

了美语 主编/贾清艳

快速阅读教程

College English Fast Reading



大连理工大学出版社 Dalian University of Technology Press

大学英语

快速阅读教程

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前 言 PREFACE

《大学英语快速阅读教程》(第3册)是根据教育部新颁布的《大学英语课程教学要求》编写而成,适用于大学二年级(上)非英语专业学生或具有同等英语水平的阅读爱好者。

本教程编写目的是:通过积极主动的快读训练,帮助学生扩大英语词汇量,提高快速浏览能力、准确猜词能力、独立分析能力以及归纳总结能力。

本教程编写严谨,具有高度的科学性、合理性和实用性。与其他教材所不同的是,本教程增加了"快速阅读方法指南"板块,旨在引导学生了解和掌握基本的快读技巧,进而取得良好的学习效果。

全书共设计8个单元,每单元4篇文章(全书共32篇)。文章的材料大多选自国外报刊和杂志,在语言规范、原汁原味的基础上,突出选文的科学性、可读性和趣味性;文章的体裁包括记叙文、议论文和说明文(主要指科技类)等;文章的题材广泛,内容丰富,包括:文化教育,高校学生学习、生活,风土人情,英美等国家历史,社会热点话题、掠影,时事聚焦,政治经济,人口,经济发展,现代生活,能源发展,科技发展,生存环境,风云人物等。

本教程的练习设计强调实训性,每篇文章后都附有"填空题"、"判断正误题"和"选择题"3种题型,基本涵盖了710分大学英语四级考试中的快读题型,问题设计合理、巧妙,期望通过这种训练,提高学生快速阅读能力。

参与本册编写的人员都是经验丰富、一直坚守在教学第一线的教师。我们真诚 希望学习者能从本教材中收益良多,也欢迎广大同仁多提宝贵意见,以使本教程更 趋完善。

> 编者 2012年5月

导读

快速阅读方法指南

快速阅读是一种需要专门培养和训练的阅读技能,是一种阅读习惯,其目的是能在较短的时间内阅读大量的文字材料并尽可能多地获取信息。因此,快速阅读能力并不是一朝一夕能够培养出来的,是知识、经验和能力的集成,必须扎扎实实地从基础做起,必须从认识上、意识上、知识上不断丰富自己。只有熟练掌握英语基本知识,养成良好的阅读习惯,才能循序渐进,熟练掌握阅读以及快速阅读的技能。

一、快速阅读的基本要求

快速阅读的目的是扩大阅读范围,积累和丰富语言知识,认识和体验英语语言的各种现象,培养学生的语感,不断扩大词汇量,提高语言学习的效率,培养一种良好的阅读习惯。教育部颁发的新的《大学英语课程教学要求》对大学英语阅读进行定性定量要求,明确指出了阅读的学习与能力训练的方向。根据学生学习情况,阅读也分成三个不同的层次(见下表)。

(层次) 要求	阅读速度(词/ 分钟)	阅读要求
一般要求	100	能读懂国内英文报刊,掌握中心 意思,理解主要事实和有关细节,阅 读理解准确率不低于70%。
较高要求	120	能就阅读材料进行略读或寻读, 基本读懂文本并能正确理解中心大 意,抓住主要事实和有关细节,阅读 理解准确率不低于80%。
更高要求	未规定	能读懂有一定难度的文章,理解 其意义,借助词典能阅读英语原版书 籍和英语国家报纸杂志上的文章,能 比较顺利地阅读与自己专业有关的综 述性文献,阅读理解准确率不低于 80%。

上述要求,既是我们学习的目标,也是对阅读速度的一种限定。我们要扎实地掌握一定的阅读技巧,才能最后达到目标。

二、快速阅读的基本方法

(一) 略读 (Skimming)

Skimming 的含义是"略读",也称"跳读",即对文章进行"浏览",以最快的速度抓住文章的大意。既然是跳读,就是说可以忽略某些细节,以求迅速获取文章的大意。因此必须掌握科学的阅读方法,充分利用阅读材料中的各种写作形式和因素,如标题、逻辑衔接词语、关键词语以及主题句等,这样,就能有效地提高阅读能力。阅读要变成有意识的行为,训练自己能够瞬间获取个别词语的意思,视野逐渐扩大到句子或段落,培养基本能力,掌握基本技巧,以达到限时阅读的目的。

1. 文章标题

文章标题对提高快速阅读的效率起着重要作用,从标题上看,我们就能基本了解到文章的意义范围。例如,"What Is the Attraction of the English Language?" 虽然我们不知道文章全文究竟要说什么,但是从标题中我们可以猜测到其大概内容。

2. 小标题

很多情况下,一篇文章中除了标题(主题)外,还有副标题或若干个小标题。副标题往往 是对标题内涵的进一步解释;一个小标题所阐释的内容可能是一个段落,但通常也可能带有若 干个段落。在阅读中,特别是在快速阅读过程中,迅速理解标题、小标题,是阅读理解的关键 一步。例如:

标题: Stress

小标题 1: Try Physical Activity

小标题 2: Share Your Stress

小标题 3: Take Care of Yourself

小标题 4: Make Time for Yourself

小标题 5: Make a List of the Things You Need to Do

小标题 6: Go Ahead and Try

实际上,通过文章的标题和小标题,我们基本上可以猜测出文章要说明的主要内容。

3. 主题句与关键词语

主题句实质上是一个段落的"主题",每个段落都有主题句,通常在每个段落的第一句话,或者有时可能是最后一句话。段落意义表达是围绕主题句的中心思想而展开的,包括说明、描述、议论、对比、比较等内容,按逻辑顺序,如同计算机的程序一样一步一步地表达意思。这

说明主题句是整个段落中心思想的概括。在理解标题(主题)的基础上,快速寻找并读懂主题句,就可以快速掌握文章各个段落的主要意思。在理清各个段落之间的逻辑关系之后,就能基本掌握全文的中心思想。例如,我们只读下面例文中的彩色字,就能基本了解文章大意。 【例1】

The Southern Economy after the Civil War

The Civil War was the greatest disaster that the United States has ever experienced. Four long years the war dominated the fortunes of Americans as no other armed conflicts in American history has. As much of the war was fought on southern territory, there was extensive physical damage in the South from the war. Major cities, including Charleston, Richmond and Atlanta, were destroyed by the Union army. During the war, whatever livestock and food supplies in the path of the fighting were not requisitioned by Confederate forces were seized officially by the boys in blue. What's more, the war made the southern economy suffer a great deal.

【例2】

The United States Department of Agriculture requires that a grade mark be used when labeling eggs. It is printed on the carton or on a tape used to seal the carton. It shows both the grade and the size of the eggs. Sometimes the size is not printed in the grade mark but it is printed on the carton.

There are three grades of eggs. The top grade is U.S. Grade AA, or Fresh Fancy Quality. The next is U.S. Grade A. Grade B is the lowest grade. Some stores sell all three grades, and there may be quite a difference in price between the grades. The top two grades, AA and A, are best for frying and poaching (沸水煮). They don't spread out very much in the pan, and the yolk is not easily broken. Grade B eggs are just as good to eat. But the whites is thinner. Also, the yolk may be flatter than in eggs of the higher grades. In most states, egg marked with a grade and size must meet certain state laws. Many states' grade standards are the same as those of the U.S government.

Eggs come in different sizes. But the size has nothing to do with the quality. The two decisions you must make when buying eggs are to choose the grade and the size. Eggs range in size from Jumbo to Pee Wee, and they are measured by their weight. A dozen Jumbo eggs must weigh a minimum of 30 ounces. A dozen Pee Wee eggs only need to weigh 15 ounces. Smaller eggs sell for less than bigger eggs because you buy them by weight just as you do other foods.

例文 1 的主题是有关美国内战后"the Southern economy"情况。第一段的第一句话是主题句,联系到主题的意思,说明美国内战之后的经济蒙受了巨大的损失,因为主题句的主要意思是:内战是最大的灾难 (the greatest disaster)。

例文 2 虽然没有标题,但是我们仍然可以从主题句中明确文章的大意,了解到美国的鸡蛋 是怎样卖的。 此外,要提高阅读速度,也必须抓住关键词句。每个段落的主题句构成文章的意义表达框架,而关键词句是连接上下文的纽带,是文章表达意思的主干词。在快速阅读过程中,明确主题句的大意、识别关键词句是理解的"关键",能帮助我们迅速获取主旨信息。例如,例文1中可以确定 economy, the Civil War, disaster 等,在多数情况下,主题句就是关键句,而其中包含着关键词。如果清楚了主题句、关键词以及主题句、关键词之间的逻辑关系,就能快速地掌握文章的中心思想。

【例3】

Text Changes to Come in U. S. Education

The biggest "infrastructure"(基本设施) challenge for the United States in the next decades is not the billions needed for railroads, highways and energy. It is the American school system, from kindergarten through the Ph.D program and the postgraduate education of adults. And it requires something far scarcer than money—thinking and risk taking. The challenge is not one of the expansions. On the contrary, the rapid growth in enrollment over the last 40 years has come to an end. By 1978, more than 93 percent of young people entering the labor force had at least an eighth grade education. So even if the birthrate should rise somewhat, little expansion is possible for elementary and secondary school enrollments.

文章的主题含义是:作为 infrastructure 的美国教育需要改革。因此由 education 这个关键词引出一系列的"关键词和词组",并在文章中以逻辑顺序出现:例如:education 的改革,包括 school system (教育体制),具体体现是: kindergarten—elementary (education)—secondary (education)—Ph. D (education)—the postgraduate education of adults. 关键词之间存在并列关系和递进关系。

4. 逻辑关系的运用

逻辑关系主要由逻辑关系词(词组)提示出来,表示句子意义之间的关系,也表示段落之间的关系,如 however, nevertheless, moreover, in addition 等。逻辑提示词的主要功能是衔接文章中的句子,提醒读者注意哪些句子表达有效信息、哪些是关键句;提示句子之间的关系、段落之间的衔接及意义表达的逻辑关系等。英语文章中常出现的逻辑关系有如下几种:

(1) 因果关系:要注意表达因果关系的常用词语,如:because, for, due to, therefore, hence, as a result, consequently等。在阅读带有因果关系的逻辑词或词组的句子时,既要注意"因",也要注意到"果",通过快速查找和理解关键词便能掌握大意。例如:

【例4】

I have sought love, first, because it brings such uncontrolled feelings that I would often have sacrificed the rest of life for a few hours of this joy. I have sought it, next, because it relieves my loneliness that I would follow it all the way. I have sought it, finally because in the union of love I have seen the vision of the heaven that poets have imagined.

(2) 并列、递进关系: 常用词(词组)有: and, or, then, in addition, besides, in other words, moreover 等。这些词或词组有时也称顺接连词,所引出的句子的内容和前面的内容大致相似,说明前后衔接的信息主旨没有变化,是对其前面部分的解释、说明或列出具体内容。因此在理解前句意思的前提下,后句话也可以忽略不读。例如:

【例5】

The food in this restaurant is good, and moreover, it's not expensive.

(3) 转折关系: 常用词(词组)有: but, however, yet, nevertheless 等,表示意义的转折,通常引出新的内容和观点,是阅读理解的关键部分。

however 或 but 等词引导的一个段落或段落的部分,或者一个句子,意味着这个段落或句子的逻辑主旨发生转折。因为通常情况下,读者基本上已了解了 however, but, yet, nevertheless 等前面的信息,需要了解的是与其相对的信息,通常也是作者所提出的新信息和新内容,是十分重要的。例如:

【例6】

Many a young person tells me that he wants to be a writer. I always encourage such people, but I explain that there's a big difference between "being a writer" and writing.

The reality is that writing is a lonely, private and poor-paying affair. For every writer kissed by fortune are thousands whose more longing is never rewarded. When I left a 20-year career in the U.S. Coast Guard to become a freelance writer (自由撰稿人), I had prospects at all. What I did have was a friend who found me my room in New York apartment building. It didn't even matter that it was cold and had no bathroom. I immediately bought a used manual typewriter and felt like a genuine writer.

After a year or so, however, I still hadn't gotten a break and began to doubt myself. It was so hard to sell a story that barely made enough to be one of those people who die wondering. What if? I would keep putting my dream to the test—even though it meant living with uncertainty and fear of failure. This is the shadowland of hope, and anyone with a dream must learn to live there.

此外,还要注意引导让步状语的词或词组,如 though, although, despite, in spite of 等词(词组)之后的句子内容肯定要转折,阅读时要注意让步的内容,因为所表明的是作者的观点和态度。例如:

【例7】

Despite such alarming numbers, the federal and state governments have been slow in implementing programs to stop the spread of AIDS.

5. 标点符号的运用

在阅读过程中要掌握破折号、小括号、冒号的运用,它们的基本功能是解释前面的信息,

或者详细说明前面某个词或一句话的意思,因此这对于解析生词、理解句子含义很有帮助。在 理解这三种标点符号之前的信息基础上,可以忽略后面的信息,或者可根据后面的具体信息猜 测前面生词的含义。例如:

【例8】

People tend to focus on what they see (dress, eye contact, movement), on what they hear (how fast or slowly we talk, our voice, tone and volume), and on our actual words.

【例9】

Suburban living offers the best of two worlds—the city and the country—at a price that many are able to afford.

【例 10】

Three passions, simple but very strong, have governed my life: the longing for love, the search for knowledge, and sympathy for the suffering of mankind.

(二) 寻读 (Scanning)

Scanning 的意思是寻读,也称快读,是带有目的性的阅读,即迅速在文章中寻找、提取某个特定信息或具体事实,例如,数字(数据)、人物、事件、时间、地点等,如同扫描仪一样对文章进行扫描,检索所需要的信息,而忽略无关的内容。这是一种点式阅读,如在图书馆里查找书刊目录;在车站查找某次列车或汽车的运行时刻;从文献中查找某一日期、作者或编号等。寻读的材料一般是应用文,功能性和实用性较强;但很多情况下所阅读的材料可能不是语义连贯的文章,如电话号码本、图书目录等,是表述特定目的和内容的材料。例如:

【例 11】

DREAMWORLD INFORMATION

HOURS OF OPERATION: Dreamworld is open every day the year from 10:00 am 5:00 pm, except

Christmas Day. Hours of operation may be extended during holiday

periods.

LOCATION: Dreamworld is 17 kilometers north of Surfers Paradise on the Gold Coast

(20 minutes' drive).

TICKETS: Children aged between 4 to 13 are charged half price, while those 14

years and over are charged full admission. Children under 4 are free.

三、阅读策略与训练

(一) 词与词组的认识和理解

学习英语词汇,要理解和掌握词的概念意义和语境意义。词的概念意义是指其抽象词义或

概括性意义,体现在词典或教材词汇表中的解释意思。例如: extraordinary,意思是 unusual or remarkable, 不寻常的; 非常出色的。词的语境意义是指词在应用时所表达的内涵意义或者具体意义。例如: extraordinary 和 meeting 用在一起,指"专门会议"。

英语中有大量的习语是固定词组,在很多情况下英语都是以这种词组作为句子的基本单位。在学习过程中,我们要熟悉、掌握英语常用习语,有助于提高阅读质量和阅读速度,特别有助于实施"无声性"阅读策略。例如, consist of, be made up of, interfere with, make a difference, play a role in 等,只要看上一眼便可理解这些词组的意思,不必把每个词都读出来。

英汉两种语言的词汇搭配使用,构成词组,但存在很大的差别。学习使用英语词汇,就要注意英语的词汇搭配习惯,而不能以汉语的习惯来使用英语的词汇。例如: "犯法"和"犯罪",在汉语中都用同一个字"犯",但是,英语的"犯法"和"犯罪"却是"break the law"和"commit a crime"; "红茶",在英语中变成了"black tea"。我们要注意到这种差异,学习、掌握和熟悉英语常用词汇的搭配使用。

(二) 句子结构的认识与理解

1. 简单句的认识与理解

有些简单句的微结构较复杂,几乎和复杂句一样,含义比较丰富,往往表达几层意思,例如: 【例 12】

I go through the photograph once again, wondering what it is that is missing, or that I'm not seeing.

虽然这是个简单句,但其后有附属部分 wondering what it is that is missing, or that I'm not seeing, 结构较复杂。其中 I go through the photograph 是句子的主干,表述主题内容。阅读时一定要理解句子的主干(句子的主要结构)表达的内容。该句的附属结构 wondering what it is that is missing, or that I'm not seeing 表示在 go through 的同时还在做什么,说明细节,快速阅读时可以忽略。

有时这类复杂的简单句主干部分之后并列了若干个附属结构,以提供详细信息。例如:

【例 13】

The U.S. is definitely a telephone country. Almost everyone uses the telephone to conduct business, to chat with friends, to make or break social appointments, to say "Thank you", to shop and to obtain all kinds of information.

第二个句子的主干"uses the telephone" 之后排列 6 个动词不定式词组对其进行详细说明。如果需要具体信息,可以从关键词中获得。

此外,文章中经常会出现几个简单句排列使用,作者在句与句之间没有用逻辑衔接词,但实际上两个句义之间是有较密切联系的。阅读时,要根据关键词快速理解每句话的意思,同时

要清楚句子意义之间的关系。例如: He didn't attend the meeting. He was ill. 很明显, He was ill 说明 He didn't attend the meeting 的原因。

2. 复杂句的认识与理解

复杂句多指主从关系的句子。认识和熟悉复杂句的结构和功能,是提高语言能力和阅读能力的重要步骤。就从句而言,以性质而论,要特别注意英语的三大类从句,即名词性从句、形容词性从句和副词性从句,包括:主语从句、宾语从句、表语从句、同位语从句、定语从句和状语从句。我们要熟练掌握各种从句在句子中的位置(结构状态),熟悉从句的功能,无论一句话有多长,我们只要看上一眼就能分辨出句子的主次关系,掌握句子的核心结构和意义。例如

【例 14】

Under his direction, the blacks of Montgomery States Supreme Court shot an arrow into the heart of racial discrimination declaring that Alabama laws that supported the practice of segregation did not accord with the Constitution.

"the blacks of Montgomery States Supreme Court shot an arrow into the heart of racial discrimination"是句子的主干,其他部分均属次要结构。句子表达的主要意思是: "the blacks...shot an arrow"。但是类似这样的句子,其次要结构部分,即从句,也表达重要信息和思想,不要忽略。虽然例句中"the blacks...shot an arrow"是主要结构,但只是说明了事件的严重性,而没有说明是什么事情,而非谓语动词 declaring 的宾语从句却表达了主要意思,即: "Alabama laws...did not accord with the Constitution"(阿拉巴马州的法律违反宪法)。

此外,在 Alabama laws 后面还有一个定语从句,说明这部法律的实质内容,that supported the practice of segregation. (支持种族隔离政策)

如果按关键词的理解过程是, "the blacks...shot an arrow", declaring, the laws supported, segregation, did not accord with the Constitution.

(三) 意群的运用

意群的运用能有效地提高阅读速度,但要注意三个关键问题:一是平时要有意识地自我训练,能准确地分辨、划定意群,明确意群之间的语义关系或句法功能;二是阅读时要以一个意群为一个"着眼点",而不要以单个词为"着眼点"。学会练习,逐渐养成习惯,不断扩大目视范围,以一个意群为一个目视单位;三是阅读中,眼睛的运动速度与理解意群意思和功能的速度同步,否则会影响对阅读材料的理解,影响掌握关键信息。例如,例句 14 可以用下面这样的方式阅读和理解:

【例 15】

Under his direction,

the blacks of Montgomery States Supreme Court

shot an arrow into

the heart of racial discrimination

declaring

that Alabama laws that supported the practice of segregation

did not accord with the Constitution.

(四) 无声阅读与不完全发音阅读

我们通常的阅读基本属于有声阅读,是眼睛、大脑、口和耳四个器官一起活动而完成的行为,其过程是:眼睛看到文字符号,反映给大脑,大脑指令口发音,耳朵再监听与判别正确与否。我们通常说的默读,实际上是"心读",也是眼睛、大脑、口和耳四个器官一起活动,在脑中完成了每个词、每句话的发音,这是大多数人的习惯,认为这样能更好的理解,因此通常的朗读和默读同一篇文章所用的时间几乎相等。但是,如果阅读过程中减掉"口发音"、"耳监听"的过程,只用眼睛和大脑,即把眼睛看到的文字符号直接理解,不再发音和监听,阅读的速度要比有声阅读快,但是,这种阅读方式是一种比较高的阅读境界,需要长期的训练和经验积累才能形成。

还有一种方法,可以称为"不完全发音阅读"法,即,可以在阅读中,句中的某些功能词不读,只读几个词,读词的一个或两个音节就能完全理解意思,非常实用。例如:

【例 16】

It is possible that some Americans, because of their linguistic and geographic isolation, are hesitant about interacting with foreigners.

读成: (It is 省略) po... (some 省略) Ame... be... ling... geo... iso, (are 省略) hesi... (about 省略) inte... (with 省略) forei...

【例 17】

Pollution is caused either by man's release of completely new and often artificial substances into the environment, or by releasing greatly increases amounts of a natural substance, such as oil from oil tankers into the sea.

Pollution-po...

(is 功能词,不发音,省略) caused...cau...

(either 常用词,省略,明确其与 or 连用)

(注意句子的语态, caused 之后的 by 省略)

man's release...ma...relea

(of 省略) completely new (惯用搭配,意思明确,只看一眼,不发音,或省略)

(and often 不发音, 省略,) artificial substances—arti...subs...

(into the 不发音, 省略) environment...envir...

(or by, 明确与第一个 by 的关系, 省略) releasing (greatly increases 不发音) amounts of...amoun—(of 不发音)

(a natural 常用词,不发音,或省略) substance...

(such as 省略) oil (看一眼,不发音)

(from 省略) oil tankers—tan...

(into the sea 看一眼,不发音)

尽管有多种快速阅读的方法,但是要真正提高阅读质量和阅读速度,必须扎扎实实地打基础,不断扩大词汇量,对句子有较好的认识,培养良好的阅读习惯,从而取得阅读学习的最佳效果。

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