

英语



专四词汇

—突破8000—

上海外国语大学

王兴扬 主审 本书编写组 编 伍乐其 主编

乱序串记，英汉双解

1. 分类记忆，单词从最常考的记起
2. 英文释义，辅助理解单词用法
3. 一课一练，加深记忆效果



华研外语 方法第一!
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世界图书出版公司

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Believe in Yourself

Believe in your dreams.

Believe that you are loved.

Believe that you make a difference.

Believe we can build a better world.

Believe there's light at the end of the tunnel.

Believe that

you may be that light for someone else.

Believe that the best is yet to be.

Believe in yourself.

要相信自己

要相信你的梦想。

要相信有人爱你。

要相信你能有所作为。

要相信我们可以建设一个更美好的世界。

要相信在隧道的尽头会有曙光。

要相信

你可能就是他人的那道曙光。

要相信你现在尚未做到最好。

要相信自己。

——选自华研外语《英语美文视听分享 MTV》



Preface

前言

如何科学有效地突破英语专业考试大纲规定的 8000 词大关,是很多专四考生迫切想要解决的问题。《英语专四词汇》应运而生,特色如下:

1. 科学收词,高效助考

英语专业教学大纲规定基础阶段的词汇量为 8000 个。除中学词汇书外,本书精选了专四考试中约 3000 个重点单词及其派生词,约 2000 个认知词汇。旨在帮助考生在紧张有限的备考时间里,有针对性地记住难词、生词和重点词。考生在学完本书之后,词汇量有望突破 8000 词大关。

2. 乱序串记单词,有规律更好记

记单词好比摘葡萄,一串串记明显要比一个个记更规律好记。本书通过科学分析和总结,将不同字母开头的单词按同根、近义、反义等关系归类串联起来,考生在学习的时候,不仅可学到某一单词的相关释义及用法,同时可将该词的近义词反义词等一网打尽,达到极佳的学习效果。

例如:

allergy

/ˈælədʒɪ/

n. (因食物等引起的)过敏症 *I have an allergy to penicillin.* 我对青霉素有过敏反应。

infect

/ɪnˈfekt/

【助记】in+fect(make)→向内部扩散→影响;感染

vt. ① to give sb. a disease 传染 *In India, more than 5.7 million people are infected with AIDS.* 在印度,有 570 多万人感染了艾滋病。

disinfect

/ˌdɪsɪnˈfekt/

【助记】dis(away)+infect(感染)→去除感染→消毒

vt. 杀菌(消毒) *The wound needs to be disinfected.* 伤口需要消毒。

3. 分频记忆,优选记住重点单词

本书通过科学编排,将单词按考查频率、难易程度及重要性分为几个程度不同的部分,分别是高频词汇、常考词汇、次常考词汇和认知词汇,单词的轻重缓急一目了然。考生优先记住最重要的单词,避免平均用力,可迅速提高学习效率,随时都能参加考试。

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Lesson 1

单词预习+返记

<input type="checkbox"/> accomplish	<input type="checkbox"/> confine	<input type="checkbox"/> release	<input type="checkbox"/> restore	<input type="checkbox"/> admirable	<input type="checkbox"/> overall
<input type="checkbox"/> frustrate	<input type="checkbox"/> restrict	<input type="checkbox"/> discharge	<input type="checkbox"/> refresh	<input type="checkbox"/> fee	<input type="checkbox"/> delegate
<input type="checkbox"/> disrupt	<input type="checkbox"/> expand	<input type="checkbox"/> dismiss	<input type="checkbox"/> renovate	<input type="checkbox"/> tuition	<input type="checkbox"/> nominate
<input type="checkbox"/> discourage	<input type="checkbox"/> expansion	<input type="checkbox"/> expel	<input type="checkbox"/> recovery	<input type="checkbox"/> afford	<input type="checkbox"/> feast
<input type="checkbox"/> entail	<input type="checkbox"/> stretch	<input type="checkbox"/> qualify	<input type="checkbox"/> regain	<input type="checkbox"/> payment	<input type="checkbox"/> query
<input type="checkbox"/> bewilder	<input type="checkbox"/> finance	<input type="checkbox"/> qualification	<input type="checkbox"/> revive	<input type="checkbox"/> essential	<input type="checkbox"/> inquest
<input type="checkbox"/> assure	<input type="checkbox"/> bonus	<input type="checkbox"/> license/-ence	<input type="checkbox"/> attain	<input type="checkbox"/> continual	<input type="checkbox"/> sue
<input type="checkbox"/> timid	<input type="checkbox"/> enlarge	<input type="checkbox"/> favo(u)rable	<input type="checkbox"/> achievement	<input type="checkbox"/> continuous	<input type="checkbox"/> clarify
<input type="checkbox"/> confidence	<input type="checkbox"/> budget	<input type="checkbox"/> disperse	<input type="checkbox"/> breakthrough	<input type="checkbox"/> suspend	<input type="checkbox"/> military
<input type="checkbox"/> confidential	<input type="checkbox"/> disclose	<input type="checkbox"/> dispel	<input type="checkbox"/> historical	<input type="checkbox"/> suspense	<input type="checkbox"/> smuggle
<input type="checkbox"/> resist	<input type="checkbox"/> expose	<input type="checkbox"/> objection	<input type="checkbox"/> historic	<input type="checkbox"/> halt	<input type="checkbox"/> combat
<input type="checkbox"/> resistant	<input type="checkbox"/> uncover	<input type="checkbox"/> objective	<input type="checkbox"/> approach	<input type="checkbox"/> cease	<input type="checkbox"/> custody
<input type="checkbox"/> restrain	<input type="checkbox"/> abandon	<input type="checkbox"/> subjective	<input type="checkbox"/> acquire	<input type="checkbox"/> repel	<input type="checkbox"/> arrest
<input type="checkbox"/> refrain	<input type="checkbox"/> quit	<input type="checkbox"/> renew	<input type="checkbox"/> acquisition	<input type="checkbox"/> prohibit	<input type="checkbox"/> given
<input type="checkbox"/> setback	<input type="checkbox"/> resign	<input type="checkbox"/> relieve	<input type="checkbox"/> decent	<input type="checkbox"/> avoid	<input type="checkbox"/> review
<input type="checkbox"/> limitation	<input type="checkbox"/> surrender	<input type="checkbox"/> rehearsal	<input type="checkbox"/> respectable	<input type="checkbox"/> owing	<input type="checkbox"/> category

accomplish /ə'kʌmplɪʃ/

vt. to succeed in doing sth. 完成, 实现(计划、诺言等) *Are you content to be a person who will never accomplish anything?* 你甘心做一个永远一事无成的人吗?

【派生】accomplished *a.* 实现的; 有造诣的 // accomplishment *n.* 实现; 成就; 造诣

【辨析】表示“完成”的动词
accomplish: 指成功地完成预期的计划、任务等
achieve: 指完成伟大功业

frustrate /frʌ'streɪt/

vt. ① to cause feelings of discouragement 使沮丧 *The child is frustrated by the problems that are hard to solve.* 孩子被太难解决的问题弄得很沮丧。

② to prevent sb.'s plans, efforts, or attempts from succeeding 挫败 *The bad weather frustrated our hopes of going out.* 恶劣的天气使我们外出的愿望无法实现。

【派生】frustration *n.* 挫折

disrupt /dɪs'rʌpt/

【助记】dis(apart)+rupt(断裂)→使中断

vt. to cause sth. to be unable to continue in the normal way 使中断, 扰乱 *The heavy storm has disrupted telephone service.* 暴风雨使电话中断了。

discourage /dɪs'kʌrɪdʒ/

【助记】dis(away)+courage(勇气)→失去勇气→使泄气

vt. ① to make sb. less determined or hopeful 使泄气【反 encourage】*Don't let one failure discourage you.* 不要因为一次失败就气馁。

② to try to prevent by expressing disapproval or raising objections 阻止 *I tried to discourage him from going alone.* 我设法劝他不要独自去。

【归类卡片】表示“禁止, 阻止”多用 ~ ... from doing sth. 的结构, 常见动词有:

discourage	hinder	inhibit
preclude	prevent	prohibit

entail /ɪn'teɪl/

【助记】en(into)+tail(切割)→使负责切割→使承担
vt. to involve sth. as a necessary part or result 使承担, 需要 *The construction of the Three Gorges Project entails large migration.* 三峡

工程建设需要大规模移民。

bewilder

/bi'wilde/

vt. to confuse sb. 使迷惑

Some unclear and confusing road signs bewildered drivers.

一些含糊不清的路标使司机一头雾水。



assure

/ə'sʊə/

【助记】as(to)+sure(肯定的)→一再肯定→使确信

vt. ①to tell (sb.) positively or confidently 使确信

The dentist's confident manner assured me that I was in safe hands. 牙医自信的态度使我确信我正由可靠的医生诊治。

②确保【同ensure】*Nothing can assure permanent happiness.* 没有什么东西能确保永久的幸福。

【用法】assure 表示“使确信”时,常用于~ sb. that.../sb. be ~ed that...或~ sb. of sth.;表示“确保”时与 ensure 同义。

【派生】assuredly *ad.* 确定地 // self-assured *a.* 自信的 // assurance *n.* 信心;保证;保险

timid

/'timɪd/

【助记】tim(害怕)+id→羞怯的

a. easily frightened; shy 胆小的;羞怯的 You are every inch as timid as a mouse. 你真是十足地胆小如鼠。// *He was timid about saying this.* 此事他羞于启齿。

【派生】timidity *n.* 羞怯,胆怯

confidence

/kɒnfɪdəns/

【助记】con+fid(相信)+ence→信心

n. ①trust or faith in a person or thing 信任 *She took him into her confidence and told him the truth.* 她把他当作知心朋友,把真相全告诉了他。

②a feeling or belief that you can do sth. well 信心 *Most Chinese students lack self-confidence when speaking English.* 大多数中国学生在说英语时缺乏自信心。

【短语】in confidence 私下地 // take... into one's confidence 把...作为知己 // have confidence in 信任

【派生】confident *a.* 确信的;有信心的 // self-confidence *n.* 自信

confidential

/kɒnfɪ'denʃəl/

a. ①秘密的 *Remember to keep this information confidential.* 记住对这个情报要保密。

②表示信任的 *Don't become too confidential with strangers.* 对陌生人不能太信任。

③担任机密工作的 *a confidential secretary* 机要秘书

resist

/rɪ'zɪst/

【助记】re(against)+sist(站)→站在对立面→抵抗

v. ①to oppose; fight against (sth.) 抵抗 *They are determined to resist invasion.* 他们决定抵抗入侵。

②to remain unchanged or unharmed by (病等) *This coating is designed to resist rust and the weather.* 涂上这一层,是为了防锈,让它经得起风吹雨打。

③to prevent yourself from doing sth. that you want to do 忍住 *Jill couldn't resist making jokes about his baldness.* 吉尔忍不住拿他的秃顶开玩笑。

【用法】resist 表示“抵抗”,后只能接名词或动名词作宾语,但不能接不定式。

【派生】resistance *n.* 抵抗;阻力;敌对 // resistor *n.* 电阻器 // irresistible *a.* 不可抗拒的

resistant

/rɪ'zɪstnt/

a. (~to) 抵抗的,耐...的 *I prefer the plants that are resistant to bad climate.* 我比较喜欢那些能抵抗恶劣气候的植物。

restrain

/rɪ'streɪn/

【助记】re(back)+strain(拉紧)→拉回来→抑制

vt. ①to prevent sb. from doing sth. or acting in a certain way 阻止 *The police had difficulty in restraining the crowd from rushing on to the pitch.* 警方难以阻止人群涌入球场。

②to hold back or keep in control 抑制 *I can't restrain my anger when I hear of people being cruel to animals.* 当听到有人残酷地对待动物的时候,我就抑制不住愤怒。

【派生】restraint *n.* 抑制;约束措施

refrain

/rɪ'freɪn/

vi. to keep oneself from doing sth. (~from) 抑制,戒除 *They appealed to the protesters to refrain from violence.* 他们呼吁抗议者们不要采取暴力行动。

n. (诗歌的)叠句

setback /'setbæk/

【助记】由 set back(使退步)构成的名词

n. 挫折, 倒退 *The team suffered a major setback when their best player was injured.* 最优秀的队员受了伤, 使得这支队伍的实力大打折扣。

limitation /lɪmɪ'teɪʃən/

【助记】limit(限度)+ation→局限

n. ①限制 *The government has imposed limitation on imports.* 政府已经对进口加以了限制。
②[常 pl.] a shortcoming or defect 局限 *He is a brilliant professor but has his limitations as an administrator.* 他是一位出色的教授, 但作为管理者他有不足之处。

【派生】limited a. 有限的 // unlimited a. 无限的

confine /kən'faɪn/

【助记】con(共同)+fine(边界)→共同的边界→界限

vt. ①to keep sb. or sth. within the limits of a particular activity or subject 限制 *Please confine your remarks to the subject under discussion.* 请将你的发言限制于我们所讨论的主题上。

②to restrict in movement 使不外出 *You should be confined to the house if you haven't finished the homework!* 不做完功课不准出门!

n. [pl.] 界限, 范围 *Many places are worth visiting within the confines of China.* 中国境内有很多地方值得游览。

restrict /rɪ'strɪkt/

【助记】re(again)+strict(严格的)→一再严格“限制”

vt. to limit or control the size, amount, or range of sth.; to limit sb.'s actions or movements 限制, 约束 *Speed is restricted to 30 mph in towns.* 市内车速每小时不得超过 30 英里。// *Having small children tends to restrict your freedom.* 有了小孩往往会限制你的自由。

【派生】restrictive a. 限制的; (语法) 限定性的

专四真题

For the less fortunate, house rules may **restrict** the freedom to invite friends to visit.

译文: 对那些不太幸运的人来说, 房东制定的规则限制你邀请朋友来访的自由。

expand /ɪk'spænd/

【助记】ex(out)+pand(伸展)→(向外)扩张

v. ①to become larger in size, number, or amount 扩张 *The Nokia company wants to expand its market in Asia.* 诺基亚公司想扩大其在亚洲的市场。

②膨胀 *Water expands as it freezes.* 水结冰时体积会膨胀。

【派生】expansive n. 广阔的区域

expansion /ɪk'spænjən/

n. ①扩展 *We had made huge profits due to the expansion of business.* 由于业务扩展, 我们获得了巨额利润。

②膨胀 *Heat causes the expansion of gases.* 热使气体膨胀。

stretch /stretʃ/

v. ①伸展, 延伸 *I stretched to relax after working a full day.* 工作了一整天, 我伸了个懒腰放松一下。// *The desert stretches for hundreds of miles.* 沙漠绵延数百英里。

②拉长, 拉紧 *The rope is stretched tight.* 绳子拉得很紧。

③使倾注全力 *She stretched herself to provide for the family.* 她竭尽全力养家糊口。

n. 一段时间; 伸展, 延伸 *a stretch of time* 一段时间 // *a beautiful stretch of countryside* 一片乡村美景

【短语】at a stretch 不停地, 连续地 *She had worked for six hours at a stretch.* 她已经连续工作了 6 个小时。

【派生】stretcher n. 担架

finance /faɪ'næns/

n. ①财政 *an expert in finance* 财政专家

②[常 pl.] 资金 *Finances can consist of a combination of stocks, bonds, and properties.* 资金可以是股票、债券和财产的结合。

vt. to provide money, esp. a lot, to pay for sth. 为...提供资金 *These concerts are financed by the Arts Council.* 这些音乐会是由艺术委员会资助的。

【派生】financial a. 财政的 // financier n. 金融家

bonus /'bəʊnəs/

n. ①奖金 *To some degree bonus is an effective*

way to motivate the workers. 从某种程度上来说,奖金是调动工作积极性的一种有效方法。

②额外给予的东西 *The win on the pools was a real bonus.* 赌博赢钱真是意外收获。

enlarge

/ɪnˈlɑːdʒ/

【助记】en(使)+large(大的)→扩大;放大

v. ①扩大,扩充 *Reading more can help to enlarge one's vocabulary.* 多阅读有助于扩大词汇量。// *The balloon enlarged as we pumped air into it.* 随着我们往里充气,气球渐渐变大。

②放大 *I planned to enlarge this photograph.* 我计划放大这张照片。

【派生】enlargement n. 扩大,扩建部分

budget

/ˈbʌdʒɪt/

n. 预算 *A shrewd housewife should be good at planning the family budget.* 精明的主妇应擅长计划家庭预算。

v. to make plans for the careful use of (money, time, etc.) 做安排 *We couldn't budget for every emergency.* 我们不可能为每个紧急事件做好安排。// *She's learned how to budget her time carefully.* 她已经学会了怎样精心安排自己的时间。

a. 低廉的 *a budget flight* 低价航班

专四真题

The more I read and discussed these practices, the more I realized this would help not only our budget but also our health.

译文:对这些了解、探讨得越多,我就越意识到这不但能够解决家庭开支,还有益健康。

disclose

/dɪsˈkləʊz/

【助记】dis(not)+close(关闭)→不关闭→透露

vt. to make sth. publicly known 透露 *Most movie stars are not willing to disclose their true age.* 大多数电影明星不愿透露其真实年龄。

【派生】disclosure n. 揭发,透露

expose

/ɪkˈspəʊz/

【助记】ex(out)+pose(放置)→摆放出来→暴露

vt. ①to show sth. that is usu. covered or hidden 暴露 *Keep indoors and don't expose your skin to the sun.* 待在室内,不要把皮肤暴露在

阳光下。

②to make it possible for sb. to experience new ideas, ways of life etc. (-to)使处于...作用之下 *His books exposed people to new ideas.* 他的书使人们接触了新思潮。

③to reveal the crimes or faults 揭露 *The reporter was killed because he tried to expose a plot.* 这名记者因为试图揭露一个阴谋而被杀害。

【派生】exposure n. 暴露;揭发;曝光

uncover

/ʌnˈkʌvə/

【助记】un(not)+cover(掩盖)→不掩盖→揭露

vt. ①to find out about sth. that has been kept secret 揭露 *Customs officials uncovered a plot to smuggle weapons into the country.* 海关官员发现了一个往国内走私武器的阴谋。

②揭开...的盖子 *Uncover the bottle when you heat the milk in the microwave oven.* 用微波炉加热牛奶时要把瓶盖打开。

abandon

/əˈbændən/

vt. ①to leave sb., esp. sb. you are responsible for 抛弃 *The heartless man abandoned his disabled wife.* 那个没良心的男人抛弃了残疾的妻子。

②to stop doing sth. because there are too many problems and it is impossible to continue 放弃 *They abandoned the attempt to search for the child when the night came.* 天色已晚,他们放弃了寻找孩子的企图。

【短语】abandon oneself to 沉溺于 *They abandon themselves to drinking.* 他们沉溺于饮酒。

quit

/kwɪt/

v. ①to stop doing (an action or activity) 停止,放弃 *It's not easy to quit smoking and drinking.* 戒烟戒酒并非易事。

②to leave (a job, school, career, etc.) 离开 [同resign] *He quit his job due to his health problem.* 由于健康问题,他辞去了工作。// *I'm tired of being treated like this. I quit.* 我厌倦了别人这样对待我,我不干了。

resign

/rɪˈzaɪn/

【助记】re(back)+sign(签署)→不再签到→辞职

v. ①to give up (a job or position) in a formal or official way 辞职,放弃 *I resigned because of*

the low salary. 因为工资太低,我辞职了。

② to make yourself accept sth. that is bad but cannot be changed (~to) 使顺从 *resign oneself to one's fate* 听天由命

【派生】resignation *n.* 辞职;顺从

surrender /sə'rendə/

【助记】sur(upon)+render(给予)→交出,放弃

vi. ① 投降 *They surrendered to the enemy.* 他们向敌人投降了。

② (~to) 屈服(于),听任(感情、习惯等)摆布 *surrender to temptation* 屈服于诱惑

n. 投降,放弃 *No surrender to the fascists!* 决不向法西斯分子投降!

release /rɪ'li:s/

【助记】re+lease(放松)→放开

vt. ① to let sb. go free; to let a substance flow out 释放 *release the hostages* 释放人质 // *Plastic releases poisonous chemicals when it burns.* 塑料燃烧时释放出有毒物质。

② to free (sb.) from a duty, responsibility, etc. 解除,解雇 *The club is releasing some of its older players.* 俱乐部正在解聘一些老队员。

③ to stop holding (sb. or sth.) 放开,松开 *He refused to release her arm.* 他不肯放开她的手臂。

④ to make (sth.) available to the public 发布,公布 *The names of the delegates were not released to the press.* 代表们的名字没有向报界公布。

n. ① 释放 *the release of the prisoners* 释放囚犯 // *the release of carbon dioxide* 二氧化碳的排放

② 解除,解脱 *Crying gave some emotional release.* 哭泣缓解了有些痛苦的情绪。

③ 发布 *newly released recordings* 新发行的唱片

专四真题

Similar advances with other crops have released people from hard and boring jobs for more creative work, whilst machines harvest crops more efficiently with less waste.

译文:对其他农作物所做的类似改进使得人们可以远离脏活累活,从而转向那些更富有创造性的工作,同时由机器收割庄稼可以提高效率、降低损耗。

discharge /dɪs'tʃɑ:dʒ/

【助记】dis(away)+charge(装载)→释放

v. ① to allow sb. to leave a hospital, prison, etc. 允许...离开 *The judge discharged the prisoner.* 法官把囚犯释放了。

② to send out (a liquid, gas or waste material) 排出;流出 *Some factories in this region still discharge waste water into the river.* 这一地区有些工厂仍把废水排入河中。// *The river discharges into the sea.* 那条河注入大海。

③ 卸(货) *The aircraft discharged its passengers.* 飞机卸下乘客。

④ 放电 *Lightning is caused by clouds discharging electricity.* 闪电是由云层放电造成的。

n. ① 允许...离开 *Patients' needs after discharge from hospital will be monitored.* 出院后病人的需求将得到监控。

② 排出 *the discharge of toxic waste into the sea* 有毒废物向海里排放

③ 卸(货);放电

dismiss /dɪs'mɪs/

【助记】dis(away)+miss(送)→送走→解雇;解散

vt. ① to decide not to think about or consider (sth. or sb.) 不再考虑 *A good few people dismiss the idea as sheer nonsense.* 不少人认为这种想法是胡说八道。

② to end the employment or service of sb. 解雇 *Bryant claims he was unfairly dismissed from his post.* 布赖恩特声称自己被无理免职。

③ to send (sb.) away or allow them to leave 解散,遣散 *The chairman dismissed the meeting.* 主席宣布散会。

④ 驳回,不受理 *The justice dismissed his evidence out of hand.* 法官当即驳回了他的证据。

【派生】dismissal *n.* 解散;解雇;不予考虑

expel /ɪk'spel/

【助记】ex(out)+pel(推)→将...推出去→把...开除

vt. ① to officially force sb. to leave a school or organization 把...开除 *The pupil was expelled for stealing.* 那学生因偷窃被开除了。

② to force or drive out 驱逐 *Russia lately expelled a US diplomat from its land.* 俄罗斯最近驱逐了一名美国外交官。

③ 排出 *The lungs expel carbon dioxide when we exhale.* 当我们呼气时,肺排出了二氧化碳。

qualify /kwɒlɪfaɪ/

v. (使)胜任, (使)具有资格【反 disqualify】 I finally qualified as a pilot. 我终于具有了飞行员资格。// Our four-week course will qualify you to teach English overseas. 我们为期4周的课程将使你具有资格在国外教英语。

【短语】qualify as... 具有...资格 // qualify for... 胜任...

【派生】qualified a. 有资格的, 胜任的 // unqualified a. 不合格的

qualification /kwɒlɪfɪ'keɪʃən/

n. ①资格, 合格证书 Do you have any teaching qualifications? 你有任何教学方面的文凭吗? ②限制, 限定条件 I agree, with qualifications. 我赞成, 但有所保留。

license/ -ence /'laɪsəns/

n. 执照, 许可 Drivers who violate traffic regulations will be fined and their licence will be suspended. 违反交通规则的车机会被罚款并扣留驾驶执照。

vt. 给...发许可证 A doctor is licensed to practice medicine. 医生行医需要获得许可。

favo(u)rable /'feɪvərəbl/

a. ①称赞的 The film received favorable reviews. 这部影片得到了好评。 ②有利的 favorable weather for working outside 有利于室外工作的天气

【派生】favo(u)rite a./n. 特别喜爱的(人或物)

disperse /dɪ'spɜ:s/

【助记】di(apart)+spers(e)(散开)→分散
v. to go or move in different directions; to spread apart 分散; 消散 The police used tear gas to disperse the crowd. 警察用催泪弹驱散人群。

dispel /dɪs'pel/

vt. to make sth.(such as a belief, or idea) go away 驱散, 消除 How can we dispel their doubt? 我们怎么才能驱散他们的疑虑呢?

objection /əb'dʒekʃən/

【助记】ob(against)+ject(扔)+ion→反向扔→反对
n. ①反对 have (no) objection to (doing) sth.(不)反对(做)某事 ②反对的理由 Please present your objection

to the plan. 请提出你反对这个计划的理由。

objective /əb'dʒektɪv/

n. 目标 The main objective of this policy is to reduce unemployment. 这项政策的主要目的是减少失业。

a. 客观的 A jury's decision in a court case must be objective. 陪审团裁定案件必须客观。

subjective /sʌb'dʒektɪv/

a. 主观(上)的 This is a very subjective judgement of her abilities. 这是对她能力的一个非常主观的评价。

renew /ri'nju:/

【助记】re(again)+new(新的)→再次变新→更新

vt. ①重新开始 The annual dinner is a chance to renew acquaintance with old friends. 一年一度的聚餐会是与老朋友叙旧的好机会。

②(使)更新 The trees renew their foliage every year. 树木每年都重新长出叶子。

③延长(...的)有效期 Remember to renew the books if you can't finish them on time. 如果你不能按时读完这些书, 记得要去图书馆续借。

【派生】renewal n. 更新; 延期

relieve /ri'li:v/

【助记】re(again)+lieve(轻)→一再减轻→使轻松

vt. ①to reduce sb.'s pain or unpleasant feelings 使轻松; 减轻 The painkillers can only relieve your pain. 止痛药只能减轻疼痛。// relieve stress 减轻压力

②to make sth. less dull and boring 使得到调剂 I went for a walk to relieve the boredom of the day. 一天下来无聊得很, 我去散步调剂一下。

③to take the place of 接替 Robots can relieve people of dull and repetitive work. 单调重复的工作, 机器人可以代劳。

【派生】relief n. 轻松; 缓解; 接替

专四真题

What should you do to relieve rage?

译文: 你应该做什么来缓解愤怒呢?

rehearsal /ri'hɜ:səl/

【助记】re(again)+hear(听)+sal→反复听自己唱歌→排练

n. 排练, 排演 Our new production of Romeo and

Juliet is currently in rehearsal. 我们的新版《罗密欧与朱丽叶》正在排练之中。

【短语】dress rehearsal 彩排

【派生】rehearse v. 排演; 背诵; (通过排演) 训练

restore /rɪ'stɔːr/

【助记】re(again)+store(储存)→一再储备能量才能恢复体能→恢复

vt. ① to bring back to an original or normal condition 恢复; 修复 *I feel quite restored (to health) after my holiday.* 休假后我感觉恢复了健康。// *It's hard to restore a broken mirror.* 破镜难圆。

② to give back (sb. or sth. that was lost or taken) 归还 *The stolen property must be restored to its owner.* 赃物必须物归原主。

【派生】restoration n. 归还原主; 恢复; 修复

refresh /rɪ'frɛʃ/

【助记】re(again)+fresh(有活力的)→(使)精神振作

v. (使) 振作精神, (使) 恢复活力 *Enough time should be left for sleep because that will help one become refreshed.* 应该留足够的时间睡觉, 因为那有助于恢复精力。

【派生】refreshing a. 使精神振作的 // refreshment n. [pl.] 茶点; 恢复

renovate /rɪ'neɪvət/

【助记】re(again)+nov(新的)+ate(使)→更新

vt. to repair a building or old furniture so that it is in good condition again 修复, 翻新 *The hotel has been renovated and redecorated.* 这家宾馆已经翻新并重新装修了。

【派生】renovation n. 整修; 更新, 使恢复元气

recovery /rɪ'kʌvəri/

【助记】re(again)+cover(掩盖)+y→恢复

n. ① 恢复, 痊愈 *She made a quick recovery from her illness.* 她很快病愈。

② 复苏, 恢复 *economic recovery* 经济复苏

③ 追回, 寻回 *The owner has offered a reward for the recovery of the stolen goods.* 失主已经悬赏寻找被窃物品。

regain /rɪ'geɪn/

【助记】re(again)+gain(获得)→取回

vt. ① to get back sth. that you lost 取回, 恢复 *A good name lost is hard to regain.* 名誉一

失难复得。

② 返回(某地), 重回 *regain the shore* 重回岸边

revive /rɪ'vaɪv/

【助记】re(again)+vive(活)→再活过来→(使)复苏

v. to make (sb./sth.) strong, healthy, or active again 使复苏, 恢复 *Hot coffee revived me; I had been cold and tired.* 热咖啡使又冷又累的我恢复了精力。// *The roses revived after the rain.* 雨后玫瑰花恢复了娇艳。

【派生】revival n. 更新, 重新开始

attain /ə'teɪn/

【助记】at(to)+tain(触到)→触摸到了→达到

vt. to succeed in achieving sth. after trying for a long time 达到 *We have to make sustaining efforts to attain our goal.* 为了达到目标, 我们必须做出不懈的努力。

achievement /ə'tʃiːvment/

【助记】achieve(v. 达到)的名词

n. ① sth. important that you succeed in doing by your own efforts 成就 *Even a small success gives you a sense of achievement.* 即便是小小的成功也给人一种成就感。

② 实现, 完成, 达到 *Such a goal is impossible of achievement.* 这样的一个目标是不可能完成的。

【派生】underachieve v. 成绩不理想

breakthrough /breɪkθruː/

【助记】break(打破)+through(从始至终)→打破从始至终的禁锢→突破

n. 突破 *There was an exciting new breakthrough in the treatment of heart disease.* 心脏病治疗取得了令人兴奋的新突破。

historical /hɪ'stɔːrɪkəl/

a. 历史(上)的 *The legend of John Henry is based on a real, historical figure.* 约翰·亨利的传说是基于一位真实的历史人物。

historic /hɪ'stɔːrɪk/

a. 历史上著名的, 具有重大历史意义的 *The two nations signed a historic peace treaty.* 两国签订了一项具有历史意义的和平条约。

【派生】historian n. 历史学家

【辨析】同根词 historical, historic

historical: 历史的, 修饰的人或事都是过去的真人真事

historic: 具有重大历史意义的, 用来修饰一些重大的、有特殊历史意义的人或事

approach /ə'prəʊtʃ/

【助记】ap(to)+proach(接近)→一再接近→靠近

v. to come near to sb. or sth. in distance or time 靠近 As the TEM-4 approaches, I become nervous. 随着英语专业四级考试的来临, 我变得紧张起来。// As they approached the wood a rabbit ran out of the trees. 他们走近树林的时候, 一只兔子从树林里跑了出来。

n. ①靠近, 临近 the approach of night 夜幕降临
②途径, 方法 You seem to have a good approach to the problem. 你好像有解决该问题的好办法。

【派生】approachable a. 可接近的

acquire /ə'kwɪə/

【助记】ac(to)+quire(追求)→不断追求才能获得→获得

vt. ①获得【同 obtain】To acquire great success, you must work hard. 要获得成功, 必须努力。
②学到 He spent years acquiring his skills as a surgeon. 他花了几年时间学到了外科技术。

【用法】表达“学到、获得知识”要用 acquire/gain knowledge, 而不应说成 learn knowledge。

acquisition /,ækwɪ'zɪʃən/

【助记】acquire(v. 获得)的名词

n. ①取得, 获得, 习得 Students ought to devote their time to the acquisition of knowledge. 学生们应该把时间都花在求知上。

②获得物 This painting is my latest acquisition. 这幅画是我最近得到的。

decent /di:sənt/

a. ①体面的 Most university graduates consider white-collared positions as decent jobs. 绝大多数大学毕业生都认为白领是体面的工作。

②宽厚的 a decent old man 一位宽厚的老人

③得体的 decent language and behavior 得体的谈吐和行为

respectable /rɪ'spektəbl/

a. ①可敬的, 高尚的, 体面的 It's not respectable to be drunk on the street. 在大街上醉倒是不体面的。

的。

②fairly good 相当不错的 Her exam results were respectable, although not brilliant. 她的考试成绩不错, 尽管并不优秀。

admirable /æd'mərəbl/

【助记】ad(to)+mir(赞赏)+able→令人赞叹的

a. 令人赞叹的, 令人钦佩的 This essay is admirable in all respects. 这篇文章在各方面都很值得欣赏。

【派生】admiration n. 赞赏, 钦佩

fee /fi:/

n. 费, 酬金 Nothing will dispel enthusiasm like a small admission fee. 没有什么能像小小的会费一样令人热情顿失的了。

tuition /tju:'ɪʃən/

n. ①instruction; teaching 教学 individual tuition 个别讲授
②a fee for instruction, esp. at a university, private school 学费 The tuition of higher education in the US is much higher than that in China. 美国高校的学费比中国要高许多。

afford /ə'fɔ:d/

vt. 有足够的时间(金钱)去(做某事) The firm could not afford to pay such large salaries. 公司无法支付如此巨额的工资。

【用法】该词的前面通常要用 can 或 be able to。

【派生】affordable a. 买得起的; 担得起...风险的

payment /'peɪmənt/

【助记】pay(支付)+ment→支付的款项

n. ①支付的款项 The payment of the goods is payable in installments. 货款可以分期支付。

②支付 Payment may be made by credit card. 付款可用信用卡。

【派生】payable a. 应付的

essential /ɪ'senʃəl/

a. ①extremely important and necessary 必不可少的【同 indispensable】Food, clothing, shelter and transportation are essential to life. 衣、食、住、行是生活中必不可少的。

②very basic 本质的 What is the essential difference between the market economy and the planned economy? 市场经济和计划经济的本质区别是什么?

n. ①[常 pl.]要素,要点 *the essentials of grammar*
语法要点

②必需品 *I only had time to pack the bare essentials.* 我只来得及打包最基本的用品。

【用法】it is/was essential that... 后接的从句用虚拟语气。

continual /kən'tɪnjuəl/

【助记】con(with)+tin(保持)+ual→一直保持着的→不停的

a. ①不间断的 *continual rain/lightning* 不停的雨/频繁的闪电

②频频的 *Recently the young couple have continual arguments with each other for trifles.* 近来这对年轻夫妇为了一些小事接连不断地发生争吵。

continuous /kən'tɪnjuəs/

a. 连续不断的 *The brain needs a continuous supply of blood.* 大脑需要不断地供血。

【派生】continuity n. 连续(性)

【一言辨异】continuous, continual

I've been working for 14 continuous hours and got so tired, but still there are continual interruptions. 我连续工作14小时,已经感到很疲惫了,但仍不断有人来打扰我。

注意:continuous 指某事连续发生,中间无间歇;continual 指有间歇性的连续,常指恼人的连续

suspend /sə'spend/

【助记】sus(under)+pend(悬挂)→吊着

vt. ①to officially stop sth. from continuing, esp. for a short time 暂停 *Sales of this drug have been suspended until more tests have been performed.* 这种药品在完成进一步的检验之前暂停销售。// *He was suspended from playing football for a year after calling the referee names.* 在辱骂裁判后,他被禁赛一年。

②悬,吊 *The lamp was suspended from the ceiling.* 灯吊在天花板上。

【派生】suspender n. 女用吊袜带 // suspension n. 暂停;悬架;悬,吊

suspense /səs'pens/

n. 悬疑,焦虑,悬念 *Suspense adds interest to a story.* 故事中的悬疑情节更加引人入胜。

halt /hɔ:lt/

【助记】暂停(halt)盐(salt)的销售

n. 停住,暂停 *bring to a halt* 使停止 // *The car came to a halt just in time to prevent an accident.* 汽车及时停下,避免了一场车祸。

v. to stop moving(使)停住 *No one can halt the advance of history.* 谁也阻挡不了历史的前进。// *The parade halted by a busy corner.* 游行队伍在一个热闹的拐角处停下了。

【派生】halting a. 踌躇的,欲言又止的

cease /si:s/

v. to stop doing sth. or stop happening 停止 *The factory ceased production for lack of capital.* 工厂由于缺乏资金而停产了。// *It rained all day without ceasing.* 雨不停地下了一整天。

n. 停止 *without cease* 持续地,不停地

【派生】ceaseless a. 不停的,不断的

repel /ri'pel/

【助记】re(back)+pel(驱使)→驱使...返回→击退

vt. ①to drive away (as if) by force 逐退,驱逐 *repel an attack* 击退进攻

②to cause sb. to feel disgust 使厌恶,使反感 *Her heavy make-up and cheap scent repelled him.* 她的浓妆和廉价香水味使他感到厌恶。

prohibit /prə'hɪbɪt/

【助记】pro(forward)+hibit(拿住)→提前拿下→禁止

vt. to forbid by law or rule 禁止 *The government introduced a law to prohibit tobacco commercials on TV.* 政府采用新法律来禁止电视上播放烟草广告。

【派生】prohibition n. 禁止;禁令

avoid /ə'vɔɪd/

【助记】a(out)+void(空)→“避免”扑空

vt. 避免 *It is difficult to avoid an arrow in the dark.* 暗箭难防。

【用法】avoid 后接名词或动名词。

owing /əʊɪŋ/

a. 应付的 *There's still over \$100 owing to the bank.* 还欠着银行100多美元。

【短语】owing to 由于,因为 *The flight was delayed,*

owing to the bad weather. 航班由于天气不好而耽搁了。

overall /əu'ver'ɔ:l/ *a.* /əu'verɔ:l/ *n.*

【助记】over(横跨)+all(所有的)→全部的,总体的

a. ①总体的 *My overall impression of Shanghai was favorable.* 我对上海的总体印象是很好。

②全部的 *the overall costs of medical care* 医疗保健的总花销

ad. 总的来说 *Overall, prices are rising.* 总的来说,特价仍在上涨。

n. [pl.] 工装裤

delegate /deli'geɪt/ *n.* /deli'geɪt/ *vt.*

【助记】de(离开)+legate(派出使节)→代表

n. 代表 *a delegate to a conference* 赴会的代表

vt. ①to choose sb. to do sth. 委派...为代表 *I've been delegated to organize the weekly meeting.* 我受委派组织每周的会议。

②to give control, responsibility, authority, etc. to sb. 授权 *The Chinese people delegate their power to the People's Congress.* 中国人民授权给人民代表大会。

【派生】delegation *n.* 代表团,委派

nominate /nɒmɪneɪt/

【助记】nomin(名字)+ate(使)→提名

vt. ①to officially suggest sb. or sth. for an important position, duty, or prize 提名 *The film was nominated for several Oscars.* 那部影片被提名好几项奥斯卡奖。

②to give sb. a particular job 任命 *The prime minister has nominated the former defense minister as the new foreign minister.* 首相已任命前国防部长为新任外交部长。

【派生】nomination *n.* 提名,任命

专四真题

Her lucky moment came, strangely enough, after she was nominated in 1992 to be on the McDonald's bun committee.

译文:说也奇怪,在1992年被任命为麦当劳面包委员会委员后,她真的时来运转了。

feast /fi:st/

n. ①盛宴 *A great feast was held in Columbus' honour.* 为纪念哥伦布举行了盛大的宴会。

②节日 *immovable feasts* 固定日期节日

vi. ①(-on)尽情地吃 *The children feasted on chicken and coconuts.* 孩子们尽情地吃着鸡肉和椰子。

②参加宴会 *The poor starve and the rich feast.* 穷人挨饿,富人吃喝。

query /kwɪəri/

n. 质问,疑问 *Your interesting report raises several important queries.* 你的精彩报告引发了几个重要问题。

vt. to ask questions or express doubt about sth. 质问,疑问 *He queried whether she could sing.* 他问她是否会唱歌。

inquest /ɪnkwɛst/

n. an official investigation to find the reason for sth. (such as a person's death) 审问,审查 *An inquest found that the deceased had died of drug overdose.* 经审查发现,死者因用药过量致死。

sue /sju:/

vi. ①控告 *sue at (the) law* 起诉

②to formally ask for sth., esp. in court (~for) 请求,要求 *The rebels were forced to sue for peace.* 反叛分子被迫要求和解。// *sue for divorce* 起诉要求离婚

vt. 控告 *sue sb. for negligence* 控告某人玩忽职守 // *She decided to sue her employer for wrongful dismissal.* 她决定起诉雇主非法解雇她。

clarify /klærɪfaɪ/

【助记】clari(清楚)+fy(使...)->阐明

vt. 阐明 *The government has time and again clarified its position on equal pay for women.* 政府已经反复阐明其对男女同工同酬的立场。

【派生】clarity *n.* 清楚

military /mɪlɪtəri/

【助记】milit(战斗)+ary->军事的;军队

a. 军事的 *He advocates reducing military spending.* 他主张削减军费开支。

n. [the~]军队 *My brother is in the military.* 我兄弟在部队服役。

smuggle /smʌgl/

【助记】不断进行反走私(smuggle)的斗争(struggle)

vt. ①to move sth. from one country into another illegally and secretly 走私 *Smuggling is*