



浮想联“篇”记单词

10周通关

COLLEGE
ENGLISH TEST - 4

4级核心词汇

主编 \ 隋玉玮 韩虔 田素萍

双重联想记忆法:

篇章→核心词汇→一般词汇

语块串联记忆法:

语块组句、语块组段、语块写作

“易一难一易”的阅读模式:

词汇量与阅读能力双提升

附赠超值MP3光盘:

语音、词汇、篇章三位一体，边听边记



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前言

PREFACE

词汇与英语学习就好比砖头与大厦, “No bricks, no mansions.” 词汇量的不足会严重制约学习者的听、说、读、写、译各方面能力的提高, 也会令他们在各类考试中难以取得理想的成绩。于是有的学习者为了扩大词汇量去背词典, 而有的学习者则寻找捷径, 希望在短时间内攻克词汇关。

其实, 对在英语学习的丛林中艰难跋涉的学习者而言, 学习的真谛在于掌握科学的学习方法。我们都知道, 语言是有生命的, 词汇、语法、结构只有在文章中才能体现其内涵与格调以及存在的意义。学习者要有很强的阅读能力, 才能把握语言的生命, 才能活学活用。

心理学家和语言学家历来强调在一定的语言环境中记忆词汇, 同时强调语块教学。语块是指由连续或非连续的两个以上的词组成, 并作为一个整体来储存与使用的结构。语块不仅指 “in the end” 这样的连续性短语结构, 也包括不连续的句子框架, 如 “not only...but also”, 和一些完整的句子, 如 “How do you do”。越来越多的研究者认为, 词汇在语言的使用中往往不是独立存在的, 而是以语块的形式出现。学习者熟悉并掌握大量的语块, 在运用中通过一定的加工、组合, 形成符合语境的恰当表达, 从而达到交际的目的。

编者在教学实践中发现, 学习者只有在语境联想中才能真正应用并

记住单词和语块。本书的创新式双重联想记忆法将篇章阅读与四级核心词汇串联起来；又将四级核心词汇与四级一般词汇串联起来。编者从新颖性、实用性、趣味性等多个角度严格把关，从国内外各种材料中筛选出 70 篇不同题材、话题广泛的文章，将四级的核心词汇融会贯通在其中。本书共分为 10 周，每周 7 篇文章。每篇文章后设有语块组句、语块组段、语块写作及考点词汇自测等练习；每周末还根据四级题型设计了短句翻译、语篇词汇填空、阅读理解等练习，检验所学的词汇，使学习者通过读、记、写，巩固单词及语块记忆，熟练应用所学的语言。

本书突破了以往单纯记忆词汇的方式，采用“**双重联想记忆法**”和“**语块串联记忆法**”，集词汇、语块、篇章、语音于一体：本书附赠 MP3 光盘，外籍专家朗读，可以帮助学习者边听边记，在潜移默化中记住单词、语块，最终达到会说、会用的目的。本书科学地结合了各种有效手段，让学习者既学习了英语知识、国外文化，了解了当代先进科学的前沿及国外的风俗习惯，又轻松、愉悦地提高了自己的英语综合能力。

从学习者的耐力及兴趣出发，每周的 7 篇文章按照“从易到难再到易”的方式排列，每周都以一篇趣味性故事结束，同时每篇文章都附有精心编排的本文看点。考虑到给广大学习者提供提升的机会，有些文章中含有 5~6 级的词汇，这些词汇后加“★”，以示区分。

衷心感谢参加本书编写的其他老师，他们是林绍娟、许铭应、解宏甲、詹慧芳、崔大志、林英玉、王冬梅、刘靖等老师。

由于编者水平有限，纰漏难免，敬请读者批评指正。

编者

2011 年 2 月

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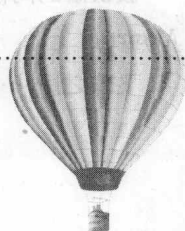
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第1周

President Barack Obama

美国总统贝拉克·奥巴马

The Breakfast Club

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Octopus Paul

章鱼保罗

Skimming and Reading Flexibility

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心理健康

The Date Father Didn't Keep

老爸没有赴约

Self-test One

贝拉克·奥巴马出生在美国夏威夷州檀香山市。1983年毕业于哥伦比亚大学。1997年，奥巴马进入政坛。2007年2月，奥巴马正式宣布竞选总统。他在竞选中强调结束伊拉克战争、实现能源自给、停止减税政策和普及医疗保险等，并承诺实现党派团结、在国际上重建同盟关系、恢复美国领导地位。2008年11月4日，他在美国总统大选中获胜，当选美国第44任、第56届总统，并成为美国历史上首位非洲裔总统。

Day 1

篇章词汇量：495个

President Barack Obama

美国总统贝拉克·奥巴马

Barack H. Obama is the 44th President of the United States. His story is the American story—values from the **heartland**, a middle-class **upbringing** in a strong family, hard work and education as the means of getting ahead, and the **conviction** that a life so **blessed** should be lived in service to others.

With a father from Kenya and a mother from Kansas, President Obama was born in Hawaii on August 4, 1961. He was raised with help from his grandfather, who served in Patton's army, and his grandmother, who worked her way up from the secretarial **pool** to middle management at a bank.

After working his way through college with the help of **scholarships** and student **loans**, President Obama moved to Chicago, where he worked with a group of churches to help rebuild communities **devastated** by the **closure** of local steel plants. 钢/炼钢工业. steel yourself 使自己坚强起来 (去面对不愉快之事)

He went on to attend law school, where he became the first African-American president of the Harvard Law Review. Upon graduation, he returned to Chicago to help lead a voter registration drive, teach

选民 登记、注册

constitutional law at the University of Chicago, and remain active in his community.

President Obama's years of public service are based around his **unwavering** belief in the ability to **unite** people around a politics of purpose. In the Illinois State Senate, he passed the first major **ethics** reform in 25 years, cut taxes for working families, and expanded health care for children and their parents. As a United States **Senator**, he reached across the **aisle** to pass **groundbreaking** **lobbying** reform, lock up the world's most dangerous weapons, and bring **transparency** to government by putting federal spending online. (weapan n. 武器. 手段)

Obama is frequently referred to as an **exceptional orator**. During his pre-**inauguration** transition period and continuing into his **presidency**, Obama has delivered a series of weekly Internet video addresses. Obama's international appeal has been described as a defining factor for his public image. Polls show strong support for Obama in other countries. According to a May 2009 poll conducted by Harris Interactive for France 24 and the International Herald Tribune, Obama was rated as the most popular world leader, as well as the one figure most people would pin their hopes on for pulling the world out of the economic **downturn**. (poll 民意调查. 转折点)

On October 9, 2009, the Norwegian **Nobel** Committee announced that Obama had won the 2009 Nobel Peace Prize "for his extraordinary efforts to strengthen international diplomacy and cooperation between peoples". (di'pləməsi/ n. 外交)

核心词汇记忆

Nobel /nəʊ.bəl/

- ◎ **heartland** ['hɑ:tlənd] *n.* 心脏地带; 中心区域
- ◎ **upbringing** ['ʌpbriŋɪŋ] *n.* 养育; 培养; 教养★

联想记忆

1. foster ['fɒstə] *v.* 收养, 养育★
2. fosterage ['fɒstərɪdʒ] *n.* 养育, 寄养, 助长★
3. nurturance ['nʌ:tʃərəns] *n.* 养育, 培养★
4. uprear ['ʌpriə] *v.* 养育; 升起★



- ② **conviction** [kən'vɪkʃən] *n.* 确信, 坚定的信仰, 坚定的看法 (或信念)
- ② **bless** [bles] *vt.* 求上帝降福; 祝福
- ② **pool** [pu:l] *n.* (统称) 备用人员
- ② **scholarship** ['skɒləʃɪp] *n.* 奖学金
- ② **loan** [ləʊn] *n.* 贷款
- ② **devastate** ['devəsteɪt] *vt.* 彻底破坏; 摧毁; 毁灭
- ② **closure** ['kləʊʒə] *n.* (永久的) 停业, 关闭; 倒闭; 结束
- ② **constitutional** [kənsti'tu:ʃənəl] *a.* 宪法规定的, 合乎宪法的
- ② **unwavering** [ʌn'weɪvərɪŋ] *a.* 不动摇的, 坚定的★
- ② **unite** [ju:'naɪt] *v.* (与某人或集体) 联结, 联合; 统一; 团结
- ② **ethics** ['eθɪks] *n.* 道德规范
- ② **senator** ['senətə] *n.* 参议员; 评议员
- ② **aisle** [aɪl] *n.* 过道, 通道
- ② **groundbreaking** ['graʊndbreɪkɪŋ] *a.* 破天荒的, 空前的
- ② **lobby** ['lɒbi] *n.* 游说
- ② **transparency** [træns'pærənsɪ] *n.* 透明; 透明度; 透明性
- ② **exceptional** [ɪk'sepʃənəl] *a.* 杰出的; 例外的; 独特的, 异常的

联想记忆

1. **outstanding** [aʊt'stændɪŋ] *a.* 突出的; 杰出的; 优秀的, 出色的
 2. **excellent** ['eksələnt] *a.* 优秀的, 卓越的, 杰出的
 3. **eminent** ['emɪnənt] *a.* 知名的; 受人尊崇的★
 4. **splendid** ['splendɪd] *a.* 极好的; 壮丽的; 辉煌的
 5. **standout** ['stændaʊt] *a.* 出色的, 杰出的
- ② **orator** ['ɔ:rətə] *n.* 演说者, 演讲家

联想记忆

- inauguration** [ɪˌnɔ:ɡju'reɪʃən] *n.* 开幕仪式; 就职典礼
- ② **presidency** ['prezɪdənsɪ] *n.* 总统的职位; 总统的任期
- ② **downturn** ['daʊntə:n] *n.* (价格或活动) 开始下降; (商业经济的) 衰退, 下降, 衰退期

语块组句

如: **lock up** 将……锁住 [关押]

We lock up our house when we go out.

▲ go on to do sth. 继续去做 (原本未完成的)

▲ refer to 提及; 涉及, 谈到, 提到; 关系到

▲ rate as 对某人定等级

考点词汇自测

下列方框表示记忆次数。如首次已记住可打“√”，反之打“×”。
第二遍和第三遍以此类推。

- | | | |
|------------------|--------------------|----------------|
| heartland □□□ | upbringing □□□ | conviction □□□ |
| bless □□□ | pool □□□ | devastate □□□ |
| closure □□□ | constitutional □□□ | unwavering □□□ |
| unite □□□ | ethics □□□ | senator □□□ |
| aisle □□□ | groundbreaking □□□ | lobby □□□ |
| transparency □□□ | exceptional □□□ | orator □□□ |
| inauguration □□□ | presidency □□□ | pin □□□ |
| downturn □□□ | rate as □□□ | refer to □□□ |



研究表明，青少年自杀行为是缺乏精神力量的结果。一些青少年的传统道德价值观念日趋淡薄，而新的激励人心的道德价值观念又非常缺乏，一旦身处痛苦境地时，就无法从痛苦中解救自己。《早餐俱乐部》是向学生提供一个同辈人之间私下交流各种想法和感受的机会，是由于一位青年学生自杀而成立的一个学生组织。这个学生的母亲认为，如果她儿子当时能和某个人说说心里话，这场悲剧是可以避免的。

Day 2

篇章词汇量：604 个

The Breakfast Club

早餐俱乐部

The telephone rang in my ninth-grade high school classroom. "Jill, please come to the guidance office!" As I walked down the hall, I wondered, why would someone want me to come to the guidance office? As I stepped into the **counseling** office, I was met by a girl who needed to speak to someone about her friend. I was reassured by the school **counselor** that I was not in trouble and that someone needed to talk with me. I was called because I was a number of the Breakfast Club.

The Breakfast Club is not a club where one eats breakfast. It is an organization of students started thirteen years ago as a result of a young student's **suicide**. His mother thought that it could have been prevented had her son talked to someone about how he was feeling.

The B.C., as we call it for short, gives us an opportunity to privately talk to our peers about anything on their minds and in their hearts. Our **motto**: We care but we don't cure. Members from the previous year, teachers, and counselors select students for the Breakfast Club. The club is a **diverse** group including, Asians, blacks, whites, **athletes**, musicians, and students with all levels of academic achievement. The **criteria** for