

B1 原著扩展阅读

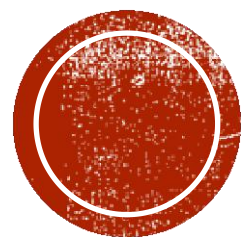
小习惯帮大忙——读书笔记如何做



为什么要做读书笔记？

- 读书笔记是提升阅读品质的关键一环。
- 阅读时做笔记不但可以有效积累语料，还能帮助监督我们的阅读进度，锻炼自己的总结能力和写作能力，实现可视化的阅读历程，带给我们更多的阅读收获。
- 还有很重要的一点：大大降低阅读的复习成本。人类的记忆规律让我们深知好记性不如烂笔头的道理，所以把这些信息及时记录下来，学而时习之，才能将书本知识转化为自己的知识。方便复习及运用，复习知识点的时候，我们无法去翻阅读过的所有的书，读书笔记就是一个非常便捷的方式，随身携带，随时翻阅。





读书笔记该怎么做？

我的答案：读书笔记没有统一的形式。做笔记时不拘格式、不限长短，只要内容丰富，可以根据自己的需求和喜好以多样的形式展开。

读书笔记——摘录式

- 这是读书笔记中使用最多的一种方式。
- 可以摘录书籍中与自己学习钻研内容有关的原始材料。比如你学文科，便可摘录有关的学习资料，历史渊源、词语典故等。如果学理工科，可能留心摘录最新文献、重要的结论与证明等等。如果是想提升英文能力，就着重去摘录生词、相关搭配以及句式分析等内容。



读书笔记——提要式

- 提要式指的是看完一本书或一篇文章，对文中的某一观点、事件、情节或某一章节等，进行分析和归纳，用自己的话把其内容中的要点概括出来。这不仅可备忘，备查，而且可训练你的综合概括能力。
- 比如列宁的哲学笔记，有很多就是采用的这种形式，如《黑格尔（逻辑学）一书摘要》，《亚里士多德形而上学一书摘要》等著作。而且他对摘录内容，还往往写出自己的意见，批评或注释，以及自己独创的符号和评注。比如注明“说得对”“辩证的精华”等提示性简明字样。明确地表明了列宁对某段论述的意见或批评。
- 提要应力求简明扼要，脉络分明，最好以某一主线展开，也可用列表法使其内容一目了然。



提要式分析的两个重点概念

- 提要式这里我们需要讲解两个重点概念——**Central idea & Textual Analysis**。
- **Central idea**(中心思想)是文章当中的核心，是作者写作内容表述的主体。同样，文章的中心思想也是读者在阅读过程中不断在寻找和感知的，从而阅读也有了更深刻的意义。我们可以在文章当中找到许多支撑**central idea**的事实与细节，这种思想就像隐隐地覆盖着文章的一把大伞，每一个重要的细节都离不开背后**big idea**的支持。



CENTRAL IDEA

- 大家来阅读下面这段文字，试着去找出它的central idea。
- Monarch butterflies are travelers. Every fall, they migrate in big flocks from the Great Lakes region of the U.S. and Canada to the evergreen forests of Central Mexico. Along the way, they can fly as fast as 25 miles per hour and as high as 11,000 feet. The trip isn't a short one, either. By the time they reach Mexico, those big flocks of butterflies have traveled approximately 2,500 miles.
- What is the central idea of the passage?



CENTRAL IDEA

The central idea of this passage:

- **Monarch butterflies are travelers.**

作者描写了很多相关的细节去表述这个中心的观点：

1. They migrate from the U.S to Mexico.
2. They fly 25 miles per hour.
3. They fly up to 11,000 feet.
4. They fly 2,500 miles.

如果我们想把文章打造的简明有力则一定要记得你所有的细节描写都需要在某一个方面与central idea是相关的，如果完全没有联系就不要放在这个段落当中。而读书笔记的整理工作也变得更明确精炼。



CENTRAL IDEA AND ARGUMENTS

- 前面的阅读文段比较简单，我们很容易提炼出**Central Idea**，那么如果是比较复杂的内容呢？这时，我们就要学会去找观点的理论支撑——**Arguments**。
- 这个词在很多考试当中出现的概率也很大。我们来看一下它的定义：
- An argument(论点) is a piece of writing where the author tries to convince the reader to agree with his or her central idea. The author sticks with a central idea throughout the piece and includes reasons(理由) and evidence(证据) for believing in that idea.



CENTRAL IDEA AND ARGUMENTS

- 比如在生活当中经常会有吵完架觉得自己没发挥好的情况，很大程度上是因为：
- **An argument is more than just a disagreement.**
- 当我们表达自己的disagreement的时候，有时候是不需要任何理由的，就是直接说“不好”“不对”“不同意”，但是当你拿不出理由和证据去支持你自己的论点时，争论的时候当然就无法占据上风了。
- **In an argument, a claim is backed up with reason and evidence (verifiable facts and details that support the claim).**



CENTRAL IDEA AND ARGUMENTS

举个很简单的例子：

- “They’re mine!”
- “No, they’re not. I bought them, and I can show you the receipt.”
- 对话中两个在争执一个物品的归属，很明显后者的论据更扎实。在后者的陈述当中包含了reason(I bought them)，也包含了evidence(I can show you the receipt)。
- 当我们想要更完善地写清楚自己的论点时，还是需要找到足够的证据和信息来使其更具有说服力。



CENTRAL IDEA AND ARGUMENTS

文段选篇举例：

这一段内容选自Anna Howard在1915年与纽约发表的演讲。她认为女性应该拥有投票权。我们来看看她在论述当中是如何给出相关的reason和evidence的。

- “Now what is a republic? Take your dictionary, encyclopedia, lexicon, or anything else you like and look up the definition and you will find that a Republic is a form of government in which the laws are enacted by representatives elected by the **people.**”
- 这一段当中，Shaw通过Republic的定义这一理论根据，建立了自己演说的基本论点。



CENTRAL IDEA AND ARGUMENTS

- "Now when did the people of New York ever elect their own representatives? Never in the world. The men of New York have, and I grant you that men are people, admirable people, as far as they go, but they only go half way."
- 这里她指出纽约没有满足Republic的定义因为只有男性才能有投票权，而他们只是一半的人口。



CENTRAL IDEA AND ARGUMENTS

- “There is still another half of the people who have not elected representatives, and you never read a definition of a Republic in which half of the people elect representatives to govern the whole of the people.”
- 这一段里她回归到开始的论据并且重申了她的理论依据。纽约并没有满足称为一个 Republic 的基本要求，因为并不是每个人都可以投票。



CENTRAL IDEA AND ARGUMENTS

总结：

- 在整个段落当中，她的central idea是十分明确的，并且始终在为这一观点寻找有效的理论支撑。
- 我们在笔记的提炼时，如果能高效地确定中心思想，并且找到对应的论据，相信你会对文章的整体结构有一个更好的把握，也会为你带来更好的阅读体验。



TEXTUAL ANALYSIS

- 文本分析(textual analysis)就是分析文本中的证据(evidence: facts or information that prove something), 以便理解文章的意义。这一类的evidence就是支撑你的分析(analysis)的信息要素。
- There are two kinds of textual evidence—explicit(明确的, 清楚的) and implicit(含蓄的, 不直接的).
- Explicit evidence is proof plainly stated in the text. It comes right out.

这种信息在文中会有非常明确的信息说明。

- Implicit evidence is evidence that is only implied by what is stated in the text.

相反的这种含蓄的信息不是直接在文中出现的, 需要通过自己从给出的信息当中去提取。



TEXTUAL ANALYSIS

- 在写读书笔记的过程中，summary的提取尤为重要，而这就需要有效的**文本分析能力**。
- 之前讲summary的时候，我们阐述了主观和客观的差别，在读不同文体的篇章时则可根据文章的类型来判断写summary的类别。如果是小说类则是subjective summary，相反非小说类就以objective summary为主。
- 同样我们对于文本的分析也要注意文体的差别。



TEXTUAL ANALYSIS

- 举例分析（此文段选自Helen Keller的The Story of My Life《我的生活》）
- Even in the days before my teacher came, I used to feel along the square stiff boxwood hedges, and, guided by the sense of smell, would find the first violets and lilies. There, too, after a fit of temper, I went to find comfort and to hide my hot face in the cool leaves and grass. What joy it was to lose myself in that garden of flowers, to wander happily from spot to spot, until, coming suddenly upon a beautiful vine, I recognized it by its leaves and blossoms, and knew it was the vine which covered the tumble-down summer-house at the farther end of the garden! Here, also, were trailing clematis, drooping jessamine, and some rare sweet flowers called butterfly lilies, because their fragile petals resemble butterflies' wings. But the roses--they were loveliest of all. Never have I found in the greenhouses of the North such heart-satisfying roses as the climbing roses of my southern home. They used to hang in long festoons from our porch, filling the whole air with their fragrance, untainted by any earthy smell; and in the early morning, washed in the dew, they felt so soft, so pure, I could not help wondering if they did not resemble the asphodel of God's garden.



TEXTUAL ANALYSIS

如果现在要求你读完了这个文段之后写一个总结，你会怎么写呢？

A同学：

- Helen Keller loved the roses of her childhood home more than any others she ever found, but I think that's because she didn't experience all the best gardens of the world.

B同学：

- Helen Keller used to walk the grounds of her family home. She describes how she loved the roses there more than any others she ever found.

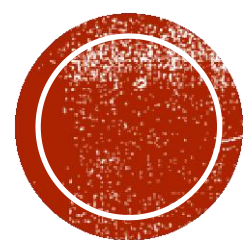
很明显，A同学的答案是a paraphrase that is not objective，而B同学的才是objective summary。因为A答案中包含自己的想法，而不是作者总结出的观点，A答案中的后半句话在文中并没有出处。对于非小说类的分析还是应以逻辑为主，尽量不放大主观的情绪。



读书笔记——心得式

- 心得式记下的是对某一问题思考的心得，和我们学生时期的读后感book review和观后感的概念差不多。
- 如李贺的《史纲评要》，脂砚斋的《重评石头记》，皆是这样的著作。心得也可以是札记、体会。札记多为旁征博引，辩证考订；体会多为引申阐发，借题发挥。沈括的《梦溪笔谈》，茅盾的《读书札记》，马克思的《数学手稿》，就是用的这种方式。这是写笔记的一种高级形式，要求有更多的个人创见，难度也较大。但它却是创造的半成品或完善的精制短篇，一旦需要时，就可组织起来，使之成为有价值的作品。





读书笔记记什么？



读书笔记的基本内容

- Title
- Author
- Genre
- Date I completed the book
- A star rating
- What format I read the book in (ebook, print, audio, library book, etc.)
- What made me pick up the book in the first place (a review I saw, a sale, a friend told me to read it, whatever.)
- Number of pages (because I like to add up at the end of the year how many pages I've read total)



读书笔记的重点功能区域

- About the author
- 在看书前，可以对作者的基本情况有一些了解，比如擅长的写作领域，知名作品都有哪些，大概的人生经历等，这些比较基础的信息能够一定程度上让我们在读书的过程中不那么茫然，理解作者的语言也相对轻松一点。



读书笔记的重点功能区域

- Quote of the book
- 这个区域模块是为了让自己在读书过程中，有意识地去发现语言优美，有深度的句子或者段落，摘抄出来积累到自己的语料库里面，以后可以用来表达或者引用到写作里。



读书笔记的重点功能区域

- Sign-up
- 此模块里面用来插入书的目录，这样自己可以随时记录每次开始阅读的时间，自己整体的阅读频率与单次阅读时长，让自己对读书的时间跨度有一个整体的追踪。



读书笔记的重点功能区域

- Chapters

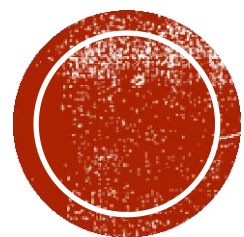
- 这个部分可以设计为读书笔记当中最核心的模块：以书籍的每个章节为单位，进行各种知识的学习积累，包括英语学习方面的词汇短语句型，也包括社会文化的涉及和引用等。在每个章节的最后，我也设置了输出环节，来帮助自己通过总结和反思的形式来更好地理解章节内容。



读书笔记的重点功能区域

- Reflection and Summary of the book
- 是对于整本书的内容概括和反思，这一个模块是读书笔记的**final touch**，因为只有真正地思考，回顾整本书的重点内容，进行反思，并将这些内容以写作的形式输出，我们才能真正地内化一本书，以及它带给我们的语言知识与人生思考。





读书笔记形式样例



READING

Currently

BOOK TITLE: *Where The Crawdads Sing*

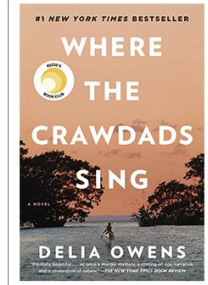
Book author: *Delia Owens*

Date published: *2018* Series 1/2/3/4/5/6/7/8/9/10

Genre: Fiction Non-fiction Other Page count: *384*

Suggested by: *Sally* Start date: *4/11/2020*

Acquired: bought borrowed returned End date



Date	Started on page	Stopped on page	Thoughts, notes + more
<i>4/11/2020</i>	<i>page 1</i>	<i>page 15</i>	<i>Pa seems like a jerk! Poor girl all alone. I wonder why the mom left if she seemed to enjoy spending so much time with her kids</i>
<i>4/12/2020</i>	<i>page 15</i>	<i>page 20</i>	

记录阅读进度类

记录重点:

- 日期
- 详细阅读进度
- 简短感受或摘录



Date: 23 SEP 2013

Title: Ira Sleeps Over

Author: Bernard Waber

Time: 5:15-6:00

Pages: 1-56

Connection: On page 3, Ira was invited to sleep over at

his friend's house. This reminds me of when my friend

Betsy invited me to sleep at her house. I was so excited!

On page 8 Ira's sister teases him a little bit. This makes

me think about my sister because she likes to tease me

sometimes, too. I think Ira feels a little sad about his

sister's teasing.



Book Review

TITLE "Everything We Keep"
AUTHOR Kerry Lonsdale
GENRE mystery

PAGES

CHARACTERS

Aimee - restaurant owner
James - the disappeared fiancé

PLOT

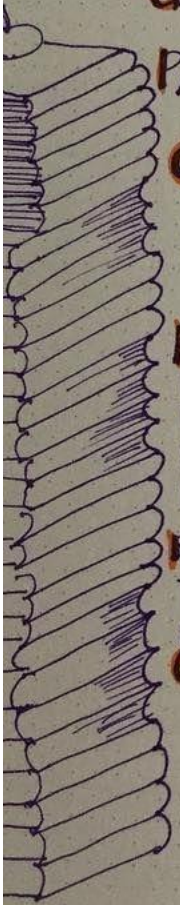
On the proposed date of their wedding Aimee buries a body but she's not convinced it's that of her fiancé, James

RATING 2/5

Too similar to other missing person stories which are better written

OTHER BOOKS BY THIS AUTHOR

debut novel
full of cardboard characters
speaking in clichés



31/7/19

Book Review

Title "First Thrills"

Authors Lee Childs & Jeffrey

Genre compilation of short
crime/mystery/thriller

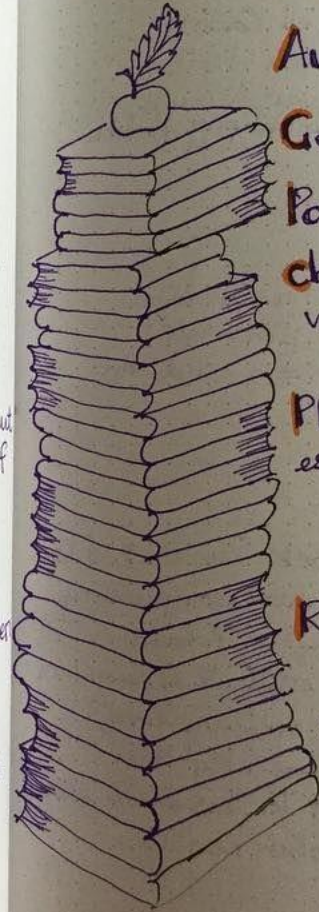
Pages 380

characters
varied

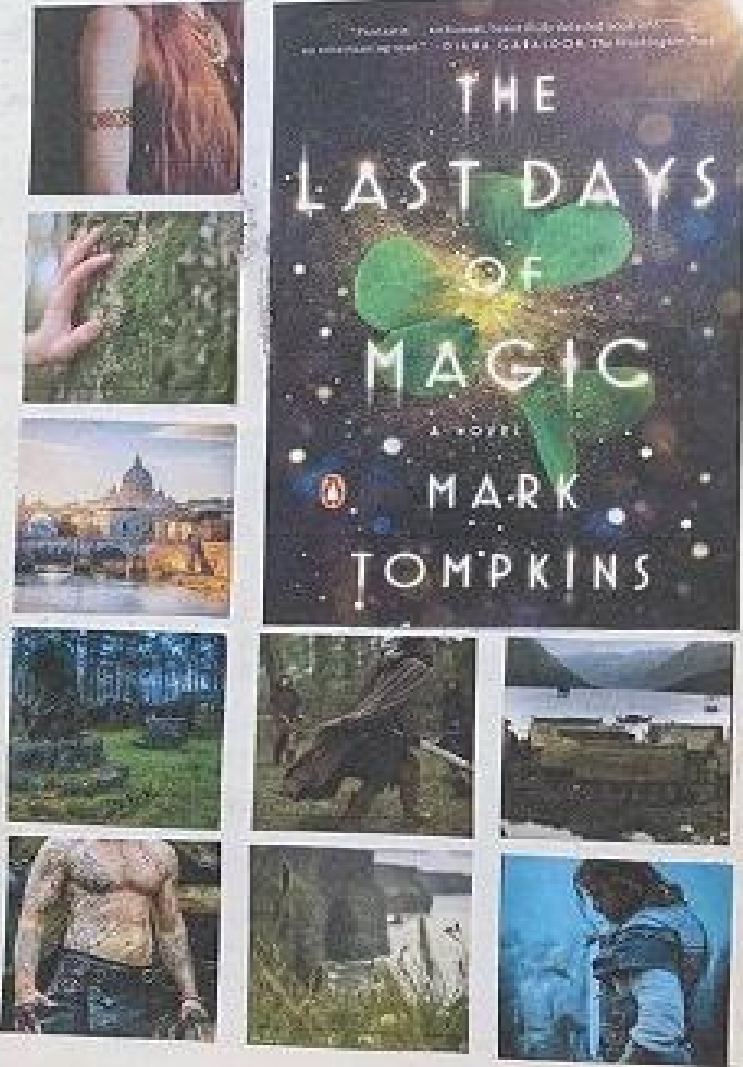
Plot :- 25 short stories - 12
established authors & 13 by

Rating 4/5

Other books by this author
lots - too many to list
International Thriller Writers



记录心得体会类



THE LAST DAYS OF MAGIC
A NOVEL
MARK TOMPKINS

BOOK REVIEW #135 ★★★★★

TITLE: The Last Days of Magic
AUTHOR: Mark Tompkins
PUBLISHER: Viking
SERIES: N/A
GENRE: Fantasy, Historical, Mythology
SETTING: Ireland, England, Italy

DATE: March 30, 2020
PUBLISHED: March 3, 2020
PAGES: 332
TIME: 10h 36m 38s
PACE: 24.0 pages/hour
FORMAT: Hardcover - Print

HOW I DISCOVERED/ACQUIRED THIS BOOK: I found this book on Goodreads a long time ago and finally got around to reading it.

WHEN & WHERE I READ THIS BOOK: Sitting outside on the patio, finished during quarantine.

RECOMMEND THIS BOOK? TO WHOM? If you like history and mythology blended with fantasy, it's like the Irish Game of Thrones.

QUALITY OF WRITING	1	2	3	4	5	6	7	8	9	10
EASE OF READING	1	2	3	4	5	6	7	8	9	10
PACE	1	2	3	4	5	6	7	8	9	10
PLOT DEVELOPMENT	1	2	3	4	5	6	7	8	9	10
CHARACTERS	1	2	3	4	5	6	7	8	9	10
ATMOSPHERE	1	2	3	4	5	6	7	8	9	10
ENJOYABILITY	1	2	3	4	5	6	7	8	9	10
LOGIC	1	2	3	4	5	6	7	8	9	10
INSIGHTFULNESS	1	2	3	4	5	6	7	8	9	10
BOOK COVER	1	2	3	4	5	6	7	8	9	10

REVIEW: Despite how slowly I read this book (it took way too long to finish a page), this book was really great. I was fascinated by the history, biblical literature, and Irish mythology and how they blended together into this crazy fantasy story. It was like the Irish version of Game of Thrones, with the large amount of characters, complex plot, blending of mythology and the gods, and crazy battles. Yet despite loving the fantastical plot, I had issues with how some of the characters just couldn't have a happy ending. I'm not sure if it was the fact that it was from a male author or if it was just the style of writing. I was frustrated that no one was happy.



SOMEDAY SOMEDAY MAYBE

paperback: 340 pgs.

Contemporary Fiction

Read because it was written by the actress from *Gilmore Girls*

Lauren Graham

Read: August 9, 2017

Really cute. Good peek into the acting world. I liked the humor in it. My only issue was how the ending cut off. I wanted an epilogue. The main character also had low self-esteem for too long.

Thoughts

THE SHALLOWS: WHAT THE INTERNET IS DOING TO OUR BRAINS

Nicholas Carr

Audio book: 10 hours (280 pgs)

Non-fiction / Science

Thoughts

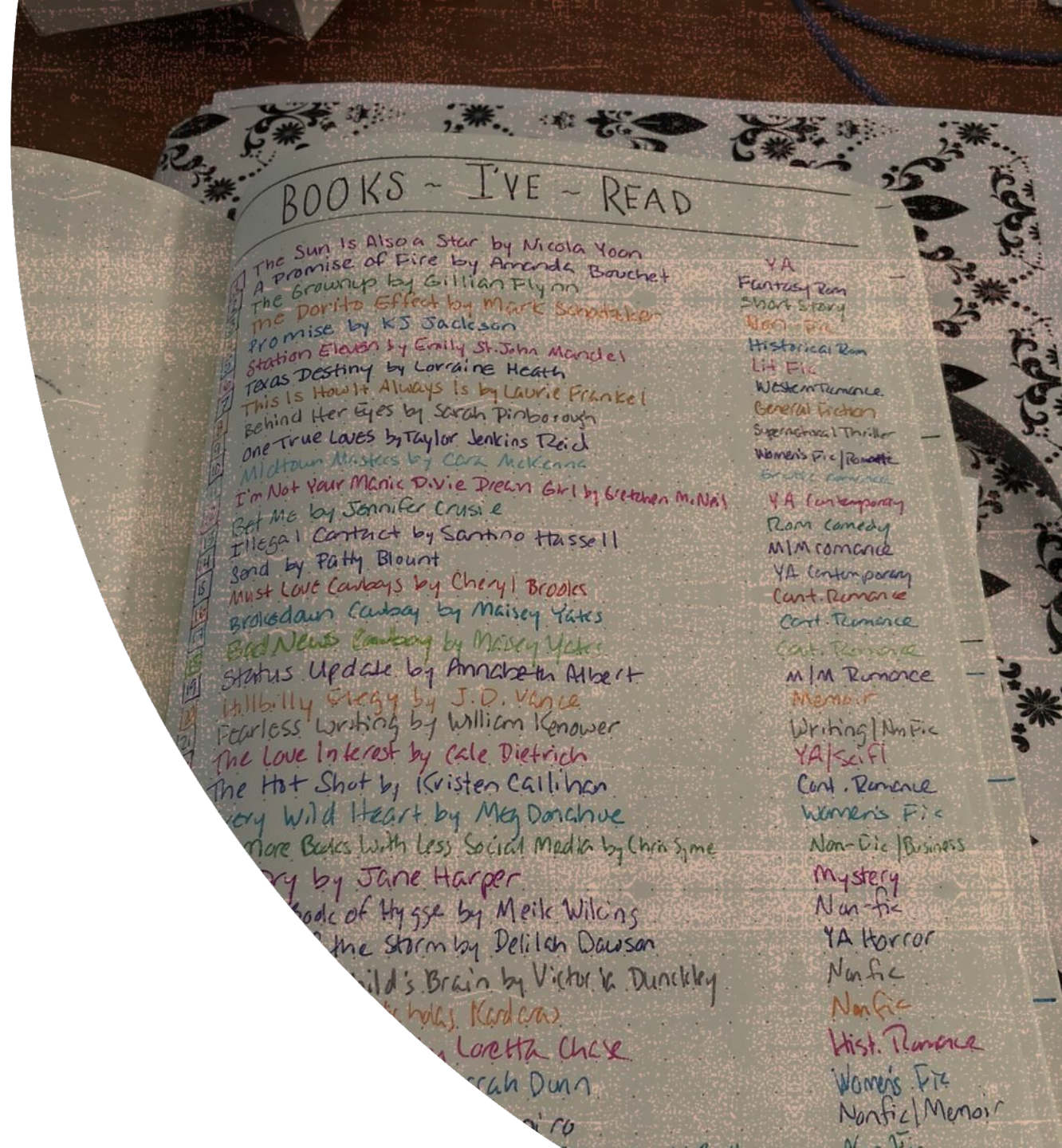
★★★★

Read: August 10, 2017

Very heavy on the history and science so not sure I would've stuck with it in paper but in audio it was perfect. So fascinating, enlightening, and scary. I suspected some of these things (internet culture creating distractibility) but hearing the science behind it and implications was eye-opening. This changed how I look at all of it and motivates me more to practice deep work, deep reading, and activities that require focus. Also will motivate me to limit the internet.



书单总结类

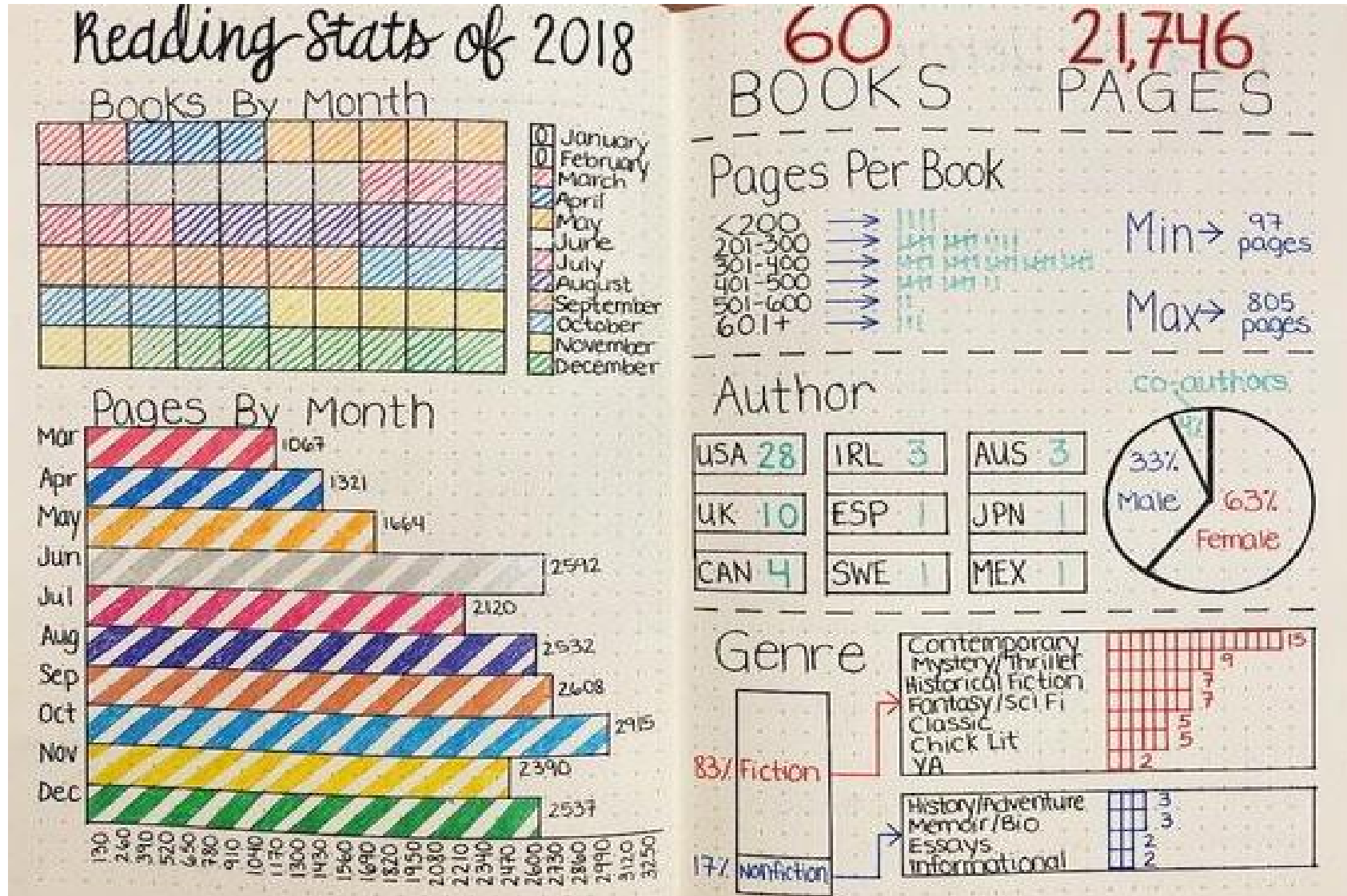


BOOKS - I'VE - READ

- The Sun Is Also a Star by Nicola Yoon
- A Promise of Fire by Amanda Bouchet
- The Grownup by Gillian Flynn
- The Dorito Effect by Mark Schatzker
- Promise by KJ Jackson
- Station Eleven by Emily St. John Mandel
- Texas Destiny by Corraine Heath
- This Is How It Always Is by Laurie Frankel
- Behind Her Eyes by Sarah Pinborough
- One True Loves by Taylor Jenkins Reid
- Midtown Missteps by Cork McKeane
- I'm Not Your Manic Diva Dream Girl by Gretchen M. Nali
- Bet Me by Jennifer Crusie
- Illegal Contact by Santino Hassell
- Sand by Patty Blount
- Must Love Cowboys by Cheryl Brooks
- Brakesdown Cowboy by Maisey Yates
- Bad News Cowboy by Maisey Yates
- Status Update by Annabeth Albert
- Hillbilly Gregory by J.D. Vance
- Fearless Writing by William Kenower
- The Love Interest by Cale Dietrich
- The Hot Shot by Kristen Callihan
- Very Wild Heart by Meg Donohue
- More Books with Less Social Media by Chris Syme
- Dry by Jane Harper
- Code of Hygge by Meik Wilking
- The Storm by Delilah Dawson
- Child's Brain by Victor K. Dunckley
- The Hobbit by J.R.R. Tolkien
- Loretta Chase
- Sarah Dunn
- ...

- YA
- Fantasy Rom
- Short Story
- Non-Fic
- Historical Rom
- Lit Fic
- Western Romance
- General Fiction
- Supernatural Thriller
- Women's Fic/Romance
- YA Contemporary
- Rom Comedy
- M/M Romance
- YA Contemporary
- Cont. Romance
- Cont. Romance
- Cont. Romance
- M/M Romance
- Memoir
- Writing/Non-Fic
- YA/Sci-Fi
- Cont. Romance
- Women's Fic
- Non-Fic/Business
- Mystery
- Non-Fic
- YA Horror
- Non-Fic
- Non-Fic
- Hist. Romance
- Women's Fic
- Non-Fic/Memoir
- Non-Fic

年度读书笔记总结范例



- 做好读书笔记可以使得读书的每一步都有记录，都有可视化的成果，这些成果会给你源源不断的满足感和动力来继续读下去，让读英文原著这件原本枯燥的事情有了一个良性循环。
- 所以，如果想长期保持英文原著阅读的习惯，就赶紧开始读书笔记法吧！你可以买空白笔记本自己进行简单的板块设计，也可以把模板打印出来，或者将模板导入自己的电脑中使用等等，使用方法非常灵活，关键在于保持阅读，总结，反思和巩固的习惯！

