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Memorising Words 如何有效记单词

Wang Fei: 大家好, 欢迎收听本期的《你问我答》节目, 我是王飞, 今天和我一起主持节目的是 Finn.

Finn: Hello everybody. This is Finn. Wang Fei, What's the question for today? And what are you doing with all these books?

Wang Fei: Oh. I'm still searching answers for today's question!

Finn: How to Memorise 1000 English Words in One Week!

Wang Fei: Believe it or not, some books say they can help you memorise even more words more quickly.

Finn: What? More words more quickly! Do you really believe that? I'll help you with some really good methods for memorising English words in today's programme. I've got at least five effective ways.

Wang Fei: Oh that's brilliant! Now, let's hear the question first.

Insert

Ben: *Hello. I am Ben from Zhengzhou Henan province. How British kids memorise the vocabulary at the primary school. Does it work for Chinese (learners)? Can you give me some suggestion on how to memorise the words?*

Wang Fei: 来自郑州的 Ben 向我们询问英国的儿童是如何学习英语单词的? 中国的英语学习者能不能模仿他们的学习方法呢? 另外, Ben 也想知道记忆英语单词的有效方法。

Finn: As you know, there are so many words in English to learn. So the process of learning and memorising them can be quite a long and difficult one.

Wang Fei: 对。英语的词汇确实非常多。Finn, how did you manage to memorise so many English words as a boy?

Finn: Well, you know it wasn't so difficult for me to memorise so many English words because I grow up in an English-speaking environment with English-speaking parents. So for me the process was extremely natural.

Wang Fei: Finn 说他小时候就生活在一个英语环境中, an English-speaking environment. 所以他就不用像我们中国的英语学习者那样, 经历一个把英语单词转换成汉语意思的过程了。

Finn: So if a Chinese learner of English wants to learn English as I did when I was a boy, well what they have to do is to put themselves into an English language environment. But I think that might be quite difficult for some of our listeners in China.

Wang Fei: Yes what a pity. 看来大多数的中国人无法像英国的儿童那样学习英语了。

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Wang Fei: So Finn, maybe we can find some good methods from these books.

Finn: I know some of these books may tell you that you can memorise 1000 words in one week or two days. But I think it's against the nature of learning a foreign language.

Wang Fei: Finn. 解释说这样快速记忆单词的方法并不符合学习外语的本质。Why do you say that, Finn?

Finn: Well actually, Wang Fei, OK let's ...can we talk about you?

Wang Fei: Yes. No problem.

Finn: Because I think you are a typical Chinese learner of English. And if you look back at your learning process, was there any benefit to using these books memorising so many words at one time? What do you think?

Wang Fei: 我回想看一看, 还真没有什么速成的记忆单词的方法。整个过程就是记了就忘, 然后继续再记, 然后继续再忘, 然后再记, 然后 ...

Finn: 然后再忘, 是吗?

Wang Fei: Finn, it's quite embarrassing. Am I too slow in memorising English words?

Finn: You know, actually Wang Fei. I don't think you should feel bad. I think most learners would be like you. And, you know, I was no exception when I was learning Chinese. 其实, 大家都差不多! So I think this is a natural learning process. Now, there was a psychologist, called Hermann Ebbinghaus, who discovered what he called a "forgetting curve" in human memory through his experiments.

Wang Fei: 德国的心理学家艾宾浩斯发现了人类记忆的遗忘曲线 forgetting curve. 那他发现了什么呢?

Finn: He found that people start forgetting right after memorising, and the sharpest decline is in the first twenty minutes.



Wang Fei: 人们在记忆后, 马上就开始遗忘。最初的 20 分钟忘得最快。真是很有道理。有时候刚记了一个单词, 回头就忘了。Finn, What are YOUR effective ways of memorising English words then?

Finn: Ok, well, there are many ways. Actually. Wang Fei, I think you might have used some of them. Now if you have used these, please tell the listeners whether you think they are effective.

Wang Fei: 没问题。

Finn: Ok, the first method is ...

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Method No.1: Choose a practical vocabulary book

方法一: 选择一本实用的词汇书

Finn: The good thing about this method is that if you have a clear list, then it can help you set clear targets. Just in case that you feel a bit lazy.

Wang Fei: 对。这个方法确实很有效。我上大学的时候, 花了整整一个暑假的时间, 背了一本大学英语词汇书。大约 1000 个单词左右。暑假过后, 我感觉自己的英语阅读、听力还有口语都有很大的提高。

Finn: Well. That sounds very effective! But did you continue doing that?

Wang Fei: 别提了, 后来我选的词汇书不是太厚, 就是太难, 一个也没有坚持下来。

Finn: So, I think it's important to choose a vocabulary book or list that suits you. Now, the second method is ...

Insert

Method No.2: Listen, read and write at the same time.

方法二: 记忆单词的时候, 要边听、边读、边写

Wang Fei: Finn. 这个方法我也试过。我在咱们的 [bbcukchina](http://bbcukchina.com) 的网站上, Listen, read and write at the same time. 特别是可以大声跟着读, 确实非常有效果。不过, 说实在的, 我还是会经常忘。

Finn: Don't worry. You know when you encounter these new words again, no matter whether you listen to them or read them, you know, you will memorise them more quickly. Now, the third method is ...

Insert

Method No.3: Memorise words in meaningful sentences.

方法三: 把单词放在有意义的句子里记忆。

Finn: Many linguists have found out that it's much easier and quicker to memorise a poem or a meaningful sentence than to memorise each individual word.

Wang Fei: 是这样的。Finn. 我还有个办法，就是我随身带的这个小黑本。

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Method No.4: Keep a vocabulary pocket book with you.

方法四：随身带着生词本

Wang Fei: 我碰到不会的单词或者句子我就写下来。坐地铁或者等人的时候，我就拿出来看看。也很有效。

Finn: Let me have a look at your little black workbook. Ah, it's interesting. You've written quite a lot here, Wang Fei, very good. There's a word, "hallucinate". What does that mean?

Wang Fei: Sorry. I've forgotten.

Finn: You've forgotten? Well that's not good enough. You know, although you wrote it down, you need to go over it again and again, from time to time.

Wang Fei: Yes, that's absolutely true.

Finn: Now there is a sentence in your 小黑本, and it is "to use a sledge hammer to crack a nut".

Wang Fei: 这个我记着。这个是“杀鸡焉用宰牛刀” “小题大做”的意思。

Finn: And, you know, that's proved that it's easier to memorise meaningful sentences.

Wang Fei: Sure. It really is effective. Finn, what method do you usually use now?

Finn: Well, these days I use the internet quite a lot.

Insert

Method No.5: Use software or an online dictionary.

方法五：使用网上字典或者英语学习软件

Finn: You know some online dictionary websites or different kinds of software are really quick and really accurate. You can also easily compare the results from different online sources to make sure what you get is accurate.

Wang Fei: This is a very good way for advanced learners. 看来有效记忆单词的方法非常多，我们无法一一列举，关键点找到最适合你自己的。

Finn: Right, so all of these methods we mentioned today are not very useful unless you remember to repeat what you've learned and to find opportunities to use it as soon as possible.

Wang Fei: 是的。希望我们今天的节目为 Ben 的问题提供了一个满意的答案。如果其他听友也有有关记忆英语单词的好方法，那就请给我们发个邮件过来，我们的邮箱地址是：

Finn: questions.chinaelt@bbc.co.uk.

Wang Fei: Bye!

Finn: Bye for now.