### 图书基本信息

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#### 前言

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。 学习理论的记忆曲线告诉我们。学习是一个不断重复与巩固的过程。无论是基础知识的学习,还是解题能力的训练。莫不遵循这一规律。为此,很多有经验的老师通常会要求学生在学完新课内容以后及时复习,并在周末对本周的学习内容进行适当的复习,以求巩固提高。 那么,周末到底应该布置怎样的习题,习题量又以多少合适呢?针对这一问题,近年来。杭州市一些重点中学的学科教研组开展了一项名为"周末练"的实践探索。他们摒弃以往在周末布置大量作业的做法,而让学生完成一份时间约为四十分钟、内容涵盖了本周重、难点的试卷。实践证明,这一做法取得了很好的效果,学生在不增加学习负担的情况下,能够有效地对所学的知识进行复习巩固、查漏补缺。

#### 内容概要

《浙江名校周末练·英语(7年级上)(R版)》主要内容简介: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。

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#### 章节摘录

Mr and Mrs Brown come from Sydney. They love Shanghai very much. They have threechildren , Alan , Tony and Gina. They are all in Shanghai now. Mr Brown can speak someChinese. Now he and his wife teach English in a school in Shanghai. Mr Brown likes swimming and Beijing Opera. His wife likes swimming and reading. Theyoften go swimming in the afternoon. Alan likes playing football and swimming. Tony likesswimming and playing basketball with his friends. Gina likes dancing and swimming. Alans uncle Jeff Brown works in a sports club in Sydney. He swims very well. He lovesShanghai and likes to work in Shanghai. But he cant speak Chinese at all. So he is still there andgoes to Chinese classes every week.

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