



大学英语四、六级统考 快速阅读理解技巧与训练

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- 提供了快速阅读的技巧与训练方法
- 重点说明眼睛在阅读时的运动规律
- 探讨应如何领会句子、段落及篇章
- 精选段落、短文进行快速阅读训练

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阅读理解是大学英语学习的薄弱环节,也是阻碍大学生英语整体水平提高的主要因素之一。如何提高阅读速度,如何提高阅读理解能力,是外语教学关注的问题。阅读理解除需大量掌握词汇、短语、习语、谚语、惯用法等以外,还有阅读技巧问题。我们正是从学生学习的角度出发,编写了本书。

编写本书的目的是为大学生的阅读,特别是快速阅读提供一套阅读理论、一套技巧、一套方法和一套训练材料,特别是在阅读过程中对眼睛的运动规律及阅读的关键问题作了说明,对如何领会句子、段落、篇章进行了探讨。通过这种训练,能使阅读速度有较快的提高。

本书以《大学英语教学大纲》的精神为指导,紧密配合大学英语四、六级统考的阅读部分,有理论,有实践,阅读材料取材广泛,内容丰富,趣味性强,难易适中,并配有大量的课后练习。

本书是作者多年从事英语教学及四、六级考前辅导的经验总结,但疏漏错误之处实属难免,敬请读者批评指正。

编 者

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第一章 提高阅读效率的关键

直接影响阅读效率的因素有多种。首先是阅读目的,明确的阅读目的能使你加强对所读文章的理解,进而掌握更多的信息;其次,有效的阅读还应借助于词汇和语法知识;另外,在阅读中控制眼睛的移动速度,改掉阅读时的不良习惯也是很重要的。以下讨论的是阅读议论文的技巧和方法。

一、阅读要有目的

在阅读任何文章、选篇或章节以前,你应知道为什么要读它们。在某些情况下,你的目的可能是一般的,而在另一些情况下,可能是具体的。譬如,你在杂志上读一篇关于虐待儿童的文章时,你的目的是想知道更多关于虐待儿童的性质和程度。如果你写一篇关于虐待儿童的论文时,你的目的就十分具体了,你要寻找关于虐待儿童的事实、数据以及造成这些问题的原因,弄清各种因素的影响及程度。

带着目的去读会有效地提高阅读效率。阅读时,如果你清楚你想知道什么,你就会集中精力,并且可以记住更多东西。但是,在需要你去阅读那些你本来不感兴趣的东西时,你就要确定一种阅读目的。那就是,提出一些能指导你阅读、并能使你集中精力的问题。

二、怎样提出问题

提问的最简单的方法是把文章题目变成问题。譬如,一篇文章的题目叫做:Three Steps to a Healthier Person,你可以这样提出问题:What are the three steps that lead to a healthier person?那么,在你阅读文章时,就会边读边找答案。

请看下列实例:

Title:Our Ten Contributions to civilization

Question:What are the ten contributions?

Title:Classroom Without Walls

Question:What is a classroom without walls?

Title:Bringing Science Under Law

Question:How can science be brought under law?

或:Why should science be brought under law?

如果文章有小标题,最简单的方法是把每个小标题变成问题,在阅读每个小标题的内容时,你可以找答案。譬如:

Aging:Psychological Aspects

你可以提问:What are the psychological aspects of aging?

再看下面的问题:

Heading:American Beliefs about Political Power

Question:What do Americans believe about political power?

Heading:Unequal Distribution of Income

Question:Why is income unequally distributed?

Heading:The Life Cycle of Social Problems

Question:What are the stages in the life cycle?

或:What social problems have a life cycle?

三、正确地提出问题

有些问题对阅读理解文章帮助很大,而另一些问题则帮助不大。以 What, Why 和 How 开头的问题经常要求你考虑并强化信息,其结果是,用这些词提出的问题可以使你仔细阅读并能够全面回答问题。以 Who, When 和 Where 开始的问题就稍次要一些,因为由这些词提出的问题,通常用一两个词就能回答出来,它们通常指的是一个具体的事实细节,而不是深刻的思想及概念。譬如有这样一段,标题是: Treatment for Drug Abuse Conditions, 你可以这样提问:

Where does this treatment take place? 或者 Who is treated for drug abuse?

但这种提问并不能引导你抓住文章的中心。如果把问题改为: How is drug abuse treated? 就会使你的注意力集中在文章的主题上。

四、眼的移动方式

为了提高阅读效率,需要培养良好的阅读习惯和方式,有必要从生理的角度来了解一下阅读过程。要特别注意的是在阅读时眼睛移动的物理特征、特点及限度。

眼睛是一个高度复杂的人体器官。它能够很快地识别词汇,并且以信号的形式传输到大脑。大脑接到信号后,思维过程便开始。当这两个动作发生时,你就理解了所读的东西。视觉符号的辨认是从识字时开始的,你学会了字的形状、字与音的结合、词的组合规则等。人到成年时,已认识不少字了,然而,特别的训练能大大改进眼睛的移动速度和阅读效率。为了解释清楚在阅读时

眼睛的移动,让我们看一看眼睛移动的特征。

▲从左到右的移动

阅读时眼睛从左到右移动。当你观察别人读书时,会发现这一运动方式。虽然从左到右的移动习惯早已养成,但是其移动速度是可以改变的,并且经过培训和实践,其阅读速度可以显著提高。

▲停顿

当眼睛在书刊上移动时,时动时停。眼睛在运动时是什么也看不到的。当眼睛停下来,或集中在某一点时,这叫停顿。阅读时,眼睛不断地停顿,就使每行文字与阅读效率联系起来。一个读者在阅读过程中大约有 6% 的时间眼睛在运动,94% 的时间在停顿,其模式如下:

/Philharmonic/Hall in/New/York/City/was/designed/by/architects./

在这一行中,眼睛在有斜线处停顿,有时一次停顿读了两个词,有时仅读一个词,有时只读一个单词的一部分。眼睛在每个单词上停留的时间也不尽相同。研究证明,优秀的读者比起一般的读者来在每个词上停顿的时间要短。

▲眼距

当眼睛从左到右阅读时,眼睛不断停顿,这样就看到了一些词汇,每次停顿间你所看到的词汇量叫做眼距。一些读者在每次停顿间只看到较少的词汇,而另一些读者就可以看到较多的词汇。眼距常用来衡量一个人的阅读效率。眼距是可以改变的。那么怎样才能扩展眼距呢?

首先练习每一次停顿要多看几个词,每读一行要减少停顿次数。词组阅读会提高你的阅读能力。如果我们分析一下语言文字的组合,就可以认识到词汇是相互依存的。词汇只有与词汇连接起来才具有意义。例如: *the, as, an, when, where, how, of, in* 等,几

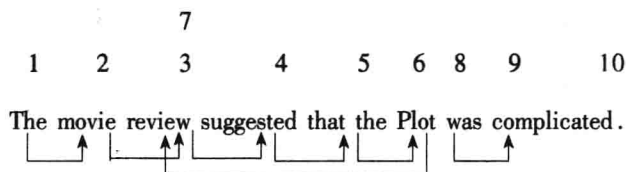
乎没有什么含义,但是如果连成词组,它们就都有了含义。如: *the pen, as many, an apple, when he failed, where she went, how you know, of course, in the room* 等。

眼睛每一次停顿时,要把两个或三个词(或者把能够组成某种含义的词组)连在一起读,这种技巧叫做片语阅读。

你还会发现由于所读材料的不同,你的眼距也会有很大差异。譬如,你读的书很浅显,你就会在阅读时同时看到几个词,如果你读的是你不熟悉的内容,你就得集中在每个词汇上,甚至看完一个词或词组再看另一个词或词组。

▲回视

一般地说,阅读时眼睛从左到右移动,但有时,阅读时眼睛不向前移动而是返回到刚读过的词那里,这个词可能在同一行里或者在上一行里。下边的例子中标出的每一次停顿表明了阅读时的回视形式。



从图中看到,读者在读到第6个词时眼睛回视到 *review* 一词上,然后继续往下读。

五、如何阅读片语

片语阅读要求扩展眼距,在每次停顿时要读2~3个词。为了有效地阅读片语,应把单词按意群分组,不管在写作中还是在口语中,词汇总是按意群分组的。英语语言中有许多词单独存在时没

有意义,只有同一些词结合在一起才能表达一种观点或见解。譬如,介词 *in* 和冠词 *the*,只有当与其它词汇结合时才有含义。如:*in the house*,就具有含义并且在阅读时作为一个意群。只有按意群分类,你才会明白所读材料内容的含义。为了说明这一点,阅读以下两段,这两段话内容一样,但其中一段是按照意群分的,而另一段则不然,看看那一段容易读懂,容易理解。

△ Version 1

(By all)(outward appearances),(Ralph Nader)(should now)(be reaching)(the height)(of his power).(At 43),(the tall)(reedy, ascetic)(reformer has become)(the head of)(a loose organization)(of watchdog groups)(that resemble)(a corporate organization).

△ Version 2

(By all outward)(appearances, Ralph)(Nader should)(now be)(reaching the)(height of his)(power. At 43),(the tall)(reedy, ascetic reformer)(has become the)(head of a loose)(organization of watchdog groups that)(resemble a corporate)(organization).

片语阅读对阅读效率影响极大。根据意群分组,可以使句子意思明确。另外,通过扩大眼距,减少每行中停顿次数,这样就减少了阅读一行文字所花的时间,因此就提高了你的阅读速度。

六、学会使用片语阅读

对许多学生来说,学会片语阅读需要经过大量实践,这并非一朝一夕所能奏效的。为了培养这个技巧,要大量阅读,从阅读简易读物入手。譬如,英文简写本、报纸、杂志等。当你感到对这种技巧有了信心和把握时,就应转入阅读一些较难的材料。

△ Exercises 1

Directions: Read the following passage that have been already divided up

into phrases . They are designed to give you an idea of how it feels to phrase read . As you read , you should feel your eyes jumping from phrase to phrase in a rhythmical motion .

1. When you phrase read it should feel like this .
Your eye should move and stop , move and stop . Each
time your eye stop , or fixates , it should see a
meaningful phrase . Phrase reading will improve your
comprehension and help you read faster .
2. As a used car shopper , your first task is to de-
cide what kind of car is going to fill your
needs . Then shop around until you have a good
feel for the market value of that car . This way
you 'll know a bargain when you see one . You
can also check *the National Automobile Dealers*
Association Used Car Guide and *the Kelly Blue Book*
for prices of used cars . They 'll give you prices to
work with , but they 're only guides . Condition and
mileage will adjust the price up or down .
3. Anytime you 're told that you need surgery and
it 's not an emergency . It 's a good idea to get a
second opinion from a qualified specialist in the appro-
priate field . To find this specialist , ask your
primary care physician for a recommendation , or call
the nearest teaching hospital or an accredited hospi-
tal for a recommendation . You can also consult
the *Directory of Medical Specialists* .
4. Actually , the common cold is not as simple as it
seems . It can be caused by any of 200 different

viruses, and it can bring misery eight ways:
sore throat, sneezing, runny nose, watery eyes,
aches and pains, mild fever, nasal congestion, and
coughing. Thus the thinking behind "combination"
products: they supposedly contain a little something
for the different symptoms. One pill or capsule, the
advertiser say, handles the whole malady. A little like
one-stop shopping.

5. Psychological principles can be applied by everyone.
You can learn to use scientific psychology to help solve
your own problems. There are a number of im-
portant advantages of do-it-yourself psychology. One
factor is manpower. For most people the major prob-
lem a few generations ago was physical survival;
now it is psychological survival.

We seem to be tense, alienated, confused.

Suicide, addiction, violence, apathy, neurosis — are all
problems of the modern world. Psychological problems
are accelerating and there are not enough profes-
sional psychologists to go around. Non-psychologists must
practice psychology if psychology is to be applied to
our problems.

▲ Exercise 2

Directions: *The following material has already been phrased. Practice reading each phrase with only one eye fixation. Move your eyes down each column, making only one fixation per line.*

1. There is opportunity to
no better way try out

to test
fishing boats
than under
actual fishing
conditions.

Actual conditions
provide the

2. The purpose of

Life insurance
is to prevent
financial difficulty
for someone else
in the event
of your death.

With that in mind,
you can determine
if you need

3. The job interview

is your best chance
to sell yourself,
so it pays
to be well-prepared.
First, rehearse
in your mind
the qualifications
that would make
you an asset
to the organization.

the fishing boat
under the most
adverse weather
conditions and
the most rapid
and unexpected
passenger movements.

life insurance
by simply
asking yourself
if your death
would put someone
else in a tough
financial position.

If the answer
is yes,
you need insurance.

Most employers
will be impressed
if you can
ask intelligent questions
about their company,
questions that show
you've done
your homework.
Your local librarian
can direct you
to a number

Second, learn
something about it.

4. The most important
tool you have
in job-hunting
is your resume.
It's your calling card,
and it should reflect
what it is
about you
that makes
you eminently employable.
To put
the resume
in proper perspective,
think about
your potential employer.
He or she
is busy,
harassed, has a pile
of resumes
on the desk,

5. The best exercise
is the endurance type –
cardiovascular activities
that make you

of reference books
that “profile”
business organizations.
and has only
an hour
and a half
to read them.
All of them.
Then he hits
four pages
that follow you
from being
high school valedictorian
to shooting
the rapids of
the Congo.
Chances are
he'll shoot your resume –
rapidly –
into the wastebasket.
Many employers
spend only
15 to 30 seconds
on each resume.
is beneficial.
The exercise should be
vigorous enough
to produce

breathe deeply,
elevate your pulse,
and make you sweat.

Dr. Kenneth Cooper,
expert on fitness,
lists the following
as the best activities
for physical fitness:
running, swimming,
cycling, walking or striding,
stationary, running,
handball, basketball, squash.

Any activity that elevates
the heart rate

a temporary feeling
of fatigue.

At this level
of intensity,
it strengthens the heart
and other muscles
and increases circulation.

Strenuous activity
should be scheduled
at least two
to three times
a week

for at least
a half hour each time.