

**710分** 最新题型 **快突破**

# 四六级 快速阅读 巅峰训练

隋玉玮 王冬梅 韩虔 主编



**Band-4.6**

★ 阅读话题宽泛  
★ 堪称语料大全

大连理工大学出版社



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## **四六级快速阅读巅峰训练**

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# 前言

## Forward

**关于本书。**阅读是各类考试中的重头戏,也是得分的关键。一般有三种不同速度的阅读方法。考生可根据自己的阅读需要进行选择:对那些难的且要求考生学习、研究的阅读材料作者建议用最慢的阅读速度进行阅读,即仔细阅读(Reading in Depth);对那些较简单的教科书、报刊、杂志用一般速度阅读。用寻读法查找考生需要的信息,资料需用快速阅读的方法及速度(Fast Reading or Skimming and Scanning)。

在四、六级新题型的英语考试中增加了用快速阅读的方法及速度进行阅读,并要求考生在15分钟内读完一篇1000多词的文章,根据文章中的信息、资料,做完10道判断对错和信息简答题,其目的是培养、训练考生在最短的时间内快速查找信息的能力。要在15分钟内完成一篇1000多词的文章,这就需要考生适当了解一些阅读策略,例如:回避策略。可以在三个层次上采取回避策略——词汇,句法,篇章。(1)所谓词汇回避就是对不影响文章大意的生僻词汇采取放弃的策略。(2)所谓句法回避就是对于结构复杂的句子,要抓住主体结构,放弃附属结构。(3)至于篇章,则采用非重要信息放弃的回避策略。编者在教学实践中发现在阅读中使用回避策略,可以帮助考生提高逻辑思维能力,养成良好的阅读习惯,激发考生学习的兴趣,从而大大提高考生的阅读速度,理解、判断及推断能力,最终达到培养考生自主学习能力的目的。

**本书的特点。**本书的编写遵循了现代外语教学理念,注重为考生创造自主学习环境,强调个性化学习,全面培养考生的英语综合应用能力,并以阅读来带动说和写的能力。本书文章所选题材尽可能多地体现现实生活的方方面面,如关于生活哲理、名人轶事、趣味故事及科普等方面的文章,且生词量控制在5~6个左右。考生可以在文章中提炼出惯用的或地道的表达方式,以利于其在今后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。同时,利用接近现实的选材增强考生的社会认知能力和解决生活中所遇到的实际问题的能力。例如,书中收集了一些关于价值观方面的文章,帮助考生有效地解除为学语言而学语言的尴尬。考生通过阅读获取大量的语言输入,不仅扩大了词汇量而且温习了所学的词汇。死背硬记对在特定语境下应用语言无甚裨益,但在理解的基础上熟记一些好的句型、文章,对考生的说和写的能力的提高有很大的帮助。因此考生在阅读过程中,尽可能多背熟一些好的文章,这样,大脑中储存了大量好的句型、文章,在实际运用过程中,无论是口头还是书面表达都会感觉得心应手。

**本书的结构。**本书共80个单元。(每10个单元1套自测题)。单元1~单元50是针对四级的考生。单元51~单元80是针对六级的考生。从心理学角度构思和设计每单元的框架及内容。考生应在15分钟内用快速阅读速度做完题,然后用一般速度阅读,去学习地道的词句,欣赏文中的语言及故事情节。文章中的黑体字是四、六级的词汇,目的是让考生注意掌握这些词汇,因为它们是用来考查考生对篇章结构及具体信息词汇的理解及判断推理。本书还为考生

提供了独特的阅读理解试题,以方便考生自我检测。四级中我们设计的5套自测题是遵照四级设题的要求设计的:一为快速阅读题;二为仔细阅读题;三为翻译题。自测题旨在让考生熟悉题型,检验自己的学习成果,了解自己的阅读水平。

本书的文章材料是编者在通过进行两轮教学实践的基础上筛选的。考生应遵照教育部“大学英语课程教学要求”的三个层次中的较高要求来学习,即快速阅读达每分钟120词,仔细阅读达每分钟70词,在阅读中使用有效的阅读方法(在三个层次上采取回避策略)进行略读或寻读,正确理解大意,抓住主要事实和有关细节。这样考生的复习能取得事半功倍的效果。

由于编者水平有限,纰漏难免,敬请广大读者批评指正,祝广大考生学习、考试顺利。

编者

2007年7月

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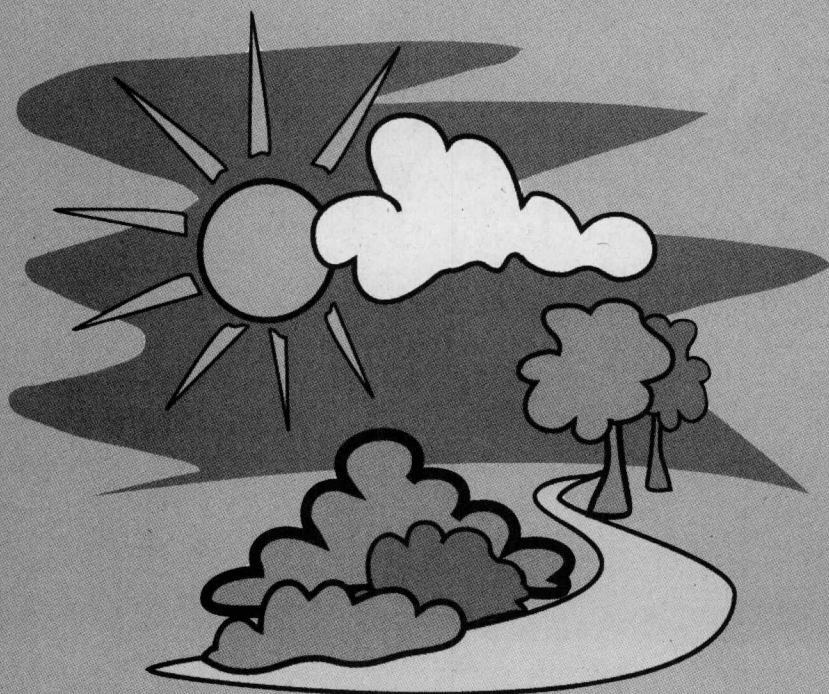
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# 四级篇









# Unit 1

改变了皇室家族形象，善良而美丽的英王妃黛安娜最终并没有成为英国王后，但是对英国人来说，她已是众人心目中的王后。黛安娜几乎是在皇室家族附近长大，但是她从没想到有一天她会成为王妃。本文讲述了她是如何认识查尔斯王子，如何与他结婚。

## A FAIRY-TALE WEDDING

### 神话般的婚礼

By Cherry Gilchrist

**P** rince Charles was taking a long time to choose a wife. He was already 32. He always had plenty of girlfriends — Diana's sister, Sarah, was once his girlfriend. But he couldn't decide who to marry. Charles was the future King of Britain, so he had to choose well. Not every beautiful woman makes a good Queen. Life in the Royal Family can be very hard — the 'Royals' spend a lot of time in public. So she must be a girl from a good family, and Charles must be her first lover.

In February 1981, the news finally came out that Prince Charles was getting married — to Lady Diana Spencer. The photos in the newspapers showed a pretty, quiet girl with a sweet smile, and the reporters soon began to call her "Shy Di". Diana was the first English girl to marry a Prince of Wales for five hundred years. And in private, Prince Charles said that the Spencers were 'more royal than the Royals'! It seemed that Diana and Charles were perfect together. People in Britain began to look forward to a fairy-tale wedding.

Diana grew up with the Royal Family, but for a long time she didn't really know Charles. There are a lot of families in the **Royal**<sup>①</sup> circle, and also Charles was twelve years older than her. He was already a young man when she was still a child. But when Diana was sixteen, they met at a county house party. She was only a schoolgirl, and Charles was more interested in his dog and his sport than in her. But from that time, Diana put a photo of Charles by her bed.

They met at a few more parties, but it was only in July 1980 that Charles began to look at Diana with new eyes. They were both staying with friends in the country. In the evening, Diana sat next to Charles outside in the garden. She was telling him that she saw him at a **funeral** a year earlier.

"You looked so sad," she said. "I thought it's wrong that you're alone — you need someone to look after you."

Charles' heart opened to her, and from then on he was seriously interested in her. He asked her out for an evening of music, with supper later at ♦Buckingham Palace. But he didn't give Diana much time — she only had twenty minutes to wash her hair and get ready!

"Maybe you'll be the next Queen of England!" a friend told her. Diana only laughed.

注释：①四级常用词都用黑体标出



Then Charles asked her to go to Balmoral for the Braemar Games, the Scottish sports which happen every September. Diana's sister Jane was now married to Robert Felloweds, the Queen's personal secretary. They had a small house in the royal park at Balmoral, and Diana stayed there with her sister and husband. Prince Charles phoned her every day, and they went for walks together.

No one **guessed** that the Prince had a new girlfriend. But, one day, Charles and Diana were fishing down by the River Dee. Suddenly they noticed someone on the other side of the river. It was a reporter from a newspaper looking for royal news. Diana quickly ran to hide behind some trees. Two other photographers hurried to the same place by the river. They were all very excited, trying to see this new woman in Charles' life. Diana escaped from them that day. But soon the reporters knew her name, and it was in all the newspapers.

Now her life began to change. The public wanted to know all about her, and **\*paparazzi** followed her everywhere. They phoned her in the middle of the night and waited for her outside the **\*Young England School**. It was a very difficult time for a shy young girl, and the Royal Family didn't help her.

When Prince Charles finally asked her to marry him, in February 1981, she agreed. Charles gave her a beautiful blue ring, and they were ready now for the photographs. But in public, they had to answer the question to some reporters for several times, "Are you in love?"

"Of course!" answered Diana.

But Charles was not so sure. His answer always seemed to be, "Yes — but what does that mean?"

To the public, it was real love. It was exciting news for Britain. Here was a fairy-tale prince and princess, bringing new colour and life into the Royal Family.

Diana now moved into Clarence House, the Queen Mother's home, and was safer there from the reporters. Everyone was getting ready for the wedding — over ten thousand presents arrived for Charles and Diana!

But not everything was perfect. At the center of the fairy-tale, there was a black **shadow**. Diana suddenly felt, deep inside, that she would never be Queen. She also knew that she would have a difficult job as Charles' wife.

This did not stop her. But, just before the wedding, she became seriously worried. She suddenly understood that Charles' old girlfriend, Camilla Parker-Bowles, was still very important to him. Diana found a present from Charles to Camilla, and he often telephoned her. Did Charles really love her, or was he still in love with Camilla?

Diana was no longer free. The happy days in her flat with her friends, and at work with the little children, were all gone. The 'royal machine' frightened her. There were so many royal rules, and Buckingham Palace was a 'dead' place to her. No one welcomed her when she arrived at Clarence House, and no one told her how to do things.

She got thinner, and she even wanted to stop the wedding. Her sisters told her to go on. So on 29 July 1981, Prince Charles married Lady Diana Spencer in St.

Paul's Cathedral, London. It was a great day for England. More than a million people were out on the streets in the morning to wave as she went by. In Britain, everything stopped as people switched on the television. In many houses there were little parties as families, friends and neighbours all sat down together to enjoy themselves.

(1015 words)

## Notes

- ◆ paparazzi: an Italian word for the reporters and photographers who follow famous people and try to sell their stories and pictures for a lot of money to the newspapers 无固定职业的摄影师
- ◆ Buckingham Palace 白金汉宫(英国王宫)
- ◆ Young England School: Diana worked in this school to look after little children.

### ➔ Reading Comprehension (Skimming and Scanning)

(15 minutes)

Directions: You will have 15 minutes to go over the text quickly and answer the questions as follows.

For questions 1-7, mark

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

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

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

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

1. Prince Charles must choose a wife well because he was the future King of Britain. (Y N NG)
2. Charles married Diana because he loved her when he met her at first time. (Y N NG)
3. Diana ran away when she noticed a reporter fished down by the river with Charles. (Y N NG)
4. Diana's parents were happy when they heard that she would become a princess. (Y N NG)
5. The British hoped that a fairy-tale wedding would bring some changes into the Royal Family. (Y N NG)
6. Diana wanted to stop the wedding and her sister supported her. (Y N NG)
7. Diana became worried before the wedding because she was not sure whether Charles loved her or not. (Y N NG)
8. When Diana moved into Clarence House, she was suddenly frightened by \_\_\_\_\_.
9. When Diana moved in Buckingham Palace, she felt the place like \_\_\_\_\_.
10. Diana couldn't know whether Charles really loved her or not because she noticed that Charles still kept in touch \_\_\_\_\_.



# Unit 2

阅读是各类考试中的重头戏，也是得分关键。本文向读者介绍了三种不同的提高阅读速度方法，读者可根据自己的阅读需要进行选择：对那些有一定难度，且要求读者学习研究的阅读材料，作者建议慢速阅读；对那些较简单的资料如教科书、报刊、杂志等用一般速度阅读；还可利用寻读法快速阅读，查找读者所需信息和资料。

## SKIMMING AND READING FLEXIBILITY

### 让你的阅读更灵活

**T**here are many kinds of reading speed, which depend on the difficulty of the material being read as well as the student's own reading ability and background knowledge.

In order to **simplify** the subject, let us state that there are three speeds. The teacher will of course realize that there is no clear **distinction** between the three different types of reading speed, but they are separated here so that we may study them.

The first reading speed we might call 'study speed'. This is the slowest reading speed, and it is used for difficult material. It is also used when one wishes to have a high rate of understanding as well as good **retention** (记忆). In this type of reading the student attempts to study the material carefully so that he will not miss a single point. He also hopes to remember the material at a large time. Unfortunately, many students use this slow study speed when really they should be using a 'study technique'. Study techniques involve such things as reading the material once rapidly then going back over it to pick up more of the details, or underlining, or outlining, or thinking of questions on the material and answering them, and so on.

The second reading speed we shall call average speed. Reading of average speed is what a student does most of the time. Average reading speed would cover easier text-books, novels, newspapers, and so on. It is difficult to say exactly what average reading speed should be, but the author's experience with courses in the United States suggests that it should certainly be faster than 250 words per minute, while many students can read quite comfortably at 500 words per minute after training. **Comprehension** at average speed is about 70%.

Average reading speed varies considerably from person to person and from time to time. A good reader's average reading speed might vary from 250 words per minute to 500 words per minute, while a poor reader's average reading speed might vary from 150 to 180 words per minute. Note that the poor reader's speed has little variation; this is one mark of a poor reader. Variations in speed can be caused by unfamiliarity



of the subject being read, the reader's motive or intention in reading, and external conditions such as noise or type-size.

Skimming is reading at the fastest speed which a person can accomplish. It is used when a reader wishes to cover material in a hurry. It is also used when high comprehension is not required. This does not mean that in skimming a person accepts a **ridiculously** low standard of comprehension: Merely that he will accept a level of comprehension somewhat lower than that which can be obtained at study speed or at average reading speed.

It is difficult to say exactly how fast skimming should be, but a safe rule of **thumb** is that it should be twice as fast as the fastest average reading. If, for example, a student begins a reading course at 200 words per minute, it is **reasonable** to expect that at the end of this course, if the course has been successful and the student has tried hard, he will be reading at 400 words per minute, average speed. Hence we expect this student's skimming to be 800 words per minute or better.

Now, in order that the student shall achieve this tremendously fast rate of skimming, we must ascribe those characteristics of skimming which make it different from average reading. In average reading the student does not skip any material; he covers the entire amount of reading matter. This does not mean that his eyes fixate or stop on every word, neither does it mean that he can skip any whole sentences or halves of paragraphs. In skimming, however, it is fair to leave out material. Often a reader will leave out half or three-quarters of a paragraph if he feels he has got the main idea. Thus skimming differs from average reading in the fact that readers selectively leave out chunks of material.

Skimming also differs from average reading in that the student **intentionally** accepts lowered comprehension. In average reading the student attempts to get as good comprehension as he can; this usually means 70 or 80%.

Now we come to the problem faced by the student who is about to do a skimming exercise. Precisely what does the student do to get going at this extremely fast rate? What material does he leave out?

Let us say that the student wishes to skim a **factual** (事实的) article of several thousand words. He should first read the opening paragraph or two at his fastest average rate. That means that he leaves out nothing, but goes at his top reading speed of 300 or 400 words per minute. He reads the whole of the first several paragraphs in order to get started, to get the idea of the story, the setting, a little of the author's style, the tone or mood, and so on. Frequently an author will give an introduction in the first few paragraphs and this will help to give the reader an overall **gestalt** (完整结构) of the story. But very shortly, if the student is to achieve a skimming rate of 800 words per minute or better, he must begin leaving out material. Hence, on the third or fourth paragraph he reads only the key sentence, struggles to get the main idea of the paragraph, and skips the second half. Perhaps he will read the key