

- ◆ 30天计划——抵抗懒惰，提高成就感
- ◆ 循环记忆——最好的抵抗遗忘曲线的方法
- ◆ 分音节记忆——英语音节如同汉字部首，按音节记忆事半功倍
- ◆ 自然音标——音形一体，见到就会读



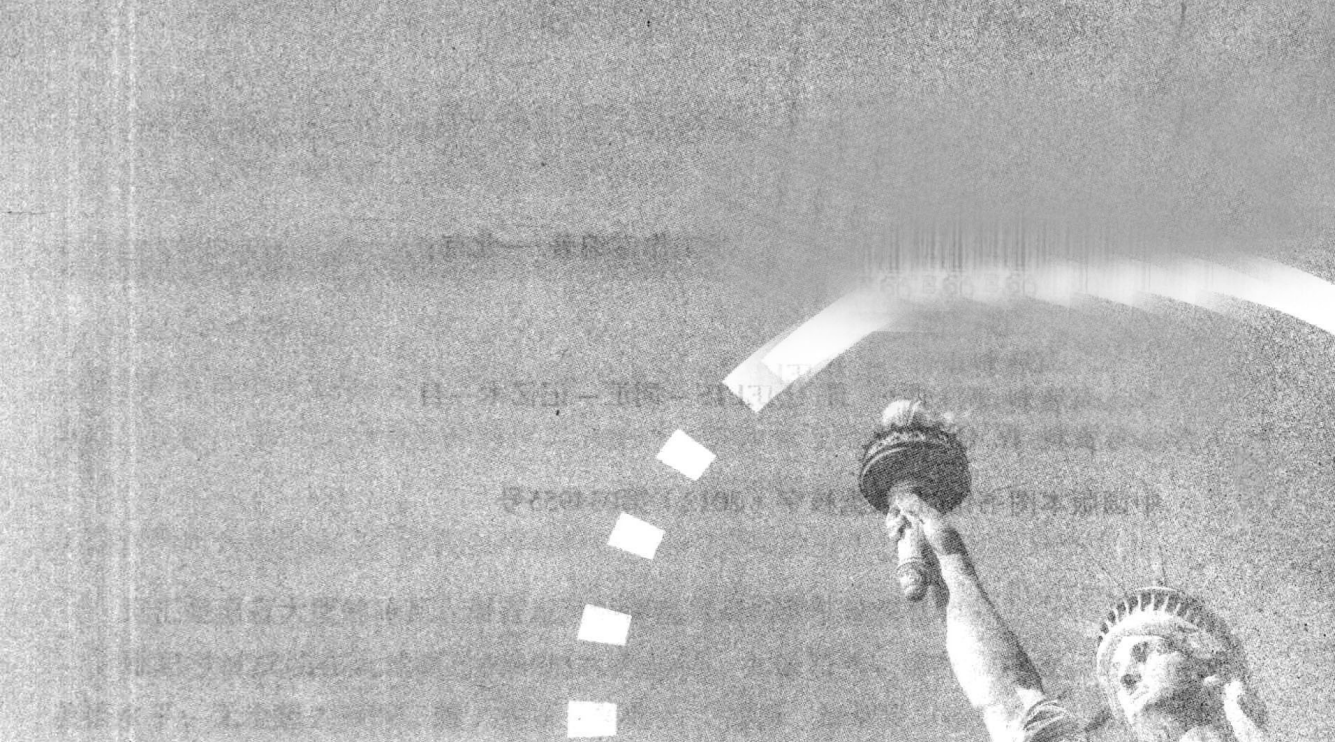
雅思单词 循环记忆

30天科学循环记忆雅思词汇

西择英语教学工作室◎编著



中国书籍出版社



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词汇是语言大厦的砖瓦，语言运用的娴熟与否与词汇量息息相关。

雅思考试成绩在全球超过6000所机构认可，无论留学、移民、就业，还是检测英语水平；无论想去英国、澳大利亚、新西兰、美国、加拿大，还是荷兰、法国、德国、瑞士、瑞典、新加坡、马来西亚、日本、南非等，雅思考试都是需要的。

中国学生学习雅思词汇主要面临以下问题：

1. 需要短时间快速掌握雅思考试常用词汇；
2. 需要科学的学习计划来对抗学习的惰性和缺乏学习热情；
3. 需要科学的词汇学习方法在轻松和不知不觉中掌握雅思词汇。

基于上述原因，西择英语工作室的同事们经过近一年的通力合作，立足雅思考生，从英语词汇的特点出发，编写了这本《雅思单词循环记忆》。本书如果能帮助你短期记忆大量雅思词汇和掌握词汇的使用方法并在雅思考试中取得理想成绩，那将是编书人的最大心愿。

编撰特点：

收词：精选雅思考试常用核心词汇（词组）近3000条，是一本收词全面的雅思词汇书。

分音节：英语的音节有如汉字的偏旁部首，按音节学习记忆单词是由拼音文字的特点所决定的。本书每一词条都严格划分音节，方便考生的学习。

自然音标：本书摒弃国际音标，采用英语字母本身和字母组合来标注英语发音（详见附录一和附录二），既避免了学一套拼音文字要记两套拼音系统，又最大限度地实现了音形一体，使拼写和拼读成为一个整体，从而达到高效学习英语词汇的目的。

释义：力争简练、准确，方便快速记忆。

例句：力求典型、鲜活，充分体现词汇的本意和用法。

亮点：使用循环记忆法排列单词，完全对抗遗忘曲线。只需要一行行、一页页、不回翻，30天学完全书。

使用方法：

考生必须每天抽出时间完成当天学习任务——96个词汇。本书将96个词汇每3个一小组，用两两循环法排列印刷，学习时只需将词汇的每行内容充分阅读并做已读标记，必要可按音节抄写和按音标朗读。特别注意对循环不断出现的同一词汇不能偷懒、不能略过，否则无法达到记忆效果。

本书在编写过程中不可避免借鉴和参考了国内外多种图书、报刊和互联网等权威性英语研究著作和媒介资料，再次表示由衷感谢。

作为本书的编者，我们深知工作琐碎繁杂，虽然尽全力避免错误发生，但难免存在疏漏，望专家和广大雅思考生批评指正，以便再版时修订改正。

西择英语工作室
于北京大学南门外

前 言

分音节+自然音标+循环记忆

这是一本快速记忆单词的工具书。只需要一行行地读下去，每次单词重新出现时都要像第一次看到一样认真地读单词、看词性、念音节、看音标、看懂例句，就会不知不觉地把单词记在脑海里了。

本书观点一：单词不是死记硬背的，是一次次重复记住的

拼音文字对于熟悉方块汉字中国人而言既毫无灵性又枯燥无味。

也许很多人会有这种感觉，就是每当看到那些由二三十个字母组合起来的个个相似的外语单词，就会感叹那些外语高手们到底是如何记住那些常用的一两万个单词的。

编者有个老邻居今年80岁，1950年代从部队院校留苏学医。

有天早晨在干休所大院锻炼时和他闲聊，说起了他年轻时学俄语的经历。

老人家告诉编者其实他去苏联之前一句俄语都不会，甚至连俄文字母表都背不下来。可留学的任务是要在两年内要完成全部学业。

老人家是军人，军令如山倒。

首先面对的就是是俄文授课、俄文课本、俄文资料，用俄文完成作业，用俄文答辩。老人家那时二十多岁，可也不得不承认语言关就像座大山，需要愚公移山。

到校后首先是三个月的俄语预科。单词是第一关。

学校很了解中国同学的具体困难。一位很漂亮和善年轻的女老师在第一堂课给他们教了一种单词速记的方法，告诉他们这是革命导师列宁年轻时为了学习马克思著作掌握德语单词用过的方法。

方法就是单词不能死记硬背，而是不断地重复再重复。

老师通过翻译告诉他们，熟练掌握这种方法后，每小时能记住100个外语单词。

有的人甚至记住150个外语单词。而革命导师列宁平均速度达到过每小时记住225个德语单词。

老师发给了他们每人一页纸，纸上这样排列着：

学习1组；复习1组；

学习2组；复习2组；

复习1组；复习2组；

学习3组；复习3组；

学习4组；复习4组；

复习3组；复习4组；

复习1组；复习2组；复习3组；复习4组；

学习5组；复习5组；

学习6组；复习6组；

复习5组；复习6组；

学习7组；复习7组；

学习8组；复习8组；

复习7组；复习8组；

复习5组；复习6组；复习7组；复习8组；

复习1组；复习2组；复习3组；复习4组；复习第5组；复习6组；复习7组；复习8组；

学习9组；复习9组；

学习10组；复习10组；

……

老师接着告诉他们如何使用这张表，先把俄语单词分成32组，每组可以根据自身条件由3到5个单词组成，然后按表中的组号开始记忆，每记忆一组，就把表中对应的组号划掉，再接着记忆下一组。

老师同时提出记忆要求，首先是精力必须集中，否则效率很低，其次对于每个俄语单词的字母组合及中文义，不必非得一次就记住（也不可能办到），但要熟悉它们。在这个循环记忆法中，所有的单词是“看”的，而不是“记”的，很轻松地浏览单词就行。每次“看”单词，时间在2-5秒左右。第三整个记忆过程一般在一个小时内，否则，效率会下降。记单词最好是在睡前，成为睡前的最后一件事，或在早上，成为早上起来做的第一件事。

就这样，老人家和他的同学们用这个方法每天记住了100个俄语单词。到后来能记住约200个单词，几乎赶上了革命导师列宁。

有了单词基础，过了半年到一年，大家在学习专业技能的同时，几乎都过了语言关，全部完成了学习任务。

循环记忆法是机械记忆法中最好的一种学习方法，它实际上是不自觉地利用了“遗忘曲线”的规律，使得记忆对象在即将遗忘的时候再重新给予“刺激”、再次予以重复识记，从而加深了印象，强化了记忆。

循环记忆法是对单个的、零散的识记材料进行排列组合，利用多次重复识记的方法来进行记忆的一种记忆方法。通过有规律的定时复习，使所有记忆对象都能够得到及时、多次的复习，从而达到一次性记忆大量识记材料的目的。用这种方法记忆外语单词最为有效，能在短时间内记住大量外语单词。

本书观点二：单词不光是字母组合，更是音节的组合

据统计有85%以上的人记忆英文单词是以字母为单位的，比如conversation这个单词，他们需要记忆12个字母的组合（c-o-n-v-e-r-s-a-t-i-o-n）。而另外那些少数熟悉“按音节记忆单词”的人记忆这个单词，只须记忆四个音节（con/ver/'sa/tion）。再比如encouragement这11个字母的单词，同样只需要记忆四个音节(en/'cour/age/ment)。

以音节（一个或多个字母构成的组合）为单位而不是以字母为单位来记忆单词，会使记忆过程轻松而高效。

本书观点三：单词用国际音标标注发音是误人子弟的

编者的一个老同学为了孩子的学业移民到了加拿大，回国后讲过这样一个故事。

老同学到加拿大后参加了针对新移民的长达1000多个小时的免费英语培训。

加拿大老师名不虚传，和蔼可亲、循循善诱并重在鼓励。但很多中国新移民英语学习中的一个问题很快被老师发现，那就是每当学一个新单词时，移民们就打开国内带来的词典，按国内的习惯用国际音标给单词注音。老师看了深不以为然，说英语本来就是拼音文字，你们再学一套国际音标，岂不是要记两套拼音系统，容易混淆不说，纯粹把英语发音当成汉语发音来记了。实在要标记发音，至少也要用英语的字母发音来标注。

几天后老师给每个人发了一张标注规则表：

字母组合	例词	备注	字母组合	例词	备注
b	bad, sob		a	mad, pad	
ch	chip, ditch		ah	father	
d	dip, red		air	fair, care	
dr	dream		ar	dark	
ds	beds		aw	raw, caught	
f	fun, cuff, laugh		ay	pay, acclaim	
g	get, beg		e	met, men	
h	ham		ee	beet	
j	jam, edge		eye	iron	字母 i 音在音节首
k	keep, sack		ye	bye	字母 i 音在非音节首
l	lap, tell		i	bit, accident	
m	man, lamb		ihr	fear, here	
n	now, ten, gnat, know		o	cot, dot	
ng	sing		oh	foe, dough	
p	pan, sip		oi	boil, toy	
r	rib, pour		oo	pool, rude	
s	set	字母s音在音节首	or	corn, more	
ss	miss, race, yes	字母s音在音节尾	ou	how, ouch	
sh	ship, rash		u	put, book	
t	tub, rat		uh	bun, nation, comma	
th	thin, bath		oor	our, measure	
TH	this, bathe		ur	burn, worker	
tr	trade		yoo	music, pure	
ts	boots		ire	fire, require	
v	van, hive		name, these, bike, h ome, abuse, hite	name, these, bike, h ome, abuse, height	用相对开音阶标注
w	well, whale				
y	yell				
z	zip, has, those				
zh	measure				

老师说这套标记法不需要再一套奇怪的符号系统，而且也是学习自然拼读法的基础。

老同学说按这套注音方法，碰到不认识的单词，发音也能猜出个八九不离十，再碰到生词就觉得亲切多了。

本书观点四：多重过程少重结果，则成功是必然的

严格按照书中（或软件）排列顺序读单词，不必太关心是否已记住了单词。不间断、不偷懒、不轻视，您一定会像前辈们一样短期之内记忆大量单词。

本书特色：

1. 这是一本快速记单词的工具书，每个单词需要看的知识点有单词拼写，单词词性，单词分音节，自然拼读音标，词义，例句，例句翻译七项内容。

2. 用英语常见字母组合代替国际音标标注单词发音，建立字母及字母组合与发音的感知，达到“看字读音，听音辨字”的神奇学习效果。

3. 采用循环记忆法重复列出单词的相关七项内容帮助大家记忆单词，利用了艾宾浩斯发现的遗忘曲线，在单词即将遗忘时，及时给予了必要的重复刺激以保持长时间的记忆。

4. 同步上市雅思词汇循环记单词软件，包括真人原声发音、循环记忆、拼写练习及单词测试功能。请加入QQ群124384591（西择英语工作室）索要试用版。

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第01天

单词	词性	分音节	自然音标	词义	例句
exploit	v.	ex/'ploit	ekss-'ploit	剥削; 利用; 开拓	We should exploit our rich resources to expand the economy.
sprawl	n.	sprawl	sprawl	扩张; 扩展	He is lying in a sprawl on the bed.
climate	n.	'cli/mate	'klye-mate	气候; 风气; 思潮	She is not used to living in a cold climate.
exploit	v.	ex/'ploit	ekss-'ploit	剥削; 利用; 开拓	We should exploit our rich resources to expand the economy.
sprawl	n.	sprawl	sprawl	扩张; 扩展	He is lying in a sprawl on the bed.
climate	n.	'cli/mate	'klye-mate	气候; 风气; 思潮	She is not used to living in a cold climate.
tough	n.	tough	tuhf	难对付的; 健壮的; (肉类食物)老的	The steak was so tough I couldn't eat it.
flourish	v.	'flour/ish	'fluh-rish	繁荣; 活跃而有影响	Plants flourish in this earth.
avail	v.	a/'vail	uh-'vale	利用	The medicine did not avail against the disease.
tough	n.	tough	tuhf	难对付的; 健壮的; (肉类食物)老的	The steak was so tough I couldn't eat it.
flourish	v.	'flour/ish	'fluh-rish	繁荣; 活跃而有影响	Plants flourish in this earth.
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avail	v.	a/'vail	uh-'vale	利用	The medicine did not avail against the disease.
detrimental	a.	,det/ri/'men/ tal	,de-tri-'men- tuhl	损害的, 有害的	Smoking can be detrimental not only to your health, but to others around you.
submerge	v.	sub/'merge	suhb-'murj	淹没; 潜入水中	The ship submerged.
freefone	n.	'free/fone	'free-fone	免费电话	Ring the operator and ask for Freefone 8921.
detrimental	a.	,det/ri/'men/ tal	,de-tri-'men- tuhl	损害的, 有害的	Smoking can be detrimental not only to your health, but to others around you.
submerge	v.	sub/'merge	suhb-'murj	淹没; 潜入水中	The ship submerged.
freefone	n.	'free/fone	'free-fone	免费电话	Ring the operator and ask for Freefone 8921.
mainly	ad.	'main/ly	'mane-lee	大体上, 主要地	The land is dangerous; it's mainly swamp.
tutor	n.	'tu/tor	'too-tur	导师; 家庭教师	Her tutor teaches her at home.
fuel	v.	'fu/el	'fyoo-uhl	给……加燃料	Aircraft sometimes fuel while in the air.
mainly	ad.	'main/ly	'mane-lee	大体上, 主要地	The land is dangerous; it's mainly swamp.
tutor	n.	'tu/tor	'too-tur	导师; 家庭教师	Her tutor teaches her at home.
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单词	词性	分音节	自然音标	词义	例句
fuel	v.	'fu/el	'fyooh-uhl	给……加燃料	Aircraft sometimes fuel while in the air.
exploit	v.	ex/'ploit	ekks-'ploit	剥削; 利用; 开拓	We should exploit our rich resources to expand the economy.
sprawl	n.	sprawl	sprawl	扩张; 扩展	He is lying in a sprawl on the bed.
climate	n.	'cli/mate	'klye-mate	气候; 风气; 思潮	She is not used to living in a cold climate.
tough	n.	tough	tuhf	难对付的; 健壮的; (肉类食物)老的	The steak was so tough I couldn't eat it.
flourish	v.	'flour/ish	'fluh-rish	繁荣; 活跃而有影响	Plants flourish in this earth.
avail	v.	a/'vail	uh-'vale	利用	The medicine did not avail against the disease.
detrimental	a.	,det/'ri/'men/ tal	,de-tri-'men- tuhl	损害的, 有害的	Smoking can be detrimental not only to your health, but to others around you.
submerge	v.	sub/'merge	subh-'murj	浸没; 潜入水中	The ship submerged.
freefone	n.	'free/fone	'free-fone	免费电话	Ring the operator and ask for Freefone 8921.
mainly	ad.	'main/ly	'mane-lee	大体上, 主要地	The land is dangerous; it's mainly swamp.
tutor	n.	'tu/tor	'too-tur	导师; 家庭教师	Her tutor teaches her at home.
fuel	v.	'fu/el	'fyooh-uhl	给……加燃料	Aircraft sometimes fuel while in the air.
biography	n.	bi/'og/ra/phy	bye-'og-ruh- fee	传记	Last year I completed a biography of my father.
renew	v.	re/'new	ri-'noo	延长有效期; 恢复; 重新开始	I must renew the book.
distinguish	v.	dis/'ting/uish	diss-'ting-wish	区别; 辨别	People who cannot distinguish between colours are said to be colour-blind.
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institute	v.	'in/sti/tute	'in-stuh-toot	建立, 设立	Chinese Institute of Science plans to institute a new agency in the new year.
possess	v.	pos/'sess	puh-'zess	具有; 拥有	Different workers possess different skills.
inspiration	n.	in/spi/'ra/tion	in-spuh-'ray- shuhn	灵感; 鼓舞人心的人(或事物)	Poets and artists often draw their inspiration from nature.
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migrant	n.	'mi/grant	'mye-gruhnt	移居者; 候鸟	Migrant birds fly south for the winter.
consequently	ad.	'con/se/quent/ ly	'kon-si- kwuhnt-lee	因此, 因而	Mr. Foster has never been to China. Consequently he knows very little about it.
unyielding	a.	un/'yield/ing	uhn-'yeeld-ing	顽强的; 坚硬的; 不能歪曲的	He became more and more unyielding.

单词	词性	分音节	自然音标	词义	例句
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graduate	n.	'grad/u/ate	'graj-oo-it	(尤指大学)毕业生; 研究生	She is a psychology graduate of University of Pennsylvania.
scope	n.	scope	skope	(活动、影响等的)范围	The rescue was unprecedented in scale and scope.
illustration	n.	il/lus/'tra/tion	il-uh-'stray- shuhn	说明, 插图	The text is accompanied by illustration.
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exploit	v.	ex/'ploit	ekss-'ploit	剥削; 利用; 开拓	We should exploit our rich resources to expand the economy.
sprawl	n.	sprawl	sprawl	扩张; 扩展	He is lying in a sprawl on the bed.
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submerge	v.	sub/'merge	suhb-'murj	淹没;潜入水中	The ship submerged.
freephone	n.	'free/fone	'free-fone	免费电话	Ring the operator and ask for Freephone 8921.
mainly	ad.	'main/ly	'mane-lee	大体上,主要地	The land is dangerous; it's mainly swamp.
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overseas	a.	'o/ver/'seas	'oh-vur-'seze	在海外的	The overseas trade has become the main project.
scale	n.	scale	skale	规模	The next year the work went ahead on a large scale.
maintain	v.	main/'tain	mane-'tane	保持;维修;主张	The car has always been properly maintained.
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scale	n.	scale	skale	规模	The next year the work went ahead on a large scale.
maintain	v.	main/'tain	mane-'tane	保持;维修;主张	The car has always been properly maintained.
additional	a.	ad/'di/tion/al	uh-'dish-uh- nuhl	附加的;追加的	In this case, you may need to seek additional advice.
cork	n.	cork	kork	软木塞	I can't get the cork out of the bottle it's too tight.
willing	a.	'will/ing	'wil-ing	愿意的,乐意的	I'm willing to help you.
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heap	n.	heap	hepe	(一)堆; 大量	I have heaps of work to do.
silver	n.	'sil/ver	'sil-vur	银; 银器	I have as much gold as silver.
impulse	n.	'im/pulse	'im-puhlss	冲动, 推动(力), 刺激	Impulse is not the real heroes character.
heap	n.	heap	hepe	(一)堆; 大量	I have heaps of work to do.
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scrape	v.	scrape	skrape	刮, 擦	He scraped the side of his car.
campfire	n.	'camp/fire	'kamp-fire	营火, 篝火	The campfire illuminated the dark sky.
staff	n.	staff	staf	全体职工	The manager gave the staff the day off.
scrape	v.	scrape	skrape	刮, 擦	He scraped the side of his car.
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staff	n.	staff	staf	全体职工	The manager gave the staff the day off.
aluminum	n.	a/'lu/min/um	uh-'loo-muhn-uhm	铝	"This is a good time to be in the aluminium business," he said.
curiosity	n.	cur/i/'o/si/ty	kyur-i-'o-si-tee	好奇; 好奇心	We burned with curiosity over what was in the box.
ideal	n.	i/'de/al	eye-'dee-uhl	理想; 理想的东西(或人)	My friends share democratic ideals with me.
aluminum	n.	a/'lu/min/um	uh-'loo-muhn-uhm	铝	"This is a good time to be in the aluminium business," he said.
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