



2016考研英语 | 适合英语(一)
与英语(二)考生

陈仲凯老师 教你30天 攻克考研英语词汇

高频难点词+高频重点词+基础拓展词



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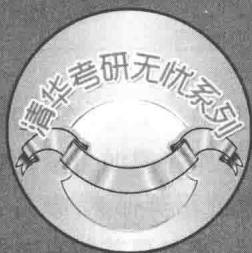
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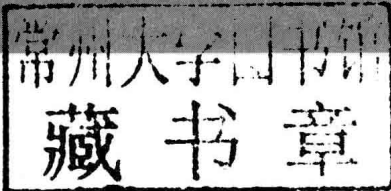
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清华大学出版社
北京

内 容 简 介

本书覆盖最新研究生入学考试大纲词汇表。按照核心词汇、基础词汇、词根词缀科学实用记忆方法,帮助考生高效记忆单词,并且对大纲最新删减和增加词汇进行了总结。

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主编寄语

“万树江边杏，新开一夜风”，当这本书呈现在您面前之时，恰逢洋溢着朝气与希望的季节。大地不老，阳光普照，您也如期搭乘着希望与困境交织的考研列车开始驶向一段未知的旅程。

万事开头难，考研英语亦然。虽然词汇因其是掌握考研长难句和真题的基础而往往被大家公认为考研英语必须攻克的首要难题，但就如何掌握考研词汇这一问题大家似乎并未达成共识，更进一步来说，大家的分歧主要落在词汇数量和词汇质量两点上。

一方面，就词汇数量而言，考研英语大纲要求掌握的词汇数量为 5500 个，但通过分析，我们发现考研英语对词汇的实际考查量达到了 7000 个。面对浩瀚的词汇数量，我们的第一要务就是抓重点，即优先记忆核心词汇，再通过词根、词缀等方法去整理更多核心词汇的衍生词以及真题中出现的超纲词。

另一方面，在词汇质量上，大部分同学仍停留在死记硬背的层面，大量简单的记忆工作投入了单词最基本的含义上，这样的记忆效果并不牢靠且缺乏效率。通过对考研英语真题的研究，我们可以发现，许多考试的解题难点集中在词汇的一词多义、熟词僻意以及词汇搭配的层面上。因此，我们需要以最快的速度对词汇的基本含义进行大量、反复的记忆，而在此基础上，我们更需要在结合真题和阅读的语境下，对词汇的运用（也就是一词多义、熟词僻意以及词汇搭配）进行掌握和延伸。

基于以上论述，我们推出了这两本词汇书，其旨在回归词汇学习的本质，即词汇不只是词汇，它更应当成为我们学习与考试的素材。全书遵循“由点及面”的延伸逻辑，在精心选取考研核心词汇的基础上添加了词汇的权威英文释义、纯正外刊例句、真题词汇运用、真题写作改写等模块，这样可以使学生实现由单一词汇的熟记到阅读运用的识记再到写作运用的活记的“三级跳”，为下一阶段的复习夯实基础。

“九层之台，起于垒土”，我们相信脱离对词汇的简单记忆，注重对词汇有质量的理解和掌握不仅会让您在枯燥的考研复习之路上感受英语之美，更会在您通向梦想的路上助您一臂之力。

最后，以中国台湾黑松汽水的一句广告词与广大学子共勉——“生命就应该浪费在美好的事物上”。祝福一切怀有赤子之心的追梦学子！

感谢陈国辉老师和贡献老师提供的指导！

陈仲凯
于北京

相信词汇的力量

20 世纪初,科学家观察发现,一个人生活是否成功与他的词汇量大小及其运用词汇的能力有着直接的关系。也就是说,一个人的词汇量越大,语言能力就越高,语言能力高的人更能说服人、激励人和吸引人。他在生活的各个方面——工作、社交、个人生活及学习上就越成功,越自信。作为这方面最好的我们身边的例证,就是新东方董事长俞敏洪老师。为了更好地讲课,他刚开始也是拼命背单词,看破了两本朗文词典,亲自编写了新东方第一本 GRE 词汇红宝书,几十年来一直畅销。

“老板的词汇量总比你的大。这就是他之所以是你的老板的一个极重要的原因。”

语言能力高的最明显的一个表现就是阅读速度比一般人快,并且能更好地理解涉及范围很广的材料。同学们,这正是研究生考试大纲要求必须做到的:要能读懂选自各类英文书籍和报刊的不同类型的文字材料,还要能读懂与本人学习或工作有关的文献资料、技术说明和产品介绍。对你来说,其中的生词量不应超过所阅读材料总词汇量的 3%。

提高语言能力最好的方法之一是学会攻克并掌握那些挑战你的词汇,各类英文书籍、杂志或报纸上的生词。一种常见的错误的方法是硬着头皮硬读,凡是不认识的单词就停下来查,想要从头读到尾,一字一句地翻译。可能挣扎着读到第三页后,在第四页弃笔投降了。这样做等于把一个具有完整意义的语篇解读得支离破碎。不但背离了阅读的实际目标,长此以往阅读能力没有提高,也就达不到考试的成功。对于人生来说也等于耽误了宝贵的时间和精力。正确的方法是要有意识地训练自己快速阅读的能力(速度和准确度同样重要)。掌握语篇中的语言和信息。阅读时应以比平时稍快一点的速度掠过书页,关注有意义的短语组合而不是单个的词,并注意保持好自己感觉舒适的阅读节奏。

词语,像所有其他物质结构一样,也可以是由基本零部件构成的。当你掌握了一些词汇之后,对这些零部件会有更加感性加上理性的认知。这些零部件就是词根、前缀和后缀。学习到了一些这样的零部件之后,你的词汇量会再一次提高。

科学研究不断证实,当你刚学完一些词汇后很快就会产生“遗忘”,你所能记住的是极其有限的。这是很自然而且正常的现象。所以记忆和掌握词汇,就是要不断重复,让这些词汇在你眼前不断复现。在一年复习备考的时间里,你所要学习和掌握的考研词汇至少重复记忆五次,唯一的途径和方法就是不断阅读——创造种种情境机会让这些单词复现在你的眼前和大脑中。这样做才能让它们真正进入你的长久记忆。

词汇的力量就是知识的力量,也是更了解你自己潜能的力量,还是领导世界的力量。现在就从本书开始踏上你的词汇能力提升之美好兴奋的旅途吧!

本书使用指南

《2016 考研英语陈仲凯老师教你 30 天攻克考研英语词汇》和《2016 考研英语大纲词汇一网打尽速记宝典》是考研辅导实力派教师陈仲恺从事国内外英语考试,包括考研英语教学十年来词汇教学成果和理念的集中体现,也是一套大力帮助考生全程准备、巩固、提升掌握词汇的必备系列之姊妹书。

一、究竟该如何开始攻克考研英语全部大纲词汇、进一步让自己的英语词汇能力更高、考研英语成绩更理想?非常多的惨痛经历告诉我们,一批批聪明好学的考生常常学到字母 C 时就弃笔投降了。那么我们为何不根据从多到少、从难到易的规律来逐渐攻克和掌握考研单词呢?备考前期,你精力充沛且斗志昂扬,为何不趁此机会攻克最多和最难的部分呢?根据大纲词汇表,通过对大约 5500 个大纲词汇严格统计总结,本书按照首字母下考研词汇数量由多到少的顺序排序,以便广大考生在攻克词汇的过程中越战越勇、信心越来越足。

二、《2016 考研英语大纲词汇一网打尽速记宝典》(以下简称《速记宝典》)包括以下几个部分的精彩内容:①考研英语高频难点必备词部分。②考研英语基础拓展必备词部分。③利用词根,词缀再次提升记忆效果的部分。④利用英语幽默经典语篇保持和提升学习兴趣的部分。

三、建议考生主要用《陈仲凯老师教你 30 天攻克考研英语词汇》来“学”单词,用《速记宝典》来“消”单词。“消”即消灭的意思。①考生首先要非常明确的一件事是:千万不要把记单词当成是背词汇书,即记单词≠背词汇书。②主要利用《速记宝典》每天进行“消”单词的愉快练习。基础拓展必备词每一个 list 下的词汇量比高频难点必备词多,但是这个部分有大量的非常基础的词汇,因此依然要按照每天一个 list 的进度“消”单词,要相信这样做是完全没有问题的。③主要利用《陈仲凯老师教你 30 天攻克考研英语词汇》每天进行“学”单词的愉快练习。

为什么要用精读版的来“学”而不是“消”呢?你会发现,对于高频难点词汇,仅仅“消”一下混个脸熟,到实战时会纰漏无穷,因为通过“消”你仅认识了这些词汇的主要释义。在精读版中,对高频难点词汇给出英文释义,帮助你从本质上理解单词;给出例句帮你在语境中加深对每个词使用的理解;例句会从“真题例句”“外刊例句”“写作例句”三个维度给出。目的殊途同归:学习单词的目标,就是要千方百计把难点词汇变成自己的积极词汇,不断提升词汇能力,可以真正用自己的词汇量进行语言表达的输出,从而使自己在考研英语中读写方面直接受益。

四、本书在编写时还体现了“串联记忆法”的经典理念。目的就是帮助考生减轻记忆负担,让学习者把“力气用在刀刃上”,快速扩充词汇量。英语单词的构词特点决定了它是有规律和生命的。本书基本体现了以核心单词为主线,按照音、形、义、例将关联的词汇串起来,“牵一发而动全身”,激活大脑记忆兴奋区和联想拓展区,在短期内迅速扩大词汇量。《陈仲凯老师教你 30 天攻克考研英语词汇》不仅用串联法,还对每一个高频难点词汇进行了详细解读。

五、在上文中提到：科学研究不断证实，当你刚学完一些词汇后很快就会产生“遗忘”，这只能证明你仍是再正常不过的人类啊！所以记忆和掌握词汇的唯一方法就是要不断重复，让这些词汇在你眼前不断复现。在一年复习备考的时间里，你所要学习和掌握的考研词汇至少应重复记忆五次，唯一的途径和方法就是不断阅读——多读再多读，让这些单词不断以各种情境复现在你的眼前和大脑中。这样做才能让它们真正进入你的长久记忆。

六、最后还想提醒大家很重要的一点：在使用这两本词汇书记单词时一定要重视每个词汇的发音。这是为什么呢？（此处应有会心微笑）在考试时，或在平时阅读中，你会发现，即便是默读文字，其实脑海中这些词的发音还是会掠过。如果不知道单词的发音，一定会影响到阅读速度和理解程度。

如果你已经从这本书开始了攻克词汇的愉快而勤奋的旅程，或者你已成功地用完了这本书的使用价值，向更多、更大的词汇和阅读量进发，都要大大地恭喜你！因为你笃信语言的力量，凭借真正科学有效的方法，你的语言和阅读能力都有了提升，从而在各种英语考试中取得了满意的成绩。而且，更为重要的是，在漫长的人生旅途中，你已准备好可以享受到阅读带给你的持续成长、陪伴和幸福！

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第一部分

考研英语高频难点必备词汇

Day 1

单词预习+返记

<input type="checkbox"/> sacred	<input type="checkbox"/> sacrifice	<input type="checkbox"/> sake	<input type="checkbox"/> salvation	<input type="checkbox"/> sane	<input type="checkbox"/> saturate
<input type="checkbox"/> savage	<input type="checkbox"/> scale	<input type="checkbox"/> scheme	<input type="checkbox"/> scorn	<input type="checkbox"/> scout	<input type="checkbox"/> scramble
<input type="checkbox"/> scrap	<input type="checkbox"/> scrape	<input type="checkbox"/> scratch	<input type="checkbox"/> scrutiny	<input type="checkbox"/> segregate	<input type="checkbox"/> sensation
<input type="checkbox"/> sentiment	<input type="checkbox"/> sham	<input type="checkbox"/> shatter	<input type="checkbox"/> shed	<input type="checkbox"/> shift	<input type="checkbox"/> shrink
<input type="checkbox"/> simulate	<input type="checkbox"/> simultaneous	<input type="checkbox"/> sketch	<input type="checkbox"/> slack	<input type="checkbox"/> slip	<input type="checkbox"/> sly
<input type="checkbox"/> smash	<input type="checkbox"/> snap	<input type="checkbox"/> soar	<input type="checkbox"/> sober	<input type="checkbox"/> solid	<input type="checkbox"/> solitary
<input type="checkbox"/> solve	<input type="checkbox"/> sovereign	<input type="checkbox"/> spare	<input type="checkbox"/> spectrum	<input type="checkbox"/> speculate	<input type="checkbox"/> spell
<input type="checkbox"/> spiral	<input type="checkbox"/> split	<input type="checkbox"/> spoil	<input type="checkbox"/> sponsor	<input type="checkbox"/> sprout	<input type="checkbox"/> spur
<input type="checkbox"/> stagger	<input type="checkbox"/> stagnant	<input type="checkbox"/> stake	<input type="checkbox"/> stale	<input type="checkbox"/> stamp	<input type="checkbox"/> static(al)
<input type="checkbox"/> statue	<input type="checkbox"/> status	<input type="checkbox"/> statute	<input type="checkbox"/> stay	<input type="checkbox"/> steer	<input type="checkbox"/> stereotype
<input type="checkbox"/> stern	<input type="checkbox"/> stimulate	<input type="checkbox"/> stoop	<input type="checkbox"/> strain		

S

s1 **sacred** ['seikrid] **释** *a.* ① relating to a god or religion 神圣的, 宗教上的 *e. g.* *Some animals were considered sacred.* 一些动物被认为是很神圣的。② very important or greatly respected 受尊敬的, 不可冒犯的 *e. g.* *Human life is sacred.* 人的生命神圣不可侵犯。

真题 A sacred place of peace, however crude it may be, is a distinctly human need, as opposed to shelter, which is a distinctly animal need. 一方和谐的圣土, 无论其有多么粗陋, 都是人类的特有需求, 这与动物所需要的庇所截然不同。

外刊 The land is sacred to these tribesmen. 这片土地对于这些部落成员来说很神圣。

s2 **sacrifice** ['sækrifais] **释** *n.* ① the act of offering something to a god, especially in the past, by killing an animal or person in a religious ceremony 供奉, 祭祀 *e. g.* *They made sacrifices to ensure a good harvest.* 他们用供奉来求好收成。② an animal, person, or object offered to a god in

sacrifice 祭品 *e. g.* *An animal was offered as a sacrifice to God.* 动物被拿来当作祭品献给上帝。
v. ① to willingly stop having something you want or doing something you like in order to get something more important 牺牲 *e. g.* *The government chose to sacrifice defence for welfare.* 政府选择牺牲国防以求好的福利。② to kill an animal or person and offer them to a god in a religious ceremony 供奉, 祭祀 *e. g.* *The priest sacrificed a chicken.* 牧师供奉一只鸡。

外刊 President Xi Jinping pledged that China will not sacrifice the environment for temporary economic growth. 习近平总书记表示, 中国不会为了眼前的经济发展而牺牲环境。

s3 **sake** [seik] **释** *n.* If you do something for the sake of something, you do it for that purpose or in order to achieve that result. You can also say that you do it for something's sake. 为了...的目的 *e. g.* *For the sake of historical accuracy, please permit us to state the true facts.* 为了历史的准确性, 请允许我们说出事实真相。

真题 Even our schools are where we send our children to get a practical education—not to pursue knowledge for the sake of knowledge. 甚至我们的学校也只是我们送孩子去接受实用教育的地方,而不是为了知识而追求知识的地方。

外刊 For the sake of your health, please give up smoking. 为了你的健康,请戒烟。

写作 Parents should not lavish too much affection on the children for the sake of their future. 为了孩子的将来,父母不应该溺爱小孩。(2003 年写作)

s4 **salvation** [sæl'veiʃən] **释** *n.* something that prevents or saves someone or something from danger, loss, or failure 拯救,超度,解困 *e. g.* The drug treatment program was Ron's salvation. 这种药物治疗方案是隆的救星。

salvage ['sælvɪdʒ] *n.* 营救,抢救(物品或财产);抢救出的财产;废料回收 *v.* 救助,营救;回收利用 *e. g.* The team's first task was to decide what equipment could be salvaged. 该队的首要任务是决定要抢救出什么设备。

外刊 The country's salvation lies in forcing through democratic reforms. 拯救该国在于强制推行民主改革。

s5 **sane** [seɪn] **释** *a.* ①able to think in a normal and reasonable way 心智健全的,神志清醒的 *e. g.* He seemed perfectly sane. 他看来心智非常健全。②reasonable and based on sensible thinking 明智的,稳健的 *e. g.* He made an insane choice. 他做了个明智的决定。

外刊 No sane person wishes to see conflict or casualties. 理智的人都不希望看到冲突或伤亡。

写作 Misleading media promotion is regarded as one of the main causes of insane worshipping acts. 媒体的误导被认为是非理性崇拜行为的主要原因之一。(2006 年写作)

s6 **saturate** ['sætʃəreɪt] **释** *v.* ①to make something very wet 使湿透,浸透 *e. g.* Water poured through the hole, saturating the carpet. 水穿过了洞穴,浸透了地毯。②to put a lot of something into a particular place, especially so that you could not add any more 使饱和 *e. g.* Our culture is saturated with television and advertis-

ing. 我们的文化充斥着电视和广告。

真题 In the early days, too, longlines would have been more saturated with fish. 此外,在早年,长线上会挂满更多的鱼。

外刊 In the last days before the vote, both sides are saturating the airwaves. 在投票前的最后几天,双方的宣传充斥着各个广播频道。

s7 **savage** ['sævɪdʒ] **释** *a.* very violent or cruel 野蛮的,凶猛的,残暴的 *e. g.* He is a savage murderer. 他是个残暴的凶手。 *n.* a very offensive word for someone who has a simple, traditional way of life 野人,野蛮人 *e. g.* He is a savage. 他是个野蛮人。

外刊 Savage cuts will leave people sleeping rough on the streets. 大幅度地减少开支会让更多的人在街头露宿。

s8 **scale** [skeɪl] **释** *n.* ①the size or level of something, or the amount that something is happening 大小,规模 *e. g.* We had underestimated the scale of the problem. 我们低估了问题的大小。②a machine for weighing people or objects 天平,磅秤 *e. g.* He has a set of kitchen scales. 她有一套厨房磅秤。③a system of numbers that is used for measuring the amount, speed, quality etc of something 基准,等级,级别 *e. g.* It is hard to change the company's pay scale. 很难改变公司的工资等级。④the relationship between the size of a map, drawing, or model and the actual size of the place or thing that it represents 比例,比率 *e. g.* This is a map with a scale of 1 : 250 000. 这是一张比例为 1 : 250 000 的地图。⑤鳞

真题 The interviewers had rated applicants on a scale of one to five. 面试官在 1~5 分的分值内给申请者打分。(陈仲凯注:考研考过“评分”的单词还有 mark)

外刊 The earthquake measured 7 on the Richter scale. 这场地震被测量为里氏 7 级。

写作 Obviously, the striker overestimates the scale of the goalkeeper in front of him. 很显然,那个射手高估了他眼前这个守门员的尺寸规模。(2007 年写作)

s9 **scheme** [ski:m] **释** *n.* ①an official plan that is intended to help people in some way, for

example by providing education or training 计划, 方案 e. g. *The money will be used for teacher training schemes.* 这些钱将用于教师培训计划。

② a system that you use to organize information, ideas etc 系统, 安排, 配置 e. g. *We have brought a new scheme to help our work.* 我们已经引进了新的系统来帮助我们工作。③ a clever plan, especially to do something that is bad or illegal 阴谋 e. g. *His scheme was recognized finally.* 他的阴谋最终被发现了。v. to secretly make clever and dishonest plans to get or achieve something 图谋, 密谋 e. g. *She schemed to kill him with poison.* 她密谋用毒药杀了他。

真题 In order to “change lives for the better” and reduce “dependency”, George Osborne, Chancellor of the Exchequer, introduced the “up-front work search” scheme. 为了“让生活变得更美好”, 并减少“依赖性”, 英国财政大臣乔治·奥斯本出台了“预备求职”计划。

外刊 The public is worried that the national pension scheme will go bankrupt in 20 years. 民众担心国家的退休金方针将会在 20 年内破产。

S10 **scorn** [skɔ:n] 释 n. the feeling that someone or something is stupid or does not deserve respect 轻视, 蔑视 e. g. *He felt scorn for his working-class parents.* 他轻视其工薪阶层的父母。v. to show that you think that something is stupid, unreasonable, or not worth accepting 轻视, 蔑视 e. g. *Many women scorn the use of make-up.* 许多女性蔑视使用化妆。

外刊 Ahmadinejad scorns the Obama administration. 艾哈迈德内贾德蔑视奥巴马政府。

S11 **scout** [skaut] 释 n. ① a soldier, plane etc that is sent to search the area in front of an army and get information about the enemy 侦查员, 侦察机(舰) e. g. *He sent three scouts ahead to take a look at the bridge.* 他派了三个侦查员提前去视察桥梁。② an organization for boys that teaches them practical skills 童子军 e. g. *He joined the scout.* 他加入了童子军。v. to look for something in a particular area 搜索, 侦查 e. g. *I'm scouting round for a place to stay.* 我在找周围能够住的地方。

外刊 A team of four was sent to scout for a nuclear-testing site. 一个四人小组被派去寻找核试验地址。

S12 **scramble** ['skræmbəl] 释 v. ① to climb up, down, or over something quickly and with difficulty, especially using your hands to help you 爬行, 攀爬 e. g. *They tried to scramble up the cliff.* 他们尝试着去爬上悬崖。② to struggle or compete with other people to get or reach something 争夺, 争抢 e. g. *Thousands of people will be scrambling for tickets* 将会有成千上万人争抢门票。n. ① a difficult climb in which you have to use your hands to help you 攀爬, 爬行 e. g. *The mountain was a 20-minute scramble away.* 这座山要爬 20 分钟。② a situation in which people compete with and push each other in order to get what they want 争夺, 抢夺 e. g. *The scramble for jobs is fierce.* 工作的争夺非常激烈。

外刊 Sohail witnesses the desperate scramble for aid. 苏海尔亲眼目睹了那些绝望的人爬出来求救的场面。(偶像剧《翻滚吧, 蛋炒饭》刚出的时候, 陈老师眼瞎看成了《滚蛋吧, 炒饭》。炒鸡蛋是“scrambled egg”, 那么蛋炒饭则是“fried rice with scrambled egg”)

S13 **scrap** [skræp] 释 n. ① a small piece of paper, cloth etc 小片, 碎屑 e. g. *He wrote his address on a scrap of paper.* 他在一张小纸条上写下了自己的地址。② materials or objects that are no longer used for the purpose they were made for, but can be used again in another way 废物, 废料 e. g. *The equipment was sold for scrap.* 这个设备被当作废物卖掉了。v. to get rid of an old machine, vehicle etc, and use its parts in some other way 废弃, 报废 e. g. *Two aircraft carriers are scrapped this year.* 两艘航空母舰在今年被报废。

外刊 President Hussein called on all countries in the Middle East to scrap nuclear or chemical weapons. 侯赛因总统呼吁中东各国放弃核武器或化学武器。

S14 **scrape** [skreip] 释 v. to rub against a rough surface in a way that causes slight damage or injury, or to make something do this 刮, 削,

擦,刮落,擦去 *e. g. She went around the car scraping the frost off the windows.* 她绕着车刮掉车窗上的霜。*n.* a mark or slight injury caused by rubbing against a rough surface 刮,擦痕,擦伤 *e. g. I came away from the accident with only scrapes.* 我幸免于这场意外,只是有点擦伤。

外刊 She stumbled and fell, scraping her palms and knees. 她绊了一跤摔倒了,擦伤了双掌和双膝。

S15 **scratch** ['skrætʃ] **释** *v.* ① to rub your skin with your nails because it feels uncomfortable 抓,搔 *e. g. John yawned and scratched his leg.* 约翰打了个哈欠,挠了下脚。② to make a small cut or mark on something by pulling something sharp across it 勾去,划去 *e. g. Some of the prisoners had scratched their names on the walls.* 一些囚犯把自己的名字从墙上擦去。*n.* a small cut on someone's skin 抓痕,搔痕 *e. g. There were deep scratches all over her face.* 她的脸上有很深的抓痕。

外刊 Unlike most researchers, they built their robot from scratch. 不同于其他研究者,他们从头做起,创建了自己的机器人。

写作 Jack Ma, for instance, has built his business empire from scratch due to his endless struggle. 例如,马云正是凭借不断的奋斗才使得他能从白手起家到建立自己的商业帝国。(2004年写作)

S16 **scrutiny** ['skru:tɪni] **释** *n.* careful and thorough examination of someone or something 细查,详审 *e. g. Careful scrutiny of the company's accounts revealed a whole series of errors.* 仔细检查这家公司的账目发现了许多问题。

scrutinize ['skru:tɪnaɪz] *v.* 仔细,彻底检查(某事物) *e. g. He scrutinized the document.* 他仔细审核了这份文件。

真题 But it takes collective scrutiny and acceptance to transform a discovery claim into a mature discovery. 但是需要共同的审核和认可,科学发现的声明才能变为成熟的科学。

外刊 Their activities have come under police scrutiny. 他们的活动在警方的审查下进行。

S17 **segregate** ['segrɪgeɪt] **释** *v.* ① to separate

one group of people from others, especially because they are of a different race, sex, or religion 歧视,不公正对待 *e. g. Blacks were segregated from whites in schools.* 黑人因受歧视而与白人学校分隔。② to separate one part of a place or thing from another 将...隔离,分开(病患等) *e. g. The coffee room had been segregated into smoking and non-smoking areas.* 这间咖啡屋被分隔为抽烟区和无烟区。

segregation [ˌsegrɪ'geɪʃn] *n.* 分离,隔离;种族歧视 *e. g. The Supreme Court unanimously ruled that racial segregation in schools was unconstitutional.* 最高法院一致裁定学校实施的种族隔离措施违反宪法。

外刊 One hundred years later, the life of the Negro is still sadly crippled by the manacles of segregation and the chains of discrimination. 一百年以后,黑人依然悲惨地蹒跚于种族隔离和种族歧视的枷锁之下。(马丁·路德·金)

S18 **sensation** [sen'seɪʃən] **释** *n.* ① a feeling that you get from one of your five senses, especially the sense of touch 感觉,知觉 *e. g. One sign of a heart attack is a tingling sensation in the left arm.* 心脏疾病的一种迹象是左臂有麻醉感。② extreme excitement or interest, or someone or something that causes this 激动,轰动 *e. g. The violence scenes in the film caused a sensation.* 电影里的暴力画面引起了轰动。

sensational [sen'seɪʃənl] *a.* 轰动的,耸人听闻的;极好的 *e. g. The world champions suffered a sensational defeat.* 世界冠军们遭到一次戏剧性的失败。

sensible ['sensəbl] *a.* 明智的,明理的;可觉察的,明显的 *e. g. We should learn to make a sensible choice.* 我们要学会做一个明智的决定。

sensitive ['sensɪtv] *a.* 敏感的,感觉灵敏的;易受伤害的;神经过敏的 *e. g. Parents must be sensitive to children's needs.* 父母必须理解孩子的需求。

外刊 From its publication in 1984, it became a sensation in a country. 它自1984年出版就在全国引起了轰动。

S19 **sentiment** ['sentɪmənt] **释** *n.* ① feelings of

pity, love, sadness etc that are often considered to be too strong or not suitable for a particular situation 伤感, 柔情, 多愁善感 *e. g. Laura kept that letter out of sentiment.* 劳拉出于伤感保留了那封信。② an opinion or feeling you have about something 思想感情, 情绪, 情操 *e. g. Similar sentiments were expressed by many politicians.* 许多政客表达了相似的思想感情。

sentimental [ˌsenti'mentl] *a.* 情感的, 情绪的; 表达或引起柔弱情感的 *e. g. I'm trying not to be sentimental about the past.* 我尽力不为过去的事情而多愁善感。

真题 Egalitarian sentiments were often tempered by fears that the mass of the population was unprepared for self-rule and democracy. 平等主义的情绪通常由于害怕大众未对自治和民主做好准备而有所缓解。

S20 sham [ʃæm] *n.* someone or something that is not what they are claimed to be—used to show disapproval 假货, 赝品, 骗子 *e. g. The election was a complete sham.* 这场选举是一场纯粹的骗局。

外刊 The Iranians now depict him as dishonest and his overtures as a sham. 如今, 伊朗人认为他不诚实且其提议就是个骗局。

S21 shatter [ˈʃætə] *v.* ① to break suddenly into very small pieces, or to make something break in this way 粉碎, 损毁 *e. g. The plate hit the floor, and shattered into tiny bits.* 盘子摔在地上变成了碎片。② to completely destroy someone's hopes, beliefs, or confidence 摧垮 *e. g. He had been shattered by his son's death.* 儿子的死使他很受打击。

外刊 Their hopes and dreams were shattered by war. 战争摧毁了他们的希望和梦想。

S22 shed [ʃed] *n.* a small building, often made of wood, used especially for storing things 棚, 小屋 *e. g. The shed was built by his father.* 这个木棚是他爸爸修建的。 *v.* to drop something or allow it to fall 流出, 流下 *e. g. Some of the trees were already beginning to shed their leaves.* 有些树已经开始落叶了。

外刊 The firm is to shed 700 jobs. 这个公司将

裁掉 700 个工作岗位。

S23 shift [ʃift] *v.* to move from one place or position to another, or make something do this 移动, 变换, 转移 *e. g. He stopped, shifting his cane to his left hand.* 他停下来, 把手杖移到左手。 *n.* ① a change in the way people think about something, in the way something is done etc 转换, 转变 *e. g. The shift from one type of economic system to another is easier said than done.* 经济体制的转变说起来容易做起来难。② if workers in a factory, hospital etc work shifts, they work for a particular period of time during the day or night, and are then replaced by others, so that there are always people working (轮)班, (换)班 *e. g. Dave had to work a 12-hour shift yesterday.* 昨天戴夫不得不轮班工作了 12 小时。

真题 From the middle-class family perspective, much of this, understandably, looks far less like an opportunity to exercise more financial responsibility, and a good deal more like a frightening acceleration of the wholesale shift of financial risk onto their already overburdened shoulders. 在中产阶级家庭看来, 可以理解的是, 这种情况大致看起来远不像一次可以履行更多经济责任的机会, 而更像是令人可怕地把经济风险全盘转移到他们已经负担过重的肩上的加速。

外刊 Now there must a massive shift to renewable energy. 当下需要转变至可再生能源。

S24 shrink [ˈʃrɪŋk] *v.* ① to become or to make something smaller in amount, size, or value 收缩 *e. g. I'm worried about washing that shirt in case it shrinks.* 我担心洗了这件衬衫会让它收缩。② to move back and away from something, especially because you are frightened 退缩, 畏缩 *e. g. His anger was enough to make the others shrink away from him.* 他的愤怒足以使他人不敢靠近他。

外刊 America's appetite for foreign savings will shrink. 美国对外汇储备的欲望将会进一步减小。

写作 Most high achievers face up to the difficulties, while many others shrink from them. 大部分的成功者都会正视困难, 然而另一部分人却

会退缩。(2007 年写作)

S25 **simulate** ['simjuleit] 释 *v.* ① to make or produce something that is not real but has the appearance or feeling of being real 模仿, 模拟 *e. g.* Interviews can be simulated in the classroom. 面试可以在教室模拟。② to pretend to have a feeling 假冒, 冒充 *e. g.* He found it impossible to simulate grief. 他发现很难假装悲伤。

外刊 The scientist developed one model to simulate a full year of the globe's climate. 这位科学家研制出一个模型, 能模拟全年地球的气候。

S26 **simultaneous** [siməl'teinias] 释 *a.* things that are simultaneous happen at exactly the same time 同时发生的, 同时存在的 *e. g.* The speeches will be broadcast live, with simultaneous translation. 这场讲座将会现场直播且配有同步的翻译。

simultaneously *ad.* 同时地, 同时发生地 *e. g.* They arrived there simultaneously. 他们同时到达了那里。

外刊 Up to twenty users can have simultaneous access to the system. 最多 20 位用户能同时进入这个系统。

S27 **sketch** [sketʃ] 释 *n.* ① a simple, quickly-made drawing that does not show much detail 略图, 草图 *e. g.* Linda drew a rough sketch of his apartment on a napkin. 琳达在餐纸上画了一张她公寓的草图。② a short humorous scene on a television programme, in a theatre etc, that is part of a larger show 速写, 素描 *e. g.* Her TV programme is made up of a series of comic sketches. 她的电视节目由一系列的漫画素描组成。③ a sketch is a short humorous piece of acting, usually forming part of a comedy show. 短篇作品, 短剧 *e. g.* They played a five-minute sketch about a folk singer. 他们表演了一出有关一位民间歌手的 5 分钟幽默短剧。④ a short written or spoken description 概略, 梗概 *e. g.* Tom gave a brief sketch of the story. 汤姆简要概述了这个故事。*v.* to draw a sketch of something 绘略图, 速写 *e. g.* Tom is sketching a view of far hills. 汤姆正在素描远处山峦景色。

外刊 They gave a brief sketch of the main weaknesses of the British economy. 他们对英国经

济的主要缺陷做了简短的概述。

S28 **slack** [slæk] 释 *a.* ① hanging loosely, or not pulled tight 没拉紧的, 松弛的 *e. g.* Keep the rope slack until I tell you to pull it. 在我叫你拉之前不要拉紧绳子。② with less business activity than usual 萧条的; 清淡的 *e. g.* Business remained slack throughout the day. 生意整日都不景气。

slacks *n.* 宽松裤 *e. g.* She was wearing black slacks and a white sweater. 她身穿黑色休闲裤和一件白色毛衣。

slacken *v.* (使)变松, 放松 *e. g.* Inflationary pressures continued to slacken last month. 通货膨胀的压力上个月持续减轻。

真题 Indeed, if he has a reputation for slacking, you might even be outraged. 事实上, 如果他还有懒散的声名, 你甚至会感到愤怒。

外刊 Slack defending by Real Madrid allowed Manchester United to score. 皇马松散的防守让曼联取得了进球。

S29 **slip** [slip] 释 *v.* ① to slide a short distance accidentally, and fall or lose your balance slightly 滑, 滑倒 *e. g.* Wright slipped but managed to keep hold of the ball. 赖特滑倒了但还是设法拿住了球。② to go somewhere, without attracting other people's attention 溜走 *e. g.* Ben slipped quietly out of the room. 本悄悄地溜出了房间。*n.* ① a small or narrow piece of paper 板条, 纸条 *e. g.* I need a slip of paper. 我需要一张纸条。② a small mistake 疏忽, 失误, 口(笔)误 *e. g.* Tom knew he could not afford to make a slip. 汤姆知道他不能再犯失误了。

真题 Now a pink slip, a bad diagnosis, or a disappearing spouse can reduce a family from solidly middle class to newly poor in a few months. 现在, 一张解聘通知书、一份糟糕的诊断结果或者配偶失踪都会使一个家庭在数月内从一个殷实的中产阶级沦为新的穷人。

外刊 One man managed to slip from the club as police arrived. 一个男子在警察来后想方设法逃离这个俱乐部。

S30 **sly** [slai] 释 *a.* someone who is sly cleverly deceives people in order to get what they

want 狡猾的, 诡谲的 *e. g. He is a sly businessman.* 他是个狡猾的商人。*on the sly* 秘密地, 偷偷地 *e. g. They'd been seeing each other on the sly for months.* 他俩偷偷见面几个月了。

外刊 She is devious and sly and manipulative. 她阴险、狡诈, 而且爱操纵他人。

S31 **smash** [smæʃ] **释** *v.* ① to break into pieces violently or noisily, or to make something do this by dropping, throwing, or hitting it 打碎, 粉碎 *e. g. Firemen had to smash the lock to get in.* 消防人员必须破锁而入。② to hit an object or surface violently, or to make something do this 猛撞, 猛冲 *e. g. A stolen car smashed into the bus.* 一辆被盗汽车撞向公共汽车。③ to do something much faster, better etc than anyone has done before 痛击, 打破(纪录) *e. g. The film smashed all box office records.* 这部电影打破了所有的票房纪录。*n.* a serious road or railway accident-used especially in newspapers 猛撞 *e. g. The young boy gets hurt in car smash.* 这个年轻的男孩在车祸中受伤了。

外刊 The demonstrators used trucks to smash through embassy gates. 示威者们用卡车撞破大门闯进大使馆。

S32 **snap** [snæp] **释** *v.* ① to move into a particular position suddenly, making a short sharp noise, or to make something move like this 啪地移动 *e. g. The policeman snapped the handcuffs around her wrist.* 警察啪的一声就将手铐扣在了她的手腕上。② to break with a sudden sharp noise, or to make something break with a sudden sharp noise(使)突然断开, 断开(成两截) *e. g. The brake pedal had just snapped off.* 制动踏板刚才突然断裂了。③ to take a photograph 快照 *e. g. Dave snapped a picture of me and Sonia.* 戴夫给我和索尼娅照了张快照。*n.* a sudden loud sound, especially made by something breaking or closing 发破裂声而折断; 发出清脆声 *e. g. I could hear a snap.* 我能听到一声断裂声。

外刊 The wind snapped branches and power lines. 风吹断了树枝和电线。

S33 **soar** [sɔ:] **释** *v.* ① to fly, especially very high up in the sky, floating on air currents

(指鸟等)高飞, 翱翔 *e. g. She watched the dove soar in the sky.* 她看见鸽子在天空翱翔。② to increase quickly to a high level 飞涨, 骤升 *e. g. The price of petrol has soared in recent weeks.* 油价在近几周飞涨。

外刊 Shares soared on the New York stock exchange. 纽约证券交易所股票暴涨。

S34 **sober** ['səʊbə] **释** *a.* ① not drunk 未醉的, 清醒的 *e. g. He's a nice guy when he's sober.* 当他不喝醉酒的时候是个很好的小伙子。② serious, and thinking or making you think carefully about things 审慎的, 镇定的, 严肃的 *e. g. He is a sober, hard-working young man.* 他是个严肃而又勤奋的男生。

真题 "Hooray! At last!" wrote Anthony Tommasini, a sober-sided classical-music critic. "万岁, 终于有结果了!" 安东尼·托马西写道, 他可是一个非常稳重的古典音乐评论家。

外刊 There was a more sober warning of the dangers posed by the victory. 有一个关于因胜利引发的危险的更为审慎的提醒。

S35 **solid** ['sɒlɪd] **释** *a.* ① hard or firm, with a fixed shape, and not a liquid or gas 固体的 *e. g. The lake was frozen solid.* 这片湖冰冻凝固了。② strong and well made 结实的, 稳固的, 可靠的 *e. g. The frame is as solid as a rock.* 这个边框和石头一样结实。③ someone or something that is solid can be depended on or trusted 可靠的 *e. g. The prosecution in this case has no solid evidence.* 这个案件的控方并没有可靠的证据。④ used to emphasize that something continues for a long time without any pauses 连续的 *e. g. The lecture lasted two solid hours.* 这个演讲持续了两个小时。*n.* a solid is a substance that stays the same shape whether it is in a container or not 固体 *e. g. Solids turn to liquids at certain temperatures.* 固体在一定温度下转变成液体。

solidarity [ˌsɒlɪ'dærɪti] *n.* 团结, 一致 *e. g. Supporters want to march tomorrow to show solidarity with their leaders.* 支持者有意在明天游行以表现对他们领导的支持。

外刊 The ship's sonar can detect solid objects in the water. 这艘船的声波定位仪能探测到水里