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频度英语

FREQUENCY ENGLISH

✓ 高效考研词汇
(考研新大纲)

◆ 频度英语研究中心 编著

- 快速确定词汇量
- 排除重复记忆干扰
- 优先记忆高效单词
- 达到最佳应试效果

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电子科技大学出版社

频度英语丛书系列

频度英语

高效考研词汇

(考研新大纲)

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“频度”导言

《频度英语》是一套建立在长期科学研究成果之上的学习方法和资料，明确提出了英语词汇“频度”的概念。长期的英语词汇研究和详尽的数据分析显示了频度在英语词汇学习中的重要性。下面我们简要说明有关英语词汇频度研究的知识。

《频度英语》& 词汇频度研究知识

1. 英语当中的词汇频度

英语中的词汇总计超过 150000，欧美应用中能用到的约 90000，但是常用的不超过 15000，应对普通听说读写，最常用的 10000 词汇基本足够。

2. 频度单词的重要性

海量统计显示出频度单词的重要性一目了然

频度	百分比(%)	频度	百分比(%)	频度	百分比(%)
100	57.36	2000	93.87	4000	97.58
500	81.85	2500	95.27	4500	98.78
1000	88.35	3000	96.15	5000	99.03
1500	91.67	3500	97.24	5500	99.26

结果说明，记住频度 5500 以内的单词，能够基本认识听说读写应用中 99% 的词汇，即每个段落有 1 到 2 个生词，不影响整体理解，并可以通过上下文了解了生词的含义，进入在应用中学习词汇的自然过程，这与汉语学习中的特性是一致的。

如果将《频度英语》的研究结果与英美词汇专家的结论对比，如美国著名语言专家 Thorndike 教授研究给出的统计数字如下：

词数	百分比(%)	词数	百分比(%)	词数	百分比(%)
100	58.83	2000	95.38	4000	98.73
500	82.05	2500	96.76	4500	99.00
1000	89.61	3000	97.66	5000	99.20
1500	93.24	3500	98.30	5500	99.33

考虑到研究年代的不同和英语词汇的发展演变，两个结论相差不大，常用词汇的使用频度很高，应当将时间首先放在这些词汇上集中记忆。

3. 英语学习的重点

英语词汇不仅仅是学生学习的难点，即便是英美母语学习者，词汇也是学习的重中之重。研究调查了香港和英、美部分中学、大学本科学生、教师，学生们最繁重最头疼的任务之一就是学习英语单词，并且不只正式英语课是这样，连科学课（理化生物）和社会课（地理历史政治宗教文化）的主要任务之一也是“背单词”！英美的中学生超过半数对经典著作甚至综合性大报有阅读困难，程度远远超过中国小学生阅读四大古典名著。应当说，语法以及交流对英美学生来说不是问题，但词汇占据如此重要的地位，超过我们通常的印象，这和英语本身的语言特点与中文不一样有关，同时也提示我们，相比外国学生不具备母语语法、交流基础的我们更应当重视词汇，采用科学的方法迅速集中提升词汇量，是学习英语的基础和重点所在，利用频度特性指导词汇记忆是一种捷径。

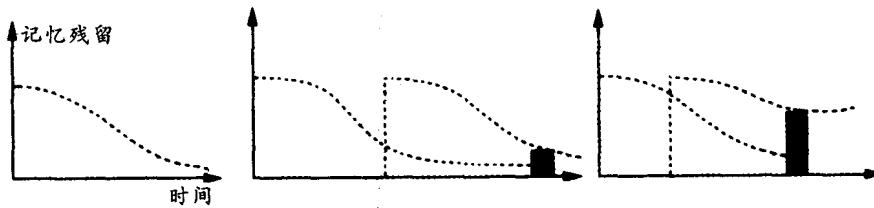
4. 英语记忆方法的频度应用

人们在英语学习的过程中发现发展了各种各样的记忆方法,公开发表的已经有数十种,影响较大的主要有构词法和联想法。《频度英语》研究发现,记忆方法的运用也存在着一个频度属性的问题。基础英语学习者在使用联想、构词法记忆单词时的效果并不是非常理想,存在广泛的越记越乱,难以坚持的问题。经过实验统计发现,6000 频度以下的基础词汇是构成理解的基础,需要迅速而牢固的头脑直接反映,不适用构词、联想等方法,应当直接记忆。6000 到 8000 频度的词汇适用构词法联系单词关系,触类旁通扩大记忆。8000 以上的低频度词汇数量众多,使用较少,需要采用各种灵活的联想构词对比法进行学习,否则难以记忆,遗忘率很高。

这与国内许多著名英语培训学校的专家提出 GRE 词汇一定要找方法,而大学四六级及基础英语词汇不需要过多联想记忆的观点一致。

5. 科学记忆曲线的频度应用

德国心理学家艾宾浩斯(Hermann Ebbinghaus)通过科学实验发表了著名的“遗忘现象研究报告”,他利用无意义音节做材料,多次实验得出了著名的科学。记忆曲线,揭示了记忆中的遗忘规律:遗忘的进程不是均衡的,在记忆的最初阶段遗忘的速度很快,后来逐渐减慢,到一定程度几乎就不再遗忘。左图表示记忆曲线,中图表示复习后记忆叠加,右图表示实际的“记忆残留”曲线。



鉴于科学记忆曲线复杂的原理,《频度英语》给出长期研究中得到的两条读者容易理解的通俗解释:

1. 英语单词按照频度特性记忆符合科学记忆曲线特点,学习重点自然推移,翻黑的书页逐渐后移,记忆残留最多落在重要词汇上,实际使用中理解效果最好。
2. 普通人记忆英语单词最少 7 遍,最多 16 遍达到稳定残留,基本不会忘记,本书中的频度记忆格即根据此特性设计。我们一般很少忘记 YOU 、GOOD 等单词,原因在于碰面次数远远大于 7 次。

※※

主编简介:

李鹏博士,毕业于交通大学自动化系,后师从著名管理学家汪应洛教授攻读系统工程硕士,选派香港理工大学联合培养管理工程博士。现任职于香港理工大学工业中心,从事大陆地区高级培训业务发展工作,同时致力于英语教学和学习方法研究。

大学时代为学习英语做出了许多努力,在多所著名英语培训机构学习后依然苦恼于词汇记忆的低效,开始对传统英语教学模式的怀疑及高效英语学习方法的思考。

1996 年从事 SIMULATION(系统仿真)研究时萌生用计算机分析英语辅助高效学习的想法,经过努力得到初步结果后,在大学生中试用效果明显,迅速复印传播。

至香港工作后得到黄河清博士大力支持,采用 CLUSTER(网络集群计算)技术全面分析编辑,促进研究进一步科学化,融入香港英语教育特点,总结为《频度英语》。多所大学、出版社英语专家和专业编辑给予了高度评价,并积极协助将这一历时 7 年,不断完善的成果从大学里的复印手抄本变为正式出版物介绍给广大英语学习朋友。

前 言

《频度英语》系列词汇图书出版后,在全国读者中引起了较大的反响,很多读者来信反映这种新的词汇学习工具带给他们的感受和帮助,更有读者不断地询问频度英语考研图书的出版情况,经过长期的认真准备,频度英语研究中心推出了这本《频度英语高效考研词汇》。

本书是针对全国硕士研究生英语入学考试词汇复习需要而编辑的专用图书,利用频度英语多年海量统计科学分析的频度词汇数据库,结合《全国硕士研究生入学考试英语考试大纲(非英语专业)》,完全收录英语考研大纲词汇,加上词组和衍生词,词汇量覆盖超过7000词,并创新性地按照使用频度精确排序,与传统的考研词汇学习图书比较,本书为学习者提供了一种简洁而高效的学习工具,可以帮助学习者在有限的时间里,快速地掌握词汇,达到最实用和最有效的记忆,从而在考试中事半功倍,轻松过关。下面分别介绍考研英语词汇和频度英语词汇系列特点。

一、考研英语大纲要求和考研词汇复习的特点

考研之前,大多数同学英语考试的经验来自于大学英语四、六级考试。在频度英语详尽的实际调研中,发现一个很特殊的现象:许多四、六级考试通过的同学,考研英语成绩并不理想;相反,也有很多四、六级考试成绩不好的同学考研英语取得了好成绩。认真分析这种现象产生的原因,是因为两种考试的试题结构和要求侧重点有所不同。考研英语是为了研究生学习阶段大量的外文文献阅读做准备而进行的能力选择考核,对阅读能力要求较高,而相对语法考核的比重没有四六级大,这样对词汇的掌握和运用就占据了很重要的地位。在四六级考试中间,词汇量的不足可以通过语法知识来进行有效的弥补。而考研英语中阅读、听力、写作部分占据了绝对的比重,语法选择题的比重减小,词汇量不足将直接导致前三部分考核内容理解应答困难,难以取得好的效果。系统而全面地掌握大量的英语词汇,是保证考研英语取得成功的基础和关键。

考研英语大纲对词汇的要求是:掌握5300个左右的英语词汇和380个左右的常用动词词组。对其中2500个词要求熟练掌握,能在语言交际、写作或翻译中准确运用;其余词汇要求在阅读中识别和理解。

针对这种需求,在紧张的复习时间内迅速地掌握超过6000以上的词汇,尤其是词汇在阅读中的理解就显得格外重要。频度英语词汇系列的特性,为这种快速的学习提供了一种独特的便利工具。

二、频度英语词汇图书的特点

传统的英语词汇学习图书,按照abcd的字母顺序排列,导致学习时的枯燥无味和无效重复。许多同学的词汇学习书前几十页都翻黑了,后面的还是白白的。往往导致a b c等字母开头的单词很熟悉,后面的单词较陌生,在考试中更容易导致重要单词的掌握不足,学过的没用上,考核的没掌握,浪费了宝贵的时间和精力。

《频度英语》高效词汇系列图书采用计算机海量统计了英语学习资料中的单词出现频率,创造性的建立起独特的词汇频度概念,形成频度数据库,再结合不同阶段英语学习者的学习需求,按照使用价值和学习效率的原则对学习过程进行重新组合,加以专业辅导内容提供给学习者最科学高效的辅助学习工具。

另外,《频度英语》强调注重对实际学习过程的研究,精心设计了多项专利创新的实用方法,充分利用人的自然习惯,巧妙符合科学记忆学习曲线以及不同学习阶段的心理感受,让学习者在最自然的情况下感受到学习的成效,避免了枯燥的感觉,易于短时间内坚持到底,并逐步引导养成良好的学习习惯。比如:

1. 独创的频度单词使学习者首次翻阅就可以发现自己的真实词汇量,立即在心里感受到成就或差距,产生学习欲望;2. 频度排列巧妙的利用了学习者翻书浏览的习惯拟合艾宾浩斯科学记忆曲线,无需刻意计划时间,使记忆效果达到科学最佳,真正“开卷有益”;3. 频度不规则变化表使学习者立即看到哪些动词在应用中埋伏最多,需要最先拿下,然后悠闲收复;4. 频度英语速查表让复杂头疼的英语语法在一张A4纸上尽收眼底,八大时态八大语态一览无余;5. 专利频度记忆格巧妙符合艾宾浩斯记忆另一特性,方便涂抹,易于默记互译,打破了记忆单词的枯燥感,易于坚持而不枯燥。

具体特性,在使用说明和插图中给出了清晰范例。

三、频度英语考研高效词汇的特点

相比频度英语其他图书,《高效考研词汇》(本书)充分结合《全国硕士研究生入学考试英语考试大纲(非英语专业)》,综合了目前市面上其他考研词汇图书的优点,紧扣大纲,重点突出,针对重点词汇增加了单词解释和例句,罗列了最重要的习惯用语及其例句,相近单词的辨析,衍生词等重要内容,详尽的内容和多种附录,提供给读者尽可能详细的复习资料,以帮助读者在学习巩固词汇的同时,有效的提高对单词和习惯用语在应用中的理解,更好地为考研英语阅读做好准备。

虽然本书内容详尽,但是读者在实际使用当中,可以充分利用频度英语词汇的特点,加上频度记忆格的帮助,迅速测得自己的真实词汇量,快速浏览已经熟悉掌握的基础词汇,将时间和精力放在自己不熟悉的核芯单词上,强化巩固。使用本书复习考研英语词汇,能够在短时间迅速地掌握最重要的词汇,即使时间不够,按照频度顺序,记住的也是最重要和最可能出现的词汇。这一点对于应对阅读理解的考研要求和复习时间紧张的读者来说,尤其具有重要的意义。

每一个不同的读者在考研英语复习当中对于词汇的巩固和加强都有着不同的需求,频度英语高效考研词汇一书打破了传统词汇复习资料abcd字母顺序排列千篇一律枯燥乏味的缺陷,让每一个读者都能够将时间和精力用在最需要的地方,提高学习效率和记忆效果,为英语的复习打下一个良好的基础。

虽然英语的学习并没有真正的捷径可言,但是在科学有效的方法指引下,我们却可以用最少的时间和最高的效率来达到提高英语水平的目的。作为一种全新的学习理念,“频度英语”力图为英语学习者提供这样一种方法和工具的平台,切实的效果还是要朋友们自己来应用体验,也希望大家能够将您宝贵的意见和建议告诉我们,以帮助我们弥补水平有限带来的谬误和不足,不断改进。

盼望《频度英语》系列能够为学习英语的朋友们提供有效的帮助,在攀登英语学习高峰的道路上起到路标和台阶编码的作用,祝愿大家能够更快更便捷地登上峰顶,顺利通过考研英语测试,掌握英语这门有用的工具,让它为我们的工作和生活更好地服务。

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《频度英语》研究中心

2004年8月

使用说明

高效考研词汇是在频度英语动态数据库的基础上,参照国内最新颁布的考研英语教学大纲修订编辑而成,既涵盖了考研英语学习必须的英语词汇要点、难点辨析,又给出了全新的频度学习顺序。

一、图书编写体例

adventure	[əd'ventʃə]
	1549

n. ①[C]奇遇: adventures in the mountains 山中奇遇
②[pl.]冒险故事: All the children listened to his adventures with eager attention. 孩子们注意力十分集中地听他讲他的冒险经历。
(衍)adventurer n. 冒险家/adventurous adj. 冒险的

习惯用语

at all adventure(s)不顾一切地:

(1)编排顺序

①单词②音标③记忆格④单词频度⑤词性⑥释义⑦例句⑧习惯用语⑨衍生词⑩辨析

(2)记忆格

频度记忆格是根据词汇频度特性和科学记忆曲线而专门设计的英语词汇助记工具(已申请专利),可以提醒读者某个单词已经记忆的次数,重点难点单词一目了然,并且能够给读者提示作用,激起学习兴趣。

(3)衍生词

(4)习惯用语

习惯用语是单词在应用中最常用的习惯短语、词组,清晰排列,也有助于默记互译。

(5)辨析

比较单词与其形近或义近单词的用法区别,并列出了单词的一些特殊用法。

二、符号用法

- (1)记忆格:读者在第一遍学习的时候不需要记录,在以后的复习默记或查阅时发现不认识的单词时,在频度格中做一记号,当再次发现不认识的单词时继续做记号。
- (2)<衍>表示衍生词。
- (3)方括号[]:表示名词的可数与不可数:①[C]表示可数名词;②[U]表示不可数名词;③[C, U]表示既可作可数也可以作不可数名词;④[CGp]表示可数集合名词;⑤[Gp]表示集合名词;⑥[C usu. pl.]表示可数经常用复数形式,[C usu. sing.]表示可数经常用单数形式;⑦[C esp. pl.]表示可数尤其是用复数形式,[C esp. sing.]表示可数尤其是用单数形式;⑧[sing.]只有单数形式,[pl.]只有复数形式;⑨若方括号[]中直接放一个单词,则表示该单词以括号中的形式出现。
- (4)宋体方括号[]:[美]“美式英语”,[英]“英式英语”,[口]“口语”,[喻]“比喻用法”,[谚]“谚语”,[化]“化学用语”,[经]“经济”等。

三、语法缩略标记

n. = noun 名词	vt. = verb transitive 及物动词	prep. = preposition 介词
num. = numeral 数词	aux. v. = auxiliary verb 助动词	pron. = pronoun 代词
adj. = adjective 形容词	art. = article 冠词	abbr. = abbreviation 缩写词
adv. = adverb 副词	conj. = conjunction 连词	sb. = somebody 某人
v. = verb 动词	int. = interjection 感叹词	sth. = something 某事
vi. = verb intransitive 不及物动词		

单词索引表

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