

# Lesson One

21 天 至少 40+--- 10 造句子

单词带背 闪过 2026 --视频 单词 过三轮

四六级 50 天 --计划 复试

听力 10.27-11.20 磨耳朵 四天一套 首尾 转折 重读 升调 降调 5 套题

11.21-12.20 +题 (准确度) 3 天一套 20--14+

阅读 一周一套题~~ 群问我

翻译

语法导学

The girl named Lily

The girl is named Lily 句子: 谓语动词!!!

He writes very well.

Stop it!!

The boy likes playing pinpang

单词, 短语, 句子

A, B apples, oranges and bananas 并列逻辑 A, B and C

ABC 同等重要!!! --定位句 D 关键词定到 A

. 一件主要事说完 句式杂糅

A Xiao Ming likes pretty girl B. Mrs. Ye is famous now.

C Xiao Ming ... famous --句式杂糅

? 1. ? 答案 --主旨关键词 2. ? 无答案 -- 态度!! 消极为主

考纲 1. 提取主要信息能力 2. 区分论点论据的能力 3. 分析, 对比

## 信息的能力

!

A :/— B （解释说明）---重心在前!!

B 是理解 A 的方法，但是 A 是答题依据 C B D A

主要成分前半部分；第一句，转折处

A; B 并列关系

“ ” 段落中 解释说明 C “ ” 段首 重点信息

,..., —....— 插入语 --修饰!! ---省读

### 一、单词词类

名词，动词，形容词，副词，数词，代词，冠词，介词，连词，叹词

各词性的定义：

1. 名词： 后缀 -tion/ment/ or/ar/er/ -ty enece/ance/ancy/ency

al ary/ery ist ism ian ant/ent

2. 动词： --e ive ate/ite a/v en

3. 形容词： al ive ous ed ing ite/ate ant/ent different student

art/ert necessary

主谓宾 --- 名词 动词 -ion 理解

~~ous~~— 否定前缀 im/in/ir/il un de di dis mal dys in-appropriate

4. 副词: ly adj+ly He is terribly handsome. “很，非常”

否定否词 hardly rarely scarcely seldom rather than

other than 除了 --不同逻辑 **other than** making profits, it brings a lot of benefits ,such as upgrading the human's well being.

5. 介词 媒介 介绍 the cat on/under/behind/in front of the table

the arrival \_动作 v \_\_ intelligence

with 1)表伴随动作 状语--提到动作前!! With a book in his hand, he enters the room. 2) With a key in his hand, he could open the door. 表原因逻辑

31. Mr S blames his unattractive assistant for ..... --原因

With her view that..., Mr S scolds her.

in 在... 方面

as 作为 as the member of this society

on 关于=about=over=concerning=with regard to

to 1)表方向 go to school forward backward toward 关于, 向..

2) This is adverse to you. 对于, 关于

for 1) I do it for you. 为了: 目的状语

2) This is beneficial for you. 关于, 对于

总结: **be 名词/adj+for/to sth/doing sth** ----对于...来说, .....

from 来自于

originate from ... 来源于=原因逻辑=derive from=stem from =come from

The upgrade of people's **conception** originates from the rapid development of **communication** technology.

道教 --入世 佛教 --出世

over 1) 关于 2) 超过 overestimate v.高估 --态度 负向 underestimate

the authority under-funds sth... fund n. 资金 v.资助--fundamental a.基础的

foundation n.基础 基金会

He is over 5 years old.

above 在...上, 超过 on through v.穿过, 通过

at 在...方面

out of get out of the room 1)分离 apart from 2) out of five students, 从..中

away 分离

off 脱落 分离逻辑 he gets off the **trail** in his life.

besides 除了=other than=except

The cat on the table 桌子上的猫 --定语

1. 短语 介词短语 (介词+名词/doing) --定语

代词：指代 名词 //前面

如何避免重复

1. 代词

2. 同义替换 ---主题词很重要--同义替换：积累

3. 省略现象（并列，定语从句，状语从句）

This/that/these/those+名词 such ...+名词

A B:This **misconception** ..... (名词/这件事)

冠词

a/an /the

名词 首次 a/an+ 再次 the+名词

连词 连接作用

并列

从属

**重点**

1. 名词

【定义】名词是表示人、事物、地点或抽象概念的**名**称。

1) 分类

分类			定义	举例
普通 名词	可数	个体名词	指单个人或物	manager, gene, parachute
		集体名词	指某类人或物的总称	fruit, police, people
	不可数	物质名词	指物质和材料的名词	water, wood, paper
		抽象名词	指看不见摸不着的名词	personality, notion

专有名词	指代人名，国家，地名，机构，组织的名词。 首字母大写 --找定位（原词复现）	Tony, China, Europe, Darwinism, Beethoven
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阅读 写作 完型 翻译 新题型（小标题，多相对应，排序，七选五）

人名 首次 全称 再次 名 C

机构 首次 全称（缩写） 再次 缩写

2) 名词的所有格 the window of the house

【定义】表示名词的所有关系。

构成	举例
1. 直接在名词后加's	Shakespeare's life time
2. 以 s 结尾，直接在名词后加'	islands' inhabitants; students' union

3) of 所有格 A of B B的A A of B of C C的B的A

除了 A /AB 不能表示数量，种类和系列

The number of...

a number of...大量的

a kind/sort/variety of ...一种 all varieties of...各种各样的

a series/succession/stream/train/range of..一系列的.... a range of threats

① the chance of survival

生存的可能性

The chance of success ..... A. sb. succeed.... 区别可能性和既定事实

可能性: chance=possibility=probability=feasibility=potential a.潜在的, 可能的 user client

The probability of economic recovery is a bit dim A the recovery is probably unlikely.

ATT is an anti-competition practice B. unfair competition 主客观混淆

② the habit of thinking independently

habit n.习惯 --inhabit v.栖息, 居住.. --inhabitant n.居民

形近词: inhibit v.抑制, 阻碍 --inhibitive n.阻碍剂

be independent of..独立于.... 不受...的影响 (分离)

The banker is rarely ~ of its standard setter. interest dividen n.股息

depend on 取决于 依赖于=rely on=reset on=count for/on +原因逻辑

The frequency of children and parents' interaction largely depends on their use of electronic devices.

What affects the amounts of their talks?

③ the exploration of **rules** of conduct n.行为 v.指导 music conductor

关于行为准则的探索 ---探索行为准则 --静态 名词 动态 动作!!

表示动作的名词, 活用成动作

the efforts to conduct animal research

努力开展动物研究 principle n.原则

准则, 规定 rules=regulation=statute=**code** n.代码 法典 coder the last dance eddie

2. 短语--**名词**短语 生存的可能性 a of b (名词短语) a profound idea

翻译 ...的名词 2) 中心词 修饰+名词+修饰

2. 动词

1) 分类

1. 系动词

2. 助动词

3. 情态动词

4. 实义动词

a. 及物动词 +名词 The bird flies I like...

b. 不及物动词 + 介词+名词

三、动词短语 go for you go against you ---词义看介词

fight for Spain fight against Spain

动词--- 谓语 --区分动词是不是谓语!!!

I **like** to play football. 不是谓语--非谓语结构

谓语动词有三态一否的变化 时态 情态 语态

## 2) 动词的三态

我每天去上学。 --增词法//转化法 词根词缀

我昨天上学去了。

我要去上学了。

我正在写作业。

我已经写完作业了。

我昨天被哥哥揍了。

我可以完成作业。

### 【时态】

	一般	进行	完成	完成进行
现在	do/does 1.陈述事实 2.客观真题 经常发生	am/is/are doing 1.The rule is planning to be carried out. A. the rule is issued.	have/has done 1.现在完成 2.未完成 I have done the research. The meeting has started for 5 hours.	have/has been doing
过去	did 发生在过去 古今对比逻辑 used to 过去常常 现在不一样!!! was is	was/were doing	had done 过去1 过去2 现在	had been doing
将来	will do A	will be doing	will have done	will have been doing

过去将来	would do He would go to see the movie.	would be doing	would have done	would have been doing
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### ①一般现在时

表示经常性或习惯性的动作、现在的特征和状态、普遍真理等。如 He **loves** sports.

### ②一般过去时

表示过去某个时间发生的动作或情况，包括过去的习惯性动作。常与表示过去的时间状语（a minute ago, yesterday, last week, in 1990, during the night, in those days）连用。如：I just **saw** him a minute ago.

### ③一般将来时

一般将来时主要表示准备做的事、将要发生的动作情况、按计划安排要发生的事。谓语形式为：1) be going to do 2) will/shall do 3) be to do 4) be about to。  
如 I **shall/will call** you tomorrow. We **are going to** the zoo tomorrow.

### ④现在进行时

表示现在或现阶段正在进行的动作。可与表示现在的时间状语（now、at present、at this moment、at the moment、these days、recently）连用。谓语形式为 be doing。  
如 What **are you doing** recently?



⑤现在完成时

表示动作发生在过去，对现在造成一定的影响；或从过去某个时间开始一直持续到现在，可能还会持续下去的动作或状态。谓语形式为 **have / has + done**。如 The car **has arrived**. She **has been** ill for a week.

⑥过去完成时

表示以过去某个时间为基点在这个时间点之前进行的动作（即过去的过去，必须有一个过去的时间为基点）。谓语形式为 **had done**。如 When I woke up, it **had already stopped** raining.

【语态】

1) 分类：

主动语态

Lily takes a book into the room.

被动语态

His purse was stolen in the park yesterday.

2) 结构：

被动语态：**be + done** (+by...)

【情态】

谓语的情态主要由情态动词表现出来。情态动词本身有一定的词义，表示**语气**的单词。但是**不能独立作谓语**，只能和**动词原形**一起构成谓语。

情态动词包括： I can/may/must do it

形式：情态动词+实意动词。

被动+将来时 will be done +过去完成 had been done

+现在进行 be being done

【练习】画出下列句子中的谓语动词

1) This isn't to be **alarmist**. alarm n. 警觉 --消极

2) **Attempts** have been made to **curb** this tendency.

curb=inhibit=restrict=impede=hinder v. 阻碍 --消极

attempt to v. 尝试 形近词: contempt n. 蔑视

tend to do 往往

**intend** to 打算 -- 目的逻辑 =be designed to do =for the purpose of=aim at

objective =动机 motivate incentive driven by... 由...驱动

A demotivate B

3) Most Americans rely on 利用 social media to check daily headlines.

检查 check v. 抑制 =inspect=scrutinize=screen=examine=survey screener scan

v. 扫描

check the balance between the state and federal government.

4) Vocational schools should do a better job of fostering problem-solving skills.

写作: sth can do a better job of doing sth..... sth 可以更好地..... 精读 六级 考研

至少积累 4 个写作表达 occupy v. 占领

vocation n. 职业=career=occupation=profession=calling

profession n. 专业 职业 ---professionalize v. 使..专业化

professionalize the profession --general education 通识教育 5: 5 ratio

5) Young people are indeed becoming more skillful at separating fact from fiction in cyberspace.

the cat on the table (临近原则)

**be skillful at** =be skilled in... 擅长....

separate A/ from B integrate A into B transform A into B

incorporate A into B be responsible for

6) The latter step would largely offset the financial burden of annually **pre-funding** retiree health care.

### 3. 介词

含义: 表明名词、代词与句中其他词之间关系的词;

常用介词: of, in, at, from, with, to

举例:

the name of the dog

The boy in the library

He arrives at 9:00.

The way to success

## 二、句子成分

8 10 主要成分 主谓宾表 --修饰成分 定状补同位

各词性担当的成分:

主语: 动作的发出者; 中心人/物 He is pleased

The situation of stock market ..... C the food market 无关选项

名 代 数 名短

谓语: 主语发出的动作 动词 动词短语

宾语: 及物动词/介词的承受者 名 代 数 名短

表语: 表达 I am a student. I am happy 主语性质或状态: be +

名 代 数 名短 介短 形 The cat is in the tree

定语: 修饰明确名词

形容词 名词 代词 数 介词短语 his backpack a man

teacher the white cat on the table

词+名词+短语/从句 ---重心在前

状语: 修饰动词, 形容词, 副词, 句子

副词 介短 In China, we all like pandas.

同位语: 修饰前面名词 I, Bella, likes to teach students English.

名词 代词 数词, 介词短语, 名词短语考点!! I, myself, can do it very well.

confidence, a component necessary to success, is very crucial.

补语： 补充说明 主补/宾补 5

1) Twenty years **is** a short time **in history**. 主系表

重点：表示时间，地点，范围的短语，提到句子前

2) The sun **rises**. 主谓 I was beaten.

3) They seem very **happy**. 主系表

4) He likes basketball. 主谓宾

5) Tom bought/teach/send/give/brought his mother a new sweater. 主谓双宾（间接宾语+直接宾语）

Tom bought a new sweater to his mother.

6) She makes/find me /happy. 主谓宾宾补

leave v.离开 leave 留给，让... sb sth/sb do sth

【练习】识别下列句子中的各个成分

1) Mary enjoys music.

2) He looks sad.

3) Tom left Mary a message.

4) The machine works smoothly.

5) Lily, my sister, likes to play the piano.

6) He worked hard to make his dream come true.

7) He makes/find my life meaningful.

8) The students of Class Two are reading the **book** written by Lao She.

【总结】

①句子主干成分：\_\_\_\_\_

②句子修饰成分：\_\_\_\_\_

### 三、句子种类

结构来讲，包括简单句，并列句和复合句

总结一下下列简单句的句型

- 1) The sun rises.
- 2) They seem very happy.
- 3) He likes basketball.
- 4) Tom bought his mother a new sweater.
- 5) She makes me happy.

### 【结构总结】

非谓语

## 非谓语动词—不定式

1.不定式 2.分词 3.动名词 --短语

### 一、定义 to do(sth)

不定式是动词的一种非谓语形式，在句子中几乎可以充当谓语以外的其他任何成分。

【练习】识别以下例句中不定式所做的成分

- 1) To do everything is to do nothing.
- 2) I have nothing to say on the problem.
- 3) He asked me// to help him.
- 4) You **need** to predict human height in the near future 状 目的 to design a piece of equipment.
- 5) They should know how to deal with setbacks, stresses and feelings of inadequacy

疑问词+不定式：复合不定式

总结:

不定式常做的成分: \_\_\_\_\_

公式: 名词+不定式

定/目的状语

不定式用, 和句子隔开

目的状语

短语长度: 画到名词结束, 谓语之前

补充

1. 复合不定式: “疑问词+不定式”结构: 疑问词 who、what、which、when、where 和 how 还有 whether 后加不定式构成一种特殊的不定式短语, 可以在句子中作主语、宾语、表语、同位语。

例: How to deal with it is not decided yet. (主语)

2. 不定式的否定式: not to do

## 二、识别

画出下列真题句中的不定式, 并判断所做成分

- 1) They leave **remaining** customers (to) **shoulder the cost of keeping up the line.**  
cost n. 花费, 成本=expense=spending=expenditure

at the expense of...以..为代价 (原因)      costly a. 昂贵的

- 2) You must know how to **identify shared** experiences and problems.

shared =common=collective

identify v. 识别 ID card --identity n. 识别 身份 属性

identical a. 相同的 resemble v. 类似于.....

It takes **collective scrutiny and acceptance** to transform a discovery claim into a credible discovery

A. wisdom    B innovation    C strict inspect    **D shared efforts**

the discovery to be credible requires.....      条件=原因

3) The profession is **taking steps** to require young doctors to train in hospices.

逻辑 re-skilling program

A. to **retrain** their staff to offer better service

train v.训练=coach

4) We can expect hundreds of key breakthroughs and discoveries to take place.

5) Japanese education **tends to stress** test taking and mechanical learning **over** creativity and self-expression.

rather than =over=far from=not necessarily=anything but 不是

stress v.强调=emphasize=highlight=underline=spotlight underlying a.潜在的

总结:

### 三、真题实例

1. To take this **approach** to the New Englanders normally means to start with the Puritans' theological **innovations** and their **distinctive** ideas about the church. (2009 阅读)

#### 【语法点解析】

1. **approach** v.接近 处理=deal with=cope with=handle=tackle=address

n 方法=way=method

--approachable a. 平易近人的 intangible a.无形的

2. **innovation** =creation=novelty novel n.小说 a.新颖的 --novelist n.小说家

3. **distinctive** a 独特的 distinguish v.区别, 区分 --distinct a.有区别的, 明显的

--distinguished a.杰出的, 闻名的 distinctly adv. 明显地

#### 【词汇解析】

【参考译文】以这种看法看待新英格兰人通常意味着要从这些清教徒的神学变革以及他们对基督教会的独特观念入手。

2. At the start of the first year in **infant** school, teachers seat pupils alphabetically from the front, to make it easier to remember their names. (2004 阅读)

【语法点解析】

--infancy in ~ of America, 在美国早期

【词汇解析】

【参考译文】在幼儿园第一年开始，老师就按照字母顺序给学生排座，以便更容易记住他们的名字。

3. **Some** use them to keep a close watch on the demand for their line of work or gather information on compensation 目的状语 to arm themselves when negotiating for a raise. (2004 阅读)

【语法点解析】

【词汇解析】

【参考译文】有些人利用它们来密切关注自己所在的行业需求信息，或者收集有关薪酬待遇的信息来武装自己，以便加薪谈判之需。

4. **Circumstances** seem to be **designed** to bring out the best in us. (2011 翻译)

【语法点解析】



【词汇解析】

【参考译文】环境似乎是为了激发我们最好的一面而设计的。

## Lesson Two

### 非谓语动词—动名词与分词

#### 一、定义

##### 1. 动名词 doing(sth)

动名词是由动词词尾+ing 构成的，在用法上类似于名词。动名词在句中可以充当主语、宾语、表语、同位语。

【练习】识别下列句子中动名词所做的成分

- 1) Seeing is believing.
- 2) Children enjoy watching cartoons.
- 3) She is thinking of going abroad in the future.
- 4) His ambition, becoming the president, has come true.

##### 1. 分词

现在分词 doing(sth) 短语

过去分词 do-ed ... 修饰：定 状

非谓语结构中分词的存在形式有两种，一种是由动词词尾加-ing 变来的现在分词，另一种是由动词词尾加-ed 或不规则变化而来的过去分词。现在分词既表主动又可表进行，而过去分词即可表被动又可表完成。可以做定语，状语，宾语补足语。如：

developing countries 发展中国家

developed countries 发达国家 the drunk man

定语 +分词 名词+分词

总结：3 大修饰短语!!!! -- 定/状

名词+介词短语/分词短语/不定式

定 +的+名词

三类短语用,和句子隔开，做状语

【练习】识别下列句子中分词所做的成分

- 1) Mary had her dress washed.
- 2) Seeing the teacher entering the room, the students stood up.
- 3) The professor stood there surrounded by many students.
- 4) Who is the woman standing by the door?
- 5) The girl dressed in yellow is my sister.

总结：

## 二、识别

画出下列真题句中的动名词或分词，并判断所做成分

- 1) Being a man has always been dangerous.
- 2) The world art market had already been losing momentum for a while **after** rising bewilderingly since 2003.

doing sth      doing sth      --做的成分

- 3) In just one generation, millions of mothers have gone to work, transforming basic

family economics.

转变 transfer=alter

alternatives n.可替换 to the traditional media

substitute A for B 用 B 来替换 A =take the place of stand 站

同根

institute v. 建立 n.机构 --institution n.建立, 机构, 制度 institutional reform

constitute v.组成, 构成 --constitution n.组成, 宪法 --constitutional a.宪法的, 符合宪法的 --constitutionality n.合宪性 unconstitutional

组成, 构成: constitute=compose=consist=make up -component

4) Depending on whom you are addressing, the problems will be different.

总结:

### 三、真题实例

1. Losing a job is hurting: you don't skip down to the job centre with a song in your heart, delighted at the prospect of doubling your income from the generous state.

(2014 阅读)

#### 【语法点解析】

主干结构解析:

#### 【词汇解析】

【参考译文】失去工作令人感到痛苦: 你绝不会心中欢唱、蹦蹦跳跳地来到就业中心, 欣喜地期待着慷慨的政府让你的收入翻倍。

2. “Setting the proper investment level for security, redundancy, and recovery is a management issue, not a technical one,” he says. (2007 阅读)

**【语法点解析】**

**【词汇解析】**

**【参考译文】** 为数据的安全、备份和恢复设定一个恰当的投资水平是一个管理问题，而不是技术问题。

3. Today’s vessels can find their prey using satellites and sonar. (2006 阅读)

**【语法点解析】**

**【词汇解析】**

**【参考译文】** 如今的船只可以通过卫星和声纳找到猎物。

4. This “added-worker effect” could support the safety net offered by unemployment insurance or disability insurance. (2007 阅读)

**【语法点解析】**

**【词汇解析】**

**【参考译文】** 这种“附加工人效应”可以支持失业保险或残疾保险提供的安全网。

5. Passionate consumers would try to persuade others to boycott products, putting the reputation of the target company at risk. (2011 阅读)

【语法点解析】

【词汇解析】

【参考译文】 情绪激动的消费者会设法劝说其他消费者联合抵制这些企业的产品，从而危及他们的声誉。

## 并列结构以及并列句

学习结构，从句的逻辑

1. 识别 2. 长度判断 3. 成分判断

1. 识别 and or but not only...but also both ...and

特征：词性，结构，成分一致!!

考点：

1) 完型 6 and fabulous machine...

A terrific B terrible C. colorful

6 or carrot A potato B rabbit C. citizen

2) 阅读减少生词 a vicious and awful man 同义替换

3) 升级：写作 play a vital and crucial role in.....

4) 阅读 答题 A 定位在并列内容 A 或 B 中，一般不选 --以偏概全

2. 长度判断：从后（并列连词）往前看

3. 成分判断：从前往后确定

注意：（短的）并列看作整体

重点

省略现象

My father is a doctor and ~~my~~ mother ~~is~~ a nurse.

People will shop sustainably only when they can afford to shop sustainably.

——可持续购物

A price is the main indicator for sustainable purchase

## 一、定义

两个或两个以上意义相关、层次相同、句法功能也相同，并由**并列连词**连接起来的语法结构叫“并列结构”。用**并列连词**把两个及以上的简单句连在一起的句子叫并列句。

并列连词主要有：

- ① 表并列关系：and, both...and, as well as, not only...but (also), neither...nor 等。
- ② 表转折关系：but, however, yet 等。
- ③ 表选择关系：or, or else, either...or 等。

分析以下并列结构或并列句中的并列成分

- 1) buy or sell v
- 2) good but expensive a
- 3) politics, religion, **and** education n
- 4) buying books and sending emails
- 5) animal research and a grandmother's hip replacement 名词短语
- 6) She said she would be late, yet she arrived on time.
- 7) You must go early, or else you will miss the bus.

## 二、重点

1. 识别并列结构，确定并列结构的长度

判断并列结构长度，根据结构的相似性，从后往前判断；

判断并列结构成分，根据结构的一致性，从前往后判断。

练习：I like to play football and basketball.

其中，并列结构：\_\_\_\_\_；所做的成分：\_\_\_\_\_。

## 2. 并列结构的省略

并列连词后面部分会省略与前面相同的内容。如 information collection and distribution, 后面部分省略了 information。

## 三、画出下列真题句中的并列结构，并判断所做成分

- 1) You must know how to identify shared experiences and problems.
- 2) I know the most costly and dramatic measures may be ineffective and painful.
- 3) It is important to study humans in all their richness and diversity in a calm and systematic manner.
- 4) Do we really want railroads to be the arbiters of who wins and who loses in the marketplace?
- 5) Look at your talk and pick out a few words or sentences which you can turn about and inject with humor.
- 6) Last week his firm was busy vacuuming up data bits from the far corners of the world and predicting a crisis in Ukraine.
- 7) Information flows from the media to the influentials and from them to everyone else.

## 四、真题实例

1. Darwin was convinced that the loss of these tastes was not only a loss of happiness, but might possibly be injurious to the intellect, and more probably to the moral character.

(2006 翻译)

### 【语法点解析】

**【词汇解析】**

**【参考译文】**达尔文确信，失去这些爱好不仅是失去了幸福，而且可能对智力有害，更可能对道德品质有害。

2. This seems a justification for neglect of those in need, and a rationalization of exploitation, of the superiority of those at the top and the inferiority of those at the bottom. (2011 翻译)

**【语法点解析】**

**【词汇解析】**

**【参考译文】** 这似乎是忽视贫困人群的正当理由，是剥削的合理化，是上层优越、底层低人一等的合理化。

## Lesson Three

### 主语从句

#### 一、定义

在复合句中充当主语成分的句子就是主语从句。如：That we should study hard is important. 含义为“我们应该努力学习，这很重要”，在这个句子中，That we should study hard 就是该复合句的主语。