

张亚雷 编著

TOEFL

词汇速记
熟记卡

THE BOOKLET
OF FAST &
SKILLFUL
MEMORY FOR TOEFL
VOCABULARY
1-DAY INTENSIVE
MEMORY

— 30 天强化记忆

天津科技翻译出版公司

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前 言

学外语的人最感困难的是记单词,尤其是准备 TOEFL 考试的时候,面对众多、庞杂的单词量,倍感记单词十分枯燥,效率也不高。围绕着提高单词的记忆效率,一些书籍从不同的角度作了阐述,但较缺乏实用性。笔者经过多年的教学与实践,总结出一套独到的学习方法,可以称之为“波浪记忆法”。它主要是在心理调节的基础上,有计划地重复、记忆,使记单词的过程不再那么枯燥、乏味,达到渐进、高效、实用的目的。

记单词的过程本身是机械性的,这一单调、重复的特点往往引起人们心理上的焦急、烦躁,记住了后面的,忘了前面的,形成恶性循环,极大地挫伤了学习者的信心和恒心。

从根本上讲,记单词是对外语学习者心理和意志的严峻考验。学习者必须具有明确的学习目的和顽强的毅力,具备良好的心理素质,并不断地进行心理调节,在此基础上,还要有科学的学习方法,使得在最佳的心理状态下,取得最满意的记忆效果。

本书特向读者推荐一种较实用的记单词的方法,它的主要要求如下。

第一,要始终保持最佳的心理状态。记单词的过程实际上就是循序渐进、重复记忆的过程,不能期望简单地念几遍、写几遍就能牢记众多的单词。尤其是出现烦躁心理时,更要时刻提醒自己,要耐心、镇定、有条不紊地坚持学下去。

第二,要有适宜的学习计划。本书推荐的学习进度就是按心理调节原则制定的,该单词书按 30 天强化的时间表安排,

单词分主词条(黑体字)和“联想”词条,后者是前者的同义词。它要求读者用最初几天将全书通读一遍,会的单词划下来,这类单词一般属于“永不忘记”型的。然后进行“波浪联想式记忆”,具体来讲,将第一天需记的单词全部当天记住,第二天开始时先复习第一天的内容,直到全部掌握,再进行第二天的工作量。第三天开始时,又将前两天的内容全部记住,然后开始第三天的工作,以此类推。这样经过30天的强化记忆,可使前面的单词重复多达20多次,而后边的由于刚刚记忆过,因此在应用时,能够达到“记忆犹新”。

当然,随着时间的推移,学习者会感到需要重复记忆的词实在太多,这不要紧,你可以对以前记忆的单词进行筛选,将不易记住的词反复重复,将30天再分成几个阶段,进行循环记忆。

上述“波浪联想式记忆法”是一种较好的记单词的方法,它不仅适用于临考前的单词记忆,也可作为平时积累词汇量的手段。今后,无论你面对何种挑战,毅力始终是关键因素。愿广大读者在培养顽强毅力的同时。辅之以科学的记忆方法,使单词的记忆达到令人满意的效果。

由于笔者的经验和水平有限,本书中不妥之处,欢迎有关专家和读者批评指正。

作者

1993年3月

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No. 1

A

abandon [ə' bændən] v. 放弃

abdicate, leave, jilt, desert, vacate, cease, resign, drop, waive, forsake

abase [ə' beis] v. 降低(职位、身份)

disgrace, debase, mock, scorn, belittle, mortify, reduce, degrade, dishonour, despise

abash [ə' bæʃ] v. 使……羞愧

embarrass, shame, humiliate

abate [ə' beɪt] v. 减少, 减弱

alleviate, terminate, reduce, diminish, decrease, restrain, lessen, lower, decline, subside, slacken, slow, down

abbreviate [ə' brɪ:viɪt] v. 缩减

curtail, shorten, reduce, lessen, condense, prune, abridge, cut down, trim, diminish, compress.

abdicate [' æbdɪkeɪt] v. 放弃, 离职

cede, renounce, resign, abandon, give up, relinquish, quit, forego, surrender, waive.

abduct [æb' dʌkt] v. 诱拐

kidnap

abet [ə' bet] v. 唆使

help, encourage, assist, condone, uphold, strmulate, sustain, support, promote, incite, subsidize

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abhorrent [ab' horənt] adj. 令人厌恶的

detestable, loathsome, horrible, disgusting

abiding [ə' baɪdɪŋ] adj. 持续的

eternal, constant, persistent, permanent

abnegation [ˌæbni' geɪʃən] n. 自制, 自我牺牲

abstinence, refusal, relinquishment, denial, rejection, surrender, abandonment, temperance, giving up

abnormal [æb' nɔ:məl] adj. 不规则的, 异常的

eccentric, exceptional, irregular, unnatural, atypical, bizarre, strange, devious, monstrous, queer

abolish [ə' bɒlɪʃ] v. 废止, 使无效

eliminate, efface, annihilate, destroy, cancel, repeal, annul, revoke, repudiate, nullify

abominable [ə' bɒmɪnəbl] adj. 可恶的, 令人心烦的

vile, despicable, contemptible, hateful, horrid, revolting, repugnant, offensive, nauseous, infamous

aboriginal [ˌæbə' rɪdʒənəl] adj. 土著的

original, native, earliest, indigenous, ancient, primary, prime, primitive

abound [ə' baʊnd] v. 富于

swarm, increase, flow, multiply, teem, overflow, swell, luxuriate, flourish, revel

abrasion [ə' breɪʒən] n. 擦伤, 擦破

scrape, scratch

abridge [ə' brɪdʒ] v. 缩短, 摘要

condense, compress, curtail, abbreviate, lessen, reduce, diminish, digest, epitomize, summarize, shorten

abroad [ə' brɔ:d] adv. 在国外, 室外

abhorrent [əb' hərənt] adj

detestable, loathsome, horrible, disgusting

abiding [ə' baɪdɪŋ] adj.

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abroad [ə' brɔ:d] adv.

abrogate [ˈæbrəʊgeɪt] v. 取消, 废止

cancel, abolish, annul, nullify, quash, repeal, revoke, rescind, invalidate, override, reverse

abrupt [əˈbrʌpt] adj. 突然的, 粗暴的

rude, curt, harsh, craggy, zigzag, jagged, sharp, brusque, uneven, violent

abscond [əbˈskɒnd] v. 潜逃

escape, steal away

absolve [əbˈzɒlv] v. 赦免, 免除

pardon, acquit, excuse, exonerate, forgive, release, deliver, condone, liberate

absorb [əbˈsɔ:b] v. 吸收, 全神贯注

sponge up, suck up, swallow, devour, monopolize, drink in, drown, consume, engross, exhaust, merge

abstain [əbˈsteɪn] v. 自禁

avoid, eschew, withhold, forego, scruple, decline, forbear, refrain, discontinue, refuse, desist

abstract [ˈæbstrækt] adj. 抽象的, 理论的

theoretical, imaginary, conceptual, symbolic

abstruse [əbˈstru:s] adj. 深奥难懂

obscure, esoteric

absurd [əbˈsɜ:d] adj. 荒谬的

ludicrous, silly, comical, ridiculous, unreasonable, asinine, monstrous, senseless, foolish, listless

abundant [əˈbʌndənt] adj. 丰富的

enough, copious, overflowing, profuse, large, liberal, lavish, plentiful, teeming, luxuriant

abrogate [ˈ æbrʊgeɪt] v.

cancel, abolish, annul, nullify, quash, repeal, revoke, rescind, invalidate, override, reverse

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enough, copious, overflowing, profuse, large, liberal, lavish, plentiful, teeming, luxuriant

abuse [ə' bju:z] v. 滥用,虐待

harm, hurt, injure, desecrate, disparage, damage, ill-use, revile, malign

abysmal [ə' bizməl] adj. 无底的

bottomless, endless

accede [æk' si:d] v. 同意

consent, concur, acquiesce, comply, admit

accelerate [æk' seləreit] v. 加速,助长

quicken, rush, spur, urge, hasten, further, speed, hurry, promote, expedite, precipitate

accent [ˈ æksənt] n. 腔调; v. 强调

stress, force, cadence, modulation, beat

access [ˈ ækses] n. 接近,入口

approach, entrance, admittance, entry

acclaim [ə' kleim] v. 喝采

applaud, praise, hail, laud, extol, eulogize

accommodate [ə' kɒmədeit] v. 通融,容纳,使适应

aid, assist, lodge, contain, adapt, adjust, acclimate

accomplice [ə' kɒmplis] n. 共犯

cohort, coworker, assistant, aide, supporter, ally, colleague, henchman, partner, accessory

accord [ə' kɔ:d] n. 一致

conformity, harmony, agreement, correspondence

accost [ə' kɒst] v. 招呼

solicit, confront, waylay, greet, salute

account [ə' kəunt] n. 报告

narrative, reckoning, value, charge, bill, recital, motive, description

accredit [ə' kredit] v. 认定资格,相信

delegate, commission, license, entrust, authorize, endorse, believe, sanction

abuse [ə' hju:z] v.

harm, hurt, injure, desecrate, disparage, damage, ill-use, revile, malign

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accredit [ə' kredit] v.

delegate, commission, license, entrust, authorize, endorse, believe, sanction

accretion [æ' kri:ʃən] n. 增大

increase, augmentation.

accrue [ə' kru:] v. 积聚, 增加

accumulate, increase

✓ **accumulate** [ə' kju:mjuleit] v. 聚集

gather, pile up, amass, hoard, collect, add to, garner, augment, assemble, accrue

✓ **accurate** [' ækjurit] adj. 正确的

minute, careful, nice, unerring, true, scrupulous, just, correct, close, strict, exact, faithful

✓ **accuse** [ə' kju:z] v. 控诉

indict, summon, impeach, against, incriminate, tax, blame, censure, taunt

✓ **ache** [eik] n. 痛苦

torture

✓ **achieve** [e' tʃi:v] v. 完成

accomplish, dispatch, attain, fulfill, realize, win, procure, finish

✓ **acid** [' æsid] n. 酸味物

✓ **acknowledge** [æk' nɒlidʒ] v. 承认

recognize, admit, confess, accept, profess, concede, yield, own, grant

acme [' ækmi] n. 高峰, 全盛期

height, peak, apex, summit, zenith, pinnacle, crown.

✓ **acquaint** [ə' kweint] v. 告知, 使熟悉

familiarize, inform, reveal, advertise, enlighten, divulge, notify, tell, apprise

acquisition [ækwi' ziʃən] n. 获得

acquirement, purchase, obtainment

accretion [æ' kri:ʃən] n.

increase, augmentation.

accrue [ə' kru:] v.

accumulate, increase

accumulate [ə' kju:mjuleit] v.

gather, pile up, amass, hoard, collect, add to, garner, augment, assemble, accrue

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