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### COLLEGEENGI 快速突破大学英语六级系列









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## PREFACE

### 前言

### 忘记昨天把握今天

#### 从被动学习到主动学习的心理转变

很多年前的一个晚上,我心情沮丧,因为我又玩了两天的游戏,本来计划好的周末复习计划再次破产。此刻的心情特别复杂,悔恨,恨自己没有足够的克己能力而放任自己玩了两天的游戏,觉得自己一天比一天差,本来已背熟的知识也变得模糊不清了。接下来的时间,天天都为已经失去的昨天而"后悔",总是在想如果我以前抓紧时间就好了,于是整天状态低迷,天天还不到9点就哈欠连天,考试的那一天终于到了,结果是所有人都能预料到的,我没能通过六级。

考完试的那天夜里我辗转难眠,我在想一个问题: 为什么明知道马上要考试了还会这样"放纵"自己? 为什么我越是后悔人就越懒散? 当时天天发愁,天天在想背单词如何难、翻译如何难、完型如何难、阅读如何难,整天被这些困难压得自己喘不过气来,更别提学习效果了,在这种状态下虽然天天看书但是并没有把自己的全部精力都投进去。于是在周末来临的时候,终于不想学习了,开始想放松一会,结果越放松就越不想学习,而且悔恨感在不断增加。这时候就想,反正已经玩了,那就玩到底吧,明天再看书也不迟。可到了第2天又会打开电脑去看前一天的"战绩",其实心里并不是很想玩,但是一想到已经一天都没有学习了,计划已经被自己破坏了,也就不在乎了,于是又一天沉溺于游戏中,恶性循环就这样产生了。

很多年后,在我准备考博的时候,我接触到教育学和教育技术学。这时候我才知道自主学习策略的设计与实现其实是一个心理转变的过程,也是一项系统的"工程"。学习的本身不但与学习者的认知心理密切相关,更与学习者的学习心理有着直接关系。为什么会不断产生"后悔"心理?为什么会一直这样恶性循环呢?最根本的原因是恐惧,因为基础不好所以感觉自己成功无望,其实现在回想起来,当时的自己就是在十字路口徘徊、发愁,不肯忘掉昨天,立刻上路,所以天天都在学习但什么也没学到,因为自己被恐惧和发愁束缚了而无法前行。其实人非圣人,谁又能天天都坐在书桌前学习呢?偶尔有几次"越轨"也是正常的,不要因为这些过去过多地责备自己,责备得太多就会形成悔恨循环效应,导致每天都在悔恨的心情中度过。一定要懂得忘记昨天,把握今天,憧憬明天!

昨天既然已经过去了,那就请大家把握今天,从现在开始上路!

- 特点一:得阅读者得天下!单词背的越多,阅读的分数就会越高吗?错! 六级阅读题量超大,光靠单词基础是远远不够的! "久经沙场"的"连长"将教你"域扫描"3倍速阅读法,让你领略不背单词做阅读的"奇门绝技"。
- 特点二:本书堪称是目前市面上解答最详细的六级阅读辅导用书! 随书附赠的 DVD 多媒体课堂全程详细解答书中的每道问题,并配有全程解答 MP3,绝对的超详解!
- 特点三:本丛书独有的"看翻译背单词",使读者在做阅读的同时就能够快速掌握六级阅读高频词汇,不仅避免了死记硬背六级词汇给考生带来的巨大压力,还能让考生熟悉词汇在阅读中的考查方式。
- 特点四:独创"连长精讲"、"指导员笔记"等特色解析栏目,独有的计策式解题方式从教育技术学研究前沿出发,强调 Self-Learning 自主学习模式,绝不糊弄读者!从此不报班也能轻松过六级!
- ❤ 特点五: 附赠最先进的 Blending Learning 一体化学习软件,附带字幕 MP3+全程 逐题讲解 MP3+DVD 多媒体课堂软件光盘,你困?你累?你懒?超强软件式强制学习功能,让困、累、懒在你身上一个都不能有!

本书配有目前最先进的 Blending Learning 一体化学习平台,请认真阅读 DVD 光盘中的使用说明,如果因为您无法登陆我们 DVD 光盘中的网络学习平台,也可以直接访问网址:www.dlmpm.com。

尖刀连系列丛书一直以全方位服务广大读者为己任,在您学习和使用软件的过程中, 遇到任何问题请联系 QQ: 529889111 E-mail: 529889111@qq.com, 我们会在第一时间帮助您解决学习上的和技术上的难题。

为便于广大读者学习,本丛书配有读者交流群和导师组 QQ。

【尖刀连读者学习交流 QQ 群】:尖刀连一尖 1 排 117909175、尖刀连一钢 2 排 1454964、尖刀连一铁 3 排 3659829、尖刀连一劲 4 排 17531665。

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编者

# CATALOGUE

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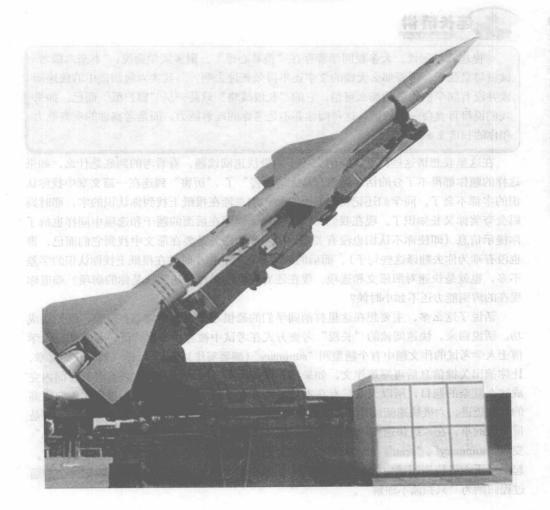
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在六级的各考过程中,总会有**完**。11 **完全**的同學为自己找各种借口, 有的同學说,"偶基础差……" **记到** 11 **完全**的同學说,"偶基础差……" **记到** 11 **完全**的同學说,"個理解能力差……"

## 快速阅读





在六级的备考过程中,总会有这样一群自怜感极强的同学为自己找各种借口: 有的同学说:"偶基础差……"; 有的同学说:"偶理解能力差……";

### 连长精讲

提起六级阅读,大多数同学都存在"畏难心理"。很多同学会说:"本来六级考试就够紧张了,再看那么大段的文字还不得晕死过去啊?"其实六级阅读中的快速阅读并没有同学们想象的那么可怕,它的"长段战略"只是一层"窗户纸"而已。如果我们说得再直白一些的话,这种阅读并不是考你的理解能力,而是考察你的观察能力和你的扫读文章的速度。

在这里我想请这些同学认真研究一下六级快速阅读题,看看考的到底是什么,如果这样的题你都得不了分的话,那你真是太"厉害"了,"厉害"到连在一篇文章中找你认识的字都不会了。同学们还记得吗?小时候你们总能在报纸上找到你认识的字,那时妈妈会夸奖你又长知识了。现在我们的六级快速阅读题在后面的题干和选项中同样也给了你提示信息(即使你不认识也没有关系,因为你的任务是要在原文中找到它们而已,谁也没有难为你去翻译这些句子)。而后的解题步骤就和你小时候在报纸上找你认识的字差不多,也就是快速对照原文和选项。现在还有哪位同学说快速阅读是你的弱项?难道你现在的辨别能力还不如小时候?

话说了这么多,主要想在这里打消同学们的恐惧心理,因为你心存恐惧,就无法成功。话说回来,快速阅读的"长段"考查方式在考试中被应用得很广泛,北京师范大学博士入学考试的作文题中有个题型叫"summary"(摘要写作),也是给你一篇很长的文章,让你摘出关键信息后再写篇作文,如果你扫读能力不够强的话,很难在有限的时间内完成这么复杂的题目,所以大家只有在本科阶段养成不怕"长"的思想,日后才能向更高的层次迈进。六级快速阅读并不要求你像做"summary"题型那样领会每段的中心,那是博士做的事,在六级快速阅读中你所须要做的工作仅是"scan",不要把简单的"scan"变成"summary"。"scan"就是单纯的扫描,而"summary"是要你提炼文章的中心内容。起码对于六级快速阅读中的前7道选择题来说,"scan"会让你快速得分。我把这个解题过程归纳为"只扫读不理解"。

六级快速阅读题一般是一段对应一道题,解答快速阅读题时须要先看题目(不看 选项),后看原文,因为快速阅读的答题时间非常紧张,如果你先看的是文章而不是题 目, 答题时就会没有任何目的性, 而反之则会"事半功倍"。

做题时先看题目,划出题目中的关键词(一般为名词,注意大写单词和数字)。一般 情况下为了节省时间我们不看选项, 但如果选项中有大写单词和数字等特殊内容的话, 千万不要放过,它会帮你进一步在原文中准确定位。接下来你要做的就是"scan(扫描)" 这主要考查的是眼力,一旦扫到题目中的关键词,就应该引起"警觉",因为答案肯定 就在其周围。一般来说,"正确答案"中的单词和文中关键字周围的单词很容易重复,某 些词被"同义词替换"了,但你要注意无论怎样替换,主语(名词)一般不变。下面我就 详细地阐述一下快速阅读的做题步骤与具体技巧。

### 快速阅读"四步曲"



第一步 题干选项先预览,抓住名词不放手

题干、选项是常要最先看的,主要看题干。在题干中搜索"定位名词",要注意 大写的名词(人名、地名、国家等)和数字等,一般不看选项,但是如果选项中有数字, 则需要看,因为这可以帮助我们进一步定位,也不会浪费太多时间,毕竟我们在文章 中寻找数字是很容易的事。

第二步 情况① (不带小标题):一段一题原则,"只扫看不理解",使用快速"名词"定 位法

情况②(带小标题): 小标题是重点, 题目关键词与小标题中的关键词快速对应 (注意:情况①、情况②在每次六级考试中必考其中一种。)

题于中的名词划出来之后,同学们赶紧运用小时候在幼儿园练成的"识字"基本 功, "只扫看不理解"快速找到这些名词(有数字和大写的最好找)。这里我强调一点, 虽然在一般情况下我们只看题干不看选项,到原文中去定位,但请大家记住,如果选 项中出现了"数字、大写、人名、地名"之类的信息,一定要将其抓住,然后联合题 干的"关键字"一同定位。原因很简单,在文章中"数字"、"大写人名"等信息是 非常明显的。这种定位我们称作"题干、选项联合定位"。这里还要注意隐藏的数量词, 比如"decades (十年)"这个词,就是暗藏的数量信息词。

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六级快速阅读情况①的解题原则是:一段对应一题原则。第一题一般对应第一段,这个你要了解,别满篇胡乱找,那是"foolish"做法,聪明的你一定要学会一题对应一段的解题方法。

六级快速阅读情况②的解题原则是:抓住小标题中的关键词。这种带有小标题的文章,一般的出题原则是题目对应文章小标题,基本上也是一个题对应文章中的一个小标题(注意有时会在一个小标题内连出两题,这一般是由于此小标题下的段落较长)。这种题不一定是第一题对应第一段,但一定是一道题对应文章中的一个小标题。所以遇到文章有小标题的题型时,要在第一时间对应题干中的关键词和小标题中的关键词。

#### 第三步 回到选项去对比,相邻句子是重点,抓住名词再细看

划好之后,迅速回到题目中用选项去对比原文"名词关键词"区域的前后句。选项中与原文重复最多的即答案,快速阅读简单就简单在"直来直去",没有传统阅读中的那么多的同义词替换、同义句替换。这时,你在幼儿园练就的"识字"基本功又一次派上了用场!如果还有同学觉得自己很怕六级快速阅读,那请你到幼儿园去补补课,或许会"获益匪浅"。

我相信大家"识字"都没有问题,但在这里我必须提醒大家注意"相邻原则"。 在完形填空的计策里我曾经说过,完形考查的东西不在空格的上一句就在空格的下一句,快速阅读也是一样,尽量细看相邻句,别舍近求远地去"十万八千里"之外找答案。

还要注意的是"动词陷阱"。即用相同的动词来诱惑你选择错误答案。这类题总会有很多同学上当,其实解决方法很简单,请同学们记住,就算出题人再狡猾,名词要表述的东西也改变不了,动词可以替换,但名词相对来说很稳定,只要抓住这一点,就一定能选对!比如,文中讲的都是大学,突然冒出个小学,那肯定是错的,大学变成了小学这属于偷换概念。即使动词再怎么吻合,也不要选,要抓住名词来细看。

#### "相邻原则"例子:

正文内容: Most politicians recognize the link between investment in science and national economic strength, but support for research funding has been unsteady. The budget of the National Institutes of Health doubled between 1998 and 2003, but has risen more slowly than inflations since then. Support for the physical sciences and engineering barely kept pace with inflation during that same period. The attempt to make up lost ground is welcome, but the nation would be better served by steady, predictable increases in science funding at the rate of long-term GDP growth, which is on the order of inflation plus 3 percent per year.

题干内容: What is said about the U.S. federal funding for research?

选项内容: A) It has increased by 3 percent.

- B) It has been unsteady for years.
- C) It has been more than sufficient.
- D) It doubled between 1998 and 2003.

请同学们注意,划线部分都是强干扰项,从中可以很清楚地看到只要把握住名词关键 词的"相邻原则",知道"最近的它是你最近的爱",那么这些干扰项对你就没有任何威胁。

正文内容: Yale and Harvard have led the way, offering every undergraduate at least one international study or internship opportunity and providing the financial resources to make it possible.

题干内容: How do Yale and Harvard prepare their undergraduates for global careers? 选项内容: A) They offer them various courses in international politics.

D) They give them chances for international study or internship opportunity. 前面我已经强调了名词的重要性, 所以你绝不可以对名词熟视无睹! 接下来不管你 懂不懂这个句子,我们单纯从技巧的角度来解这道题:

首先从题干中找关键性的定位名词 "Yale and Harvard", 然后到原文中定位, 这道 题的难点在于选项 A 中的动词 "offer" 的干扰, 因为你在原文中有 "offering" 一词。注意! 为防止上当,这时一定要用名词验证一下。而我们再看"international politics",多么刺 眼的一个词! 文章里有吗? 如果你觉得有,那你一定是在梦里遇到过它! 这明显就是偷 换概念。而再看看选项 D 与原文是多么的匹配,就可以知道名词应该是做题时的"最爱", 因为动词有时可以与同义词替换, 但名词的导向性作用不会变。觉得自己基础差的同学 你看到了吗?这道题没有一句需要翻译但也做出了答案。我说的东西你不会吗?也不是 吧。那么此刻你就应该树立起你的自信!只要你克服恐惧,绝对没问题!

第四步"写句子题"仍用关键词定位,需要记住以下要领:"选项、原文对比后直接照抄 不同处。

有的同学一看写句子题就吓得两腿发软。也难怪,这么多年都做惯了标准化选择 题,突然要自己写答案还真有点不适应。其实不必害怕,写句子的题和前面的选择题 是一样的,只不过没有选择,需要把答案抄下来罢了。

- 注意:①一定要抓住关键词所在的句子,句子很可能在题目中会换一种说法,词
- ②注意动词,有时会出现同义词替换,不要只顾着抄,使句子中出现两个
  - ③填空题如果有难度,可以做一个简单的对比:把原文中与题干相同的成 分去掉,原文剩下的部分照抄就是答案。



快速阅读一般考查的都是细节题,但其中仍有少数题考查主旨题,例如 2009 年 12 月的快速阅读就把主旨题放在了第一道题的位置,这种情况难倒了很多人。很多同学都知道主旨题是要概括全文的中心,但是怎样概括出全文的中心就成为难点所在,有的同学为了做对这道题,不顾我们前面所说的"顺序原则"而直接通读了全文,浪费了大量的宝贵时间。对于快速阅读来说最重要的就是时间,如果同学们把大量的时间用在总结中心思想上,那么基本上快速阅读这块"阵地"就会"失手"。

### M长提示 manifor tips

解答主旨题一般是用开头段和结尾段联合"逼"出中心思想,也就是读了首段和尾段之后基本上就应该知道原文的中心思想是什么了。

主旨题的典型标志: "What is the main topic of this passage?"

下面我们以 2009 年 12 月的真题来讲述一下在快速阅读中主旨题的解答方法。

问题是: What is the main topic of this passage?

选项是: A) How business managers view hi-tech.

- B) Relations between employers and employees.
- C) How to cut down the costs of small businesses.
- D) Benefits of the practice of teleworking.

我们一看到问题,马上就可以断定这是一道主旨题,所以立刻用开头段和结尾段联合 "逼"出中心思想。

开头段: Rising costs of office space, time lost to stressful commuting, and a slow recognition that workers have lives beyond the office — all are strong arguments for letting staff work from home.

结尾段: It has enabled the company to dispense with its business premises altogether, fol-lowing the realization that it just didn't need them any more. "The main motivation behind adopting home working was to increase my own productivity, as a single mum to an 11-year-old," says Hargreaves. "But I soon realized that, as most of our **business is done on the phone**, e-mail and at off-site meetings, we didn't need our offices at all. We're now saving £16,000 a year on rent, plus the cost of utilities, not to mention what would have been spent on commuting."

主旨: business is done on the phone, e-mail and at off-site meetings = 选项 D "the practice of teleworking",原文与选项 D 属于同义转换。

通过上面的例子我们可以得知, 大部分的主旨题的答案都可以在原文的首尾段中找到。





Reading Comprehension (Skimming and Scanning)

(15 minutes)

Directions: In this part, you will have 15 minutes to go over the passage quickly and answer the questions on Answer Sheet 1. For questions 1-7, choose the best answer from the four choices marked A), B), C) and D). For questions 8-10, complete the sentences with the information given in the passage. I religed this services for poor services with regular broadhand song and bridged shoot of rosess. Bosses Say "Yes" to Home Work

Rising costs of office space, time lost to stressful commuting, and a slow recognition that workers have lives beyond the office - all are strong arguments for letting staff work from home.

For the small business, there are additional benefits too — staff are more productive, and happier, enabling firms to keep their headcounts (员工数) and their recruitment costs to a minimum. It can also provide competitive advantage, especially when small businesses want to attract new staff but don't have the budget to offer huge salaries. 10 strooplat based-tamental

While company managers have known about the benefits for a long time, many have done little about it, skeptical of whether they could trust their employees to work to full capacity without supervision, or concerned about the additional expenses teleworking policies might incur as staff start charging their home phone bills to the business. His residence as done as difficult

Yet this is now changing. When communications provider Inter-Tel researched the use of remote working solutions among small-and-medium-sized UK businesses in April this year, it found that 28% more companies claimed to have introduced flexible working practices than a year ago. regit triggir W mith young accountance of the Wright Viger ago.

The UK network of Business Links confirms that it too has seen a growing interest in remote working solutions from small businesses seeking its advice, and claims that as many as 60%-70% of the businesses that come through its doors now offer some form of remote working support to their workforces. usgmoo and tada smislages and HO alsal retoonib and administration of their workforces.

Technology advances, including the widespread availability of broadband, are making the introduction of remote working a piece of cake. Abostu 200 5d2 lovest vitragem mort barraise

"If systems are set up properly, staff can have access to all the resources they have in the office wherever they have an Internet connection," says Andy Poulton, e-business advisor at

Business Link for Berkshire and Wiltshire. "There are some very exciting developments which have enabled this."

One is the availability of broadband everywhere, which now covers almost all of the country (BT claims that, by July, 99.8% of its exchanges will be broadband enabled, with alternative plans in place for even the most remote exchanges). "This is the enabler," Poulton says.

Yet while broadband has come down in price too, those service providers targeting the business market warn against consumer services masquerading (伪装) as business-friendly broadband.

"Broadband is available for as little as £ 15 a month, but many businesses fail to appreciate the hidden costs of such a service," says Neil Stephenson, sales and marketing director at Onyx Internet, an Internet service provider based in the north-east of England. "Providers offering broadband for rock-bottom prices are notorious for poor service, with regular breakdowns and heavily congested (拥堵的) networks. It is always advisable for businesses to look beyond the price tag and look for a business-only provider that can offer more reliability, with good support." Such services don't cost too much — quality services can be found for upwards of £ 30 a month.

The benefits of broadband to the occasional home worker are that they can access e-mail in real time, and take full advantage of services such as Internet-based backup or even Internet-based phone services.

Internet-based telecoms, or Void (Voice over IP) to give it its technical title, is an interesting tool to any business supporting remote working. Not necessarily because of the promise of free or reduced price phone calls (which experts point out is misleading for the average business), but because of the sophisticated voice services that can be exploited by the remote worker — facilities such as voice-mail and call forwarding, which provide a continuity of the company image for customers and business partners, not provide a continuity of the company image for customers and business partners.

By law, companies must "consider seriously" requests to work flexibly made by a parent with a child under the age of six, or a disabled child under 18. It was the need to accommodate employees with young children that motivated accountancy firm Wright Vigar to begin promoting teleworking recently. The company, which needed to upgrade its IT infrastructure (基础设施) to provide connectivity with a new, second office, decided to introduce support for remote working at the same time.

Marketing director Jack O'Hern explains that the company has a relatively young workforce, many of whom are parents: "One of the triggers was when one of our tax managers returned from maternity leave. She was intending to work part time, but could only manage one day a week in the office due to childcare. By offering her the ability to work from home, we have doubled her capacity — now she works a day a week from home, and a day in the office. This is

great for her, and for us as we retain someone highly qualified." To solve and the second of the sec

For Wright Vigar, which has now equipped all of its fee-earners to be able to work at maximum productivity when away from the offices (whether that's from home, or while on the road), this strategy is not just about saving on commute time or cutting them loose from the office, but enabling them to work more flexible hours that fit around their home life.

O'Hern says: "Although most of our work is client-based and must fit around this, we can't see any reason why a parent can't be on hand to deal with something important at home, if they have the ability to complete a project later in the day." nother monopologic loss and beautiest (A

Supporting this new way of working came with a price, though. Although the firm was updating its systems anyway, the company spent 10%-15% more per user to equip them with a laptop rather than a PC, and about the same to upgrade to a server that would enable remote staff to connect to the company networks and access all their usual resources. Managed liable at find W. A.

Although Wright Vigar hasn't yet quantified the business benefits, it claims that, in addition to being able to retain key staff with young families, it is able to save fee-earners a substantial amount of "dead" time in their working days.

That staff can do this without needing a fixed telephone line provides even more efficiency savings. "With Wi-Fi (fast, wireless Internet connections) popping up all over the place, even on trains, our fee-earners can be productive as they travel, and between meetings, instead of having to kill time at the shops," he adds.

The company will also be able to avoid the expense of having to relocate staff to temporary offices for several weeks when it begins disruptive office renovations soon. The guildivoid (C

Financial recruitment specialist Lynne Hargreaves knows exactly how much her firm has saved by adopting a teleworking strategy, which has involved handing her company's data management over to a remote hosting company, Datanet, so it can be accessible by all the company's consultants over broadband Internet connections. If drive sloped games families (2)

It has enabled the company to dispense with its business premises altogether, following the realization that it just didn't need them any more. "The main motivation behind adopting home working was to increase my own productivity, as a single mum to an 11-year-old," says Hargreaves. "But I soon realized that, as most of our business is done on the phone, e-mail and at off-site meetings, we didn't need our offices at all. We're now saving £ 16,000 a year on rent, plus the cost of utilities, not to mention what would have been spent on commuting."

- 1. What is the main topic of this passage?
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  - B) Relations between employers and employees. Is lived a source part of the service of the servi
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