

# 英语网络教育 助学手册

Learning to Learn

主编：曹文

编者：曹文 蔡静 唐锦兰 黎明 郑丽红

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英语网络教育助学手册

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# 写在开头的话

北京外国语大学网络教育学院的学员，你好！

我是葛教授(Professor Guide)，很高兴在你进入北京外国语大学网络教育学院英语课程的第一时间认识你，我是“助学指南”课程的主讲教师。你也许会说自己是来学英语的，“助学”是什么，它跟英语学习有什么关系？我一点儿也不夸张地说，助学关系到你学习的成败。助学的英文是 learning support，就是支持学习的意思。在你以往的学习经历中恐怕没有遇到过这个词，但是想想老师、同学曾经给予你的帮助，想想学校给你提供的教室、图书馆、操场，也许还有听力室、录像室甚至电脑房，想想你使用的课本、练习册、录音带、词典，想想你在学习中运用过的各种学习方法，这些都是助学的一部分。在远程课程中，助学之所以要特别提出来并当作第一门必修课的内容，是因为课程的学习者以自学为主，远离校园、老师、同学，在校学习时垂手可得的支持与帮助似乎变得遥不可及，其实它们是以新的形式出现在你的身边。你首先要学会怎样找到它们，拥有它们，再充分加以利用，这样不仅会提高你的学习效率，而且能够保证你学习的成功率。

英文有一句谚语：“Well begun, half done.” (好的开始是成功的一半)，这门课就是要和你一起为今后几年的学习做一个好的铺垫。我们就从了解这门课开始我们的学习吧。

## ★ 课程的学习方法 ★

本课程采用了与北外网院其它英语课程相一致的编写理念和设计风格，学习过程以完成一个个的“学习任务”(tasks)为主，所以你不要认为这是靠阅读就可以完成的课程，你必须拿起笔来写字。如果你是学习网络课件，你还必须动手打字，按要求完成学习任务，你要自己去探索、思考、决定，不能偷懒。除了你自己，没有人会帮你做这些事情。如果第一门课程你就马虎行事，你就很难出色完成整个课程。也许开始时你不太习惯甚至反感这种学习形式，相信我，不要问为什么，踏踏实实地迈出这第一步，你最终会懂得不这样做你就不可能学有所获。

## ★ 课程的内容 ★

这门课程共七个单元，单元题目如下：

- ▷ 第一单元：学习理念突破 Learn to Be a Distance Language Learner
- ▷ 第二单元：学习方法突破 Learn to Take the Initiative
- ▷ 第三单元：学习资源突破 Learn to Use Resources
- ▷ 第四单元：英语听力突破 Learn to Listen

- ▷第五单元：英语口语突破 Learn to Speak
- ▷第六单元：英语阅读突破 Learn to Read
- ▷第七单元：英语写作突破 Learn to Write

从这些单元题目你可以看出，课程的第一到第三单元主要涉及在远程环境下学习英语的方法，第四到第七单元为英语听、说、读、写四项主要技能的学习方法。本课程为英汉对照，鼓励你以英文版为主，遇到不懂的句子再参照中文版，同时也希望你尽量用英文完成学习任务。如果你认为学习英文版难度很大，你可以从学习中文版入手，再看英文版。我们要特别强调的是：我们是先编写英文版，再以此为依据编写中文版。为了遵守汉语习惯，使课文通顺，我们多采用了意译，因此，中文版不是英文版的翻译版，虽然我们尽量做到了每句英文都有一句中文相对应，但我们没有做字对字的翻译。举一个简单的例子，如第一单元的英文题目是“Learn to Be a Distance Language Learner”，直译就是“学习做一个远程语言学习者”，用这样拗口的中文做单元题目，你可能学起来都没有兴趣，因此我们将其译做“学习理念突破”，既完美地概括了这个单元的主题，又鼓足你学习的劲头，力争学完后有“突破”。

## ★ 课程的要求 ★

本课程是大专和高升本课程的第一门必修课，你应在完成本课程学习后再开始学习其他课程。本课程的学习时间为一周，没有课程终结考试，而是采取作业考核的方法获取学分，作业考核内容请参见北外网院学习平台中本课程的考核说明，完成考核并通过者可得2学分。

这段开场白向你简要介绍了“助学指南”这门课程的目的、学习方法、主要内容和要求，现在你准备好了吗？让我们进入第一单元的学习吧。

祝学业有成！

葛教授和同事们  
2003年11月

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# Unit One: Learn to Be a Distance Language Learner

## 学习理念突破

By the end of this unit, you should be able to answer the following questions:

在本单元结束时,你应该能够明确回答下列问题:

- ◆ In what way is distance learning fundamentally different from on-site learning?  
远程学习和在校学习有什么本质不同?
- ◆ How may such differences affect your learning?  
这些不同之处对你的学习会产生什么影响?
- ◆ How should you learn a foreign language?  
你如何学好外语?
- ◆ What are your responsibilities as a distance language learner?  
作为一个通过远程教学学习外语的人,你应该担负什么责任?
- ◆ What can you expect from the tutorial?  
你对面授课程有什么期望?
- ◆ What is expected of you at the tutorial?  
面授课程对你有什么要求?

### Warm-up: Are you ready to start? 你准备好了吗?

In this course, we will have both English and Chinese versions for our texts. You are encouraged to follow the English version and refer only to the Chinese version when you have comprehension difficulties. I know it will be very tempting for you to follow the Chinese version, and of course that will save you a lot of time and effort, and your comprehension will be guaranteed. No matter what your excuse is, you join this program to learn English. And to read and do tasks in English is a natural and necessary thing to do. You must make a start sooner or later, so let it happen now! It may appear to be difficult at the beginning, but if you persist, you will find reward and pleasure in it. Are you ready to start now?

这本书将有中文和英文两个版本,我希望你跟着英文版本学习,只是在遇到不懂的地方再参照一下中文版本。当然,我知道你会不自觉地喜欢看中文版本,因为毕竟它能够让你花费更少的时间和精力,获得更准确的信息。不管怎样,你参加北外网院是为了学英语,用英语阅读和做练习应该是很自然也很必要的事情,早晚你都要这么做,何不现在就开始呢?万事开头难,但如果你坚持学习英文版,你会大有收获,而且享乐其中。你准备好了吗?

We all know how important success is to you when you decided to join this program. What does success mean to you? A diploma or a degree? Competence in English communication? A job promotion? You can let your expectation go wild. However, have you ever thought that success may give you a lot, meanwhile, it also expects you to give it a lot—your commitment, effort and

time, determination ... ? It is important to fully understand both “gains” and “pains” at the starting point, so that your effort and time are likely to be guaranteed to your final success. How well have you prepared for the “pains” and “gains”? Let us find out by doing the following task. If you feel like having nothing to contribute to the lists below, just leave them blank.

我们都知道当你决定加入大专课程时，成功对你来说有多重要。成功对你意味着什么呢？一个证书或学位？熟练的英语交际能力？升职当官？你可以尽情憧憬，但你是否想过成功会给你带来很多，同时也要求你付出很多——你的承诺、努力、时间、决心，等等。在开始的时候你必须充分意识到“得到与付出”的关系，你的时间和精力才不会白费，最终把你引向成功。你对“得到与付出”是否考虑好了？做完下面的练习我们就知道了。如果你觉得某个题目没什么好写的，你就让它空着。

1. Please list in the space below the top three resolutions you have made in order to complete the program successfully:

请在下面横线上写下你为完成大专课程所下的三个决心：

- 1) .....
- 2) .....
- 3) .....

2. Please list in the space below the top three expectations you have towards the program:

请在下面横线上写下你对大专课程的三个期望：

- 1) .....
- 2) .....
- 3) .....

3. Please list in the space below the top three worries you have towards the successful completion of the program:

请在下面横线上写下你对完成大专课程的三大担忧：

- 1) .....
- 2) .....
- 3) .....

### Feedback

Have you left the lists blank? Or do you find that you have spent more time than necessary to fill in the lists because you had to think hard about what to write? Or is it the case that you have a lot more to write about if given more space? Whatever your answers are, this task should bring you to the awareness of how well you are prepared for the program. Getting prepared is the first step to take upon starting in a new learning situation. This book is designed to help you understand what you can expect of the program and what you are expected by the program. In other words, it is to help you get fully prepared. Like an English proverb says: “Well begun, half done.” If you follow this beginning book honestly, your success is “half done”.

你是不是什么也没写？或者你是不是花了很多的时间左思右想，才勉强写了些内容？或者你是不是有好多要写的内容，只是空格太小，写不下这么多？不管你是哪种情况，这个练习应该使你意识到你是否真的准备好了开始大专课程的学习。面临一个新的学习环境，做好准备是第一步。这本书就是帮助你了解你对大专课程的期望和大专课程对你的要求。换句话说，这本书就是帮助你做好充分的准备。就像一句英文谚语所说的那样：好的开始是成功的一半，如果你认真学好这第一门课程，你就成功了一半。

## Activity One: Towards the understanding of distance learning 远程学习意味深长

In the Warm-up, you must have given serious thoughts on the resolutions, expectations and worries you have upon starting the program. But can you keep to your resolutions? Do your expectations meet what the program is designed for? Will your worries be removed or worsened as the program goes? To answer these questions, we need first of all to fully understand what it is meant by distance learning. Let's work it out by doing the following tasks.

在 Warm-up 里，你肯定认真思考了你的决心、你对课程的期望和担忧。但你是否能将决心付诸行动呢？你对课程的期望能实现吗？随着课程的进行，你的担忧会消失还是会加剧？要回答这些问题，我们首先必须了解远程学习意味着什么。让我们一起做下面的练习来找出答案。

### Task 1: What is your previous learning experience? 你有过什么学习经历？

Think about your previous experience of earning a certificate. What kind of situation was that? Please check under appropriate lines. When you finish this, please go on to Task 2.

想想你以前接受正规教育的经历，当时是什么情况？请在下面相应的横线上打勾，完成这个练习后，请继续做第二个练习。

a = Yes, this was the situation. 是的，当时的情况是这样的。

b = No, this was not the case. 不是，当时的情况不是这样。

#### Learning: 学习经历:

1. We were given lessons in a classroom.

我们在教室上课。

2. A teacher was present and taught us.

有老师当面讲课。

3. Classmates sat side by side with me and we studied together.

有同学和我坐在一起学习。

4. Study was my only occupation.

学习是我做的惟一的事情。

a = Yes 是

b = No 不是

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Task 2: How do you perceive your learning situation in this program? 大专课程的学习会是什么情况？

How do you perceive the learning situation of this program? Please check under appropriate lines.  
 你认为大专课程的学习会是什么情形？请在相应的横线上打勾。

a = Yes, this will be the situation. 是，我认为会是这样的。  
 b = No, this will not be the case. 不是，我认为不会是这样。  
 c = Well, I am not sure. 我不太肯定。

Learning: 学习情况:	a = Yes 是	b = No 不是	c = Well 不肯定
1. We were given lessons in a classroom. 我们在教室上课。	_____	_____	_____
2. A teacher is present and taught us. 有老师当面讲课。	_____	_____	_____
3. Classmates sit side by side with me and we studied together. 有同学和我坐在一起学习。	_____	_____	_____
4. Study is my only occupation. 学习是我做的惟一的事情。	_____	_____	_____

### Feedback

I guess you check mostly under "Yes" column in Task 1 and under "No" column in Task 2. What do these two tasks intend to tell you? You are going to face a completely different learning situation in this program! No classroom, no teacher, no classmates, but a boss, a husband/wife or a child ... What is the significance of such radical changes?

我想你可能在第一个练习里都在“是”栏内打勾，而在第二个练习上都在“不是”栏内打勾。这两个练习想告诉你什么？你将面对的是一个与你曾经拥有的学习经历完全不同的学习环境。没有教室，没有老师，没有同学，但却有上司，有丈夫或妻子或者孩子……如此巨大的变化意味着什么？

## Task 3: What do changes bring about? 变化意味着什么？

Tasks 1 and 2 have brought you to the awareness of great changes you must face in this program. What have these changes to do with your success? Before you give an answer to this question, please read the following comments collected from the previous learners of this program. Then answer the question that follows.

前两个练习应该使你意识到在学习大专课程中你必须面临许多巨大的转变，这些转变同你的成功又有什么联系呢？在你回答这个问题之前，请你读一读前几届学生说的一些话，然后再回答随后的问题。

- ⊗ “*This program is a rip-off! I paid a lot for it, but it only offers me a few class hours!*”  
“这个课程简直是骗钱，我交了那么多费用，结果就上那么几节课。”
- ⊗ “*This is unfair. The exams cover things that have not been referred to or emphasized by the teacher.*”  
“这太不公平了，考试中包括了老师从不讲解或重点强调的内容。”
- ⊗ “*How do I know what to learn if the textbook does not indicate what will be tested in the exam?*”  
“如果课本不讲清楚考什么，我怎么知道学什么呢?”
- ⊗ “*This teacher is not qualified. He always asks us to do activities in class and seldom gives us lectures. Why do we need him then?*”  
“这个辅导老师一点儿也不称职，他总是让我们在面授课上做练习，却很少给我们做讲座。我们要这样的老师干嘛?”
- ⊗ “*The teacher is irresponsible. She never gives us quizzes or tests to check how well we have studied.*”  
“辅导老师不负责任。她从不给我们做小测验来检查我们的学习情况。”
- ⊗ “*The textbook we use is of poor quality. I can't find grammar points. Neither can I find the list of key vocabulary for me to remember. What am I supposed to learn then?*”  
“我们用的教材不怎么样，我找不到语法点，也找不到单词表告诉我哪些单词应重点记忆。我到底能学到什么呢?”
- ⊗ “*I always do my preview work by reading through the content that will be covered at the tutorial and looking up new words. But I still find it hard to follow the activities in class. Why is that?*”  
“我总是做预习，把要在辅导课上讲到的内容过一遍，还查一查生词，可我还是发现要跟上课堂活动挺难的。为什么?”
- ⊗ “*I have work to do and family to attend to. So I expect to do my study in class. But the teacher never gives me time to do that. He requires me to finish all my study before class. What's the point of attending classes with all the work done? He should spare some class hours for me to do self-study.*”  
“我要工作，又要照顾家庭，所以我想在辅导课上完成我的学习，可老师从不给我时间，他要求我在辅导课前就完成所有的学习任务。要是把什么都做了我还上课干什么？他应该在课上留点时间让我自学。”
- ⊗ “*Most of the time I study on my own. I am asked to plan my study time, place, method, to do self-test, to record learning process, etc. It seems that I have to do all the work. This is like self-study. What's the point of registering in the program and paying that much money?*”  
“许多时候我都是一个人在学习，我要自己计划学习时间、地点、方法，做自我测试、记录学习过程等等。好像所有的事情都得我自己做，这像是自学。我干嘛要参加大专课程，还交那么多的费用呢?”

Learners make the above comments when they are frustrated to find they can't get what they expect to have from the program. Why do they make such expectations then? Please suggest your answer in the space below.

以上这些话都是有些学员感到非常沮丧时说的，因为他们没有得到他们期望得到的东西。那他们的这些期望从何而来呢？请把你的想法写在下面的空白处。

They have these expectations because: 他们有这些期望是因为: .....

### Feedback

You should have come to realize from this task that ignorance of changes lead to problems and difficulties in learning. The above expectations rise from the ideas many learners take for granted about learning. Namely, they are class-centred and teacher-dependent ideas that they firmly hold from their previous on-site learning experience. In distance learning, you no longer have classes or teachers. You have tutorials and tutors instead. This is not just a change in terms. It is a shift of responsibilities. You are supposed to shoulder most responsibilities a class or a teacher takes in a conventional learning environment. If you fail to do this, you will definitely fail the program. If you don't want to take these responsibilities, quit now! Don't waste your time, for you will get nothing from this program with such an attitude.

你通过这个练习应该了解到无视变化会给你的学习带来问题和困难。以上那些学员的期望其实是许多学习者对学习想当然的理解，也就是说，是他们以往在校学习经历所养成的以课堂为中心、以老师为依靠的习惯使他们有了这些期望，而在远程学习环境下，你不再有课堂和老师，取而代之的是面授辅导课和辅导教师。这可不是简单的称谓上的转变，这意味着责任的转移，你需要承担起在传统学习环境中由课堂和老师承担的责任。如果你做不到这点，你就不会顺利完成学业。如果你不想承担责任，你最好现在就退出，不要浪费你的时间，因为你这样的态度无助于你从大专课程中学到任何东西。

### Task 4: How can you cope with changes? 你如何适应转变?

Have I scared you off with my feedback to Task 3? I intentionally harden my tone because experience tells me that most drop-outs and fall-behinds in a distance program are those learners who stick to their old beliefs of learning and fail to realize, thus adapt to the changes of the new learning situation. I don't want you to become a member of them. You must take actions to cope with the changes. This book can be used as an action planner. But in the meantime, you need to realize that there is no easy way out. Don't think that there is a single one magic pill and if you take it, your success is guaranteed. Everyone needs to invest time and effort to develop his/her unique ways to cope with changes. The three suggestions given in Column A below can offer a good starting point. Can you match them with their explanations in Column B?

上一个练习的反馈是不是把你吓住了？我有意使用了强硬的语气，因为从事远程教育的经验告诉我，大多数远程课程中的辍学者、落后者都是那些抱着固有的学习习惯不放、没有清楚地认识到转变、当然也就不可能适应转变的学习者。我不想让你走他们的路，你必须采取行动

来应对转变。这本书可以被当作一个行动计划指南，但同时，你应该知道转变决非易事。没有什么神奇的药丸，你吃下去，成功就尽在掌握了。每个学习者都需要花费时间和精力想出适应转变的方法。下面 A 栏中的三个建议可以作为一个良好的开端，你能够将列在 B 栏的解释与它们一一对应吗？

Column A	Column B
1. Get prepared. 做好思想上准备。	a) Gain as much information as possible about the program. 尽可能多地了解大专课程的情况。
2. Get informed. 做好信息上的准备。	b) Set goals and take corresponding actions. 制定目标并采取相应的行动。
3. Get started. 做好行动上的准备。	c) Be open to changes and be willing to adjust your expectations to what is expected of you in the program. 开明地对待一切转变，愿意根据课程的要求调整自己的期望。

### Feedback

“Get prepared” matches c); “get informed” matches a) and “get started” matches b). The three “gets” actually summarize the objectives of this book. I hope that when you finish the book, you can say to yourself, “I have learned how to learn a language in distance. Now, I am going to put it into practice and I have confidence in success.”

1 与 c) 相对应，2 与 a) 相对应，3 与 b) 相对应。以上三个“准备”其实总结了这本书的目标，我希望在你学完这本书时，你可以对自己说：“我了解了如何在远程环境下学习语言，现在我就要付诸行动，而且我对成功充满信心。”

## Activity Two: Towards the understanding of language learning 语言学习大有学问

In Activity One, we worked mainly on the features of distance learning as in contrast to on-site learning. In this activity, we turn to the important features of language learning. An understanding of what language learning is like is equally important to the understanding of what distance learning is like, for this program is a combination of the two. Let's work together to find out the “mystery” of language learning by doing the following tasks.

在 Activity One 里，我们主要将远程学习的特点同在校学习进行了对比。在这个学习活动中我们来关注一下语言学习的特点，了解语言学习的特点同了解远程学习的特点同样重要，因为大专课程是两者的结合。让我们一起通过完成下面的任务来揭开语言学习的“秘密”吧。

### Task 1: What are your beliefs of language learning?

#### 你对语言学习有什么看法？

Language learning is just one type of learning. It is not harder nor easier. It is no mystery. Everyone can be as talented as he or she is in language learning as in other types of learning. You

don't need a beautiful voice, long fingers, flexible bodies or expensive equipment in order to learn a language well. What is your understanding of language learning? Below are beliefs held by some language learners. To what extent do you agree with them? Please check under appropriate lines:

语言学习只是学习的一种，它既不比其他学习难，也不比它们容易，而且一点儿也不神秘。每个人在学习语言的时候，都能像在其他学习中一样展现自己的能力。要学好语言，你不必拥有漂亮的嗓音、纤长的手指、柔软的身段或贵重的器械。你对语言学习的理解是什么样的呢？下面我列出了一些学习者的看法，你是否同意这些观点？请在相应的横线上打勾。

a = It is true. 对。

b = It's wrong. 错。

c = I am not sure. 我不太肯定。

- |  | a     | b     | c     |
|--|-------|-------|-------|
| 1. If I can stay in the country that speaks English, I can certainly learn better than if I stay in China.<br>如果我能英语国家呆上一段时间，我的英语肯定能比在中国学得好。   | _____ | _____ | _____ |
| 2. I can't make progress if I always practise the language with someone of the same level with me.<br>如果我总跟同我水平差不多的人练习语言，我就不会进步。   | _____ | _____ | _____ |
| 3. Good language learners were gifted with the talent when they were born. Others who were born without such a talent can never learn a language well no matter how hard they try.<br>语言学得好的人就是有学语言的天赋，没这天赋的人再努力也白搭。 | _____ | _____ | _____ |
| 4. The younger one starts learning the language, the better learner he/she can be.<br>人越早开始学语言就会学得越好。  | _____ | _____ | _____ |
| 5. Female learners are more gifted in language learning than male learners.<br>女人学习语言比男人更有天赋。  | _____ | _____ | _____ |
| 6. A text is not worth working on if it contains neither new words nor new grammar points.<br>如果一篇英语课文既没有生词也没有新的语法点，它就不值得一学。   | _____ | _____ | _____ |
| 7. My English is good enough when I can understand most texts through reading or listening.<br>如果我能读懂或听懂英语，我的英语就成了。  | _____ | _____ | _____ |
| 8. Understanding only comes when I translate everything into Chinese.  | _____ | _____ | _____ |

只有将英文译成了中文，我才能真正理解文意。

9. The larger my vocabulary is, the better I can use the language.

我的词汇量越大，我应用语言的能力就越高。

10. I can't learn a language well without knowing its grammar first.

如果不先学习语法，我就学不好语言。

Do you have any other beliefs about learning a language? Please write them down in the space below.

你对语言学习还有其他的看法吗？请你把这些看法写在下面的空白处。

### Feedback

All the above beliefs are false in one way or another. You need to remember two things: a) with hard work, nothing can prevent you from being a good language learner, no matter where you are, what sex you are, how old you are; b) knowing about the language does not equal having the skills to use the language. Vocabulary, grammar, translation do help. But the key question you should always ask yourself is: can I use the language?

以上我所列出的所有有关语言学习的看法都不正确。你需要记住的是两点：a) 只要努力学习，没有任何障碍能阻止你成为一名优秀的语言学习者，不管你在哪儿，是男还是女，年纪多大；b) 知道语言知识不等同于掌握了运用语言的技巧。词汇、语法、翻译都会有帮助，但你要不断问自己的重要问题是：我会使用语言吗？

## Task 2: How should you learn a language? 你应该怎样学习语言？

Upon reading the title of this task, you must expect to hear some good methods for language learning. But before I come to answer the question, I want to make it clear to you that my suggestion is built on the following beliefs. Go through the statements and check those views you share with me in the boxes.

一读到这个题目，你可能认为能得到一些学习语言的好方法。在我回答这个问题之前，我一定要讲清楚我的建议都是以下面所列观点为基础。请你读一读这些观点，并在你认同的观点前打勾。

- ☐ a) Everyone has his/her own learning methods.

每个人都有适合自己的学习方法。

- ☐ b) There is no such distinguish between good and bad methods because one strategy that works best for others may not produce the same result on you.

学习方法没有好坏之分，因为对别人有效的学习方法不一定在你身上产生同样的效果。

- ☐ c) You must keep an open mind and try different learning methods before you decide whether they suit you or not. Do not shut doors to things you are unfamiliar with and take it for granted that they won't do you good.

在你确定适合你的学习方法之前，你应该思路开阔，试用不同的学习方法。不要对你不熟悉的方法视而不见，想当然地认为它们不适合你。

- ☐ d) You need to find out the methods that work best for you. Do not just follow what others do. 你需要找到适合你的学习方法，而不是跟着别人走。

- ☐ e) You must be prepared to adopt some ways of learning that you dislike. For example, you can't always stick to your last-minute style especially in cooperative work. You may hold back others' work.

你必须准备接受一些你不太喜欢的学习方法，比如在需要相互合作的学习活动中你不能一味地坚持不到最后一刻不出活儿的风格，因为这样你会耽误他人的事情。

- ☐ f) Some learning methods lead to more successful learning than others given a specific learning context.

有些学习方法在特定的学习环境下确实比其他方法更有效。

Have you checked all the statements? You should have. If not, establish the views now! Then we will go on with the task.

你是不是认同以上所有的观点？如果不是，现在就树立起这些观念！这样我们才能开始下面的练习。

Like what is said in Statement f) above, given a specific learning context (in our case, it is language learning), some learning methods are better than others. There are many effective ways for learning a language, but here I would like to suggest a very essential method: learning by doing. The idea will be best illustrated by the following story. Read the story and then decide what it intends to tell you by checking the appropriate statements that follow.

正如观点 f) 所指出的那样，在特定的学习环境下（对于我们来说是学习语言），有些学习方法比其他方法更有效。学习语言的好方法有很多，但在这里我只想介绍一个最基本的方法：做中得学。下面这个故事是对这个方法最好的说明。请你读一读，然后就其寓意打勾选择。

John and Jack did not know how to ride a bicycle, and both wanted to learn. John got on a bike and started peddling it, with plenty of falls of course. Jack, believing that he could outwit John, bought a manual and memorized all the details, without a fall or bruise, of course. In the end, John went everywhere on his bike, whereas Jack knew all the theory about how to ride a bike: he knew why a bicycle is as it is, and why it is easier to keep balance at speed than at a standstill, although he could hardly keep balance on his bike.

John 和 Jack 都不会骑自行车，两人都想学。John 骑上一辆车就蹬着走，当然他摔了不少跟头。而 Jack 认为他比 John 聪明，于是他买了一份手册，把它背得滚瓜烂熟，没摔着也没磕着。结果 John 骑着自行车到处跑，而 Jack 了解所有关于骑自行车的原理，知道什么是自行车，为什么找平衡要靠速度而不是静止不动，可是他在车上总找不到平衡。

- ☐ 1) John has cycling skill without cycling theory. Jack has cycling theory without cycling skill.  
John 有骑车技巧但没有骑车理论, Jack 有骑车理论而没有骑车技巧。
- ☐ 2) Cycling is a skill. It is learned through practice, not through reading enough information about it.  
骑车是一门技巧, 这要通过实践才能获得, 而不是靠阅读有关知识。
- ☐ 3) Neither John nor Jack is an expert in bicycle studies. John merely knows how, whereas Jack why. But only someone who knows both how and why can be entitled an expert.  
John 和 Jack 都不是自行车方面的专家, John 只知道怎么做, 而 Jack 只知道为什么。只有两样都懂的人才能被称为专家。
- ☐ 4) John's skill is more useful than Jack's knowledge.  
John 的技巧比 Jack 的知识更有用。
- ☐ 5) Jack is more learned than John.  
Jack 比 John 有学问。
- ☐ 6) Knowledge is useless.  
知识没用。
- ☐ 7) Others (please specify): 其他 (请说明):  
.....

### Feedback

In what way is this story related to language learning? There are a great many speakers of their native language who have perfect language skills without the slightest knowledge of language theory, such as grammar. There are also quite a number of foreign language learners who have excellent knowledge of the language they learn, but can hardly speak it at all. Of course, both are extreme situations, but do you think that to some extent you learn the language more in the way of Jack than John? What you need to keep in mind are:

这个故事同语言学习有什么关系呢? 有许多本国语言说得非常好的人一点语言理论 (比如语法) 也不了解, 也有许多外语学习者对所学语言的知识了如指掌, 但却说不出来。当然, 这两种情况有些绝对, 但你是否觉得, 在某种程度上, 你学习语言的方法更接近 Jack, 而不是 John? 你需要记住的是:

- A language such as English is first of all a skill. You cannot learn it by reading information about it. You have to learn it by doing it.  
一种语言, 如英语, 首先是一门技艺, 你不能靠阅读与它相关的知识来获得这一技艺, 你必须通过实践得到。

- You have a lot of falls and bruises in learning to cycle. The same is true in language learning. It is only too common to make mistakes and end up with misunderstandings. Mistakes and misunderstandings are part of your learning process. Through falls and bruises you learn not to fall or get bruised again. It is through mistakes and misunderstandings that you stop making them.

在学骑车时你会摔着磕着, 在学习语言时也会是同样的情况。犯错误、理解有误都是很正常的事情, 这些是你学习过程的组成部分。通过摔打你学会了怎样避免摔打, 通过错误和误解你学会了如何不再重蹈覆辙。