

每日同步跟读任务清单

下面说的是你嘛？

刚刚开始练习 RA 的你，点击月预测，看到一道道热乎乎的机经题目，准备摩拳擦掌，跃跃欲试。

但一上来就被 Madagascar 这篇 RA#392 弄得心态暴跌，前途迷茫。

老师，我还有救嘛...？ T T

RA 练起来为什么难？

长：PTE 真考中，RA 字数通常在 60 以内。但机经是备考同胞们的回忆，难免有误差，所以字数多导致了 RA 机经的难度增加。

音：除此之外，RA 语段包含的生词、多音节单词个数，以及失爆、连读、弱读等语音技巧也会不同程度影响着 RA 的难度。

全：同步跟读练习，要求在跟读中练习所有方面，这让考生们在 RA 平常发挥上顾此失彼，同时也影响备考心态，畏惧心理增强。

RA 难度分级，稳步进入备考状态

为了让初出茅庐的小白们能够顺利入门 RA 同步跟读练习，猩际教研老师们为你制定了《每日同步跟读任务清单》。

不用埋头苦想先练习哪个，跟着读就对啦~

任务清单中的 RA 从月预测中选取，并带有同步跟读选项。按照由易及难的顺序排列。

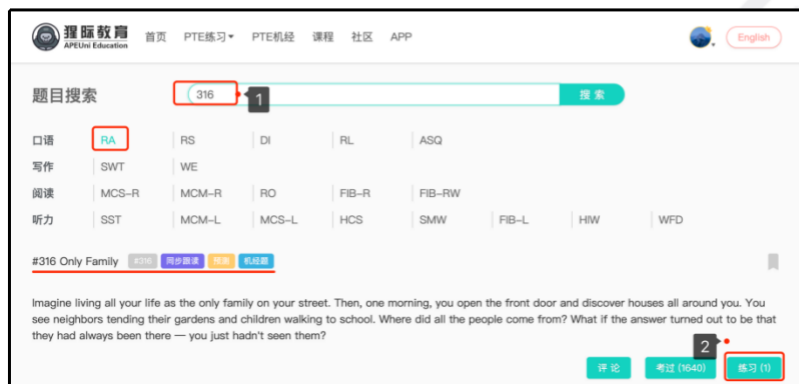
Ready?

每天 1 篇，高质量完成，稳步进入备考状态。

你的同步跟读是有效的吗？

据猩际教研老师们观察，许多考生一上来就慌张同步跟读，导致练习低效，对比一下自己，同步跟读你有做对吗？

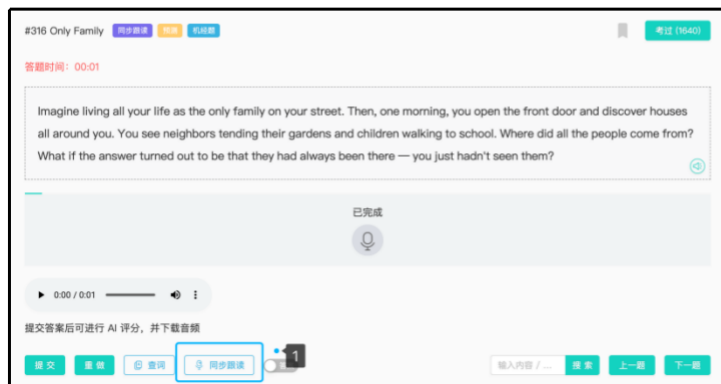
1. 在猩际官网中的“题目搜索”中搜索题目序号(比如#316)，点击“练习”进入练习页面；



2. 初始自读：先以考试的状态来朗读 1 遍（35s 预读准备后，开始朗读）；

3. 查生词：生词查发音，并仔细思考是否可通过自然拼读规则大致拼出来；

4. 点击“同步跟读”按钮，进入同步跟读练习页面；选择右上角“Peter/Amy/Steven 慢速”，再选择左下角的“逐句跟读”。



5. 逐句与整段慢速跟读：

- (1) 跟读前，先反复听，结合语段中**失爆**、**连读**与**弱读**的标识，仔细体会跟读老师是如何朗读的，并在心里跟着默念；
- (2) 跟读中，确保自己的**语速与语调起伏**与原音完全一致；
- (3) 逐句跟读达到熟练后，进入**整段跟读**；
- (4) 整段跟读中，重点思考与积累**意群划分**。

6. 跟读后的常速自读：整段跟读达到熟练后，脱离跟读，并将原声的语调、语速、发音等表现出来。

注：跟读其他注意事项请见《每日基础提升计划》。

你可能会遇到的情况

Q：同步跟读居然花了我1个小时？！

A：正常，放轻松，慢慢会快起来啦~

Q：同步跟读还行，自己读就又回去了...

A：因为好久没有练习了，还是练习得少，尽力在规定时间内把当天任务完成好；但是别纠结于一篇读不好，每天继续练习~

最后！有任何问题，不要害羞，艾特你的助教老师哦 ♥

助教老师会帮你纠音，你一定要及时反馈给助教老师，并且纠正的地方要结合所在的意群一起来读，不能只纠正一小处地方。

Week 1

Day	No.	Read Aloud Texts	Level	✓
1	380	Today, telecommunication is widespread and devices that assist the progress are common in many parts of the world. There is also a vast array of networks that connect these devices, including computer, telephone and cable networks. Computer communication across the Internet, such as e-mail and instant messaging, is just one of many examples of telecommunication.	3	<input type="checkbox"/>
2	389	This flu season is a particularly severe one, and it's not over yet—health officials say flu activity will likely remain elevated for at least several more weeks. But if you already caught the flu, are you in the clear for the rest of the season?	4	<input type="checkbox"/>
3	277	This book is no ordinary book, and should not be read through from beginning to end. It contains many different adventures, and the path you take will depend on the choices you make along the way. The success or failure of your mission will depend on the decisions you make, so think carefully before choosing.	5	<input type="checkbox"/>
4	280	Two sisters were at a dinner party when the conversation turned to upbringing. The elder sister started to say that her parents had been very strict and that she had been rather frightened of them. Her sister, younger by two years, interrupted in amazement. "What are you talking about?" she said. "Our parents were very lenient."	5	<input type="checkbox"/>
5	373	This course provides an introduction to the history and development of the British legal system. Its aim is to describe the evolution of the Common Law of England, the legal system of England and to introduce you to the study of constitutions as law, and to the legal aspects of constitutional systems of government.	5	<input type="checkbox"/>
6	372	This is an extremely useful resource, which ranks books and academic papers on the subject not only in terms of their reliability but also their readability. As a result, it is likely to save students time and effort that would otherwise have been spent working through a lot of dense texts before finding the one they really need.	5	<input type="checkbox"/>

Week 2

Day	No.	Read Aloud Texts	Level	✓
1	387	Normally, if we spin around in an office chair and suddenly stop, we feel like we're still moving. That's because fluid in the inner ear responsible for detecting movement continues to whirl around due to inertia, making your brain think it's still in motion.	6	<input type="checkbox"/>
2	269	It seems that language appeared from nowhere since no other species has anything resembling human language. However, other animals do possess basic systems for perceiving and producing sounds that enable them to communicate. These systems may have been in place before the appearance of language.	6	<input type="checkbox"/>
3	379	There is a tendency, especially in the popular press to concentrate on the negative effects of immigration. In that context, this lecture listing the benefits it brings to more developed nations is much more welcome. Also, it is delivered in a lively and amusing style.	6	<input type="checkbox"/>
4	79	Australians do speak English. However, for some tourists and travelers, it can be difficult to understand the slang. Also, the links between Australian and American English were seen to be very tenuous. At least some colloquialisms in Australian English do not exist in other types of English.	6	<input type="checkbox"/>
5	383	For the designers and engineers who spend years crafting Team USA's uniforms to offer both style and extraordinary aerodynamics, the need to keep athletes warm in these extreme temperatures posed an added dimension of difficulty.	6	<input type="checkbox"/>
6	110	There is no single method of learning that guarantees success. How we learn that depends on many different factors. And what works best for you will not necessarily be the same as the approach used for the other students even they study the same course. We are all unique as learners, although some patterns emerge from any groups of students.	6	<input type="checkbox"/>

Week 3

Day	No.	Read Aloud Texts	Level	✓
1	307	Training to become an actor is an intensive process which requires curiosity, courage and commitment. You'll learn how to prepare for rehearsal, how to rehearse and how to use independent and proactive processes to achieve your best work possible for stage and screen.	7	<input type="checkbox"/>
2	324	To work effectively with the heterogeneous student populations found in our schools, educators have the responsibility of acknowledging the cultural backgrounds of their students and the cultural setting in which the school is located in order to develop effective instructional strategies.	7	<input type="checkbox"/>
3	255	Weakness in electronics, auto and gas station sales dragged down overall retail sales last month, but excluding those three categories, retailers enjoyed healthy increases across the board, according to government figures released Wednesday. Moreover, December sales numbers were also revised higher.	7	<input type="checkbox"/>
4	378	The fact is that those different types of services affect many different dimensions of well-being of people. And defining the human well-being is also extremely challenging. However, we identified that there are certain items providing basic material for life, whether it is food, shelter or happiness.	7	<input type="checkbox"/>
5	136	The core of the problem was the immense disparity between the country's productive capacity and the ability of people to consume. Great innovations in productive techniques during and after the war raised the output of industry beyond the purchasing capacity of U.S. farmers and wage earners.	7	<input type="checkbox"/>
6	117	Thus, a country might possess a sizeable rural population, but have an economic system in which the interests of the voters were predominantly related to their incomes, not to their occupations or location; and in such a country the political system would be unlikely to include an important agrarian party.	7	<input type="checkbox"/>

Week 4

Day	No.	Read Aloud Texts	Level	✓
1	608	Summerhill School was regarded with considerable suspicion by the educational establishment. Lessons were optional for pupils at the school, and the government of the school was carried out by a School Council, of which all the pupils and staff were members, with everyone having equal voting rights.	7	<input type="checkbox"/>
2	604	The survey found that the statistical chances of someone from a poor background being accepted at one of the country's most respected universities are far lower than those of a student from a wealthy family. This means that the inequalities in society are likely to be passed down from one generation to the next.	7	<input type="checkbox"/>
3	317	Australians speak English of course. But for many tourists and even some locals, Australian English has only tenuous links with mother tongue. Our speech is prepared with words and phrases whose arcane meanings are understood only by the initiate. It is these colorful colloquialisms that Australian slang set to truly explain.	7	<input type="checkbox"/>
4	281	The semiconductor industry has been able to improve the performance of electronic systems for more than four decades by making ever-smaller devices. However, this approach will soon encounter both scientific and technical limits, which is why the industry is exploring a number of alternative device technologies.	7	<input type="checkbox"/>
5	321	Before the discovery of Australia, people in the old world were convinced that all swans were white, an unassailable belief as it seemed completely confirmed by empirical evidence. The sighting of the first black swan might have been an interesting surprise for a few scientists, but that is not where the significance of the story lies.	7	<input type="checkbox"/>
6	288	Hundreds of millions of American people eat fast food every day without giving it too much thought, unaware of the subtle and not so subtle ramifications of their purchases. They just grab their tray off the counter, find a table, take a seat, unwrap the paper, and dig in. The whole experience is transitory and soon forgotten.	7	<input type="checkbox"/>

Week 5

Day	No.	Read Aloud Texts	Level	✓
1	325	The emergence of information technology has created new products, processes and distribution systems. New products include the computer, the Internet and digital TV; new processes include Internet banking, automated inventory control and automated teller machines; and new distribution systems include cable and satellite TV.	7	<input type="checkbox"/>
2	302	The elephant is the largest living land mammal. During evolution, its skeleton has greatly altered from the usual mammal, designed for two main reasons. One is to cope with the great weight of huge grinding cheek teeth and elongated tusk, making the skull particularly massive. The other is to support the enormous bulk of such a huge body.	7	<input type="checkbox"/>
3	713	Behavioral and social sciences research helps predict, prevent, and manage illness — in individuals and in whole populations. This research also helps people change their behaviors, understand treatments, and learn how to stick with them. Society's role is significant, too: access to health care affects decision-making and behavior.	7	<input type="checkbox"/>
4	375	We all know about bacteria, viruses and microscopic protozoa. We can watch the way that these tiny agents move into our bodies and damage our organs. We have a growing understanding of how our body mounts defensive strategies that fight off these invaders, and have built some clever chemical that can help mount an assault on these bio-villains.	7	<input type="checkbox"/>
5	473	An economic depression is a period of sustained, long-term downturn in economic activity in one or more economies. It is more severe than a recession, which is a slowdown in economic activity over the course of a normal business cycle. Economic depressions are characterized by their length, and by abnormally large increases in unemployment rate.	7	<input type="checkbox"/>
6	714	Scholars build their own personal libraries to support not only particular projects but also general reading in their field. They buy or make photocopies of materials when possible, so they can consult them frequently, mark pages and write annotation on them. When moving into a new field, they add to their collections, usually concentrating on primary texts.	7	<input type="checkbox"/>

Week 6

Day	No.	Read Aloud Texts	Level	✓
1	376	There are two main types of market research. Quantitative research involves collecting a lot of information by using techniques such as questionnaires and other forms of survey. Qualitative research involves working with smaller samples of consumers, often asking them to discuss products and services while researchers take notes about what they have to say.	7	<input type="checkbox"/>
2	606	Nature offers no greater splendor than the starry sky on a clear, dark night. Silent, timeless, jeweled with the constellations of ancient myth and legend, the night sky has inspired wonder throughout the ages—a wonder that leads our imaginations far from the confines of Earth and the pace of present day, out into boundless space and cosmic time itself.	7	<input type="checkbox"/>
3	144	If bonus or “incentive pay” schemes work so well for senior executives and bankers, why does everyone not get them? After all, many jobs involve making important decisions or taking risks. Is there anything about corporate decisions and financial risks that makes these categories of work special in terms of how they need to be incentivised and rewarded?	7	<input type="checkbox"/>
4	278	Long isolated from Western Europe, Russia grew up without participating in the development like the Reformation that many Russians taking pride in their unique culture find dubious value. Russia is, as a result, the most unusual member of the European family, if indeed it is European at all. The question is still open to debate, particularly among Russians themselves.	7	<input type="checkbox"/>
5	231	When countries assess their annual carbon dioxide emissions, they count up their cars and power stations, but bush fires are not included presumably because they are deemed to be events beyond human control. In Australia, Victoria alone sees several hundred thousand hectares burn each year; in both 2004 and the present summer, the figure has been over 1 million hectares.	7	<input type="checkbox"/>
6	465	As introverts are thinking, they reach back into long-term memory to locate information. An introvert will often compare old and new experiences when making a decision, which slows the processing down but leads to carefully thought-out decisions. This means that introverts have an active dialogue with themselves and usually walk around with many thoughts in their minds.	7	<input type="checkbox"/>