

5000

精品词汇

巧记速练

上

WORD ACQUISITION
POWER ①

包凡一 编著

中国第一本通过大量练习迅速突破词汇瓶颈的词汇工具书 ●

按词性分类记忆，逐类突破 ●

涵盖中高级高频词汇，适合四六级、考研、TOEFL、GRE、GMAT等多种国内及出国考试 ●

形式灵活，以Week和Day为单元进行编排，便于读者安排学习计划 ●



西安交通大学出版社
XI'AN JIAOTONG UNIVERSITY PRESS

5c

精品词汇
巧记速练

上

WORD ACQUISITION
POWER ①

包凡一 ● 编著



西安交通大学出版社
XI'AN JIAOTONG UNIVERSITY PRESS

图书在版编目(CIP)数据

5000 精品词汇巧记速练. 上 / 包凡一编著. —西安
: 西安交通大学出版社, 2010. 3

ISBN 978-7-5605-3471-8

I. ①5… II. ①包… III. ①英语—词汇—高等学校
—水平考试—自学参考资料 IV. ①H313

中国版本图书馆 CIP 数据核字(2010) 第 035962 号

- 书 名 5000 精品词汇巧记速练(上)
编 著 包凡一
责任编辑 黄科丰 孟月兰
封面设计 赵文康
出版发行 西安交通大学出版社
地 址 西安市兴庆南路 10 号(邮编:710049)
电 话 (010)62605588 62605019(发行部)
读者信箱 bj62605588@163.com
印 刷 北京四季青印刷厂
字 数 500 千
开 本 880mm×1230mm 1/32
印 张 14.25
版 次 2010 年 8 月第 1 版 2010 年 8 月第 1 次印刷
书 号 ISBN 978-7-5605-3471-8/H·1077
定 价 28.00 元

版权所有 侵权必究

如有缺页、倒页、脱页等印装质量问题,请拨打服务热线:010—62605166。

新东方
NEW ORIENTAL **图书策划委员会**

主任 俞敏洪

委员 (按姓氏笔画为序)

王文山 王 强

包凡一 仲晓红

沙云龙 陈向东

李 杜 邱政政

汪海涛 周成刚

徐小平 窦中川

「前言」

英语词汇学习困扰着很多英语学习者，学习者往往感觉词汇学习不得法，死记硬背不管用。针对英语学习者的这些困难，包凡一精心甄选了 5000 精品词汇编撰成本书，目的在于帮助学习者走出词汇学习的困境。本书中的这些精品词汇涵盖了大学英语考试、研究生入学考试等国内考试及 TOEFL, GRE, GMAT, SAT 等出国留学考试中出现频率最高的词汇，是英语学习者所需的必备词汇。

本书有三大特点：

- 精：舍泛求精
- 巧：用巧补拙
- 速：速现巩固

本书的三个特点蕴含了本书作者给广大英语学习者提出的三条实用建议：

舍泛求精：


英语学习者往往一味追求扩大词汇量，而忽视了对于高频精品词汇的深入学习，这使得有的学习者在英语实际应用中感到很多词仿佛都有些熟悉，而实际上并没有真正掌握。本书则通过精学精品词来帮助学习者扎扎实实掌握词汇。

用巧补拙：

英语学习者记不住单词时，往往会埋怨自己的记忆力不好，其实这不是根本问题。英语单词学习中也是巧能补拙的。本书将通过“助记法”这一栏目帮助学习者运用想象力，大大提高记忆实效。

速现巩固：

英语学习者学习单词后不注意在短时间内复现练习所学内容，这不利于英语词汇学习。因为学后迅速复现、立刻练习是對抗遗忘规律的有效途径。本书



每课后所提供的练习不仅可以帮助学习者检测学习成果，还能通过反复出现加强记忆。

温馨提示：

本书按时间安排编排，从 **Week 1/Monday** 开始，每课 5 个新词，每周学习 5 课，共计 40 周。对于有一定基础的同学，我们建议这五个部分同时学习。每天记住 20 个新词，周六、周日将这一周所学的内容进行总复习。

最后，希望本书能够帮助广大英语学习者在掌握精品词的同时获得英语词汇学习的方法。

作者简介：

包凡一：新东方创始人之一，新东方教育科技集团留学研究院院长、新东方学校写作中心创始人。著名英语教学专家、加拿大温莎大学MBA、传播学硕士，著名留学咨询、签证专家。著有图书《新东方词汇进阶》、《留学申请写作模板》、《英语现代文背诵篇章》以及“手把手教你作文系列”等20余部。

「目 录」

第一部分 动词

Week 1	3	Week 22	74
Week 2	6	Week 23	77
Week 3	10	Week 24	81
Week 4	13	Week 25	85
Week 5	16	Week 26	88
Week 6	20	Week 27	91
Week 7	23	Week 28	95
Week 8	27	Week 29	98
Week 9	31	Week 30	102
Week 10	34	Week 31	105
Week 11	37	Week 32	109
Week 12	40	Week 33	112
Week 13	44	Week 34	116
Week 14	47	Week 35	120
Week 15	51	Week 36	123
Week 16	54	Week 37	127
Week 17	58	Week 38	130
Week 18	61	Week 39	133
Week 19	64	Week 40	137
Week 20	67	索引	141
Week 21	71		

第二部分 名词

Week 1	153	Week 4	162
Week 2	156	Week 5	165
Week 3	159	Week 6	169

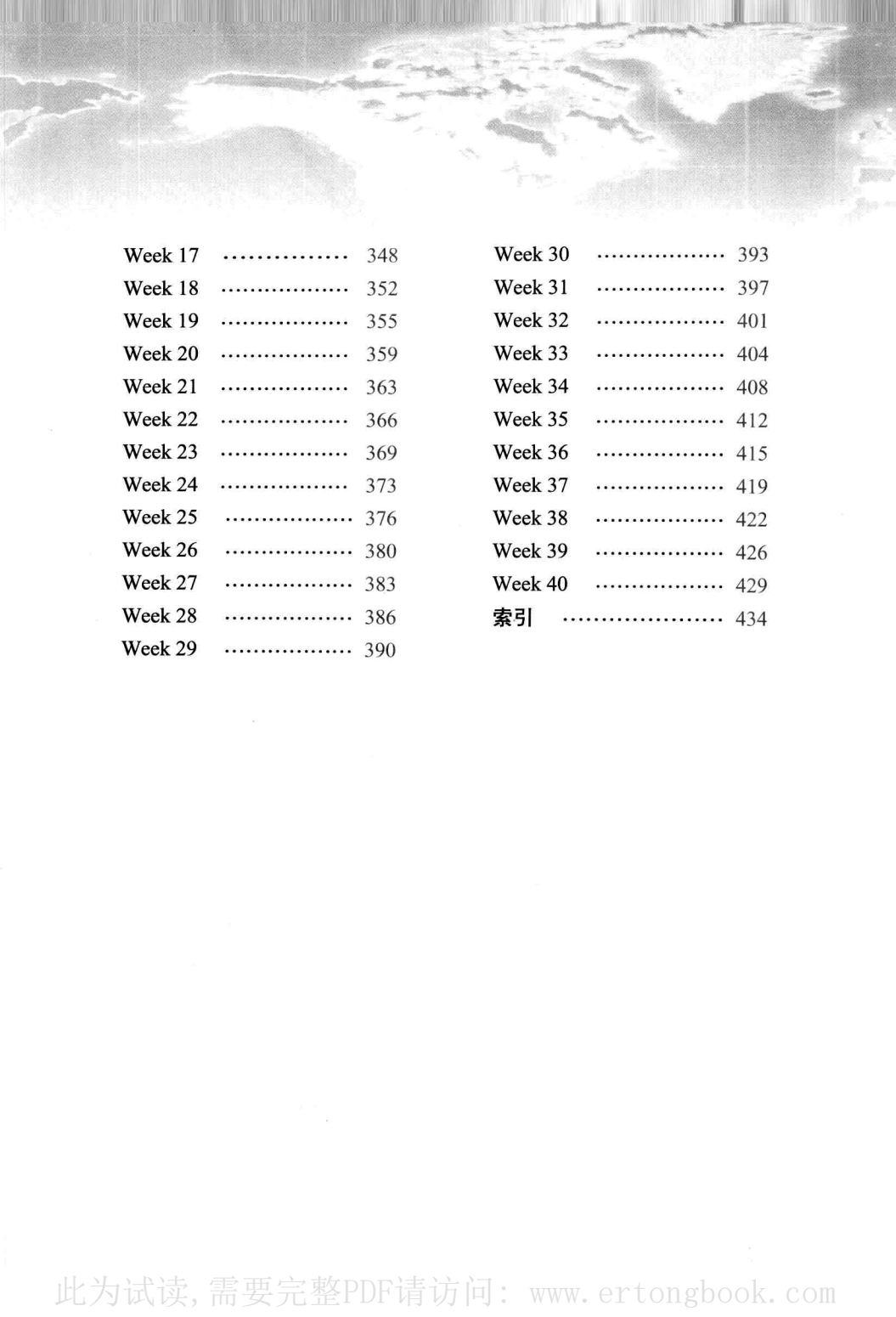
Week 7	172
Week 8	175
Week 9	178
Week 10	181
Week 11	185
Week 12	188
Week 13	191
Week 14	194
Week 15	195
Week 16	201
Week 17	204
Week 18	207
Week 19	210
Week 20	214
Week 21	217
Week 22	220
Week 23	223
Week 24	226

Week 25	229
Week 26	232
Week 27	235
Week 28	238
Week 29	241
Week 30	244
Week 31	248
Week 32	251
Week 33	254
Week 34	257
Week 35	260
Week 36	264
Week 37	267
Week 38	270
Week 39	274
Week 40	277
索引	281

第三部分 形容词

Week 1	293
Week 2	296
Week 3	300
Week 4	304
Week 5	307
Week 6	311
Week 7	314
Week 8	318

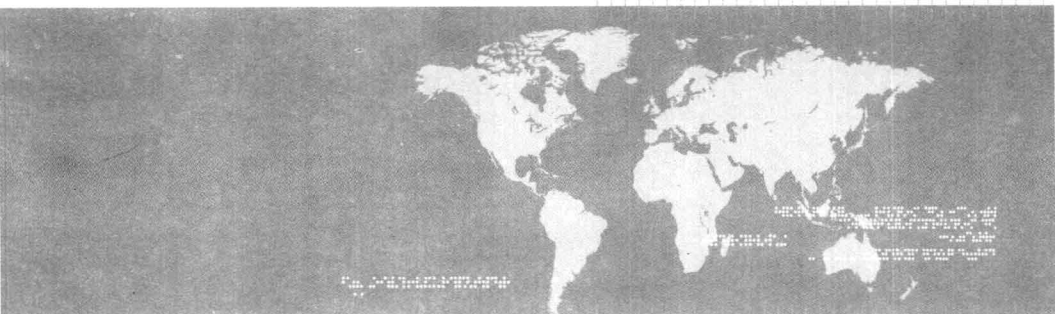
Week 9	321
Week 10	325
Week 11	328
Week 12	331
Week 13	335
Week 14	338
Week 15	341
Week 16	345



Week 17	348
Week 18	352
Week 19	355
Week 20	359
Week 21	363
Week 22	366
Week 23	369
Week 24	373
Week 25	376
Week 26	380
Week 27	383
Week 28	386
Week 29	390

Week 30	393
Week 31	397
Week 32	401
Week 33	404
Week 34	408
Week 35	412
Week 36	415
Week 37	419
Week 38	422
Week 39	426
Week 40	429
索引	434

第一部分 动词



Week 1

Monday

addict ['ædɪkt] 使沉溺, 使上瘾 (to devote or surrender oneself to sth.)

【搭】be addicted to (smoking, alcohol, television)=be devoted to sth.; have sth. as a strong, almost unbreakable habit

compromise ['kɒmprəmaɪz] ① 妥协, 折衷 (to settle by concession) ② 使遭受损害, 使蒙受耻辱 (to put sb. in a position of harm or shame)

【记】com + promise (保证) → 相互保证 → 妥协

【搭】compromise with sb. over (wage, condition, contract)=reach agreement with sb. by abandoning part of one's demands

depict [dɪ 'pɪkt] ① 描绘, 描画 (to draw, to paint) ② 描写, 描述 (to describe in words)

【记】de (表强调) + pict (画) → 描画

rationalize ['ræʃnəlaɪz] ① 使合理 (to make appear rational or reasonable) ② 为 (自己的行为或意见) 找出辩解的理由 (to make excuses for)

facilitate [fə 'sɪlɪteɪt] 使容易; 有助于, 促进 (to make easy; to help, to expedite)

Exercise

- | | |
|----------------------|--------------------------------|
| _____ 1. addict | a. make rational or reasonable |
| _____ 2. compromise | b. ease, help |
| _____ 3. depict | c. hook |
| _____ 4. rationalize | d. concede, yield |
| _____ 5. facilitate | e. describe |
6. The multinational's reputation was _____ by the recent accounting scandals.
7. The scientist _____ the theory so that it made sense.
8. The artist and the author both tried to _____ the beauty of sunset.
9. Many people are unaware that they are already _____ to some kinds of advertised pills, such as sleeping pills and painkillers (止痛药).
10. Chinese government is increasing the efforts to _____ the transfer of new discoveries from the laboratories to the marketplace.

Tuesday

alienate ['eɪliəneɪt] 使疏远, 离间 (to make hostile)

【记】alien (外国的) + ate → 使到外国 → 使疏远

【搭】alienate from (society, former friends, workmates)=cause sb. to be estranged from others

appraise [ə 'preɪz] 评价; 鉴定 (to set a value on)

retard [rɪ 'tɑːd] 延迟, 阻碍 (to delay the progress of)

【记】re (使) + tard (迟缓) → 使...迟缓 → 延迟, 阻碍

adhere [əd 'hɪə(r)] ① 黏附, 附着 (to hold or stick to a surface) ② 坚持, 遵守 (to obey)

【记】ad (看做add, 加) + here (这里) → 加到这里 → 黏附, 附着

【搭】① (material, paste, paint) adhere to (surface, wall, metal)=become or remain attached to (sth.) ② adhere to (plan, idea, promise)

jettison ['dʒetɪsn] ① (船舶、飞机等遇险时为减轻重量而) 抛弃 (货物) (to throw goods overboard to lighten a ship or aircraft in distress) ② 丢弃, 抛弃 (to throw away)

【记】jetti (扔) + son (儿子) → 扔了儿子 → 丢弃, 抛弃

- Exercise**
- | | |
|-------------------|-----------------------------|
| _____ 1. alienate | a. delay, impede |
| _____ 2. appraise | b. throw overboard, discard |
| _____ 3. retard | c. evaluate |
| _____ 4. adhere | d. cling |
| _____ 5. jettison | e. estrange |
6. The heavy winds _____ the plane's speed.
 7. The vessel had to _____ some of the cargoes to prevent sinking.
 8. The unilateralist policy would _____ trading partners.
 9. You'd better have your newly purchased jewelry _____ and certified.
 10. The doctor told the patient to take medicine and _____ to the diet.

Wednesday

affiliate [ə'fɪliət] 使隶属于, 使接纳为成员 (to associate as a member or branch)

【记】af + fili (儿子) + ate → 成为儿子 → 使隶属于

【搭】affiliate (group, body, union) to/with=connect sth. with, perhaps as a branch

aggregate ['ægrɪɡət] ① 聚集, 集合 (to collect into one mass) ② 总计, 合计 (to reach a total of)

【记】ag + greg (团体) + ate → 成为团体 → 聚集, 集合

allay [ə'leɪ] 减轻, 缓和 (to lessen the intensity of)

bustle ['bʌsl] 喧闹; 奔忙 (to move or work in a brisk and busy manner)

【搭】bustle about/around (place, house)=move about briskly and busily

【例】Debbie bustled about in the kitchen getting a meal together.

clamp [klæmp] 夹住, 夹紧 (to fasten or hold with a clamp)

【搭】(authorities, police, government) clamp down (on)=use one's authority against sb., or to suppress or prevent sth.

【例】There has been much tax evasion through expense accounts, but the government is going to clamp down.

- Exercise**
- | | |
|--------------------|----------------------------|
| _____ 1. affiliate | a. move energetically |
| _____ 2. aggregate | b. calm, soothe, alleviate |
| _____ 3. allay | c. join, become part of |
| _____ 4. bustle | d. clasp, fasten |
| _____ 5. clamp | e. assemble, accumulate |
6. It was very dark that night and he sang songs in order to _____ his fears.
 7. Many bystanders (看热闹的人) _____ near the vendor on the square.

8. The shoppers and peddlers _____ to and fro in the busy market.
 9. Our company is _____ with a larger firm in the same city.
 10. Put some more adhesive on the boards before you _____ them together.

Thursday

complement ['kɒmplɪmənt] 补充, 使完善 (to be an appropriate addition that makes sth. more effective or complete)

【记】com (表加强) + ple (装满, 填满) + ment → 补充

construe [kən'stru:] 解释; 把...认为 (to interpret; to understand sth. in a certain way)

【记】con + strue (=struct, 结构) → 阐述结构 → 解释

deplete [dɪ'pli:t] 大大减少, 耗尽 (to use up, as of resources or materials)

【记】de + plet (满) + e → 不满 → 倒空 → 耗尽

deprecate ['deprəkeɪt] ① 不赞成, 反对 (to express strong disapproval of) ② 轻视, 藐视 (to speak of sth. as if it is of little value; to belittle)

wield [wi:ld] ① 使用 (武器、工具等) (to use or handle) ② 运用 (权力); 施加 (影响) (to use power or authority; to exert influence by means of authority)

Exercise

- | | |
|---------------------|----------------------------------|
| _____ 1. complement | a. add to, supply |
| _____ 2. construe | b. handle; employ |
| _____ 3. deplete | c. interpret, infer |
| _____ 4. deprecate | d. exhaust, use up |
| _____ 5. wield | e. express disapproval; belittle |
6. The flower arrangement _____ the table decorations.
 7. The traditional textbooks _____ numerous Native American cultures.
 8. After three years of careless spending, the young heir (继承人) had _____ his inheritance.
 9. She hoped that we would not _____ her decision to run for office as a thirst for power.
 10. The manager _____ considerable power over his employees.

Friday

alight [ə'laɪt] ① (从交通工具上) 下来 (to get down as from a vehicle) ② 飞落 (to come to rest from the air)

【搭】① alight from (horse, train, bus) = get off, out or down from sth.

② (bird, bee, spider) alight on (branch, flower, ledge) = descend from the air and come to rest on sth.

articulate [ɑ:'trɪkjuleɪt] ① 清楚地讲话, 清晰地发音 (to utter distinctly) ② (用关节) 连接 (to unite by, as if by joints)

【记】articul (接合) + ate → 连接

chip [tʃɪp] ① 使掉碎片, 使 (边缘等) 有破损 (to break a small piece off from) ② 把...切成小片 (to cut into small pieces)

commute [kə'mju:t] 通勤(乘汽车或火车经常往返于市区工作处与郊区住所之间)(to travel back and forth regularly, as between one's place of work and home)

conjure ['kʌndʒə(r)] ① 变戏法, 变魔术 (to do magic tricks) ② 想象 (to bring to mind)

【搭】① conjure up (vision of the past, of days gone by, picture)=evoke or suggest a mental picture of sth.

② conjure up (spirits of the dead, the devil)=cause sth. to appear

Exercise

- | | |
|---------------------|--------------------------------------|
| _____ 1. alight | a. practice magic |
| _____ 2. articulate | b. travel back and forth |
| _____ 3. chip | c. crack, break off |
| _____ 4. commute | d. utter distinctly, express lucidly |
| _____ 5. conjure | e. land, set down |
6. People learning a foreign language often have difficulty _____ certain sounds.
 7. The music _____ up pleasant memories.
 8. Be careful, the mirror will _____ if you're not careful when you carry it.
 9. Every evening the seagulls returned from their feeding-grounds, _____ on the rocks and settled down for the night.
 10. Mary _____ to school rather than lives on campus.

KEY

- MON:** 1. c 2. d 3. e 4. a 5. b 6. compromised 7. rationalized 8. depict 9. addicted 10. facilitate
TUE: 1. e 2. c 3. a 4. d 5. b 6. retarded 7. jettison 8. alienate 9. appraised 10. adhere
WED: 1. c 2. e 3. b 4. a 5. d 6. allay 7. aggregated 8. bustled 9. affiliated 10. clamp
THU: 1. a 2. c 3. d 4. e 5. b 6. complemented 7. deprecated 8. depleted 9. construe 10. wielded
FRI: 1. e 2. d 3. c 4. b 5. a 6. articulating 7. conjured 8. chip 9. alighted 10. commutes

Week 2

Monday

contravene [ˌkɒntrə'veɪn] 与...相抵触, 违犯(法律等)(to go or act contrary to)

【记】contra(反)+ven(走)+e→反着走→违犯

repel [rɪ'pel] ① 击退, 驱逐(to force or drive back) ② 使厌恶, 使不快(to fill with distaste)

【记】re(反)+pel(推)→向反方向推→击退, 驱逐

【搭】repel (enemy, invader) from (lines, trenches, island)=force sb. to withdraw from a place

wreak [ri:k] 报仇; 泄愤(to do violence or express strong feelings violently)