

2021年12月·第2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2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 13 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2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**.

How to not be boring

A) Humans are creatures of habit. We love to establish a routine and stick with it. Then we often put ourselves on auto-pilot. Routines can be incredibly useful in helping you get things done. However, too much of a routine can also make you incredibly boring. Nevertheless, many people live lives that are boringly predictable, or live a life where everything is outlined or planned.

人类是习惯的生物。我们喜欢建立常规并坚持下去。然后我们常常让自己进入自动驾驶模式。常规在帮助你完成事情方面可能非常有用。然而,过多的常规也可能让你变得极其无趣。尽管如此,许多人过着无聊且可预测的生活,或者过着一切都被规划好的生活。

B) To tell the truth, interesting people are more popular among their friends. If you don't arouse someone's curiosity or brighten someone's day, you probably come across as being a little bit dull. But that doesn't mean your life has ended and you can't do anything to change it. If you find yourself searching for something to say beyond small talk, try these tactics to find more interesting approaches to conversation.

说实话,有趣的人在朋友中更受欢迎。如果你不能激发某人的好奇心或让某人开心,你可能会显得有点沉闷。但这并不意味着你的生活已经结束,你无法做任何事情来改变它。如果你发现自己在寻找超越寒暄的话题,试试这些策略来找到更有趣的交谈方式。

C) Recently, I was at a gathering of colleagues when someone turned to me and asked, "So, what's new with you?" Ordinarily, I think I'm a good conversationalist. After all, it's literally my job to talk to people and tell their stories or share their advice. And that's not exactly an unexpected question. Still, the only "new-to-me" topics that came to mind were my daughter's basketball tournament(锦标赛)

and my feelings about that morning's political headlines—neither amusing nor appropriate topics at that moment.

最近,我参加一个同事聚会时,有人转向我问道:'那么,你有什么新鲜事吗?'通常,我认为自己是一个善于交谈的人。毕竟,与人交谈并讲述他们的故事或分享他们的建议就是我的工作。而且这个问题并不出乎意料。然而,我脑海中浮现的唯一'对我来说新鲜的'话题是我女儿的篮球锦标赛和我对那天早上政治新闻标题的感受——这两者在那个时刻都既不有趣也不合适。

- D) Oh, no, I thought. Have I become boring? But sharing our experiences in an authentic way to connect with other people is what makes us interesting, says associate professor Michael Pirson. The hesitation I felt in not sharing the ordinary things that were happening in my life, and the wild mental search for something more interesting, may have backfired and made me seem less interesting.

哦不,我想。我变得无趣了吗?但副教授Michael Pirson说,以真实的方式分享我们的经历来与他人建立联系,这正是让我们变得有趣的原因。我不愿分享生活中正在发生的平凡事情时感到的犹豫,以及疯狂地寻找更有趣话题的心理活动,可能适得其反,让我显得更无趣。

- E) "If someone is making up some conversation that might be interesting, it's probably not going to land well," says Pirson, whose expertise includes trust and well-being, mindfulness, and humanistic management. "It's going to feel like a made-up conversation that people don't necessarily want to tune in to."

Pirson的专业领域包括信任与幸福感、正念和人本主义管理。他说:'如果有人编造一些可能有趣的谈话内容,这可能不会有好效果。这会让人觉得是编造的对话,人们不一定想要参与其中。'

- F) The most interesting people aren't those who've gone on some Eat, Pray, Love journey to find themselves. Instead, Pirson says, they're those who examine the ordinary. "Often, the 'boring things' may not be boring at all. Maybe they are actually little miracles," he says. Share your observations about the world around you—interesting stories you heard or things you noticed—and you may be surprised by the universal connection they inspire.

最有趣的人不是那些踏上某种《美食、祈祷和恋爱》式旅程去寻找自我的人。相反,Pirson说,他们是那些审视平凡事物的人。'通常,'无聊的事情'可能根本不无聊。也许它们实际上是小小的奇迹,'他说。分享你对周围世界的观察——你听到的有趣故事或你注意到的事情——你可能会惊讶于它们激发的普遍共鸣。

- G) This is essentially how Jessica Hagy starts her day. The author of *How to Be Interesting: An Instruction Manual*, Hagy spends a lot of time thinking about what's interesting to her. People who are interesting are persistently curious, she says.

这本质上就是Jessica Hagy开始她一天的方式。作为《如何变得有趣:一本指导手册》的作者,Hagy花很多时间思考什么对她来说是有趣的。她说,有趣的人是持续保持好奇心的人。

- H) Think about the everyday things around you and ask questions about them. What is that roadside monument I see on my way to work every day? Who built that interesting building in my city? What nearby attractions haven't I visited? Why do people do things that way? Use what you find to ask more questions and learn more about the world around you. "Having that sort of curiosity is

almost like a protective gear from getting into boredom," she says. And when you find things that are truly interesting to you, share them.

想想你周围的日常事物并对它们提出问题。我每天上班路上看到的那个路边纪念碑是什么?谁建造了我所在城市的那座有趣建筑?我还没参观过哪些附近的景点?人们为什么那样做事?利用你的发现来提出更多问题,更多地了解你周围的世界。'拥有那种好奇心几乎就像是防止陷入无聊的保护装备,'她说。当你发现真正让你感兴趣的事物时,分享它们。

- I) Television veteran Audrey Morrissey, executive producer of NBC's *The Voice*, is always looking for what will make a person or story interesting to viewers: It's usually a matter of individuality. "Having a strong point of view, signature style, or being a super-enthusiast in a particular field makes someone interesting," she says. That means embracing what is truly interesting or unique about yourself. "Many people are 'not boring' in the way that they can carry a conversation or can be good at a social gathering, etc. To be interesting means that you have lived life, taken risks, traveled, sought out experience to learn for yourself and share with others," she says.

电视资深人士Audrey Morrissey是NBC《美国之声》的执行制片人,她总是在寻找什么能让一个人或故事对观众来说有趣:这通常是个性的问题。'拥有强烈的观点、标志性的风格,或在某个特定领域成为超级爱好者,会让一个人变得有趣,'她说。这意味着要接纳你自己真正有趣或独特的地方。'许多人'不无聊'是因为他们能够进行对话或在社交聚会上表现良好等。要变得有趣意味着你经历过生活,冒过险,旅行过,寻求过体验来为自己学习并与他人分享,'她说。

- J) Of course, it's possible to be a fountain of knowledge and a boring person, says public relations consultant Andrea Pass. Paying attention to the listener is an important part of having a conversation that's interesting to both parties. Talking on and on about what's interesting to you isn't going to make you an interesting person, she says.

当然,公共关系顾问Andrea Pass说,一个人可能知识渊博却是个无聊的人。关注倾听者是进行双方都感兴趣的对话的重要部分。她说,喋喋不休地谈论你感兴趣的事情不会让你成为一个有趣的人。

- K) "If the listener is not paying attention, it's your sign to shorten the story or change direction. Make sure to bring the audience into the conversation so that it is not one-sided," Pass says. Be a better listener yourself, and give others opportunities to participate in the conversation by inviting them with questions or requests to share their own experiences or thoughts. (e.g., "Now, tell me about your favorite book," or "Have you ever been to that attraction?") Questions are a powerful tool, especially when they encourage others to disclose information about themselves. A 2012 study from the University of California, Santa Barbara, found that roughly 40% of the time we are talking, we're disclosing subjective information about our experience. And when we're doing so, our brains are more engaged. So one strategy to leave others with the impression that you're a sparkling conversation partner is to get others to talk about themselves.

Pass说:'如果倾听者没有注意,这就是你缩短故事或改变方向的信号。确保将听众带入对话中,使其不是单方面的。'自己成为更好的倾听者,并通过问题或请求分享他们自己的经历或想法,给他人参与对话的机会。(例如,'现在,告诉我你最喜欢的书',或'你去过那个景点吗?')问题是一个强大的工具,尤其是当它们鼓励他人透露关于自己的信息时。加州大学圣塔芭芭拉分校2012年的一项研究发现,我们说话时大约40%的时间是在披露关于我们经历的主观信息。当我们这样做时,我们的大脑会更加活跃。因此,让他人觉得你是一个出色的对话伙伴的一个策略是让他人谈论他们自己。

L) Being relatable is also essential, Morrissey says. "The best entertainment and storytelling comes from people who are relatable—those who don't shy away from opening up but freely share who they are and what they care about. These are the people viewers most relate to and find interesting. Being authentic, honest, and vulnerable is always interesting."

Morrissey说,能够引起共鸣也很重要。'最好的娱乐和故事讲述来自那些能引起共鸣的人——那些不回避敞开心扉而是自由分享他们是谁以及他们关心什么的人。这些是观众最能产生共鸣并觉得有趣的人。真实、诚实和脆弱总是有趣的。'

M) I have now come to realize that being boring, in actuality, is not only about who you are as a person, but also how you present yourself. No matter what, make sure you are having fun in life. Because when you are enjoying, people around you will begin to enjoy as well. Show some interest in them and they will definitely show some in you. If you are a very reserved person, this could be a little difficult at first. But with a little effort, you can definitely improve.

我现在已经意识到,实际上,无趣不仅关乎你是一个什么样的人,也关乎你如何展现自己。无论如何,确保你在生活中享受乐趣。因为当你享受时,你周围的人也会开始享受。对他们表现出一些兴趣,他们肯定也会对你表现出兴趣。如果你是一个非常内向的人,这在一开始可能有点困难。但只要稍加努力,你肯定能够改善。

陈述句与逐句解析

36. Pirson claims that some ordinary things may often prove to be miraculously interesting.

Pirson声称,一些平凡的事物往往可能被证明是神奇地有趣的。

【答案】 F 段 (强锚点)

【锚点】 专名 Pirson + 关键词 miraculously / ordinary

【定位】 "Often, the 'boring things' may not be boring at all. Maybe they are actually little miracles," he says.

「常常,那些『无聊的事』可能根本不无聊。也许它们其实是一个个小小的奇迹,」他说。

【改写】 some ordinary things may often prove to be miraculously interesting ↔

the 'boring things' may not be boring at all. Maybe they are actually little miracles

ordinary ↔ boring things; miraculously interesting ↔ little miracles

Pirson claims ↔ he says

段首 Pirson + 段内 he says 锁说话人

【辨邻】 D 本段虽出现 what makes us interesting, 但落点是 sharing our experiences in an authentic way——「真实分享」, 并未出现题干所要的「平凡事 ≈ 奇迹」这一断言。

sharing our experiences in an authentic way to connect with other people is what makes us interesting

E 本段核心是 making up some conversation that might be interesting 多半会冷场, 论述对象是「编出来的对话」, 不是「平凡事」。

It's going to feel like a made-up conversation that people don't necessarily want to tune in to

37. To make a conversation interesting, it is important that you listen to the other party attentively.

要使谈话变得有趣, 重要的是你要专心倾听对方。

【答案】 J 段 (强锚点)

【锚点】 认真听对方说话

【定位】 Paying attention to the listener is an important part of having a conversation that's interesting to both parties.

关注听者是让一段对话对双方都有趣的重要环节。

【改写】 listen to the other party attentively ↔ Paying attention to the listener

动副短语 → 动名短语的等值改写

To make a conversation interesting ↔ having a conversation that's interesting to both parties

目的 ↔ 状态 的同义换形

【辨邻】 K If the listener is not paying attention, it's your sign to shorten the story 是「if 怎样就怎么做」的策略指导; 题干 it is important that you listen... 强调的是重要性论断, 正出自 J 段而非 K 段。

If the listener is not paying attention, it's your sign to shorten the story or change direction

38. A person who is unable to stimulate others' curiosity or make their life enjoyable may appear somewhat boring.

一个无法激发他人好奇心或使他们的生活变得愉快的人可能显得有些无聊。

【答案】 B 段 (强锚点)

【锚点】 激不起好奇 / 点不亮别人 → 显得无趣

【定位】 If you don't arouse someone's curiosity or brighten someone's day, you probably come across as being a little bit dull.

如果你激不起别人的好奇心、点不亮别人的一天, 你大概会显得有些乏味。

【改写】 unable to stimulate others' curiosity ↔ **If you don't arouse someone's curiosity**
stimulate ↔ arouse 的高频同义替换

make their life enjoyable ↔ **brighten someone's day**

比喻表达 ↔ 字面表达 的等值

appear somewhat boring ↔ **come across as being a little bit dull**

appear ↔ come across as; boring ↔ dull

【辨邻】 **A** too much of a routine can also make you incredibly boring 的原因是 routine, 而非「无法激起好奇」; 题干必备的 curiosity 一词在 A 段未出现。

too much of a routine can also make you incredibly boring

39. Interesting people usually possess certain unique qualities, according to a TV program producer.

根据一位电视节目制作人的说法,有趣的人通常拥有某些独特的品质。

【答案】 **I** 段 (强锚点)

【锚点】 TV program producer + unique qualities

【定位】 "Having a strong point of view, signature style, or being a super-enthusiast in a particular field makes someone interesting," she says.

「拥有鲜明的观点、招牌般的风格, 或者在某个领域里是超级爱好者, 会让一个人显得有趣, 」她说。

【改写】 a TV program producer ↔ **executive producer of NBC's The Voice**
上位身份 ↔ 具体头衔

possess certain unique qualities ↔

Having a strong point of view, signature style, or being a super-enthusiast in a particular field

概括词 ↔ 列举式具象表达

【辨邻】 **L** Being relatable is also essential、Being authentic, honest, and vulnerable is always interesting 强调「可亲近 / 真实 / 示弱」, 这些都是「共性」而非「独特性」; 与题干 unique qualities 的方向相反。

Being relatable is also essential

40. Be interested in others and they are sure to be interested in you.

对他人感兴趣,他们就一定会对你感兴趣。

【答案】 **M** 段 (强锚点)

【锚点】 你对别人感兴趣, 别人也对你感兴趣 (双向对等)

【定位】 Show some interest in them and they will definitely show some in you.

对他们表现出一些兴趣, 他们也一定会对你表现出一些兴趣。

【改写】 Be interested in others ↔ **Show some interest in them**

be interested in ↔ show interest in

they are sure to be interested in you ↔ **they will definitely show some in you**

be sure to ↔ will definitely

【辨邻】 **K** get others to talk about themselves 落点是「让我自己显得是 sparkling conversation partner」的单向收益，并不主张「他们也会对你 interested」这种对等回报。

one strategy to leave others with the impression that you're a sparkling conversation partner is to get others to talk about themselves

41. The author considers himself usually good at conducting conversations.

作者认为自己通常善于进行对话。

【答案】 **C** 段（强锚点）

【锚点】 作者自评擅长对话

【定位】 Ordinarily, I think I'm a good conversationalist.

平时，我自认为是个不错的健谈者。

【改写】 The author considers himself usually good at conducting conversations ↔

Ordinarily, I think I'm a good conversationalist

派生名词 ↔ 短语 的等值

【辨邻】 **D** Have I become boring? 是质疑而非肯定；本段甚至承接 C 的失语经历，与题干「自认为擅长」相反。

Have I become boring?

42. Interesting people are always full of curiosity.

有趣的人总是充满好奇心。

【答案】 **G** 段（强锚点）

【锚点】 有趣的人 = 始终好奇

【定位】 People who are interesting are persistently curious, she says.

她说，有趣的人是持续地保有好奇心的。

【改写】 Interesting people are always full of curiosity ↔

People who are interesting are persistently curious

always ↔ persistently; full of curiosity ↔ curious

【辨邻】 **H** Having that sort of curiosity is almost like a protective gear from getting into boredom 是「保持好奇能防无聊」的功能性论述，而非「有趣的人 = 持续好奇」的直接定义。

Having that sort of curiosity is almost like a protective gear from getting into boredom

43. Falling into a routine can turn a person into an utter bore.

陷入例行公事会把一个人变成一个彻底的乏味之人。

【答案】 **A** 段（强锚点）

【锚点】 陷入 routine → 变成 utter bore

【定位】 However, too much of a routine can also make you incredibly boring.

然而，过多的惯例也会让你变得极度乏味。

【改写】 Falling into a routine ↔ **too much of a routine**

「陷入」隐喻 ↔ 「过多」字面

turn a person into an utter bore ↔ **make you incredibly boring**

turn into ↔ make; utter bore ↔ incredibly boring

【辨邻】 **B** If you don't arouse someone's curiosity or brighten someone's day, you probably come across as being a little bit dull 论的是好奇心维度而非 routine 维度，题干必备的 routine 一词在 B 段不存在。

If you don't arouse someone's curiosity or brighten someone's day, you probably come across as being a little bit dull

44. One strategy to be a good conversationalist is to motivate your partner to tell their own stories.

成为一个好的谈话者的一个策略是激励你的伙伴讲述他们自己的故事。

【答案】 **K** 段（强锚点）

【锚点】 策略 = 让对方讲他们自己的故事

【定位】 So one strategy to leave others with the impression that you're a sparkling conversation partner is to get others to talk about themselves.

因此，让别人觉得你是个出色的对话伙伴的一种策略，就是让别人去谈他们自己。

【改写】 motivate your partner to tell their own stories ↔ **get others to talk about themselves**

motivate ↔ get; tell their own stories ↔ talk about themselves

to be a good conversationalist ↔

to leave others with the impression that you're a sparkling conversation partner

good conversationalist ↔ sparkling conversation partner

【辨邻】 J Paying attention to the listener is an important part of having a conversation that's interesting to both parties 是原则陈述，未触及题干所要的「motivate your partner to tell their own stories」这一具体行为。

Paying attention to the listener is an important part of having a conversation that's interesting to both parties

45. Interesting as it might appear, a made-up conversation will probably turn out to be dull.

尽管看起来可能有趣，但一段编造的对话很可能最终会变得乏味。

【答案】 E 段（强锚点）

【锚点】 编出来的对话最终乏味

【定位】 "If someone is making up some conversation that might be interesting, it's probably not going to land well," says Pirson.

「如果有人编造一段看上去可能有趣的对话，多半收不到好效果，」 Pirson 说。

【改写】 Interesting as it might appear, a made-up conversation ↔

making up some conversation that might be interesting

倒装让步 ↔ 直陈让步

will probably turn out to be dull ↔ **it's probably not going to land well**

turn out to be dull ↔ not going to land well

【辨邻】 D The hesitation I felt in not sharing the ordinary things that were happening in my life, and the wild mental search for something more interesting, may have backfired 谈的是作者自身的犹豫与硬找，不是「编造对话整体的冷场效果」。

The hesitation I felt in not sharing the ordinary things that were happening in my life, and the wild mental search for something more interesting, may have backfired and made me seem less interesting

PARAGRAPH MAP • 段落主旨图

13 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 开篇点题：人类是习惯的生物，常把自己设成自动驾驶；惯例本身能帮人办事，但太多惯例会让人变得乏味，许多人就过着乏味、可预测、什么都被安排好的生活。

信息指纹 auto-pilot 与 routine

B 有趣的人在朋友中更受欢迎；如果你没法激起别人的好奇心、点亮别人的一天，可能就显得有点无趣；接着引出后文要给的「让对话更有趣」的若干招。

信息指纹 无法激起好奇就显得无趣

C 作者讲自己在一次同事聚会上被问「最近有什么新鲜事」时一时语塞，并自评平时其实算个不错的健谈者，因为聊别人故事和建议本就是他的工作。

信息指纹 作者自评是好健谈者

D 作者由那次尴尬自问「我是不是变无趣了」，并引出 Pirson 的观点：以真实方式分享自己的经历去与他人连接，才是让我们显得有趣的关键；硬找「更有趣」的话题反而可能弄巧成拙。

信息指纹 真实分享才有趣

E Pirson 继续说：如果有人编造一段看上去可能有趣的对话，多半收不到好效果；它会让人觉得是编出来的，对方就不会想真正投入进来听。

信息指纹 编造的对话反而冷场

F Pirson 说，真正有趣的人不是那些去远方寻找自我的人，而是会审视日常的人——所谓「无聊的事」也许根本不无聊，可能是小小的奇迹；分享你对周围世界的观察，往往能激起意想不到的共鸣。

信息指纹 平凡事其实是小奇迹

G 引出作家 Jessica Hagy（《How to Be Interesting》一书作者），说她每天就是这样开启一天——她花大量时间想「什么对她来说是有趣的」；她认为有趣的人是持续地保有好奇心的。

信息指纹 Jessica Hagy 与持续好奇

H 顺着 Hagy 的话给方法：对身边日常的小事多问几个问题——路边那座纪念碑、城市里那栋楼、附近还没去过的景点……用答案再追问，多了解世界；这种好奇心几乎是抵御无聊的保护装备，找到真正感兴趣的就分享出来。

信息指纹 对日常追问的练习与「保护装备」

I 电视资深人 Audrey Morrissey (NBC 《The Voice》的执行制片) 说, 让一个人或故事对观众有趣的, 通常是「个性」——有鲜明观点、招牌风格, 或在某个领域里是超级爱好者, 就让人显得有趣; 要有趣, 得真去活过、冒过险、走过、找过经验。

信息指纹 电视制片人谈个性 / 鲜明风格

J 公关顾问 Andrea Pass 提醒: 人可以满腹学问却仍然无趣; 让对话对双方都有趣, 关键之一是关注听者——一味讲自己感兴趣的事并不会让你成为有趣的人。

信息指纹 关注听者 / 满腹学问也可能无趣

K Pass 接着给具体招: 听者走神就缩短或换方向; 用提问把对方拉进对话, 给对方分享自身经验 / 想法的机会; 并援引 2012 年加州大学圣巴巴拉分校的研究——人讲话时约 40% 是在自我披露, 那时大脑更投入, 所以让别人聊他们自己是显得自己「有趣」的关键策略之一。

信息指纹 用提问引对方谈自己 / UCSB 40% 研究

L Morrissey 再补一点: 可亲近、能被共鸣 (relatable) 也至关重要; 最好的娱乐和故事来自那些愿意敞开自己、坦白分享自己是谁、关心什么的人; 真实、诚实、愿意示弱总是有趣。

信息指纹 relatable 与示弱

M 作者收尾: 是否无趣不仅取决于你是谁, 更取决于你如何呈现自己; 要在生活里享受, 对别人表现出兴趣, 他们也会对你表现出兴趣; 内向者一开始或许有点难, 但稍加努力就能改善。

信息指纹 你对别人感兴趣, 别人也会对你感兴趣

SENTENCE INSIGHTS • 句子精讲

15 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。

Nevertheless, many people live lives that are boringly predictable, or live a life where everything is outlined or planned.

A段，第6句

句子包含并列谓语、限制性定语从句(that/where引导)、被动语态等都是四六级和考研真题高频结构。两个定语从句分别修饰不同的并列宾语,这种平行对称的结构在议论文和说明文中常见,掌握后可迁移到大量类似句式,典型性较高。

If you don't arouse someone's curiosity or brighten someone's day, you probably come across as being a little bit dull.

B段，第2句

条件状语从句 + 主句是四六级和考研中常见的句式结构，并列谓语和 "come across as" 这类短语动词也经常出现；本句结构有一定代表性，适合作为入门级复杂句的练习材料

After all, it's literally my job to talk to people and tell their stories or share their advice.

C段，第3句

形式主语 it + 系动词 + 表语 + 不定式短语的结构在四六级和考研阅读中高频出现，如 It is important to...、It is one's duty to... 等句式；本句的 my job 作表语、后接不定式说明工作内容，是该句式的典型变体，掌握后可大量迁移到类似表达中。

Still, the only "new-to-me" topics that came to mind were my daughter's basketball tournament(锦标赛) and my feelings about that morning's political headlines—neither amusing nor appropriate topics at that moment.

C段，第5句

主系表结构加定语从句修饰主语、并列表语、破折号补充说明，这些都是四六级和考研阅读中的高频句式。定语从句紧跟先行词、关系代词作主语、破折号引出同位或评注性内容，都是真题中反复出现的典型结构，学习迁移价值高。

The hesitation I felt in not sharing the ordinary things that were happening in my life, and the wild mental search for something more interesting, may have backfired and made me seem less interesting.

D段，第4句

主句包含并列主语、情态动词加完成式的并列谓语、宾语及宾语补足语，成分丰富；第一个定语从句省略了关系代词，是易错点；第二个定语从句的关系代词 that 在从句中充当主语，需要识别；此外还包含多个状语和修饰成分，覆盖多种成分类型，适合作为划分练习句。

"If someone is making up some conversation that might be interesting, it's probably not going to land well," says Pirson, whose expertise includes trust and well-being, mindfulness, and humanistic management.

E段，第1句

这句话在结构和时态上都覆盖了多个高频考点，难度中上但不至于失控，适合作为系统训练材料。若目标是提升分层拆句和时态识别能力，这句值得优先练。

Instead, Pirson says, they're those who examine the ordinary.

F段，第2句

"主语 + 系动词 + 表语（含定语从句）" 以及 "those who" 结构在四六级和考研阅读中高频出现，插入语的使用也是常见的句式特征。掌握本句的分析方法可以迁移到大量类似句型。扣分原因是句子本身较短，没有更复杂的并列或多层从属结构，代表性稍弱于长难句。

The best entertainment and storytelling comes from people who are relatable—those who don't shy away from opening up but freely share who they are and what they care about.

L段，第2句

这句结构有一定层次，但时态不难，适合作为重点训练材料。它能帮助学习者用较可控的难度练会主干定位和从句归属，性价比很高。

These are the people viewers most relate to and find interesting.

L段，第3句

主系表结构搭配并列定语从句是四六级和考研阅读中的高频句式，关系代词省略也是常考语法点，本句结构具有较强的代表性和复用价值。

I have now come to realize that being boring, in actuality, is not only about who you are as a person, but also how you present yourself.

M段，第1句

宾语从句多层嵌套、并列结构、疑问词引导的名词性从句,这些都是四六级和考研阅读中高频出现的句式,掌握后可大量迁移到其他复杂句的分析中

No matter what, make sure you are having fun in life.

M段，第2句

祈使句搭配宾语从句的结构在四六级和考研真题中较为常见，尤其是 "make sure" 等要求或建议类动词后接从句的句式。让步状语从句 "No matter what" 也是常考结构，表达"无论如何"的语义在阅读和写作中频繁出现。本句的句式组合具有较高的代表性，掌握后可迁移到类似结构的句子中。

To make a conversation interesting, it is important that you listen to the other party attentively.

第37题题干

"It is important that..." 是非常常见、可大量迁移的书面表达框架。掌握这种先评价、后补内容的结构后，处理同类句子会更稳。

Be interested in others and they are sure to be interested in you.

第40题题干

祈使句加陈述句的并列结构在英语中较常见,尤其在建议、劝告类表达中。"be sure to" 结构也是常考点。但整体句式偏向口语化和简单化,不如复杂从句或特殊句型那样具有考试代表性

The author considers himself usually good at conducting conversations.

第41题题干

"consider + 宾语 + 宾补"句型在四六级和考研阅读中高频出现，用于表达观点或评价。反身代词作宾语、形容词短语作宾补、动名词在介词后作宾语，均为典型用法。结构代表性强，掌握后可迁移至大量类似句子。

Interesting as it might appear, a made-up conversation will probably turn out to be dull.

第45题 题干

让步状语从句的倒装结构 ("形容词 + as + 主语 + 谓语") 是四六级和考研阅读中的高频句式, "turn out to be"也是常考表达。掌握本句的分析方法可直接迁移到大量真题句型, 典型性强。

HIGH-FREQUENCY • 真题高频词

本篇出现的 77 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。

curiosity B2

n. 好奇心

本篇4次 · 真题 44 句

routine B1

n. 常规

本篇4次 · 真题 23 句

ordinary B1

adj. 普通的

本篇3次 · 真题 21 句

listener B1

n. 听者

本篇3次 · 真题 17 句

author A2

n. 作者

本篇2次 · 真题 244 句

strategy B2

n. 策略

本篇2次 · 真题 53 句

partner B1

n. 伴侣

本篇2次 · 真题 44 句

interested A1

adj. 感兴趣的

本篇2次 · 真题 40 句

unique B2

adj. 独特的

本篇2次 · 真题 35 句

definitely B1

adv. 肯定地

本篇2次 · 真题 25 句

truly B1

adv. 真正地

本篇2次·真题 19 句

producer B2

n. 生产者

本篇2次·真题 16 句

attraction B1

n. 吸引力

本篇2次·真题 15 句

incredibly B2

adv. 极其，非常（表示程度）

本篇2次·真题 10 句

dull B1

adj. 无聊的

本篇2次·真题 9 句

authentic B2

adj. 真实的

本篇2次·真题 8 句

less A1

det. 较少的

本篇1次·真题 224 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

better A1

adj. 更好的（good 的比较级）

本篇1次·真题 139 句

risk A2

n. 风险

本篇1次·真题 108 句

professor B1

n. 教授（大学教师的最高职称）

本篇1次·真题 105 句

quality A2

n. 质量

本篇1次·真题 100 句

opportunity B1

n. 机会

本篇1次·真题 89 句

according B1

prep. 根据

本篇1次·真题 88 句

mental B1

adj. 精神的

本篇1次·真题 86 句

view A2

n. 观点，看法

本篇1次·真题 85 句

sign A1

n. 标志

本篇1次·真题 78 句

connection B1

n. 联系

本篇1次·真题 61 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

approach B1

v. 靠近, 接近 (在空间或时间上)

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

recently A2

adv. 最近

本篇1次·真题 48 句

associate B2

v. 联系

本篇1次·真题 45 句

conduct B2

v. 组织并实施

本篇1次·真题 45 句

wild A2

adj. 野生的

本篇1次·真题 42 句

management B1

n. 管理

本篇1次·真题 41 句

boredom B2

n. 无聊

本篇1次·真题 37 句

particular B2

adj. 特定的

本篇1次·真题 37 句

exactly B1

adv. 精确地

本篇1次·真题 36 句

motivate B2

v. 激励

本篇1次·真题 33 句

oh

A1

intj. 哦 (表示惊讶、理解或反应)

本篇1次 · 真题 31 句

style

A2

n. 方式

本篇1次 · 真题 31 句

essential

B1

adj. 必不可少的

本篇1次 · 真题 30 句

executive

B2

n. 主管;经理;管理人员

本篇1次 · 真题 30 句

powerful

B1

adj. 强大的

本篇1次 · 真题 30 句

necessarily

B2

adv. 必然地

本篇1次 · 真题 27 句

unable

A2

adj. 不能的

本篇1次 · 真题 27 句

audience

A2

n. 观众

本篇1次 · 真题 26 句

request

B1

n. 请求

本篇1次 · 真题 26 句

establish

B2

v. 建立, 创立 (组织、机构、关系等)

本篇1次 · 真题 25 句

participate

B1

v. 参加

本篇1次 · 真题 25 句

vulnerable

C1

adj. 易受伤害的

本篇1次 · 真题 23 句

curious

B1

adj. 好奇的

本篇1次 · 真题 22 句

political

B1

adj. 政治的

本篇1次 · 真题 22 句

inspire

B2

v. 激励

本篇1次 · 真题 20 句

journey

A2

n. 旅行, 旅程

本篇1次 · 真题 20 句

roughly B1

adv. 大约, 大概

本篇1次·真题 19句

creature B1

n. 生物

本篇1次·真题 14句

stimulate B2

v. 刺激

本篇1次·真题 14句

enjoyable B1

adj. 令人愉快的

本篇1次·真题 13句

appropriate B2

adj. 合适的

本篇1次·真题 12句

freely B1

adv. 自由地

本篇1次·真题 12句

impression B1

n. 印象

本篇1次·真题 12句

surprised A2

adj. 感到惊讶的

本篇1次·真题 12句

consultant B2

n. 顾问

本篇1次·真题 11句

embrace B2

v. 拥抱

本篇1次·真题 11句

unexpected B1

adj. 意外的

本篇1次·真题 11句

entertainment B1

n. 娱乐活动

本篇1次·真题 10句

essentially B2

adv. 本质上

本篇1次·真题 10句

universal B2

adj. 普遍的

本篇1次·真题 10句

arouse C1

v. 激起, 引起 (情感、反应)

本篇1次·真题 9句

engaged B1

adj. 忙碌的

本篇1次·真题 9句

relate B1

v. 使有联系, 把...联系起来

本篇1次 · 真题 9 句

somewhat B2

adv. 有点

本篇1次 · 真题 9 句

manual B1

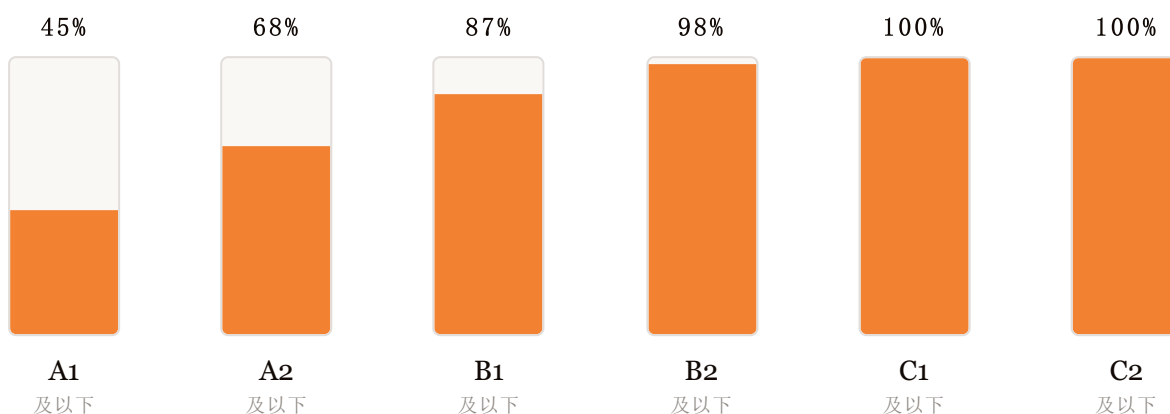
adj. 手工的

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 333 词按 CEFR 难度累积覆盖

全文去重后共 **333** 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 8 个 · 约 2%。



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 333 个 · 末柱为 100%

去重总词数

333

B2 以上难词

2%

B1 及以下覆盖

87%

英语四级 2021年12月·第2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 →