

抓住核心问题：温儒敏阅读方法的启示

温儒敏教授在阅读方法上的核心理念之一是抓住核心问题。他认为，阅读不仅仅是获取信息，更是为了理解问题本质，形成知识框架。读书时，如果只是停留在表面信息的积累，而忽略问题的本质，学习效果往往有限。温儒敏强调，阅读的关键在于辨认出每篇文章或每本书的核心论点，然后围绕这些核心问题展开思考和笔记。

在实际学习中，我们可以先快速浏览书籍或文章，提炼出作者想要解决的主要问题。例如在学习历史时，不仅要记住事件的时间和地点，更要理解这些事件背后的因果关系和社会逻辑。通过这种方法，我们的阅读不再是机械的记忆，而是主动的理解和思考。

温儒敏还提出，通过阅读建立知识结构同样重要。这意味着每次阅读都不是孤立的，而是把新知识和已有知识联系起来。比如在学习哲学时，可以将不同哲学家的观点整理成一个知识网络，标注相互之间的联系和差异。这种方法能够帮助我们在面对复杂问题时迅速找到相关的理论支撑，从而提升分析能力和判断力。

结合具体策略，我们可以在阅读时使用提问法：先提出几个核心问题，再带着问题去寻找答案，并将答案与自己的理解相结合。此外，做读书笔记时可以采用结构化方式，将知识分门别类，形成逻辑清晰的知识体系。这不仅提升了理解力，也锻炼了归纳和分析能力。

总结来看，温儒敏的阅读方法强调抓住核心问题、建立知识结构、主动思考。这一方法不仅适用于学术研究，也适合日常学习。通过实践这些策略，我们可以将阅读变为一种高效的学习工具，使知识真正内化为自己的能力。

Grasping Core Issues: Insights from Wen Rumins Reading Methods

One of Professor Wen Rumin's core ideas in reading is to grasp the core issues. He believes that reading is not just about acquiring information but understanding the essence of problems and forming a knowledge framework. If reading only stays on the surface level of information accumulation while ignoring the core issues, learning outcomes are often limited. Wen emphasizes that the key to reading is identifying the main arguments of each article or book and then thinking and taking notes around these core issues.

In practical learning, we can first skim through books or articles to extract the main problems the author wants to address. For example, when studying history, it is not enough to remember the time and place of events; one must also understand the causes and social logic behind them. Through this approach, reading becomes active understanding and reflection rather than mechanical memorization.

Wen also suggests that building a knowledge structure through reading is equally important. This means each reading session is not isolated but connects new knowledge

with existing knowledge. For instance, when studying philosophy, one can organize different philosophers' viewpoints into a knowledge network, noting their interconnections and differences. This method helps quickly find relevant theoretical support when facing complex problems, thereby enhancing analytical and judgment skills.

As for practical strategies, we can use a questioning approach while reading: first raise a few core questions, then seek answers while reading, and combine the answers with personal understanding. Additionally, taking structured notes and categorizing knowledge logically can form a clear knowledge system. This not only enhances comprehension but also trains inductive and analytical skills.

In summary, Wen Rumin's reading method emphasizes grasping core issues, building knowledge structures, and active thinking. This method is not only applicable to academic research but also to everyday learning. By practicing these strategies, we can turn reading into an effective learning tool and internalize knowledge as a personal capability.