这里所说的背诵不是指逐字逐字的复诵或默记,而是提纲





挈领地概括一篇文章的内容。这样的框架便于在后来的背诵过程中增添更多适当的细节。

5) 复习。SQ3R 学习法的最后一步是复习。我们不应该认为复习仅仅是在考试之前要做的事。记忆力测试的一个最切合实际的结果就是需长期记住的材料应该反复学习。记忆力随着每次再学习而不断增强,忘却的过程则越来越慢。

你将会意识到,你在 SQ3R 学习法的每一步骤所花的时间将取决于你学习的科目。自然科学、社会科学、各类艺术、实用科目和职业科目,其学习宗旨与方法各不相同,但是 SQ3R 这种系统性学习方法原则上可应用于各门学科。

情趣链接

How to Love Learning English 怎样才能爱上英语学习



You need two things to learn English well—passion and effective learning methods—and passion is the more important one. Why? Because passion makes you want to learn English; the learning methods only tell you how to do it faster.

If you love learning English, just do it regularly and spend more time on it.

But if you don't love learning English, here is