

【安徽省高等学校“十一五”省级规划教材】

主编 何苏宁 马海波

# 新目标 大学英语 快速阅读

**New Target**                      **第2版**  
**College English Fast Reading**

本册主编 马海波 许良才

第**1**册

中国科学技术大学出版社

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# 新目标

主 编 何苏宁 马海波

## 大学英语快速阅读

NEW TARGET

第2版

COLLEGE ENGLISH FAST READING

### 第1册

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# 前 言

教育部制定的《大学英语课程教学要求》(以下简称《课程要求》)对于英语快速阅读能力的一般要求是:“在快速阅读篇幅较长、难度略低材料时,阅读速度达到每分钟 100 词,能基本读懂国内英文报刊,掌握中心意思,理解主要事实和有关细节。能读懂工作、生活中常见的应用文体的材料。能在阅读中使用有效的阅读方法。”较高要求是:“阅读速度达到每分钟 120 词,能就阅读材料进行略读或寻读。”正是根据《课程要求》的具体要求,我们编写了这套《新目标大学英语快速阅读》教材,以期通过规范的选篇和练习设计循序渐进地提高学生的英语快速阅读水平,从而进一步增强他们的英语综合应用能力。

英语快速阅读与精读、泛读共同构筑起英语阅读技法的链状体系。快速阅读侧重于阅读的“时间观念”和“效率意识”,体现出信息化时代高速度、高效率的理念,是外语阅读技法中的新概念。对于广大非英语专业的大学生而言,英语阅读效率低是制约他们获取更多知识和信息的最大障碍。因此,培养快速阅读、准确捕捉信息的能力,是大学英语教学的一项重要任务。我们在编写本教材时,注重将语言的课堂教学与实际应用能力的提高相结合,做了一些尝试。

(1) 本教材共 4 册,分为 1~4 级,达到《课程要求》对快速阅读一般要求层次的具体要求。

(2) 本教材遵循理论与实践相结合的原则,讲练结合,每册分为两大部分:第一部分讲授快速阅读常用技能,采用中文讲解,清晰明了;第二部分为快速阅读综合技能训练,注重训练的渐进性和系统性。每册分 10 个单元,每个单元包含 3~4 篇阅读文章,每篇文章后配有练习。第 1、2 篇文章后的练习与四级考试新题型的形式一样,第 3、4 篇文章后的练习则侧重于训练某一项快速阅读技能,以达到通过训练熟练掌握快速



阅读技能的目的。

(3) 本教材所选篇目均是根据实际教学需要筛选而来,在保证科学性、知识性、趣味性和新颖性的同时,又尊重学生的兴趣爱好,内容涉及语言、文化、习俗、伦理、科学、社会焦点等方面。文章均从近期的国内外书籍和报刊中选编,难度适中。

(4) 1~4级阅读文章的长度和阅读速度分别为:1级600~800词,建议阅读速度为每分钟90词;2级800~1000词,建议阅读速度为每分钟100词;3级1000~1100词,建议阅读速度为每分钟110词;4级1100~1200词,建议阅读速度为每分钟120词。生词不超过短文词汇总量的3%。在每篇短文之前都明确标出了完成短文阅读及练习的建议用时,学生可以记录完成时间和答题的正确率,以便对自己的阅读速度和阅读水平进行自我评估。

(5) 在练习的编排方式上注重形式多样。在注重寻读、略读、猜词悟义、写摘要等快速阅读基本技能训练的同时,在题型和阅读速度等方面结合四、六级考试的要求进行设定,旨在帮助学生熟悉新题型,提高应试能力。练习题的形式主要为判断题、信息填充题和综合题。

本教材的编写由解放军电子工程学院和解放军炮兵学院合作完成,所有编写人员均为在教学一线执教多年的教师,具有丰富的教学经验。全书由何苏宁、马海波主编,各分册主编分别为:第1册马海波、许良才;第2册方怡、王玫;第3册赵天红、潘云燕;第4册何苏宁、黄频频、王芳。

编者

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# 快速阅读的基本方法与技巧

## 1. 略读(skimming)

略读,或称为跳读,就是粗略地、快速地阅读全文,包括文题、作者、写作时间、注释说明等,要求读者有选择性地忽略阅读材料中的部分内容,其目的是明确背景,抓住线索,了解梗概,把握主旨。略读虽不免“粗疏”,但绝不是粗枝大叶地、一般地浏览,而是有目的地把握“全局”,对全文做一鸟瞰式的俯视,这就要求在阅读时精神高度集中,能提纲挈领地抓住全文关键的问题。其特点是:(1)以极快的速度阅读大量材料,寻找字面上或事实上的主要信息和少量的阐述信息;(2)有选择性地跳过某个部分或某些部分阅读内容;(3)适当地降低阅读理解的准确率;(4)事先读者对阅读材料往往是一无所知。

略读可以运用下列技巧:

(1) 利用印刷细节(typegraphical details)。如利用书或文章的标题、副标题、小标题、斜体词、黑体词、脚注、标点符号等,对书或文章进行预测略读(preview skimming)。预测略读要了解作者的思路、文章方式(模式),以便把握文章大意、有关的细节及其相互关系。标题性的信息是作者提供的重要阅读线索,一般而言,通过标题可以知道文章的主题。对文章的首段和末段要多加注意,以便发现作者的观点。忽视了标题、引言、总结、说明及图解等信息,会限制读者的阅读思考,影响阅读效率。

(2) 弄清文章体裁,快速理解文章。以一般阅读速度(每分钟 200~250 词)阅读文章开头的一两段,力求抓住文章大意、背景情况、作者的文章风格、口吻或语气等。对不同体裁的文章,就要根据其体裁的特点,运用不同的方法快速阅读,正确

理解。

记叙文往往一开始就交待人物(who)、时间(when)、地点(where)及事件(what),然后再详细叙述事件发生的原因(why)。

议论文中,作者先提出一个论点,再对此进行分析,或举例加以论证,得出结论。

说明文中,作者首先提出说明对象,然后从时间、空间、用途、方法、步骤等各个不同侧面加以说明。

(3) 抓住关键词句(key words and topic sentences)。为了提高阅读速度,首先应抓住关键词句,因为它们是联接上下文的纽带。快速阅读时只要注意瞬时关键词,其他都可迎刃而解。抓住关键句子也就是找出主题句,主题句是文章中用来概括大意的句子,主题句往往是每个段落的第一个句子,有时可能是最后一个句子,在特殊情况下也可能出现在段落中间。通过识别主题句,可以快速、准确地抓住文章中各个段落的主要意思。如果把每一个段落的大意抓住了,那么全篇文章的中心思想也就把握住了。在阅读中识别主题句,并准确理解其意思,可帮助读者了解作者的行文思路,分析文章的内容结构,搞清楚各个段落之间的逻辑关系,有利于提高阅读的速度和理解的准确性。

(4) 读首、尾句,预测文中细节。一般情况下,英语文章多是按“总—分—总”的思路写的。因此,研读首、尾句,对快速阅读理解文意具有重要的意义。读者不但由此可以抓住文章的内容,还可以揣测作者的态度、意图,从而进一步猜出作者所要写的细节。

(5) 注意连接词,揣测作者意图。英语文章中,作者往往先叙述或介绍常人的观点、他人的态度和看法,然后再提出自己的想法或与之不同的观点,即作者本人的意图或事实真相及本文的主旨。两者之间常用 but, however, yet, in spite of, though, although, moreover 等连词或短语,或 but in fact, on the contrary, in addition, even though, even if 等短语连接。掌握了文章的阅读方法,就大大加快了阅读速度,同时理解的正确性也就大大提高了。

(6) 若无需要,不必阅读细节。

## 2. 寻读(scanning)

寻读又称查读,就是从阅读材料中快速准确地找出某些具体信息。读者往往

是有目的地去阅读,并从阅读材料中查找自己所需要的资料。如查找电话号码簿,翻词典查生词,了解飞机、车、船时刻表,在工具书或报纸杂志中查考一个人名、地名、典故、数据及有关资料等。其特点是:(1)既要求速度,又要求寻读的准确性;(2)带有明确的目的性,有针对性地选择所需信息;(3)事先读者对阅读材料有所了解。

寻读可以运用下列技巧:

(1) 利用材料的编排形式。资料多半是按字母顺序排列的,如词典、索引、邮政编码簿、电话号码簿以及其他参考资料簿等。当然,并非所有资料都是按字母顺序排列的,例如,电视节目是按日期和时间排列的,历史资料是按年代排列的,报纸上的体育版面是按比赛类别(足球、排球、网球等)排列的,等等。不管资料来源怎样,它们都是按照某种逻辑顺序排列的。例如,要知道某事是何时发生的,要查日期;要知道某事是谁做的,要查人名等。

(2) 利用章节标题和说明。寻读时,首先看看文章标题或章节标题,确定文章是否包含自己所需要的材料,或者哪一部分包含哪些材料,这样可以直接翻到那个部分,进行寻找。

(3) 利用提示词。读者找到包含所需信息的章节,准备寻读时,要留心与那个具体信息有关的提示词。例如,在报纸体育运动版上寻找某田径运动员的某项运动成绩,他的国名是提示词;在百科全书上寻找纽约市的人名,翻到 New York City那一章后, population, census, inhabitants 等词就是提示词。找到提示词,就可以采用一般阅读速度,获得所需要的信息。

(4) 利用上下文猜出词义。充分利用上下文给出的线索,有些生词的意思是可以猜出来的。基本方法有:

① 利用定义的线索。在生词出现的上文或下文,有时能找到对它所下的定义或解释,由此可判断其词义。

② 利用同义的线索。一个生词出现的上下文中有时会出现与之同义或近义的词,它往往揭示或解释了生词的词义。

③ 利用反义的线索。在某一生词的前面或后面有时会出现它的反义词或常用来对比的词语,由它可以推测生词的词义。

④ 利用常识猜测词义。有时一句话中尽管有生词,但我们可以利用已有的知识去判断生词的词义。

⑤ 利用等式或符号猜测生词。一段话后面有时会给出一些等式或符号,如前

面的话中有生词,由后面的等式或符号可以猜出生词的词义。

### 3. 需克服的不良阅读习惯

在阅读过程中,某些不良的阅读习惯不仅影响阅读速度,而且影响阅读理解的有效性,因此需要加以克服。常见的不良习惯有:

(1) 音读。音读就是在阅读过程中读出声音来。因为眼睛的移动速度比舌头动作快,音读的最大弊端是使阅读速度等同于说话的速度,从而拖慢阅读速度。出声读不但影响速度,而且会分散一部分精力去注意自己的发音。

(2) 逐字读。许多常见词,如功能词等,不需停顿下来去单独理解。逐字阅读并不能增加对文章的理解程度,把意思完整的句子割裂成字、词,注意力被单个文字所分散,只会妨碍、减慢对全句或全段的理解,就好似只看每一棵树而不见森林。

(3) 默读。虽然没有大声读出来,但在脑中一字字地读,也会影响速度,分散注意力。

(4) 指读。用手指指着字句阅读,因为手指不及眼睛敏捷,所以会降低阅读速度,并影响理解。

(5) 回读。眼睛回向移动,寻找先前读过的信息,而不是继续读下去以获取完整的概念。回读是快速阅读最大的障碍,一方面是因为精力不集中,另一方面是担心看得快就会看不清、记不住,结果,新的内容得不到充分理解,只好又回头重读。回读严重影响阅读速度,更重要的是造成信息的混乱、流失,影响记忆。

(6) 纠缠生词。在阅读过程中,遇到生词、难句在所难免。如果一碰到生词、难句就追根刨底,孤立地去思考,甚至还想把它译成汉语才罢休,其结果不但会打乱阅读节奏,减慢阅读速度,而且会打断阅读思路,妨碍完整地理解所读信息。

# Unit 1

## Passage 1

**Directions:** Read the following passage, and then complete the sentences with information given in the passage.

建议用时: 8'00"  
实际用时:

### Dealing with Homesickness

Whether you're away at school, you just moved, or you're just away on a trip and you want to go home, there are many ways to cope with what really sometimes feels like a "sickness" and feel better over time.

1. **Plan a short trip doing something you know you'll enjoy.** Perhaps just stay with a close relative or with friends you have known for a long time.
2. **Keep the trip active and take things like a pack of cards to fill in the spare time.** Being busy is the number one way to avoid homesickness.
3. **Understand the first night in a new place can often be a bit stressful.** Everyone's tired from the journey, and finding your way around and meeting new people are hard work. Expect this and remember things will seem better in the morning.
4. **Pack carefully, be prepared and check with others going what they are taking.** If you have the right clothing and so on, you will feel more relaxed.
5. **Make yourself aware of what's happening.** Obviously if you are staying

with a relative, there won't be a written schedule but ask about her plans and, if invited, suggest what you would like to do. If you are away with a group there may well be. Read it but be flexible. It may change.

**6. For the first night agree to text(发送短信) or email to say you arrived safely.** A key cause of homesickness is worrying about the people at home, so by reassuring them you reassure yourself.

**7. Telephone home when you are feeling positive, after going out doing something you enjoy.** This convinces people at home you are fine and avoids you upsetting yourself on the phone.

**8. If you do feel homesick, do something about it — and that doesn't include crying on your bed.** Go find someone to talk to, have a bath, read a book, watch TV, have a sleep, anything that makes you feel better. The feeling will pass quickly.

**9. Stop and think seriously why you feel homesick or what you have done in the past.** Was it the situation you traveled to some place you didn't like? Did you miss your family? Were you worried about things at home? Work out exactly what caused the feelings, then think how you can make it different on your next trip.

**10. Agree that should anything go wrong, people at home should contact you immediately and ensure they have numbers etc.** Therefore whenever you are not being contacted, you know things at home are OK and need not worry.

**11. Eat and sleep as well as possible.** When you're tired and hungry things can seem a whole lot worse.

**12. Take items that make you feel more at home: photographs, your own music or bed linen may help, even a cuddly(令人想拥抱的) toy.**

**13. Be positive. Homesickness can be beaten. If that were not the case, adults would all still live with their parents.** (510 words)

1. When on a short trip, it is advisable to make a plan doing \_\_\_\_\_.
2. To relieve the feeling of stress when arriving at a new place, we should keep in mind that \_\_\_\_\_.
3. When going with a relative, we'd better \_\_\_\_\_ to get informed of what's happening.
4. One of the main reasons why we feel homesick is \_\_\_\_\_.

5. If we know exactly what makes us feel homesick, we can \_\_\_\_\_.
6. When you are on a trip and your family does not give you a phone call, you should know that \_\_\_\_\_.
7. It is suggested that we take some items such as a cuddly toy as they \_\_\_\_\_.

## Passage 2

**Directions:** Read the following passage, and then complete the sentences with information given in the passage.

建议用时: 8'36"  
实际用时:

### To Become an Excellent Student

Do you have a desire to become a successful student? Well, here's how you can accomplish it.

**1. Like all exceptionally great students, you must pay attention!** When a teacher is giving a lesson, take notes and if you don't become something, raise your hand and ask. The more questions you ask, the smarter you'll get, become it or not. By passing notes and talking to friends, you won't learn anything, so pay close attention!

**2. Review your notes when you have some free time.** Take some time to write some problems up or you could ask someone to write them for you. Just remember, it doesn't hurt to go over what you have learned.

**3. Do your homework.** Teachers give you homework for a reason, you know. It is to review what you have learned that day. Take advantage of your free time. If you really want to be a successful student, you should know right from the beginning when you want to be great at anything; you have to put up with things that just don't seem fair. Doing your homework is not a big deal. Remember, homework can also help you develop good habits and attitudes.

**4. Be prepared.** Bring everything you need to class. Books, folders(文件夹), pens, pencils, homework, review sheets — whatever you need it would be a

good idea to bring them.

**5. Get organized.** Keep a folder for each subject, and yes, you put your math papers in your math folder, you put your Language Arts papers in your Language Arts folder, you put your science papers in your science folder, and so on. It would really be a good idea to color code or label your folders.

**6. Study.** It would be a good idea to start studying a few days before a test. Make a study schedule. If an extracurricular activity(课外活动) gets in the way of your studying, tell the person in charge of that certain event, that you will not be able to attend that event, or you will have to leave early. However, there will be certain situations where you will have to attend whatever it is. In this kind of situation, you will just have to study another day. This is where your study schedule comes in. Write out a schedule of the week of your test and find your free time. Always remember, use your time wisely.

**7. Start to read a little more.** If you are not already a reader, start at your level and work your way up. You may not know this, but by reading more challenging and difficult books, you are expanding your vocabulary.

### Tips

- Always go for extra credit even if you are getting a 98% in that certain class. You can always do better.
- Stay focused. Everyone knows school can be boring, but you have got to concentrate on getting focused. Keep your eyes on the teacher, keep your ears open, and take notes. Taking notes will help you think and help you understand what is being taught more.
- Sleep! Sleeping well is essential to keep you concentrated on classes and also on your studies.
- Rewriting notes taken in class is helpful if taking exceptionally hard classes (such as law, medicine, engineering, etc.), (564 words)

1. Instead of passing notes and talking to friends, we should pay close attention to the teacher's lecture, take notes and \_\_\_\_\_.
2. When the teacher is giving a lesson, we'd better take notes. And after class, we should \_\_\_\_\_ when we have some free time.
3. The purpose of the assignment given by the teacher is to \_\_\_\_\_.

4. In order to be well organized, we should \_\_\_\_\_.
5. A study schedule is especially important when you need find some time to make up for the \_\_\_\_\_ you have to attend.
6. One way of enlarging our vocabulary is to read \_\_\_\_\_ books.
7. Even though study is by no means interesting, we need to \_\_\_\_\_. We should pay special attention to what the teacher does and says.

### Passage 3

**Directions:** Go over the passage quickly and answer the questions. You should mark Y (for YES) if the statement agrees with the information given in the passage; N (for

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NO) if the statement contradicts the information given in the passage; NG (for NOT GIVEN) if the information is not given in the passage.

### Courage

In ordinary life, we tend to live in our own little area of comfort. Often referred to as our "comfort zone", this is the safety barrier that we build around ourselves to protect us from feelings of hurt, upset and a desire to react defensively. Every day, it helps to take a step outside this comfort zone to extend our limits and explore more life. Healthy challenges help us to build courage and strength!

**1. Do one little thing outside your comfort zone every day.** It doesn't have to be a big step, just something different from what you normally do or say. Even changing your thoughts about someone or something that has been bothering you can have a big impact on opening yourself up to new perspectives about the world and ways of coping with difficult situations.

**2. Believe in yourself.** Surround yourself with friends and family who believe in you too. Your sense of self-value will be enhanced if you give yourself the opportunity to "think that you can be someone or do something". Believing in your skills and abilities is key to using them well and this is bolstered by the love

and compliments from those who care about you.

**3. Create some goals for each day.** Start off with small goals to make changes to your lifestyle that will help you to grow more courageous and forthright in your approach to the world. Start small(从小处做起) and be more open and trusting of your acquaintances, then your community, then your region and finally, your world. Over time, your goals can grow bigger and bigger, as you grow more and more courageous about interacting with others and sharing your skills and knowledge.

**4. Have a good attitude.** When faced with something frightening, think of it as a challenge that can be changed into an opportunity. Turn the challenge into a duty that you have to do, and do not question it, just deal with it. It's much easier to be scared when you don't have to do that frightening task — when you must face it, you suddenly find yourself reaching on reserves inside yourself that you probably didn't realize were there. Trust your instincts, skills and judgment and face the challenge head on.

**5. Don't hesitate.** If, say, you're doing something that requires a “sudden plunge(全心投入)”, for example, picking up a spider if you hate spiders, or jumping from a ledge if you hate heights, do not do a countdown. That only makes it worse. Instead, simply hold your breath, quickly assess the situation for the safest option and go for it.

While it's important to try new things, if you find a certain routine that works really well for you or a certain hobby that you absolutely love, keep the hobbies going.

#### Warnings

- Do not listen to unhealthy criticism from others.
- Know your physical limits. Don't do something extremely dangerous just to be brave.
- Know your emotional limits. For example, if doing something in a crowd sends you into a panic, do not force yourself to do it. Some of us are built more sensitive to such situations than others, and with good reason, for some people are the risk-takers and some are the risk-averse. Without both kinds of people, societies would not thrive. (566 words)

1. Healthy challenges will help us to get outside our “comfort zone” by providing us with courage and strength we need. \_\_\_\_\_
2. When you are with some friends, you should believe in your own skills and what others think of you doesn't matter at all. \_\_\_\_\_
3. Self-value is very important, which will help you make better use of your skills and abilities. \_\_\_\_\_
4. It is advisable to set some small goals. This will be beneficial to your progress as they are easily attained. \_\_\_\_\_
5. When a tough task is given to you, you'd better think over and should refuse to take if you find it really challenging. \_\_\_\_\_
6. When faced with something that requires a “sudden plunge”, we may set a deadline for the task, as it will motivate you to meet it bravely. \_\_\_\_\_
7. As it's important to try new things, we should abandon old hobbies and keep developing new hobbies. \_\_\_\_\_

## Passage 4

**Directions:** 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 information given in the passage.

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### How to Realize Your True Potential

Every human being, regardless of race, creed, sex or spiritual belief, has the incredible capacity to accomplish far beyond their wildest dreams!

**1. Unlearn what you have learned.** As children, we all have fantastic dreams of accomplishing what many adults believe to be “unrealistic”. When we grow up into adults, we “learn” the rules of the world and those dreams no longer seem