

专家支招：如何高效地激活你的英语实用英语 PDF转换可能丢失图片或格式，建议阅读原文

[https://www.100test.com/kao\\_ti2020/645/2021\\_2022\\_\\_E4\\_B8\\_93\\_E5\\_AE\\_B6\\_E6\\_94\\_AF\\_E6\\_c96\\_645200.htm](https://www.100test.com/kao_ti2020/645/2021_2022__E4_B8_93_E5_AE_B6_E6_94_AF_E6_c96_645200.htm) Warming-up to Study English 学习之前先热身 Just as there are exercises to help you warm up before you play some basketball or other sport, there are exercises which can help you warm up to study English. Here are some simple exercises to help you warm up。每次打篮球或者进行其他运动之前我们总要做一些热身活动来准备准备，学英语也是一样，这里有一些可以帮你做学前热身的简单练习。

Study English I: Activating Your Vocabulary 热身练习一：激活你的词汇 Activate your vocabulary by thinking or speaking briefly about the subject you are about to work on. For example, if you are going to study English on topics that focuses on vacations, take a moment to think about your last vacation, what you did, what you enjoyed, etc. This simple exercise will help your brain warm-up to vocabulary that you are likely to encounter as you study English about this particular subject。激活英语词汇可以通过简短的想想或者说一说和你即将学习的主题来进行。举个例子，如果你要学习和假期有关的主题，花点时间想想你上一个假期，你干什么了，你喜欢的事情等等，这个简单的练习可以让你的大脑准备好你在学习的时候可能用到的词汇。

Study English II: Activating Your Grammar 热身练习二：激活你的语法 Activate your grammar by thinking about the general grammar area before you begin to study. For example, if you are going to study English grammar focusing on the past, stop to think about what you

did last weekend, where you went, etc. to help activate what you already understand about using the past. As with activating vocabulary, you 'll help your brain bring up what it knows about the past simple in an easy way before you begin to focus on studying English grammar in detail。 在开始学习之前，想一想通用的语法点，以此来激活你的语法。比如，如果你要学习过去时，开始想想你上周末干过什么，去过哪里等等，这些可以激活你已经学会的过去式的用法。加上已经激活的词汇，在你开始学习语法细节之前，就可以帮助你的大脑用一种轻松的方法了解过去时。 Study English III: Singing a Song 热身练习三：唱首歌 Before class begins, or before you sit down to study English sing a song in English to yourself. Make sure to use a song that you understand and know very well. This short and fun exercise will help your brain focus on the English language in a relaxing manner. It 's important to be relaxed when you study English! Singing a song also helps activate the creative side of your brain which can help you come up with more examples as you practice conversation or do some creative writing。 在英语课开始前，或者你开始学英语之前，给自己唱一首英语歌吧。最好是一首你完全明白唱的是什么的歌。这种简短又有趣的练习可以帮助你的大脑在放松模式下集中在英语这种语言上。学英语的时候放松是很重要的！唱歌还能帮助激活你大脑中有创造力的一边，者可以让你在练习对话或者写作的时候举出更多的例子。 Study English IV: Typing e a Short Paragraph in English 热身练习四：用英语写一段文章 If you going to study English at your desk, begin by typing a simple paragraph in English. You can type about your day, your

hobbies, your friends, etc. Anything will do. Typing helps activate the kinetic part of your brain that helps improve learning through physical activity. I also recommend typing while you study your English grammar. This will help solidify your knowledge with movement。 如果你会坐在桌前学习英语，从打出一段简单的英文开始吧。你可以写写你的一天，你的爱好，你的朋友等等，什么都行。打字可以帮助激活你大脑中运动的部分，这有助于从生理行为方面促进学习。我还很推荐学语法的时候打字，这可以用动作固化你的记忆。 Study English V: A Thousand Words ..。 热身练习五：一千个词..... As the saying goes in English: A picture is worth a thousand words. Help activate the creative side of your brain by trying to describe a photo or other image. You can combine use this also to activate your vocabulary by choosing a picture that has something to do with the subject your are going to study in English。 英语里有句俗话说，一幅画顶一千个词。描绘一张照片或者其他的图片会很有助于激活你大脑中创造性的一边。你还可以用一张和你要学习的主题相关的图片结合这个方法激活你的词汇。 100Test 下载频道开通，各类考试题目直接下载。详细请访问 [www.100test.com](http://www.100test.com)