

英语阅读七选五解题策略

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英语七选五题型的文段,常常是对事物或事理进行说明和分析。考生要从所给的七个选项里选出五个最佳选项,使补全后的文章意思通顺、逻辑连贯。从往年考试来看,该题型的考查重点包括对上下文的推理判断能力、对文章基本结构的理解能力以及还原信息的能力。下面通过举例,对该题型进行剖析。

一、答题思路

考生作答可参考如下思路:一看设空处位置,二看词汇线索,三看上下文逻辑关系。

(一)看设空处位置

句子在文本中的不同位置,决定了其不同作用。考生要充分利用设空处在段首、段中、段尾的位置,结合上下文进行逻辑推理,做出正确选择。

1. 设空处在段首

段首句往往是所在段落甚至后面若干段落的主旨句,对全段或若干段内容起统领作用。如果设空处位于段首,可结合全段或若干段内容,选择具有概括作用的选项。

【例】_____ People who think positively demonstrate increased life spans(寿命), lower rates of depression and anxiety, better physical and psychological health, reduced risks of death from heart problems. Positive thinking also contributes to one's ability to deal with problems and hardships. (2020年北京卷)

A. It doesn't cause any severe emotional discomfort, either.

B. Negative self-talk damages self-confidence and decreases self-respect.

C. It helps one to remain clear-headed and confident in difficult situations.

D. Positive thinking has several beneficial effects on the body and the mind.

E. As thinking changes, an individual's behaviour and habits change as well.

F. They often offer a real alternative to the common and regular way of thinking.

G. They often feel discouraged long before trying to solve the problem, even if small.

【解析】选D。设空处位于段首,后面的句子提到积极思考可延长寿命,降低一些疾病的发生率,并可帮助提高处理问题的能力。由此可知,本段旨在说明积极思考对人身心的有益影响。D项与此

对应。

2. 设空处在段中

段中句常为解释、引申、例证类语句,对前面的论点或观点进行解释、引申或例证;或是建设性语句,引出作者解决问题的方法、措施或步骤;或是句子间的过渡句,以使上下文语意承接、转换自然。

【例】Now we have the most direct evidence yet that he is right. _____ The synapses in the mice taken at the end of a period of sleep were 18 per cent smaller than those taken before sleep, showing that the connections between neurons weaken while sleeping. (2017年北京卷)

A. We should also try to sleep well the night before.

B. It's as if the brain is preserving its most important memories.

C. Similarly, when people go for a few days without sleeping, they get sick.

D. The processes take place to stop our brains becoming loaded with memories.

E. That's why students do better in tests if they get a chance to sleep after learning.

F. "Sleep is the price we pay for learning," says Giulio Tononi, who developed the idea.

G. Tononi's team measured the size of these connections, or synapses, in the brains of 12 mice.

【解析】选G,过渡句。下句的 synapses 以及 the mice 为关键线索,指出老鼠在睡完一觉后和睡觉前“synapses”的不同,所以本句应指出本次试验的内容,G项符合语境。

3. 设空处在段尾

段尾句常为结论句或概括句;或是段落间的过渡句,起承上启下的作用;或是补充句,进一步补充前文内容。

【例】Anger seems simple when we are feeling it, but the causes of anger are various. Knowing these causes can make us examine our behavior, and correct bad habits. The main reasons we get angry are triggering(触发) events, personality traits(特征), and our assessment of situations. _____ (2018年北京卷)

A. Our attitude and viewpoint on situations can create anger within us as well.

B. But some types of situations can help us to get rid of the occurrence of anger.

C. Anger is rarely looked upon as a beneficial character trait, and is

usually advised to reduce it.

D. Anger is a particularly strong feeling and maybe people think that they have reasons to feel angry.

E. Having these personality traits implies the pre-anger state, where anger is in the background of your mind.

F. Understanding these reasons will control our own anger if we are willing to evaluate ourselves with a critical eye.

G. Not everyone acts the same in response to events, and that is why what triggers one person may or may not trigger another.

【解析】选F。设空处位于段尾,作者在该空之前先给出引起人们发怒的三个主要原因,然后通过F选项的 these reasons 总结上文,并引出下文,所以这是承上启下的过渡句。

(二)看词汇线索

1. 词汇复现

这种情形既包括同一个词汇反复出现,也包括同义词、反义词、同一范畴词汇的重复出现,解题时可作为线索。

【例】When it comes to heart health, there is speculation(推测) that it's not the style of music, but rather the tempo that makes it so good for your heart health. In one European study, participants listened to music as the researchers monitored their heart rates and blood pressure. _____ On the other hand, when the music slowed, the participants' stress and anxiety levels became lower and the effects on heart rates appeared to follow suit. (2021年北京卷)

A. This feeling can also result in many other health problems.

B. Some experts say that music can be harmful if it is too loud.

C. This idea is a little off-the-wall but still has scientific backing.

D. They say it can play a big role in calming the brain enough to sleep.

E. The implications of music on overall well-being are really impressive.

F. It is also highly popular due to the individualized effects on stress and anxiety.

G. Interestingly, the more cheerful the music was, the faster their heart rates were.

【解析】选G。设空处前后句提到 music 和 heart rate,选项G中有 music 和 heart rate, slow 和

cheerful 意思相对,属于词汇复现。且从句意上看,这两句都是讲述不同速度的音乐对人心率的影响,所以选G。

2. 代词线索

七选五题型设空处常涉及的代词是指示代词、人称代词和物主代词。巧妙利用代词的指代关系可帮助解题。

【例】Positive thinking also contributes to one's ability to deal with problems and hardships. _____ For example, researchers have found that in the case of a crisis accompanied by strong emotions, such as a natural disaster, positive thinking can provide a sort of buffer(缓冲作用) against depression and anxiety. (2020年北京卷)

七个选项见前文。

【解析】选C。由设空处前提到的“Positive thinking also contributes to one's ability to deal with problems and hardships(积极思考也有助于一个人处理问题和困难的能力)”,及设空处后的具体事例“研究人员发现在一场伴随着强烈的情绪危机中,如自然灾害,积极思考可以提供一种缓冲作用来对抗抑郁和焦虑”,可知选C项,其中的 it 指代 positive thinking。

(三)看上下文逻辑关系

1. 解释关系(因果关系)

【例】One idea is that sleep helps us strengthen new memories. _____ We know that, while awake, fresh memories are recorded by reinforcing(加强) connections between brain cells, but the memory processes that take place while we sleep have been unclear. (2017年北京卷)

七个选项见前文。

【解析】选E。上句指出睡眠有助于加强新的记忆,下文对此进行了解释。E项符合语境。

2. 并列关系

表示并列关系的词,如 and, also, too, on the one hand, on the other hand 等,往往表示选项和前后文所说的是同一事情,为并列关系。

【例】Music has long been considered to be an enjoyable pastime for many people. _____ The mental health benefits from music can't be argued. Music could also be helping you with many other health problems behind the scenes. (2021年北京卷)

七个选项见前文。

【解析】选F。文段第一句话说“音乐对很多人来说是一种令人

愉快的休闲方式”,设空处后面说“音乐给人的精神健康带来的好处毋庸置疑”,因此设空处也应该说音乐的好处。选项F意为“音乐对缓解压力和焦虑有好处”,其中的 also 表明这一句和上一句是并列关系,It 指代上一句的 music,也是代词线索。

3. 转折关系

表示转折的逻辑连接词有 however, but, yet, while, instead, nevertheless, on the contrary 等。

【例】_____ However, for the same reason, music can be very beneficial if one is in pain. By distracting(分心) the mind from the pain, music, people say, can lower stress and anxiety levels. This, of course, can lead to less pain. (2021年北京卷)

七个选项见前文。

【解析】选B。根据设空处后面的句子开头 however 可知,设空处句子的意思和后面一句相反。后面句子的意思是“音乐在一个人痛苦的时候是有益的,可以让在焦虑和压力中分心”。选项B的意思是“一些专家认为音乐太大声对人体有害”,句意和后面一句相反,两句中的 harmful 和 beneficial 也是反义词线索。

二、复习方法

(一)夯实基础知识

考生基础知识薄弱,如词汇量不足,语法基础不扎实等,会导致看不懂文章或理解有误。因此,考生要进一步夯实词汇和语法基础知识。

(二)熟悉解题方法

如,能明白文章结构,全面理解文章主旨与内涵;可充分利用词汇线索、上下文逻辑连接词;会梳理上下文逻辑关系等。

(三)适当训练

考生要通过训练保持一定的手感,做题时注意把握节奏。可从近年高考题和各区模拟题中选择七选五题型进行专项训练,并注意限时。在填完选项后,如果还有时间,可把选项代入原文,检验自己的选择是否为最佳。

(四)用好文本

考生做完题后还要把文本用好,如朗读全文,积累语感,体会作者的写作思路和试题的考查思路;分析长难句等。要利用好词汇积累本,不断夯实、巩固语言知识。用好错题本,通过反思错题,进行总结和提升。