

小宝老师
韦晓亮

“亮词2000”系列

TOEFL IELTS 和 SAT

满分必备 核心词汇

高频用法、经典搭配、
同义替换、阅读与写作语境

一本让你“会用”的“活的”备考词汇书
一本帮你“筛过”的“核心”备考词汇书
一本不厚，但厚重的“高效”备考词汇书

中央广播电视大学出版社

韦晓亮

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你的英语写作与口语教练 完美你的语言

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前言

P R E F A C E

一直奋战在各类考试的英文教学一线上，我深深感受到所有渴望提高英语能力的同学们，以及渴望通过各类考试（高考、四六级、考研、SAT、IELTS、TOEFL、GRE、GMAT）的考生们的不易。几年的教学经验告诉我，对于我们中国考生来说，最害怕的就是任何等级英文考试中写作和口语两部分对“输出型”能力的考查，同时，对于阅读、填空、语法等各类不同的客观题型，考生们最害怕的就是“看不懂，读不懂”。而很多同学总会把这些都归因于“词汇量不够”。其实，我可以很负责地告诉大家，对于英语考试，尤其对于写作和口语输出技能的考查来说，绝大多数同学，并不是真的“词汇量”不够，而是在于以下几点问题：

① “记忆的单词”可能已经很多，但是“会使用的词汇”太少。

② 在写作输出和口语输出的时候，想表达一个意思，不能很从容地“调度”脑子里其实已经“存储”过的单词以及相关的搭配和句型。

③ 背“传统单词书”的时候只记中文意思，不看英文释义，以至于在面对写作和口语要求的时候，不能使用最恰当的词汇以及句型。很多同学不知道，中文释义和英文释义的最大区别在于，英文释义能真正解读一个单词的“内涵”“感情色彩”和“使用场景”，当你学会用英文释义去解释一个单词的时候，你自然就学会了它的用法，这一点无论对于提高“英文输出能力”（写作和口语），还是对于提高“英文输入能力”（阅读和听力）都大有裨益，是让你的英文真正地道和严谨的基础。

④ 背“传统单词书”的时候，只记某一个单词的一个意思，忽略这个单词其他一些很重要的释义，而这些释义在写作和口语场景里会经常用到。

例如，我们都认识abandon，大部分同学都知道是“放弃”的意思，可以作动词，也可以作名词，但是很少有同学知道它还有一个经常在各类考试里考查以及在写作和口语输出时常用的意思——“放纵”。例如：They abandon themselves to drinking.他们沉湎于饮酒。

⑤ 背“传统单词书”的时候，只记某一个单词某一个词性的意思，完全忽略这个单词在不同词性下的不同用法和搭配，这就导致很多同学在进行写作和口语输出的时候，不能多样、变通地使用一个单词，例如：“充分”这个意思，很多同学只会用sufficient (adj.充分的)，但是大部分同学不会用“充分”这个意思对应的动词形式 suffice，以及名词形式sufficiency。而会用“充分”所对应的三种词性用法的同学，在写作和口语输出时，对该意思的表达就会非常灵活，而不是只拘泥于一种用法。例如，下面一个意思我可以用“充分”的三种词性来灵活表达。各位同学切记，灵活、地道的表达能力在写作和口语里尤为重要，要让你的输出非常自然、流畅，同时又有变化性。

“我们的国家有足够的自然资源。”

- Our country has sufficiency of natural resources.
- Our country is totally self-sufficient in natural resources.
- The natural resources can suffice for our country.

基于以上五点，“亮词2000”系列把各类考试（高考、四六级、考研、SAT、IELTS、TOEFL、GRE、GMAT）各自最核心的词汇进行了独立总结，整套系列的各册按照各类考试的要求和考试大纲，对必考核心词汇进行高频用法、经典搭配、同义替换、阅读与写作语境的全面梳理，如下所示：

abide [ə'baɪd]


v. **高频用法** 遵守，遵循（法律、协议、协定等）

经典搭配 abide by

同义替换 to accept and obey a decision, rule, agreement etc., even though you may not agree with it

【阅读与写作语境】 If you accept that unanimity is a near impossibility, and that a majority decision is the next best thing, you also have to accept, as a general rule, that you will **abide** by a majority decision when it turns out that you are among the minority.

其中，【高频用法】完全根据这个单词在相应考试中（如SAT分册就是在SAT考试中）各类题型里其最常见的考查含义而设定；【经典搭配】则是总结了 this 单词最常用的固定搭配，无论是在阅读还是写作中；【同义替换】则辐射阅读、填空等客观题型的用词，以及写作、口语等主观题型的用词。首先，对于阅读等客观题型来说，我们都知道，各类考试中阅读理解出题本质就是“同义替换”，很多时候，正确选项就是用其他单词或者句子来同义替换原文中的这个单词或者句子，因此，这个部分能帮助同学们总结出所有常考单词在阅读中可能被替换的其他形式，强化大家的这种同义转化



能力；其次，对于写作和口语等主观题型来说，语言的变化和多样性就体现在你能否用不同的形式解释同一个意思，用中文去解释一个英文单词叫作“翻译”，用英文去解释一个英文单词才叫作“诠释”，这个能力是英文思维的体现。在将来的某一天，当你的某一个小伙伴问你一个单词意思的时候，如果你第一时间是用这个单词的“英文同义”去解释它，这就表明你开始学会用英文思维去思考了；【阅读与写作语境】则旨在对这个单词在阅读原文或者写作中的语境进行剖析，使同学们会用一个单词，并知道这个单词的使用环境，不是简简单单的造句，而是从语境的角度分析一个单词的用法和含义。

综上所述，对于绝大多数同学来说，并非是单词量有问题，最大的问题在于记单词的质量太低，而对于无论是考试还是生活中的英文实践而言，学会高质量地使用一个单词远远要比“只是把它存储在大脑皮层中”重要。因此，“亮词2000”系列词汇书把各类考试中最核心的词汇进行了总结，然后对它们进行剖析，兼顾读者的学习效率与学习效果，让你能在最短的时间内掌握各类考试最核心词汇中最核心内容的【高频用法】【经典搭配】【同义替换】和【阅读与写作语境】。

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01

**abandon** [ə'bændən]**vt.** **高频用法** 放弃，舍弃**同义替换** to give up something

【阅读与写作语境】This means that although health care personnel are not obligated to **abandon** treatment, they will not be prosecuted if they do as long as you have signed a living will.

vt. **高频用法** (不顾义务、责任等) 离弃，遗弃，抛弃**同义替换** to leave somebody, especially somebody you are responsible for, with no intention of returning

【阅读与写作语境】To help animals **abandoned** in the wilderness, I founded a non-profit organization called D.E.L.T.A.

n. **高频用法** 放纵，放任，无所顾忌**同义替换** an uncontrolled way of behaving that shows that somebody does not care what other people think

【阅读与写作语境】She had been startled by the strength and **abandon** of her own response.

abate [ə'beɪt]**vi.** **高频用法** 减弱，减轻，减少**同义替换** to become less strong; to make something less strong

【阅读与写作语境】In helping to reverse the misfortunes of others, Shania Twain is doing through music, what Charles Dickens did through his novels. Her identification with compassion for hungry children has not **abated** because, as she tells us, "I was that hungry kid."

abide [ə'baɪd]**v.** **高频用法** 忍受，容忍**同义替换** somebody can't/couldn't abide somebody/something used to say that someone dislikes someone or something very much

【阅读与写作语境】She screwed up her face at the name as if it left a nasty taste in her mouth, adding: "Can't **abide** that man."

vt. **高频用法** 遵守，遵循 (法律、协议、协定等)**经典搭配** abide by

同义替换 to accept and obey a decision, rule, agreement etc., even though you may not agree with it

【阅读与写作语境】If you accept that unanimity is a near impossibility, and that a majority decision is the next best thing, you also have to accept, as a general rule, that you will **abide** by a majority decision when it turns out that you are among the minority.

ability [ə'biləti]

n. **高频用法** 才能, 本领, 才智

同义替换 a level of skill or intelligence

【阅读与写作语境】Particularly for entrepreneurs, we want you to have the **ability** to interact with other entrepreneurs or venture capitalists so that you can learn from them.

n. **高频用法** 能力

经典搭配 ability to do

同义替换 the fact that somebody/something is able to do something

【阅读与写作语境】Writing for children in other schools might be a useful way of developing the **ability** to do this, and certainly many schools have found this “experience-exchange” a very valuable means of increasing children's motivation to improve both the content and the presentation of their writing.

abnormal [æb'nɔ:ml]

adj. **高频用法** 异常的, 不正常的, 变态的

同义替换 very different from usual in a way that seems strange, worrying, wrong, or dangerous

【阅读与写作语境】Any baby with **abnormal** features must be correctly diagnosed as early as possible to arrange the right sort of support and treatment.

abortive [ə'bo:trɪv]

adj. **高频用法** 不成功的, 失败的

同义替换 failed; not successful

【阅读与写作语境】These factors and the repeated **abortive** revolutions gave the French workers a sense of total mistrust in political parties and the political system.

**abridge** [ə'brɪdʒ]**v.** **高频用法** 缩短, 删节**同义替换** to make a book or play etc. shorter but keep its basic structure and meaning**【阅读与写作语境】** The editor reserves the right to **abridge** letters to suit the space available.**absolute** ['æbsəlu:t]**adj.** **高频用法** 绝对的, 完全的, 确定的**同义替换** total and complete; definite without any doubt or uncertainty**【阅读与写作语境】** Based on historian Lord Acton's famous saying that "power corrupts, and **absolute** power corrupts absolutely", the series focuses on the Machiavellian scheming that goes on in the backstabbing world of modern public relations.**absorb** [əb'sɔ:b]**vt.** **高频用法** 吸收; 吸引**同义替换** to take in liquid, gas, or another substance from the surface or space around something**【阅读与写作语境】** Cities are warming because of the loss of trees and other natural land cover to make way for buildings, streets, and parking lots, which are composed of materials that **absorb** far more thermal radiation than the natural landscape.**vt.** **高频用法** 使并入, 吞并**同义替换** to become part of something larger**【阅读与写作语境】** In the late 19th century, many Americans feared that corporations could raise vast amounts of capital to **absorb** smaller ones or could combine and collude with other firms to inhibit competition.**absorbing** [əb'sɔ:brɪŋ]**adj.** **高频用法** 引人入胜的, 精彩的**同义替换** enjoyable and interesting, and keeping your attention for a long time

【阅读与写作语境】*Tell My Horse* weaves together rituals, stories and social comment into one of the most enjoyable and **absorbing** works I have ever read.

abstract [ˈæbstrækt]

vt. 高频用法 提炼；抽象化

同义替换 to perform the process of abstraction

【阅读与写作语境】The term abstract also refers to images that have been **abstracted** or derived from nature, but which in the process have been considerably altered or have been simplified to their basic geometric or biomorphic forms.

adj. 高频用法 抽象的，深奥的，理论的

同义替换 abstract ideas exist as thoughts in the mind, and are not related to physical objects or real events and actions

【阅读与写作语境】Many existentialists have regarded traditional academic philosophy, in both style and content, as too **abstract** and remote from concrete human experience.

abstraction [æbˈstrækʃn]

n. 高频用法 抽象，抽象概念

同义替换 a general idea not based on any particular real person, thing or situation; the quality of being abstract

【阅读与写作语境】In this way research can be seen as a continuing dialectical process: actuality is formulated as an **abstraction** which in turn leads to a reformulation of actuality.

abundant [əˈbʌndənt]

adj. 高频用法 大量的，充裕的，丰盛的

同义替换 existing in large quantities; more than enough

【阅读与写作语境】Calcium is the fifth most **abundant** element in the earth's crust, making up 3.22% of the earth, air, and oceans.

abuse [əˈbjuːz]

n. 高频用法 滥用



同义替换 the use of something in a way that it should not be used

【阅读与写作语境】 Authority leader Jim Speechley came under fire after an independent audit investigation into **abuse** of power and misuse of public money, it was claimed.

n. 高频用法 虐待

同义替换 cruel or violent treatment of someone

【阅读与写作语境】 Services are available to help both men and women who are the victims of domestic **abuse**. Special domestic violence courts also now sit in Wales with staff trained to deal with **abuse** cases.

vt. 高频用法 滥用

同义替换 to deliberately use something for the wrong purpose or for one's own advantage

【阅读与写作语境】 He can use his gifts, and not **abuse** them.

vt. 高频用法 虐待, 伤害

同义替换 to treat a person or an animal in a cruel or violent way, especially sexually

【阅读与写作语境】 Some welfare advocates fear that the bad economy may cause parents with frayed nerves to **abuse** and neglect their children, and even cause some to abandon them.

vt. 高频用法 辱骂, 对(某人)恶语相加, 诋毁

同义替换 to say rude or offensive things to someone

【阅读与写作语境】 He alleged that he was verbally **abused** by other soldiers.

academic [ˌækəˈdemɪk]

adj. 高频用法 学院的, 学术的, 教学的

同义替换 relating to education, especially at college or university level

【阅读与写作语境】 It reminds us of the idea that, while we have carved up knowledge and put it into the hands of separate **academic** professions, ultimately all knowledge is bound up together.

accelerate [əkˈseləreɪt]

v. 高频用法 (使)加速, 加快

同义替换 to make sth. faster or earlier than expected

【阅读与写作语境】There is a real risk that human-caused climate change will **accelerate** the release of carbon dioxide from forest and tundra ecosystems, which have been storing a lot of carbon for thousands of years.

access ['ækses]

n. 高频用法 (进入、使用或见到的) 机会, 权利

同义替换 the right to enter a place, use something, see someone; etc.

【阅读与写作语境】Secondly, there is an inequality between younger and older women in their ability to gain **access** to the newly emerging occupational pension opportunities.

n. 高频用法 通道, 通路

同义替换 the way you use to enter a building or reach a place

【阅读与写作语境】There were many concerns: states wanted assurance that the government would pay its fair share of construction costs. Rural residents thought the new highways might limit **access** to small communities.

vt. 高频用法 到达; 进入; 使用

同义替换 to reach, enter or use something

【阅读与写作语境】This button is to **access** the help menu and customer support information.

accidental [ˌæksɪ'dentl]

adj. 高频用法 意外的, 偶然的

同义替换 happening by chance; not deliberately intended

【阅读与写作语境】The trust recently launched a SAFE KIDS campaign which aims to reduce **accidental** injury and death among children by 25% by 2010.

accompany [ə'kʌmpəni]

v. 高频用法 陪伴; 伴随

同义替换 to travel or go somewhere with somebody

【阅读与写作语境】As the African American community grows in size, satisfactory career lines, economic security and the home and community life that **accompany** these developments become possible.



v. **高频用法** 为……伴奏（尤指钢琴）

经典搭配 accompany sb. (at/on sth.)

同义替换 to play a musical instrument, especially a piano, while somebody else sings or plays the main tune

【阅读与写作语境】The singer was **accompanied** on the piano by her husband.

accomplished [ə'kʌmplɪʃt]

adj. **高频用法** 熟练的，技艺高超的，有造诣的

同义替换 very good at a particular thing; having a lot of skills

【阅读与写作语境】Many of the smart, **accomplished** people who support the concept of a singularity, unlike faithful Buddhists, actually know what they are talking about from first hand experience and deep technical knowledge.

account [ə'kaʊnt]

n. **高频用法** 账户

同义替换 an arrangement that somebody has with a bank, etc. to keep money there, take some out, etc.

【阅读与写作语境】If you do not have an **account**, you can still ask about borrowing money, but you will probably be expected to open an **account** with the bank.

v. **高频用法** 认为是，视为

经典搭配 account for sth.

同义替换 to have the opinion that somebody/something is a particular thing

【阅读与写作语境】He has to **account** to the chairman for all the money he spends.

accumulate [ə'kju:mjəleɪt]

v. **高频用法** 积累，积聚

同义替换 to gradually get more and more of sth. over a period of time

【阅读与写作语境】It has also been suggested that translucent deposits of frozen materials could create a sub-surface greenhouse effect that would **accumulate** the required heat.

accurate ['ækjʊrɪt]**adj.** **高频用法** 准确无误的, 精准的**同义替换** correct and true in every detail

【阅读与写作语境】 Children are seen as learning to write by direct imitation of adult models, and **accurate** imitation is implicitly regarded as a more advanced achievement than the child's own attempts to represent the writing system through "pretend writing".

accustom [ə'kʌstəm]**vt.** **高频用法** 使习惯于**经典搭配** accustom yourself/sb. to sth.**同义替换** to make yourself or another person become used to a situation or place

【阅读与写作语境】 This is why it is important to **accustom** the child to being rewarded for good behavior — punishment is knowing what he or she is missing.

achieve [ə'tʃi:v]**vt.** **高频用法** 达到, 完成, 成功**同义替换** to successfully complete something or get a good result, especially by working hard; to carry out successfully

【阅读与写作语境】 Rob strove every single day to be better and stronger, he believed completely that he could **achieve** everything and anything, he embraced diversity and change, and he sought to use his experiences to encourage others to realize their potential.

acknowledge [ək'nɒlɪdʒ]**vt.** **高频用法** 承认或确认 (属实)**同义替换** to admit or accept that something is true or that a situation exists

【阅读与写作语境】 Most people **acknowledge** that there will be some political consequences of rising levels of unemployment, but there is no unanimity about what the effect will be.

vt. **高频用法** 承认 (权威、地位)**经典搭配** acknowledge sb./sth. as (sth.)