

成功外语

30天

主编 李果红

搞定英语四级

• 阅 读

真正的30天突破

测、讲、练完美组合

重点考点突出，分项突破

紧扣最新大纲和命题趋势

为读者量身定造学习计划

首创英语四级“财富本”概念

CET 4

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前言

《30天搞定英语四级》系列丛书是一部为非英语专业(公共英语)的英语学习者快速高分挑战“全国大学英语四级考试”量身定制的自主复习用书。丛书由七个分册组成,分别是备考词汇分册;基础知识分册;听力分册;阅读分册;语法与词汇分册;完形填空·翻译·简答分册以及写作分册。丛书的主创人员为多年从事四、六级英语教学的教师,他们教学经验丰富,备考指导有方,其门下弟子历年的四级通过率几近百分之一百。本丛书还吸纳了个别四、六级攻关高手参加部分章节的编写工作,他们成功的备考经历为丛书提供了独到的见解,也将为广大意欲奋战四级沙场的莘莘学子奉献宝贵的经验。

本书为《30天搞定英语四级》系列丛书之阅读分册。本书编委严格遵循《大学英语四级考试大纲》的出题准则,仔细研究并分析了历年考试真题,精心挑选了内容新颖、题材丰富、语言地道的英语文章,以科学的态度用心设计模拟试题,详尽讲解了解题方略,在编写过程中尽量做到承前启后,既有科学性,又有针对性,使考生在没有教师指导的情况下,能轻松自主复习,成功过级。

阅读理解篇编写特点:

一、真正的30天突破

本书的30天突破是科学合理的以一定的阅读题量划分的,每一天均有特训练习,有助于学生在较短时间内有序且全面地抓住重点,有助于合理有效地安排时间,逐步掌握四级阅读,从而彻底征服大学英语四级。

二、题材丰富、分析透彻

本书以1999年1月至最近几年的大学英语四级考试全真试题为范例,仔细研究、分析了阅读理解的文章题材与篇章结构以及题型及解题方法。精心挑选了11套44篇难度适宜,语言地道,题材丰富的阅读篇章(其中人文科学文章14篇,社会科学文章20篇,自然科学文章10篇,基本符合全真试题的选材规律),每篇文章都精心设计了习题并附有答案与解析,内容详实,颇有说服力。由于近年的阅读理解篇幅加长,本书特别收录了几篇篇幅较长的文章。因为,只有平日“负重”练习,考试时才能轻松自如地发挥。

三、精心定制的文章翻译

许多读者在进行阅读复习时虽然能选对答案,但不一定能完全理解题目中的含义,更不用说对于全文的理解。所以本书对所挑选的11套44篇模拟练习提供了翻译稿,读者在

完成所有的模拟练习后再对照翻译稿系统深刻地理解文章,相信读者的阅读水平在短时间内必有大幅提高!

四、极富人性化的服务体系

本书根据《艾宾浩斯遗忘曲线》为读者安排了本书的学习计划,只要读者严格遵循复习,将确保学习效果(详见使用说明)。

阅读理解篇说明

本书为备考四级的自主复习用书,为达到最佳效果,本书编委愿奉献以下建议供大家参考:

1. 仔细阅读每一种题型中的解题指导部分,了解出题原则以及在解答过程中可能存在的障碍;分析领会作者的计谋招数。

2. 在做模拟练习题时要注意合理安排时间;根据四级考试的标准,阅读理解题的给定时间是35分钟,因此,您应遵循这一原则,视情况安排好做题时间。参考数据为:8~9分钟/篇。如遇该单元有特别长的文章,可酌情延长1~2分钟,然后根据参考答案与解析仔细校对答案。

本书由李果红、张颖、张洁编写,由李果红任主编,简庆闽教授主审并统阅全稿。

编 者

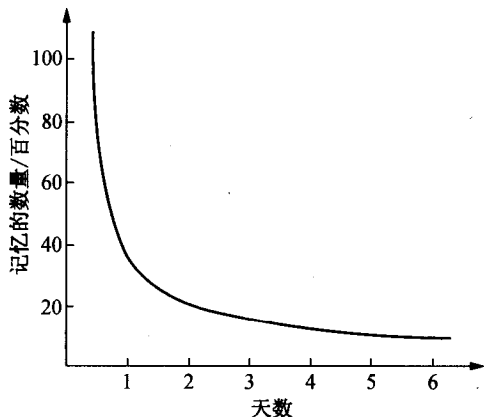
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2004年10月

使用说明

本书将四级阅读理解编为三十天突破,为真正达到复习效果,使用本书时必须严格按照《艾宾浩斯遗忘曲线》来强化四级阅读理解。

如何运用《艾宾浩斯遗忘曲线》来练习呢?《艾宾浩斯遗忘曲线》是一位德国有一位著名的心理学家名叫艾宾浩斯(Hermann Ebbinghaus,1850~1909年)提出的,他发现人的遗忘规律是:随着时间的推移,人的遗忘速度逐渐减慢。如下图:



按照这条曲线来强化四级阅读理解,就要求复习的间隔逐渐延长,如今天练习完一天的阅读理解练习,三十天即可做完所有练习,但练习做的越多,遗忘的也越多,所以必须第一天复习一次,第二天复习一次,第四天复习一次,第七天复习一次,练习加上复习共需四十三天!具体如下:

- 第一天: 1天
- 第二天: 1,2天
- 第三天: 2,3天
- 第四天: 1,3,4天
- 第五天: 2,4,5天
- 第六天: 3,5,6天
- 第七天: 1,4,6,7天
- 第八天: 2,5,7,8天
- 第九天: 3,6,8,9天
- 第十天: 4,7,9,10天
- 第十一天: 5,8,10,11天
- 第十二天: 6,9,11,12天

第十三天: 7,10,12,13 天
第十四天: 1,8,11,13,14 天
第十五天: 2,9,12,14,15 天
第十六天: 3,10,13,15,16 天
第十七天: 4,11,14,16,17 天
第十八天: 5,12,15,17,18 天
第十九天: 6,13,16,18,19 天
第二十天: 7,14,17,19,20 天
第二十一天: 8,15,18,20,21 天
第二十二天: 9,16,19,21,22 天
第二十三天: 10,17,20,22,23 天
第二十四天: 11,18,21,23,24 天
第二十五天: 12,19,22,24,25 天
第二十六天: 13,20,23,25,26 天
第二十七天: 14,21,24,26,27 天
第二十八天: 15,22,25,27,28 天
第二十九天: 16,23,26,28,29 天
第三十天: 17,24,27,29,30 天
虽然您已经做完三十天的所有阅读理解练习,但复习尚未完成,考生仍需努力!
第三十一天: 18,25,28,30 天
第三十二天: 19,26,29 天
第三十三天: 20,27,30 天
第三十四天: 21,28 天
第三十五天: 22,29 天
第三十六天: 23,30 天
第三十七天: 24 天
第三十八天: 25 天
第三十九天: 26 天
第四十天: 27 天
第四十一天: 28 天
第四十二天: 29 天
第四十三天: 30 天

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第1天

阅读理解解题指导

1 概述

在非英语环境中学习英语,阅读是最主要的手段。阅读理解部分是大学英语四级考试中占分最大的部分,因此也有学生将之称为最“昂贵”的试题。四级考试中绝大部分的题目是以篇章为基础,而对篇章层次的理解能力最直接的考察方式就体现在阅读上。故阅读理解能力是决定考试成绩的关键。

《大学英语教学大纲》将达到四级定为基础阶段的基本要求,并就阅读量、阅读速度以及阅读技能三方面提出了具体要求:

(1) 阅读量:精读总量为 30000 词,泛读总量为 130000 词。

(2) 阅读速度:一般阅读为每分钟 70 词,快速阅读(指阅读难度低于课文,生词不超过总词数的 3% 的阅读材料)为每分钟 130 词。

(3) 阅读技能:能读懂语言难度中等的一般性题材的文章,掌握基本的阅读技能(掌握中心大意,抓住主要事实和有关细节,并能对文章进行一定的分析、推理和判断,领会作者的观点和态度)。

四级考试的试卷构成中阅读理解部分占总分的 40%,由四篇内容、难度和体裁不同的短文构成,要求学生在 35 分钟内读完全部文章,并完成 20 个与短文有关的选择题,每题 2 分。这些问题主要测试学生两方面的能力:对文章的表层意思理解和对文章深层意思的理解。而要正确理解一篇文章,需要掌握一定的语言知识,这些语言知识可以包括以下内容:

(1) 有一定的词汇量。《大学英语教学大纲》对四级词汇量的要求为 4200 词。在此基础上还必须具备利用上下文的语义联系来推测词的意义的能力。

(2) 熟悉短语的用法和基本搭配;了解英语基本句型结构。

(3) 了解句与句之间的关系,比如:并列关系、递进关系、转折关系、条件关系、因果关系、对比关系等。

(4) 对段落大意的把握。表示段落大意的主题句通常出现在段首或段尾,有时则首尾呼应。

(5) 了解段落之间的关系。一般首段为主题段,末段为总结段,其他段落均为扩展段,目的是说明或证实主题思想。

(6) 对文章中心意思的把握,而英语文章的首段通常为全文的中心。

(7) 了解文章的题材和体裁。四级阅读的题材包含人物传记、社会、文化、日常知识、

科普知识等。按学科门类划分,可分为三大类:人文科学(包含文学、历史、教育等知识);社会科学(包含心理学、社会学、经济学等知识);自然科学(包含天文、地理、医学等知识)。而体裁大多是议论文与说明文。

四级考试对阅读速度也有一定的要求。《大学英语教学大纲》对四级一般阅读的速度要求为 70wpm。四级考试所要求的阅读的速度往往要略低于该速度,四篇阅读文章的总阅读量在 1000 至 1400 之间(详见表 1),从 2002 年 12 月起略显增长的趋势。然而每次仍有许多考生无法在规定的时间内完成,其原因是他们的阅读方法不当。阅读时的停顿应以意群为单位,而不应以单词为单位,否则不仅影响速度,而且影响理解。正确的阅读方法有以下几种:

- (1) 略读(Skimming)。快速浏览一下文章,抓住文章的中心大意。
- (2) 寻读(Scanning)。在限度的范围内寻找与题目或选项有关的内容或词语。
- (3) 细读(Careful reading)。找到有关内容或词语后,仔细阅读,以便充分理解。
- (4) 评读(Critical reading)。准确地把握文章的论点、论据等后对文章做出一定评论。

以上四种阅读方法目的不同,但彼此又紧密关联,应该相互结合,灵活运用。考生不妨在阅读文章之前先略读一下题目与选项,并据此来选择不同的阅读方法。

2 历年阅读理解选材与试题分析研究

分析、研究历年阅读理解选材与试题,将大大方便各位考生在备考过程中有的放矢,提高效率。下列图表可让各位对 1999 年至 2003 年四级考试阅读实考题中的有关信息一目了然:

表 1 阅读理解篇章总阅读量与题材统计分析

时 间	总阅读量(词)	题材(篇)		
		人文学科	社会学科	自然学科
1999.1	1175	3	1	0
1999.6	1195	1	2	1
2000.1	1168	1	1	2
2000.6	1099	2	2	0
2001.1	1164	2	0	2
2001.6	1074	2	2	0
2002.1	1153	2	1	1
2002.6	1151	0	2	2
2002.12	1245	2	2	0
2003.6	1316	1	3	0
2003.12	1338	0	3	1

注:总阅读量包含中文注释。

从表 1 中可以看出,近两次的总阅读量增长幅度较为明显,这充分表明各位考生在平时的训练中不仅要注重提高阅读理解的准确度,同时还要把握好阅读速度。“伟业非一日之功。”要练就如此本领,平日就必须多“磨刀、擦枪”。同时我们还注意到阅读题材较广,因此我们在训练时千万不要“挑肥拣瘦”,专挑自己喜欢的题材,而应多读一些除十分专业以外的各类文章。

表 2 阅读理解各类题型统计分析

时 间	主旨题	观点态度题	推理题	细节题
1999. 1	2	1	5	12
1999. 6	1	1	6	12
2000. 1	2	1	4	13
2000. 6	2	2	5	11
2001. 1	1	2	4	13
2001. 6	1	0	5	14
2002. 1	1	1	4	14
2002. 6	3	0	6	11
2002. 12	1	1	7	11
2003. 6	1	1	6	12
2003. 12	1	1	5	13

从表 2 中我们不难看出细节题与推理题在阅读理解试题中所占的比例相当大,因此在平日训练时考生在抓住中心思想的同时切莫忘了细节,并且不要光被动地吸收信息,还要主动积极思考,对文章进行一定的分析、推理和判断。

3 阅读文章的常见结构

1) 篇章结构

近几年四级阅读部分所采用的文章涉及人物传记、社会、文化、日常知识、科普知识等诸多方面,但篇章思维模式总体可归纳为以下几类。

(1) 问题—解决型:提出问题—给出对策,例如(本书均采用从历年大学英语四级全真试题 A 卷中抽取的样例):

【例 1】

Most episodes of absent-mindedness—forgetting where you left something or wondering why you just entered a room—are caused by a simple lack of attention, says Schacter. “You’re supposed to remember something, but you haven’t encoded it deeply.”

Encoding, Schacter explains, is a special way of paying attention to an event that has a major impact on recalling it later. Failure to encode properly can create annoying situations. If you put your mobile phone in a pocket, for example, and don't pay attention to what you did because you're involved in a conversation, you'll probably forget that the phone is in the jacket now hanging in your wardrobe(衣柜). "Your memory itself isn't failing you," says Schacter. "Rather, you didn't give your memory system the information it needed."

Lack of interest can also lead to absent-mindedness. "A man who can recite sports statistics from 30 years ago," says Zelinski, "may not remember to drop a letter in the mailbox." Women have slightly better memories than men, possibly because they pay more attention to their environment, and memory relies on just that.

Visual cues can help prevent absent-mindedness, says Schacter. "But be sure the cue is clear and available," he cautions. If you want to remember to take a medication(药物) with lunch, put the pill bottle on the kitchen table—don't leave it in the medicine chest and write yourself a note that you keep in a pocket.

Another common episode of absent-mindedness; walking into a room and wondering why you're there. Most likely, you were thinking about something else. "Everyone does this from time to time," says Zelinski. The best thing to do is to return to where you were before entering the room, and you'll likely remember. (2002年6月, Passage 2)

本文谈论的是日常生活中的健忘问题。第一段至第三段陈述了健忘的主要起因是注意力不够,本该记住某事的,却因没将之深深印在脑海中而忘记,这不是记忆本身出了毛病,而是因为记忆系统未能收到所需的信息。缺乏兴趣也能导致心不在焉,人们一般能清晰记住自己特别感兴趣的东西,却难以记住一些自己不感兴趣的琐事。第四段与第五段则介绍解决该问题的对策:视觉提示能有助于防止心不在焉,因此应尽量将能提示自己记忆的东西摆在显眼的地方。有时你走到一个地方却记不起自己来干什么,这时最好的办法就是退回原处,也许这样就能记起来了。

(2) 现象—分析型:提出现象—分析原因或特点,例如:

【例2】

In recent years, Israeli consumers have grown more demanding as they've become wealthier and more worldly-wise. Foreign travel is a national passion; this summer alone, one in 10 citizens will go abroad. Exposed to higher standards of service elsewhere, Israelis are returning home expecting the same. American firms have also begun arriving in large numbers. Chains such as KFC, McDonald's and Pizza Hut are setting a new standard of customer service, using strict employee training and constant monitoring to ensure the friendliness of frontline staff. Even the American habit of telling departing customers to "Have a nice day" has caught on all over Israel. "Nobody wakes up in the morning and says, 'Let's be nicer,'" says Itsik Cohen, director of a consulting firm. "Nothing happens without competition."

Privatization, or the threat of it, is a motivation as well. Monopolies(垄断者) that until recently have been free to take their customers for granted now fear what Michael Perry, a marketing professor, calls "the revengeful(报复的) consumer." When the government opened up competition with Bezaq, the phone company, its international branch lost 40% of its market share, even while offering competitive rates. Says Perry, "People wanted revenge for all the years of bad service." The electric company, whose monopoly may be short-lived, has suddenly stopped requiring users to wait half a day for a repairman. Now, appointments are scheduled to the half-hour. The graceless El Al Airlines, which is already at auction(拍卖), has restrained its employees to emphasize service and is boasting about the results in an ad campaign with the slogan, "You can feel the change in the air." For the first time, praise outnumbers complaints on customer survey sheets. (2002年12月, Passage 4)

本文首先提出以色列消费者的要求越来越高这一现象,然后分析其原因:以色列人越来越富有,因此有实力周游世界,与此同时,外国投资者也不断涌进,使得以色列人与世界各国的接触越来越多,了解了别国消费服务的长处,消费要求也就越来越高。另外,私有化使得国内垄断者渐渐失去了市场,因此良好的服务越来越受人重视。

第2天

阅读理解解题指导(续)

现象—分析型的文章在陈述现象、分析现象的位置安排上时有不同,有些文章则在明确揭示问题或现象之前先描述该问题或现象的具体体现,例如:

【例 3】

Dogs are social animals and without proper training, they will behave like wild animals. They will spoil your house, destroy your belongings, bark excessively, fight other dogs and even bite you. Nearly all behavior problems are perfectly normal dog activities that occur at the wrong time or place or are directed at the wrong thing. The key to preventing or treating behavior problems is learning to teach the dog to redirect its normal behavior to outlets that are acceptable in the domestic setting.

One of the best things you can do for your dog and yourself is to obedience train(驯服) it. Obedience training doesn't solve all behavior problems, but it is the foundation for solving just about any problem. Training opens up a line of communication between you and your dog. Effective communication is necessary to instruct your dog about what you want it to do.

Training is also an easy way to establish the social rank order. When your dog obeys a simple request of "come here, sit," it is showing obedience and respect for you. It is not necessary to establish yourself as top dog or leader of the dog pack(群) by using extreme measures. You can teach your dog its subordinate(从属的) role by teaching it to show submission to you. Most dogs love performing tricks for you to pleasantly accept that you are in charge.

Training should be fun and rewarding for you and your dog. It can enrich your relationship and make living together more enjoyable. A well trained dog is more confident and can more safely be allowed a greater amount of freedom than an untrained animal. (2001年1月, Passage 1)

作者首先指出如果训练不当,狗的行为会像野兽一样,并描述了一些具体行为,然后指出对于狗来说,这是正常行为,只是发生的时间、地点或对象出现了错误。随后作者提出了对策,即驯服它,使它的行为适合家庭环境。

还有一种比较特殊的现象—分析类型的文章;研究、试验类文章,这类文章一般先客观地描述一个研究、试验,然后说明该研究、试验所揭示的某现象或论证某观点。这类文章的题材常是科普性的,例如:

【例 4】

Professor Smith recently persuaded 35 people, 23 of them women, to keep a diary of all

their absent-minded actions for a fortnight. When he came to analyse their embarrassing lapses(差错) in a scientific report, he was surprised to find that nearly all of them fell into a few groupings. Nor did the lapses appear to be entirely random(随机的).

One of the women, for instance, on leaving her house for work one morning threw her dog her earrings and tried to fix a dog biscuit on her ear. "The explanation for this is that the brain is like a computer," explains the professor. "People programme themselves to do certain activities regularly. It was the woman's custom every morning to throw her dog two biscuits and then put on her earrings. But somehow the action got reversed in the programme." About one in twenty of the incidents the volunteers reported were these "programme assembly failures."

Altogether the volunteers logged 433 unintentional actions that they found themselves doing—an average of twelve each. There appear to be peak periods in the day when we are at our zaniest(荒谬可笑的). These are two hours some time between eight a. m. and noon, between four and six p. m. with a smaller peak between eight and ten p. m. "Among men the peak seems to be when a changeover in brain 'programmes' occurs, as for instance between going to and from work." Women on average reported slightly more lapses—12.5 compared with 10.9 for men—probably because they were more reliable reporters.

A startling finding of the research is that the absent-minded activity is a hazard of doing things in which we are skilled. Normally, you would expect that skill reduces the number of errors we make. But trying to avoid silly slips by concentrating more could make things a lot worse—even dangerous. (2003年6月, Passage 3)

本文首先提出了史密斯教授要求35人(其中23人为女性)将自己心不在焉的行为以日记形式进行为期两周的记录,结果惊奇地发现有许多差错是相似的,总体只能划分为几种,使实验结果显得根本不像随机获得的。

史密斯教授分析说:有的差错是因为人脑像计算机一样对一些经常要做的事情进行“编程”,有时程序次序出现紊乱,导致差错产生。如此出现的差错在该实验中的概率为二十分之一。

一天中似乎有两个人们容易犯错的高峰:早上八点到中午,下午四点到六点。而晚上八点到十点则有个小高峰。男性出差错的高峰似乎正好是大脑“程序”进行转换的过程,如上下班期间;而女性出的差错总体要比男性多。

该研究的一个惊人发现就是我们越是做熟练的事越容易犯一些不经意的错误。人们普遍认为娴熟能减少错误,但有时为了避免愚笨的错误而集中注意力反倒会把事情弄得更糟,甚至会有危险。

(3) 概括—详述型:先总体概括要点,再举例或分层次进行论述或说明。例如:

【例5】

Americans are proud of their variety and individuality, yet they love and respect few things more than a uniform, whether it is the uniform of an elevator operator or the uniform

of a five-star general. Why are uniforms so popular in the United States?

Among the arguments for uniforms, one of the first is that in the eyes of most people they look more professional than civilian(百姓的) clothes. People have become conditioned to expect superior quality from a man who wears a uniform. The television repairman who wears a uniform tends to inspire more trust than one who appears in civilian clothes. Faith in the skill of a garage mechanic is increased by a uniform. What easier way is there for a nurse, a policeman, a barber, or a waiter to lose professional identity(身份) than to step out of uniform?

Uniforms also have many practical benefits. They save on other clothes. They save on laundry bills. They are tax deductible(可减税的). They are often more comfortable and more durable than civilian clothes.

Primary among the arguments against uniforms is their lack of variety and the consequent loss of individuality experienced by people who must wear them. Though there are many types of uniforms, the wearer of any particular type is generally stuck with it without change, until retirement. When people look alike, they tend to think, speak, and act similarly, on the job at least.

Uniforms also give rise to some practical problems. Though they are long-lasting, often their initial expense is greater than the cost of civilian clothes. Some uniforms are also expensive to maintain, requiring professional dry cleaning rather than the home laundering possible with many types of civilian clothes. (2000年6月, Passage 3)

本文在第一段首先综述美国人虽然为他们的多样化和个性感到骄傲,却对制服情有独钟,然后在二至五段分别叙述了穿制服的好处与不足:更显职业化,可节省购买其他服装的开支,但缺乏个性,且普遍比一般衣服贵,有的还须干洗,维护费用高。

第3天

阅读理解解题指导(续)

(4) 对比、比较型:运用类比或对比的手段找出两个事物或一个事物在不同情况下的相同或不同之处,从而说明一个观点。例如:

【例6】

We can see how the product life cycle works by looking at the introduction of instant coffee. When it was introduced, most people did not like it as well as “regular” coffee and it took several years to gain general acceptance (introduction stage). At one point, though, instant coffee grew rapidly in popularity and many brands were introduced (stage of rapid growth). After a while, people became attached to one brand and sales leveled off (stage of maturity). Sales went into a slight decline(衰退) when freeze-dried coffees were introduced (stage of decline).

The importance of the product life cycle to marketers is this: Different stages in the product life cycle call for different strategies. The goal is to extend product life so that sales and profits do not decline. One strategy is called market modification. It means that marketing managers look for new users and market sections. Did you know, for example, that the backpacks that so many students carry today were originally designed for the military?

Market modification also means searching for increased usage among present customers or going for a different market, such as senior citizens. A marketer may re-position the product to appeal to new market sections.

Another product extension strategy is called product modification. It involves changing product quality, features, or style to attract new users or more usage from present users. American auto manufacturers are using quality improvement as one way to recapture world markets. Note, also, how auto manufacturers once changed styles dramatically from year to year to keep demand from falling. (2001年6月, Passage 4)

本文通过类比速溶咖啡的推广与产品盛衰周期的相似之处,告诫市场营销人员,为了延续产品的生命,在不同的阶段需采用不同的营销策略。其中一个策略便是变换市场,即为同一产品寻找新的用户。另一个延续产品的生命的策略便是变换产品,其中包括改变产品的质量,特性或样式以吸引新的用户或提供现有用户更多的用途。

2) 段落结构

一篇文章的每个段落阐述的是该篇文章主题的一个方面。典型的段落结构一般包含三部分:主题句、扩展句与总结句(或段与段之间的连接句)。有些段落篇幅较短,只包含前