

<<英语>>

图书基本信息

书名：<<英语>>

13位ISBN编号：9787533882662

10位ISBN编号：7533882660

出版时间：2009-7

出版时间：浙江教育

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页数：130

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## 内容概要

如何提高学习效率，最终在学业考试中取得较好的成绩，这一直是学生、家长、老师最关注的问题。

目前，普遍的学习方法是题海战术。

这种以高强度的习题训练为主的学习模式，对大多数的学生确实是有效的。

但突出的问题是效率极为低下。

同时，由于市场上教辅资料泛滥，如果做了大量的无效题甚至坏题，反而会影响学生的学习积极性，学习效率就会更低。

## 章节摘录

Young people can have problems with their minds. Some students become worried because they have to study very hard. Others have trouble getting on well with people like their parent sand classmates. Liu Wei , a Junior 2 student from He fei , could not understand his teacher and was doing badly in his lessons. He became so worried about it that he started to cut his finger with a knife. Another student , M-year-old Yan Fang from Guangzhou , was afraid of exams. She got very worried in one , and when she looked at the exam paper , she couldn't think of anything to write. A recent report from Jie fang Daily says about 18% of Shanghai teenagers have mental ( 心理的 ) problems. Their troubles include ( 包括 ) being worried and very unhappy. And haveproblems in learning and getting on with people. Many students who have problems won't go for advice or help. Some think they will look stupid ( 愚蠢的 ) if they go to see a doctor. others don't want to talk about their secret. ....?

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