

普通高等教育“十一五”国家级规划教材



新世纪高等院校英语专业本科生系列教材(修订版)

总主编 戴炜栋

# 快速阅读与词汇扩展

## Become a Fast Reader and Beyond

主 编 / 蒋静仪



# 4

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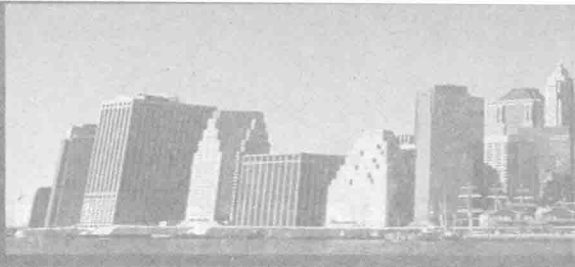
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## 总 序

我国英语专业本科教学与学科建设,伴随着我国改革开放的步伐,得到了长足的发展和提升。回顾这30多年英语专业教学改革和发展的历程,无论是英语专业教学大纲的制订、颁布、实施和修订,还是四、六级考试的开发与推行,以及多项英语教学改革项目的开拓,无不是围绕英语专业的学科建设和人才培养而进行的,正如《高等学校英语专业英语教学大纲》提出的英语专业的培养目标,即培养“具有扎实的英语语言基础和广博的文化知识并能熟练地运用英语在外事、教育、经贸、文化、科技、军事等部门从事翻译、教学、管理、研究等工作的复合型英语人才”。为促进英语专业本科建设的发展和教学质量的提高,外语专业教学指导委员会还实施了“新世纪教育质量改革工程”,包括推行“十五”、“十一五”、“十二五”国家级教材规划和外语专业国家精品课程评审,从各个教学环节加强对外语教学质量的宏观监控,从而确保为我国的经济建设输送大量的优秀人才。

跨入新世纪,英语专业的建设面临新的形势和任务:经济全球化、科技一体化、文化多元化、信息网络化的发展趋势加快,世界各国之间的竞争日趋激烈,这对我国英语专业本科教学理念和培养目标提出了新的挑战;大学英语教学改革如火如荼;数字化、网络化等多媒体教学辅助手段在外语教学中广泛应用和不断发展;英语专业本科教育的改革和学科建设也呈现出多样化的趋势,翻译专业、商务英语专业相继诞生——这些变化和发展无疑对英语专业的学科定位、人才培养以及教材建设提出了新的、更高的要求。

上海外语教育出版社(简称外教社)在新世纪之初约请了全国30余所著名高校百余位英语教育专家,对面向新世纪的英语专业本科生教材建设进行了深入、全面、广泛和具有前瞻性的研讨,成功地推出了理念新颖、特色明显、体系完备的“新世纪高等院校英语专业本科生系列教材”,并被列入“十五”国家级规划教材,以其前瞻性、先进性和创新性等特点受到全国众多使用院校的广泛好评。

面对快速发展的英语专业本科教育,如何保证专业的教学质量,培养具有国际视野和创新能力的英语专业人才,是国家、社会、高校教师共同关注的问题,也是教材编撰者和教材出版者关心和重视的问题。

作为教学改革的一个重要组成部分,优质教材的编写和出版对学科建设的推动和人才培养的作用是有目共睹的。外教社为满足教学和学科发展的需要,与教材编写者们一起,力图全方位、



大幅度修订并扩充原有的“新世纪高等院校英语专业本科生系列教材”，以打造英语专业教材建设完整的学科体系。为此，外教社邀请了全国几十所知名高校40余位著名英语教育专家，根据英语专业学科发展的新趋势，围绕梳理现有课程、优化教材品种和结构、改进教学方法和手段、强化学生自主学习能力的培养、有效提高教学质量等问题开展了专题研究，并在教材编写与出版中予以体现。

修订后的教材仍保持原有的专业技能、专业知识和相关专业知识的三大板块，品种包括基础技能、语言学、文学、文化、人文科学、测试、教学法等，总数逾200种，几乎涵盖了当前我国高校英语专业所开设的全部课程，并充分考虑到我国英语教育的地区差异和不同院校英语专业的特点，提供更多的选择。教材编写深入浅出，内容反映了各个学科领域的最新研究成果；在编写宗旨上，除了帮助学生打下扎实的语言基本功外，着力培养学生分析问题、解决问题的能力，提高学生的思辨能力和人文、科学素养，培养健康向上的人生观，使学生真正成为我国新时代所需要的英语专门人才。

系列教材修订版编写委员会仍由我国英语界的知名专家学者组成，其中多数是在各个领域颇有建树的专家，不少是高等学校外语专业教学指导委员会的委员，总体上代表了中国英语教育的发展方向 and 水平。

系列教材完整的学科体系、先进的编写理念、权威的编者队伍，再次得到教育部的认可，荣列“普通高等教育‘十一五’国家级规划教材”。其专业技能板块的70多种教材更于2012年首批被评为“‘十二五’普通高等教育本科国家级规划教材”。我深信，这套教材一定会促进学生语言技能、专业知识、学科素养和创新能力的培养，填补现行教材某些空白，为培养高素质的英语专业人才奠定坚实的基础。

戴炜栋

教育部高校外语专业教学指导委员会主任委员  
国务院学位委员会外语学科评议组组长

# 前言

《快速阅读与词汇扩展》是为全国高等院校英语专业一年级和二级的本科生而编写的，着重训练学生的阅读速度，培养他们阅读理解和词汇搭配的能力。

《高等学校英语专业英语教学大纲》对阅读教学提出了具体的要求，对阅读速度按级划分，从入学时的60单词/分钟，理解正确率达到70%，到四级时的120—180单词/分钟，理解正确率不低于70%。英语专业多年来缺少快速阅读训练的教材，《快速阅读与词汇扩展》正是为弥补这一欠缺而编写。教材的第一部分(I AM A FASTER READER)可以结合上海外语教育出版社出版的新世纪高等院校英语专业本科生“十一五”国家级规划教材《综合教程》或《阅读教程》，作为英语专业精读课程或泛读课程的配套或辅助教材，用于课堂内进行快速阅读训练。

传统的快速阅读大多停留在速度训练上，没有引导学生对文本进行深入的关注。本套教材在这方面有所突破，在训练提高学生阅读速度的同时注重培养学生归纳总结能力和词汇搭配能力，教材的英文名 *Become a Fast Reader and Beyond* 表达的就是这层意思。教材的第二部分阅读分析归纳和词汇扩展(I AM MORE THAN A FAST READER)和第三部分(I AM A REFLECTIVE READER)中的各种练习就是围绕提高学生归纳总结能力和词汇搭配能力而设计的，这两部分是本套教材的核心。

我们编写这套教材所依据的理念主要有以下几点：

1. 快速阅读的能力是生活在信息知识爆炸时代的人们必须具有的一个重要能力。我们每天从报纸、杂志和网络等媒体中要接触大量的信息，没有较快的阅读速度往往会疲于应付。在英语学习中，一定的阅读速度可以保证我们广泛、大量地阅读各种英语资料，更多地接触目的语材料，从而促进目的语的学习。

2. 注意在学习过程中起着不可忽视的作用，注意可以引起语言输入向语言吸入的转化。在实际教学中就学生词汇能力发展的重点和难点之一——词语搭配——设计教学活动，引导他们的注意力，增强他们的词语搭配意识，可望促进他们的词语搭配学习，使他们产出更地道的目的语。

3. 词汇语法(即词汇搭配)非常重要，忽略词汇语法，学生往往会产出符合语法但欠地道的目的语，他们会用冗长的语句来表达简单的思想。当语言的处理超越了以逐个单词为单位的局限，相应单词合成“词块”时，语言的处理就趋向“自动化”，产出速度相应大大加快，较复杂的语言任务能够快速完成。让学生大量掌握词语搭配，可帮助他们提高目的语水平，用目的语较快、较流畅地表达思想。

依据以上的理念，我们将这套教材的重点和特色总结如下：

1. 结合课内教学和课外自主学习：英语课堂教学时间有限，要很好地掌握目的语，

大量的学习任务需要由学生课后独立完成。教材中阅读速度的训练在课堂内进行，文章的归纳总结练习和词语搭配练习建议由学生课后完成。教材通过详细、具体的学习任务指令指导学生完成各个练习，并提供每个练习的参考答案，这样可以逐渐培养学生的自主学习能力。

2. 强调阅读速度和阅读理解：国内现有的快速阅读教材大多停留在速度训练上，学生在规定的时间内完成快速阅读练习，得到答案后，阅读文章往往就被放置一边，其结果是阅读效果仅仅停留在对文章基本意义理解的层面，总结归纳不够，对具体的语言形式注意不够。这套教材既强调学生的阅读速度，又强调阅读理解的归纳总结能力。

3. 提高词汇搭配意识：准确地使用目的语的词语搭配是衡量二语学习者目的语使用是否地道、精炼的一个重要标准。这套教材充分地利用了快速阅读训练文章相对简单的特点，在学生完成快速阅读后，围绕阅读文章设计各种形式的练习，以唤醒和加强学生对词语搭配的注意，增强学生词汇知识的广度和深度。

本套教材希望以一种较新颖的形式，将阅读速度、理解训练与词汇搭配学习有机结合起来，达到既提高学生的阅读速度又提高学生的词汇搭配意识的目的，使学生更快、更好地学得目的语。由于编写者水平有限，时间仓促，教材中疏失之处在所难免，恳请各位老师和同学不吝赐教。

编者

2012年春



# 《快速阅读与词汇扩展》问与答

## 一、《快速阅读与词汇扩展》的编写目的是什么？

正如我们在前言中所讲到的，我们编写这套教材有以下三个目的：培养学习者归纳总结的能力，提升他们的词汇搭配意识和提高他们的自主学习能力。我们希望同学们通过这套教材的学习能逐步成为一个积极主动思考的学习者，拥有较好的阅读总结、归纳能力，较强的词语搭配意识以及自主学习能力，让自己的目的语更地道，这也是编写这套教材的意义所在。

## 二、《快速阅读与词汇扩展》的单元结构是怎样设计的？

《快速阅读与词汇扩展》一套共计四册，可与高等院校英语专业本科一、二年级的精读课程或泛读课程（又称阅读课程）配合使用，每学期一册，分两学年四学期完成。教材每册有十五个单元，建议每周完成一个单元。每个单元由三大板块组成，各板块主要内容如下：

第一个板块是快速阅读，目的在于提高同学们的阅读速度和理解能力。我们根据阅读文章的语言和内容设计了多种形式的阅读理解练习，包括多项选择、问答、正误判断、填空、配对和排序等。

第二个板块是词汇搭配练习，也是教材的核心。我们在教材的前言部分已阐述了提高同学们词汇搭配意识的重要性。该板块共有三大部分，所有的练习可由同学们课后独立完成，课内老师有选择地检查、组织讨论。各部分的内容和目的如下：

第一部分要求同学们再次阅读文章后用一到两句话总结归纳阅读文章的中心思想，然后用两三个词语概述阅读文章的核心内容。这个活动将阅读从单纯的阅读理解提升了一个高度，逐渐培养同学们的分析总结能力以及评判能力。

第二部分是词汇搭配专项训练，从要求同学们于阅读文章中摘选词汇搭配，到短语练习，再到具体词汇的搭配练习，均围绕词汇搭配训练展开。该部分任务指令扣紧原文，仔细详尽，目的就是逐渐增强同学们对上下文词汇的意识。

第三部分是一个口语形式的任务，设计的情景要求同学们尽可能地利用快速阅读文章中的词汇来完成该项任务，目的是巩固加强本单元所学的词汇搭配。

教材的第三个板块为总结反思，要求同学们在完成整个单元的学习后，对阅读文章和词汇用法进行回顾总结，引导同学们逐渐成为一个主动、积极的学习者。

## 三、《快速阅读与词汇扩展》每篇阅读文章及练习后面的参考时间是如何得到的？

我们给每篇快速阅读理解练习提供了平均用时(Average Time)。这里的 Average Time 并非单纯的由阅读文章的长度来决定的。因为练习形式不同(如正误判断和问题回答)，所需的时间也相应不同。我们在试用这套教材时，选择了国内三个有代表性的不同层次

高等学校英语专业若干同学参加了快速阅读文章和理解练习测试,在剔除了正确率不到60%的数据之后,将三组同学完成阅读文章的用时加权平均得到较为科学、合理的平均时间。老师和同学们可以参考这一时间来检查阅读速度和理解正确率,具体可以作以下解释:

1. 若正确率在平均数以上,且所用时间在平均数之上,建议注意提高阅读速度;
2. 若正确率在平均数以下(或正确率低于50%),且所用时间在平均数之下,建议适当放慢阅读速度,注意提高阅读理解能力;
3. 若正确率在平均数以下(或正确率低于50%),且所用时间在平均数之上,要着重加强阅读综合能力的训练;
4. 若正确率在平均数以上(特别是正确率高于90%),且所用时间在平均数之下,说明该部分同学的阅读能力高于一般同学,可以进一步有意识地提高阅读速度。

#### 四、如何使用《快速阅读与词汇扩展》?

我们建议这样使用这套教材:

1. 在开始使用本套教材时,建议从第一册教材后面的五个 mini-lectures 开始,可由老师或同学做快速阅读技巧和词汇搭配知识的专题讲座。同时老师可利用课堂时间,对第一板块的快速阅读技巧以及第二板块第一、第二部分的练习进行一定的指导,尤其是帮助每个同学学会注意并选取阅读文章中的词汇搭配,这种指导逐渐减少至同学们掌握为止。

2. 每单元的快速阅读练习最好在课上集中完成,由老师控制时间,完成练习后,统一校对答案,根据完成情况老师作一定的讲解,组织讨论等。该项练习课上预计用时10—15分钟。

3. 同学们课后完成第二板块第一、第二部分的练习,依据教材后提供的答案自行核对,同时准备该板块第三部分的任务。可以鼓励同学们以小组分享的形式完成这部分练习。下一周上课老师可就第三部分的任务抽查部分同学或组织小组活动。该项练习预计课上用时8—10分钟。

4. 老师不定时检查同学们完成第三板块的情况,适时提供指导帮助,包括如何利用网上资源进行拓展性的阅读等。老师的指导在第一、第二学期尤为必要,是帮助同学们成为积极主动、反思性学习者的一个重要环节。

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Average Time: 09'07"  
Average Accuracy Rate: 83.7%  
Your Time: \_\_\_\_\_"  
Your Accuracy Rate: \_\_\_\_\_%

## READING 1

### Everybody's Free to Wear Sunscreen

Everybody's free to wear sunscreen. The benefits of sunscreen have been proven by scientists, whereas the rest of my advice has no basis more reliable than my own meandering experience. I will dispense this advice now.

Enjoy the power and the beauty of your youth. Never mind; you will not understand the power and beauty of your youth until they fade. In twenty years you'll look back at photos of yourself and recall, in a way you can't grasp now, how much possibility lay before you and how fabulous you really looked. You are not as fat as you imagine.

Don't worry about the future, or worry, but know that worrying is as effective as trying to solve an algebra equation by chewing bubble gum. The real troubles in your life are apt to be things that never crossed your worried mind. The kind that blind-sides you at 4 p.m. on some idle Tuesday. Do one thing every day that scares you. Sing. Don't be reckless with other people's hearts, don't put up with people who are reckless with yours.

Floss. Don't waste your time on jealousy. Sometimes you're ahead; sometimes you're behind. The race is long, and in the end it's only with yourself. Remember compliments you receive, forget the insults. If you succeed in doing this, tell me how.

Keep your old love letters; throw away your old bank statements. Stretch. Don't feel guilty if you don't know what you want to do with your life. The most interesting people I know didn't know at twenty-two what they wanted to do with their lives. Some of the most interesting forty-year-olds still don't. Get plenty of calcium. Be kind to your knees, you'll miss them when they're gone. Maybe you'll marry, maybe you won't, maybe you'll have children, maybe you won't. Maybe you'll divorce at forty, maybe you'll dance the funky chicken on your seventy-fifth wedding anniversary.

Whatever you do, don't congratulate yourself too much, or berate yourself. Your choices are half chance, so are everybody else's. Enjoy your body. Use it every way you can. Don't be afraid of it, or what other people think of it. It is the greatest instrument you'll ever own.

Dance. Even if you have nowhere to do it, only your own living room. Read the directions, even if you don't follow them. Do not read beauty magazines; they will only make you feel ugly. Get to know your parents; you'll never know when they'll be gone for good. Be nice to your siblings. They are your best link to the past and the people most likely to stick with you in the future. Understand that friends come and go, but with a precious few you should hold on.

Work hard to bridge the gaps in geography and lifestyle, for as the older you get, the more you need the people you knew when you were young. Live in New York City once, but leave

before it makes you hard. Live in Northern California once, but leave before it makes you soft. Travel.

Accept certain inalienable truths: prices will rise, politicians will philander, and you will get old. And when you do you will fantasize that when you were young, prices were fair, politicians were noble and children respected their elders. Respect your elders. Don't expect anyone to support you. Maybe you'll have a trust fund, maybe you'll have a wealthy spouse, but either one may run out.

Don't mess too much with your hair, or by the time you're forty you will look eighty-five. Be careful whose advice you buy, but be patient with those who supply it. Advice is a form of nostalgia. Dispensing it is a way of fishing the past from the disposal, wiping it off, painting over the ugly parts, and recycling for more than it's worth. But trust me on the sunscreen.

645 words



## Part 1 I AM A FAST READER (in-class tasks)

Finish the following comprehension tasks based on the information given in the text.

**1** Decide whether each of the following statements is true or false based on the opinion of the writer of this text. Tick T if the statement is believed to be true by the writer or F if it is considered false.

1 The writer's life is not a smooth-sailing one. [T][F]

2 Worrying about the future may sometimes help you solve some problems. [T][F]

3 What may turn out to be real problems are things that you may never have thought would occur. [T][F]

4 The right attitude towards competition is not to compete with others, but with yourself. [T][F]

5 It is all right not to know what you want to do with your life when you are young. [T][F]

6 Although you may have different friends at different stages of your life, you should maintain your friendship with a few precious ones. [T][F]

7 You are likely to look older than you really are if you mess too much with your hair. [T][F]

8 Beauty magazines should be avoided as they don't tell truth about how people really look. [T][F]

**2** In which of the following areas did the writer give advice? Choose all that have been mentioned in the text.

- A attitude towards your future
- B attitude towards your friends
- C attitude towards starting a trust fund
- D attitude towards your physical health
- E attitude towards other people's advice
- F attitude towards a wealthy spouse

## Part 2 I AM MORE-THAN A FAST READER (after-class tasks)

Read the text carefully again after class and finish the following tasks.

### 1 Focus on the Main Idea

- A. Use one or two sentences to summarize the main idea of the text and write it down in the space provided.

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- B. Think of at least two words or phrases that can best describe the text or part of the text and write them down in the space provided.

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### 2 Note Down Good Expressions

- Write down in the space provided the good expressions in this text that you have noticed and want to learn.

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### 3 Use the Right Expressions

- Fill in the blanks with the expressions given in the box. Some of the expressions may be used more than once. Make sure each sentence is grammatically correct.

run out	hold on	stick with	be apt to
mess with	for good	look back at	come and go
throw away	put up with	never mind	in the end

- 1 Although the government sent relief supplies to the region struck by the earthquake, food supplies soon \_\_\_\_\_.
- 2 This place is no longer what I thought it was. I am leaving it \_\_\_\_\_.

- 3 Children with divorced parents \_\_\_\_\_ grow up with a pessimistic view of marriage.
- 4 Don't \_\_\_\_\_ the baby rabbits. The mother rabbit can bite your finger off.
- 5 A feeling of warmth filled my heart when I \_\_\_\_\_ the celebration my friends held for me two years ago.
- 6 It won't be easy for you to find another job like this, so \_\_\_\_\_.
- 7 The newly-weds promise to \_\_\_\_\_ each other through thick and thin.
- 8 Fashions \_\_\_\_\_ but this type of dress is always popular.
- 9 Don't \_\_\_\_\_ gangsters. They may do physical harm to you.
- 10 She was furious when she heard that her mother had \_\_\_\_\_ all her old books.
- 11 "I am sorry I broke your cup." " \_\_\_\_\_ . It's an old cup anyway."
- 12 She had been trying hard to \_\_\_\_\_ his bad temper for some time, but \_\_\_\_\_ she couldn't take it any longer and decided to leave him.

#### 4 Enhance Your Collocation Awareness

A. Complete each of the following sentences with a word or phrase in the box. Make sure the answers are grammatically correct.

the rest of	by the time	be reckless with	possibility lies before ...
have no basis	wipe off	receive compliments	meandering experience
berate oneself	best link to	inalienable truth	solve an algebra equation

- 1 I have done the bulk of the project; \_\_\_\_\_ it will be easy to handle.
- 2 \_\_\_\_\_ we arrived at the scene, the police had already got them all.
- 3 You are young and many \_\_\_\_\_ you. Don't worry about your future yet.
- 4 You may \_\_\_\_\_ if you don't buy the stocks I have recommended.
- 5 The foundation I set up has now become my \_\_\_\_\_ my home country.
- 6 Don't \_\_\_\_\_ your love. You will hurt others and get hurt too if you do.
- 7 The claim that this red wine can help prevent AIDS \_\_\_\_\_.
- 8 I know I should forget the pains from the past, but it takes time. I can't \_\_\_\_\_ the bad memories.
- 9 I hope you will listen to my advice based on my \_\_\_\_\_.
- 10 You need to buy a place soon because the \_\_\_\_\_ is: property prices are on the rise all the time.
- 11 People from an Asian culture find it a bit hard to \_\_\_\_\_. They may even feel embarrassed sometimes when others praise them.
- 12 Getting me to \_\_\_\_\_ is an impossible mission as I can hardly do arithmetic.

B. Complete the following short passage with the phrases in the box. Make sure the answers are grammatically correct.

worry about	succeed in	feel guilty	be nice to
stick with	want to do with one's life	hold on	be patient with
be kind to	put up with	come and go	be gone for good

Before I left for college this September, my high school teacher told me the following:  
 Jim. This is a new stage of your life. At your age, you may not really have a clear idea of what you \_\_\_\_\_, but don't \_\_\_\_\_ about that. That takes time and as long as you have tried your best, I am sure you will \_\_\_\_\_ what you choose to do. So don't \_\_\_\_\_ your future now.

One important thing at college is to \_\_\_\_\_ your classmates and friends. \_\_\_\_\_ to a few precious friends you will meet as these are the ones who may \_\_\_\_\_ you in the future. \_\_\_\_\_ those people who may not be as smart as you are and \_\_\_\_\_ those whom you may not like that much.

Call your parents often and \_\_\_\_\_ them as you will never know when they will \_\_\_\_\_. Friends may \_\_\_\_\_, but your parents will always love you and support you.

- C. Listed below are adjectives/nouns that can go with the word "advice". Find the one that is different in meaning from the rest in each group and cross it out.

1) helpful	2) valuable	3) useful	4) confidential	advice
1) expert	2) impartial	3) specialist	4) professional	
1) constructive	2) legal	3) medical	4) financial	

- D. The word "life/lives" appeared in the text three times. What words usually go with "life"? Give at least 4 words that often go with "life" in the right category below.

adj. + life/lives		verb + life/lives
positive	negative	
1)	1)	1)
2)	2)	2)
3)	3)	3)
4)	4)	4)

- E. You can "dispense advice" and someone else can "buy your advice". In the table below is a list of verbs that can be used with "advice". Select an appropriate one to fill in each of the blanks in the sentences below. More than one option may be possible.