大学英语

分类阅读技巧及训练

DAXUE YINGYU FENLEI YUEDU JIQIAO JI XUNLIAN

主编 王艳红 陈明文 苍静波

黑龙江教育出版社

大学英语分类阅读技巧及训练

主编　王艳红　陈明文　苍静波

前　　言

　　阅读能力是语言教学过程中着重培养的重要能力之一。在任何一种语言教学过程中,阅读能力的培养是诸多语用能力中的最重要因素,大学英语概莫能外。这一点,从大学英语三、四级考试中阅读所占的分数比重可见一斑。

　　英语作为世界最为通用的语言,一直是我国教育部在中小学就开设的一门基础课程。进入大学,对于已经掌握一定词汇量的大学生来说,如何学会能够恰当地理解外文资料,正确地做出对一些问题的理解和判断是摆在大学英语教师面前的首要任务。阅读是一种获取信息的过程,它是人的心智、语言认知能力、整体知识结构相互作用的过程。以往的阅读训练书籍总是单纯地从语言的角度出发,就语言现象本身的分析来谈论阅读技巧,且往往过于笼统,给学生以抽象之感。为提高同学们的阅读能力,一方面,需要学生掌握正确的学习方法,苦读多练。另一方面,需要教师在课堂上高屋建瓴地正确引导,并配之以恰当的复习资料,才能够达到既快又准的阅读效果。为此,我们针对大学公共英语编排了此书,目的是使学生在名目繁多的英语阅读书籍中能够真正找到一本切实符合自身情况,又能有事半功倍效果的参考书。阅读能力的提高是 PET 大学公共英语过级的前提,也是 CET-4 与 CET-6 通过的前提,由此可见,阅读能力在大学生综合运用英语能力中的作用。

　　本书的编者都是多年从事大学英语及专业英语教学的教师，他们对于英语阅读教学都有着独到的见解，而且在实际指导学生的过程中取得了宝贵的经验。俗话说"读书破万卷，下笔如有神""读万卷书，行万里路"，这是古人治学之道。本书针对不同的英语阅读分类，编排了不同的阅读技巧，而且还设置了一定数量的真题和习题供同学们课下练习提高。本书王艳红负责第二章和第四章的编写工作，陈明文负责第一章的编写工作，苍静波负责第三章的编写工作。真心希望同学们读完此书能有不同程度的收获。由于作者水平有限，不足之处，再所难免，恳请读者批评指正。

<div style="text-align:right">

编　者

2008.3

</div>

目　　录

第一章　快速阅读篇

第一节　快速阅读概论

一、阅读的生理机制

（一）阅读的生理机制

指阅读行为的生理的内在工作方式,即阅读的生理活动过程和规律。

阅读,首先是眼睛对文字符号的感知,然后由传入神经把信息传入至大脑,在大脑皮层的神经网络中进行复杂的分析综合活动如识别、校正、改造、重组、联想、储存等。阅读(理解语言)是人脑所特有的高级功能,它依赖于人脑中各个专门化区域的协同活动得以实现。

一个正常人阅读的神经过程路线大致是这样的:文字符号以光波的形式反映到眼睛视网膜,引起兴奋后,由视神经传入大脑皮层的初级视觉区,然后再传至角回区、威尔尼克氏区等便引起唇、舌、喉等处肌肉的活动从而发出声音,这是朗读的情形。如果是默读,路线大致是一样的,但默读时,唇、舌、喉肌肉的活动受到抑制,只有声带的轻微颤动,我们是察觉不出来的,因而没有发出声音。

（二）阅读中的眼动

指阅读过程中眼球的运动。阅读中所要感知的材料不是一个

个单字,而是一系列连读的词、句、段组成的篇章。其感知过程涉及知觉广度、眼球移动等问题。

根据观察,阅读时人的眼球并不是连续不断的移动,而是忽动忽停的跳动。这种快速的眼动叫"眼跳",在迅速的跳动中间,存在着时间稍长的停顿,这种停顿在阅读心理上称作"眼停",也叫"注视"。阅读时,眼停不时从一个定点移到另一个定点,有时因意义不明了,或未看清楚,也会倒退到原定点,以便对不同位置上的词进行综合的理解、记忆,或寻找遗漏的信息。这叫做"回视"或"回跳"。回视次数越多,眼停次数及所费的时间也必然多。

视线从一行的末端移到下一行的首端叫做"扫视"。开始学习阅读的小学生反复扫视运动较多,而且容易发生行次错乱或反复寻找的情况。初步掌握了阅读技能的学生,反复扫视逐渐减少。

（三）视音距

即"视读广度"。简言之,就是眼睛一次注视所能看到的文字的多少。这往往取决于阅读材料的难度以及阅读者的水平。材料简单,阅读者水平高,阅读者的视音距就大。反之,阅读者的视音距就小。

二、快速阅读的方法

（一）快速阅读法

1. 阅读时不要出声。

2. 科学用眼。

3. 要灵活动用多种筛选信息的方法。

（二）直接阅读法

直接阅读是不以口语为媒介,从书面文字直接想起意思的一种阅读。阅读时只经过"形-义"的过程。由于直接阅读从文字到意义之间不再经过语音转换过程,即不再赋予词以声音,而是直接将纸面上呈现的文字同意思挂钩,所以大大提高了阅读速度。用中国阅读术语表述,直接阅读实际是一种"快速默看"。

直接阅读有如下三个特点：

（1）采取整体认知的方法。在阅读中有两种方法，一种是合成式认知的方法，即逐一辨认每一个字或字母，再按顺序组成词句，然后理解其意义；另一种是整体认知的方法，即无须逐一辨认每一个字或字母，而是把单词、词组、句子作为一个整体辨认，然后理解其意义。

（2）往往依靠词的制约关系。在直接阅读中，读者可以一下子领会好几个单词的句子。这个事实表明，懂得语句中各个单词在意义上的联系，根据上下文做出推断，以及对语言已有的掌握等，对于直接阅读的成败，具有决定性的意义。

（3）充分利用多余信息。如果一个成分根据上下文完全可以预见到，它就变成了十足的"多余信息"，这种情况在阅读时经常遇到。高明的读者并不把它看成完全无用的东西，它可以使阅读有松懈一下机会，稍稍放松一下注意力，而不致因始终保持紧张而引起过度疲劳。

（三）无声阅读法

阅读时，大脑直接感觉文字的意思，不必通过发音器官将文字转换为声音，这种阅读方法叫无声阅读法。采用无声阅读，由于发音器官受抑制，视觉不受逐字换音的牵制，因而视角广度大，便于以句、以行，甚至以段、以页为阅读单位进行阅读，还可以根据阅读目的的需要浏览、跳读。

要运用无声阅读法，必须学会严格控制发音，直接感受文字的意思。

（四）面式阅读法

阅读时，把一行文字、一段文字，或者整页的文字作为每次眼停的注视单位，这种阅读方法叫面式阅读法。采用此法阅读，每次眼停感知的字量多，一眼就能看清一句、数句、一段、数段，甚至整页，视界较宽，眼停次数少，阅读速度快。古人所说的"一目十行"，

实际上就是面式阅读的一种形式。

（五）略读法（Skimming）

略读，也称掠读。指跳过细节,跳过非重要的内容,进行高速阅读的方法,它是阅读者可能达到的最快的阅读速度。目前各种英语水平测试都有很严格的时间限制,而阅读部分又是必考的项目之一,几乎所有考试阅读部分占比例最大,分值也最高,因此掌握阅读技巧非常重要。

略读主要分以下三个步骤:

第一:拿到文章后,首先查阅标题(如果有的话),标题会提示文章的大概内容,其次阅读文章出自何处,作者是谁,此时对文章所能涉及的内容基本了解。

第二：搞清文章的大意或主要内容是什么,方法是阅读每个自然段的第一句或最后一句,找出每个自然段的主题句(topic sentence),主题句即中心思想。

第三:在掌握文章中心思想的基础上,将文章从头到尾阅读一遍,很快查阅到你所需要的内容。

此阅读技巧使用非常广泛,大学英语四级、六级考试以及专业四、八级考试都离不开它。速读是告诉抓住文章主要内容的最好方法。

（六）跳读法（Skipping）

也称查阅,是指比一般阅读快一倍至几倍的速度阅读的方法。跳读的特点是带着问题去寻找答案。

跳读主要分以下四个步骤:

第一:确定你所需要的资料,并且考虑该资料在文字上具有什么特点。比如:你想查阅事情发生的时间,就去寻找日期;你想知道这事情是谁干的,那就去寻找人名。

第二:确定应该在何处能找到你所需要的资料,然后毫不犹豫地去该地方找。比如你大概不会在报纸的头版寻找体育消息吧。

第三：眼光迅速地由上至下扫视这一页，直到发现你所需要的资料为止。然后认真仔细地阅读该内容，直到获得答案。

第四：找到所需要内容之后，为节省时间，就可停止阅读。

（七）扫读法（Scanning）

扫读法又叫扫描法。也是一种常见的速读方法。指的是，一目十行，迅速自头至尾的扫视，留意、寻找字里行间的重要信息。它不同于跳读法，扫读是逐行、逐页扫视。跳读是有所舍弃、跳跃前进。

扫读可以增加阅读量，可以在很短时间内获得对有关材料的认识，了解某些观点，了解材料的大概出处。便于需要时查找。

三、速读训练的一般方法

速读训练是在精读训练和略读训练的基础上进行的又一种读书方式和方法的训练，其主要目的是提高在有限时间内迅速抓住阅读要点和中心，或按要求捕捉某一内容的能力。速读训练是人们在现代科技迅猛发展、出版物激烈增多的情况下，广泛阅读，扩大知识面、提高阅读效率的迫切要求。这种训练可以在教学情景中进行，也可以在自学活动中进行。

训练的主要内容是：

（一）掌握速读基本技能的训练

（1）使用默读的方式。

（2）扩大视界，目光以词组、句子或行、段为单位移动，改变逐字逐词视读的方法。

（3）减少回视（重读）。

（4）从顺次阅读进入跳读。

（二）主要速读习惯的训练

如：高度集中注意力进行阅读的习惯，每读一遍都要有明确的阅读目标的习惯；一段或一篇要一口气读完的习惯；随时进行复习和效果测试的习惯等。

（三）速读方法的训练

（1）提问法。读前拟出问题,然后限时阅读,读后按问题检查效果。

（2）记要法。边读边记中心句、段落关键处、内容要点、主要人物、事例、场景等,读后写出读书提要。

（3）借助法。充分利用读物中的注释、提示、思考练习、大小标题及前言后记等掌握读物的内容。

（4）跳读法。对读物已知或次要的部分跳过不读,着重阅读未知的、主要的或有疑问的地方。

（5）引线法。有时可以用笔杆帮助集中视力、引导视线扫视读物,捕捉阅读目标。

（四）速读训练有其独特的训练方法

（1）闪视训练法。即把若干词语、语句或语段写在幻灯片（或硬纸片）上,将字幕在学生面前迅速闪示而过,让学生立即记下所见的内容。文字逐渐递增,闪示速度逐渐加快。

（2）计时阅读训练法。将规定的短文限制在规定的时间内阅读。然后可进行效果测验。

（3）遮盖训练法,即读一行遮盖一行,使眼睛不重看。速读应做到看得快,读的懂,记得住。

第二节　快速阅读测试（一）

Unit 1

Read the questions before skimming or scanning the passage and mark your answers by drawing with a pencil a short bar across the corresponding letter in the brackets.

1. The story probably took place _____ .

A. during the war   B. after a flood

C. after a big fire   D. after an explosion

It was winter and bitterly cold outside. For weeks Rebecca had not left the partially-collapsed cellar that was their hiding place; but every few days, David would go out to search for food. In the bombing all the stores had been destroyed, and David sometimes found stale bread, cans of preserved food, or whatever else had been buried. Making his way through the ruins was dangerous. Sometimes bricks and mortar would fall down, and he could easily lose his way. But if he and Rebecca did not want to die from hunger, he had to take the risks.

That day was one of the coldest. Rebecca sat on the ground wrapped in all the garments she possessed; still she could not get warm. David had left many hours before, and Rebecca listened in the darkness for the sound of his return, knowing that if he did not come back, nothing remained to her but death.

2. The letter is written by _____ .

    A. Petra's old friend   B. Petra's neighbor

    C. Petra's pen friend   D. Petra's English teacher

3. Antonella Bruni _____ .

    A. lives in a small town in English

    B. lives in a country where English is the second language

    C. works in a town on the Adriatic Sea during her summer vacation

    D. lives in an English-speaking country

Dear Petra,

Thank you for your letter and the photograph. You look very friendly. I'm going to take the photo to work and show it to my colleagues. In fact, some of them want pen-friends too. You might be writing a lot of letters soon.

As you know from my last letter, I work as secretary for a company that makes sportswear. It is very good practice for me to write in English as sometimes I have to use English in my job. The office where I work is near the hills that surround my town. The view from my window at work is quite nice, especially in the summer.

There is a lot of sun here in the summer and it gets very hot, which is lovely. Is it very hot where you live? I go on holidays in August, usually to the sea. I stay with friends near Rmini, which is a town on the Adriatic Sea.

I've enclosed a photo of myself but it's not very good, I'm afraid. Please write back soon.

<div style="text-align: right">Antonella Bruni</div>

4. The author's emotion towards his grandpa is _____ .

    A. admiring   B. respectful

    C. love   D. All of the above

When Grandpa died, I remember everyone cried. Everyone but me, that is. I suppose I should have, but I just couldn't, and I really didn't know why. You probably wouldn't think of Grandpa's dying of heart attack as such an important public event. But he headlined the newspapers which were filled with his pictures and articles on his life from early boyhood to his death. And most of all, on his fame, I wish now I'd cried when Grandpa died.

5. The purpose of the passage is to _____ .

    A. explain some words different in meaning

    B. introduce some people and things

    C. list some useful words

    D. show the usage of some words similar in meaning

6. The word is words that can be used to describe both people and

places including _____ .

A. famous and notorious   B. distinguished and eminent

C. notorious and mild   D. All of the above

If somebody is famous, a lot of people know them or know about them, usually because they have a special ability, quality or character. For example, Toni Morrison is writer who is famous in the USA and since she won the Nobel Prize for literature, she's become famous internationally.

Apart from people, things and places can be famous too. For example, one of western art's most famous paintings is the Mona Lisa by Leonardo Da Vinci or the country is famous for its beautiful scenery and mild climate.

The words distinguished and eminent are used to describe people who are well known for serious work in science, the arts and politics. For example: She is a very distinguished professor of English and often acts as a government adviser or He was an eminent doctor and the first person to discover the virus.

Finally the word notorious means being well known for something bad. For example: He was a fine writer but also a notorious drunkard and womanizer. Like famous, the word can be used to describe places: New York is notorious for its violent street crime.

7. One would turn to a computer for help when solving a complex because the computer is _____ .

A. smarter than human beings

B. very quick

C. relatively inexpensive

D. important in determine the data needed to solve problems

Many problems of interest to scientists involve converting data into

useful information by solving mathematical equations. The first computers were used in solving scientific problems because of their capacity to do arithmetic at great speeds. For example, one of the first problems computers solved, in the late 1940s, was where shell shot from a cannon would land if it were fired with a certain force and in a certain direction, given a certain wind velocity, and so on. What were the data? The data here might include the design and weight of each shell, the amount of powder used to propel it, and the design of the bore of the cannon. We could use a manual or a mechanical system to solve the equations that needed solving—but the work would take so long that the shell would long since have reached its target.

8. Which of the following statements is true according to the passage?

A. New York was nicknamed "seat of empire".

B. New York has the largest population among all American States.

C. New York City was named after George Washington.

D. The capital of New York State is New York City.

New York is a state of superlatives, ideally located and richly endowed. In many respects, it is the nerve centre of the nation, its major market-place and the national leader in manufacturing, finance, fashion, art and communications. Second to California in population, New York is the region that George Washington foresaw as a " seat of empire"—hence its nickname.

New York City, the nation's largest city, was the first US capital, and Washington was inaugurated there as the first President. Other cities of the state with 100,000 or more population include Albany (the state's capital), Niagara Falls, Rochester, Syracuse, Utica, Yonkers, and Buffalo.

If you are starting your tour of the Middle Atlantic States from New

10