

英语 四级词汇教程

阅读真题单词轻松记

李冰 辛运国 常莉 编著

You will find
the key in
this book !

How to memorize
English words?



天津科学技术出版社

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英语

四级词汇教程

English Vocabulary

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前言

本书的编撰目的

英语的重要性无需强调，学习英语的人也与日俱增。然而由于英语发展过程中的历史原因，如何熟记并掌握英语词汇就成了学习中的一大难题。该如何克服这种由于词汇构成的复杂性所造成的困难呢？从学习心理学的观点看，学习的成功与否取决于学习者的动机和学习的冲动、学习的方法、学习材料的编撰方式、学习内容的趣味性等。作为编者，我们所关心的是，如何通过科学的编撰方式，为学习者提供有趣的学习内容、有效的学习方法、可靠的检测手段，从而使大家在扩充词汇量方面能够真正找到一把金钥匙。

本书构成

本书分为两大部分。第一部分为核心部分，涵盖了2000年以来几乎所有四级试题阅读文章以及部分听力文章（由于词条重复删减了部分材料）。本书按主题共分为十四章，每篇文章后针对四级核心词汇进行了注释，其中包括：音标、词性、词条解释、习语与搭配、例句、同义词、反义词、字根与派生词、词源、词语链接。每章最后设有两个词汇练习，针对各章出现单词设置选词填空和词汇连线题，均选自历年四级真题及各大英文词典。第二部分为四级核心词汇表，精选了四级考试中出现频率最高的常用词汇。

本书具有以下特色

一、先进的预置语块理论为指导

本书的编写的理论基础为预置语块理论，预置语块是“一串预制的连贯或不连贯的词或其他意义单位，它整体存储在记忆中，使用时直接提取，无需语法生成和分析”。本书在编写中强调词语的搭配，并且在语境中尽量体现词条的常用搭配；而丰富的同义词设置则体现了对预置语块理论的创新，并且丰富了此理论，从

而帮助英语学习者在大脑中形成相关词汇网络，达到举一反三的效果，使其在口语写作当中用词更加自如。

二、结合语境背单词

语境既包括文章，也包括例句与练习。例句精选自朗文、牛津词典以及韦氏等词典，力求做到典型、精炼。每单元后的练习在句子选择上，注重猜词技巧训练，多数可以直接通过句子本身猜出空缺单词意思，即使猜不出确切含义，也可以猜出大体范畴。比如：

My brother's plans are very (); he wants to master English, French and Spanish before he is sixteen. 此句中，由句子后半部分得知我兄弟想要在16岁前掌握三种外语，显然这是很有抱负的想法，那么我们很容易联想到此处需要填表达有抱负、雄心的词 ambitious。

此外有些句子可以利用常用搭配选出正确单词。比如：

After the Arab states won independence, great () was laid on expanding education, with girls as well as boys being encouraged to go to school.

如果我们对词组熟悉，可知 lay/put emphasis on... 为本题考点。

三、利用多种渠道拓展单词

本书希望可以利用同义词、反义词、字根与派生词等内容为读者记忆单词形成有意义的网络，从而使读者自己能够举一反三。据统计，英语口语核心词汇不到1000，而英语单词何止百万，剩下的要么是专业词汇，要么是同义词，如果能利用同义词来记忆四级单词，定能事半功倍。需要指出的是，与中学所学同义词、近义词辨析不同，本书中所列举的同义词来源于语言应用，即在某些语境中表达同样意思。此外，利用字根词缀记忆也能够将词语赋予意义，有助于词汇学习。本书尽可能地囊括了四级中常见字根与部分词缀。词语链接就是分类词汇，或词语联想，旨在帮助读者对某个主题词汇形成体系。比如关于 judge (法官) 词项，本书提供了有关 court (法庭) 各方面词汇：法庭上出现的人，如 witness 证人，defendant 被告等；法庭审理过程所涉及词汇，如 charge, guilty 等。

四、词源提供乐趣

本书提供的词源既可以帮助读者加深印象，又能够丰富读者的知识，还能使大家在单词记忆过程中获得些许愉悦。比如学习 athlete（运动员），我们了解到 athlete 来源于 Athens（雅典），体育发源地，再查，我们发现这一单词与 Athena（雅典娜）有亲缘关系，本书会简单介绍关于雅典娜的一些传说，既使读者深刻记忆了单词，又丰富了文化方面的知识，并增强了学习英语的兴趣。

五、按文章主题对四级文章分类

本书将历年四级文章按照教育、工作、生活与休闲、社会聚焦等话题分门别类，使读者了解四级所考阅读素材，并且通过每章的单元数对所考话题侧重点一目了然。此外，如此分类有利于单词在读者脑中形成有效的记忆网络，便于将来在口语写作中的提取。

本书使用

1. 快速阅读本书所列文章，要求阅读速度 15 秒—30 秒一篇文章，以达到获得主题的目的，不求细节。
2. 快速浏览单词注解、最常见习语与搭配、简单同义词，了解单词在文章及例句中意思，学习词语派生，熟悉最基本词缀。
3. 在掌握第二步的前提下，记忆习语与搭配、同义词，并能在具体语境中替换合适词语，熟悉字根词缀。
4. 学习词源以及词语链接，能够在情境中运用词语。
5. 背诵核心词汇表。切忌：战线拉得过长；切记：反复记忆，快速记忆。

英语单词记忆需要有一种持之以恒的精神和科学合理的学习安排，循序渐进，建议每天花一个小时左右使用本书，在开始看下一单元之前，复习上一次所学词汇，这是学习规律使然。尽管我们极其愿意为您奉献快速扩大词汇的灵丹妙药，但遗憾的是这个世界上没有不劳而获的事情，英语说 “No pains, no gains”。本书的编撰方式只是想减轻您在扩大词汇量方面的 pain，从而增加和稳固您的 gain。

本书作为杨辉教授主持的山东轻工业学院“预制语块理论在

大学英语课堂教学的应用与研究”项目的成果，成书前由项目组成员做了大量资料搜集与教学调研工作，并在大学英语词汇选修课堂中试用，证明在实际教学中可以有效提高学生的主被动词汇量，进而可以进行推广使用。

CONTENTS

Chapter 1 Education

| | |
|-------------|----|
| Unit 1..... | 1 |
| Unit 2..... | 11 |
| Unit 3..... | 34 |
| Unit 4..... | 47 |
| Unit 5..... | 63 |

Chapter 2 Job and Career

| | |
|-------------|----|
| Unit 1..... | 74 |
| Unit 2..... | 86 |

Chapter 3 Leisure and Life.....103

Chapter 4 Social Focus

| | |
|-------------|-----|
| Unit 1..... | 113 |
| Unit 2..... | 135 |
| Unit 3..... | 146 |
| Unit 4..... | 160 |

Chapter 5 Culture of Society

| | |
|-------------|-----|
| Unit 1..... | 168 |
| Unit 2..... | 182 |
| Unit 3..... | 193 |

Chapter 6 Characters and Figures

Unit 1.....203

Unit 2.....212

Chapter 7 Human and Nature

Unit 1.....229

Unit 2.....242

Unit 3.....251

Unit 4.....258

Unit 5.....268

Chapter 8 Transportation and Vehicles

Unit 1.....275

Unit 2.....290

Chapter 9 Medicine and Health

Unit 1.....299

Unit 2.....309

Unit 3.....322

Chapter 10 Sports and Body Building

Unit 1.....335

Unit 2.....342

Chapter 11 Business and Economy

Unit 1.....350

| | |
|-------------|-----|
| Unit 2..... | 360 |
|-------------|-----|

Chapter 12 Science and Technology

| | |
|-------------|-----|
| Unit 1..... | 374 |
|-------------|-----|

| | |
|-------------|-----|
| Unit 2..... | 382 |
|-------------|-----|

Chapter 13 Language

| | |
|-------------|-----|
| Unit 1..... | 394 |
|-------------|-----|

| | |
|-------------|-----|
| Unit 2..... | 407 |
|-------------|-----|

Chapter 14 Psychology.....418

Keys to Exercises.....425

CET4 Core Vocabulary List..... 431

Chapter 1 Education

Unit 1

Passage One

What personal qualities are desirable in a teacher? I think the following would be generally accepted.

First, the teacher's personality should be lively and attractive. This does not rule out people who are **plain**-looking, or even ugly, because many such people have great personal charm. But it does rule out such types as the over-excitable, sad, cold, and **frustrated**.

Secondly, it is not merely desirable but **essential** for a teacher to have a genuine **capacity** for sympathy, a capacity to understand the minds and feelings of other people, especially, since most teachers are school teachers, the minds and feelings of children. Closely related with this is the capacity to be **tolerant**—not, indeed, of what is wrong, but of the **weaknesses** and **immaturity** of human nature which induce people, and again especially children, to make mistakes.

Thirdly, I hold it essential for a teacher to be both intellectually and **morally** honest. This means that he will be aware of his intellectual **strengths** and **limitations**, and will have thought about and decided upon the moral principles by which his life shall be guided. There is no **contradiction** in my going on to say that a teacher should be a bit of an actor. That is part of the technique of teaching, which demands that every now and then a teacher should be able to put on an act to enliven a lesson, correct a fault, or award praise. Children, especially young children, live in a world that is rather larger than life.

A teacher must be capable of **infinite patience**. This, I may say, is largely a matter of self-discipline and self-training, for none of us are born like that.

Finally, I think a teacher should have the kind of mind which always wants to go on learning. Teaching is a job at which one will never be perfect; there is always something more to learn about it. There are three principal objects of study: the **subjects** which the teacher is teaching; the methods by which the subjects can best be taught to the particular pupils in the classes he is teaching; and—by far the most important—the children, young people, or adults to whom the subjects are to be taught. The two fundamental principles of British education today are that education is education of the whole person, and that it is best acquired through full and active co-operation between two persons, the teacher and the learner.

文章词汇详解:

plain: [pleɪn] n. 平原 a. 简单的, 平常的

【习语与搭配】in plain English 用直率的或简单明了的英语
make oneself plain 表达清楚

【语境】From a rather plain child she had grown into a beautiful woman. 她从一

Chapter 1 Education

个相貌平平的女孩成长为一个漂亮的妇人。

The markings along the route are quite plain. 路线沿途的标志都十分清楚。

【同义词】basic, simple, ordinary, normal, everyday, commonplace, evident, obvious, manifest, apparent, clear, transparent, comprehensible, straightforward, direct, frank, open, forthright, candid

【反义词】elaborate, obscure

frustrate: [frʌs'treit] v. 挫败, 击败, 破坏

【语境】Mary was frustrated by the lack of appreciation shown of her work. 玛丽因工作得不到赏识而灰心丧气。

Bad weather has frustrated plans to launch the spacecraft today. 今日发射宇宙飞船的计划, 因天气恶劣而落空。

【同义词】prevent, stop, hinder, obstruct, block, irritate, upset, annoy, discourage

【反义词】encourage, promote

【派生】frustration n. 挫折

essential: [i'senʃəl] n. 要素, 要点 a. 必要的, 重要的, 本质的

【语境】It's essential that you attend all the meetings. 你务必参加所有的会议。

Is money essential to happiness? 金钱对于幸福是必不可少的吗?

【同义词】vital, indispensable, important, crucial, critical, needed, necessary, fundamental, basic, key, central, chief, main, principal

【反义词】secondary, unnecessary

capacity: [kə'pæsiti] n. 能力, 容量, 容积

【语境】She has an enormous capacity for hard work. 她有苦干的巨大能力。

a hall with a seating capacity of 2000 一个能容纳 2000 人的大厅

【同义词】volume, size, dimensions

tolerant: ['tɒlərənt] a. 宽容的, 容忍的

【语境】I'm a tolerant man but your behaviour is more than I can bear. 我是个能容忍的人, 但你的行为我已忍无可忍。

Her own mistakes made her very tolerant of/towards (the faults of) others. 她因自己有错误, 对别人(的错误)就概不计较了。

【同义词】accepting, easygoing, lenient, understanding, broad-minded, liberal, open-minded

【反义词】intolerant

【派生】tolerance n. 容忍

tolerate v. 容忍

weakness: ['wi:knis] n. 软弱, 弱点

【语境】weakness of character 性格之懦弱

We all have our weaknesses. 我们大家都有不足之处。

【同义词】flaw, fault, Achilles' heel, weak spot, weak point, limitation, disadvantage, drawback, difficulty, powerlessness, softness, vulnerability, defenselessness, helplessness, impotence

【反义词】strength

immaturity: [imə'tjʊəriti] n. 不成熟 (未完成的, 不完全的)

【同义词】youth, childishness, silliness, ingenuousness, stupidity, naiveté

【反义词】maturity

【派生】immature a. 不成熟的

mature a. 成熟的

maturity n. 成熟

morally: ['mɔrəli] ad. 道德上

【语境】morally wrong/unacceptable/reprehensible 道德上错误的/不以为然的/应受谴责的

to behave morally 行为端正

【同义词】ethically, decently, honorably, with decency, with honesty, with integrity, with honor, honestly

【反义词】immorally

【派生】moral a. 道德的

morality n. 道德

strength: [streŋθ] n. 力量, 长处, 强度

【习语与搭配】be at full/be below strength 满员/未满员

【语境】Tolerance is one of her many strengths. 宽容是她的一个优点。

The strength of feeling on this issue is considerable. 在这个问题上表现出的情绪很强。

【同义词】power, force, potency, vigor, strong point, intensity, concentration

【反义词】weakness

【派生】strengthen v. 加强

limitation: [ˌlimi'teɪʃən] n. 限制

【语境】impose limitations on imports/expenditure/reporting etc. 对进口/开销/报道等加以限制

resist any limitation of their powers 反对限制他们的权力

【同义词】drawback, inadequacy, weakness, imperfection, shortcoming

【反义词】freedom, infinity, extent

【派生】limit v./n. 限制

contradiction: [ˌkɒntrə'dɪkʃən] n. 反驳, 矛盾

【语境】His private actions are in direct contradiction to/with his publicly expressed opinions. 他私下的行为跟公开的言论完全是两码事。

It's a contradiction to love animals and yet wear furs. 又爱护动物又穿毛皮服装, 是自相矛盾的。

【同义词】inconsistency, paradox, conflict, denial, disputation, disagreement, challenge, opposition

【反义词】confirmation

Chapter 1 Education

【派生】contradict v. 反驳

infinite: ['ɪnɪnɪt] a. 无限的, 无穷的

【语境】have infinite faith/an infinite amount of faith in somebody 对某人绝对的信心

You need infinite patience for this job. 做这项工作要有极大的耐心。

【同义词】immeasurable, endless, countless, vast, limitless, unlimited, extreme, great, immense, large, huge, tremendous

【反义词】slight, limited

patience: ['peɪʃəns] n. 耐心

【语境】She has no patience with people who are always grumbling. 她厌烦那些总发牢骚的人。

I warn you, I'm beginning to lose (my) patience (with you). 我警告你, 我(对你)已经渐渐失去耐性了。

【同义词】endurance, persistence, tolerance

【反义词】impatience

【派生】patient a. 耐心的 n. 病人

subject: ['sʌbdʒɪkt] n. 主题, 科目 a. 易遭……的 v. 使遭到, 使服从

【习语与搭配】change the subject 改变话题

【语境】She was repeatedly subjected to torture. 她不断地受到折磨。

We are subject to the law of the land. 我们须遵守当地的法律。

【同义词】topic, theme, focus, area under discussion, question, issue, matter, business, substance, specialty, field, discipline; expose

【反义词】sovereign

【派生】subjection n. 征服, 臣服, 顺从

subjective a. (指思想、感情等) 主观的

Passage Two

By almost any measure, there is a **boom** in Internet-based instruction. In just a few years, 34 percent of American universities have begun offering some form of distance learning (DL), and among the larger schools, it's closer to 90 percent. If you doubt the popularity of the trend, you probably haven't heard of the University of Phoenix. It grants degrees entirely on the basis of online **instruction**. It enrolls 90,000 students, a statistic used to support its claim to be the largest private university in the country.

While the kinds of instruction offered in these programs will differ, DL usually **signifies** a course in which the instructors post syllabi, reading **assignments**, and **schedules** on Websites, and students send in their assignments by e-mail. Generally speaking, face-to-face communication with an instructor is **minimized** or **eliminated** altogether.

The attraction for students might at first seem obvious. Primarily, there's the convenience promised by courses on the Net: you can do the work, as they say, in

your pajamas. But figures indicate that the reduced effort results in a reduced commitment to the course. While dropout rate for all freshmen at American universities is around 20 percent, the rate for online students is 35 percent. Students themselves seem to understand the weaknesses **inherent** in the setup. In a survey conducted for eCornell, the DL division of Cornell University, less than a third of the **respondents** expected the quality of the online course to be as good as the classroom course.

Clearly, from the schools' **perspective**, there's a lot of money to be saved. Although some of the more **ambitious** programs require new **investments** in servers and networks to support **collaborative** software, most DL courses can run on existing or minimally **upgraded** systems. The more students who **enroll** in a course but don't come to campus, the more the schools saves on keeping the lights on in the classrooms, paying doorkeepers, and maintaining parking lots. And, while there's evidence that instructors must work harder to run a DL course for a variety of reasons, they won't be paid any more, and might well be paid less.

文章词汇详解:

boom: [bu:m] n. 繁荣, 隆隆声 v. 急速发展

【习语与搭配】boom (something) out 用深沉的嗓音讲(话)

【语境】a boom year (for trade, exports, etc) (贸易、出口等)繁荣昌盛的一年
Business is booming. 商业正在迅速发展。

baby boom 二战后的生育高峰(1946-1964)

baby boomer 二战后生育高峰出生的人

【同义词】growth, increase, rise, expansion, development, explosion, surge; grow, soar, rocket, expand, explode

【反义词】collapse

instruction: [in'strʌkʃən] n. 说明, 教学

【语境】In this course, students receive instruction in basic engineering. 在本课程中, 学生能学到基础工程学的知识。

understand/carry out an instruction 理解/执行命令

【同义词】teaching, training, lessons, education, coaching, tutoring, command, direction, order

【派生】instruct vt. 说明, 指令, 教学

instructional a. 教学的, 有教育内容的

instructive a. 提供丰富知识的, 有益的

signify: ['signifai] v. 表示, 为……之象征, 意味

【语境】She signified her approval with a smile. 她笑了笑表示赞成。

Do dark clouds signify rain? 有乌云是否显示要下雨?

【同义词】mean, indicate, show, imply, suggest, be a sign of, denote, connote

【派生】signification n. 词等的含义

assignment: [ə'sainmənt] n. 分配, 功课, 任务

Chapter 1 Education

【语境】Your next assignment will be to find these missing persons. 你的下一项任务是寻找这些失踪的人。

How are you going to get through the assignment? 你将如何完成作业呢?

【同义词】task, job, duty, obligation, mission, appointment, responsibilities, allocation, designation

schedule: ['skedʒul] n. 时间表, 计划 v. 安排, 计划

【习语与搭配】on schedule 按期

ahead of schedule 提前

behind schedule 未按期

【语境】I'm going to be working to a very tight schedule. 我的工作安排将很紧。She is scheduled to give a speech tonight. 她定于今晚演讲。

【同义词】agenda, plan, timetable, program, list; arrange, organize

【反义词】cancel

【词源】许多与书写有关的词往往可以追溯到用以涂写最早文字符号的树皮和树叶, 或凿刻最早文字符号的石头, 如 folio (对折纸) 原指“叶子”, paper (纸) 原指“纸莎草”。schedule 一词的来源可追溯到拉丁词 schedā (纸莎草的叶子)。以后从 schela 衍生出指小词 scedula (小张纸)。15 世纪初 scedula 通过法语 cedula 进入英语后, 其拼写逐渐演变为 schedule, 词义也一变再变。到了 19 世纪 schedule 已获得了今天还在使用的一些词义。如“一览表”、“时间表”、“时刻表”、“计划表”等。

minimize/minimise: ['minimaiz] v. 使减少到最少, 使降到最低

【语境】To minimize the risk of burglary, install a good alarm system. 安装可靠的报警设备以减低被盗的风险。

He minimized the value of her contribution to his research so that he got all the praise. 他极力贬低她在那项研究中的贡献, 从而独获全部奖励。

【同义词】diminish, lessen, reduce

【反义词】maximize

【派生】minimum a. 最小的 n. 最小量

【词缀】mini, min = small (小)

administer v. 管理, 治理(ad+minister→做部长→管理)

diminish v. 减少, 缩小(di 向下+min+ish→小下去→缩小)

minister n. 仆人, 部长(mini+ster→小人→古代大臣称自己是“小人”→部长, 大臣)

minor a. 较小的, 较少的

minority n. 少数, 未成年(minor 小或少+ity→少的状态→少数)

minus v. 减去(min+us→变少→减去)

minute a. 极小的; 极少的

eliminate: [i'limineit] vt. 消灭, 消除, 排除

【语境】Fatty foods should be eliminated from the diet. 不应该吃油腻食物。

The police have eliminated two suspects (from their enquiry). 警方(从调查中)已排除了两名受嫌疑的人。

【同义词】remove, eradicate, abolish, get rid of, throw out, exclude, destroy, kill, wipe out

【反义词】preserve, retain

【派生】elimination n. 除去, 消除

【字根】limin, lim = threshold (门槛, 限制)

preliminary a. 预备的, 初步的 (pre 预先+limin+ary→入门以前→初步的)

sublime a. 崇高的 (sub 在……下面+lime 限制→在限制下不乱做事→崇高的)

inherent: [in'hɪərənt] a. 固有的, 与生俱来的, 内在的

【语境】an inherent distrust of foreigners 天生对外国人的不信任

I'm afraid the problems you mention are inherent in the system. 恐怕您提到的是系统本身存在的问题。

【同义词】intrinsic, essential, innate, inborn, natural

【反义词】acquired

respondent: [ris'pɒndənt] n. 应答者, 被告

【同义词】defendant, accused

【派生】response n. 一致(相应, 作答)

perspective: [pə'spektɪv] n. 透视, 远景, 观点

【习语与搭配】from somebody's perspective 从某人观点看

view/put/see something in (its true/its proper) perspective 从实际的/恰当的角度观察/处置/看待某事物

【语境】see the events in their historical perspective 用历史的观点看待这些事件

We have to look at everything from an international perspective. 我们应该以全球眼光看每一件事。

【同义词】viewpoint, standpoint, point of view, perception, side, angle, lookout, vista, prospect, view, scene, outlook, overlook

ambitious: [æm'bɪʃəs] a. 有野心的, 抱负不凡的, 雄心勃勃的

【语境】ambitious for one's children 望子成龙

ambitious to succeed in life 立志要有所成就

【同义词】motivated, aspiring

【反义词】unmotivated

【派生】ambition n. 雄心, 野心, 抱负

【词源】ambitious 源自拉丁语 ambitio, 含有 going round to solicit votes(为拉选票而四处活动)之意。正如词本身所表示的含义, 在古罗马时代该拉丁词只限于政治家。那时谋求官职的人, 就像今天参加竞选活动的人一样, 到处发表演说争取选票。罗马历史学家塔西佗(Cornelius Tacitus)用该拉丁词来指“野心”。因此, ambition 在进入英语以后很长一段时期内一直用于贬义,