



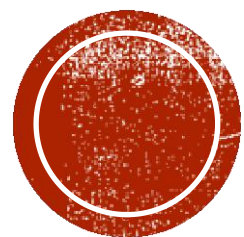
B1 原著扩展阅读

英文原著的选择和有效阅读方法



- 做了很多年的阅读题为啥还是一看大段的英文段落就头晕？
- 虽然英语阅读在听说读写四个科目当中相对来讲是最熟悉的一个，但为什么和中文阅读还是完全不一样的体验？
- 英语阅读的能力究竟该如何提高？





新手入门的阅读训练方法

新手入门怎么读？

- 我们学习母语时，就是按照从简单的字，词，到简单的句子，再到长难句的顺序学习的。
- 我们小时候是经过了长时间的字词训练后面才慢慢开始造句子，学散文。
- 你想想你上学之前是不是家里就挂了一些什么动物名称，交通工具等，直到上了一年级还是每天在写单字，组词，对于这些简单的训练我们做得长久却也扎实。
- 所以新手初期的阅读练习方式就应该选择**简单而长**的文章来进行，不断强化你对于这门语言的熟悉程度。



新手入门怎么读？

- 如果没有大量阅读**简单而长**的英语文章来强化英语基础，你就不会拥有基础阅读量，而后再考虑逐渐提高阅读能力就会变成一个很困难的事情，因为你永远会觉得自己的基础差。
- 我们应通过基础的有效阅读去接触大量地道的英语，逐步加快大脑对英语的熟悉程度以及处理英语的速度（就像我们看中文的那种感觉），那么大脑对英语的反应能力就会提高。



阅读初期材料选择

选择宗旨：**简单而长**

- 经典故事的英文版本

选择原因：对内容比较熟悉，相对容易理解，同时开始对中英文下意识地进行差别分析

- 经典教材（如新概念一，新概念二等）

选择原因：有标准翻译和大量辅助内容，帮助打基础

- 动画片或少儿电影台词（带翻译）

选择原因：篇幅够长，内容故事性强，易于记忆，可以感受到真实的英文氛围



THE THREE LITTLE PIGS

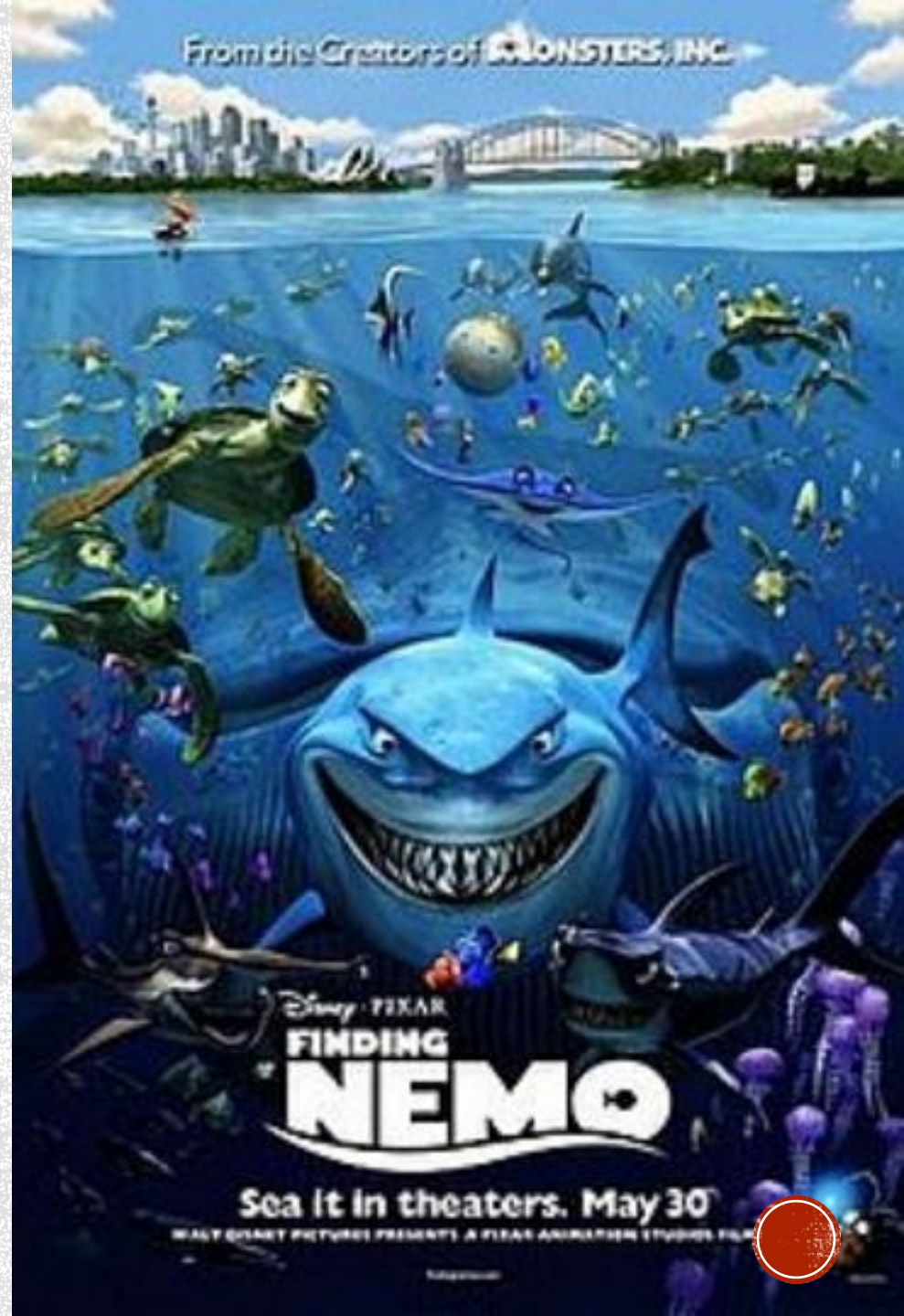
- Once upon a time there was an old mother pig who had three little pigs and not enough food to feed them. So when they were old enough, she sent them out into the world to seek their fortunes.
- The first little pig was very lazy. He didn't want to work at all and he built his house out of straw. The second little pig worked a little bit harder but he was somewhat lazy too and he built his house out of sticks. Then, they sang and danced and played together the rest of the day. (根据对故事的记忆可轻易推测划线单词对应的中文意思)
- The third little pig worked hard all day and built his house with bricks. It was a sturdy house complete with a fine fireplace and chimney. It looked like it could withstand the strongest winds.
- The next day, a wolf happened to pass by the lane where the three little pigs lived; and he saw the straw house, and he smelled the pig inside. He thought the pig would make a mighty fine meal and his mouth began to water.
- ...

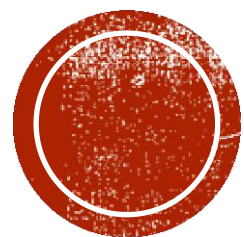


FINDING NEMO

海底总动员台词节选

- You'll wake the kids. 你会把孩子们吵醒
- Oh, right, right. 是哦
- Look. They're dreaming. 你看，他们在做梦
- We still have to name them. 我们还没替他们取名字
- You want to name all of them right now? 你现在就要替他们取名字?
- All right, we'll name this half Marlin Junior... 好吧，这一半就叫小马林
- and this half Coral Junior. 这一半叫小珊瑚
- OK, we're done. 好了，搞定了。
- I like Nemo. 我喜欢尼莫这个名字
- Nemo. We'll name one Nemo... 尼莫？有一个叫尼莫无所谓
- but I'd like most of them to be Marlin Junior. 其他的还是叫小马林吧
- Just think, in a couple of days, we're going to be parents. 再过两天咱们就要当父母了
- What if they don't like me? 他们不喜欢我怎么办？





基础阅读多少才能算过关？

问：读多少基础阅读的内容才会觉得英语阅读是一件很自然且可接受的事情呢？

答：直到看到英语不会有强制性的类似要做题的感觉！

基础阅读量的数据分析

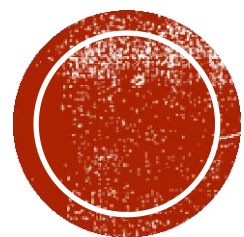
- 经过很多机构的数据分析，目前学术界比较认可的是约**100万个词**左右的基础阅读才可以。但由于每个人的个体差异，多多少少会有浮动。
- 现在，同学们可以算算自己的阅读量，100万个单词乍一听感觉很多，但其实它只相当于2500-3500页左右的书籍，即大概8-12本书的内容。



基础阅读量的数据分析

- 说到这相信大家会觉得这个量也不是特别难以接近了，我小学到高中做过的英语卷子都不只这个数啊。
- 但是你仔细想想自己学习英语的过程中，除了教材，你真正接触的地道阅读内容究竟有多少，你真正看完并理解了一本英文原版书籍过么？（这里有些同学说老师我好像中文书籍也很少翻开，那这个时候你要检验的就不是自己的英文能力了，而是你的阅读能力。）
- 初期五万十万的阅读量能只能说是开胃小菜，如果想培养出英语思维，一定需循序渐进的读到约100万个词左右才可以。如果你的有效基础阅读量能达到200-300万单词之后，再去读大部分的英语文章和原著也就不太成问题了。





原版阅读的正确方法

完成了新手村任务——简单而长的阅读训练之后，就要开启真正的阅读提升阶段。这一阶段的重点是阅读材料的选择和阅读方式。

英文原著选择的两个常见误区

1. 不了解自己的词汇能力，盲目选择热度高的书籍。

很多时候我们之所以看不懂，就是因为你选择书籍的词汇要求和你现在的词汇储备实在是不匹配，所以你就会读起来很痛苦。比如《哈利波特》这一系列书籍特别受到大家的欢迎，我们很容易把它放到我们的第一选择。但如果你的词汇量是在3000以内，你去读这个系列简直是一种自虐的行为。即使是国外以英语为母语的青少年，他们完全弄懂《哈利波特》这系列书也是要下点功夫的。所以如果你一开始读的是这个系列的书的话，那你就会很快放弃尝试读完一本英文原著的努力了。



英文原著选择的两个常见误区

2. 选择不符合自己认知程度和兴趣的书籍，无法坚持阅读，容易放弃。

回过头看我们的英文学习历程，你会发现我们大部分英语阅读都停在了“课本上的课文+试卷中的阅读理解”这些内容。这些文段基本都不长，且关联性弱。还有一个很大的问题相信同学们也都发现了，就是没意思，没啥阅读性质。因为什么呢？很多课文根本不符合学生的心智。比如初一的英语教材还在问你书包和铅笔的颜色、你们数学老师是谁，同年級的语文教材已经在研究《世说新语》了，同样是语言，二者所涵盖意义上的差别未免也太大了。这样一来，学生不太可能产生浓厚兴趣，只能是为了学语言而学语言了。



关键词一：词汇量

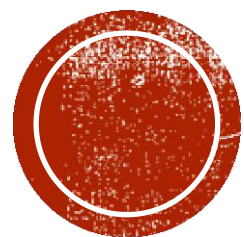
- <http://testyourvocab.com/> 网站来进行测试
- 选择阅读材料前一定要测一下词汇量，了解自己的真实水平，要根据自己的词汇量来选择合适你的书籍。



关键词二：认知程度和兴趣

- 在阅读材料的选择上一定要保持高度的自主性，去选择知识性强或是故事性强并且符合自己认知水平的形容来阅读，要记住你读的除了语言本身，更重要的是语言背后传达的内容。在提升英文阅读能力的同时丰富自我，一举两得。
- 初期可以选择一些专注语言教学的分级阅读内容，比如牛津分级阅读、麦克米伦分级读物、剑桥英语读本等等。后面就按照自己的兴趣爱好来选择，可以是小说、食谱、篮球杂志、潮流期刊等等。
- 我的一个学生一直和我说：我就是不爱看书，老师这怎么办？我问那你喜欢什么啊。他回答比较喜欢看电影。我就让他把熟悉的电影台词英文整理出来，开始可以一边听着电影一边看台词，慢慢自己阅读出来，他的阅读能力也得到了很大的提高，并且单词量也涨得飞快。这样的方式同学们如果感兴趣的话也可以尝试。





原版阅读材料推荐

根据单词量、认知程度和兴趣来选择相应的书籍，扩大自己阅读量。

词汇量3000以下可选择的材料

■ 牛津大学出版社出版的书虫系列

这一类的内容主体是对一些名著的简版改编，用词相对都比较简单。书籍多半是中英双语结合的，左边是英文，右边是中文，并且是分级阅读读物，容易找到方向。

一级别（300生词量）：《阿拉丁和神灯》《绿野仙踪》《汤姆·索亚历险记》《悲惨世界》等

二级别（600生词量）：《鲁滨逊漂流记》《爱丽丝梦游仙境》《福尔摩斯探案故事》等

三级别（1000生词量）：《秘密花园》《神秘幻想故事集》《圣诞欢歌》等

四级别（1500生词量）：《双城记》《格列夫游记》《小妇人》等

五级别（2000生词量）：《远大前程》《大卫·科波菲尔》《呼啸山庄》等

六级别（2300生词量）：《简·爱》《雾都孤儿》《傲慢与偏见》等



ALADDIN AND THE ENCHANTED LAMP

要求词汇量：300

一起来读这个片段节选体验一下：

Chapter 1

Many years ago, in a city in Arabia, there was a boy called Aladdin. He lived with his mother in a little house near the market, and they were very poor. Aladdin's mother worked all day, and sometimes half the night, but Aladdin never helped her.

He was a lazy boy and he did not like to work. He only wanted to play all the time. Every morning he ran through the streets to the market. There, he talked and laughed and played with his friends all day. Then in the evening he went home for his dinner.

And every night his mother said to him: 'Oh, Aladdin, Aladdin! You are a lazy boy — a good-for-nothing! When are you going to do some work, my son?'

But Aladdin never listened to his mother.

One day in the market there was an old man in a long black coat. Aladdin did not see him, but the old man watched Aladdin very carefully. After some minutes he went up to an orange-seller and asked:

'That boy in the green coat — who is he?'

'Aladdin, son of Mustafa,' was the answer.

The old man moved away. 'Yes,' he said quietly. 'Yes, that is the boy. The right name, and the right father.'

Then he called out to Aladdin: 'Boy! Come here for a minute. Is your name Aladdin? Aladdin, son of Mustafa?'

Aladdin left his friends and came to the old man. 'Yes,' he said, 'I am Aladdin, son of Mustafa. But my father is dead. He died five years ago.'



Chapter 02 Aladdin Marries the Princess

第2章 阿拉丁迎娶公主

Soon Aladdin is at home.

His mother sees him with the lamp.

"What's that lamp? It is old and dirty.

Let me clean it," she says.

She rubs the lamp.

Pop! A big genie comes out of the lamp!

This is a surprise!



GULLIVER'S TRAVELS 格列夫游记

要求词汇量：1500

再来看一下1500词汇的片段节选：

- I was born in Nottinghamshire and was the third of five sons. My father was not a rich man, but he was able to send me to Cambridge University, where I studied for three years. When I left college, I continued my studies and became a doctor. But I always wanted to travel, and so I made several voyages as a ship's doctor. When I married my wife Mary, however, I planned to stay at home for a while. But after a few years I discovered I was not earning enough money from my patients. I decided to go to sea again, and this time I joined a ship sailing to the islands in the South Pacific Ocean. We started our journey from Bristol on May 4th, 1699.

- 我出生在那儿，病了，从1699年5月4日，在丁汉郡，行了三学。习丽出父，亲当，并了决这富裕，呆的不可一过是些开还我时往是总候南能想。太送去没平我旅过洋上行几的剑桥就，大当。我学了发我于1699年5月4日从布里斯托尔启程。



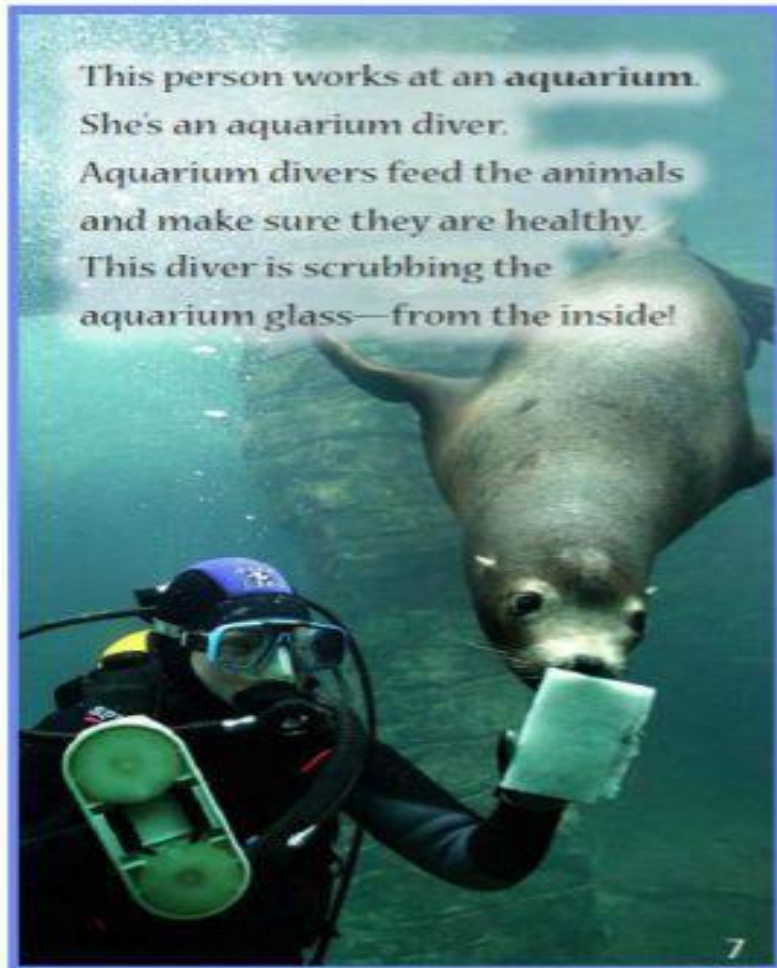
词汇量3000以下可选择的材料

经典故事的原版以及其他分级读物

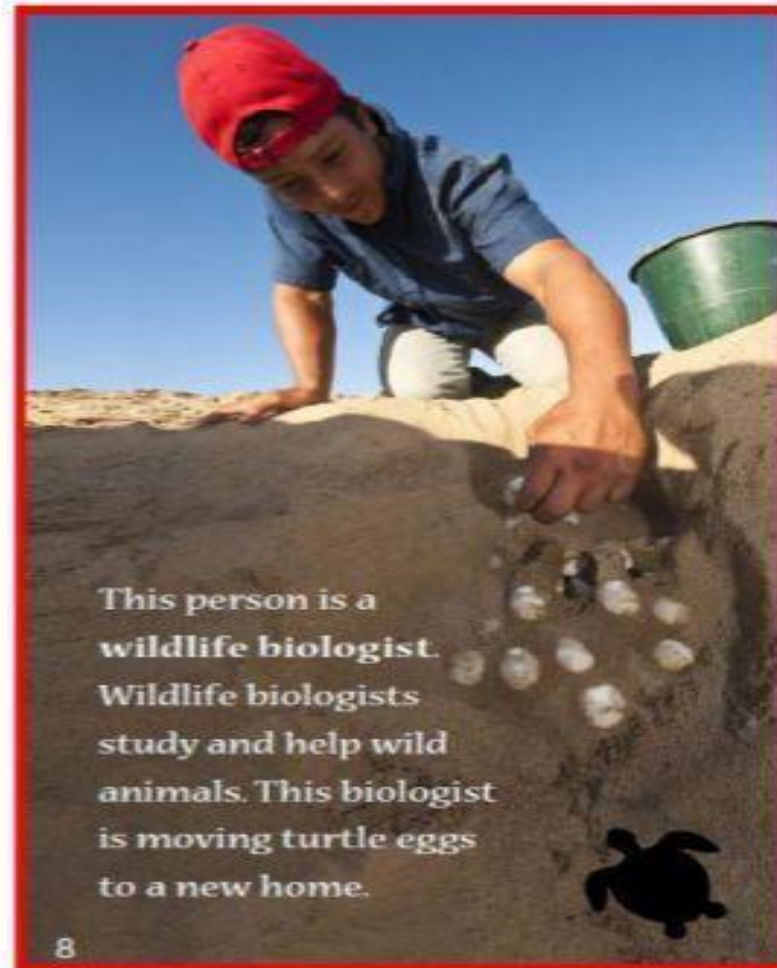
- RAZ Reading
- 海尔曼分级读物 Heinemann
- 兰登书屋 Step into Reading
- 牛津阅读树 Oxford Reading Tree
- 我的图书馆系列 My First Reading Library
- 美国国家地理杂志分级阅读 National Geographic Kids—Super Reading



RAZ READING 文章部分节选



Working with Animals | Shared Reading



词汇量3000-6000可选择的材料

- 外刊杂志综合（近年以成为高考四六级等阅读题目的热门出题素材）

如《经济学人》*The Economists*，《时代周刊》*Time*，《新闻周刊》*Newsweek*

- 纽约时报评出的最佳畅销书籍——**Best Sellers**

如《高效能人士的七个习惯》*The 7 HABITS of Highly Effective People*，《自控力》*The Willpower Instinct* 此类书籍用词和语法结构一般都不会太难

- 新概念三和新概念四

同时可以进行每课对应阅读和写作训练，夯实基础



江苏2017高考英语阅读选自经济学人的文章

C

A new commodity brings about a highly profitable, fast-growing industry, urging antitrust (反垄断) regulators to step in to check those who control its flow. A century ago, the resource in question was oil. Now similar concerns are being raised by the giants (巨头) that deal in data, the oil of the digital age. The most valuable firms are Google, Amazon, Facebook and Microsoft. All look unstoppable.

Such situations have led to calls for the tech giants to be broken up. But size alone is not a crime. The giants' success has benefited consumers. Few want to live without search engines or a quick delivery. Far from charging consumers high prices, many of these services are free (users pay, in effect, by handing over yet more data). And the appearance of new-born giants suggests that newcomers can make waves, too.

But there is cause for concern. The internet has made data abundant, all-present and far more valuable, changing the nature of data and competition. Google initially used the data collected from users to target advertising better. But recently it has discovered that data can be turned into new services: translation and visual recognition, to be sold to other companies. Internet companies' control of data gives them enormous power. So they have a "God's eye view" of activities in their own markets and beyond.

This nature of data makes the antitrust measures of the past less useful. Breaking up firms like Google into five small ones would not stop remaking themselves: in time, one of them would become great again. A rethink is required—and as a new approach starts to become apparent, two ideas stand out.

Regulating the data economy

The world's most valuable resource

Vast flows of data give some firms unprecedented power. To keep them in check, antitrust rules must catch up



Print edition | Leaders >

17 6th 2017



A NEW commodity spawns a lucrative, fast-growing industry, prompting antitrust regulators to step in to restrain those who control its flow. A century ago, the resource in question was oil. Now similar concerns are being raised by the giants that deal in data, the oil of the digital era. These

The 7 Habits of Highly Effective People

The 7 Habits of Highly Effective People	Principles	Application Using Age-Appropriate Language for Students
<i>Habit 1: Be Proactive</i>	<ul style="list-style-type: none"> • Initiative • Responsibility • Choice • Accountability 	<p>You're in Charge: "I am a responsible person. I take initiative to make things happen. I choose my own actions, attitudes, and moods. I do not blame other people for my mistakes. I focus on the things I can influence."</p>
<i>Habit 2: Begin With the End in Mind</i>	<ul style="list-style-type: none"> • Vision • Planning • Purpose 	<p>Have a Plan: "I plan ahead. I know how to set and achieve goals. I do things that have meaning and make a difference. I am an important part of my classroom and contribute to my school's mission and purpose."</p>
<i>Habit 3: Put First Things First</i>	<ul style="list-style-type: none"> • Prioritization • Organization • Discipline 	<p>Work First, Then Play: "I spend my time on things that are most important. This means I say no to things that are less important. I set priorities, make a schedule, and follow my plan. I am disciplined and organized."</p>
<i>Habit 4: Think Win-Win</i>	<ul style="list-style-type: none"> • Consideration • Courage • Mutual benefit • Fairness 	<p>Everyone Can Win: "I balance courage for getting what I want with consideration for what others want. I build good relationships with others by being kind, saying I'm sorry when needed, and keeping commitments. When conflicts arise, I look for options that work for both sides."</p>
<i>Habit 5: Seek First to Understand, Then to Be Understood</i>	<ul style="list-style-type: none"> • Respect • Mutual understanding • Empathy 	<p>Listen Before You Talk: "I listen to other people's ideas and feelings. I try to see things from their viewpoints. I listen to others without interrupting. I am confident in voicing my ideas. I look people in the eyes when talking."</p>
<i>Habit 6: Synergize</i>	<ul style="list-style-type: none"> • Creativity • Cooperation • Diversity • Humility 	<p>Together Is Better: "I value other people's strengths and learn from them. I get along well with others, even people who are different from me. I work well in groups. I seek out other people's ideas to solve problems."</p>
<i>Habit 7: Sharpen the Saw</i>	<ul style="list-style-type: none"> • Renewal • Health and wellness • Continuous improvement • Balance 	<p>Balance Feels Best: "I take care of my body by eating right, exercising, and getting sleep. I spend time with family and friends. I learn in lots of ways and lots of places, not just at school. I find meaningful ways to help others. I am balanced."</p>



词汇量6000-10000可选择的材料

- 有兴趣领域的专业读物

如《自然》*Nature*，《国家地理》*National Geographic*，《科学》*Science*，《天文学》*Astronomy*，《外交事务》*Foreign Affairs*

- 所在领域的论文、文献、报告、书籍等
- 开始挑战原版长篇小说

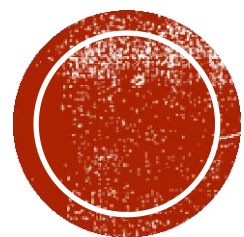


词汇量10000+可选择的材料

- 依照自己的兴趣尽情选择书籍

无论是侦探类，科幻类，航空航天类，只要你对内容有兴趣，你读下去的动力就更强。英文长篇小说和专业领域书籍的用词和语法都是精雕细刻有一些难度的，读起来也是比较累的，但你的水平已经基本差不多了，只要稍稍挑战一下自己，能力慢慢就练上来了。





有效阅读的原则



生词量的比例

- 阅读内容的生词量不要超过30%，多进行快速阅读。阅读时不要拘泥于百分之百的理解，遇到个别不懂的地方不行就跳过去，回过头梳理的时候可以再来查单词，整理新词。
- 同时还要强调一定选择符合心智的阅读，享受阅读的过程，实在觉得读不去去就先停下来往后放放。不要把阅读当成上战场，要找到其中的乐趣。



单词怎么查

定量阅读（比如以两页或三页为一个阅读单位）。

阅读过程第一遍不查单词，不关注语法，不逐句翻译。能不受阻碍地顺畅阅读才能培养出好的读书习惯。大家可以类比我们阅读中文书籍时，几乎很多会边查字典边分析语法。如果遇到不认识的单词，尽量在脑海中猜出大概的意思，但不要停下来去查。尽量根据你会的那些词，或者利用你的知识面拼一拼凑一凑，再用逻辑把他们串起来。一定要打破自己害怕单词语法的心魔。



阅读训练方式

- 在国外的reading课程里，老师对于学生们的训练主要以两种方式进行：

speed reading(速读)& intensive reading(精读)

- 如果想要提高基础阅读量（100万单词的目标没忘吧）的话，就需要以速读作为主要的训练方式进行。一定要带着脑子边读边猜边分析，同时带动大脑的逻辑思维训练。



阅读训练方式

- 精读训练可以提高我们的词汇量，对英语思维的训练也非常有帮助。对于有应试需求的同学来说，一定要更多去做精读训练。
- 精读训练其实不难理解，和我们之前分析的听力中的精听差不多。就是拿一篇文章，先做速读，了解文章的内容，之后再回到文章当中把你不认识的词查一查，再总结一些你觉得好的表达方式、句型句式等内容。有需要的话可以再分析分析其中的语法知识，直到将整篇文章100%的理解。



帮助你坚持阅读的方法

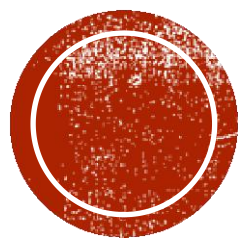
- 严格规划出每天的阅读量。



规划每日阅读量

- 读英文书的时候一定要根据实际情况给自己规定好一个每日阅读量，也就是说每天必须要完成的任务。
- 如果你是学生，日常任务很繁重，则可以利用一些原本比较边缘的时间，或提高效率找出合适的时间。
- 如果你是处在大学阶段，时间相对比较宽裕，完全可以多拿出些时间来提升英文能力，这时你就可以选一本自己喜欢的书，每天读够10页或者20页，读不完就绝对不停下来。
- 如果你是上班族，时间不是特别充裕，则可以给自己规定出一个读书的具体时长，比如每天拿出半个小时的时间做阅读，可以把睡前半小时的手机时间改成手机英文阅读时间。
- 如果你是全职的妈妈，可以在辅导孩子写作业的同时和他们一起学习共同成长，做好阅读的榜样。
- 不管你目前是什么身份，什么生活状态，可能刚开始的第一周都会觉得读的很痛苦，但是你只要坚持两周，你就会习惯这个过程。最终当你完整的读完一本书的时候，你会感觉棒棒的。我知道我们很多同学可能都尝试过去读英文原版书籍，但大部分人就是前几页都翻烂了，后面部分都没有看，这样会让自己越来越失去信心和希望的。





为什么流畅阅读不容易实现呢？

我们阅读时大脑到底是如何处理文字的呢？

流畅阅读的科学分析

- 当人在流利阅读时，大脑主要在同时做以下四件事：
 1. automatic word recognition 自动识别单词
 2. syntactic parsing 句法分析
 3. meaning formation 意义组合
 4. text building comprehension 文本结构理解
- 这些动作的完成时间非常短暂，并且叠加发生。
- 有研究表明，以上四件事发生的时间大约在0.24秒之内。
- 每个层级的阅读活动到底如何实现呢，我们下节课继续讲解。



本节任务

- 测词汇量
- 为自己挑选一本合适的阅读材料
- 根据实际情况制定每日的阅读计划

