

施发敏 宋士华 主编

# 大学英语技能 培养与提高

*A Way to College  
English Learning*

中国海洋大学出版社

# 大学英语技能培养与提高

## A Way to College English Learning

主 编 施发敏 宋士华

编 者 (按姓氏笔画为序)

刘菊花	宋士华	毕悦倩	李爱霞
杜景萍	张 慧	杨红英	施发敏
姜 霞	唐烈军	霍兴花	

中国海洋大学出版社

· 青 岛 ·

**图书在版编目(CIP)数据**

大学英语技能培养与提高/施发敏等主编. —青岛:中国海洋大学出版社, 2004. 8

ISBN 7-81067-612-1

I. 大… II. ①施…②宋… III. 英语—高等学校—教学参考资料 IV. H31

中国版本图书馆 CIP 数据核字(2004)第 075634 号

中国海洋大学出版社出版发行

(青岛市鱼山路 5 号 邮政编码:266003)

出版人:王曙光

临清市万方印务公司印刷

新华书店经销

\*

开本:850mm×1168mm 1/32 印张:11.875 字数:320 千字

2004 年 8 月第 1 版 2004 年 8 月第 1 次印刷

印数:1~8 000 定价:16.00 元

## 前 言

---

《大学英语课程教学要求》指出:大学英语是以英语语言知识与应用技能、学习策略和跨文化交际为主要内容的教学体系……可见,在全面掌握语言知识,如词汇知识、语法知识、篇章结构知识、文化背景知识等的基础上,切实提高学生掌握英语语言的学习技能,全面培养学生应用英语语言的综合能力,是新时期大学英语教学研究的重要课题。

本书全面系统地分析了大学生在大学英语学习阶段存在的一些共同障碍与困惑。在阅读方面,有相当一部分学生阅读速度过慢,不会提纲挈领地归纳推论,一篇文章读完一遍甚至几遍之后,仍掌握不住每段及整篇文章的主题思想与主要论点,原因是缺乏主要的阅读技能。在词汇语法方面,存在着不少疑点和难点。有的学生只会背单词,却不知如何运用。甚至对一些并不复杂的词汇和结构形式束手无策,心中无数。在翻译方面,不少学生缺乏理解英语书面材料并将其译成汉语的综合能力。大学英语课时少,时间紧,教师在课堂上抽不出太多的时间去全面系统地讲授翻译技巧,因而学生对翻译要求及翻译过程等一些常识性的东西缺乏基本的了解。在写作方面,有相当一部分学生主观表达能力较差,写出的文章,主题不明确,句子结构不规范,缺乏逻辑性。其主要原因是大多数学生没受过专门的英语写作训练,有的同学尽管已通过了大学英语四、六级考试,但写作方面的基本功仍相差太远;有一部分学生把注意力集中在词汇、语法和阅读方面,忽视了写作训练,以及对英语写作的基本方法和技巧的掌握;还有一部分学生极想学好英语,但由于学习方法不当,几年下来却事倍功半,这导



致有的学生对学好大学英语丧失了信心。针对上述这些问题,帮助学生迅速克服在英语学习中的障碍,开辟迅速提高大学英语水平的有效途径,掌握有效的学习技能,全面提高应用语言的综合能力,这就是我们编写此书的目的。

本书重视理论知识的讲解,又突出了理论与实践的结合。每部分都附有相关的练习。最后附有八套模拟试题。练习部分采用了分项集中编排和综合练习相结合的方式,适应学生的自主学习。学生可以在理解掌握各种技能的基础上检验自己的学习效果。

本书的阅读、简答部分的选材对全面提高学生的阅读技能具有一定的针对性和指导性,不仅涉及面广而且突出了知识性、趣味性、实用性。内容可读性强,难度适中。词汇与语法部分均是大学英语中一些常见的典型词汇和语法知识,练习新颖,针对性强。

本书较为全面地介绍了大学英语各种有效的学习策略与技能培养,对全面提高学生综合应用语言的能力有相当的指导意义,对其他英语学习者也一定会有方法上的启迪和较高的参考价值。相信此书会成为广大读者的良师益友。

限于水平,难免有错误和疏漏之处,敬请广大读者及同行专家批评指正。

编 者

2004 年 5 月于青岛

# 目 录

---

## 第一部分 阅读理解题型分析与技能培养 / 1

- I. 阅读理解目标与要求 / 1
- II. 阅读题型模式分析及对策 / 2
- III. 阅读技巧的培养 / 27
- IV. 典型实例分析 / 34
- V. 第一部分模拟测试题 / 46

## 第二部分 词汇与语法结构题型分析与技能培养 / 87

- I. 词汇题测试内容与技能培养 / 87
- II. 语法结构测试内容与技能培养 / 99
- III. 第二部分模拟测试题 / 110

## 第三部分 简短回答问题 / 128

- I. 命题形式和要求 / 128
- II. 简答题技能培养 / 128
- III. 典型实例分析 / 129
- IV. 第三部分模拟测试题 / 131

## 第四部分 英译汉技能培养与运用 / 146

- I. 翻译要求与标准 / 146
- II. 翻译过程 / 146
- III. 选择词义的技巧 / 147
- IV. 特殊句式的处理 / 153



- V. 长难句的翻译技能 / 158
- VI. 典型实例分析 / 164
- VII. 第四部分模拟试题 / 170

## 第五部分 完形填空题型分析与技能培养 / 176

- I. 题型特点 / 176
- II. 命题方式 / 176
- III. 测试内容 / 177
- IV. 完形填空技能培养 / 181
- V. 典型实例分析 / 183
- VI. 第五部分模拟试题 / 187

## 第六部分 写作技能培养与提高 / 205

- I. 写作要求与评分标准 / 205
- II. 写作步骤 / 206
- III. 命题形式与写作要领 / 208
- IV. 段落的写作原则 / 222
- V. 句子的润色与词汇的选择 / 230
- VI. 典型写作范例 / 235

## 第七部分 综合模拟试题 / 244

- Model Test One / 244
- Model Test Two / 258
- Model Test Three / 272
- Model Test Four / 286
- Model Test Five / 299
- Model Test Six / 313
- Model Test Seven / 327
- Model Test Eight / 341

## 参考文献 / 369

# 第一部分

## 阅读理解题型分析与技能培养

### I. 阅读理解目标与要求

《大学英语课程教学要求》指出：“大学英语教学是高等教育的一个有机组成部分，……大学英语是以英语语言知识与应用技能、学习策略和跨文化交际为主要内容的教学体系。”可见，在全面掌握语言知识，如词汇知识、语法知识、篇章结构知识、文化背景知识等的基础上，切实提高语言技能，即听、说、读、写、译等实际应用技能的重要性日益凸现。《要求》规定：大学英语的教学目标是培养学生的英语综合应用能力。……作为获取信息的一种重要手段，阅读技能的培养与提高不容忽视。可以说，阅读是提高综合文化素养的行之有效的途径。

《要求》将阅读理解能力分为三个层次，即：

**1. 一般要求：**能基本读懂一般性题材的英文文章，阅读速度达到每分钟 70 词。在快速阅读篇幅较长、难度略低材料时，阅读速度达到每分钟 100 词。能基本读懂国内英文报刊，掌握中心意思，理解主要事实和有关细节。能读懂工作、生活中常见的应用问题的材料。能在阅读中使用有效的阅读方法。

**2. 较高要求：**能基本读懂英语国家大众性报刊杂志的一般性题材的文章，阅读速度为每分钟 70 个单词。在快速阅读篇幅较长的材料时，速度达到每分钟 120 词。能就阅读材料进行略读或寻读。能阅读所学专业的综述性文献，并能正确理解中心大意，抓住主要事实和有关细节。

**3. 更高要求：**能读懂有一定难度的文章，理解其意义，能借助



词典阅读英语原版教材和英语国家报刊杂志上的文章,能比较顺利地阅读所学专业的综述性文献。

一般说来,阅读理解部分文章的题材十分广泛,包括风土人情、历史掌故、名人轶事、科普常识、环境保护、交通运输、新兴科学、社会文化及教育等各方面。文章体裁多种多样,有叙述文、说明文、议论文及应用文等,在多数情况下,以说明文和议论文为主。

要切实提高阅读理解能力,平时就要多读、勤读,并采用灵活多样的阅读方式,提高阅读效率。但另一方面,了解题型模式及常用阅读技巧,可提高阅读速度和准确率,收到事半功倍的效果。

## II. 阅读题型模式分析及对策

阅读理解题主要考查学生掌握阅读材料主旨大意以及说明主旨大意细节的能力、根据阅读材料进行判断和推论、根据文章措词猜测作者态度的能力。大体说来,阅读理解部分的问题从主旨、细节、是非、语义、情境、指代、判断、含义、预测、情感、写作技巧等方面考查学生对文章内容的理解和掌握程度。因而阅读理解题可分为主旨题、细节题、是非题、语义题、推断题、情感题和技巧题等七种。

### 一、主旨题

主旨题主要用来测试学生从宏观角度把握整篇文章的能力,常问及文章的中心思想、主要话题、最佳题目、写作目的等。主旨题主要考查学生的综合概括能力,常用以下方式提问:

This passage is mainly about \_\_\_\_\_.

What is the main topic of this passage?

Which of the following is the main idea of this passage?

The major point discussed in this passage is \_\_\_\_\_.

The best title for this passage could be \_\_\_\_\_.

The phrase that best expresses the main idea of this passage is \_\_\_\_\_.

What is the main purpose of this passage?

The author's purpose in writing this passage is \_\_\_\_\_.

Which of the following can best sum up (summarize) this passage?

回答以上问题,需要对文章所述内容加以全面考虑。如果文章有主题段或主题句,可以将其内容与四个选项逐一对比,问题便可迎刃而解。否则,需要认真总结各段大意,通过对比相容性、互补性,确定整篇文章的中心思想,从而推断出最佳题目及写作目的等。如果这类问题一时难以确定正确答案,不妨在完成其他具体问题之后再作考虑。

### 【例 1】

The Grand Canyon, a long, narrow gorge (峡谷) in Arizona, is rich in geological history. Its record of past plant and animal life also makes it an exciting and invaluable object of study for biologists. Using samples from the two hundred and seventeen miles of the canyon's walls, scientists analyze the building materials that form the earth's surface and study the natural process which have affected the canyon over its four-billion-year history. These processes include the eruption of volcanoes, which were as active recently as one thousand years ago, and gradual decomposition (分解) by erosion. Scientists also study a great variety of fossils that can be found in the canyon. These imprints of past forms of life are preserved in rock. The lower levels of canyon rock contain fossils of seashells and primitive algae (藻类), while the upper levels contain fossils of such creatures as dinosaurs and other prehistoric land animals. All of these discoveries provide scientists with information both on the earth's history in general and on the area around the Grand Canyon in particular.

The main topic of this passage is \_\_\_\_\_.



- A. the fascination of geological history
- B. prehistoric plants and animals
- C. a canyon's record of natural history
- D. the effect of volcanoes on the Grand Canyon.

文章第一句为本文主题句(topic sentence),明确地提出了文章所述中心思想——美国科罗拉多大峡谷地质历史资料丰富。后面一些句子为文章的发展句(developing sentences),用科学家获得有关资料和化石标本来说明大峡谷的地质史及地质构造。可见,选项 A 和 B 与问题无关,D 项所述内容过于狭窄,不足以表述文章的中心思想,故正确答案为 C。

### 【例 2】

In back of social change lie many factors; climate, natural resources, agriculture and manufactures all serve to set in operation influences that tend to change a people's life. It is the part of good administration to adjust these forces in such a fashion that changes are balanced and national experience is not left at the mercy of varying conditions. But the economic life of a people is so complicated that complete adjustment is beyond human power. Poverty in itself is seldom the cause of revolution. It is the sense of inequality in distribution of wealth that breeds (孕育) discontent. When wealth increases and at the same time tends to become monopolized in some class or group, this discontent is always keen. And, above all, when the rich are indifferent to the inequalities which economic change increases, and when the burdens of the economic life are not lifted from those least able to bear them, the consciousness of inequality grows into hostility.

The major point discussed in this passage is \_\_\_\_\_.

- A. the monopoly of wealth by a special class
- B. conditions which promote discontent

- C. governmental regulations
- D. changes in the early society of our country

本文主要讨论了引起人们不满情绪的原因。在作者看来,导致社会发生变化的因素很多,而政府的职能则是平衡各种力量。随后作者指出,引起人们不满的根本原因不是贫困,而是分配不公。也就是说,文章中间一句 “It is the sense of inequality in the distribution of wealth that breeds discontent” 为本文主题句,是本文的语义核心。所以,正确答案为 B。

### 【例 3】

We find that bright students are rarely held back by mixed-ability teaching. On the contrary, both their knowledge and experience are enriched. We feel that there are many disadvantages in streaming (把……按能力分班) pupils. It does not take into account the fact that children develop at different rates. It can have a bad effect on both the bright and the not-so-bright child. After all, it can be quite discouraging to be at the bottom of the top grade!

Besides, it is rather unreal to grade people just according to their intellectual ability. This is only one aspect of their total personality. We are concerned to develop the abilities of all our pupils to the full, not just their academic ability. We also value personal qualities and social skills, and we find that mixed-ability teaching contributes to all these aspects of learning.

In our classrooms, we work in various ways. The pupils often work in groups; this gives them the opportunity to learn to co-operate, to share, and to develop leadership skills. They also learn how to cope with personal problems as well as how to think, to make decisions, to analyse and evaluate and to communicate effectively. The pupils learn from each other as well as from the teacher.



Sometimes the pupils work in pairs; sometimes they work on individual tasks and assignments, and they can do this at their own speed. They also have some formal teaching class when this is appropriate. We encourage our pupils to use the library, and we teach them the skills they need in order to do this efficiently. An advanced pupil can do advanced work: it does not matter what age the child is. We expect our pupils to do their best, not their least, and give them every encouragement to attain this goal.

The author's purpose of writing this passage is to \_\_\_\_\_.

- A. argue for teaching bright and not-so-bright pupils in the same class
- B. recommend pair work and group work for classroom activities
- C. offer advice on the proper use of the library
- D. emphasize the importance of appropriate formal classroom teaching

本文虽然没有主题句,但是整篇文章是围绕混合班教学不会影响聪明学生这一中心思想展开的:第一段分析了按能力分班教学的弊端;第二段指出按智力水平分班的非真实性以及混合班教学对于培养各方面能力的好处;第三、四段介绍了作者在混合班几种常用的教学手段。由此可见,作者主张实行混合能力教学,以充分发展学生的能力。正确答案为 A,选项 B,C,D 只是说明在混合能力班级怎样教学。

综上所述,主旨题与文章的主题特别是主题句有着密切的关系。只要我们明确要旨,抓住主题,做题时又能临机处置,各个击破,就一定能够大大提高命中率。此外,为做好这类题目,需处理好以下几个方面的关系:

1. 主要内容和次要内容的关系:次要内容服务于主要内容,起补充说明的作用;主要内容是文章中心思想的核心所在。一般说来,文章第一段及以下各段第一句是至关重要的,因为它们往往表达文章的主要内容。

**2. 整体和 parts 的关系:**整体由部分组成,但部分不能取代整体。只有把握整体,概观全篇,才能领会文章所表述的中心。

**3. 观点和事实的关系:**事实是客观的,观点则是用主观性语言表述的。在阅读文章时,要注意区分事实和观点、作者的观点和他人的观点。

**4. 陈述和例证的关系:**陈述结合例证会使内容显得丰富而具有说服力,例证只不过是为陈述服务的。所以,做好主旨题,要密切注意陈述内容,而不能拘泥于例证或细节。

## 二、细节题

这类问题考查学生识别文章中具体事实和细节的能力,常问及原因、结果、现象、条件、时间、数量及其他重要细节。多数情况下,细节题根据文章的一部分或几部分提供的信息进行命题,其答案一般可在文章中直接找到。大体说来,做这类题目时首先要通读全文,找到和问题相关的段落或句子,然后依照题目要求,仔细对比原文和各个选项,便可确定最佳答案。这类题目的提问形式多种多样。

### 【例 1】

Do you find getting up in the morning so difficult that it's painful? This might be called laziness, but Dr. Kleitman has a new explanation. He has proved that everyone has a daily energy cycle.

During the hours when you labour through your work you may say that you're "hot". That's true. The time of day when you feel most energetic is when your cycle of body temperature is at its peak. For some people the peak comes during the forenoon. For others it comes in the afternoon or evening. No one has discovered why this is so, but it leads to such familiar monologues (自言自语) as: "Get up, John! you'll be late for work again!" The possible explanation to the trouble is that John is at his temperature-and-energy peak in the evening. Much family quarrelling ends when hus-

bands and wives realize what these energy cycles mean, and which cycle each member of the family has.

You can't change your energy cycle, but you can learn to make your life fit it better. Habit can help, Dr. Kleitman believes. Maybe you're sleepy in the evening but feel you must stay up late anyway. Counteract (对抗) your cycle to some extent by habitually staying up later than you want to. If your energy is low in the morning but you have an important job to do early in the day, rise before your usual hour. This won't change your cycle, but you'll get up steam and work better at your low point.

Get off to a slow start which saves your energy. Get up with a leisurely yawn (呵欠) and stretch. Sit on the edge of the bed a minute before putting your feet on the floor. Avoid the troublesome search for clean clothes by laying them out the night before. Whenever possible, do routine work in the afternoon and save tasks requiring more energy or concentration for your sharper hours.

1. According to Dr. Kletitman, if a person finds getting up early a problem, most probably \_\_\_\_\_.
  - A. he is a lazy person
  - B. he refuses to follow his own energy cycle
  - C. he is not sure when his energy is low
  - D. he is at his peak in the afternoon or evening
2. Which of the following may lead to family quarrels according to the passage?
  - A. Unawareness of energy cycles.
  - B. Familiar monologues.
  - C. A change in a family member's energy cycle.
  - D. Attempts to control the energy cycle of other family members.
3. If one wants to work more efficiently at his low point in the

morning, he should \_\_\_\_\_.

- A. change his energy cycle      B. overcome his laziness  
C. get up earlier than usual      D. go to bed earlier

4. You are advised to rise with a yawn and stretch because it will \_\_\_\_\_.

- A. help to keep your energy for the day's work  
B. help you to control your temper early in the day  
C. enable you to concentrate on your routine work  
D. keep your energy cycle under control all day

第1题和第3题可以直接从原文中找到答案。由第二段第六句和第七句可知第1题正确答案为D;由第三段第四句可断定第3题答案为C。第2题和第4题答案虽然不能从原文中直接找到,但查读原文,可得知某一事实的原因或结果,进而确定题目的正确答案。文章第二段最后一句讲到,夫妻意识到能量周期含义及每个家庭成员的能量周期时,许多家庭争吵的情况就会随之结束。由此就可以断定:家庭争吵是因为不了解能量周期,因而第2题正确答案为A。文章最后一段开头两句告诉我们:起床时打呵欠、伸懒腰有助于节省精力,可知其结果——保持精力去干一天的工作,所以A为第4题正确答案。

### 【例2】

A breakthrough (突破) in the provision of energy from the sun for the European Economic Community (EEC) could be brought forward by up to two decades, if a modest increase could be provided in the EEC's research effort in this field, according to the senior EEC scientists engaged in experiments in solar energy at EEC's scientific laboratories at Ispra, near Milan.

The senior West German Scientist in charge of the Community's solar energy programme, Mr. Joachim Gretz, told journalists that at present levels of research spending it was most unlikely that



solar energy would provide as much as three per cent of the community's energy requirements even after the year 2000. But he said that with a modest increase in the present sums devoted by the EEC to this work it was possible that the breakthrough could be achieved by the end of the next decade.

Mr. Gretz calculates that if solar energy only provided three percent of the EEC's needs, this could still produce a saving of about a billion pounds in the present bill for imported energy each year. And he believes that with the possibility of utilizing more advanced technology in this field it might be possible to satisfy a much bigger share of the community's future energy needs.

At present the EEC spends about \$ 2.6 million a year on solar research at Ispra, one of the EEC's official joint research centers, and another \$ 3 million a year on indirect research with universities and other independent bodies.

1. Some scientists believe that a breakthrough in the use of solar energy depends on \_\_\_\_\_.  
A. sufficient funding                      B. further experiments  
C. advanced technology                  D. well-equipped laboratories
2. According to Mr. Gretz, the present sum of money will enable scientists to provide \_\_\_\_\_.  
A. a little more than 3% of EEC's needs after the year 2000  
B. 3% of the EEC's needs before the year 2000  
C. less than 3% of the EEC's needs before the year 2000  
D. only 3% of the EEC's needs even after the year 2000
3. The application of advanced technology to research in solar energy \_\_\_\_\_.  
A. would lead to a big increase in research funding  
B. would make it unnecessary to import oil  
C. would make it possible to meet the future energy needs of