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最新大学英语4级考试

阅读理解20天249分

每天40分钟 20天轻松满分

考拉进阶英语教育研究院·四级命题研究组 编 李 伟◎ 主编



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最新大学英语4级考试

阅读理解20天249分

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前言

Preface

问 1 我的阅读能力能否在短时间内有一个质的飞跃? 阅读成绩达到满分 249 分是否有可能?

答 1 只要方法科学, 短时间内冲击阅读满分 249 分是完全有可能的。

问 2 科学的方法是什么?

答 2 熟练的做题技巧+合理的时间安排。

问 3 本书有什么特色能帮助我达到学习目标?

答 3 基于对历年考试真题的分析以及对考生学习特点的研究, 为了帮助考生能在较短时间内大幅度提高阅读技能, 本书特安排以下特色:

一 20 天突破四级阅读

大学日益繁重的课时安排和丰富的课余活动, 使得考生备考四级的时间越来越少, 用来练习阅读的时间更是少之又少。为了帮助考生顺利通过四级考试, 考拉进阶教育研究院·四级命题研究组结合最新的《全国大学英语四级考试大纲》, 设计安排了 20 天的科学备考计划, 循序渐进, 实用性强, 避免考生因为长期的“拉锯战”而丧失了学习的动力和耐心。

二 成功只需每天 40 分钟

四级考试中阅读部分用时为 40 分钟(快速阅读 15 分钟, 仔细阅读 25 分钟), 根据这一特点, 本书将每天的练习时间和题量设置成与考试完全一致, 考生每天只需安排 40 分钟, 像考试一样全神贯注, 一天一练坚持 20 天, 阅读成绩和能力就会有大幅提高。

每天用考试的标准做练习, 也有助于将做题节奏和大脑兴奋点调节到与考试同步, 最大程度适应考试的压力。

三 精选真题同源文章

书中文章全部选自历年真题出处, 并按照真题选材特点对真题出处的范围进行了扩展, 力求做到与真题同源、同质。这些题源主要包括: *Newsweek*《新闻周刊》、*Time*《时代周刊》、*The New York Times*《纽约时报》、*The Washington Post*《华盛顿邮报》、*USA Today*《今日美国》等美国报刊; *New Scientist*《新科学家》、

The Guardian《卫报》、The Economist《经济学人》等英国报刊。

四 科学的版块设计

文章大意:概括快速阅读的文章大意,方便考生从整体上把握文章;

词性分析:将篇章词汇的15个选项按照词性进行归类,帮助考生学会做篇章词汇的科学方法;

核心词汇:将篇章阅读文章中的高频词汇、较难词汇挑选出来,使考生顺利读懂原文,同时增加词汇量;

难句精析:剖析篇章阅读中的长句、难句,帮助考生排除阅读中的解题障碍;

答案详解:根据每个题型的自身特点设置答案解析,如快速阅读的答案详解将正确的做题步骤融合在内,即线索(找出题干中的定位信息)、定位(题目在原文中的出处)、详解(正确选项与原文的关系)。

五 快速计算正确率的方法

在综合训练部分,每一套题都有记录做题时间以及快速计算正确率的公式,考生可以在每套题做完后,清楚地了解自己阅读能力的逐步提高。

六 赠送 10 篇完形填空

完形填空向来也是考生容易失分的题型,但由于所占分值不大,很容易被大家忽视。本书最后赠送10篇完形填空,方便考生在提高阅读分数的同时,一举消灭最后这个陷阱。

使用方法

为方便考生更好地利用本书,建议采用以下使用方法:

第1~6天 阅读专项突破

第1~2天 快速阅读多项选择题和句子补全题做题技巧

第3~4天 篇章词汇设题规律和做题技巧

第5~6天 篇章阅读5大题型特征和做题技巧

第7~20天 阅读综合特训

在接下来的14天中,每天只需40分钟做一套阅读综合练习,将前6天学到的各题型做题技巧运用进来,为日后真正的考试奠定牢固的基础。

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Day 1 - Day 6

阅读专项突破



40分钟

快速阅读做题技巧

一 25 分钟 技巧突破

大学英语四级考试中,快速阅读部分要求考生在 15 分钟内迅速读完一篇约 1000 词的文章。因快速阅读包含的信息较广,考生要想在较短时间内出色地完成一篇快速阅读,须掌握一定的做题技巧。一般而言,快速阅读正确的做题顺序应是:略读文章→根据题干信息定位原文→对比选项与原文找出答案。下面,我们将会对每一步分别进行说明。

第一步:略读

在面对一篇快速阅读文章时,先快速浏览全文,掌握每段的主要内容。重点读每一段的开头和结尾,因为这两处常是主题句或主题词的出处。略读不仅便于考生理解文章大意,而且利于定位时迅速找到题目的出处。

第二步:定位

定位,顾名思义,就是利用题干中的关键信息,快速找到原文出处,从而确定答案的过程。一般来讲,快速阅读文章包含的信息很广,但留给考生的答题时间却相对不多。为了降低难度,出题人通常会在题干中给出比较明显的定位的信息,判断这些信息的技巧有:

1. 看题干中是否有人名、组织机构名、地名、书名、杂志名或缩略词等专有名词。

英语文章中,这些名称通常都是以大写字母的形式呈现的,它们在文章中比较明显,可以帮助考生迅速找到题目的出处。(但考生也要注意,如果整篇文章都是在讲某个人、某个组织机构或某个地点,那么这些信息就不能定位,这时要看题目中是否有其他比较明显的定位信息。)

A study in Sweden indicated that kindergarten children who could play in a natural environment had less illness and greater physical ability than

What does a study in Sweden show?

- A) The natural environment can help children learn better.
B) More access to nature makes children less likely to fall ill.

children used only to a normal playground...

C) A good playground helps kids develop their physical abilities.

D) Natural views can prevent children from developing ADHD.

分析 题干中出现国家名 Sweden, 考生可迅速从原文中找到题目出处。

2. 看题干或选项中是否含有表示时间、数量或年代等的数字信息。

数字信息通常会以阿拉伯数字的形式呈现出来, 在整篇英语文章中十分突出, 考生利用该信息可迅速找到题目出处。

Of the forces shaping higher education none is more sweeping than the movement across borders. Over the past three decades the number of students leaving home each year to study abroad has grown at an annual rate of 3.9 percent, from 800,000 in 1975 to 2.5 million in 2004... And the number crossing borders for undergraduate study is growing as well, to 8 percent of the undergraduates...

2 Over the past three decades, the enrollment of overseas students has increased _____.

A) by 2.5 million

B) by 800,000

C) at an annual rate of 3.9 percent

D) at an annual rate of 8 percent

分析 选项中的 2.5 million, 800,000, 3.9 percent 和 8 percent 都十分明显, 根据这些数字信息可迅速找到原文出处。虽然题干中的 over the past three decades 也是数字信息, 但不是特别明显, 我们可以将其看作限定信息, 进一步将题目出处的范围缩小。

3. 看题干中的主要信息是什么。

如果题干中没有专有名词或数字信息, 那么考生可以结合之前的略读, 根据题干的主要信息来定位。主要信息是指题干句子的主干成分, 即主语、谓语或宾语(有时需要其中两者或三者的结合才可定位)。另外, 题干句子中的解释说明处或各类状语处也可成为很好的定位信息。

Most **bullying** (恃强凌弱) is found in schools where there is a **tarmac** (柏油碎石) playground; the least bullying is in a natural area that the children are encouraged to explore. This reminds me unpleasantly of Sunnyhill School in Streatham, with its harsh tarmac, where I used to hang about in corners fantasizing about wildlife.

Children who have chances to explore natural areas _____.

- A) tend to develop a strong love for science
- B) are more likely to fantasize about wildlife
- C) tend to be physically tougher in adulthood
- D) are less likely to be involved in bullying

分析 题干的主语为 children, 该词在文章中重复出现, 很明显不适合作为主要的定位信息。在该题干中, 对 children 进行解释说明的定语从句进一步限定了范围, 可成为定位信息。通过略读文章发现, 第七段中的 children are encouraged to explore 与题干中的定语从句表达的意思一致, 由此可判断该处即为本题的出处。

第三步: 对比选项与原文的关系

通常来讲, 正确选项与原文的关系有以下几种:

1. 正确选项是对原文的同义转述。

同义转述的变化形式和层次包括词汇和短语的替换、语态和施动关系的变化、句式和句法结构的变化等。绝大多数的阅读理解中考查细节的题目都是进行信息转换的过程。

Dr. William Bird, researcher from the Royal Society for the Protection of Birds, states in his study, "A natural environment can reduce violent behaviour because its restorative process helps reduce anger and impulsive behaviour." Wild places need encouraging for this reason, no matter how small their contribution.

Dr. William Bird suggests in his study that _____.

- A) humanity and nature are complementary to each other
- B) wild places may induce impulsive behaviour in people
- C) access to nature contributes to the reduction of violence
- D) it takes a long time to restore nature once damaged

分析 原文中指出“自然环境可以减少暴力行为,因为它的恢复过程有助于控制愤怒和减少冲动行为”。四个选项中 C)“亲近自然有助于减少暴力行为”是对原文的同义转述,故为答案。

2. 正确选项是原文的归纳概括。

归纳概括主要是指用简洁、准确的语言对原文中两句或两句以上的话语进行精要地“再表达”,主旨或段落大意题的正确选项与原文就是属于这类关系。这类题目在四级快速阅读中较少出现。

Most of us spend our lives seeking the natural world... Every one of them instinctively heads to the park or the river. It is my profound belief that not only do we all need nature, but we all seek nature, whether we know we are doing so or not.

1. What is the author's profound belief?

- A) People instinctively seek nature in different ways.
- B) People should spend most of their lives in the wild.
- C) People have quite different perceptions of nature.
- D) People must make more efforts to study nature.

分析 在原文中作者指出,我们不仅需要自然,而且也在寻找自然,不论我们是否意识到我们正在这样做。选项 A)“人们本能地通过不同方式寻找自然”是对原文两个并列句的归纳概括,故为答案。



15 分钟 技能提升特训

题源出处: Time 字数: 990 词 建议做题时间: 15 分钟 实际用时:

Do “Clean” Smells Encourage Clean Behavior?

Years ago, social scientists introduced the broken-windows theory of crime control, which posited that if a neighborhood looked orderly and cared for—with no graffiti or broken windows—potential wrongdoers would not commit crimes there. Now psychologists have proposed a similar theory, which suggests that people can be induced

略读

本段两句话都是在讲
对
的重要性。

to behave virtuously when their environment smells as clean as it looks.

“It’s the Macbeth principle of morality,” says Katie Liljenquist, professor of organizational leadership at Brigham Young University’s Marriott School of Management and lead author of the new study, to be published in *Psychological Science*. “There is a strong link between moral and physical purity that people associate at a core level. People feel contaminated by immoral choices and try to wash away their sins,” says Liljenquist. “To some degree, washing actually is effective in alleviating guilt. What we wondered was whether you could regulate ethical behavior through cleanliness. We found that we could.”

In two separate experiments, researchers were able to influence participants’ behavior by exposing them to “cleanliness” in the form of a common cleaning agent’s odor—in this case, *citrus-scented* (柑橘味) Windex. It turned out that people who sat in a room sprayed with Windex were more likely to act fairly and charitably than those sniffing unscented air.

The first experiment involved an anonymous game of trust. The 28 study participants were told they would be “receivers”, with whom a group of anonymous “senders” had been instructed to invest money. Participants were told that each sender had been given \$4 and told that any part of it invested with receivers would be tripled. The job of the receiver, then, was to decide what portion of the dividends to return to the sender.

本段主要是讲 Katie Liljenquist 对干净环境的态度。

本段承接上段而来，通过实验证明了上段 Katie Liljenquist 的观点。

In reality, there was no sender, and each study participant received \$12, making it seem as though the senders had entrusted them with the full \$4 they had been given. But would the receivers reciprocate that trust or exploit their unidentified investors? On average, those in the plain-smelling room returned \$2.81 to the sender, pocketing the lion's share of the money. But those bathed in the scent of Windex sent back an average of \$5.83, returning the senders' blind faith.

The scientists insist they didn't overdo it with the Windex, just a few sprays—so we can rule out brain-cell death or intoxication-induced generosity as reasons why those receivers gave back so much of the value. Rather, Liljenquist says, “a moral awareness was awakened in a clean-smelling environment.”

In the second experiment, researchers aimed to manipulate people's preference toward charity. Ninety-nine participants were assigned to either a Windex-scented room or a neutral-smelling room and given a packet of tasks to complete. Included in the packet was a flyer persuading volunteers to donate to the charity Habitat for Humanity. As expected, people in the Windex-sprayed room were more inclined to volunteer and give money than those in the unscented room—22% of those in the clean group said they wanted to donate money, compared with 6% of the controls.

According to co-author Adam Galinsky, a social psychologist at Northwestern University's Kellogg School of Management, society relies on

第四至六段具体介绍了其中一个实验,主要目的是看气味是否能对信任产生影响。

本段介绍第二个实验,针对气味对慈善行为的影响进行研究。

incentives, in the form of rewards and punishments, to encourage people to conform to certain standards of behavior. “Economists and even psychologists haven’t been paying much attention to the fact that small changes in our environment can have dramatic effects on behavior. We underemphasize these subtle environmental cues,” he says.

Liljenquist says the real-life implications of the study could be as simple as an office investing more in keeping it clean than in expensive and intrusive surveillance equipment to keep workers in line. Other *olfactory* (嗅觉) researchers suggest, however, that perhaps it wasn’t the clean smell that made people more virtuous in the new study, but rather the smell of citrus; that is, people may have behaved better because they smelled something they liked, rather than something “clean”. “It could be simply that a positive smell creates a positive mood, which encourages positive behavior. You cannot conclude it is cleanliness itself,” says Brown University psychologist Rachel Herz, author of *The Scent of Desire*. To rule out the confounding factor of good smells, she says, the study’s authors could have added a third room to the experiment scented with recently baked chocolate chip cookies, for example.

Nevertheless, both morality researchers and olfactory scientists agree that people do strongly associate physical cleanliness with purity of conscience. It is the notion at the heart of sayings like “cleanliness is next to godliness” and evidenced by the widespread use of cleansing cere-

本段主要是讲 Adam Galinsky 认为的环境对行为的影响。

本段中其他嗅觉专家提出了不同观点,即积极行为是由 _____ 引起的。