

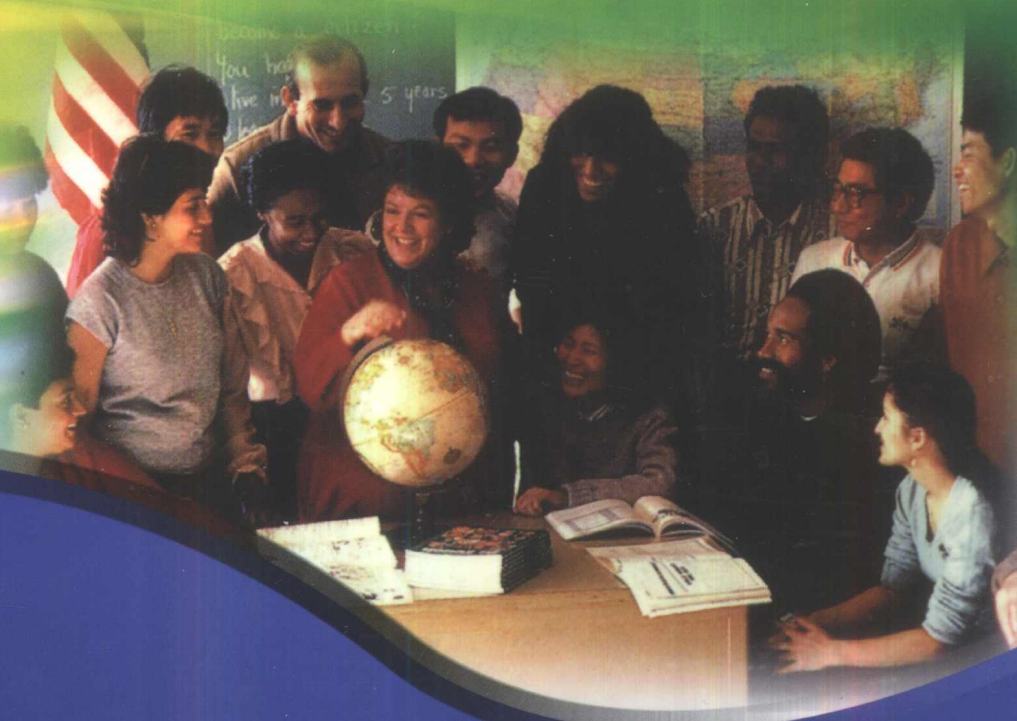


English

# 英语阅读技巧教程

*A Course of English Reading Skills*

王晓凌 编著



安徽人民出版社

# 英语阅读技巧教程

王晓凌 编著

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## 前 言

众所周知,阅读是通过书面认知的形式来获取信息。然而,阅读并非是一种消极被动的语言接受行为,而是一系列积极活跃的综合运用语言的过程。同时,阅读理解也是人们的语言知识与头脑中各种先验知识共同作用而产生的结果。尽管当今各种传播媒介如此众多,但阅读的作用却丝毫未能降低。

英语阅读,则是读者通过阅读英语而对所阅读的内容有个概貌的了解和理解。由于英语阅读是人们获取各种知识和信息的一个极为重要的手段,所以凡是学习英语的人都想通过语言的学习来获得一种较强的英语阅读能力。学过英语的人大都知道,在英语阅读中,词汇和语法固然是阅读所必备的语言知识,但仅此而已仍难以进行有效而快速的阅读。因此,我们说一个有效的英语读者要想能动地运用好英语阅读的能力,除了进行一定量的阅读训练之外,其中还有一个很重要的因素就是要掌握一定的阅读技巧。换句话说,也就是一个英语思维能力训练有素的读者,除了必需的语言基础之外,还应具有一定的善于对文章进行判断、推论以及领悟文章内含意义等等方面的阅读技能。由此可见,掌握一定的阅读技能,对于英语快速阅读和提高英语阅读理解的能力,起着不可忽视的重要作用。

本书的编写就是从这一角度出发,分别介绍和阐述了如何运用一定的阅读技巧来能动地提高阅读速度,增强阅读的效率。如根据文章标题段落进行预测(predicting);运用略读和寻读(skimming and scanning)进行快速阅读,依据语言一定的规律通过上下文进行判断(making judgement)、推理(making inference)、归纳(conclusion)等手段,以提高阅读的效率 and 准确率,使读者能够从微观和宏观两个技能的把握上来达到英语快速阅读的目的。这些技能的掌握一方面为阅读所必需,另一方面更是提高英语阅读的能力所不可缺少的。

我国大学英语教学大纲中也明确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。多年的实践也证明,英语阅读理解目前已被广泛地用于各类英语测试中,而且均占有相当重的比例,这不仅表明提高英语阅读的能力已是学好英语的一个重要环节,同时也是对教学大纲中提出“综合运用英语语言知识和阅读技能来理解英语阅读材料”这一能力的一个很好的检测。从我国近年来举行的各类英语水平测试来看,如大学英语四、六级和英语专业本科四、八级考试等,其中阅读理解部分常常是失分最多的部分。当然,这种现象涉及了诸多方面的因素,但是我们认为其中最主要的有两点:一是英语语言功底不足而且阅读量不够;另一个就是没有能够很好地运用和掌握一定的英语阅读方法和技巧,以至直接影响了句子语篇的正确理解。因此,掌握一定的阅读技巧,不仅能够帮助我们快速阅读提高我们对阅读材料的深入理解,而且在一定程度上也大大地有助于我们英语阅读水平的提高。鉴于这一点,本书编者在从事多年英语阅读教学的基础上,总结了自己有关的教学实践与经验,系统地归纳和整理了自己在教学实践中所应用和补充的有关英语阅读方面的教学资料,分篇立章地对英语各项阅读技能进行了全面系统地介绍和评析;同时,编者又依据近年来从事英语专业四级统考的有关教学经验,针对考生在各类英语阅读应试中常碰到的一些疑难问题,进行了详细地讲解与分析,并对有关应试等方面的技巧也作一介绍,旨在帮助读者和考

生较为顺利地通过各项考试并能够迅速地提高英语阅读能力和英语阅读的水平。为此,本人编写了《英语阅读技巧教程》一书。

《英语阅读技巧教程》一书共分三个部分:第一部分旨在从微观技能的角度,分别介绍和讲解了英语阅读的各项微技能;第二部分着重从宏观技能的把握上,讲解和评析一些高级的英语阅读技能;第三部分主要是分析和述评英语阅读方面的有关应试技巧。本书在体例上,为了便于读者对技巧本身的理解、掌握和运用,阅读技巧部分使用中文讲解,但在第二部分高级英语阅读技能中,部分地使用了一些英语解释,以便英语专业学生和非英语专业研究生以及英语基础较好的读者理解与训练。同时,本书还从多层次多角度探讨了英语阅读中各项技能的特点与要求,并结合实例进行了详细地讲解与评析。在每项技巧的后面配有相关的专项技巧训练习题,以便读者通过举一反三的习题训练达到熟练地掌握和运用有关的阅读技能以真正提高英语阅读的实际水平。有关习题附有讲解与提示,书后并附有习题答案。本书力求从解题思路、文章理解和应试策略等方面来提高读者的英语阅读能力和应试者的英语阅读水平,这是本书编写的宗旨,也是本书力求要达到的效果。

本书的题材,精选了一些有代表性的文章与短篇,内容广泛、题材多样,语言知识丰富,力求由浅入深,难易适中。书后附的注释与答案,不仅可以满足不同层次读者的需要,而且也可作为读者自测自学之参考。本书还可以作为大学英语四、六级、英语本科四、八级、EPT、TOEFL 及硕士研究生考前的强化教材,也适用于其他具有中等以上程度的英语爱好者。

由于编者水平有限,书中难免有疏漏不妥之处,敬请广大读者批评指正。

王晓凌  
2002年3月于合肥

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# PART ONE

## MICRO – SKILLS (微观技能)

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### Chapter One

#### Prereading(预读)(1)

##### Explanation

预读是指读者在正式开始阅读之前对所要阅读的材料进行一次大体的浏览,使自己对该文有一个大概的了解和总体的印象。预读的方法是根据文章的标题、副标题、段落的首尾句、黑体字等对全文进行浏览,并对作者的意图作一个大概猜测和联想。预读不仅有助于读者在阅读之前就在大脑里对所要阅读材料的范围和可能涉及的领域有个粗略的预测,而且在一定程度上大大减少了阅读时的盲目性。不要以为花几分、几秒钟预读一下会浪费时间,恰恰相反,它会给您节省出一定的时间,使您的正式阅读进行得又快又顺利。

##### Exercise 1

###### *Before you read*

Look at the Title. What do you think the article is about?

Then Read the statements below and put a tick(✓)in the correct blank.

- \_\_\_ 1. Animals help their owners in dangerous situations.
- \_\_\_ 2. People who have animals in their homes are healthier than people who do not have them.
- \_\_\_ 3. People who have animals are younger than people who do not.

###### *Read the text*

Read the article. Did you tick the correct statement?

##### Pet Lovers Live Longer

Patting<sup>①</sup> the family dog can help you to live longer, according to psychologist Tony Lyons.

---

① patting: touching lightly with an open hand

He believes that pet owners suffer<sup>①</sup> less from stress<sup>②</sup> and high blood pressure<sup>③</sup> than people without a cat or dog around the house. As part of a three-year study he brought groups of people together with their pets. He found that their blood pressure was much lower when they were alone with their pets than when they were left to talk to each other.

Mr Lysons, a lecturer at Swansea University College, does not own a dog himself. But he said yesterday: "I'm seriously thinking of getting one."

## Prereading(2)

### Explanation

读者在阅读一本书之前,应先进行预读,即先看一下这本书的前言、作者介绍、目录、插图等,并浏览一下标题页和版权页,看看该书发表的时间、地点、出版社及印数等有关信息,这样就会对该书的内容、概貌和主要特征有一个大体的了解和预测,从而在开始正式阅读时可产生居高临下和把握在胸的感觉。

### Exercise 2

#### Exercise (1)

Directions: Read the following title page and answer the questions after it.

INTRODUCTION  
TO SOCIOLOGY  
4th Edition

JERRY D. ROSE  
State University College  
Fredonia, New York

HOUGHTON MIFFLIN COMPANY BOSTON  
Dallas Geneva, Illinois Hopewell, New Jersey  
Palo Alto London

#### Questions:

1. What is the title of the book?

2. When the title is not followed by an edition number, it is the first edition. What edition is this book?

---

① suffer: to be in pain  
② stress: a feeling of pressure which difficulties in life can cause  
③ blood pressure: the force with which blood goes through the body

- 
3. Who is the author of the book?
- 
4. Who is the publisher of the book?
- 
5. When more than one place is listed, the book was published in the first place listed. In what place was this book published?
- 

### Exercise (2)

Directions: Read the following copyright information and answer the questions after it.

Copyright © 1980, 1976, 1974, 1971 by Houghton Mifflin Company.

All rights reserved. No part of this work may be reproduced or transmitted in any form or by any means, electronic or mechanical including photocopying and recording or by any information storage or retrieval system without permission in writing from the publisher.

Printed in the U. S. A.

Library of Congress Catalog Card Number: 79 - 7436

ISBN: 0 - 395 - 30714 - 7

### Questions:

1. In what year was this book published?
- 
2. In what year was the first edition of this book published?
- 

### Exercise (3)

Contents	
	Preface ..... vii
Part One	Chapter 1 Sociology ..... 3
The Sociological	Overview ..... 4
Enterprise	Why Sociology? Historical Overview ..... 4
	Nineteenth-Century Origins ..... 4

	American Sociology .....	8
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	Chapter 2 Methods in Sociological Study .....	21
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	The Problem of Objectivity .....	22
	Evidence .....	24
	Some Rules of Sociological Method .....	25
	Summary .....	37
	Questions and Projects .....	38
	<hr/>	
Part Two	Chapter 3 Socialization .....	43
Basic Concepts for	Overview .....	44
Sociological Analysis	Self and Society .....	44
	Social Origins of the Self .....	46
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Questions:

1. What is the title of the first part of the book?

2. What are the titles of the chapters in the first part of the book?

A. \_\_\_\_\_

- B. \_\_\_\_\_
3. What are the major headings in the first chapter of the book?
- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_
- E. \_\_\_\_\_
4. What are the subheadings under the major chapter heading "Perspectives"?
- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_

## Chapter Two

### Broadening Eye Span (扩大视幅)

#### Explanation

视幅是指读者一眼看下去所覆盖的文字范围。扩大视幅是培养和提高阅读速度的基本方法之一。阅读是一个用眼睛看文字的过程,而在眼睛看文字的同时,大脑则迅速地将眼睛所看到的文字符号转换成语义。因此,眼睛所扫视的范围越大,阅读的速度自然就越快。譬如人们要数一万个数,如果一个一个地数,就要一万次;如果一五、一十、十五、二十……这样数下去则可节省  $\frac{4}{5}$  的时间,从而无形中计数速度提高了四倍。同样,我们的阅读如果不是一个词一个词地进行,而是一组词或一个意群地去进行,阅读速度自然会成倍地提高。试比较慢读者和快读者的视幅区别:

#### *The Inefficient Reader*

Some persons say that love makes the world go round.

#### *The Efficient Reader*

Some persons say that love makes the world go round.

可见,有效的读者,一次读几个词,因而节省出许多时间;而非有效的读者,一个词一个词地阅读,眼睛移动极为缓慢,句子的意思也不可能连贯。有效的阅读是以一组词组或一个意群快速地反应在头脑中,因此便于形成思路,更易于理解作品。

#### Exercise 1

##### Use of the Eyes in Reading

There is a story  
of a centipede  
who had no problem  
in travelling about  
until he thought  
about which leg  
he would move next  
while engaged in walking.  
The centipede's experience  
might lead us to guess  
that continually thinking  
about eye movements

while actually reading  
will not lead to  
more effective reading.  
However, understanding  
how the eyes function  
in the process of reading  
could lead to insight  
as to what can be done  
to achieve more  
effective reading habits.  
The eyes perceive  
written word symbols

and convey this data  
to the brain  
where through some  
complicated process  
meaning is achieved.  
The mechanical process  
involves the eyes  
traveling over print.  
Then the eyes focus  
on this material  
for a brief instant.  
They move forward again  
repeating this process  
over and over.  
It is only during  
these brief pauses  
that meaning is achieved.  
The amount of print  
that is involved  
in each of these  
periods of focus  
varies considerably  
among different readers.  
The smallest units  
which are possible  
are the single letters  
which make up a word.  
Some readers spell out  
each word (m-a-n equals man).  
The next sized unit  
would be syllables  
(yes-ter-day equals yesterday).  
The next would be  
reading word by word  
("Yesterday /we/went. ").  
Combining words in phrases  
is a higher skill,  
but the length of phrases  
different readers handle

can also vary greatly.  
Gradually after hundreds  
of reading experiences  
the eye tends to develop  
fixed habits of dealing  
with printed material.  
The habit established  
can be quite inefficient.  
Reading word by word  
or in very small phrases  
are examples of this.  
The efficiency at which  
the eyes function  
is a limiting factor in  
total reading efficiency.  
The relationship here  
is somewhat analogous  
to attempting to pour  
water through a funnel.  
The amount which flows  
in a given time  
is always controlled  
by the smaller end  
of the funnel in use—  
in this case the eyes.  
Much of the reading  
done by adults  
can be done more rapidly  
—and with comprehension—  
if the eyes are trained  
to function efficiently.  
This can be achieved  
with systematic practice.  
New habits and techniques  
learned in this book  
should also be applied  
in everyday reading  
done in other situations.  
In other words, your aim

should be that

this training transfers.

380 Words: Reading Time(Seconds) \_\_\_\_ . Words Per Minute \_\_\_\_ .

**Comprehension Questions:**

1. What's the purpose of the story of "centipede" in the passage?
2. Why does the passage talk about the eye movement?
3. How do your eyes function in the process of reading?

**Exercise 2**

**Directions:** The following material has already been phrased. Practice reading each phrase with only one eye fixation. Move your eyes down each column, making only one fixation per line.

1. There is  
no better way  
to test  
fishing boats  
than under  
actual fishing  
conditions.  
Actual conditions  
provide the  
opportunity to  
try out  
the fishing boat  
under the most  
adverse weather  
conditions and  
the most rapid  
and unexpected  
passenger movements.

2. The purpose of  
life insurance  
is to prevent  
financial difficulty  
for someone else  
in the event

of your death.  
With that in mind,  
you can determine  
if you need  
life insurance  
by simply  
asking yourself  
if your death  
would put someone  
else in a tough  
financial position.  
If the answer  
is yes,  
you need insurance.

3. The job interview  
is your best chance  
to sell yourself,  
so it pays  
to be well-prepared.  
First, rehearse  
in your mind  
the qualifications  
that would make  
you an asset



to the organization.  
Second, learn  
something about it.  
Most employers  
will be impressed  
if you can  
ask intelligent questions  
about their company,  
questions that show  
you've done  
your homework.  
Your local librarian  
can direct you  
to a number  
of reference books  
that "profile"  
business organizations.

4. The best exercise  
is the endurance type  
cardiovascular activities  
that make you  
breathe deeply,  
elevate your pulse,  
and make you sweat.  
Dr. Kenneth Cooper,  
expert on fitness,

lists the following  
as the best activities  
for physical fitness:  
running, swimming,  
cycling, walking or striding,  
stationary running,  
handball, basketball, squash.  
Any activity that elevates  
the heart's rate  
is beneficial.  
The exercise should be  
vigorous enough  
to produce  
a temporary feeling  
of fatigue.  
At this level  
of intensity,  
it strengthens the heart  
and other muscles  
and increases circulation.  
Strenuous activity  
should be scheduled  
at least two  
to three times  
a week  
for at least  
half an hour each time.

## Training in Eye Span (视幅训练)

### Explanation

许多读者阅读时,在每一行的开头和结尾花较多的停顿时间,有时还接错行又倒回来重读这一行,造成不必要的重复,并且使眼睛容易疲劳。有一个改进的方法,即开始练习时可在读物上划两条无形的虚线,一条靠近一行的开头,另一条靠近一行的末尾。在开始阅读一行时,不要盯住第一个词,而是把眼光放在第二个或第三个词上,然后往右移动。在快要读完第一行时,眼光要放在倒数第二个或第三个词上,紧接着往左扫描,对于线外的词只用眼睛余光触及。如此训练眼力,可以节省出许多阅读中停顿和转行的时间,以便阅读快速进行。如下面这篇文可按这种方法来试读: