

高级英语水平考试指导丛书

阅读

# 高级英语应试阅读

主 编 吴玮翔 彭友良

副主编 张月薇 沈德盼

审 校 程中锐



河海大学出版社

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## 前 言

《高级英语应试阅读》为《高级英语水平考试指导丛书》的第二分册。本书根据大学英语四、六级(考试)大纲、EPT 考试大纲和研究生入学考试、TOEFL 考试阅读理解部分的考试要求编写。

本书编著者根据自己在各大学多年从事应试阅读教学的经验,针对考生在各类英语应试阅读中易碰到的难点分篇立章,系统地、有重点有目的地进行技巧讲解和能力辅导,旨在帮助考生迅速提高阅读理解能力和阅读应试能力。

全书分两篇,第一篇从高级英语水平考试中阅读理解部分的考试目的要求、阅读的基本机理、阅读的基本方法、阅读理解技巧和阅读理解应试技巧等方面多方位、有系统地讲解技巧;第二篇从国内外阅读材料中选编了难度相当的 15 套阅读理解试题,用以配合第一篇进行操练、巩固技巧。

本书第一篇第一、二章由张琪安、郭结敏、赵士泰、彭友良编著,第三章由吴玮翔编著,第四章由吴玮翔、彭友良、赵士泰编著;第二篇由王亦男、吴玮翔、彭友良、张琪安、赵士泰选编。全书由吴玮翔同志整理、修改并定稿。

本书可供参加大学英语四、六级考试、研究生入学考试、EPT 考试、TOEFL 考试及中高级职称考试人员进行考前强化。

吴 玮 翔

1993 年 5 月于南京

CAI 43/64

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# 第一篇 阅读技巧

## 第一章 总 论

### 第一节 阅读教学的目的和要求

国家教委颁发的高等学校《大学英语教学大纲》规定了“大学英语教学的目的,是培养学生具有较强的阅读能力,一定的听的能力、初步的写和说的能力,使学生能以英语为工具,获取专业所需要的信息,并为进一步提高英语水平打下较好的基础。”《大纲》把阅读能力的培养放在首位。对此提出了相当高的要求。这是因为从我国国情出发,学生英语阅读水平的高低在某种意义上可反映出其英语整体水平的高低。一般认为,高校教学质量的高低,一个重要标志就是看学生的英语水平高低,而大学科研水平的高低也与英语教学质量密切相关。所以大纲中规定了两个不同层次的教学要求,即“基本要求和较高要求,达到四级为基本要求,达到六级为较高要求,”这就是学生必须努力先后达到的目标。

《大纲》规定的四级阅读要求是“掌握基本阅读技能,能顺利阅读并正确理解一般题材、语言难度中等的文章,速度达到每分钟 50 个词,在阅读难度略低、生词不超过总词数 2% 的材料时,速度达到每分钟 90 个词,阅读理解的准确率不低于 70%”。

《大纲》规定的六级阅读要求是“掌握较高的阅读技能,能顺利阅读并正确理解一般题材、语言难度较高的文章,速度达到每分钟 70 个词,在阅读难度略低、生词不超过总词数 3% 的材料时,速度达到每分钟 120 个词,阅读理解的准确率不低于 70%”。

由此可见,六级的要求相当高,对已通过四级统考的学生来说,离六级的目标尚有较长的道路要走。本书在提供有关阅读技巧、解题方法及练习材料的同时,还提醒考生注意对自身阅读能力发展规律和阅读心理过程规律的认识,以求事半功倍。

### 第二节 四、六级考试阅读的目的和要求

国家教委在批转《大学英语教学大纲》的通知中规定了“对结束四、六级学习的学生进行统一的标准考试”。考试的目的在于全面考核已修完四、六级的学生是否达到教学大纲所确定的各项指标。现行的四、六级考试(CET-4/6)是属于尺度参照性考试(Criterion-Reference Test),即以教学大纲为依据,反映考生总体的正态分布。把大学英语四级考试大纲和六级考试大纲中对阅读理解部分的具体要求作一对比,有利于考生知己知彼,去进行有的放矢的准备。

四级考试要求:阅读理解共20题,考试时间35分钟,阅读若干篇短文(一般为四篇),阅读总量不超过1000个词。

六级考试要求:阅读理解共20题,考试时间35分钟,阅读若干篇短文(一般为四篇),阅读总量不超过1400个词。

在选材原则上,四、六级考试具有题材广泛、体裁多样的共同要求,不同的是①阅读量六级考试多400词②文章中如有超大纲的关键词,六级可用汉语或英语注明词义,而四级只要求用汉语注明词义。

四、六级考试阅读理解的测试目的完全一致,两个大纲都指出“阅读理解部分的目的是测试学生通过阅读获取信息的能力,既要求准确,也要求有一定的速度。”

大学英语四级考试主要测试考生下列阅读能力:

1. 掌握所读材料的主旨和大意;
2. 了解说明主旨和大意的事实和细节;
3. 既理解字面的意思,也能根据所读材料进行一定的判断和推论;
4. 既理解个别句子的意思,也理解上下文的逻辑关系。

大学英语六级考试主要测试考生下列阅读能力:

1. 既能理解个别句子的意义,也能理解上下文的逻辑关系;
2. 既能理解字面的意思,也能理解隐含的意思;
3. 既能理解事实和细节,也能理解所读材料的主旨和大意;
4. 能就文章的内容进行判断、推理和信息转换。

比较两个大纲的要求,四级考试在推理和判断等能力上要求低些,文章的难度也相应低些。

### 第三节 阅读的心理过程

现代教育心理学认为,学生阅读外语的过程有四个发展阶段。学生欲提高阅读能力应首先认识和了解这个必然的发展过程。就英语阅读能力而言,对英语原文的理解是学生掌握阅读技能、反映阅读能力的最主要标志。学生理解英语文献和作品开始是通过本族语作中介,即心译,来实现的。随着英语程度的提高,心译活动的功用逐渐减弱,最后达到直接地理解英语。这个阅读过程一般需经历以下四个阶段:第一阶段是字面心译阶段,即用本族语逐字译出。这种译法脱离了外语表现形式的特点,因此往往译错。第二阶段是分析性心译阶段,在初步理解英语特点的基础上,作语法分析,然后译成本族语。这时由于注意力集中在英语语言形式上,对理解原文的内容具有片面性和表面性。第三阶段是综合性心译阶段,由于所掌握的英语语法、惯用法程度加深,在阅读过程中逐渐减少了分析活动,而能完整地直接地译成本族语。第四阶段是不经过心译而直接理解英语的阶段,这时,学生已具有用英语进行思维的能力。在学生阅读英语过程中,这四个阶段并不是截然分开的,而经常要受到阅读材料的难度的制约。达到英语四级水平的学生阅读二、三级水平的文章已能达到第四阶段,而其在阅读五到六级的文章时,却自然会出现前三个阶段的情况。就阅读材料而言(特别在快速阅读训练中),没有必要要求学生达到100%的理解率,因为有时很高的理解率常常意味着阅读速度过低,或阅读材料太浅。学生在训练自己的阅读能力的活动中,应保持阅读速度和



理解率的平衡。

## 第四节 阅读技能的五个层次

为了能顺利通过四、六级考试,考生必须先系统全面地了解阅读理解所需的基本知识和技能。这种技能包含五个层次的内容:

第一、认识和理解的速度。

1. 认词的速度:提高眼睛活动和视觉区别速度,增大“视觉广度”,减少“回视”率;
2. 理解词的速度:形、音、意义的结合;
3. 句子结构的辨认:按意群而不是逐词阅读。

第二、辨认词汇和理解词汇。

1. 词的构成:派生词和复合词;
2. 词义的范围:选择和限制;
3. 语境中的词汇:从语境的线索中推知意义。

第三、句子结构和句子理解。

1. 句子结构:理解复杂的句子结构,抓住句子主干成份,把握句子主要意思;
2. 句子理解:理解句子的整体意思。

第四、段落结构和段落理解。

1. 段落组织:抓住中心思想,了解段落发展模式;
2. 浏览具体的信息:识别主要细节或论据;
3. 完整理解:通过段落分析抓住段落的结构和写作思路。

第五、对短文的整体理解。

1. 确定中心思想;
2. 抓住主要细节或论据,洞见作者的态度和观点;
3. 通过推论由表及里把握短文字里行间的言外之意。

## 第五节 应试技巧概述

阅读理解题是检查考生阅读理解原著的能力。其中包括阅读速度和理解正确率两个方面。阅读理解力是一项综合技能,包括一定数量的词汇知识、语法知识、修辞知识和语义学知识以及综合分析问题的能力。

解题时,要求考生充分发挥已有的语言技能,熟悉题型,包括题干与选择项。明确问题的要求,再对不同体裁、题材及题型有选择地运用不同的阅读技能技巧进行解答。围绕一篇文章所出的几个理解题,往往是有联系的,因此各题的答案也必然相互联系呼应,而不会是前后矛盾的。一般几道理解题中总有一题是关键性的。关键题答对了,其余的题就会迎刃而解,反之则会引起连锁反应连错数题,甚至全军覆没。

解答阅读理解题有两种方法:先看文再答题或先看题再看文。二者何种更好,往往因人而异,考生应根据自己平时养成的习惯选择适合自己的那种,一般四、六级考试试题中的阅读短文有一定难度,宜在全面理解短文后答题,故以采用前一种方法更妥。

阅读理解题大致可分成两类：客观型试题和主观型试题。

客观型试题一般以细节论据题，词汇释义题出现。这类问题有的可直接快速从短文中找到。设计目的是测试考生快速寻找具体信息的能力和对段落结构的分析能力。

主观型试题多见以归纳概括题、正误判断题、推理结论题、暗示推测题和语气态度题出现。这些题的答案一般无法从文中直接找到，要通过推理、归纳或判断后才能获取。

## 第二章 阅读的基本方法

### 第一节 查阅法

查阅是从阅读材料中有的放矢地迅速查找某一具体事实或特定信息的技能。要求快速、准确。查阅时先看问题,弄清所要查找的是什么信息,如数字、日期、姓名或其他。然后在文中查阅,一看到相关部分就细读。

资料性文章可根据其编排形式来查阅。任何资料(如工具书、索引、节目单、体育比赛等)都是按某种逻辑方式排列的。有的按字母顺序、有的按时间、地点、类别等。对于如图表、广告、标签说明书、菜谱、时刻表等则还应熟悉其中不同的缩写和符号,很快找出所需数据或信息。下面是一段有关肿瘤文章的目录。用查阅法迅速解答下列问题:

1. There are several subheadings under the heading of cancer'. What are they?

2. Under the subheading 'causes' there are three articles beginning with EDB (a chemical believed to cause cancer). What is the name of a fourth article containing information about EDB? In which magazine would you find it?

3. What is the name of the last article under the subheading 'Nutritional Aspects'? In which periodical is it? Who wrote it?

#### Cancer

See also

Brain-Cancer    Breast-Cancer    Cancer    Research  
Colon (Anatomy)-Cancer    Eye-Cancer    Lungs-Cancer

#### Causes

See also

Leukemia-Causes    Lungs-Cancer-Causes  
Radiation-Physiological    Effects

A cancer scare pits the states against the EPA [ethylene dibromide] il *Bus Week*  
p38 F 20 '84

EDB; a cancer scare. M. Beck. il *Newsweek* 103:23-4 F 13 '84

EDB; what it is ,why it's controversial [ban] il *U S News World Rep* 96:59 F 13  
'84

EDB-scare over treated foods spreads [Environmental Protection Agency ban]  
*Sci News* 125:46 Ja 21 '84

Fluorescence-line-narrowed spectra of polycyclic aromatic carcinogen-DNA  
adducts. V. Heisig and others. bibl f il *Science* 223:289-91 Ja 20 '84

The muffin-mix scare [EDB banned by the EPA] il *Time* 123:20 F 13 '84

#### Diagnosis

See also

Colon (Anatomy)-Cancer-Diagnosis      Lymphatic system-Cancer-Diagnosis

#### Genetic Aspects

See also

Eye-Cancer-Genetic Aspects

Lungs-Cancer-Genetic Aspects

Cancer cells; more needles in the haystack [major histocompatibility complex gene; research by Peter J. Rigby and others] J. A. Miller. *Sci News* 125:4 Ja 7 '84

Cancer; the enemy within. M. Clark. *il Newsweek* 103:66-7 Mr 5 '84

Gene-cancer link firmed. J. Silbemer. *Sci News* 125:102 F 18 '84

#### Nutritional Aspects

Cancer and dthe natural diet. P. H. Abelson. *Consum Res Mag* 67:35 F '84

Cancer prevention [lysine research] C. SerVaas. *il Saturday Evening Post* 256:106-8 Ja/F '84

A church whose members have less cancer [Seventh-Day Adventists]. Cook. *il Saturday Evening Post* 256:40-2+Mr '84

参考答案:

1. They are 'Causes', 'Diagnosis' and 'Genetic Aspects'.
2. The name of a fourth article containing information about EDB is The muffin mix scare. We can find it in *Time*.
3. The name of the last article under the subheading 'Nutritional Aspects' is A Church whose members have less cancer. It is in *Saturday Evening Post*. J. Cook wrote it.

对于故事、传记等记叙文,则应迅速找出五个 W (即 what、who、which、when、where)。对 how 和 why 的回答常常也是事实;对科普类说明文除了要抓基本概念,还要注意事实、距离、面积、重量、温度及其他具体数据;对议论文则要抓论点、论据和结论。查阅时,要针对问题,注意提示词,专有名词,大写词、斜体词、黑体词、数字、日期、货币代号及其它特殊符号与标点,对于这些具体细节可用笔作一标记。试用查阅法迅速找出下列问题的答案。

问题:

1. What percentage of the carbon monoxide and the cancer-causing benzpyrene are motor vehicles responsible for in Boston?
2. What percentage of the vehicles on the road in Massachusetts are privately owned?
3. What percentage of the land in downtown Boston is devoted to cars?  
A. eighty-nine percent                      B. eighty percent  
C. thirty percent                              D. thirty-nine percent
4. What could people build in this places where cars are kept?  
A. gardens              B. houses              C. hospitals              D. garages and highways
5. You are helping to solve some of the pollution problems by \_\_\_\_\_.

A. walking on foot

B. having a lift in the car

C. taking a taxi

D. taking a bus

短文:

By riding public transportation, you are helping to solve some of the major pollution problem plaguing Boston.

**Air pollution** Motor vehicles powered by internal combustion engines are responsible for over 80 percent of the deadly carbon monoxide as well as the cancer-causing benzopyrene and nitrates in the air. Eighty nine percent of the vehicles on the road in Massachusetts are privately owned and are often operated with only one person in the car. If people would use public transportation instead of their cars, air pollution levels could be significantly lowered.

**Space pollution** Thirty percent of the land in downtown Boston is devoted to cars, where there are garages, there could be gardens. Where there are highways, there could be homes and places to work and play.

**Noise pollution** Studies show that people today suffer a greater hearing loss with age than ever before. Much of this is due to honking horns, loud engines and general traffic noise.

答案: 1) over 8% 2) 89% 3) C 4) A 5) D

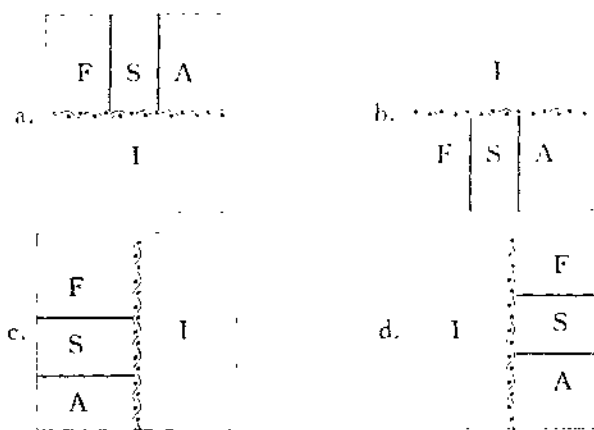
文中的信号词能帮助考生确定有关细节的大概位置。动词 be 常用作叙述或定义, 动词 have 表示所属关系, 另外许多文章常以时空、类别、例证、程序、因果和比较对比等方式组织并展开段落的。表示上述关系的信号词很多, 常见的有 in, on, during, under; north, south; categories, type; for example, such as, as follow; refer, describe; first, later; because, as a result of, as; more, than; but, however; differ from 等等。

阅读下面两篇短文, 抓住信号词, 快速找出具体信息。

The mountains called the Alps stretch across Europe, from east to west, for a distance of about six hundred miles. They are the largest mountains in Europe and some of the grandest in the world. Five of the mountains are between thirteen thousand and sixteen thousand feet high. Mount Blanc, the highest, is fifteen thousand seven hundred and eighty feet high. The Alps form a great wall across the continent, eighty to one hundred and fifty miles wide. They make a natural boundary between Italy in the south and France, Switzerland and Austria in the north.

Which of the following shows the right position of the four countries?

F—France S—Switzerland A—Austria I—Italy



答案是 a. 文中表示方向的词语 from east to west; between Italy in the south and France, Switzerland, Austria in the north 中的 east, west, south 和 north 是信号词。

## 第二节 略读法

略读是指以尽快的速度阅读以获取文章大意或中心思想。略读速度约是一般阅读速度的两倍,平均理解率达 50%~60% 即可。

1. 略读时可跳过无关紧要的词,如介词、冠词、副词、连词等。只读关键词,如名词、动词及词组等。略读时利用印刷技术细节如大小标题、斜体黑体词、脚注、标点进行预测,了解作者的思路,文章展开的方式以把握大意。注意承、转、启、接等连接词语,如 however, more over, in addition, in the first place, secondly 等。如:

Recently he received (an) invitation (to a fashionable banquet). Although (he did) not know (the) hostess, (he) accepted (the invitation). (He was secretly very) pleased, because he felt (that his) reputation (as a desirable guest was) growing.

这段由 37 个词组成的小段,如用略读法跳过不影响理解的词或词组(用括号括出的),那就只有 15 个词,节省了时间。

2. 用略读法阅读下面两篇文章。阅读时把眼睛集中在划线部分的关键词和词组,以缩短阅读时间。

Food provides us with vitamins the we need. Deep green and yellow vegetables and fruits have vitamin A. Vitamin A is important for healthy eyes. Some meats and vegetables have B vitamins. When people have enough B vitamins, Their nerves are calm. B vitamins also help the skin and eyes.

James Clerk Maxwell studied magnetism. In 1864 Maxwell published his paper which suggested that light was electromagnetic energy. Maxwell did not do experiments to prove his theory. The first experiment with electromagnetic energy was done in 1888. In that year, Hertz proved the theory of electromagnetism. Hertz made a special apparatus and transmitted the first electromagnetic waves across a room.

3. 在时间紧、文章长时可先以正常速度阅读文章的头一两段，力求抓住大意。在这样的大幅度略读时，必要时可舍去整个句子甚至整个段落。

4. 文章的中心思想可从段落的中心思想中得出；而段落的中心思想，则可从抓主题句着手。主题句是概括段落中心思想，句子简短但语法结构完整的句子。常以现在时出现。演绎型段落的主题句常在首段首句，多见于科普题材的说明文，记叙文及新闻报导等；归纳型段落的主句则常在尾段末句。通常文章第一段是阐述作者观点的而最后一段是结论。如文章由几段组成，则要注意每一段的主题句。找出下面短文中各段的主题句，注意它们的位置。

Each human being is born as something new, something that never existed before. He is born with what he needs to win at life. Each person in his own way can see, hear, touch, taste, and think for himself. Each has his own unique potentials—his capabilities and limitations. Each can be a significant, thinking, aware, and creatively productive person in his own right—a winner.

The words “winner” and “loser” have many meanings. When we refer to a person as a winner, we do not mean one who beats the other guy by winning over him and making him lose. To us, a winner is one who responds authentically by being credible, trustworthy, responsive, and genuine, both as an individual and as a member of a society. A loser is one who fails to respond authentically. Martin Buber expresses this idea as he retells an old story of a rabbi who on his death bed sees himself as a loser. The rabbi laments that, in the world to come, he will not be asked why he wasn't Moses; he will be asked why he wasn't himself.

Few people are one hundred percent winners or one hundred percent losers. It's a matter of degree. However, once a person is on the road to being a winner, his chance are greater or becoming even more so. This book is intended to facilitate the journey.

1. Which is the topic sentence in paragraph one? Underline it, then write it here;

2. Which is the topic sentence in paragraph two? Underline it, then write it here;

3. Which is the topic sentence in paragraph three? Underline it, then write it here;

#### 答案

1. 主题句是第二句。

He is born with what he needs to win at life.

2. 主题句在段中第三句。

To us a winner is one who responds authentically by being credible, trustworthy, responsive, and genuine, both as an individual and as a member of society.

3. 主题句是第一句。

Few people are one hundred percent winners or one hundred percent losers.”

有时，文章含蓄，作者不设主题句。如：

Joshua Bingham studied four years at the University of Paris and decided to leave be-

fore his graduation. He transferred to the University of Berlin and graduated with honors. Harvard Law School and, later, Boston College provided him with an excellent legal background. He is presently a corporation lawyer in Miami, Florida.

这时考生须通过文中所给信息,推出主题:

Joshua Bingham received an excellent education.

试用略读法,得出下面短文的主题:

The Einstein Observatory is an orbiting spacecraft that is mapping in detail extremely distant sources of X-rays. It has sent back information that has led to a new concept of how the universe was formed. Some leading scientists now conclude that the evolution of the universe depended heavily on sequences of explosions and that the shock waves that followed them may have played an important part in galaxy formation.

What is the best title for this passage?

- A. New Ideas About Einstein's Theories
- B. Mapping the Galaxies by Satellites
- C. New Ideas on the Formation of the Universe
- D. The Evolution of X-Rays

(答案 C.)

5. 略读时,通过短暂记忆,记住段中的关键词句。短暂记忆法,可在平时练习。选择一些句子或者段落,写在纸左边。用极快的速度看一下,然后在纸右边相应处,选出你所记得的。反复训练,可增强短暂记忆能力。请按上述方法做下面的练习。

- |   |  |
|---|--|
| 1. The subjects took a 15-question test.                | A. The test had 15 questions.                              |
|   | B. The test took 15 minutes.                               |
|   | C. The subjects took 15 tests.                             |
| 2. Critics claim that advertising is often unfair.      | A. Critics say that advertising is never fair.             |
|   | B. Critics say that advertising is rarely fair.            |
|   | C. Critics say that advertising is always fair.            |
| 3. Many people who need apartments cannot find any.     | A. Many people are looking for apartments.                 |
|   | B. Many people are finding the apartment they need.        |
|   | C. Apartments are not needed any more.                     |
| 4. If their income goes up, a family may buy more food. | A. Families may buy more food when they earn more money.   |
|   | B. Families may buy more food when their children grow up. |



C. Families may buy more food when they  
go on vacation.

### 第三节 研读法

研读就是仔细阅读,边读边记边想。运用研读法,除了解文章中的词汇、短语和句子,还要利用自己已有的知识不断进行预测和归纳,以获取文章主旨大意,要能迅速找出语篇中的主次信息,区分部分与整体以及时间、地点、并列、从属等关系,并作出正确的结论。阅读时要判断句子间的逻辑关系,理解句、段及篇章内的语义层次,识别语言信号词以及在无信号词的情况下辨认段落的逻辑关系。主观型试题多用研读法解题,因此阅读文章时,除要理解句子的功能和意义(如请求、命令、祈使等)外还要善于理解信息的内涵和作者的风格、态度、写作目的、语气以及文章的基调。