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专项能力提高系列

# 大学英语4级 阅读周周练

本册主编 韩效伟 石绍云 王晓军

名师名校，打造精品书

精讲精练，架设考试桥

上海交通大学出版社



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# 大学英语 4 级阅读周周练

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## 丛书总序

大学英语四、六级考试是目前国内规模最大的标准化考试,2008年参加考试的人数达到840万。在这个庞大的人数背后,一方面是高校和社会对学生外语能力的要求在不断提高;一方面是大学英语教学的形式和内容也发生了很大的变化:教学不再只着重语言知识的传授,还要培养学生的各种应用能力。《大学英语课程教学要求》提出:大学英语课程不仅是一门语言基础课程,也是拓宽知识、了解世界文化的素质教育课程,兼有工具性和人文性。在这个前提下,各高校积极开设实用性强的各类英语选修课程,以此有效地培养学生用英语进行工作、沟通和学术交流的能力。同样,四、六级考试也进行了一系列的改革:增加听说环节、加强主观题考查力度、写作题材转向应用文等。

大学英语教学改革的目标是切实提高广大学生的英语实际运用能力,而大学英语四、六级考试改革则旨在科学、有效地评估广大考生的英语水平及其实际运用能力。考试和教学从来就不是一对矛盾,而是相互促进、相互依存的。作为从事大学英语教学的一线教师有必要、也有责任帮助学生掌握“大学英语教学基本要求”规定的教学内容,达到考试大纲所规定的目标,最终顺利通过大学英语四、六级考试。这也是本套丛书编写的根本目的。

根据参加考试同学的水平,本丛书分为三个系列,从低到高依次为:基础备考知识系列、专项能力提高系列、考前冲刺热身系列。三个系列间既彼此独立,又相互关联,每个系列按照知识内容分若干册,针对学生在学习和考试中的难点作出分析和指点,使用者可结合自身情况,从低系列到高系列选择使用,有针对性地提高自身知识薄弱的环节。

本套丛书由上海交通大学外国语学院的教师领衔编写,参编教师均为在大学英语教学一线从事多年教学的骨干教师,编写中参照了“大学英语教学基本要求”,认真分析了大学英语考试大纲所规定的各项考试要点及样题,根据我国英语学习者英语学习中犯错的特点以及母语对英语学习可能造成的负面影响,在精讲的基础上设计了大量的练习。整套丛书

具有较强的实用性和针对性,希望广大同学通过大量的操练、实践,达到学习掌握这些语言点和语言技能的目的。

作为正常课堂教学的补充,希望本丛书能有助于大学英语学习者打好语言基础,在学习语言,了解文化的同时,达到考纲要求,顺利通过大学英语四、六级考试。

上海交通大学外国语学院  
王同顺

## 前 言

在编者看来,四、六级考试改革的目标是更准确地测量我国在校大学生的英语综合应用能力,以体现社会改革开放对我国大学生英语能力的要求。因此,可以大胆地假设:在新的大学英语课程教学要求下进行英语学习的大学生们将更能迎合与国际社会接轨的中国当前社会的需求,而改革后的大学英语四、六级考试也将更能得到社会的认可。

执此观照,本书紧密围绕《全国大学英语四、六级考试改革方案(试行)》和《大学英语四级考试(CET-4)试点考试样卷》进行编写。

本书由三大部分组成,各单元包括语熟技巧、习题训练、难点笔记、答案解析、拓展训练等栏目。

与市面上同类书籍相比,本书的最大特点即在于不单单传授所谓的应试技巧,而是更注重英语基础知识和实际语言运用能力。具体讲:

首先,取材新颖,杜绝抄袭;

针对快速阅读的难度和重要性,编者排除手头资料的限制,大胆利用最新英美书刊资料和因特网,根据测试学原理,合理编写习题,提高训练的效度和真实性。

其次,题型解析,涵盖全面;

本书依照四级改革方案,涵盖新四级阅读理解中的必有题型和交叉题型,材料涉及人文、科学、自然、历史、音乐、文化诸方面。在全面解析中辅以配套练习,为考生备考提供切实有效的指导与实践方案。

第三,题材分类,步步进阶;

本书由专项解析和综合模拟组成。该思路既能够为阅读学习提供可靠的参照也能够使四级考生在复习中相互印证,最终掌握考试要求和要领,从容面对考试。模拟题的形式与编排完全根据考试真题设计,读者可以熟悉考试形式,迅速进入考试状态。

最后,核心词汇,拓展训练;

本书快速阅读部分涵盖的生词与难词均有注释,此外每套练习后均附有“拓展训练”以丰富考生视野,预测试题方向,这既能增强考生对短文

的理解,又有助于拓展考生的知识面。

我们衷心希望,广大考生在使用本书时能够按照书中介绍的方法和提供的练习,细心揣摩研究,不断归纳总结,活学活用,学牢学透,从而一方面逐步提高使用英语的能力,另一方面轻松地通过考试,奔向光明的前程。

编者

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# Unit 1

## 快速阅读

### 谙熟技巧

快速阅读是新四级考试阅读理解中的一种新题型。主要考查学生略读(Skimming)和查读(Scanning)两种能力。在一些国际英语水平测试中,快速阅读理解是必考的题型。这种题型要求考生的阅读速度达到每分钟100词,考试时间为15分钟。

#### 快速阅读文章特点

- 文章长度为1000~1200词;
- 文章一般为说明性文章,如:Landfills(垃圾处理),Six Secrets of High-Energy People(精力旺盛者的六个秘密),Protect Your Privacy When Job-hunting Online(网上求职时要保护好隐私);
- 文章既有大标题,也有小标题;
- 文章中出现的超纲词会在原文中标注汉语。

#### 快速阅读试题特点

- 共有10道题,其中1~7题是判断题,8~10是填空题;
- 判断题分为三种情况:正确(Yes)、错误(No)和原文未提及(Not Given);
- 填空题是对原文内容的转述,所填答案都是原文中出现的原词、原句,长度为7个词以内,多为名词短语;
- 题目的顺序与文章内容的先后顺序一致。

### 解题步骤与技巧

- 读题。在题干中寻找关键词。
- 略读全文。略读的重点是标题、主题句、大的语义转折句。
- 用查读的方法，回归原文定位所考段落，寻找答案。将题目中的关键词与原文各段落的小标题相对照或定位到原文中的一个段落，这必将大大加快解题速度，并提高准确率。但并不是每个题目都能先定位到原文中的一个段落的。
- 从头到尾快速阅读该段落，根据题目中的其他关键词，在原文中找出与题目相关的一句或几句话。确定一个段落后，答案在该段落中的具体位置是未知的。所以，需要从从头到尾快速阅读该段落，找出该段落中与题目相关的一句话或几句话，通常是一句话。由于题文同序，下一题可以直接从当前位置开始查找。



### Warming-up Exercises 热身训练

**Directions:** There are 20 blanks in the following passage. For each blank there are four choices marked A), B), C) and D). You should choose the ONE that best fits into the passage.

With 950 million people, India ranks second to China among the most populous countries. But since China 1 a family planning program in 1971, India has been closing the 2. Indians have reduced their birth 3 but not nearly as much as the Chinese have. If the current situation continues, India's population will 4 China's around the year 2028 at about 1.7 billion.

5 that happen, it won't be the 6 of the enlightened women of Kerala, a state in southern India. 7 India as a whole adds almost 20 million people a year, Kerala's population is virtually 8. The reason is no mystery: nearly two-thirds of Kerala women practice birth control, 9 about 40% in the entire nation.

The difference 10 the emphasis put on health programs, 11 birth control, by the state authorities, 12 in 1957

became India's first elected Communist 13. And an educational tradition and matrilineal(母系的) customs in parts of Kerala help girls and boys get 14 good schooling. While one in three Indian women is 15, 90% of those in Kerala can read and write. Higher literacy rates 16 family planning. "Unlike our parents, we know that we can do more for our children if we have 17 of them," says Laila Cherian, 33, who lives in the village of Kudamaloor. She has restricted herself 18 three children—one below the national 19 of four. That kind of restraint will keep Kerala from putting added 20 on world food supplies.

1. A) discovered      B) delivered      C) launched      D) transmitted
2. A) gap      B) blank      C) interval      D) space
3. A) percentage      B) proportion      C) rate      D) ratio
4. A) exceed      B) undertake      C) deserve      D) proceed
5. A) If      B) As      C) May      D) Should
6. A) virtue      B) fault      C) flaw      D) blame
7. A) While      B) Since      C) Because      D) Suppose
8. A) reliable      B) stable      C) durable      D) permanent
9. A) benefited from      B) involved with  
C) compared with      D) stemmed from
10. A) consists in      B) insists on      C) results in      D) departs from
11. A) adding      B) including      C) consisting      D) containing
12. A) that      B) since      C) what      D) which
13. A) command      B) charge      C) government      D) state
14. A) equally      B) intensely      C) successively      D) exclusively
15. A) cultural      B) literate      C) sensitive      D) sensible
16. A) make for      B) lay down      C) get over      D) bring on
17. A) less      B) best      C) fewer      D) better
18. A) in      B) at      C) as      D) to
19. A) statistics      B) average      C) tendency      D) category
20. A) barrier      B) challenge      C) pressure      D) weight

### Keys (Warming-up Exercises)

1. C)    2. A)    3. C)    4. A)    5. D)    6. B)    7. A)    8. B)  
9. C)    10. A)    11. B)    12. D)    13. C)    14. A)    15. B)    16. A)  
17. C)    18. D)    19. B)    20. C)



第一周  
MODEL TEST 1

## Part I 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.*

*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.*

### The Secrets to Staying Centered (精神集中的) and Happy in a Troubled World

Many of us are probably so used to crisis in the world that it has become a natural part of our mental scenery. We've grown accustomed to living in a world where acts of bitter conflict, unrest, and inhumanity are everyday things, and their constant contradiction with our essential values almost seems normal.

But are we really aware of the effect that these daily messages have on our minds and attitudes, on our inner life? How do we deal with our real feelings about the war, terrorism, the elections, the environment, and

other issues? Do we even know those feelings are, aside from our general opinion? It's surprisingly easy to carry silent resentment, fear, and deep anxiety about these things without even realizing it.

Everyone knows it's important for any individual to stay balanced, but how can one do it when the pressure is on, when one is assaulted by negative messages from all sides?

### **1. Get in touch with yourself.**

People are usually much more willing to analyze an external issue and give opinions than to look inside themselves. Take a moment to get in touch with your inner response to a much talked about and urgent current event. Use some adjectives to describe your personal way of relating to the events you are aware of, and write them down on a piece of paper. Do you feel concerned, combative, hopeful, disgusted, despondent or numb? Are the feelings obvious or vague? Allowing your feelings to become clear to you gives you more power to influence them.

### **2. Decide what gets inside your head.**

Every day, Americans are bombarded by information from advertisements and the media. Maybe in years past, news about world events used to come at a slower pace, often by word of mouth, but nowadays it's easy to overdose before finishing breakfast, on information about events occurring on the other side of the world.

Just as you make choices about the foods you eat, be judicious about what you allow to enter your mind. What you hear and see affect what you think, and what you think over time determines the quality and substance of your life. How necessary is it to read the entire newspaper every day, or to listen to and share office or family gossip? What other possibilities can you think of for your valuable time?

Train yourself to consistently stay on guard, and watchful of the external messages constantly contending for your precious attention. Make it a point to actively allow or deny them entrance, according to your best judgment. Over time, this kind of work on yourself will help you be freer of the invasion of external messages, and to help you think more clearly and



precisely.

### 3. Invest in your personal vitality (wind your clock).

Much like a car depends on gas, everything you do in life is made possible by your level of vitality or energy, especially the decision to remain inwardly balanced and happy. Surprisingly, your energy comes from many more sources than just the food you eat.

For example, in *Hypsoconsciousness* (实现个人的成功技术) by John Baines, a book of consciousness-developing exercises, the author describes a consciousness building exercise where the individual moves very slowly and carefully, in a relaxed manner, mentally concentrating on the movement. Any physical movement (such as writing or walking) works and is performed at an exaggeratingly slow pace for five to ten minutes, and sometimes more. After practicing this exercise, you should feel an increase in vitality, presence, and greater mental clarity. Try this exercise when you feel fatigued, and see how it makes you feel.

### 4. Take life as a challenge.

When life is taken as a healthy challenge, difficulties seem more like an engaging game; it becomes more intense, joyful, and real. To spend most of our lifetime fearfully avoiding problems ultimately doesn't work, because fear contaminates our every act, and in the end, we have to deal with even more problems. Things take a different color when we accept difficulties as normal, patiently work through them, and don't assign so much negative emotional weight to them. This takes development of the will.

Try this suggestion: Set one small goal for yourself this week. For example, if you hate washing dishes, set yourself the challenge of washing the dishes with a light, cheery attitude for the entire week. If you tend to be shy around people, go to a party with the specific aim of chatting comfortably with a few strangers. Whether you succeed or not, if you take the right attitude with this exercise, you will see yourself and your possibilities differently. Remember to take small steps-making the challenge too difficult or too easy defeats the purpose.

### 5. Seeing the big picture.

Have you ever been positively influenced by a person who had some quality you admired? Sometimes just one well-balanced and positive person can affect a great number of people just by the way he or she "is". It's been said: "If you want to change the world, start with yourself." Though it's tough to accept at first, each of us who is concerned about the world can make a contribution with our own development, with our own growth. It's easy to feel powerless in the face of negative events on a global scale, to give up, to contaminate each other with opinions, or to avoid how we feel. These things only make matters worse, on the inside and out. The most potent tool each person has for attaining genuine happiness is his or her potential for self development, and the greater the number of people who work on themselves, the greater the effect on the world.

- Y 1. Those daily messages which contradict with our own values actually have a strong effect on our minds; however, we might not be aware of it.
- Y 2. Getting in touch with yourself means you allow your feelings to become clearer to you so that you can have more power over them.
- N 3. The author maintains that it is necessary to absorb as much information as possible without any judgment.
- N 4. Wind your clock means that you need to revitalize yourself by eating foods.
- Y 5. When you meet problems, don't avoid them but try to work through them so that the situation would become better.
- N 6. In the fourth suggestion, the author mentions if you don't have the right attitude you can't possibly succeed in the end but if you takes the right attitude, you can definitely succeed.
- NG Y 7. In order to stay happy in a troubled world, you need to have someone to admire.
8. Sometimes one positive person can affect many people just by \_\_\_\_\_.