

下面是单词测
验页

使用方法是:

- 1.用铅笔在不会的单词上边前边做一个记号,
- 2.然后把这些词抄在你的笔记本上,
- 3.要抄成一行,不要抄成一行,便于以后翻译,
- 4.这里边讲单词不会的概念,是指两秒钟没有想到这个词是什么意思的,都算生词,

A good book is a good friend.
好书如挚友.

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英 - 汉目录

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下面是这本单词书的一些说明

亲爱的读者朋友们,如果您是:

英语成绩中等以上、心怀名校梦想的高二、高三学生;

希望通过国家英语四六级等考试,而英语基础不好的大专院校学生;

希望掌握英语词汇学习真谛、真正学好英语的读者朋友,那么请您继续深入了解本书。

本书收词范围

以英语高考、四六级词汇为基础,适当扩展和删减,共选常用词汇 3 000 余条。完全覆盖高考所需词汇,涵盖四六级大部分基础词汇,对提升高考应试能力、备考四六级、打好扎实的英语语言基础等有极大的帮助作用。

本书 5 大特色

1. 词汇群学习法 全书共分为“动词篇”、“形容词篇”、“名词篇”三大部分,所有词汇按意义相近、使用语境相同等原则分为 561 类,每一类词汇即一个词汇群。把词汇放到词汇群中去学习,可以避免分散学习单个毫不相关的单词所造成的低效率。运用词汇群学习法将极大地帮助您深刻灵活地掌握词汇。

2. 多维度记忆法 把单词放到词汇群中来记忆,大量词汇群后附有“联想记忆”,用一段话把该词汇群内的词汇运用进去,可有效地帮助您进一步加深对词汇的印象;大量词汇群后还附有“回忆”,提醒您把刚学过的词汇在脑海中再回想一遍;此外还有很多实用的记忆方法。这样多管齐下,多维记忆,可帮助您高效、深刻

地牢记单词。

3. 释义辨析精当 全书词汇释义简明易懂,对意义相近、难于区分或用法易混淆的词汇群,给出了精当的辨析。

4. 例句短语丰富 全书大部分词汇释义后附有丰富的例句和短语,并指出了常用搭配,让您对词汇用法一目了然!

5. 英-汉、汉-英目录 本书附有英-汉、汉-英两个目录,可帮助您迅速找到在学习过程中,尤其是写作时需要查找的词汇。

本书核心理念

◎ 不要背词汇,而要学词汇! 背词汇是效率最低的,只有深刻理解,并运用灵活的记忆方法,才能实现“深刻掌握、灵活运用”的目标。

◎ 把词汇看作一个个生命! 词汇与词汇之间既有或大或小的区别,又有千丝万缕的联系,不可把词汇视为毫无生气、彼此分割开来的个体。

“A good book is a good friend.” 希望本书能成为您的好朋友!

最后,我们想告诉您的是:本书是由一批酷爱英语、充满激情的优秀在校大学生历经两载艰辛编写而成,它饱含的是我们脚踏实地、坚持不懈的拼搏精神,它洋溢的是我们精益求精、追求卓越的梦想,它奉献的是我们真真实实、毫不矫饰的体会!

在本书的编写过程中,哈尔滨工业大学外国语学院宋莉老师、张谨老师、朱卫民老师等给予了大力帮助与支持,为本书的改进和完善提出了许多宝贵的建议,谨在此向几位老师表示衷心的感谢!同时,在谱新图书工作室的创建和发展过程中,我们的不少老师和朋友也给予了很大的帮助和支持,在此也向他们表示衷心的感谢!

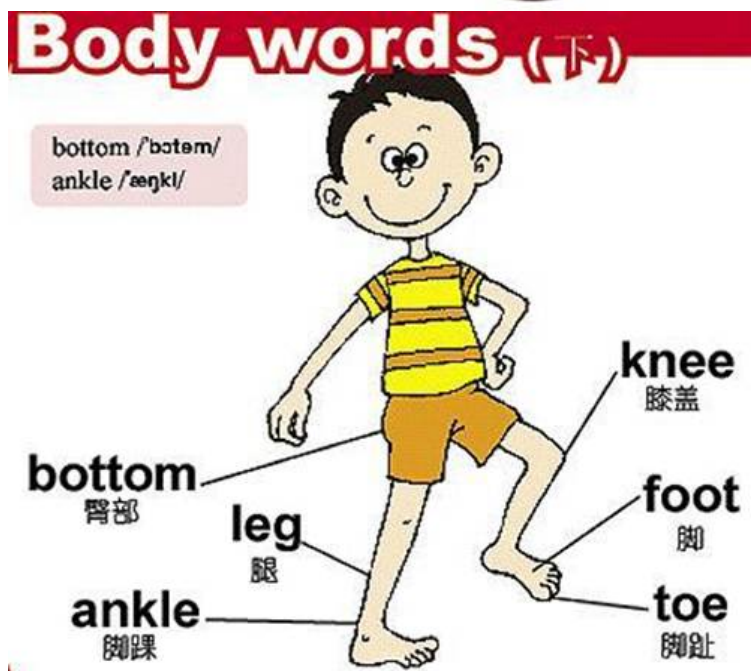
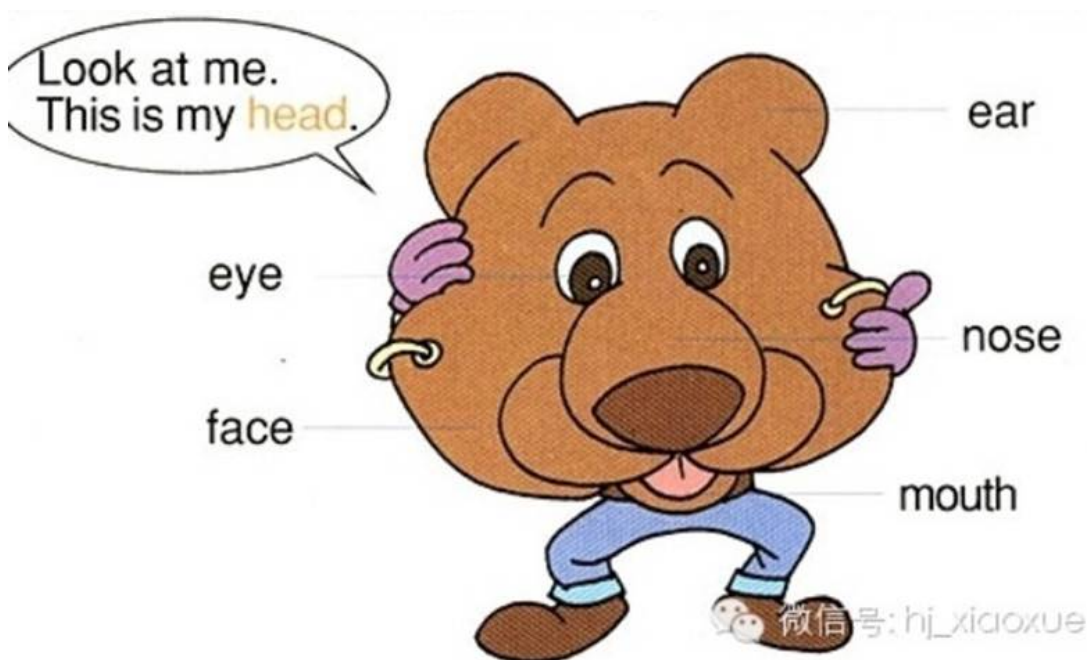
谱新图书工作室

2007.5

什么是英语树?

比较一下两个图，下图是小学英语（给佟翼），下下图是高中英语（给同欣）。

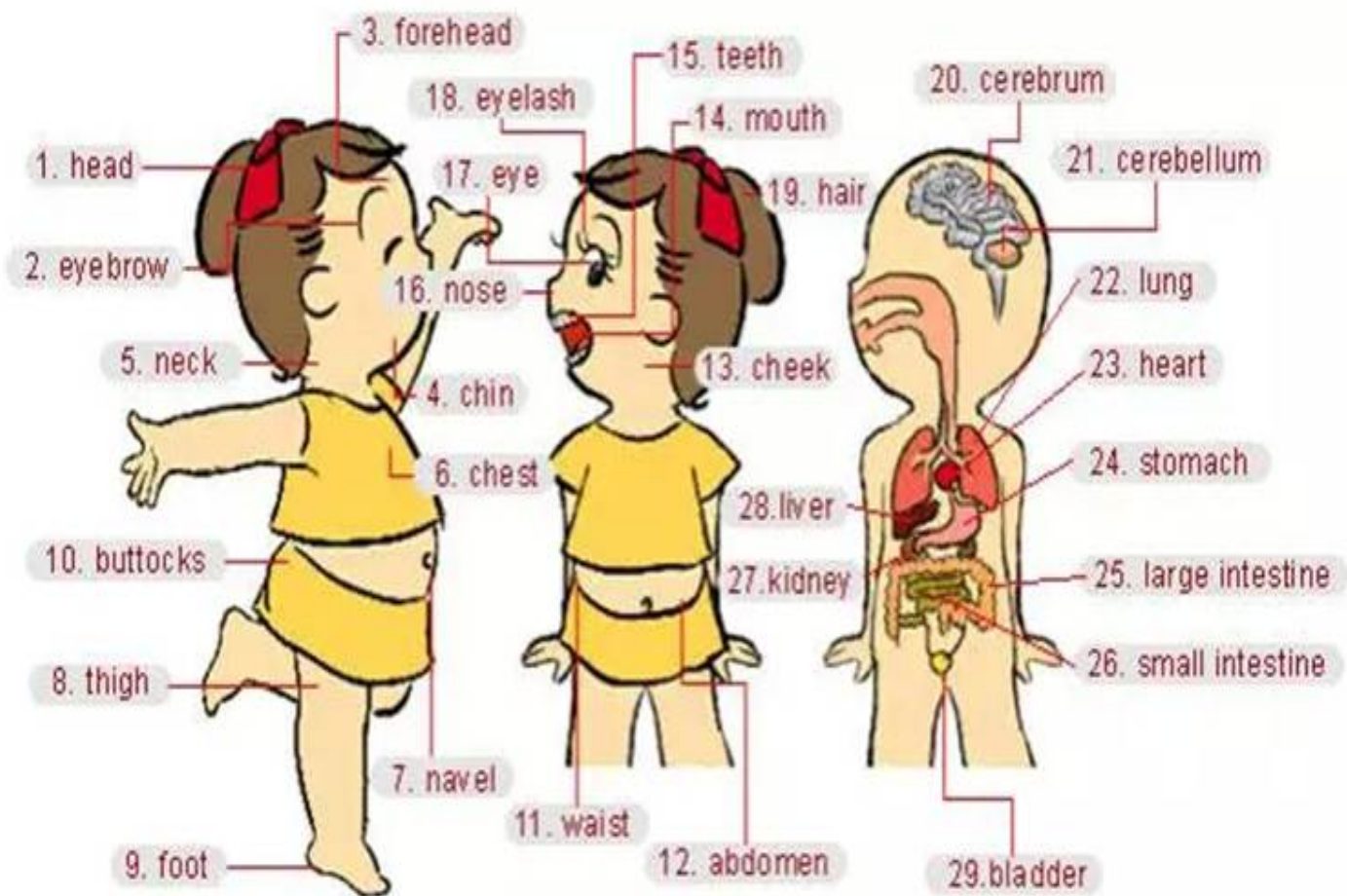
所有的词都是围绕着人体，但是级别有所不同。可以把它们看做一棵树，分成枝叶来成组记忆，由小学到高中，让树自然长大（词汇量成组长大）。不是很好吗？



关于英语单词树的说明，先从简单的树干长起，然后再找树叶，由易到难，

上两图（给佟翼）

下一图（给同欣）



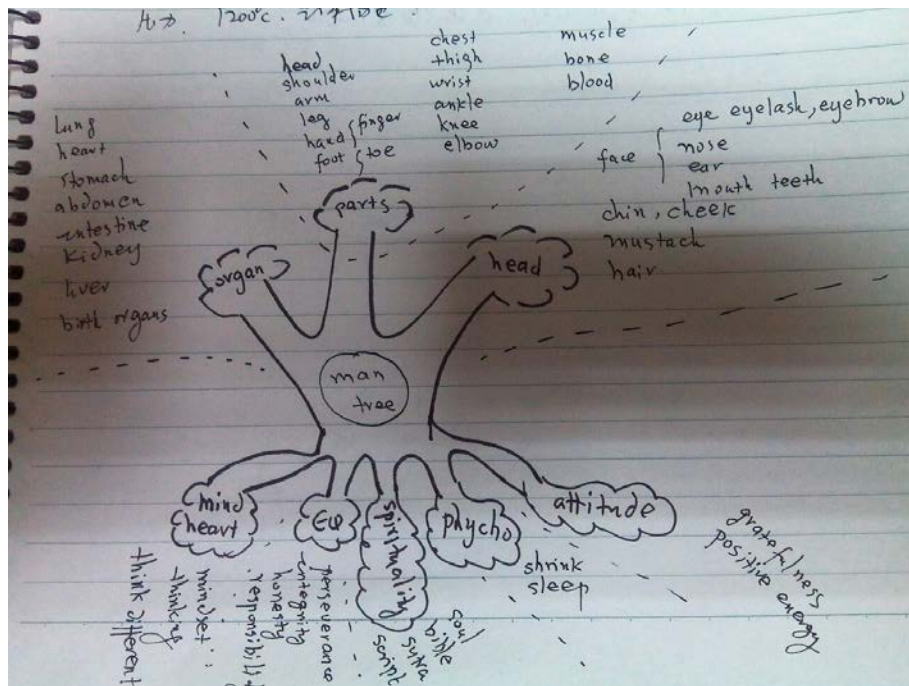
英语树



英语学习的树状记忆

听力与感觉的训练

精读与泛读的基本方法和训练



fr <http://km2000.us/1/>

④ 基功-语言的感觉培养:

• 全息学习:

- 听、写、说+听，眼耳嘴手并用
- 感觉：读感、语感、手感
- 习惯外国人说话的速度
- 训练写的速度

④ 专项

- ②听力：语言的感觉，重复，全息学习
 - 精听·泛听
- ③记单词：重复、分级、联想、简化
- ②读力：纲举目张、关键词、一目十行
 - 精读·泛读

④ 考试

英语有读写听说四大部分，
上面是单词部分，底下要讲一些听力，和读方面的问题，

英语听力训练 mp3 and videos for english

1. 几段值得背和反复听、写的英文

- 电影片段：终极礼物，也有译名“超级礼物”（The ultimate gift），最后礼物。学习人生：工作、金錢、友誼、學習、困境、家庭、開懷大笑、夢想、付出、感恩，及愛。 <http://km2000.us/myshoots/learning.mp4>
- 电影片段：你是希望上帝给你爱？还是更感谢上帝让你学习爱？摘自“冒牌天神2 (Evan Almighty 2)” 上帝给人生的不是结果，而是一个过程。在苦味儿里，要感恩！<http://km2000.us/myshoots/godprocess.mp4>
<http://km2000.us/mycollections/alimighty2.html>

2. 英语听力训练：培养一种感觉

英语的听力和汉语的听力学习都差不多，就是要先培养一种感觉。大家都知道，同一句话，不管谁来说，你都听得懂，所以，语言就是一种感觉的建立。感觉的建立，秘诀很简单，就是重复和坚持！

- 重复与坚持！**10000小时定律 之所谓10000小时定律，就是凡事儿，都得重复到一定的量（视频：朗朗开讲了，回答女生的提问 <http://km2000.us/myshoots/langlangchongfu.mp4>）。重复10000小时 = 3612842，也就是3年（如果每天8小时）or 6年（每天4小时）or 12年（每天2小时）。
 - 可以用不同的方式来坚持和重复，换着法儿的来，例如利用全息的方法来重复，就是听、写、念、看，体会；每天都要，都坚持至少一遍，每天都抄一遍。
 - 可以借力打力，找伙伴合作着来。
- 这段音频，<http://km2000.us/Englishmp3/ftosplusrepeat/> 每天都听，可以用暂停键，听、写、念、看+体会，每天。
- 听力训练：重复出感觉！**可以把快速的英文听成慢速，类似于武功：武功高的人是可以把快速度看的“慢”的人，看看基督山伯爵的视频：[speed of mind](http://km2000.us/mycollections/speedofmind.mp4)
- 训练方法：**
 1. 下载MP3（很短）<http://km2000.us/Englishmp3/ftosplusrepeat/>
 2. 一共三个mp3，每个MP3又分为三段：快、慢、更慢；然后重复这个快到慢5次，一共15小段
 3. 3. 每听完一小段，暂停，写下来，这是开始的练习
 4. 4. 每听完一小段，跟着念。最好找个同学和老师帮个忙，看看念得像不像
 5. 5. 用这个MP3训练处英语的感觉来，就像基督山伯爵，就练一个动作，就把剑法练出来了，再看一遍嘛：
[speed of mind](http://km2000.us/mycollections/speedofmind.mp4)

其他英文要背的句子

- 中英文好句子: Never criticize. Always encourage. Never criticize. Always encourage.flv
<http://km2000.us/mp3/english%20reading/>

- ▶ 中英文好句子: To see a world in a grain of sand, and a heaven in a wild flower ... From and The Tomb raider. 原音 To see a world ... Lara.Croft.Tomb.Raider.2001.flv , <http://km2000.us/mp3/english%20reading/>
- ▶ Steve.Jobs..Bill.Gates 谈成功的条件 带中英文字母的视频 [1](#) [2](#) " You need a lot of passion for what you're doing because it's so hard. Without passion, any rational person would give up."
- ▶ <http://km2000.us/mp3/english%20reading/> benjamin franklin life after.mp3, we r here to learn.mp3, helen keller three days to see.mp3, The Road Not Taken.mp3

关于“读”

本页内容：

【如何“读”（速读）】 example1：关键词, 例子2 第一句，很重要，

【精读,感觉】孙婧妍，背，语感

【如何读一本书】书，先读目录，读好书直接与大师对话 [如何读一本书](#) ☆ [如何看“新闻联播”](#) Learn More, Study Less (整体性学习)

【全息学习多动笔】写 听、写、眼耳嘴手并用，日记·模板·坚持·好习惯·正能量·语感 [考试时老师喜欢的字考试拿高分的字](#)

【如何“读”（速读）】

中文我们都讲“一目十行”，英文也行。观察一下中文为什么你行？因为：

1. 重点词扫描、四快。你只注意主词，包括动词名词地点日期等，对于之乎者也的词，基本忽略。所以如果观察一下自己的学习行为，你要读的其实就是几个关键词，

2.

第一句，很重要，讲这一段是什么内容。

3.

训练一目十行的看，把英文段落当成“画”来看，至少第一遍是这样，大概看个轮廓。不要上来就细读。因为考试时间往往不够用。

4. 单词，关于单词的熟悉度，我们注意到，读有些中文单词时，有时要想一下，才能知道它的含义，读读的速度，是在这些点上被耽误的。所以，频度1-3级的（2000左右）单词，要多次的反复的看，抄，才可以形成一看就知而不用想的境界，这样，阅读速度会飞速的提高，这就是秘诀了。都记得读中文比读英文快，为什么？就是这个道理：不用想！

5. 市面上所说的“四快”学习，就是利用了这个特点。下图举了一个例子，你的眼球可以首先定在这几个highlight上。

example1：关键词

市面上所说的“四快”学习，就是利用[关键词](#)。下图举了一个例子，你的眼球可以首先定在这几个highlight上。

Learning : A **Lifelong** Career 【学习：一生的事业】

As **food** is to the **body**, so is **learning** to the **mind**. Our bodies grow and muscles develop with the intake of adequate nutritious food. Likewise, we should keep learning day by day to maintain our keen mental power and expand our intellectual capacity.

Constant learning supplies us with inexhaustible fuel for driving us to sharpen our power of reasoning, analysis, and judgment. Learning incessantly is the surest way to keep pace with the times in the information age, and an infallible warrant of success in times of uncertainty.

Once learning stops, vegetation sets in. It is a common fallacy to regard school as the only workshop for the acquisition of knowledge. On the contrary, **learning should be a never-ending process**, from the cradle to the grave. With the **world** ever **changing** so fast, the cease from learning for just a few days will make a person lag behind. What's worse, the animalistic instinct dormant deep in our subconsciousness will come to life, weakening our will to pursue our noble ideal, sapping our determination to sweep away obstacles to our success and strangling our desire for the refinement of our character. Lack of learning will inevitably lead to the stagnation of the mind, or even worse, its fossilization. Therefore, to stay mentally young, we have to take learning as a **lifelong** career.

例子2 第一句，很重要，讲这一段是什么内容

下面文章，一共三段，非常清晰



范例：每段的第一句

天地交通，代序春秋，揽日月之澄光，弦歌不辍；南洋肇兴，北冥致远，毓精英之标秀，烟火永辉。重熙累绩，饮水思源，逢双甲子诞辰，恭迎校庆；彰往考来，发扬踴厉，赓三世纪跨越，崇树风徽。

上海交通大学，底蕴深厚，源远流长。一八九六年，盛公宣怀秉持“自强首在储才，储才必先兴学”之宏纲，力克时艰，始创“南洋公学”。二十世纪初，著名教育家唐文治执掌校务，首开中国电机、航海、管理等学科高等教育之先河，既而向知名工科学府演化，崇尚“第一等”学问、事业、人才、品行之引章，精勤进取，笃行不倦。及至一九二一年，正式更名“交通大学”，遂组建机械、航空、铁路、电机、电信、纺织、水利等专业，荣膺民族工业教育之脊梁。新中国成立后，应势之需，历经调整，学科遍布九域，升枝散叶，惠泽八方。从自改革开放，励精图治，锐意进取，启中美高等教育交流之门，俾国家重点建设

优秀，自升中国电机、航海、管理等学科高等教育之先河，既而向知名工科学府演化，崇尚“第一等”学问、事业、人才、品行之引章，精勤进取，笃行不倦。及至一九二一年，正式更名“交通大学”，遂组建机械、航空、铁路、电机、电信、纺织、水利等专业，荣膺民族工业教育之脊梁。新中国成立后，应势之需，历经调整，学科遍布九域，升枝散叶，惠泽八方。从自改革开放，励精图治，锐意进取，启中美高等教育交流之门，俾国家重点建设

每段的第一句

上海交通大学，人才辈出，贡献卓著。秉持“起点高、基础厚、要求严、重实践”之传统，白甘霖风云砥砺，桃李春风；卅余万学子陶钧，蓝缕蹊路。经文纬武，才智摇篮；励志励精，栋梁渊数。更涌现出江泽民等治国英才，钱学森等科学大师，及殷众文化精英、社会贤达和实业巨子。且夫以国家富强为己任，夙愿尽忠，于民族振兴之基图，砥柱中流。技艺双双以拓成果，朝夕格勤；“中国第一”前，史乘垂，行独步。素抱探赜，知微睹著，又及人文社科、生农医药诸领域，无愧于孕育科学理性、引领知识创新之热土。纵横天下，壮伟以复加；捭阖古今，琳琅不可尽数。

上海交通大学，将于二〇一六年四月八日，迎来一百二十岁华诞。值兹佳日，诚邀寰球历届校友，云集校园，以志庆贺；切盼社会各界人士，莅临盛举，与世共欢。旧雨新知，寻根溯源，嘉礼何其乐；恩师爱徒，抚今追昔，友情弥足添。襄大业，绘宏图，尽显腾飞之象；耀辉煌，追梦想，且呈灿烂之端。

特此公告，尚祈广为播传。

上海交通大学

二〇一五年四月八日