

全新

新世纪高校英语系列教材

总主编 陈仲利

Fast Reading Comprehension

快速阅读理解教程

主编 张玉萍 高越 王颖

ENGLISH

兵器工业出版社

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内 容 简 介

《快速阅读理解教程》这本书共有 60 篇文章,内容涉及到生活、文化、教育、科技等各个领域。文章由易到难,其主要特点是具有系统性、实用性和针对性,主要测试考生的查读能力。据统计,训练有素的读者的阅读速度可达到每分钟 3000 到 4000 个词。

快速阅读在全国英语四级考试中是一个全新的题型,主要特点如下:

- ① 每次考试提供一篇 1000 至 1200 个单词左右的文章;
- ② 15 分钟内完成答题;
- ③ 共 10 道题,其中前 7 个是判断题,后 3 个是主观填空题;
- ④ 每个判断题有 3 个选项,即 Y (Yes), N (No), 和 NG (Not Given)。
- ⑤ 考查题目基本按照其文章内容的先后顺序自然排序。问题几乎都是具体信息的细节题,填空题所填写的内容基本上是原文中出现的词汇。

本书对于准备报考四级的考生来说,每天快阅一篇,坚持两个月,一定会收到意想不到的效果。

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前 言

全国大学英语四、六级考试是非英语专业大学生英语的全国性考试，目的是测试考生是否达到大学毕业的英语水平。1987年9月开始实施大学英语四级考试，1989年1月开始实施大学英语六级考试，迄今已近20年，5000多万考生参加了考试。近20年来，四、六级考试稳定发展，得到了社会的普遍认同，并产生了良好的社会效益，也为我国大学英语教学质量的提高做出了巨大贡献。

根据新大纲要求：目标是培养学生的英语综合应用能力，特别是听说能力，使他们在以后的工作和社会交往中能用英语有效地进行口头和书面的信息交流。2006年12月全面实施了改革后的四级考试，2007年6月将全面实施改革后的六级考试。从此，全国大学英语四级和六级考试将全部采用新题型。

四级新题型考试内容的变化：

1. 听力比重由原来的20%增至35%，题型也分为短对话、长对话、短文理解和复合式听写四种。第一部分由8个短对话和2个长对话组成；第二部分是3篇短文；第三部分为一篇复合式听写短文，这一部分难度较大，特别是后三个句子听写比较长，不仅要求读者能听懂，还要能写下来，无疑增大了考生的难度。

2. 阅读的比重由原来的40%减为35%。其中传统阅读保留两篇，分值占总分的20%，题型为大家熟悉的四选一。另外两篇是新的阅读考查方法：快速阅读和篇章词汇理解。

快速阅读要求考生在15分钟内阅读大约1000至1200个单词左右的一篇文章并完成文后的10道题。这一题型主要培养学生在短时间内从大量信息中查找所需信息的能力。

篇章词汇理解的考查方式为：在一篇200个单词左右的文章中，从给出的15个被选单词中选出10个填入文章的空白处，主要考查学生对词汇的掌握。

3. 新题型取消了“词汇与结构”部分，但改用了更加灵活的方式考查学生对词汇和语法的掌握。

4. 考试流程发生了变化。第一部分是写作，要求学生在30分钟内在答题卡1上完成写作部分。第二部分是快速阅读，要求学生在15分钟内完成并交答题卡1。然后完成听力、仔细阅读（包括篇章词汇理解和篇章阅读理解）、完型填空或改错，最后一部分是翻译或简答题。

5. 增加了主观题内容。新题型不仅保留了原有的写作、简答和复合式听写部分，还增加了快速阅读和翻译内容。

四级考试单项分的报道共分为四个部分：听力（35%）、阅读（35%）、完型填空或改错（10%）、作文和翻译（20%）。各单项报道分的满分分别是：听力249分，阅读249分，完型填空或改错70分，作文142分。各单项分相加之和等于总分710分。

新题型中，快速阅读部分新且难，不少考生没有时间或机会参加辅导班学习，他们迫切

需要一本讲解四级考试快速阅读和解题技巧的辅导教材，以便自学。此书有很强的针对性。

由于编写者都是教学第一线教师，不仅在班上辅导学生四级考试，而且还参加四级考试的阅卷工作，所以他们了解考生的薄弱环节，知道他们最需要加强训练之处。编写者就是针对考生感到困难的语句和难点给予了特别的讲解和分析。

本书主要对象是参加大学英语四级考试的考生，但报考大学英语六级、MBA、TOFEL、EPT 等的考生也可参考使用。

由于编者水平有限，书中难免有错，请读者批评指教。

编者

2007 年 2 月 3 日

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快速阅读理解精要

一、大学英语四级考试快速阅读题型解析

为适应我国高等教育新的发展形势,深化教学改革,提高教学质量,2004年初教育部高教司组织制定并在全中国部分高校开始试点《大学英语课程教学要求(试行)》(简称《教学要求》)。《教学要求》规定,大学英语课程的教学目标是:培养学生的英语综合应用能力,使他们在今后工作和社会交往中能用地进行口头和书面的信息交流。阅读作为接受书面文字信息的重要手段,在学生综合应用能力和交际能力的培养中发挥着举足轻重的作用。

为此,作为对我国在校大学生英语能力是否达到《教学要求》的主要鉴定手段的大学英语四级考试在测试形式上也做出了相应改革,快速阅读题型的增加就是改革的一个重要体现。

改革后的大学英语四级考试,阅读理解部分分值比例调整为35%,其中仔细阅读部分(careful reading)占25%,快速阅读部分(fast reading)占10%。快速阅读主要用来测试考生的各种快速阅读技能如略读(skimming)和寻读(scanning)等,其测试题型主要是“是非判断题”和“句子填空”。现以四、六级考试改革项目组和考试委员会设计的四级考试样卷(上海外语教育出版社,2005)中的快速阅读部分作举例说明。考生需在15分钟内阅读完一篇1200个单词左右的文字材料,然后做阅读理解练习。例如:新题型试卷的第二部分。

Part II Reading Comprehension(Skimming and Scanning)(15 minutes)

Directions: In this part, you will have 15 minutes to go over the passage quickly and answer the questions on **Answer Sheet 1**.

For questions 1 - 7, mark

Y(for YES) if the statement agrees with the information given in the passage;

N(for NO) if the statement contradicts the information given in the passage;

NG(for NOT GIVEN) if the information is not given in the passage.

For questions 8 - 10, complete the sentences with the information given in the passage.

Landfills

You have just finished your meal at a fast food restaurant and you throw your uneaten food, food wrappers, drink cups, utensils and napkins into the trash can. You don't think about that waste again. On trash pickup day in your neighborhood, you push your can out to the curb, and workers dump the contents into a big truck and haul it away. You don't have to think about that waste again, either. But maybe you have wondered, as you watch the trash truck pull away, just where that garbage ends up.

Americans generate trash at an astonishing rate of four pounds per day per person, which translates to 600,000 tons per day or 210 million tons per year! This is almost twice as much trash per

person as most other major countries. What happens to this trash? Some gets recycled(回收利用) or recovered and some is burned, but the majority is buried in landfills.

How Much Trash Is Generated?

Of the 210 million tons of trash, or solid waste, generated in the United States annually, about 56 million tons, or 27 percent, is either recycled(glass, paper products, plastic, metals) or composted(做成堆肥)(yard waste). The remaining trash, which is mostly unrecyclable, is discarded.

How Is Trash Disposed of?

The trash production in the United States has almost tripled since 1960. This trash is handled in various ways. About 27 percent of the trash is recycled or composted, 16 percent is burned and 57 percent is buried in landfills. The amount of trash buried in landfills has doubled since 1960. The United States ranks somewhere in the middle of the major countries(United Kingdom, Canada, Germany, France and Japan) in landfill disposal. The United Kingdom ranks highest, burying about 90 percent of its solid waste in landfills.

What Is a Landfill?

There are two ways to bury trash:

- Dump — an open hole in the ground where trash is buried and that is full of various animals (rats, mice, birds). (This is most people's idea of a landfill!)
- Landfill — carefully designed structure built into or on top of the ground in which trash is isolated from the surrounding environment(groundwater, air, rain). This isolation is accomplished with a bottom liner and daily covering of soil.
 - Sanitary landfill — landfill that uses a clay liner to isolate the trash from the environment
 - Municipal solid waste(MSW) landfill — landfill that uses a synthetic(plastic) liner to isolate the trash from the environment

The purpose of a landfill is to bury the trash in such a way that it will be isolated from groundwater, will be kept dry and will not be in contact with air. Under these conditions, trash will not *decompose*(腐烂) much. A landfill is not like a compost pile, where the purpose is to bury trash in such a way that it will decompose quickly.

Proposing the Landfill

For a landfill to be built, the operators have to make sure that they follow certain steps. In most parts of the world, there are regulations that govern where a landfill can be placed and how it can operate. The whole process begins with someone proposing the landfill.

In the United States, taking care of trash and building landfills are local government responsibilities. Before a city or other authority can build a landfill, an environmental impact study must be done on the proposed site to determine:

- the area of land necessary for the landfill
- the composition of the underlying soil and bedrock
- the flow of surface water over the site
- the impact of the proposed landfill on the local environment and wildlife
- the historical value of the proposed site

Building the Landfill

Once the environmental impact study is complete, the permits are granted and the funds have been raised, then construction begins. First, access roads to the landfill site must be built if they do not already exist. These roads will be used by construction equipment, *sanitation* (环卫) services and the general public. After roads have been built, digging can begin. In the North Wake County Landfill, the landfill began 10 feet below the road surface.

What Happens to Trash in a Landfill?

Trash put in a landfill will stay there for a very long time. Inside a landfill, there is little oxygen and little moisture. Under these conditions, trash does not break down very rapidly. In fact, when old landfills have been dug up or sampled, 40-year-old newspapers have been found with easily readable print. Landfills are not designed to break down trash, merely to bury it. When a landfill closes, the site, especially the groundwater, must be monitored and maintained for up to 30 years!

How Is a Landfill Operated?

A landfill, such as the North Wake County Landfill, must be open and available every day. Customers are typically municipalities and construction companies, although residents may also use the landfill.

Near the entrance of the landfill is a recycling center where residents can drop off recyclable materials (aluminum cans, glass bottles, newspapers and paper products). This helps to reduce the amount of material in the landfill. Some of these materials are banned from landfills by law because they can be recycled.

As customers enter the site, their trucks are weighed at the scale house. Customers are charged tipping fees for using the site. The tipping fees vary from \$10 to \$40 per ton. These fees are used to pay for operation costs. The North Wake County Landfill has an operating budget of approximately \$4.5 million, and part of that comes from tipping fees.

Along the site, there are drop-off stations for materials that are not wanted or legally banned by the landfill. A multi-material drop-off station is used for tires, motor oil, lead-acid batteries. Some of these materials can be recycled.

In addition, there is a household hazardous waste drop-off station for chemicals (paints, pesticides, other chemicals) that are banned from the landfill. These chemicals are disposed of by private companies. Some paints can be recycled and some organic chemicals can be burned in furnaces or power plants.

Other structures alongside the landfill are the borrowed area that supplies the soil for the landfill, the runoff collection pond and *methane* (甲烷) station.

Landfills are complicated structures that, when properly designed and managed, serve an important purpose. In the future, new technologies called bioreactors will be used to speed the breakdown of trash in landfills and produce more methane.

注意:此部分试题请在答题卡1上作答;8-10题在答题卡1上。

1. The passage gives a general description of the structure and use of a landfill.

2. Most of the trash that Americans generate ends up in landfills.
3. Compared with other major industrialized countries, America buries a much higher percentage of its solid waste in landfills.
4. Landfills are like compost piles in that they speed up decomposition of the buried trash.
5. In most countries the selection of a landfill site is governed by rules and regulations.
6. In the United States the building of landfills is the job of both federal and local governments.
7. Hazardous wastes have to be treated before being dumped in to landfills.
8. Typical customers of a landfill are _____.
9. To dispose of a ton of trash in a landfill, customers have to pay a tipping fee of _____.
10. Materials that are not permitted to be buried in landfills should be dumped at _____.

从上述测试题目中我们不难看出,该文“是非判断题”主要测试考生对语篇材料全文大意的快速掌握(判断题1),有关比例或数字细节的猎取(判断题2和3)和事实细节的掌握(判断题4、5、6、7)。“句子填空”均涉及相关细节的掌握。考生如果想在15分钟内读完1200个单词的阅读材料,并以较高的准确率完成10个阅读理解题,以仔细阅读的方式完成阅读显然是不切合实际的。略读(skimming)和寻读(scanning)等阅读方式将是实现上述阅读目标的有效手段。

二、常用快速阅读技巧

1. 略读

略读是常用的阅读方法之一,尤其在快速阅读中其作用更为突出和重要。略读的主要作用是快速获取通篇文章或一段文章的主要内容。一般来说,如果读者只需了解阅读材料60%~70%的内容,就可以选择略读,而这正是快速阅读所需要的。

经过略读后,读者对所读内容已经有了大致了解,再带着问题有选择地回到文中寻找答案,就会变得比较容易和便捷。大部分读者不需要正规的训练和指导就可以进行略读,但有意地训练会大大提高略读速度和效率。进行略读训练的有效方法之一就是强迫自己在规定的时间内读完一篇阅读材料,略读速度可为平常速度的4~5倍,并长期坚持一段时间。训练略读时,关键是增加眼睛扫行的幅度,高度集中注意力,努力捕捉那些能引起注意或你认为重要的内容。当然必要的技巧也是不可缺少的,一般来说,略读时应注意以下一些问题:

- (1) 如果文章有标题和副标题,先看标题,以了解文章的体裁和内容。
- (2) 接着阅读文章的第一段,该段常常是介绍通篇文章。
- (3) 阅读其他段落时,重点关注每段的段首和段尾句,因为第一句常常是主题句,最后一句常常起归纳作用。这个规律有利于读者迅速、有效地寻找主题,分析文章结构。
- (4) 重视最后一段,该段常常归纳总结整篇文章。
- (5) 特别注意斜体的字、词和句子。
- (6) 特别注意黑体字部分的内容。

以下附两篇快速阅读文章,大家来巩固一下所述要领。

Passage One

Question:

What is the following passage mainly concerned with?

- A. Educational facilities in Africa.
- B. Founding a university for women.
- C. Agricultural production in Zimbabwe.
- D. Women's role in agricultural production.

Access to educational facilities is inadequate in sub-Saharan Africa. And women and girls there face greater disadvantages. They are often denied education as customs dictate they marry early and have children.

Two Zimbabwean academics plan to open a university to help African women whose education was interrupted by either family commitments or financial constraints. The university will initially be in Harare, but will be relocated to Marondera, 80 kilometres east. The academics, Hope Sadza, former deputy commissioner of Zimbabwe's Public Service Commission and Fay Chung, former Minister of Education, are to open the university this month. It will initially have 400 students.

Students will be split into groups of 100 and placed in one of four faculties: social science, agriculture, environmental studies or science and technology. The university is for women aged 25 or older.

The need for a university for women is more acute in Africa, where women are the poorest and most disadvantaged. When they do have access to education they often must endure sexual harassment. Most women drop out because they lack educational materials of the schools that are inaccessible.

"In Africa, women till the land and produce the bulk of the food, yet they have no understanding about marketing," Sadza said. "Agriculture is another area where we can empower women."

The university will have a 285-hectare farm and courses will include agricultural production and marketing.

Women account for 80 percent of Africa's agricultural production, but have no control over either the resources or policies.

The university since August has raised about \$591,000 in donations and pledges. The university will be open to students from across Africa. It will be the second women's university — after Sudan's Ahfad University in Africa.

本题目可以通过略读(快速浏览)获得答案。首先阅读首段,可获知文章是关于 women 和 children 的教育设施(education facilities)的。接下来阅读其他段落,通过找主题句可迅速获解——第二段的第一句就是。故答案为 B。

Passage Two

Question:

What is the main topic of the following passage?

- A. Differences between modes of learning.
- B. Deficiencies of formal learning.
- C. Advantages of informal learning.
- D. Social context and learning systems.

The term “formal learning” is used in this paper to refer to all learning that takes place in the classroom irrespective of whether such learning is informed by conservative or progressive ideologies. “Informal learning”, on the other hand, is used to refer to learning which takes place outside the classroom.

These definitions provide the essential, though by no means sole, difference between formal and informal learning. Formal learning is decontextualised from daily life and indeed, as Scribner and Cole (1973: 553) have observed, may actually “promote ways of learning and thinking which often run counter to those nurtured in practical daily life”. A characteristic feature of formal learning is the centrality of activities that are not closely paralleled by activities outside the classroom. The classroom can prepare for, draw on, and imitate the challenges of adult life outside the classroom, but it cannot, by its nature, consist of these challenges.

In doing this, language plays a critical role as the major channel for information exchange. “Success” in the classroom requires a student to master this abstract code. As Bernstein (1969: 152) noted, the language of the classroom is more similar to the language used by middle-class families than that used by working-class families. Middle-class children thus find it easier to acquire the language of the classroom than their working-class peers.

Informal learning, in contrast, occurs in the setting to which it relates, making learning immediately relevant. In this context, language does not occupy such an important role; the child’s experience of learning is more holistic, involving sight, touch, taste, and smell-senses that are under-utilised in the classroom.

While formal learning is transmitted by teachers selected to perform this role, informal learning is acquired as a natural part of a child’s development. Adults or older children who are proficient in the skill or activity provide — sometimes unintentionally — target models of behaviour in the course of everyday activity. Informal learning, therefore, can take place at any time and is not subject to the limitations imposed by institutional timetabling.

The motivation of the learner provides another critical difference between the two modes of learning. The formal learner is generally motivated by some kinds of external goal such as parental approval, social status, and potential financial reward. The informal learner, however, tends to be motivated by successful completion of the task itself and the partial acquisition of adult status.

注意符号,如本文中的双引号所引部分,即为文章的描述对象。

注意副词、连接词所提供的逻辑、语义关系。如文中出现的 on the other hand, in contrast 以及 while 等,都提示我们本文是对比描述事物区别的。通过找文章的主题句——文章第二段第一句,确定答案为 A。

请大家再阅读下面一篇短文,自己分析一下哪种技巧可以帮助你呢?

Passage Three

Questions:

1. _____ of the people who took the act committed the impulsive suicide.
2. In the film the Beautiful Mind, a _____ influence of media is shown.

Suicide Problem in China

Suicide is becoming a serious social problem around the world. Each year, over 250,000 people kill themselves and about 2 million make such attempts. Why should these people kill themselves? What can be done to save their lives?

In fact, the rate of suicide in China isn't one of the highest in the world. It is high but it's not at the very highest level. The highest levels are in Russia, in the Eastern European countries, like Latvia, Romania, and Hungary. China's rate is on the high-above-medium level. Compared to America or Britain where the suicide rates are about 11 per hundred thousand or 12 per hundred thousand, China's suicide rate, by our estimate, is 23 per hundred thousand. So it means it's twice as high as that in the United States.

The Characteristics of Suicide in China

In China, suicide is quite different from that in other countries. ...

The Factors Leading to the Final Decision

Suicide is a complex problem. You can't think of only one factor. ...

Impulsive Suicide

For example, in our attempted suicide research we asked people how long did they think about suicide before they actually took the act? 35% of them say less than 10 minutes. That's really very quick. That's what we call impulsive suicide attempt. Our research in many countries and what we have found in China all show the vast majority of people who actually killed themselves didn't intend to kill themselves. On one hand they want to die, on the other hand they want to live, so they have this ambiguity about it. ...

Reasons for the Higher Rates of Suicide in Rural Areas

There are several possible explanations. ...

Prevention of suicide

Prevention of suicide is everyone's responsibility. ...

Media's Roles

The media can serve a positive role and can serve a negative role. You can give negative images

about psychotic people killing people, about making fun of the mentally ill. In a culture that looks down on people with psychological problems, looks down on people who seek help from others, it makes it very hard for people to move forward and seek the help that they need. But the media can also have a positive influence, like *the Beautiful Mind*, which is a positive picture of a person with severe mental illness who made an extremely important contribution.

在阅读本文答题的过程中,大家会发现小标题的神奇作用。

第1题[答案]Y. 阅读题干时我们应该顺利找出关键词“35%”和“impulsive”。而小标题“Impulsive Suicide”自然就会引起我们的注意,无须阅读文章其他部分,我们可以锁定答案就在“Impulsive Suicide”一段。

第2题[答案]positive. 阅读题目后,“the film *the Beautiful Mind*”会让我们把问题锁定于小标题为“Media's Roles”的段落,而斜体排印的电影名又会吸引我们的注意力,从而很快找到正确答案。

2. 寻读

寻读指带着目标在阅读文本中快速找到某一具体细节的阅读能力。寻读的必要条件是首先确定需要寻找的目标(如人名、地名、某一细节等),然后快速浏览文章以确定目标。一般来说,寻读可按如下步骤进行:

- (1) 首先确定查询目标,最好一次记住多个寻找目标,以便提高寻读的效率。
- (2) 根据查询目标迅速浏览全文,只关注查询的信息,其他无关内容一律放过。
- (3) 注意副词、连接词所提供的逻辑、语义关系。
- (4) 对于与目标有关的内容要仔细阅读,准确把握作者观点。

Passage Four

Questions:

1. Which president advocated the lifting of the ban on women teachers?

A. Xu Yangqiu. B. Wu Yifang. C. Tao Xingzhi. D. Chen Heqin.

2. What is Guo Juefu?

A. A painter. B. A poet. C. A biologist. D. A psychologist.

Many presidents of the century-old Nanjing Normal University (NJNU) have put forward insightful and inspiring education theories and practices, which have had a far-reaching impact on China's education history.

Jiang Qian and Guo Bingwen proposed a school-running principle that advocated the balance between versatility and specialization, liberal arts and sciences.

Tao Xingzhi, a well-known educator, carried out many important reforms in the university. For the first time in China, he advocated the lifting of the ban on women teachers and opened adult training classes in summer vacations.

Wu Yifang, China's first woman university president, emphasized normal education, regarding it as the parent engine and heavy industry of education.

Chen Heqin established a Chinese-style and scientific theory for modern education for children.

There have also been many noted scholars and artists.

Educator Xu Yangqiu was one of China's earliest scholars to study American education theory.

Professor Luo Bingwen devoted himself to normal education theory and Chinese and foreign education history, advocating that teachers should be models of virtue for the students so that their behaviour guides the students.

Psychologist Guo Juefu is an important figure in China's psychological history. China Psychological History, a book he authored, has made its mark in international psychological circles.

Zhang Daqian, a well-known master of traditional Chinese painting, advised his students to read books systematically and selectively to rid themselves of worldliness, fickleness and pedantry. Zhang also pointed out that success comes largely from one's own endeavours, but partly from circumstance.

Sun Wang, a poet versed in the poems popular in the Tang Dynasty (AD618-907), told students to map out a long-term schedule for their studies and to work towards fulfillment of their goal phase by phase.

Biologist Chen Bangjie overcame formidable difficulties to collect plant specimen and became China's father of biology.

Generations of talented educators have given Nanjing Normal University a fine reputation.

本文的两个问题都可以通过寻读(scanning)来完成。

解答第一题,首先应找出题干中心词 the lifting of the ban,为提高寻读效率,最好一次记住多个寻找目标。所以最好带着选项中人名的姓氏(即 Xu, Wu, Tao, Chen)到文中查询。其余无关的人名姓氏都略过不读,即可在短时间内获得答案 C。

第二题,以 Guo Juefu 为线索,也可很快找到答案 D。

3. 群读

所谓群读,就是要求读者在阅读过程中,每次阅读瞬间看一组词(如有一定语义成分的几个词汇),而不仅仅看一个词。这样无疑可大大提高阅读速度。群读不是天生的本领,需要长期的训练才可获得。训练的办法是选择一篇较短的文章,以尽快的速度来阅读,力争依次扫视三到五个字,每天坚持 15 分钟。群读既能加快阅读速度,又不影响对文章内容的领会。

4. 锁定主题句以确定中心思想

快速阅读所考察的内容之一是要要求考生在通读全文后,判断阅读材料全文大意。做此类题的一个技巧是,锁定文章的主题句。主题句体现了文章的方向,对文章起指导和限定作用。主题句的全部含义和意义都由其他句子来体现、展开、确定。它具有如下特点:有明显的概括性;句子结构简单;段落中其他句子均用来解释、支撑或扩展主题句所表述的主题思想。主题句可分为全文主题句和段落主题句。但不管是哪类主题句,一般说来,通常都位于语篇的首尾部,有时也可置于语篇中间。故仔细阅读主题句是获取全文大意的重要手段。

5. 寻找文章细节

快速阅读中,有很多题(包括是非判断和句子填空)是针对文章细节设计的。题型设计者