

上海外国语大学

◎ 沈伯主编

星火英语
Spark
总主编/马德高 ◆ 风靡全国 ◆ 畅销十五年 ◆ 亿万读者的选择

巅峰训练

英语专业4级
标准阅读

100篇

80篇标准阅读 + 20篇进阶阅读

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巅峰训练

英语专业4级 标准阅读

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“阅读问题拿不准！阅读量大，时间紧！阅读成绩不稳定！”这是很多考生在进行英语专业四级阅读训练时的共同感受。貌似容易的英语专业四级阅读题为何如此神秘，获得高分为何如此困难？历年的英语专业四级成绩统计显示，阅读理解一项的成绩非常不稳定，得分时高时低，究其原因何在？

一言以蔽之：词汇量不足，文章理解不到位，阅读速度慢。

本书针对考生存在的这三大问题，结合最新版《高校英语专业四级考试大纲》（以下简称大纲）精心编撰而成，书中提供了实用的理论指导和海量练习题，旨在帮助考生跨越阅读中的障碍，掌握阅读的解题方法，提高阅读能力和应试技巧，最终达到顺利过关的目的。

本书秉承星火英语“顺应潮流、与时俱进”的理念，编者广泛收集资料，精心设计题目，在继承的基础上突破创新。概括而言，本书具有以下四个鲜明的特点：



梳理知识脉络，点拨应试技巧

“应试指南”部分详细介绍了英语专业四级考试的基本情况，并结合试题分析说明了新版大纲在阅读题型上的变化。同时通过大量的真题示例剖析了英语专业四级考试阅读题型的特点，系统地阐述了攻克这一题型的对策。

第一章 英语专业四级阅读考纲解读



教育部高等院校外语专业教学指导委员会于2004年制定并颁布了新版的《高校英语专业四级考试大纲》（以下简称大纲），对考试题型做了较大程度的调整，其中阅读部分由原来的两部分变为的一部分，即由四到五篇短文构成，在分值上由原来的25分改为20分。下面就具体介绍一下新版大纲对阅读部分做出的规定，其中包括测试要求、测试形式、测试目的和选材原则等。

一、测试要求

- (1) 能读懂英美国国家出版的中等难度的文章和材料。
- (2) 能读懂难度相当于美国 *Newsweek* 的国际新闻报道。
- (3) 能读懂难度相当于 *Sons and Lovers* 的文学原著。
- (4) 能掌握所读材料的主旨大意，了解说明主旨大意的事实和细节；既能理解字面意思，又能根据所读材料进行判断和推理；既能理解个别句子的意义，也能理解上下文的逻辑关系。
- (5) 能在阅读中根据需要自觉地调整阅读速度和阅读技巧。
- (6) 考试时间为25分钟。

P R E F A C E



选材与真题同源，命题科学严谨

本书选材与真题同源（均选自《卫报》《新闻周刊》《经济学家》《时代周刊》《华盛顿邮报》《读者文摘》《今日美国》等题源报刊及网站），所选文章题材广泛，囊括了社会、文化、教育、政治、经济、科普等多方面的材料，体裁多样，涵盖了记叙文、议论文、说明文等多种文体。我们在选择材料时，本着科学严谨的态度，既注重经典短文的经久性，又关注了一些时新的文章。同时，针对细节题、推理题、语义题、主旨题、态度题等重点测试题型，本书根据每篇文章的长度科学地命制了 4~6 道多项选择题。

Text A

题材：社会生活

字数：506

建议做题时间：7 分钟

The government has launched its consultation on better measures of child poverty, but it really has to be asked, better for whom? This is a government that looks set to preside over a truly dramatic increase in child poverty. The Institute for Fiscal Studies projects that after a decade of steady reductions in child poverty rates, 300,000 more children will be living in poverty in the UK by 2015. Big cuts to tax credits, a three-year freeze in child benefit, uprating out-of-work benefits using CPI rather than the more generous RPI—all will make vulnerable families poor over the course of this parliament.

So what does the government do about it? Rather than review its policies and ask how it can seek to fulfill its legal commitments under the *Child Poverty Act 2010*, it launches a consultation on the way that child poverty is measured.

Poverty is a complex phenomenon and no single indicator can fully capture the condition. The *CPA 2010* recognizes this, urging governments to make progress against four specific measures: relative poverty, absolute poverty, material deprivation and persistent poverty. Alongside this, we also track numerous other indicators of child well-being in the UK such as educational achievement, health outcomes and subjective experience.

Both Iain Duncan Smith and David Laws sought to convince the audience at the launch of the consultation that the government was not in retreat from the income measures contained in the *CPA 2010*. But in truth, the consultation document is peppered with digs at the relative measure, suggesting that changes to this indicator do not tell us anything meaningful about “real” poverty.

The consultation also seeks to dilute the relevance of income by developing a “multidimensional indicator” of child poverty. This indicator will blend together measures of worklessness, unmanageable debt and family stability among others to produce a single headline number that can be tracked over time.

At best, the government is combining poverty with its many consequences. At worst, it is simply changing the yardstick against which they will be measured.

Consider, for example, the proposal that parental worklessness be a key defining feature of the new child poverty measure. Using current definitions, 60% of children living in poverty today have at least one parent in work. Any measure that insists poverty is about worklessness will simply airbrush these 1.4 million children out of the picture altogether.

Equally worryingly, the consultation insists that any new poverty measure must resonate with the public. The latest British Social Attitudes survey shows just how widespread negative views of vulnerable groups in society are, but also makes clear that much of this shift in public opinion has been caused by current and previous government policies.

So, should we expect better measures of child poverty as a result of the consultation? Not better for the children growing up in low-income families for sure. And given the broader costs to society of child poverty, not better for anyone else—except, perhaps, a government that we suspect may be trying to avoid being held to account.

(选自 www.guardian.co.uk)

P R E F A C E

三 专家精心编排, 组织结构合理

100 篇选材时新的阅读文章, 25 个单元的仿真训练编排合理, 标准阅读篇和能力提升篇难度循序渐进, 适合不同基础的考生备考英语专业四级考试, 让考生在练习中不断地提升阅读理解能力, 积累解题经验。同时, 本书前 40 篇文章均配有地道的全文翻译; 后 60 篇文章均配有专业人士对长难句进行的精心点拨; 试题解析详略得当, 分析透彻。

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四 词汇强化训练, 打牢阅读基础

众所周知, 词汇是攻克英语专业四级阅读的关键, 而在阅读中记单词是最为有效的方法。本书不仅在解析部分对核心词汇、超纲词汇以及重点词组进行了注释, 而且还在每个单元末尾附有单元词汇检测表, 以帮助考生自测词汇掌握情况。另赠送《英语专业 4 级考试 2000 核心词 +200 高频短语》, 可在星火英语官网 (<http://soft.sparke.cn>) 上下载使用。

Text A

词汇过关

* airbrush ['eəbrʌʃ] *v.* 粉饰; 用气笔修
capture ['kæptʃə(r)] *v.* 描述; 表达
consultation [ˌkɒnsəl'teɪʃən] *n.* 咨询; 磋商
dig [dɪg] *n.* 挖苦, 嘲讽
dilute [daɪ'lʊt] *v.* 降低; 稀释

* resonate ['rezəneɪt] *v.* 共鸣
retreat [rɪ'tri:t] *n.* (由于批评或环境过于恶劣)
改变决定; 退缩
* yardstick ['jɑ:dstɪk] *n.* (好坏或成败的) 衡量标准; 准绳

P R E F A C E

• Unit 1 词汇检测表

☐ evaporation
☐ consultation
☐ dilute
☐ retreat

☐ aboriginal
☐ calf
☐ consensus
☐ cognitive

☐ neurological
☐ presumably
☐ startling
☐ symptom

☐ consolidation
☐ emergence
☐ empowerment

☐ premium
☐ bounce back
☐ hang over

专业人做专业阅读。本着“打造英语学习新概念、创立英语阅读新方法”的理念，本书针对阅读难点，训练考生利用已有知识进行推理，根据文章体裁和内容特征改变阅读方法，最终达到提升阅读速度、掌握阅读技巧和提高阅读成绩的三重目的！

希望本书能够对广大考生通过专业四级考试提供有效的帮助，本书如有任何不足之处，欢迎您的指正。

《英语专业4级标准阅读》
专业考生的专业选择！

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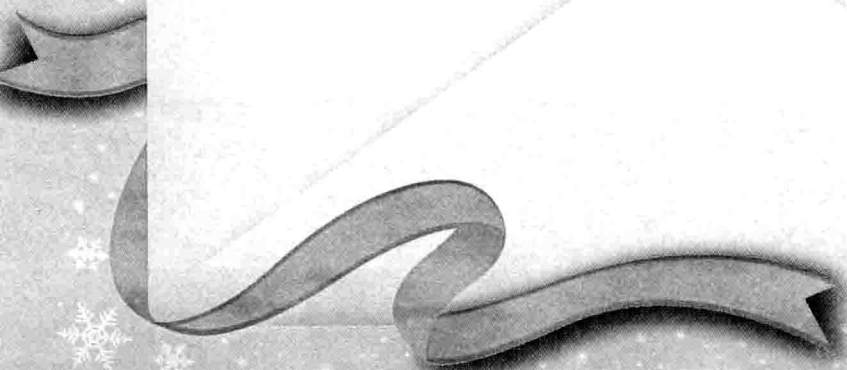
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第一部分

应试指南



备考心情感悟



第一章 英语专业四级阅读考纲解读



教育部高等院校外语专业教学指导委员会于2004年制定并颁布了新版的《高校英语专业四级考试大纲》(以下简称大纲),对考试题型做了较大程度的调整,其中阅读部分由原来的两部分变为一部分,即由四到五篇短文构成,在分值上由原来的25分改为20分。下面就具体介绍一下新版大纲对阅读部分做出的规定,其中包括测试要求、测试形式、测试目的和选材原则等。

一、测试要求

- (1) 能读懂英美国出版的中等难度的文章和材料。
- (2) 能读懂难度相当于美国 *Newsweek* 的国际新闻报道。
- (3) 能读懂难度相当于 *Sons and Lovers* 的文学原著。
- (4) 能掌握所读材料的主旨大意,了解说明主旨大意的事实和细节;既能理解字面意思,又能根据所读材料进行判断和推理;既能理解个别句子的意义,也能理解上下文的逻辑关系。
- (5) 能在阅读中根据需要自觉地调整阅读速度和阅读技巧。
- (6) 考试时间为25分钟。

二、测试形式

本部分采用多项选择题形式,由数篇(4~5篇)阅读材料组成。总阅读字数为1800个单词左右。每篇材料后有若干道(4~6道)题,共20道题。考生应根据所读材料的内容,从每道题的四个选项中选出一个最佳答案。

三、测试目的

本部分测试考生通过阅读获取有关信息的能力,考核考生掌握相关阅读策略和技巧的程度。既要准确,也要求一定的速度(阅读速度为每分钟120个单词)。

四、选材原则

- (1) 题材广泛,包括社会、科技、文化、经济、日常知识、人物传记等。
- (2) 体裁多样,包括记叙文、描写文、说明文、议论文以及应用文(广告、说明书、图表等)。
- (3) 阅读材料的语言难度中等,关键词汇基本上不超出大纲规定的范围。

五、新版大纲题型分布表

序号	题号	各部分名称	题型	题数	计分	比重	考试时间(分钟)
I		听写	主观题	1	15	15%	15
II	1~30	听力理解					
		A. 对话	客观题	10	30	15%	15
		B. 短文	客观题	10			
		C. 新闻	客观题	10			
III	31~50	完形填空	客观题	20	20	10%	15
IV	51~80	语法与词汇	客观题	30	30	15%	15
V	81~100	阅读理解	客观题	20	20	20%	25
VI		写作					
		A. 作文	主观题	1	15	15%	35
		B. 便条	主观题	1	10	10%	10
合计	100	——	——	103	140	100%	130

注:试卷采用记权方式折算成百分制,以 60 分作为合格标准。

六、大纲改革要点

在阅读理解方面,新版大纲除了在形式上与原来执行的大纲有所变化(取消快速阅读)之外,其主要变化还有以下两个方面:

1. 扩大选材范围

在选材原则一项中明确列出了测试文章的题材和体裁,以及关键词汇的范围,给考生提供了明确的指导方向。在文章体裁方面的规定突出了应用文的地位,以促使广大考生扩大阅读范围,把阅读兴趣从文学类文章转向对生活、工作有指导意义的应用类文章,从而提高考生理解、认知和运用英语的能力。

2. 缩短测试时间

新版大纲中阅读理解部分的测试时间为 25 分钟,和旧大纲看似相同,实则不然,因为新版大纲考查题目的个数由原来的 15 个增加到了 20 个。题目个数的增加就意味着缩短了完成每道题目的时间,从而增加了试题难度,相应地也就提高了对考生阅读速度以及应试技巧的要求。

新版大纲的种种变化,意味着对考生英语学习要求的提高,需要考生通过学习在知识水平和运用能力方面得到全面的提升。为了适应这一新形势的需要,下面有必要就阅读理解的题型及解题思路等做详细的分析和总结。

第二章 阅读技巧及应试策略



第一节 常用阅读技巧及运用范例

阅读理解是一个复杂的感知和理解语言的过程,但并不意味着其“无章可循”。心理学、心理语言学、认知科学等学科的研究结果表明,理解的过程实际是我们将新信息与大脑中已有的认知结构相匹配、相作用的过程(被称为“解码”)。阅读者将新信息与已知信息建立联系,进行判断、猜测、思考,最终达到理解的目的。阅读者对相关的知识和经验掌握得越多,理解就会变得越轻松。因此,阅读的过程实际是一个形式上由细节到把握总体思想,内容上由总体思想指导理解细节的双向并行的处理过程,两者缺一不可。与之相对应的阅读常用技巧与步骤即可分为浏览试题、略读(skimming)、扫读(scanning)以及回查等几种,下面分别加以介绍。

一、 览试题以明确目标

在进行阅读之前,首先浏览短文后面的试题。在看完题干和四个选项后,分析掌握每个试题考查的内容和题型(推理题、细节题、主旨题等),以便带着问题有目标地阅读短文,根据相应的解题技巧从中寻找正确答案,例如下面这道真题:

85. What is the main idea of the passage?

[A] Public speaking in international forums.

[B] Public speaking in daily life context.

[C] The many uses of public speaking.

[D] The rules of public speaking.

通过浏览此题,可以明显看出此题属于主旨题,需要考生重点关注短文的前几段中对主题的描述与说明,从而把握作者通篇所表达的观点和所持的态度。

The art of public speaking began in ancient Greece over 2,000 years ago. Now, twitter, instant messaging, e-mail, blogs and chat forums offer rival approaches to communication—but none can replace the role of a great speech.

The spoken word can handle various vital functions: persuading or inspiring, informing, paying tribute, entertaining, or simply introducing someone or something or accepting something.

Over the past year, the human voice has helped guide us over the ups and downs of what was certainly a stormy time.

Persuasion is used in dealing with or reconciling different points of view. When the leaders met in Copenhagen in December 2009, persuasive words from activists encouraged them to commit themselves to firmer action.

Inspirational speeches confront the emotions. They focus on topics and matters that are close to people's hearts. During wars, generals used inspiring speeches to prepare the troops for battle.

A speech that conveys knowledge and enhances understanding can inform us. The information must be clear, accurate, and expressed in a meaningful and interesting way. When the H1N1 pandemic (流行病) was

announced, the idea of “swine flu”(猪流感) scared many people. Informative speeches from World Health Organization officials helped people to keep their panic under control so they could take sensible precautions.

Sad events are never easy to deal with but a speech that pays tribute to the loss of a loved one and gives praise for their contribution can be comforting. Madonna’s speech about Michael Jackson, after his death, highlighted the fact that he will continue to live on through his music.

It’s not only in world forums where public speaking plays an important role. It can also be surprisingly helpful in the course of our own lives.

If you’re taking part in a debate you need to persuade the listeners of the soundness of your argument. In sports, athletes know the importance of a pep talk (鼓舞士气的讲话) before a match to inspire teammates. You yourself may be asked to do a presentation at college or work to inform the others about an area of vital importance.

On a more personal level, a friend may be upset and need comforting. Or you might be asked to introduce a speaker at a family event or to speak at a wedding, where your language will be needed to move people or make them laugh.

Great speaking ability is not something we’re born with. Even Barack Obama works hard to perfect every speech. For a brilliant speech, there are rules that you can put to good use. To learn those rules you have to practice and learn from some outstanding speeches in the past.



在第一、二段提出本文主旨后,作者就逐一介绍“public speaking”的重要作用:“Persuasion is used in dealing with or reconciling different points of view.” “Inspirational speeches confront the emotions.” “A speech that conveys knowledge and enhances understanding can inform us.” “Sad events are never easy to deal with but a speech...” “It can also be surprisingly helpful in the course of our own lives.” 由此可知,[C]能够概括全文主旨,故为正确答案。

二、通过略读 (skimming) 全文以掌握主旨

略读 (skimming) 又称“跳读”(reading and skipping) 或“浏览”(glancing), 是一种专门的、非常实用的快速阅读方法, 其主要特征是有选择性地阅读, 其目的有二: 一是以尽可能快的速度获取文章主旨大意或中心思想; 二是辨识文体, 掌握结构(如果是记叙文, 就要了解故事发生的时间、地点、背景和人物活动等主要线索; 如果是论述文, 就要弄清文章的中心论点及论述内容)。换句话说, 略读要求读者有选择性地阅读, 跳过某些细节, 以抓住文章的大意, 从而加快阅读速度。其具体做法如下:

(1) 利用印刷细节, 如文章的标题、副标题、小标题、斜体词、黑体词、标点符号等, 对文章进行预测, 从而了解作者的思路、行文模式, 以便把握住主旨、有关的细节及其相互关系。

(2) 重点关注文章开头, 力求抓住文章大意、文章背景、作者的写作风格、口吻或语气等。

(3) 阅读段落的主题句和结论句。抓住主题句, 略去细节不读, 以求提高速度。段落过长时可适当阅读其中某一到两行, 以强化理解。

(4) 注意转折词和序列词等起衔接作用的标志词。

下面以一篇英语专业四级考试真题短文为例来说明略读的妙用。以下文章只需阅读下划线的部分即可, 其余细节可略去不读。

There are superstitions attached to numbers; even those ancient Greeks believed that all numbers and their multiples had some mystical significance.

Those numbers between 1 and 13 were in particular to have a powerful influence over the affairs of men.

For example, it is commonly said that luck, good or bad, comes in three; if an accident happens, two

more of the same kind may be expected soon afterwards. The arrival of a letter will be followed by two others within a certain period.

Another belief involving the number three has it that it is unlucky to light three cigarettes from the one match. If this happens, the bad luck that goes with the deed falls upon the person whose cigarette was the last to be lit. The ill-omen linked to the lighting of three things from one match or candle goes back to at least the 17th century and probably earlier. It was believed that three candles alight at the same time would be sure to bring bad luck; one, two, or four, were permissible, but never just three.

Seven was another significant number, usually regarded as a bringer of good luck. The ancient astrologers believed that the universe was governed by seven planets; students of Shakespeare will recall that the life of man was divided into seven ages. Seven horseshoes nailed to a horse will protect it from all evil.

Nine is usually thought of as a lucky number because it is the product of three times three. It was much used by the Anglo-Saxons in their charms for healing.

Another belief was that great changes occurred every 7th and 9th of a man's life. Consequently, the age of 63 (the product of nine and seven) was thought to be a very perilous time for him. If he survived his 63rd year he might hope to live to a ripe old age.

Thirteen, as we well know, is regarded with great awe and fear.

The common belief is that this derives from the fact that there were 13 people at Christ's Last Supper. This being the eve of his betrayal, it is not difficult to understand the significance given to the number by the early Christians.

In modern times 13 is an especially unlucky number of a dinner party, for example. Hotels will avoid numbering a floor the 13th; the progression is from 12 to 14, and no room is given the number 13. Many home owners will use 12½ instead of 13 as their house number.

Yet oddly enough, to be born on the 13th of the month is not regarded with any fear at all, which just shows how irrational we are in our superstitious beliefs.



通过略读各段的主题句可知,本文主要讲述数字与迷信。全文为“总—分—总”结构,第一段指出中心议题“数字被赋予了迷信的含义”,下文各段举例说明一些数字的迷信含义,最后一段表明作者的态度。文章后的题目为:

68. According to the passage, which of the following groups of numbers will certainly bring good luck to people?

[A] 3 and 7.

[B] 3 and 9.

[C] 7 and 9.

[D] 3 and 13.

解析:选[C]。通过略读第五、六段的开头句“Seven was another significant number, usually regarded as a bringer of good luck.”和“Nine is usually thought of as a lucky number...”便可得出正确答案为[C]。

69. The ill luck associated with 13 is supposed to have its origin in _____.

[A] legend

[B] religion

[C] popular belief

[D] certain customs

解析:选[B]。通过略读第八、九段的“Thirteen, as we well know, is regarded with great awe and fear.”和“The common belief is that this derives from the fact that there were 13 people at Christ's Last Supper.”便可知[B]为正确答案。

70. What is the author's attitude towards people's superstitious beliefs?

[A] He is mildly critical.

[B] He is strongly critical.

[C] He is in favor of them.

[D] His attitude is not clear.

解析:选[A]。略读全文的最后一段“Yet oddly enough, to be born on the 13th of the month is not regarded with any fear at all, which just shows how irrational we are in our superstitious beliefs.”即可知作者的态度

为[A]。

三、通过扫读 (scanning) 定位以获取特定、关键信息

扫读 (scanning) 又称“寻读”或“查读”，同略读一样是一种快速阅读技巧。它是一种从大量的资料中迅速查找某一项具体事实或某一项特定信息，如人物、事件、时间、地点、数字等，而对其他不相关部分略去不读的快速阅读方法。运用这种方法，读者就能在最短的时间内略过尽可能多的阅读材料，找到所需要的信息。这种方法一般可应用于事实细节题的查找中。

作为一种快速寻找信息的阅读技巧，扫读既要求速度，又要求准确性。具体地说，扫读带有明确的目的性，有针对性地选择问题的答案。因此，可以把整段的文字直接映入大脑中，不必逐字逐句过目。视线在印刷材料上掠过时，一旦发现相关的内容，就要稍作停留，将它记住或摘录下来，从而既保证扫读的速度，又做到准确无误。扫读与略读不同。略读时，读者事先对材料一无所知；而扫读则是读者在略读之后，根据已知的文章大意与结构，按照题目要求确定所需特定、关键信息的位置，从而找到正确答案。例如，英语专业四级考试中曾出现过这样一道题：

According to the passage, “...spring cleaning is a difficult notion for modern families to grasp” means that spring cleaning _____.

- [A] is no longer an easy practice to understand
- [B] is no longer part of modern family life
- [C] requires more family members to be involved
- [D] calls for more complicated skills and knowledge

原文如下：

I know when the snow melts and the first robins (知更鸟) come to call, when the laughter of children returns to the parks and playgrounds, something wonderful is about to happen.

Spring cleaning.

I'll admit *spring cleaning is a difficult notion for modern families to grasp*. Today's busy families hardly have time to load the dishwasher, much less clean the doormat. Asking the family to spend the weekend collecting winter dog piles from the melting snow in the backyard is like announcing there will be no more Wi-Fi. It interrupts the natural order.

“Honey, what say we spend the weekend beating the rugs, sorting through the boxes in the basement and painting our bedroom a nice lemony yellow?” I say.

“Can we at least wait until the NBA matches are over?” my husband answers.

But I tell my family, spring cleaning can't wait. The temperature has risen just enough to melt snow but not enough for Little League practice to start. Some flowers are peeking out of the thawing ground, but there is no lawn to seed, nor garden to tend. Newly wakened from our winter's hibernation (冬眠), yet still needing extra blankets at night, we open our windows to the first fresh air floating on the breeze and all of the natural world demanding “Awake and be clean!”

Biologists offer a theory about this primal impulse to clean out every drawer and closet in the house at spring's first light, which has to do with melatonin, the sleepytime hormone (激素) our bodies produce when it's dark. When spring's light comes, the melatonin diminishes, and suddenly we are awakened to the dusty, virus-filled house we've been hibernating in for four months.

I tell my family about the science and psychology of a good healthy cleaning at spring's arrival. I speak to them about life's greatest rewards waiting in the removal of soap scum from the bathtub, which hasn't been properly cleaned since the first snowfall.

“I'll do it,” says the eldest child, a 21-year-old college student who lives at home.

"You will? Wow!" I exclaim.

Maybe after all these years, he's finally grasped the concept. Maybe he's expressing his rightful position as eldest child and role model. Or maybe he's going to Florida for a break in a couple of weeks and he's being nice to me who is the financial-aid officer.

No matter. Seeing my adult son willingly cleaning that dirty bathtub gives me hope for the future of his 12-year-old brother who, instead of working, is found to be sleeping in the seat of the window he is supposed to be cleaning.

"Awake and be clean!" I say.

100g

解题点拨

在通读全文的基础上,考生通过扫读可知,本文主要谈论现代家庭对待春季大扫除的态度以及作者自己家一次大扫除的过程。扫读后可将题干中的"spring cleaning is a difficult notion for modern families to grasp"定位到文章第三段第一句,然后再细读后面的句子"Today's busy families hardly have time to load the dishwasher, much less clean the doormat. Asking the family to spend the weekend collecting winter dog piles from the melting snow in the backyard is like announcing there will be no more Wi-Fi."可以看出,这里是说人们不理解为什么要进行春季大扫除,故[A]为正确答案。

四、回查难点以确保无误

回查是指考生在时间允许的情况下,对于把握不大或较难的试题(如概括归纳题、作者意图题等),将所给出的选项与原文中对应的部分进行仔细比较、反复推敲,从而得出结论。考生要尽量避免主观臆断,要在文中有关段落找到支撑的论据,以确保答案准确无误。

五、克服不良阅读习惯

除了上文提到的阅读技巧外,绝大多数考生在阅读速度方面还必须努力克服以下不良阅读习惯,从而达到加快阅读速度、提高理解效率的最终目的。

1. "指读"。用手指或笔尖指着文章逐词阅读以期"集中注意力"。一旦遇到生词便停顿下来,便无法在通篇理解的基础上继续进行阅读理解。
2. "唇读"。出声地阅读,或即使不出声嘴唇也在动,大脑中仍在"读",无形中降低大脑的思考速度。
3. "回读"。在阅读中遇到生词或不熟悉的短语时,返回句首甚至段首重读。
4. "译读"。在阅读过程中,进行逐词逐句的翻译,通过译成母语来辅助理解。

六、真题示例

下面以两篇阅读真题为例,进一步说明上述阅读方法。

Text 1

In the 19th century, there used to be a model of how to be a good person. There are all these torrents of passion flowing through you. Your job, as captain of your soul, is to erect dams to keep these passions in check. Your job is to just say no to laziness, lust, greed, drug use and the other sins.

These days that model is out of fashion. You usually can't change your behaviour by simply resolving to do