

<<助学手册(英语网络教育)>>

图书基本信息

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## <<助学手册(英语网络教育)>>

### 内容概要

《英语网络教育助学手册》是北京外国语大学网络教育学院（北外网院）为其课程“ 助学指南 ”专门开发的教材。

它采用了与北外网院其他英语课程相一致的编写理念和设计风格，通过让学习者完成一个个的“ 学习任务 ”（ tasks ），系统了解北外网院对学习者的要求以及远程英语学习的有效方法。

该书为中英对照，共七个单元.第一单元到第三单元为远程环境下学习英语的一些基本方法，第四单元到第七单元为英语听、说、读、写四项主要技能的学习方法。

北外网院的学生可以登录网络学习平台学习本课程的网络版课件。

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### 书籍目录

写在开头的话  
学习理念突破  
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## 章节摘录

To increase your reading speed , the first thing is that you need to practice your decoding skill. There are some exercises specially designed to practice your ability to recognize words and phrases quickly. You can find it in all speed reading books. Secondly , practice on something easy and interesting first. Many students who want to improve their effective reading speed may feel discouraged when they find once they read a passage faster , the understanding comprehension is low. Here their problems might be that the reading material itself is too difficult. It is pointed out if there are five or six new words on each page , then the materials are not suitable for speed training. Thirdly , you need to use effective reading strategies we discussed in Activity One. Skimming , scanning , and recognizing text structures are particularly helpful to speed reading. Fourthly , check your progress through pacing. You may have noticed that nearly all "speed reading" courses have a pacing element—some timing device which lets the readers know how many words a minute they are reading. Fifthly , try some "lightning speed" exercises. Read a text as fast as you possibly can. Don't bother about whether you understand or not. Then go back and read them at what you feel to be your "normal" w.p.m. ( word per minute ) rate , the rate at which you can comfortably understand. After a "lightning speed" , your "normal speed" has increased——perhaps by as much as 50-100 w. p.m. Lastly , read English every day. Spend at least 15 minutes or half an hour each day on reading. Also it is a good idea to have a general interest book in your pocket.

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