

吴扬才 主编

Graded Fast Reading Practice in College

大学英语快速阅读 分级训练

国防科技大学出版社

大学英语快速阅读分级训练

Graded Fast Reading Practice in College

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内容简介

本书共分4级,每级由15个单元组成,每个单元有4篇短文和20道习题。全书所选题材广泛,内容丰富;习题对大学英语教学大纲所要求的阅读技能作了全面和精细的安排。本书由易到难、由浅入深、循序渐进,是大学英语快速阅读分级训练的理想读本,也可作为同等水平的英语爱好者进行快速阅读自我检测的标尺。

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前 言

现行《大学英语教学大纲》(以下简称大纲)规定,大学英语教学旨在“培养学生具有较强的阅读能力和一定的听、说、写、译能力,使他们能用英语交流信息”。

大纲在阐述读、听、说、写、译的相互关系时指出,“阅读是掌握语言知识、打好语言基础、获取信息的重要渠道。阅读能力是大部分大学生今后工作所需的主要语言技能。在大学英语教学中要始终注重阅读能力的培养。从语言学习的规律来看,英语应用能力的提高是建立在大量的语言输入,尤其是大量的阅读的基础之上的。”

在大学英语四级考试中,阅读理解占了总分的 40%,可见阅读理解何等重要。当然,阅读的最终目的是准确、迅速地获得所需的知识和信息。一个好的读者必须做到既“准”又“快”。只讲速度不讲质量的阅读是没有作用的;反之也一样。因此,大纲对四级阶段的阅读速度也作了具体要求,见表 1。

表 1 阅读速度要求

级 别	1	2	3	4
一般阅读 wpm	60	65	70	70
快速阅读 wpm	80	90	100	100

然而,众所周知,影响学生过阅读关的主要障碍是词汇量狭小,而造成学生词汇量狭小的主要原因是遗忘。怎样才能防止遗忘呢?教育心理学家们对此进行了长期的研究,并总结了许多防止遗忘的方法。“在理解的基础上多次重复识记”就是重要的防止遗忘的方法之一。

那么,怎样做才是科学的有效的重复呢?德国心理学家艾宾浩斯(Ebbinghaus, 1850-1909)第一个对遗忘现象作了比较系统的研究。他以自己做被试,用无意义音节为学习材料,用“再学法”与“节省法”计算出保持和遗忘的数量,得到实验结果如表 2。

表2 不同时间间隔后的记忆成绩

时 间 间 隔	重学时节省诵读时间百分数(%)
20 分钟	58.2
1 小时	44.2
8 小时	35.8
1 日	33.7
2 日	27.8
6 日	25.4
31 日	21.1

用表内数字制成曲线,称为艾宾浩斯遗忘曲线,如下图。

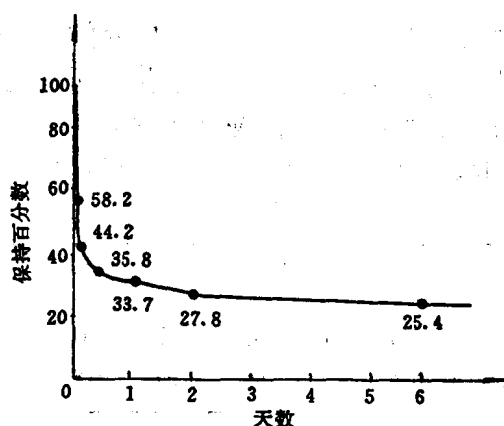


图 艾宾浩斯遗忘曲线

这条曲线表明:遗忘进程不是均衡的,在识记的最初时间遗忘很快,后来逐渐缓慢,到了相当时间,几乎不再遗忘了,即遗忘的发展是“先快后慢”。

继艾氏之后,许多人用无意义和有意义材料对遗忘的进程进行了研究,都证实了艾氏曲线的普遍性。

有的学生学习英语时,生词记得快,但记不牢,原因之一就是首次识记之后没有重复。要熟记所学内容,需要过渡学习。所谓过渡学习就是在刚刚记住之后再重复学习若干遍以形成巩固的联系。艾氏曲线告诉我们,科学的有效的重复间隔时间以一个星期左右为宜。间隔时间过短,则近似于集中重复,达不到巩固的最佳效果;间隔时间过长,则会出现遗忘,等于重新识记,造成学习精力的浪费。因此,“心血来潮”和“一暴十寒”都是不可取的。

这里所讲的重复,不是对已学内容的简单再重复,而是通过大量的阅读来

实现的。只有在大量的阅读实践中,学生才能对已学知识举一反三,触类旁通,并不断摄取新知识,达到所谓“滚雪球”的效果。因此,编写一本温故知新、由易到难、由浅入深、循序渐进的快速读本十分必要。

本书就是为上述目的而编写的。其特点是:

一、分级递进,前后照应,并根据各级不同的阅读要求控制了生词量。各级分为15个单元,读者可以基本上一个星期阅读一个单元。

二、所选材料题材广泛,内容丰富,难易适中,做到了知识性与趣味性相结合。此外,每篇短文后注明了单词数量,读者可根据自己的实际情况选择阅读方式并计算出限定时间。

三、习题类型多样,对大纲要求的阅读技能,如理解主题和中心思想、辨认主题展开的重要细节、区分事实和看法、进行推论、作结论、用构词法或上下文猜测生词的词义或短语的含义等都做了精心的安排。

本书承蒙美籍专家 Paige Tillery 女士审定,特此致谢。

由于编者水平有限,错误和不当之处在所难免,敬请读者不吝指正。

编者

2000年5月

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Band 1

Unit 1

Passage One

The letters "SQ3R" stand for five steps in the reading process: Survey, Question, Read, Review, Recite. Each of the steps should be done carefully and in the order mentioned.

In all study reading, a survey should be the first step. Survey means to look quickly. In study reading you need to look quickly at titles, words in darker or larger print, words with capital letters, illustrations, and charts. Don't stop to read complete sentences. Just look at the important divisions of the material.

The second step is question. Try to form questions based on your survey. Use the question words: who, what, when, where, why, and how.

Now you are ready for the third step: Reading. You will be rereading the titles and important words that you looked at in the survey. But this time you will read the examples and details as well. Sometimes it is useful to take notes while you read. Some people prefer to underline important points, and it seems to be just as useful as note-taking. What you should do, whether you take notes or underline, is to read actively. Think about what you are reading as a series of ideas, not just a sequence of words.

The fourth step is review. Remember the questions that you wrote down before you read the material. You should be able to answer them now. You will notice that some of the questions were treated in more detail in the reading. Concentrate on those. Also review material that you did not consider in your questions.

The last step is to recite. Try to put the reading into your own words. Summarize it either in writing or orally. (278 words)

1. The letters "SQ3R" represent "_____".

A. step, question, read, review, recite

- B. survey, question, read, review, recite
 - C. survey, quickly, read, review, recite
 - D. survey, question, read, review, study
2. When you read, according to the author, you must first _____.
- A. ask questions about the material
 - B. write down the title of the article
 - C. take a general view of the article
 - D. find out the illustrations from the article
3. All of the following are wh-words EXCEPT _____.
- A. who B. why C. how D. however
4. To get important points, you may _____ while you read.
- A. either note or underline
 - B. neither note nor underline
 - C. both translate and adapt
 - D. not only recite but also reread
5. The last step for the reading is to _____.
- A. pay attention to the process
 - B. concentrate on details
 - C. repeat what you read
 - D. say to yourself

Passage Two

In jungles there is often a thick undergrowth along the ground. It is so thick that, in order to get through the jungle, people have to cut it with large knives. There are many huge trees, and large vines hang down from them so that their tops cannot be seen from the ground. It is quite dark there because the leaves and vines keep out the sunlight. This kind of jungle, called a tropical rain forest, is found in many places near the Equator.

In these forests it is always hot and damp. Rain falls almost every day of the year, and the ground is never dry. There is no spring, summer, winter, or fall, but only a dry season and a rainy season. In the dry season, there is less rain, but there is never a time when the rain stops altogether. Nights and days are almost the same length throughout the year.

The largest tropical rain forest in the world is in the great valley of the Amazon River in South America. This is not a region where it is easy for humans to live, be-

cause of the thick jungles, the heat, the dampness, the millions of insects, and the poor soil. Nevertheless, there are people who live on this land, and who farm it.

If you flew over the Amazon valley in an airplane, you would see clearings here and there. Most of these clearings are near rivers. Rivers are roads in the jungle. People can travel on them in boats from one place to another.

The people who live in the Amazon jungle are called Indians, but they are just one of the many groups of people in the world called Indians. All the people who were living in North and South America when the Europeans came are called Indians. They speak many different languages, and live in many different ways.

The Amazon Indians make clearings by cutting down the undergrowth and then burning it. They do not cut down the big trees, but let the fire kill them. In the clearing, they build houses of palm leaves. Usually, several families live together in one house.

(260 words)

6. Which of the following is NOT true?
 - A. Undergrowth in jungles is thick.
 - B. It is difficult for people to get through the jungle.
 - C. The sunlight can hardly come into the jungle.
 - D. This kind of jungle can be found everywhere in the world.
7. According to the passage, _____ in these forests.
 - A. it is hot and damp sometimes
 - B. there are apparent season changes
 - C. there is no season without rain
 - D. days are longer in summer
8. The great valley of the Amazon River is a region where _____.
 - A. it is not easy for people to live
 - B. it is easy for people to live
 - C. there is less heat and dampness
 - D. insects overrun the whole land
9. Indians _____.
 - A. speak many different languages
 - B. live in many different ways
 - C. can be divided into many different groups
 - D. all of the above

10. The Amazon Indians make clearings in the forests to _____ .
- A. burn them
 - B. farm them
 - C. open roads
 - D. live together

Passage Three

Professional sports are very popular in the United States, and they are big business. The most popular sports are baseball, football and basketball. Each has its own season, and millions of supporters. Professional teams are named for the cities where they are located. Their strongest supporters live in these cities. When a team plays in a championship game, most people in the city follow the game with interest and enthusiasm.

Basketball is well-known around the world. Professional basketball games in the United States are played indoors during the winter months. From November to April one can find a professional basketball game several nights a week in most large American cities.

Baseball is an American sport. It has been called the national pastime. The game is played in the evenings nearly everyday of the week and on weekends as well. The season begins in April and finishes with the World Series in October.

Football has become the most popular professional sport in the U.S. It is played on Sundays during the fall from August to January. American football is different from international football, which Americans call soccer. Both games require strength and specialized skills.

Professional athletes are very well-paid. The most famous athletes make millions of dollars for their playing skill. America's best athletes have higher salaries than the country's president.

(223 words)

11. The favorite sports in America are _____ .
- A. basketball
 - B. baseball
 - C. football
 - D. A B and C
12. Professional basketball seasons in America last about _____ in winter time.
- A. several nights

- B. a few weeks
 - C. four months
 - D. six months
13. Baseball is mostly played _____.
- A. in big cities
 - B. in the United States
 - C. on weekdays
 - D. on weekends
14. Which of the following is NOT true?
- A. Americans play football during the autumn months.
 - B. International football is round.
 - C. American football is elliptical.
 - D. Playing soccer needs less strength.
15. The title of this passage might be _____.
- A. Big Business in America
 - B. Professional Sports in America
 - C. Favorite Sports in America
 - D. Professional athletes well paid in America

Passage Four

Have you ever wanted your office to be the great outdoors? Well, now it can be. The Student Conservation Association offers a variety of job opportunities working with agencies that are responsible for the care and management of the country's public lands. Even though we are called the Student Conservation Association, you don't have to be a student to join. We have about 1500 volunteers who work in over 250 areas within the National Park Service, the United States Forestry Service and other land management agencies. As a volunteer you'd help conservation professionals in tasks such as building back country trails or taking tourists on natural history walks through the Grand Canyon or along the fog-covered coast of Maine. If you are at least 18 years of age, have a high school diploma and have been out of school at least one year, positions are open year-round across the country. The typical term of service ranges from 10 to 12 weeks. About half the participants use their experiences as pre-career training. But the program is as available to students majoring in dance or English as it is to those majoring in biology. Some of the jobs demand physical endurance, but most do not. Volunteers receive no salary. But the Association pays for all living expenses, includ-

ing transportation to and from the program site, housing, food and the allowance for uniforms if needed. For an application and additional information, write to the Student Conservation Association. (250 words)

16. What is the function of the Student Conservation Association?
 - A. It gives students a variety of experience.
 - B. It works with other agencies.
 - C. It is responsible for public service.
 - D. It manages the country's public lands.
17. What does the passage tell us about the volunteer positions?
 - A. They are available all year round.
 - B. They are often filled by tourists.
 - C. They often involve a great deal of physical labor.
 - D. They are restricted to high school students.
18. Where do volunteers work?
 - A. Only in nearby municipal parks.
 - B. Only at East Coast resorts.
 - C. Throughout the United States.
 - D. In any country they choose.
19. What is required of all volunteers?
 - A. A year of experience in land management.
 - B. A high school diploma and minimum age of 18 years.
 - C. A willingness to do physical labor.
 - D. A commitment to work ten to twelve months out of the year.
20. How can one obtain an application form?
 - A. By going to a local post office.
 - B. By calling the Bureau of Land Management.
 - C. By writing to the Student Conservation Association.
 - D. By contacting a local National Park Service branch office.

Unit 2

Passage One

Sports is full of wonderful moments, but perhaps nothing is as exciting as the finish of the marathon. It is the longest, hardest race of all. The name "marathon" comes from a village in Greece. A famous battle was fought there in the year 490 B.C. When the Greeks had beaten the Persians, a soldier ran all the way from Marathon to Athens — more than 40 kilometres — to tell people the good news. When the modern Olympic Games were started in 1896, the organizers knew this story. The marathon has been a race since then.

In the ancient world the Olympics were held every 4 years for 1,000 years. They were an important part of life. In the modern Games we try to copy their ideas. The finest sportsmen in the world are collected in one place — or at least, the finest "amateurs" are. An amateur is someone who does not earn any money from sports. It is often difficult to say who is an amateur and who is not. It is true that Olympic athletes do not earn large amounts of money like professional athletes. But Olympic athletes are often students or teachers of a sport. They have to spend a lot of time training. Their governments pay for their training, travel and "pocket money" because they want them to win. Some people think that this changes the Olympics. They feel that the Games are now a political marathon.

(240 words)

1. According to the passage, a marathon is _____.
 - A. the most exciting race of all the Olympic Games
 - B. full of wonderful moments
 - C. as exciting as the other sports
 - D. A B and C
2. The word "marathon" was first used for a _____.
 - A. battle
 - B. person
 - C. place
 - D. race
3. The marathon race was run in 1896 because _____.

- A. there was such a race at the ancient Olympic Games
 - B. the distance was once run by a Greek soldier
 - C. the Olympic Games were held at Marathon in 1896
 - D. the longest race has always been called a marathon
4. How often are the modern Olympic Games held?
- A. For 4 years.
 - B. Every 4 years.
 - C. Less than 4 years.
 - D. More than 4 years.
5. Which of the following is the best title for the passage?
- A. The Olympic Games.
 - B. The Olympic Marathon.
 - C. The Olympic Athletes.
 - D. A Political Marathon.

Passage Two

Most American university students study for four years or more to get a college degree. During this time, they are called undergraduate students. When a student completes his or her courses, he or she earns a bachelor's degree which will help him or her find a job.

Many students postpone finding jobs. They stay at the university and work for a higher degree. Other students take a job for a few years. Then they quit working, and they resume studying at the university. These students work to earn higher degrees, such as a master's or a doctorate. They are called graduate students.

Graduate students specialize in a particular field of study. They study to become experts in this field and to learn new advances in their fields while they earn an M. A. or Ph. D. Sometimes when they get an M. A. in one field they begin studying in another field. They hope that when they earn their graduate degrees they will succeed in finding important jobs. They hope to get jobs that are interesting and well-paid.

The life of a graduate student is often difficult. They are usually too busy studying to make a good living. Often they have to pay high tuition fees for their education. Some give up studying before they get their degrees. But most keep on working at their studies until they graduate. In today's world, most graduate students don't regret spending time on their studies. They are finding that things are changing very fast. New developments are occurring in all fields. For many, graduate study has become a ne-

cessity. (255 words)

6. A university student who has not yet taken his/her first degree is _____.
 - A. a graduate
 - B. an undergraduate
 - C. a high school graduate
 - D. a post graduate
7. The letters "M. A." stand for _____.
 - A. Master of Arts
 - B. Master of Science
 - C. Madam
 - D. Malaya
8. What degrees do graduate students to earn?
 - A. A bachelor's degree.
 - B. A master's.
 - C. A doctorate.
 - D. B and C.
9. Why do people go to graduate school?
 - A. They hope to postpone finding jobs.
 - B. They hope to resume studying at the university.
 - C. They hope to begin studying another field.
 - D. They hope to find important, interesting and high paying jobs.
10. Because of _____, graduate study has become necessary for many people nowadays.
 - A. specialization in particular fields
 - B. changes and new developments in all fields
 - C. the reasonable tuition fees for the education
 - D. few advances in some fields

Passage Three

Wheat is the most important grain from which flour can be made. This is because leavened bread can be made from wheat flour. If yeast is added to the mixture of flour and water before it is cooked, the bread rises into a lighter, higher loaf. Rye is the only other grain from which leavened bread can be made.

Wheat can be grown almost all over the world. The people of the New World did