

2021年12月·第1套 英语四级长篇阅读（信息匹配） 第1篇·36-45 题答案与解析

STATEMENTS & ANALYSIS • 信息匹配题和解析

信息匹配题和解析·36-45 题

本页 36-45 题的段落匹配答案与逐句解析由懒笔记基于2021年12月·第1套 英语四级长篇阅读（信息匹配）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 12 段字母标号长文（逐段附中文翻译）；之后 10 句陈述逐句排列，每句英文陈述后紧接本句解析——陈述句中译、信息所在段落、锚点强弱、定位句中英对照、陈述句与原文的同义改写对照与易混相邻段辨析。

真题卷第1套(2021-12) · 四级

Part III Section B

Directions: In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter on **Answer Sheet 2**.

There's a stress gap between men and women

A) "I used to work very hard. I love to create things, grow them and solve problems," said Meng Li, a successful app developer in San Francisco. "I didn't really care about my mind and my body until they decided to go on strike."

"我过去工作非常努力。我喜欢创造事物、发展它们并解决问题,"旧金山一位成功的应用程序开发者 Meng Li 说。"我真的不关心我的身心,直到它们决定罢工。"

B) Ms. Li said her stress led to sleeplessness. When she did sleep, she experienced "problem-solving dreams," which left her feeling unrested when she woke up. "After I became a first-time mother, I quickly realized I was so busy caring for other people and work that I felt like I'd lost myself," she said.

Li 女士说她的压力导致了失眠。当她入睡时,她经历"解决问题的梦",这让她醒来时感到没有得到休息。"在我第一次成为母亲后,我很快意识到我忙于照顾他人和工作,以至于我觉得失去了自我,"她说。

C) It's a common story—one we frequently ridicule and readily dismiss, for example, by claiming that women tend to complain more than men, despite the growing sum of research that underlines the problem. Women are twice as likely to suffer from severe stress and anxiety as men, according to a 2016 study published in The Journal of Brain & Behavior. The American Psychological Association reports a gender gap year after year showing that women consistently report higher stress levels. Clearly, a stress gap exists.

这是一个常见的故事——我们经常嘲笑并轻易忽视它,例如,声称女性往往比男性更爱抱怨,尽管越来越多的研究强调了这个问题。根据2016年发表在《大脑与行为杂志》上的一项研究,女性遭受严重压力和

焦虑的可能性是男性的两倍。美国心理学会年复一年地报告性别差距,显示女性持续报告更高的压力水平。显然,压力差距是存在的。

- D) "The difference is not really news to me, as a clinical psychologist," said Erin Joyce, a women and couples therapist in Los Angeles. "It's been well documented in extensive research over the years that prevalence rates for the majority of the anxiety disorders are higher in women than men." Some people may argue that this is merely reported data, and they say many men feel the same pressures as women in terms of fulfilling responsibilities at work and home. In other words, we're all really, really stressed.

"作为一名临床心理学家,这种差异对我来说并不是新闻,"洛杉矶的女性和夫妻治疗师Erin Joyce说。"多年来的广泛研究已充分证明,大多数焦虑症的患病率在女性中高于男性。"有些人可能会争辩说这只是报告的数据,他们说许多男性在履行工作和家庭责任方面感受到与女性同样的压力。换句话说,我们所有人都真的、真的压力很大。

- E) "The difference, however, is in the nature and scope of these responsibilities in the home environment in particular," Dr. Joyce said. For example, the United Nations reported that women do nearly three times as much unpaid domestic work as men. The problem is, housework is often overlooked as work, even though it is often as laborious (or in some cases, more so) as any paid job. As the scholar Silvia Federici put it in 1975, the unpaid nature of domestic work reinforces the assumption that "housework is not work, thus preventing women from struggling against it."

"然而,差异在于这些责任的性质和范围,特别是在家庭环境中,"Joyce博士说。例如,联合国报告称女性从事的无报酬家务劳动几乎是男性的三倍。问题是,家务劳动常常被忽视为工作,尽管它往往与任何有偿工作一样辛苦(或在某些情况下更辛苦)。正如学者Silvia Federici在1975年所说,家务劳动的无偿性质强化了"家务劳动不是工作"的假设,从而阻止女性与之抗争。

- F) It's not just inside the home, though. Research from Nova Southeastern University found that female managers were more likely than male managers to display "surface acting," or forcing emotions that are not wholly felt. "They expressed optimism, calmness and sympathy even when these were not the emotions that they were actually feeling," the study said.

然而,这不仅仅发生在家庭内部。Nova Southeastern University的研究发现,女性管理者比男性管理者更有可能表现出"表面表演",即强迫表现并非完全感受到的情绪。"她们表达乐观、冷静和同情,即使这些不是她们实际感受到的情绪,"该研究说。

- G) Surface acting is a prime example of "emotional labor," a concept that the writer Jess Zimmerman made familiar in a 2015 essay. The essay sparked a massive thread on the internet community blog MetaFilter. Hundreds of women spoke up about their own experience with emotional labor: the duties that are expected of them, but go unnoticed. These invisible duties become apparent only when you don't do them. Like domestic labor, emotional labor is generally dismissed and not labeled work. But research shows it can be just as exhausting as paid work. Emotional labor can lead to difficulty in sleeping and family conflict. Sure, circumstantial stress, like losing a job, may lead to these same issues. But emotional labor is not circumstantial. It's an enduring responsibility based on the socialized gender role of women.

表面表演是"情绪劳动"的一个典型例子,这是作家Jess Zimmerman在2015年的一篇文章中使其为人所熟知的概念。这篇文章在互联网社区博客MetaFilter上引发了大量讨论。数百名女性谈论了她们自己在情绪劳动方面的经历:那些被期望她们承担但却未被注意到的职责。这些看不见的职责只有在你不做

时才变得明显。像家务劳动一样,情绪劳动通常被忽视,不被标记为工作。但研究表明,它可能与有偿工作一样令人疲惫。情绪劳动可能导致睡眠困难和家庭冲突。当然,情境性压力,如失业,可能导致同样的问题。但情绪劳动不是情境性的。它是基于女性社会性别角色的持久责任。

- H) Like Ms. Li, many women try to manage the added stress to reach what Dr. Joyce said was an unattainable ideal. "Some professional women aim to do it all. They want to reach the top of the corporate ladder and fly like supermom," she said. When women don't reach this ideal, they feel guilty; and even more stressed. After her own struggle with this, Ms. Li took a step back and used her experience to build Sanity & Self, a self-care app and platform for overworked women. "The realizations I had in that process helped me gain insights and ultimately got me ready to integrate self-care into my daily life," she said.

像Li女士一样,许多女性试图管理额外的压力以达到Joyce博士所说的一个无法实现的理想。"一些职业女性的目标是做到一切。她们想要达到企业阶梯的顶端,并像超级妈妈一样飞翔,"她说。当女性没有达到这个理想时,她们感到内疚,甚至更有压力。在她自己与此斗争之后,Li女士后退一步,利用她的经验建立了Sanity & Self,一个为过度工作的女性提供的自我护理应用程序和平台。"我在那个过程中的领悟帮助我获得了洞察力,并最终让我准备好将自我护理融入我的日常生活,"她说。

- I) The stress problem extends beyond mental health when you consider the link between stress, anxiety and heart health. Worse, most of what we know about heart disease comes from studies involving men. However, "there are many reasons to think that it's different in women," Harvard Medical School reported. For example, women are more likely to experience disturbed sleep, anxiety and unusual fatigue before a heart attack. Stress is so normalized that it is easy for women to shrug off those symptoms as simply the consequences of stress. Many women also do not experience chest pain before a heart attack the way men do, which leads to fewer women discovering problematic heart issues. Harvard reports that women are "much more likely than men to die within a year of having a heart attack" and "many women say their physicians sometimes don't even recognize the symptoms."

当你考虑压力、焦虑和心脏健康之间的联系时,压力问题超越了心理健康。更糟糕的是,我们对心脏病的大部分了解来自涉及男性的研究。然而,"有很多理由认为女性的情况不同,"哈佛医学院报告说。例如,女性在心脏病发作前更有可能经历睡眠紊乱、焦虑和异常疲劳。压力是如此正常化,以至于女性很容易将这些症状简单地视为压力的后果而不予理会。许多女性在心脏病发作前也不会像男性那样经历胸痛,这导致发现有问题的的心脏问题的女性更少。哈佛报告称,女性"在心脏病发作后一年内死亡的可能性远高于男性",并且"许多女性说她们的医生有时甚至不识别这些症状。"

- J) The good news is, women are more likely than men to take charge of their stress and manage it, the American Psychological Association reports. The concept of self-care, at its core, is quite simple. "The basics of adequate sleep, healthy diet and exercise are a good place to start," Dr. Joyce said. "Support from trusted relationships is vital. This includes professional support from various health and wellness providers if stress is becoming increasingly overwhelming."

好消息是,美国心理学会报告称,女性比男性更有可能掌控她们的压力并管理它。自我护理的概念,从本质上讲,非常简单。"充足的睡眠、健康的饮食和锻炼的基础是一个很好的起点,"Joyce博士说。"来自信任关系的支持至关重要。如果压力变得越来越难以承受,这包括来自各种健康和保健提供者的专业支持。"

- K) Disconnecting from work and home responsibilities is also obviously important. But it's much easier said than done. It is important to understand what causes your stress in the first place. "Get really specific with what's stressing you out," Ms. Li said. "We often chalk up our stress to broad

experiences like work. But work stress can take many different forms. Is a colleague being disrespectful of your time? Is a boss undermining your day-to-day control over decision making? These are different causes of stress and can benefit from different kinds of self-care."

与工作和家庭责任脱离联系显然也很重要。但说起来容易做起来难。重要的是首先理解是什么导致了你的压力。"非常具体地了解是什么让你感到压力,"Li女士说。"我们经常将压力归因于像工作这样的广泛经历。但工作压力可以采取许多不同的形式。是同事不尊重你的时间吗?是老板削弱你对日常决策的控制吗?这些是不同的压力原因,可以从不同类型的自我护理中受益。"

L) Ideally, your spouse or partner will be supportive, rather than dismissive, of your stress. It is important to talk through these issues before they come to a head. "Women working outside of the home should make an effort to have a conscious conversation with their partners about more equitable sharing of household and family responsibilities," Dr. Joyce said.

理想情况下,你的配偶或伴侣将支持而不是忽视你的压力。重要的是在这些问题达到顶点之前进行讨论。"在家庭外工作的女性应该努力与她们的伴侣进行有意识的对话,以更公平地分担家庭和家庭责任,"Joyce博士说。

陈述句与逐句解析

36. Some career women who aim high tend to feel guilty if they fail to achieve their goals.

一些志向远大的职业女性如果未能实现目标往往会感到内疚。

【答案】 H 段 (强锚点)

【锚点】 career women aim high + fail + feel guilty

【定位】 Some professional women aim to do it all. They want to reach the top of the corporate ladder and fly like supermom. When women don't reach this ideal, they feel guilty; and even more stressed.

一些职业女性想把所有事都做到——既要爬上公司顶层、又要像超级妈妈一样飞起来。当她们没能达到这个理想时,她们会感到内疚,压力反而更大。

【改写】 Some career women who aim high ↔ **Some professional women aim to do it all**

同义替换: aim high ≈ aim to do it all

if they fail to achieve their goals ↔ **When women don't reach this ideal**

同义替换: fail to achieve ≈ don't reach

tend to feel guilty ↔ **they feel guilty**

原样复现

37. The unpaid housework done by women is triple that done by men.

女性完成的无偿家务劳动是男性的三倍。

【答案】 E 段 (强锚点)

【锚点】 unpaid housework + triple

【定位】 For example, the United Nations reported that women do nearly three times as much unpaid domestic work as men.

例如, 联合国报告说女性承担的无偿家务劳动几乎是男性的三倍。

【改写】 The unpaid housework done by women ↔

women do nearly three times as much unpaid domestic work

同义替换: housework ≈ domestic work

is triple that done by men ↔ **nearly three times as much unpaid domestic work as men**

数量倍数的同义改写: triple ≈ three times

38. It is reported that women consistently suffer more from severe stress than men.

据报道,女性持续遭受的严重压力多于男性。

【答案】 C 段 (强锚点)

【锚点】 reported + women consistently + severe stress

【定位】 The American Psychological Association reports a gender gap year after year showing that women consistently report higher stress levels.

美国心理学会年复一年地报告存在一种性别差距, 显示女性持续报告更高的压力水平。

【改写】 It is reported that ↔

The American Psychological Association reports a gender gap year after year

被动"被报告"对应主动"APA 报告说"

women consistently suffer more from severe stress than men ↔

women consistently report higher stress levels

同义替换: suffer more from severe stress ≈ report higher stress levels

【辨邻】 D It's been well documented in extensive research over the years that prevalence rates for the majority of the anxiety disorders are higher in women than men 谈的是"研究中已有记录", 但具体数据和"年复一年报告"的源头还是 C 段, D 段属于话题相邻的解读, 不是"被报告"原句。

It's been well documented in extensive research over the years that prevalence rates for the majority of the anxiety disorders are higher in women than men

39. Women are advised to identify the specific causes of their stress so that steps can be taken to deal with it.

建议女性识别造成压力的具体原因,以便采取措施应对。

【答案】 K 段 (强锚点)

【锚点】 identify specific causes of stress

【定位】 It is important to understand what causes your stress in the first place. "Get really specific with what's stressing you out," Ms. Li said.

首先弄清楚是什么造成了你的压力，这一点很重要。Li 女士说："对到底是什么让你有压力，要弄得非常具体。"

【改写】 Women are advised to identify the specific causes of their stress ↔

Get really specific with what's stressing you out

祈使句⇌被动建议句的句式转换

so that steps can be taken to deal with it ↔

These are different causes of stress and can benefit from different kinds of self-care

上位概括：不同自我照护 ⊆ 采取措施处理

【辨邻】 J J 段建议的是 The basics of adequate sleep, healthy diet and exercise 与 Support from trusted relationships is vital，没有提到"识别具体压力源"这件事，只是话题相邻的另一类建议。

The basics of adequate sleep, healthy diet and exercise are a good place to start

40. One study showed that women managers often expressed positive emotions that they didn't really feel.

一项研究显示,女性管理者经常表达她们实际上并未真正感受到的积极情绪。

【答案】 F 段 (强锚点)

【锚点】 women managers + positive emotions + didn't really feel

【定位】 Research from Nova Southeastern University found that female managers were more likely than male managers to display "surface acting," or forcing emotions that are not wholly felt. "They expressed optimism, calmness and sympathy even when these were not the emotions that they were actually feeling," the study said.

Nova Southeastern 大学的研究发现，女性管理者比男性管理者更倾向于"表层表演"，也就是强行表现出并非完全真切感受到的情绪。研究称："她们表现出乐观、镇定和同情，即便这些并不是她们实际感受到的情绪。"

【改写】 women managers ↔ **female managers**

同义替换：women ≈ female

often expressed positive emotions ↔ **They expressed optimism, calmness and sympathy**

上位概括：positive emotions ⊇ optimism/calmness/sympathy

they didn't really feel ↔ **not the emotions that they were actually feeling**

同义替换：didn't really feel ≈ not actually feeling

【辨邻】 G Surface acting is a prime example of emotional labor 借"表层表演"引出新概念，是延伸讨论，但 One study showed 指的是 Nova Southeastern 大学那项研究本身，源头仍在 F 段。

Surface acting is a prime example of emotional labor

41. Women tend to mistake signs of heart attacks for symptoms of stress.

女性倾向于将心脏病发作的征兆误认为是压力的症状。

【答案】 I 段 (强锚点)

【锚点】 mistake signs of heart attacks for symptoms of stress

【定位】 For example, women are more likely to experience disturbed sleep, anxiety and unusual fatigue before a heart attack. Stress is so normalized that it is easy for women to shrug off those symptoms as simply the consequences of stress.

例如，女性比男性更容易在心脏病发作前出现睡眠紊乱、焦虑和异常疲劳。由于压力被视为常态，女性很容易把这些症状当成不过是压力的副产品而不当回事。

【改写】 signs of heart attacks ↔ **disturbed sleep, anxiety and unusual fatigue before a heart attack**

上位概括: signs of heart attacks $\supseteq$ disturbed sleep/anxiety/unusual fatigue

mistake signs of heart attacks for symptoms of stress ↔

shrug off those symptoms as simply the consequences of stress

动作等值: mistake A for B $\approx$ shrug off A as B

42. For a time an app developer in America was so busy attending to work and family that she suffered from sleeplessness.

美国一位应用程序开发者曾经一度忙于工作和家庭以至于失眠。

【答案】 B 段 (强锚点)

【锚点】 app developer in America + work + family + sleeplessness

【定位】 Ms. Li said her stress led to sleeplessness. When she did sleep, she experienced "problem-solving dreams," which left her feeling unrested when she woke up. "After I became a first-time mother, I quickly realized I was so busy caring for other people and work that I felt like I'd lost myself," she said.

Li 女士说她的压力让她失眠。当她真的睡着时，她会做"解题梦"，醒来仍感到没休息好。她说："当上新手妈妈之后，我很快意识到自己忙着照顾别人和工作，感觉迷失了自己。"

【改写】 an app developer in America ↔ **Ms. Li said her stress led to sleeplessness**

回指等值: Ms. Li = 上文已介绍的 app developer

so busy attending to work and family that she suffered from sleeplessness ↔

her stress led to sleeplessness

同义替换: suffered from sleeplessness ≈ stress led to sleeplessness

attending to work and family ↔ **so busy caring for other people and work**

同义替换: attending to ≈ caring for; family ≈ other people

【辨邻】 **A** I love to create things, grow them and solve problems 与 I didn't really care about my mind and my body until they decided to go on strike 只展示她工作热情和身心崩溃的暗示, 没有"sleeplessness"和"work and family"具体细节, 只能算只覆盖局部。

a successful app developer in San Francisco

43. The emotional labor women do is noticed only when it is not done.

女性所做的情感劳动只有在未完成时才会被注意到。

【答案】 **G** 段 (强锚点)

【锚点】 emotional labor + noticed only when not done

【定位】 These invisible duties become apparent only when you don't do them.

这些看不见的职责, 只有在你不做的时候才会被察觉。

【改写】 The emotional labor women do ↔

emotional labor: the duties that are expected of them, but go unnoticed

原样复现 + 局部解释

is noticed only when it is not done ↔

These invisible duties become apparent only when you don't do them

同义替换: noticed ≈ become apparent; it is not done ≈ you don't do them

【辨邻】 **F** female managers were more likely than male managers to display surface acting 把焦点放在"表层表演", 是 G 段所说 emotional labor 的下位例, 但不承载"只有不做才被注意"这一陈述。

Research from Nova Southeastern University found that female managers were more likely than male managers to display surface acting

44. Dr. Joyce suggests that apart from self-care, women should seek professional support if they experience severe stress.

Joyce博士建议,除了自我照顾外,女性如果经历严重压力应寻求专业支持。

【答案】 **J** 段 (强锚点)

【锚点】 Dr. Joyce + apart from self-care + professional support + severe stress

【定位】 Support from trusted relationships is vital. This includes professional support from various health and wellness providers if stress is becoming increasingly overwhelming.

来自可信关系的支持至关重要，这包括在压力越来越压垮人时寻求各种健康与身心保健专业人士的支持。

【改写】 Dr. Joyce suggests that ↔ **Dr. Joyce said**

言说动词同义: suggests ≈ said (在 give advice 语境)

apart from self-care, women should seek professional support ↔

The basics of adequate sleep, healthy diet and exercise are a good place to start This includes professional support from various health and wellness providers

递进关系等值: apart from self-care ≈ self-care 之外再加 professional support

if they experience severe stress ↔ **if stress is becoming increasingly overwhelming**

条件等值: severe stress ≈ stress is becoming increasingly overwhelming

【辨邻】 L Women working outside of the home should make an effort to have a conscious conversation with their partners about more equitable sharing of household and family responsibilities 只涉及与伴侣沟通分担责任，不是 professional support 的建议。

have a conscious conversation with their partners about more equitable sharing of household and family responsibilities

45. Some people believe that there may not exist a stress gap between men and women.

有些人认为男性和女性之间可能不存在压力差距。

【答案】 **D** 段 (强锚点)

【锚点】 may not exist + stress gap between men and women

【定位】 Some people may argue that this is merely reported data, and they say many men feel the same pressures as women in terms of fulfilling responsibilities at work and home. In other words, we're all really, really stressed.

有些人或许会反驳说这只不过是报告出来的数据，并称许多男性在履行工作与家庭责任时也承受着与女性同样的压力。换句话说，我们都真的真的很有压力。

【改写】 Some people believe ↔ Some people may argue

同义替换: believe ≈ argue (持有/主张观点)

may not exist a stress gap between men and women ↔

many men feel the same pressures as women in terms of fulfilling responsibilities at work and home

语义反推等值: 男女都同样有压力 ⇒ 差距不存在

may not exist a stress gap between men and women ↔

In other words, we're all really, really stressed

总结句把反方立场显化: "我们都同样有压力"

【辨邻】 C Clearly, a stress gap exists 是对差距存在的正面肯定, 立场与 may not exist a stress gap 完全相反; C 的所有数据都在支持"差距存在", 因此不是反方立场段。

Clearly, a stress gap exists

PARAGRAPH MAP • 段落主旨图

12 个段落各讲了什么

逐段一句主旨 + 该段最具区分度的「信息指纹」, 是逐句回扫定位的工作台。

A 引入旧金山某 app 开发者 Meng Li 的自述, 她过去拼命工作、热爱解决问题, 直到身心罢工才开始关注自己。

信息指纹 Meng Li 自述其工作热情与崩溃起点

B Meng Li 进一步讲述压力导致的失眠、做"解题梦", 以及当上新手妈妈后照顾他人与工作两头烧、感到迷失自我。

信息指纹 压力—失眠—解题梦—新手妈妈迷失自我

C 用数据指出"压力性别差距"客观存在: 研究显示女性遭受严重压力和焦虑的可能性是男性的两倍, APA 也年复一年地报告女性压力水平更高。

信息指纹 压力性别差距的统计证据 (两倍/逐年报告)

D 临床心理学家 Erin Joyce 指出研究早已记录女性焦虑障碍患病率更高; 同时介绍"另一种声音"——有人认为男性在工作和家庭责任上承受同样压力, 差距并不真存在。

信息指纹 Joyce 引出反方声音: 差距或许并不存在

E Joyce 解释差距体现在家庭责任的性质与范围上：联合国数据显示女性承担的无偿家务劳动几乎是男性的三倍，无偿性掩盖了家务作为劳动的事实。

信息指纹 联合国数据：女性无偿家务是男性的近三倍

F Nova Southeastern 大学的研究发现：女性管理者比男性管理者更倾向“表层表演”，强行表现并非真实感受的乐观、镇定和同情。

信息指纹 女性管理者的“表层表演”研究

G 把“表层表演”接到“情感劳动”概念：作家 Jess Zimmerman 让这一概念广为人知，强调这些被期待却不被注意的职责只有在没做时才被察觉，且像家务一样不被当作工作，长期消耗女性。

信息指纹 情感劳动“不做才发现”的隐形性

H 许多职业女性追求“事业登顶+超级妈妈”的不可能理想，做不到就内疚、压力更大；Meng Li 自己经历后退一步，做出 Sanity & Self 这款自我照护 app。

信息指纹 追求“全做到”未达即内疚 + Sanity & Self 由来

I 压力问题延伸到心脏健康：心脏病研究多基于男性，但女性在心脏病发作前更易出现睡眠紊乱、焦虑和异常疲劳，常被当成压力症状忽略，因此女性心脏病发作后一年内死亡率更高。

信息指纹 女性心脏病前兆被当成压力征兆而忽略

J 好消息是女性更可能主动管理压力；Joyce 给出自我照护的基础（充足睡眠、健康饮食、运动），并强调如压力越来越压垮人，应寻求各类健康与身心专业人士的支持。

信息指纹 自我照护基础 + 必要时寻求专业支持

K 脱离工作和家庭责任说易行难；Meng Li 建议把压力源“具体化”——别笼统说“工作累”，要细到是同事不尊重时间还是上司削弱决策权，因为不同压力源需要不同自我照护。

信息指纹 把压力源具体化才能对症

L

结尾建议伴侣应支持而非轻视女性的压力，且应在矛盾爆发前进行“有意识的对话”，更公平地分担家务与家庭责任。

信息指纹 与伴侣“有意识对话”分担家庭责任

SENTENCE INSIGHTS • 句子精讲

20 句真题句逐层精讲

下列真题句各有独立的句子解析页——中文翻译、结构树逐层拆解、成分与时态、考点讲解与真题高频词。点击句子进入完整解析。

"I didn't really care about my mind and my body until they decided to go on strike."

A段，第2句

主句加时间状语从句的结构在四六级和考研真题中频繁出现，“until”引导时间从句表达状态持续界限是典型用法。并列宾语和不定式作宾语也是常考点。整体句式具有一定代表性，学习后可迁移到类似句型。

When she did sleep, she experienced "problem-solving dreams," which left her feeling unrested when she woke up.

B段，第2句

本句主干识别难度中等，嵌套复杂度和时态语态难度中等偏上，成分覆盖丰富且含易错点，结构典型性较高。综合来看，适合作为中等难度的句子结构和时态训练材料，对提升学习者的分句识别能力和成分划分能力有较好的训练价值。

"After I became a first-time mother, I quickly realized I was so busy caring for other people and work that I felt like I'd lost myself," she said.

B段，第3句

这句话在结构上有一定层次，但线索又比较清楚，既能训练主干定位，也能训练结果结构和过去完成时的识别。对句子结构与时态练习来说，难度和代表性都比较合适，值得优先练。

Women are twice as likely to suffer from severe stress and anxiety as men, according to a 2016 study published in The Journal of Brain & Behavior.

C段，第2句

倍数比较结构 twice as ... as 在四六级和考研阅读中高频出现，是科研报道和数据对比的常见句式，掌握后可迁移至大量同类型句子。

Some people may argue that this is merely reported data, and they say many men feel the same pressures as women in terms of fulfilling responsibilities at work and home.

D段，第3句

句子结构非常典型：并列主句加宾语从句的组合在议论文写作中极为常见，用于陈述不同观点。第一个主句使用 argue that 引出观点，第二个主句使用 say 加省略 that 的宾语从句，都是标准的观点引述句式。比较结构 the same...as 和介词短语 in terms of 也是四六级和考研阅读中的高频结构。掌握这个句子的分析方法，可以直接应用于大量类似的观点陈述句和比较句。

In other words, we're all really, really stressed.

D段，第4句

主系表结构是常见基础句式，同位语 all 和程度副词重复使用 really, really 也是口语和书面语中常出现的表达方式，有一定代表性，但结构过于简单，不涉及真题中常考的复杂句式

For example, the United Nations reported that women do nearly three times as much unpaid domestic work as men.

E段，第2句

"主句 + 宾语从句 + 嵌套比较结构" 是四六级和考研阅读中的高频句式，尤其是 "report/show/indicate that..." 的结构和 "as...as" 比较句式都极为常见，掌握后可大量迁移。

The problem is, housework is often overlooked as work, even though it is often as laborious (or in some cases, more so) as any paid job.

E段，第3句

主系表结构 + 表语从句 + 让步状语从句的组合，是四六级和考研阅读中的常见句式。表语从句后接让步从句的嵌套关系，在议论文中频繁出现，用于呈现问题和反差。掌握后可迁移到大量类似句子。

But research shows it can be just as exhausting as paid work.

G段，第6句

"主句 + 省略 that 的宾语从句" 是四六级和考研阅读中的高频结构,从句内 "情态动词 + be + 形容词" 的主系表结构以及 "as...as" 比较结构也极为常见。掌握本句模式后可广泛迁移至学术文本和新闻报道。

"The realizations I had in that process helped me gain insights and ultimately got me ready to integrate self-care into my daily life," she said.

H段，第5句

本句结构高度典型：引述句 + 宾语从句 + 定语从句修饰主语 + 并列谓语带补足语，是四六级和考研阅读中的常见句式。定语从句省略关系代词、并列谓语各自带不同补足语结构，都是考试高频考点，掌握后可大量复用到类似长难句的分析中。

Stress is so normalized that it is easy for women to shrug off those symptoms as simply the consequences of stress.

I段，第5句

so ... that 引导结果状语从句以及 it is + 形容词 + for sb to do 句型都是四六级和考研真题中的高频句式，本句结构典型、实用性强，掌握后可大量复用。

Many women also do not experience chest pain before a heart attack the way men do, which leads to fewer women discovering problematic heart issues.

I段，第6句

主句包含主谓宾、时间状语、方式状语从句等多种成分，非限制性定语从句中有"which"作主语、复合宾语结构"fewer women discovering..."。涵盖了常见核心成分及修饰成分，方式状语从句和复合宾语都是值得练习的结构点，具有较好的训练价值。

Disconnecting from work and home responsibilities is also obviously important.

K段，第1句

主系表结构是英语基本句型之一，动名词短语作主语在考试阅读中较常见，具备一定代表性，但本句结构过于简单，缺少四六级或考研常考的复杂修饰、从句嵌套等特征，迁移价值中等。

It is important to understand what causes your stress in the first place.

K段, 第3句

"It is + 形容词 + to do" 句型和 "what" 引导的宾语从句都是四六级和考研中的高频结构, 掌握本句的分析方法可以直接迁移到大量类似句子, 典型性很强。

It is important to talk through these issues before they come to a head.

L段, 第2句

形式主语it加不定式短语是四六级和考研阅读写作中的高频句式, 时间状语从句before引导也属常考结构, 二者组合具有较强代表性, 掌握后可广泛迁移至类似句式

The unpaid housework done by women is triple that done by men.

第37题 题干

本句主系表结构清晰, 但主语和表语都较长、含后置定语, 适合练习如何在复杂名词短语中识别核心成分。两个 "done" 短语平行出现, 可训练学生区分后置定语与谓语、理解过去分词作定语的用。表语中 "that" 的指代关系也是常见考点。

Women are advised to identify the specific causes of their stress so that steps can be taken to deal with it.

第39题 题干

被动语态加不定式补足语以及so that引导的目的状语从句都是四六级和考研阅读中的高频句式, 学会分析此句可迁移到大量类似结构, 代表性强

Women tend to mistake signs of heart attacks for symptoms of stress.

第41题 题干

"tend to" + 动词原形和 "mistake A for B" 均为四六级和考研常考句式; 虽然本句为简单句, 但其展示的固定搭配和双宾语结构在真题中频繁出现, 掌握后可迁移至大量类似句型。

For a time an app developer in America was so busy attending to work and family that she suffered from sleeplessness.

第42题 题干

so ... that 引导结果状语从句是四六级和考研阅读中的高频句式, 分词短语作状语也是常考点。该句式在真题中具有较高代表性, 学习后迁移性强

Dr. Joyce suggests that apart from self-care, women should seek professional support if they experience severe stress.

第44题 题干

"suggests that" 引导宾语从句、宾语从句内嵌套 "if" 条件状语从句的结构,是四六级和考研英语阅读中的高频句式。掌握后可迁移到大量类似的建议、观点表达句型。

HIGH-FREQUENCY · 真题高频词

本篇出现的 121 个英语四级真题高频词

下列单词既在本篇真题中出现, 又是 **英语四级** 历年真题的高频词 (在该考试真题中出现的句子数均不少于 8)。每个词标注本篇 出现次数与该考试真题句频, 点击可查看该词的释义、音标、词形与真题例句。

stress B1

n. 压力

本篇24次 · 真题 102 句

labor B1

n. 劳动

本篇7次 · 真题 35 句

emotional B1

adj. 情绪的

本篇6次 · 真题 50 句

likely A2

adj. 很可能的

本篇5次 · 真题 224 句

responsibility B1

n. 责任

本篇5次 · 真题 55 句

attack A2

v. 攻击

本篇4次 · 真题 55 句

anxiety B2

n. 焦虑

本篇4次 · 真题 41 句

gap B1

n. 间隙

本篇4次 · 真题 28 句

tend B1

v. 倾向于, 往往会

本篇3次 · 真题 137 句

support A2

v. 支持

本篇3次 · 真题 118 句

issue

B1

n. 问题

本篇3次 · 真题 83 句

professional

B1

adj. 专业的

本篇3次 · 真题 67 句

suffer

B1

v. 遭受 (痛苦、疾病、损失等)

本篇3次 · 真题 64 句

app

B1

n. 应用程序

本篇3次 · 真题 27 句

symptom

B2

n. 症状

本篇3次 · 真题 25 句

severe

B2

adj. 严重的

本篇3次 · 真题 18 句

domestic

B2

adj. 国内的

本篇3次 · 真题 13 句

gender

B1

n. 性别 (社会文化意义上的)

本篇2次 · 真题 71 句

struggle

B1

v. 奋斗

本篇2次 · 真题 54 句

exist

A2

v. 存在;实际上有

本篇2次 · 真题 46 句

partner

B1

n. 伴侣

本篇2次 · 真题 44 句

specific

B2

adj. 具体的

本篇2次 · 真题 42 句

aim

B1

v. 瞄准

本篇2次 · 真题 38 句

concept

B2

n. 概念

本篇2次 · 真题 38 句

essay

B1

n. 短文

本篇2次 · 真题 35 句

association

B2

n. 协会

本篇2次 · 真题 28 句

psychological

B2

adj. 心理的

本篇2次·真题 25 句

ideal

B2

adj. 理想的

本篇2次·真题 20 句

consistently

B2

adv. 始终如一地

本篇2次·真题 10 句

stressed

B1

adj. 焦虑不安的

本篇2次·真题 9 句

accord

C1

n. (国家、团体间的) 协议

本篇1次·真题 174 句

benefit

B1

n. 好处

本篇1次·真题 169 句

actually

A2

adv. 实际上, 事实上 (用于纠正或补充信息)

本篇1次·真题 148 句

career

B1

n. 职业

本篇1次·真题 119 句

diet

A2

n. 日常饮食

本篇1次·真题 113 句

relationship

B1

n. 关系

本篇1次·真题 109 句

process

B1

n. 过程

本篇1次·真题 108 句

base

A2

n. 基础

本篇1次·真题 95 句

behavior

B1

n. 行为

本篇1次·真题 92 句

simply

B1

adv. 仅仅, 只不过

本篇1次·真题 90 句

case

A2

n. 情况

本篇1次·真题 89 句

mental

B1

adj. 精神的

本篇1次·真题 86 句

community B1

n. 社区

本篇1次·真题 81 句

rate A2

n. 速度

本篇1次·真题 78 句

sign A1

n. 标志

本篇1次·真题 78 句

data B1

n. 数据

本篇1次·真题 73 句

involve B1

v. 包含

本篇1次·真题 65 句

gain B1

v. 获得;赢得

本篇1次·真题 64 句

pressure B1

n. 心理压力

本篇1次·真题 63 句

positive B1

adj. 积极的

本篇1次·真题 62 句

united B1

adj. 联合的

本篇1次·真题 60 句

argue B1

v. 争论

本篇1次·真题 58 句

solve A2

v. 解决 (问题、困难)

本篇1次·真题 58 句

claim B1

v. 声称

本篇1次·真题 56 句

seek B1

v. 寻找

本篇1次·真题 56 句

internet A2

n. 互联网

本篇1次·真题 55 句

identify B1

v. 识别

本篇1次·真题 54 句

male A2

adj. 男性的

本篇1次·真题 54 句

generally B1

adv. 通常, 一般地

本篇1次·真题 53 句

increasingly B2

adv. 越来越;日益;不断增加地

本篇1次·真题 53 句

link A2

n. 联系

本篇1次·真题 52 句

various B1

adj. 各种各样的

本篇1次·真题 52 句

publish B1

v. 出版, 发行 (书籍、杂志等)

本篇1次·真题 50 句

realize B1

v. 意识到, 认识到

本篇1次·真题 50 句

colleague B1

n. 同事

本篇1次·真题 48 句

attend A2

v. 出席, 参加 (会议、活动等)

本篇1次·真题 43 句

charge B1

v. 收费

本篇1次·真题 42 句

despite B1

prep. 尽管

本篇1次·真题 40 句

majority B2

n. 大多数, 大部分

本篇1次·真题 40 句

conflict B2

n. 冲突

本篇1次·真题 38 句

consequence B2

n. 结果

本篇1次·真题 38 句

display B1

v. 展示

本篇1次·真题 38 句

quickly A2

adv. 快速地

本篇1次·真题 38 句

female A2

adj. 女性的

本篇1次·真题 37 句

particular B2

adj. 特定的

本篇1次·真题 37 句

recognize B1

v. 认出

本篇1次·真题 34 句

household B1

n. 家庭

本篇1次·真题 33 句

psychologist B2

n. 心理学家

本篇1次·真题 30 句

unusual B1

adj. 不寻常的

本篇1次·真题 30 句

journal B1

n. 杂志

本篇1次·真题 29 句

familiar B1

adj. 熟悉的

本篇1次·真题 28 句

self B1

n. 自我

本篇1次·真题 28 句

thus B2

adv. 因此, 所以

本篇1次·真题 26 句

pain A2

n. 疼痛

本篇1次·真题 25 句

platform B1

n. 平台

本篇1次·真题 24 句

massive B2

adj. 巨大的, 大量的

本篇1次·真题 23 句

ultimately B2

adv. 最终;终归

本篇1次·真题 23 句

frequently B1

adv. 频繁地

本篇1次·真题 21 句

document B1

n. 文件

本篇1次·真题 20 句

extend B1

v. 延伸;延长

本篇1次·真题 20 句

apart B1

adv. 分开地

本篇1次·真题 19 句

clearly A2

adv. 清楚地, 明白地

本篇1次·真题 19 句

complain A2

v. 抱怨

本篇1次·真题 19 句

vital B2

adj. 极其重要的, 必不可少的

本篇1次·真题 19 句

corporate B2

adj. 公司的

本篇1次·真题 18 句

physician B2

n. 医生

本篇1次·真题 18 句

spouse B2

n. 配偶

本篇1次·真题 18 句

socialize B2

v. 社交

本篇1次·真题 15 句

label B1

n. 标签

本篇1次·真题 14 句

obviously B1

adv. 显然, 明显地

本篇1次·真题 14 句

assumption B2

n. 假定; 假设 (未经证实就认为是真的事)

本篇1次·真题 13 句

broad B1

adj. 宽阔的

本篇1次·真题 13 句

scholar B2

n. 学者

本篇1次·真题 13 句

adequate B2

adj. 足够的, 充分的

本篇1次·真题 12 句

disorder B2

n. 疾病

本篇1次·真题 12 句

insight B2

n. 洞察力

本篇1次·真题 12 句

overlook B2

v. 忽略, 没注意到

本篇1次 · 真题 12 句

provider B2

n. 供应者

本篇1次 · 真题 12 句

strike B1

v. 打击

本篇1次 · 真题 12 句

making A2

n. 制作

本篇1次 · 真题 11 句

blog B1

n. 博客, 网络日志

本篇1次 · 真题 10 句

clinical B2

adj. 临床的

本篇1次 · 真题 10 句

fulfill B2

v. 履行、执行 (承诺、义务、职责等)

本篇1次 · 真题 10 句

spark B1

n. 火花

本篇1次 · 真题 10 句

sum B1

n. 总数

本篇1次 · 真题 10 句

apparent B2

adj. 显而易见的, 明显的

本篇1次 · 真题 9 句

integrate C1

v. 使融入

本篇1次 · 真题 9 句

overwhelming B2

adj. 压倒性的

本篇1次 · 真题 9 句

paid A2

v. 付款

本篇1次 · 真题 9 句

merely B2

adv. 仅仅, 只不过

本篇1次 · 真题 8 句

readily B2

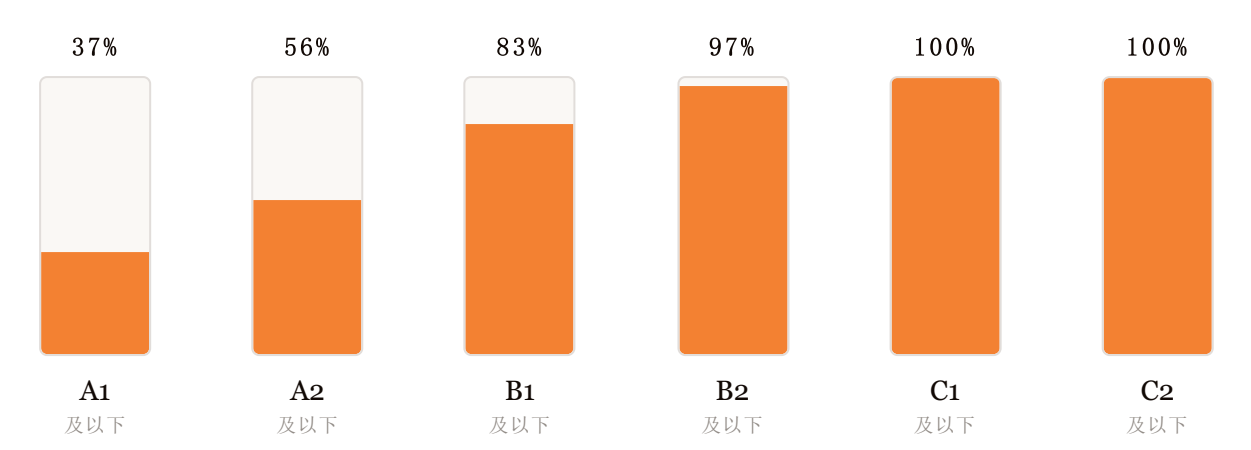
adv. 乐意地

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 **356** 词按 **CEFR** 难度累积覆盖

全文去重后共 **356** 个单词，按欧框 CEFR 等级统计。每根柱表示「该等级及以下」的累积占比（CDF），最右一柱为 100%。B2 以上（C1/C2）为高阶词，本篇共 12 个·约 3%。



每柱为「按 CEFR 等级及以下」的累积覆盖率（CDF）·数据为全文去重词 356 个·末柱为 100%

去重总词数

356

B2 以上难词

3%

B1 及以下覆盖

83%

英语四级 2021年12月·第1套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	题目解析 →
Part III Section A	完形填空（选词填空）	题目解析 →
Part III Section B	长篇阅读（信息匹配）	本题
Part III Section C (1)	阅读理解（四选一）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	题目解析 →
Part IV	汉译英（段落翻译）	题目解析 →