

词博士的私教课

# 英语动词词组速记

# 420

戴家琪 编著



一套行之有效的  
3R英语词汇科学记忆法

语境初识 → 即时回忆 → 语境复现



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# 前 言

## FOREWORD

亲爱的读者朋友，你们好！我是本书的作者“词博士”。

初次见面，先正其名。之所以自称“词博士”，其实理由不难解释——在攻读博士学位期间，我的主攻方向即英语教学，我的学术兴趣即词汇习得。而随后形成的博士论文，亦是紧密围绕“词汇”这一主题展开。因此，把“词博士”三个字郑重写入书名，全不为哗众取宠，仅仅是希望凸显本书作为英语词汇学习手册的专业性。

也许你会问，市面上的同类作品多如过江之鲫，编写本书的意义又该安放何处？

五年前，本人有幸接受《上海日报》(Shanghai Daily)的人物专访。当被问及从事外语教育事业的初衷，我说，除了出身教育世家，更重要的从教动机是希冀扮演好一个“传教士”的角色(a missionary to fulfill his mission)。多少次我在课堂上对学生坦言，“为了你们，也仅仅是为了你们，我才甘愿抛却身后那满目繁华。”具体来说，就是要尽一己绵薄之力，令自身所接触到的英语学习者日子好过一些。此话何解？因为对于中国动辄数亿的英语学习者，多数人的日子绝称不上“好过”。此时此刻，我仿佛看到作为读者的你，掩卷之余黯然神伤。不过别怕，此书正是应运而生、为你而来！佛家所谓的“布施”，不外“财布施”“法布施”和“无畏布施”三种。首先，本书力求讲授学习英语词汇的正道，这属于“法布施”属性。其次，有了本书提供的理论自信和专业保障，你在习得词汇的漫长征程中不再犹豫彷徨，这属于“无畏布施”属性。至于“财布施”则更好理解，学好了英语，自己在用人市场上的竞争力与日俱增，收入也随之水涨船高。作者著书的初心，可谓全在“布施”二字。

我在大学任教，已接近十个年头。过去的日日夜夜，总有一个问题萦绕心间：该如何破解国人学习英语“费时低效”的魔咒？说出来可能不信，以雅思考试为例，中国人就考试人数而言世界第一，分项成绩（尤其是口语）则属末流。多年苦思，一朝顿悟。要解决语言学习中后期普遍存在的“瓶颈效应”，我认为理应以词汇为抓手，步步为营、翻身取胜。理由何在呢？进入大学以后，对于业已成年的大学生而言，其语音和语法已基本处于“浓到化不开”的固著阶段。而

构成语言的三大基石之中，仅剩词汇仍保留着较高的流动性。而流动性的近义词，正是可塑性！这也可以解释，为何四六级考生几乎人手一本词汇手册，而语音书和语法书在考前却少人问津。有鉴于此，我从莫衷一是的学术争论中抽身而出，立此文字提出以下观点：在中国语境之下，到了英语学习的中后期（特别是大学阶段），如果想一改“乏力”为“发力”，英语学习就应转以词汇为中心，语音、语法其他两项则纷纷向词汇看齐。此番论断，绝非空穴来风。学术界将这种外语学习的路子称作Lexical Approach，即要求学习者以词汇习得为内核，“众星拱月”般地展开各类基于词汇的语言技能训练。

谈完词汇之于外语学习的重要性，再把目光聚焦到本书的“领衔主演”——动词词组（英语可称phrasal verbs或verbal phrases）。信不信由你，从我的专业角度看，动词词组堪称英语词汇界的不二贵族。只可惜，这批生来就流淌着紫色血液的名门贵胄到了中国水土不服，不太受广大英语学习者的待见。

那么，动词词组到底又有多重要？根据某项中美大学生英语写作的实验对比，一个有趣的发现浮出水面，即较之中国大学生，以英语为母语的受试者更倾向于使用动词词组。也就是说，中国学生笔下的英语可谓书卷气有余而地道性不足（more bookish than idiomatic）。因此我们不妨大胆假设：有意识地强化使用动词词组，将有效提升有志于学好英语人士的语言输出品质。

本书精心设置了为期三周共21天的动词词组强化训练，每天的学习强度以20组计。一一叠加后，整本书涵盖的动词词组总数多达420组。所以，请允许作为笔者的我于此植入一段微型广告：给我三周时间，还你今非昔比！让我们一起想象以下这段无比美好的场景：当你的竞争对手所掌握的动词词组仍在个位或十位徘徊，你却已在数量上远远赶超他们，只留下一个渐行渐远的胜利者背影，伴随着落日余晖消逝在地平线尽头……顺便告诉大家，本书涉及的动词词组以基础常用为主，可以理解为中阶版，随后计划推出的姊妹篇同样收录420组动词词组，只不过难度有了明显的提升，不妨理解为高阶版，还敬请诸位期待。

我始终认为，文字是既有态度又有温度的。衷心希望这本谈不上皇皇巨著的小书，能带给你学习道路上的些许感悟。若能如此，善莫大焉。

诸位，最后请和我一道相信：多年以后，矢志不渝的坚持会转身给我们一个最热烈的拥抱。

谨以此书，献给我挚爱的女儿Ruby。

戴家琪博士

2018年7月

# 如何有效使用本书

本书收录动词词组共计420组，以“三用主义”作为收录标准，即常用、实用、通用。学习任务化整为零分三周完成。在21天的强化训练中，日均学习强度为20组。

现对本书所采用的“3R英语词汇科学记忆法”做如下说明：

## STEP ONE Reading

### ① account for

I If a particular thing **accounts for** a part or proportion of something, that part or proportion consists of that thing, or is used or produced by it.

☞ Computers **account for** 5% of the country's commercial electricity consumption.  
电脑用电占了这个国家商业用电的5%。

II If you can **account for** something, you can explain it or give the necessary information about it.

☞ How do you **account for** the company's alarmingly high staff turnover?  
你怎么解释这家公司高得惊人的人员流动率？

第一步，语境初识（Reading）

可以说，毫无保留的信息铺陈是传统词汇学习手册的通病，但这绝不利于将工作记忆（working memory）转存为长效记忆（long-term memory）！因此本书科学创新，强调将“语境化的信息差”作为更科学的词汇呈现方式。具体来看，每一组动词词组先配有英语释义。本书选用的释义法“师出名门”，系柯林斯系列词典所首创，通过一个完整的句子在语境中立体诠释语义即“语境化”。而对“信息差”的处理则更为直接，即在第一步刻意删去汉语释义，要求学习者在全无辅助之下仅从单语语境提取帮助理解的有效信息。接下来趁热打铁，学习者将通过解读精当的双语例句以加深其印象。

**STEP TWO Recalling**

动词词组	汉语释义
A. associate with	_____
B. attach to	_____
C. beg to	_____
D. bet on	_____
E. blow up	_____
F. borrow from	_____

**第二步，即时回忆 (Recalling)**

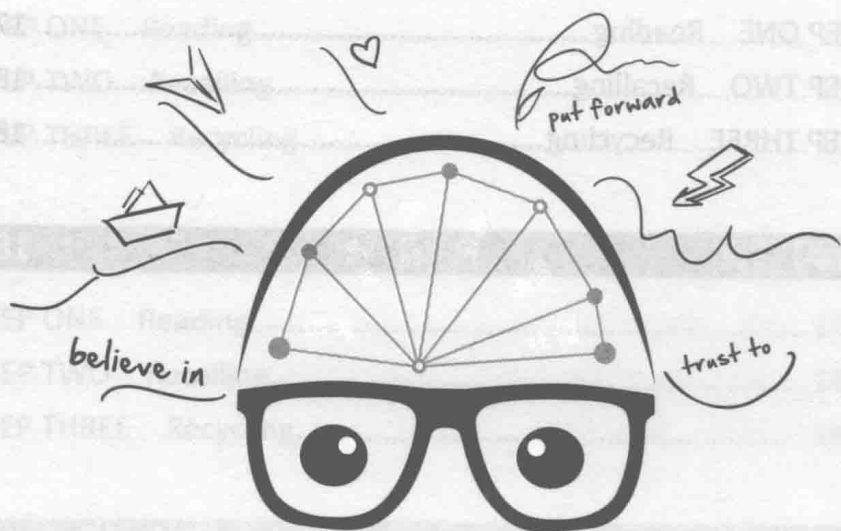
20组动词词组随机生成乱序，要求学习者在第一步基础之上，快速回忆并生成该词组的汉语释义。需要说明的是，由于动词词组往往存在“一词多义”现象，因此第二步书写的释义项应与第一步的呈现内容在数量上保持一致。

**STEP THREE Recycling**

- \_\_\_ A. At first he got lots of protest calls, including threats to \_\_\_\_\_ his store.
- \_\_\_ B. Families can also \_\_\_\_\_ support groups offered by these organizations.
- \_\_\_ C. Firefighters are going to \_\_\_\_\_ the two blazes.
- \_\_\_ D. He decided to \_\_\_\_\_ his career \_\_\_\_\_ selling roadside hamburgers.
- \_\_\_ E. I \_\_\_\_\_ \$20 \_\_\_\_\_ a horse called Premonition.

**第三步，语境复现 (Recycling)**

20组真实语境下的句子填词要求学习者按1~20的序号将动词词组正确填入空格。本练习难度最大，要求最高。如能正确完成16组以上，就可以顺利结束当日的学习任务。



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# Day 1, Week 1

## STEP ONE Reading

### 1 account for

**I** If a particular thing **accounts for** a part or proportion of something, that part or proportion consists of that thing, or is used or produced by it.

**例** Computers **account for** 5% of the country's commercial electricity consumption.

电脑用电占了个国家商业用电的5%。

**II** If you can **account for** something, you can explain it or give the necessary information about it.

**例** How do you **account for** the company's alarmingly high staff turnover?

你怎么解释这家公司高得惊人的人员流动率?

### 2 accuse of

If you **accuse** someone of doing something wrong or dishonest, you say or tell them that you believe that they did it.

**例** My mom was really upset because one neighbor was **accusing her of dishonesty**.

我妈妈真的很难过，因为有邻居指责她为人不诚实。

### 3 act as

If someone or something **acts as** a particular thing, they have that role or function.

**例** Among his other duties, he **acted both as** the ship's surgeon and **as** chaplain for the men.

另外，他兼任船上的外科医生以及船员们的牧师。

### 4 adapt to

If you **adapt to** a new situation, you change your ideas

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- ⑰ arm with
- ⑱ arrive at
- ⑲ ask for
- ⑳ assist in

or behaviour in order to deal with it successfully.

**例** The world will be different, and we will have to be prepared to **adapt to** the change.

这个世界将会不同，所以我们必须准备好适应变化。

## ⑤ add to

If you **add** one thing **to** another, you put it in or on the other thing, to increase, complete, or improve it.

**例** To make it taste better, please **add** the grated cheese **to** the sauce.

为了提味，请把磨碎的奶酪加进那种酱中。

## ⑥ adjust to

When you **adjust to** a new situation, you get used to it by changing your behaviour or your ideas.

**例** I felt I had **adjusted to** the idea of being a mother very well.

我感到我已经很好地适应了身为人母的想法。

## ⑦ agree on

If people **agree on** something, they all decide to accept or do something.

**例** The warring sides have **agreed on** an unconditional ceasefire.

交战各方已经对无条件停火达成了一致意见。

## ⑧ agree to

If you **agree to** do something, you say that you will do it. If you **agree to** a proposal, you accept it.

**例** He **agreed to** pay me properly for the drawings.

她答应为这些画付给我恰当的费用。

## ⑨ agree with

**I** If people **agree with** each other about something, they have the same opinion about it or say that they have the same opinion.

**例** I agree with you that the open system is by far the best.

我同意你的观点，开放的系统是目前最好的。

**II** If one account of an event or one set of figures agrees with another, the two accounts or sets of figures are the same or are consistent with each other.

**例** His second statement agrees with facts as stated by the other witnesses.

他的第二项陈述和其他证人所陈述的事实一致。

## 10 aim for / to

If you **aim for** something or **aim to** do something, you plan or hope to achieve it.

**例** The programme **aims to** educate and prepare students for a challenging career.

这个项目旨在教育学生使其为一个具有挑战性的职业做好准备。

## 11 apologize to

When you **apologize to** someone, you say that you are sorry that you have hurt them or caused trouble for them.

**例** He **apologized to** all the people that had been affected.

他向所有受到影响的人道了歉。

## 12 apply for

If you **apply for** something such as a job or membership of an organization, you write a letter or fill out a form in order to ask formally for it.

**例** They may **apply for** the membership of the organization at a proper time.

他们可能在适当的时间申请该组织的成员资格。

## 13 approve of

If you **approve of** an action, event, or suggestion, you

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like it or are pleased about it.

例 Not everyone in China **approves of** Western festivals like Christmas.

不是每个中国人都喜欢圣诞节之类的洋节日。

## ⑭ argue with / about

If you **argue with** someone **about** something, you discuss it with them, with each of you giving your different opinions.

例 He was **arguing with** the king **about** the need to maintain the cavalry.

他在和国王讨论保留骑兵兵力的必要性。

## ⑮ argue for / against

If you **argue for** something, you say why you agree with it, in order to persuade people that it is right. If you **argue against** something, you say why you disagree with it, in order to persuade people that it is wrong.

例 The report **argues against** tax increases by citing figures.

该报告陈述数据理由以反对增税。

## ⑯ arise from

If something **arises from** a particular situation, or arises out of it, it is created or caused by the situation.

例 Problems within a team often **arise from** a lack of timely communication.

团队中出现的问题通常是因为缺乏及时的沟通。

## ⑰ arm with

I If you **arm** someone **with** a weapon, you provide them with a weapon.

例 The police are anxious to apprehend a middle-aged man believed to be **armed with** a gun.

警察急于逮捕一名确信携有枪支的中年人。