

■ 大学英语能力突破系列数字课程

随行课堂

阅读理解精讲 学习手册

曾一轩 编著



上海外语教育出版社

SHANGHAI FOREIGN LANGUAGE EDUCATION PRESS

www.sflep.com

大学英语能力突破系列数字课程

随行课堂

阅读理解精讲 学习手册

曾一轩 编著

 上海外语教育出版社

外教社 SHANGHAI FOREIGN LANGUAGE EDUCATION PRESS

www.sflep.com

图书在版编目(CIP)数据

阅读理解精讲: 学习手册 / 曾一轩编著.

—上海: 上海外语教育出版社, 2018

(大学英语能力突破系列)

ISBN 978-7-5446-5235-3

I. ①阅… II. ①曾… III. ①英语—阅读教学—高等学校—教学参考资料 IV. ①H319.37

中国版本图书馆CIP数据核字(2018)第064830号

出版发行: 上海外语教育出版社

(上海外国语大学内) 邮编: 200083

电 话: 021-65425300 (总机)

电子邮箱: bookinfo@sflep.com.cn

网 址: <http://www.sflep.com>

责任编辑: 王 沛

印 刷: 上海书刊印刷有限公司

开 本: 787×1092 1/32 印张 2.5 字数 67千字

版 次: 2018年6月第1版 2018年7月第2次印刷

印 数: 5 000 册

书 号: ISBN 978-7-5446-5235-3 / H

定 价: 35.00 元

本版图书如有印装质量问题,可向本社调换

质量服务热线: 4008-213-263 电子邮箱: editorial@sflep.com

序言

无论是国内改革后的大学英语四六级考试、研究生入学英语考试，还是出国留学要考的托福、雅思等考试，阅读都是其中极重要的一项内容。要想取得理想的成绩，阅读能力和答题技巧都非常重要。为了帮助学生进一步提升阅读能力、掌握应试技巧，上海外语教育出版社专门推出了数字课程《大学英语能力突破：阅读理解精讲》，并配有《阅读理解精讲：学习手册》供同学们学习、参考。本课程的读者对象为高等院校非英语专业学生或研究生以及其他有一定英语基础、有意愿提高英语阅读能力和应试技巧的学习者。课程系统、全面地介绍了阅读技巧和方法，旨在提高读者阅读能力、掌握解题技法，在提高应试能力的同时培养正确的阅读方法，从而提升语言的综合应用能力。

《大学英语能力突破：阅读理解精讲》数字课程包括以下四部分内容：

第一部分——应试阅读概述，即第一讲内容。这一讲从总体上介绍了英语阅读考试中的重点题型，并且从文章题材、涉及话题和来源出处等方面分析了阅读试题中经常出现的文章。

第二部分——核心题型破解，包含第二讲至第七讲内容。该部分选取了段落信息匹配题、选词填空题、主旨题、细节题、语义题、推理题这六类当

前各类阅读测试中出现频率最高的题型，剖析出题思路，并配以真题，详述解题步骤，逐个击破。

第三部分——阅读技巧养成，即第八、九讲内容。该部分首先介绍了如何读懂长难句，帮助读者攻克阅读难点，之后又从语篇层面归纳各类文体的特点及阅读重点，帮助读者更有策略地进行主动阅读。

第四部分——阅读方法总结，即第十讲内容。该部分归纳了略读、查读和精读的具体方法及应用，并针对如何提高阅读技能给出切实可行的建议。

《阅读理解精讲：学习手册》作为对数字课程的有效补充，提炼了数字课程中的核心内容，供读者进行复习和检测，巩固所学内容。建议同学们在学习了视频课程并完成相应练习以后，时常翻看本手册，回顾阅读技巧，直至熟练掌握。

总体来说，本数字课程具有以下特点：1) 实用性佳。针对每一个专题，直击重点，避免冗长繁琐的铺陈，力求让读者用最短的时间掌握最核心的内容。2) 针对性强。本课程的目的就是提高读者的阅读理解能力和应试技巧。课程及手册中所涉及的文章和题目均出自各类阅读考试真题，精准体现出题思路，帮助读者更直观地理解阅读测试的要求及特点。3) 涵盖面广。课程不仅涵盖阅读测试中的核心题型，还包括阅读的基本策略和应试方法等，辅以精心挑选的语言材料，做到理论与实践相结合。

阅读是英语学习的基础。希望各位读者通过本课程的学习不仅能够有效提高英语阅读水平，在考试中取得优异成绩，还达到从此掌握正确的阅读方法，在阅读中拓展思维、增广见闻的目的，享受阅读带给您的诸多乐趣。

目 录

第一讲	应试阅读概述.....	1
第二讲	段落信息匹配题.....	13
第三讲	选词填空题.....	19
第四讲	主旨题.....	29
第五讲	细节题.....	35
第六讲	语义题.....	40
第七讲	推理题.....	46
第八讲	攻克长难句.....	53
第九讲	把握文章体裁及篇章结构.....	58
第十讲	阅读方法总结.....	67

第一讲

应试阅读概述

在本讲中，我们首先以国内主流英语水平考试为例，认识一下应试阅读的重要性，了解阅读试题的三大题型，熟悉阅读题的文章选材，继而给出复习建议。

1. 应试阅读的重要性

1.1 阅读题在各类考试中的比重

阅读属于信息输入的基本技能，在各类英语考试中都占较大比重。比如改革后的大学英语四六级考试，在总分 710 分中，阅读部分共占 35%（如表 1.1 所示）。以四级考试为例，通常 425 分及格，达到后可以报考六级；550 分以上可以报考口语。若以 550 分为目标，那么阅读题的正确率一般要达到 80% 以上，也就是说每 10 道题中，错题不能超过 2 道。因此，想要取得比较理想的成绩，阅读能力和答题技巧是非常重要的。

题型	分值比重
写作	15%
听力	35%
选词填空（阅读题）	5%
长篇阅读（阅读题）	10%
仔细阅读（阅读题）	20%
翻译	15%

表 1.1 各题型在四级考试中的比重

不仅四六级考试如此，硕士研究生入学英语考试中阅读的重要性更为突出。如表 1.2 所示，在总计 100 分的试题中，阅读理解题占到 60% 的比重。

部分	节	提供的内容	题型	题量	计分
英语知识运用		1 篇文章	完形填空、选择题	20	10
阅读理解	A	4 篇文章	选择题	20	40
阅读理解	B	1 篇文章	选择搭配题	5	10
阅读理解	C	1 篇文章	英译汉	5	10
写作	A	规定情景或汉语文章	应用文	1	10
写作	B	主题句、写作提纲、规定情景、图表等	短文写作	1	20

表 1.2 各题型在硕士研究生入学英语考试中的比重

在研究生入学英语考试中，不仅阅读题目占比很高，题目也出得更为复杂。阅读题由 A、B、C 三节组成，共 30 小题；每小题 2 分，总计 60 分。A 节是最为常见的仔细阅读题，主要考查考生理解主旨要义、具体信息、概念性含义、推理和引申以及根据上下文推测生词词义等能力。出题思路可以说是四六级考试的高配版。B 节主要考查考生对诸如连贯性、一致性等语段特征以及文章结构的理解。C 节主要考查考生准确理解概念或结构较复杂的英语文字材料的能力。题目要求考生阅读一篇约 400 词的文章，并将其中 5 个划线部分（约 150 词）译成汉语，要求译文准确、完整、通顺。

其实，除了国内考试以外，国外的托福及雅思考试也比较重视阅读技能的考查。这两个考试都分为听、说、读、写四部分，其中阅读考试的时间都是 60 分钟。托福总分取四部分的总和，而雅思则取四部分的平均分数。

因此，无论国内还是国外的考试，阅读都是非常重要的一项考查内容。我们不仅要特别注意运用这方面的答题技巧，平时也

要加强阅读能力的训练, 毕竟这是我们研读英文资料、学习英文文献的关键。

1.2 阅读题型及考查重点

下面, 我们来看一下改革后的四级阅读题型以及考查重点。四六级考试在一步步改革中越来越国际化, 不仅采取了标准化计分, 而且借鉴了不少托福和雅思考试的出题思路, 同时也照搬了一些题型。值得注意的是, 相对于托福和雅思考查交际能力的目的, 四六级考试仍然相对偏重于对语言知识的考查。

四级阅读题主要可以分为以下三大题型:

- Section A 选词填空
 - 1 篇文章 (200—250 词)
 - 考点: 单词 (各种形式)、语法、词组搭配等
- Section B 长篇阅读
 - 1 篇文章 (1200—1400 词)
 - 考点: 乱序、速读
- Section C 仔细阅读
 - 2 篇文章 (每篇 400—500 词)
 - 考点: 细节理解、推断词意、主旨大意、推理判断、综合分析等

Section A 选词填空题在一篇 200 至 250 词的短文中删去其中 10 个单词, 短文后面提供 15 个单词选项, 要求考生从选项中选出正确的单词填入文章对应的空格内。建议使用十分钟完成该题型。选词填空这种题型其实是四级阅读考试中最难的题型, 它对于考生的英语功底要求很高。该题型不仅考查到词汇的各种形式、语法、词组搭配, 还考查到逻辑推理、段落主旨判断等综合能力。不过能令考生松一口气的是, 这个最难的题型分值是最低

的，每题只占 0.5% 的分值。与之对比，Section C 仔细阅读题的每道分值占 2%。也就是说，如果考生做错四道选词填空，才相当于做错一道选择题。所以从战略上来看，选词填空虽然是四级阅读考试中的第一个题型，但在考场上应该放在最后做为佳。

Section B 是一篇 1200 至 1400 词的长文章，后面 10 道题是 10 个独立的句子，要求考生找出每句话所含信息在原文的段落出处，以该段落的标号作为答案。这部分虽然文章长，但只要定位准确，并不是特别有难度。该题型考查的其实是考生快速阅读与定位信息的能力。雅思阅读中也有类似的题型。在做这一题型时，有两点需要特别注意：一是题目顺序并非按照文章顺序出现，而是打乱顺序的，以考查考生定位能力；二是这篇长文章中可能有段落会被选择两次，而有的段落并不会被选到，所以排除法并不适用于该题型。

Section C 是两篇平均长度约为 400 词的短文。每篇文章后有 5 道四选一的单选题。两篇文章共 10 道题。建议在 20 分钟内完成该题。这部分常常考查考生对细节的理解、词义的推断、主旨大意的把握和推理判断等能力。这是英语考试中最常见的题型——几乎每种考试都会出现，出题点也较为相似，只是文章难度存在差异。这部分分值较高，占阅读题分值的一半以上。建议考生在阅读题中最先完成该题型，以保证相对从容地拿到分数。

2. 文章选材及主题

2.1 文章选材

阅读试题中出现的文章多选自国外主流媒体、书籍或时事报刊等。这不仅保证了原汁原味的英语语言，更体现了欧美文化背景和思维方式。托福和 GRE 的阅读题还会选取来自美国大学本科教材中的文章，难度更大一些。

四六级考试的选材主要来自《新闻周刊》(Newsweek)、《纽约时报》(The New York Times)、《时代周刊》(Time)、《华盛顿邮报》(The Washington Post)、《经济学人》(The Economist)、《卫报》(The Guardian)等英美主流报刊。为了符合四六级考试难度,部分内容会有改编。比如我们来看一下2012年6月仔细阅读题型中的文章。第一篇选自《纽约时报》网站2009年5月29日的一篇文章“Married With Bankruptcy”。

Married With Bankruptcy

By Andrew J. Cherlin

In times of economic crisis, Americans turn to their families for support. **If the Great Depression is any guide, we may see a drop in our sky-high divorce rate.** But this won't necessarily represent an increase in happy marriages, nor is the trend likely to last. In the long run, the Depression weakened American families, and the current crisis will probably do the same.

We tend to think of the Depression as a time when families pulled together to survive huge job losses. The divorce rate, which had been rising slowly since the Civil War, suddenly dropped in 1930, the year after the Depression began. By 1932, when nearly one-quarter of the work force was unemployed, it had declined by around 25 percent from 1929. But this does not mean that people were suddenly happier with their marriages. Rather, with incomes **plummeting** and insecure jobs, unhappy couples often couldn't afford to divorce. They feared that neither spouse would be able to manage alone.

Today, given the job losses of the past year, fewer unhappy couples will risk starting separate households. Furthermore, the housing market meltdown will make it more difficult for them to finance their separations by selling their homes.

After financial disasters (and natural ones as well) family members also tend to do whatever they can to help each other and

their communities. In a 1940 book, "The Unemployed Man and His Family," the sociologist Mirra Komarovsky described a family in which the husband initially reacted to losing his job "with tireless search for work." He was always active, looking for odd jobs or washing windows for neighbors. Another unemployed man initially enjoyed spending more time with his young children. These men's spirits were up, and their wives were supportive.

The problem is that such an impulse is hard to sustain. The men Komarovsky studied eventually grew discouraged, their efforts faltered, and their relationships with their wives and teenage children often deteriorated. Across the country, many similar families were unable to maintain the initial **boost** in morale. For some, the hardships of life without steady work eventually overwhelmed their attempts to keep their families together. The divorce rate began to rise again in 1934 when employment picked up, providing some unhappy couples with the income they needed to separate. The rate rose during the rest of the decade as the recovery took hold.

Millions of American families may now be in the initial stage of their responses to the current crisis, working together and supporting one another through the early months of unemployment. During the Depression this stage seemed to last a year at most. Today, it might last longer. Wives now share with their husbands the burden of earning money, and the government provides more assistance.

But history suggests that this response will be temporary. By 1940 the divorce rate was higher than before the Depression, as if a **pent-up demand** was finally being satisfied. The Depression destroyed the inner life of many married couples, but it was years before they could afford to file for divorce.

Today's **economic slump** could well generate a similar backlog of couples whose relationships have been irreparably ruined. So it is only when the economy is healthy again that we will begin to see just how many fractured families have been created.

该文章分析了美国社会中经济危机对婚姻的影响。在第一段就给出文章思路，即拿美国曾经历过的经济大萧条（the Great Depression）的情况和现在的情况类比，尝试分析经济危机对于美国家庭关系的影响。如果大家对大萧条这个历史背景有所了解，那么对阅读该文章就大有帮助了。同样，大家在拿到题目时不妨快速扫视一下文章，尤其是第一段，并积极回忆自己对背景知识的已有信息，然后再开始根据后面的问题定位到具体段落来答题。

另外，在文章中出现了许多新闻报刊或新闻听力中出镜率极高的词汇，诸如 plummet（猛烈下跌）、boost（促进，增加）、pent-up demand（潜在的需求）、economic slump（经济衰退）等。当然，类似 economic crisis、economic recession、economic decline 和 economic downturn 等常用表达，我们也需要熟悉。因此，保持一定的阅读量——尤其是坚持阅读英语媒体的文章——可以从根本上提高我们的阅读能力。在本讲最后的复习建议中会给大家列出具体的建议和参考网站。

2.2 文章主题

阅读题的篇章内容多涉及国外的社会生活、文化风俗、教育、经济、科普知识或人物传记等。其中，科普知识类的文章占四六级阅读的 50% 左右，而在托福和 GRE 考试中甚至占到 90% 以上，其难度也比四六级考试要大得多，常常是关于地质学、生物学、考古学、人类学等主题的学术科普文章。如果大家需要准备出国考试，那么自身的知识储备要更为广泛和深入才行。

相比较而言，国内英语考试更倾向于大家熟悉的知识或热点问题。我们会看到真题阅读中出现了美国历史上很多著名事件和人物，比如乔布斯去世、柯达公司倒闭、美国经济大萧条等。因此，我们最好有一些英美历史文化的背景知识并了解一些时事

热点。

例如，前几年 Facebook 上市，在全球引发轰动。关于 Facebook 的文章也出现在 2012 年 6 月阅读部分的仔细阅读题中。这篇文章的来源是《新闻周刊》网站 2010 年 5 月的一篇文章 “The Secret Cost of Using Facebook”。

The Secret Cost of Using Facebook

By Daniel Lyons

If you don't spend your days glued to tech blogs, you might not know about the latest trend among hipster techies: quitting Facebook. These folks, including a bunch of Google engineers, are bailing out because Facebook just changed its rules so that much of your personal profile information, including where you work, what music you like, and where you went to school, now gets made public by default. Some info is even shared with companies that are special partners of Facebook, like Yelp, Pandora and Microsoft. And while there are ways to dial back on some of this by tinkering with your privacy settings, it's tricky to figure out — intentionally so, according to cynics.

The fear is that people are being lured into Facebook with the promise of a fun, free service, and don't realize that they're paying for it by giving up loads of personal information. Facebook then attempts to “monetize” one's data by selling it to advertisers that want to send targeted messages.

Most folks using Facebook have no idea this is happening. Even if you're very tech-savvy and do know what the company is up to, you still have no idea what you're paying for Facebook, because people don't really know what their personal data is worth.

The biggest problem, however, is that the company keeps changing the rules. Early on, you could keep everything private. That was the great thing about Facebook — you could create your own little private network. Last year, the company changed its privacy rules so

that a lot of things — your city, your profile photo, the names of your friends — were set, by default, to be shared with everyone on the Internet. Sure, you could change everything back and make it private. But most people probably didn't bother. Now Facebook is going even further by insisting that unless you agree to make things like your hometown, interests, and friends' names public, then you can't list them at all.

The whole kerfuffle is a misunderstanding, **according to Elliot Schrage**, Facebook's vice president of communications and public policy. In his version of events, the company is simply making changes to improve the service it provides to users by giving them more "granular" control over what they share, and if people don't share information they have a "less satisfying experience." Facebook is innovating so rapidly, he says, that people don't fully understand what the company is doing, and that change is scary.

Some critics think this is more about Facebook looking to make more money. Its original business model, which involved selling ads and putting them at the side of the page, totally flopped. Who wants to look at advertisements when they're online connecting with their friends? Facebook denies that financial motives drove the changes. "Of all the criticisms, that's the one I find most distressing — that anything we've done is damaging to users in order for us to make more money," says Schrage.

And not everyone thinks it's such a bad thing to have less privacy online. **Some users, like Robert Scoble, applauded Facebook's new policies.** "I wish Facebook were MORE open!" he wrote on his blog. "I haven't cared about privacy for years."

But others are saying that this isn't what they signed up for when they joined. The privacy issue has already landed Facebook in hot water in Washington. In April, Sen. Charles Schumer and two other senators called on Facebook to change its privacy policy. They also urged the Federal Trade Commission to set guidelines for

social-networking sites. In May, a group of 15 online-privacy groups filed a formal complaint with the FTC accusing Facebook of “unfair and deceptive trade practices.” “I think the senators rightly communicated that we had not been clear about what the new products were and how people could choose to use them or not to use them,” Schrage concedes.

Losing a few people won't hurt Facebook, which has more than 400 million registered members, most of them oblivious to the debate over privacy. In fact, I suspect Facebook will end up being to this decade what Microsoft was to the 1990s — an ever-more-powerful company with tentacles that reach into everything. I also suspect that whatever Facebook has done so far to invade our privacy, it's only the beginning, which is why I'm considering deactivating my account. Facebook is a handy site, but I'm freaked by the idea that my information is in the hands of people I don't trust. That is too high a price to pay.

该文章讲述的是使用 Facebook 虽然给人们带来很多乐趣与便利,但也存在很大风险,因为我们的隐私可能得不到保护。同样,文章在第一句话就点出主题:很多人想要放弃 Facebook,因为它可能会泄露我们的隐私。接下来,文章又引用了不同专家的言论对此现象进行分析。最后作者表达了自己的观点。这也是新闻报道中的常用套路。

3. 复习建议

3.1 真题为主

首先建议在复习备考时,以真题资料为主。不仅四六级考试如此,托福、雅思、GRE 等考试基本都应以真题为主要练手的资料。只有多做真题,才能把握这类考试的出题思路并掌握套路,

这是一个从量变到质变的过程。所以，大家手头一定要有一份历年真题。在把手头的真题做完之前，不要盲目地选择各类模拟题。否则往往时间花了不少，但效果不尽如人意。

3.2 及时总结

在做题时，要学会总结和反思。很多时候，我们只是做完题目后对一下答案。这往往是不够的。建议大家分析自己做错的原因。究竟是因为词汇、句式的障碍，还是因为定位不准确？又或是推理时出现了偏差？然后把做错题目的原因总结一下，并统计哪一类错误是自己最容易犯的。后期就要针对这一薄弱环节加强练习，补足自己的短板。及时总结分析的习惯在考研、托福、GRE 这类较难的英语考试中更是重要。

3.3 掌握高频词，读懂长难句

大家在总结错题原因之后还要再次阅读原文，尤其是做得不理想的题目的原文。记下这篇文章中出现的生词和长难句，慢慢累积自己的词汇量。当然，考试不同，用到的词汇也不尽相同，积累单词的方法也会有所差异。比如，在复习 GRE 这类高难度考试时，光靠平日阅读的词汇积累是不够的，一定要借助专门的词汇书。攻克单词是首要任务，否则空谈技巧也只是纸上谈兵而已。然而，针对四级考试这类难度相对不太高的国内考试，则可以根据自己的水平，先做一套真题试卷检测一下。如果觉得较难，那么就应该边做真题边专门背单词来增加词汇量了。如果觉得难度并不大，则没有必要专门去背词汇书，而是平时慢慢培养阅读习惯，有意识地在阅读中积累词汇量。

说到平时的阅读，可以分为精读和泛读两类。精读方面，我们可以以真题为材料，做完题目后将出现过的生词或难句一一拿下。泛读方面，我们可以选择前面提到过的一些国内和英美主流