

2022年9月·第1套 英语四级听力真题原文与答案解析

PAPER & KEY · 听力题和解析

听力题和解析

本卷全部 25 题的标准答案与完整录音文字稿由懒笔记基于2022年9月·第1套 英语四级听力原卷逐题核对整理。与试卷排版同一卷面层级：Part/Section 标题与各节 Directions 照原卷排印——真实听力考卷只印选项，题干由录音念出。其下按录音篇目逐篇排印：每篇先给完整录音文字稿（逐段中译），再逐题给出卷面题目与该题解析（题目、翻译、答案、定位、信号、替换与排除）。

真题卷第1套(2022-09) · 四级

以下按录音篇目排印：每篇先给录音原文与逐段中译（考卷上没有，考试时录音只播一遍、卷面只印选项），再逐题给出卷面题目与解析。

Part II

Listening Comprehension

(25 minutes)

Section A

Directions: In this section, you will hear three news reports. At the end of each news report, you will hear two or three questions. Both the news report and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

Questions 1 and 2 are based on the news report you have just heard.

1 White meat, such as chicken, may raise blood cholesterol levels as much as red meat does. This finding surprised researchers, who admitted they didn't expect that eating white meat would lead to higher blood cholesterol levels.

白肉，如鸡肉，可能会像红肉一样升高血液胆固醇水平。这一发现令研究人员感到意外，他们承认没有预料到食用白肉会导致血液胆固醇水平升高。

2 In the study, researchers looked at 113 healthy people. The participants ate three different diets. These were a red meat diet which is primarily beef, a white meat diet which is mostly chicken and turkey, and a vegetarian protein diet. Each diet period was four weeks. Between the diet periods, participants had a break, during which they ate their regular foods. In addition, participants had blood tests at the start and finish of each new diet.

在这项研究中，研究人员观察了113名健康人。参与者食用了三种不同的饮食。这些饮食分别是主要以牛肉为主的红肉饮食、主要以鸡肉和火鸡肉为主的白肉饮食，以及素食蛋白饮食。每个饮食周期为四周。在饮食周期之间，参与者有一个休息期，期间他们食用常规食物。此外，参与者在每个新饮食开始和结束时都进行了血液检测。

3 The results showed that white and red meat diets had the same effects on blood cholesterol levels. Further, both diets increased blood cholesterol levels compared with the diet built on vegetarian protein sources.

结果显示, 白肉和红肉饮食对血液胆固醇水平有相同的影响。此外, 与基于素食蛋白来源的饮食相比, 这两种饮食都增加了血液胆固醇水平。

4 The team acknowledged that it is possible that white meat is better for our health than red meat despite their findings. This is because other effects of red meat consumption could contribute to heart disease independent of cholesterol. Their main recommendations are that people eat less of both kinds of meat and more vegetarian protein.

该团队承认, 尽管有他们的研究结果, 白肉对我们的健康可能比红肉更好。这是因为食用红肉的其他影响可能会独立于胆固醇而导致心脏病。他们的主要建议是人们减少食用这两种肉类, 多摄入素食蛋白。

1. A) It examines the effect of cholesterol on people's health.
- B) Its participants all had high blood cholesterol levels.
- C) It questions the benefits of a vegetarian protein diet.
- D) Its finding came as a surprise to the researchers.

【题目】 What do we learn from the news report about the study?

【翻译】 从新闻报道中我们对这项研究了解到什么?

- A) 它检验了胆固醇对人们健康的影响。 B) 它的参与者都有高血胆固醇水平。
C) 它质疑素食蛋白饮食的益处。 D) 它的发现让研究人员感到意外。

【答案】 D (细节题) Its finding came as a surprise to the researchers.

【定位】 This finding surprised researchers, who admitted they didn't expect that eating white meat would lead to higher blood cholesterol levels.

这一发现令研究者们感到意外,他们承认自己没有料到吃白肉会导致血液胆固醇水平升高。

【信号】 情绪信号词 surprised。 答案落点不是平铺的数据句,而是带情绪色彩的 This finding surprised researchers,再用 who admitted they didn't expect 加重——新闻里出现"意外/没料到"这种态度词,往往就是出题点。

【替换】 This finding surprised researchers ↔ **Its finding came as a surprise to the researchers**

动词 surprised 改写成名词 a surprise

who admitted they didn't expect ↔ **came as a surprise**

"没料到"与"意外"同义互证

【排除】 A) 原词陷阱

A 借了原文反复出现的 blood cholesterol levels 里的 cholesterol 一词,把研究说成"考察胆固醇对健康的影响";但录音考察的是"不同肉类的饮食对胆固醇的影响",胆固醇是被测的结果而非被研究的起因,A 把对象说反了。

借用原文: blood cholesterol levels

B) 与原文相反

B 说参与者"都是高胆固醇",但第二段原文是 researchers looked at 113 healthy people(113 名健康人);B 盗用了 cholesterol levels 这个反复出现的词,再加个绝对的 all,把"健康人"悄悄换成"高胆固醇人群",与原文相反。

借用原文: researchers looked at 113 healthy people

C) 原词陷阱

C 说研究"质疑素食蛋白饮食的好处",借的是原文真出现过的 a vegetarian protein diet;但原文第四段恰恰是 eat...more vegetarian protein(建议多吃素食蛋白),研究从头到尾力挺素食蛋白、绝无质疑,属无中生有又反向。

借用原文: a vegetarian protein diet

2. A) They do not know all the effects of eating meat.

B) Red meat itself does not cause heart diseases.

C) White meat may be healthier than red meat.

D) Vegetarian protein may be easier to absorb.

【题目】 What did the researchers acknowledge?

【翻译】 研究人员承认了什么?

A) 他们不知道吃肉的所有影响。 B) 红肉本身不会导致心脏病。

C) 白肉可能比红肉更健康。 D) 素食蛋白可能更容易被吸收。

【答案】 C (细节题) White meat may be healthier than red meat.

【定位】 The team acknowledged that it is possible that white meat is better for our health than red meat despite their findings.

研究团队承认,尽管有这些发现,白肉仍有可能比红肉更有益于我们的健康。

【信号】 题干同词 acknowledged 引出让步。答案句正是题干 acknowledge 在原文里的对应词 The team acknowledged that it is possible that,其后 white meat is better for our health than red meat 就是承认的内容;"题干动词在原文复现"是最稳的定位信号。

【替换】 white meat is better for our health than red meat ↔ **White meat may be healthier than red meat**
better for our health 改写成 healthier

it is possible that ↔ **may be**

it is possible that 等于 may

【排除】 A) 过度推断

A 借了第四段 other effects of red meat consumption 里的 effects,说研究者"承认还不了解吃肉的全部影响";但原文只说红肉"另有别的影响可能致病",并没说研究者"不知道全部影响",A 把局部说法夸大成笼统的"全不知",属过度推断。

借用原文: other effects of red meat consumption

B) 与原文相反

B 借了原文 contribute to heart disease 里的 heart disease,说"红肉本身不致心脏病";但原文恰说红肉的别的影响"可能促成心脏病",方向正相反,B 把原文的肯定关系反成了否定。

借用原文: contribute to heart disease

D) 未提及

D 借了原文反复出现的 vegetarian protein,却安上一个原文压根没提的角度 absorb(更易吸收);全文只说建议多吃素食蛋白、它对胆固醇影响更小,从未谈"吸收",属无中生有。

借用原文: vegetarian protein

Questions 3 and 4 are based on the news report you have just heard.

1 At around half past nine this morning, a trailer attached to a lorry turned over at the crossing of High Street in Milton. Hundreds of frozen turkeys were spilled all over the road. It is reported that nobody was hurt in the incident, but police said it may affect traffic and Christmas dinners. With just one week to go before Christmas, there are worries that local supermarket supplies of this holiday favorite may be affected.

今天上午九点半左右,一辆卡车拖挂的拖车在Milton的High Street十字路口发生侧翻。数百只冷冻火鸡散落在路面上。据报道,此次事故中无人受伤,但警方表示这可能会影响交通和圣诞晚餐。距离圣诞节仅剩一周时间,人们担心当地超市这一节日热门食品的供应可能会受到影响。

2 A police spokeswoman said that officers were currently in attendance at the scene. She stated that the driver of the lorry had been arrested on suspicion of dangerous driving.

一名警方女发言人表示,警员目前正在现场处置。她说,卡车司机已因涉嫌危险驾驶被逮捕。

3 The crossing on High Street is a well-known accident blackspot. This year alone, there have been seven traffic accidents at this location. Thankfully, none of these accidents have resulted in serious injury. High Street的这个十字路口是一个众所周知的交通事故多发点。仅今年一年,该路口就发生了七起交通事故。幸运的是,这些事故均未造成重伤。

3. A) It may have been due to the lorry driver's drunk driving.

B) It may affect the local supply of turkeys for Christmas.

C) It interrupted traffic for several hours running.

D) It was caused by a lorry running into a trailer.

【题目】 What does the news report say about the accident at the crossing of High Street in Milton?

【翻译】新闻报道关于Milton High Street路口事故说了什么？

- A) 这可能是由于卡车司机酒后驾驶造成的。 B) 这可能影响当地圣诞节火鸡的供应。
C) 这使交通连续中断了几个钟头。 D) 这是由一辆卡车撞上拖车引起的。

【答案】B (细节题) It may affect the local supply of turkeys for Christmas.

【定位】It is reported that nobody was hurt in the incident, but police said it may affect traffic and Christmas dinners. With just one week to go before Christmas, there are worries that local supermarket supplies of this holiday favorite may be affected.

据报道，事故中无人受伤，但警方表示这可能影响交通和圣诞晚餐。距圣诞节仅剩一周，人们担心当地超市这一节日抢手货的供应可能受影响。

【信号】转折 but 后接真正落点。答案藏在转折词后面：nobody was hurt in the incident, but police said it may affect traffic and Christmas dinners 里 but 之后才是报道强调的影响，紧接着 supplies of this holiday favorite may be affected 进一步点明“节日抢手货”（即火鸡）供应受影响，这正是答案句。

【替换】supplies of this holiday favorite may be affected ↔

It may affect the local supply of turkeys for Christmas.

this holiday favorite=turkeys

may be affected ↔ It may affect

被动转主动-affect 同词根

【排除】A) 偷换概念

录音说司机 had been arrested on suspicion of dangerous driving (涉嫌危险驾驶被捕)，选项却写成 drunk driving (酒驾)。dangerous driving 与 drunk driving 长得像、都沾“driving”，但危险驾驶不等于酒驾，原文从没提到喝酒，属偷换。

借用原文：the driver of the lorry had been arrested on suspicion of dangerous driving

C) 原词陷阱

选项 interrupted traffic for several hours running 里“中断交通”沾了原文 it may affect traffic 的边——traffic 确实被念到，所以听到就想选；但原文只说“可能影响交通”，从没说“中断了好几个小时”，several hours 是凭空加的时长。

借用原文：it may affect traffic and Christmas dinners

D) 原词陷阱

选项 It was caused by a lorry running into a trailer 把 lorry、trailer 两个原词都用上了，极像答案；但原文是 a trailer attached to a lorry turned over——挂在卡车上的拖车翻倒，并不是“一辆卡车撞上一辆拖车”，选项把“翻车”歪曲成了“撞车”，动作对不上。

借用原文：a trailer attached to a lorry turned over at the crossing of High Street

4. A) It has been the scene of several fatal accidents recently.
B) It is the spot that causes the local police a lot of worry.
C) It has witnessed several traffic accidents this year.
D) It is a location frequented by local traffic police.

【题目】 What do we learn about the crossing on High Street?

【翻译】 关于High Street路口我们了解到什么？

- A) 这里最近发生过几起致命事故。 B) 这是让当地警方十分担忧的地点。
C) 这里今年发生过几起交通事故。 D) 这是当地交警经常出现的地点。

【答案】 C (细节题) It has witnessed several traffic accidents this year.

【定位】 The crossing on High Street is a well-known accident blackspot. This year alone, there have been seven traffic accidents at this location. Thankfully, none of these accidents have resulted in serious injury.

高街的这个路口是出了名的事故黑点。仅今年一年，这个地点就发生了七起交通事故。所幸这些事故没有一起造成严重伤亡。

【信号】 数字+时间范围+具体数据句。 答案落在带具体数据的那句：This year alone, there have been seven traffic accidents at this location——"今年"这个时间范围加上"七起"这个数字，正是新闻里最常被设题的信息点，听到数字就该锁定。

【替换】 there have been seven traffic accidents ↔ **It has witnessed several traffic accidents**

seven=several·具体数概括成"几起"

This year alone ↔ **this year**

时间范围一致·this year

【排除】 A) 与原文相反

选项 several fatal accidents 借用了原文 accident 一词，但 fatal (致命的，会死人) 与原文恰好相反——录音明说 none of these accidents have resulted in serious injury (没有一起造成严重伤亡)，更别提致命，方向反了。

借用原文：none of these accidents have resulted in serious injury

B) 未提及

选项 causes the local police a lot of worry 用了 police 这个原文出现过的词 (A police spokeswoman、officers were currently in attendance) 来诱选，但原文只说警方到场处理、发言人通报，从没说这个路口"让警方很担忧"，担忧是凭空加的。

借用原文：officers were currently in attendance at the scene

D) 原词陷阱

选项 frequented by local traffic police 把 traffic (原文 it may affect traffic 念过) 和 police (A police spokeswoman 念过) 拼在一起，听着字字耳熟；但原文从没说"交警经常光顾这个路口"，frequented 这层意思是编出来的。

借用原文：A police spokeswoman said that officers were currently in attendance at the scene

Questions 5 to 7 are based on the news report you have just heard.

1 India launched its helicopter taxi service on Monday, promising to ferry customers the 40 miles between Bangalore's Electronic City tech hub and the International Airport terminal in 15 minutes.

印度于周一推出了直升机出租车服务,承诺在15分钟内将客户从班加罗尔的Electronic City科技中心送至国际机场航站楼,全程40英里。

2 Customers can book their helicopter ride through a mobile app. The service, which claims to be the first of its kind in India, offers only one route, but Bangalore airport will add more once it gets approval.

客户可以通过移动应用程序预订直升机行程。该服务自称是印度首创,目前仅提供一条航线,但班加罗尔机场表示一旦获得批准将增加更多航线。

3 Helicopter taxi is not an affordable option for many travelers. A car ride for the same journey costs less than half as much. But Bangalore airport says it is a competitive alternative to a car ride for tech executives in a hurry. "A large number of high-class travelers, including CEOs, have to spend more than three hours by road to get there and that is a loss of time," a Bangalore airport spokesperson said. "This is not a low cost option, but it is an option," she added.

直升机出租车对许多旅客来说并非经济实惠的选择。同样行程的汽车费用还不到一半。但班加罗尔机场表示,对于赶时间的科技公司高管来说,这是汽车出行的有竞争力的替代方案。班加罗尔机场发言人说:"包括CEO在内的大量高端旅客不得不花费三个多小时的车程才能到达那里,这是时间的损失。"她补充道:"这不是低成本选择,但它是一个选择。"

4 The helicopters ferried around eight customers to the airport on their first day. The company that owns and operates the service is called Thumbby Aviation. It previously specialized in private charter flights for government officials.

直升机在首日将约八名客户送往机场。拥有并运营该服务的公司名为Thumbby Aviation,此前专门为政府官员提供私人包机服务。

5. A) Get approval to add more routes.
B) Attract more international tourists.
C) Advertise it through a mobile app.
D) Make it affordable to common folk.

【题目】 What is Bangalore airport trying to do about the helicopter taxi service?

【翻译】 Bangalore机场正试图对直升机出租车服务做些什么?

- A) 获得批准增加更多航线。 B) 吸引更多国际游客。 C) 通过移动应用程序进行宣传。
D) 使普通民众能负担得起。

【答案】 A (细节题) Get approval to add more routes.

【定位】 The service, which claims to be the first of its kind in India, offers only one route, but Bangalore airport will add more once it gets approval.

这项服务号称是印度同类中的首创，目前只提供一条线路，但班加罗尔机场一旦获批就会增加更多线路。

【信号】 **but 后\+将来动作**。答案句靠两个信号锁定：一是转折词 but，新闻里 but 之后常落真正要说的事；二是将来动作 will add more once it gets approval，正好对应题干"trying to do (正打算做的事)"。

【替换】 will add more once it gets approval ↔ **Get approval to add more routes**
同一动作换序表达

【排除】 B) **原词陷阱**

选项 Attract more international tourists. 借"国际"二字勾连录音里的 International Airport terminal (国际机场航站楼)，但 International 在原文只是机场名字的一部分，录音从未说机场要"吸引国际游客"，属听到 International 就想选的原词陷阱。

借用原文：International Airport terminal

C) **原词陷阱**

选项 Advertise it through a mobile app. 盗用录音 Customers can book their helicopter ride through a mobile app 里的 mobile app，但原文说 app 是用来"预订 (book)"的，不是机场用来"打广告 (advertise)"，动作被偷换，属原词陷阱。

借用原文：Customers can book their helicopter ride through a mobile app

D) **与原文相反**

选项 Make it affordable to common folk. 搬来录音里的 affordable，但原文是 Helicopter taxi is not an affordable option for many travelers (对许多人并不便宜)，机场也明说 This is not a low cost option，根本没打算降价惠民，选项把"不便宜"反着说成"要让普通人买得起"，是与原文相反的陷阱。

借用原文：Helicopter taxi is not an affordable option for many travelers

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6. A) It costs more than twice as much as a car ride.
B) It is gaining popularity among ordinary Indians.
C) It symbolizes India's advancement in high-tech.
D) It can get anywhere in the city within 15 minutes.

【题目】 What do we learn from the news report about the helicopter taxi ride?

【翻译】 从新闻报道中我们对直升机出租车服务了解到什么？

- A) 它的费用是汽车车费的两倍多。 B) 它在普通印度人中越来越受欢迎。
C) 它象征着印度在高科技领域的进步。 D) 它可以在15分钟内到达城市的任何地方。

【答案】 A (细节题) It costs more than twice as much as a car ride.

【定位】 Helicopter taxi is not an affordable option for many travelers. A car ride for the same journey costs less than half as much.

直升机出租车对许多旅客来说并不便宜。同样的行程，打车的花费还不到它的一半。

【信号】 价格比较句。 答案句是带比较结构的事实陈述 A car ride for the same journey costs less than half as much, 含 less than half 这种倍数/比例信号，正对应选项里的价格数字题，是听力里"听到数字/比较就锁定"的典型答案句。

【替换】 A car ride for the same journey costs less than half as much ↔

It costs more than twice as much as a car ride

比例反向换算

【排除】 B) 与原文相反

选项 It is gaining popularity among ordinary Indians. 与录音 not an affordable option for many travelers (对许多人并不便宜) 相悖——既然普通人嫌贵，就谈不上在"普通印度人"中流行；选项借"印度"这个大背景词制造熟悉感，实则与原文相反。

借用原文：not an affordable option for many travelers

C) 过度推断

选项 It symbolizes India's advancement in high-tech. 把这项服务上升到"象征印度高科技进步"，但录音通篇只讲它的线路、价格、客户、运营方，从未做这种象征性评价，属录音根本没说的过度拔高。

D) 原词陷阱

选项 It can get anywhere in the city within 15 minutes. 盗用录音的 15 分钟，但原文 ferry customers the 40 miles between Bangalore's Electronic City tech hub and the International Airport terminal in 15 minutes 说的是"特定两点间 40 英里 15 分钟"，选项偷偷把范围放大成"城内任何地方"，数字对、范围被改大，属原词陷阱。

借用原文：between Bangalore's Electronic City tech hub and the International Airport terminal in 15 minutes

7. A) International tourists.

B) High-class travelers.

C) Prominent superstars.

D) Customers in a hurry.

【题目】 Who are the targeted customers of the helicopter taxi service?

【翻译】 直升机出租车服务的目标客户是谁？

A) 国际游客。 B) 高端旅客。 C) 知名超级明星。 D) 赶时间的顾客。

【答案】 B (细节题) High-class travelers.

【定位】 "A large number of high-class travelers, including CEOs, have to spend more than three hours by road to get there and that is a loss of time," a Bangalore airport spokesperson said.

"包括首席执行官在内的大量高端旅客，开车去那里要花三个多小时，这是时间上的损失，"班加罗尔机场一位发言人说。

【信号】 **发言人点名人群**。答案句是发言人原话里直接点名的人群 A large number of high-class travelers, including CEOs，新闻里"官方发言人/负责人"的引语常承载关键信息，且这里直接报出目标客户，是最可靠的答案信号。

【替换】 A large number of high-class travelers, including CEOs ↔ **High-class travelers**
原话即选项措辞

【排除】 A) **原词陷阱**

选项 International tourists. 借 International 勾连录音里多次出现的 International Airport terminal，但原文从没说目标客户是"国际游客"，International 只属于机场名字，属听到原词就想选的原词陷阱。

借用原文：International Airport terminal

C) **未提及**

选项 Prominent superstars. (知名巨星) 在录音里根本没出现，发言人点的是 high-class travelers 和 CEOs，从未提明星；这是"凭直觉觉得贵东西该卖给名人"的常识陷阱，原文无据。

D) **原词陷阱**

选项 Customers in a hurry. 盗用录音 tech executives in a hurry 里的 in a hurry，但原文 in a hurry 只是修饰"赶时间的科技高管"，回答"为谁服务"的官方表述用的是 high-class travelers 这个上位称呼；选项抓住次要修饰语 in a hurry 当答案，偷换了概念层级，属原词陷阱。

借用原文：tech executives in a hurry

Section B

Directions: In this section, you will hear two long conversations. At the end of each conversation, you will hear four questions. Both the conversation and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

Questions 8 to 11 are based on the conversation you have just heard.

1 W: Hi, I wish to buy some cheese for a barbecue this weekend.

W: 你好,我想买些奶酪,这周末烧烤用。

2 M: What kind would you like?

M: 您想要什么种类的?

- 3 W: Sorry, I don't know much about cheese. What type do you think would be suitable for a barbecue?
W: 不好意思,我对奶酪不太了解。您觉得哪种适合烧烤呢?
- 4 M: That's easy! For a barbecue, you could have any cheese you want. I imagine there will be different foods and people will just help themselves and eat at their own pace, right?
M: 这简单!烧烤的话,您想要什么奶酪都行。我想应该会有各种不同的食物,大家自己取用,按自己的节奏吃,对吧?
- 5 W: Yes, exactly. It will be very casual. We will just be a small group of friends gathering together at Washington Park. There will be around 20 of us, including children.
W: 对,没错。会很随意的。就是一小群朋友在Washington Park聚一聚。大概20个人左右,包括孩子。
- 6 M: Great! So you could have different types of cheese. How much would you like to spend?
M: 太好了!那您可以买几种不同类型的奶酪。您打算花多少钱?
- 7 W: Not very much. Let's say \$30.
W: 不想花太多。就算30美元吧。
- 8 M: I would suggest having at least one soft cheese and one hard cheese. That will offer you a good variety to suit different people's tastes.
M: 我建议至少买一种软奶酪和一种硬奶酪。这样品种丰富,能满足不同人的口味。
- 9 W: That sounds good. What's the difference between a soft cheese and a hard cheese?
W: 听起来不错。软奶酪和硬奶酪有什么区别呢?
- 10 M: Well, it depends. But generally speaking, soft cheeses are creamy and go well with sweet things like honey and jam. I would suggest something like this Spanish goat cheese. It's only \$15, a very good price. You can spread it on bread with a knife, and then add a tiny bit of honey on top. It's delicious. Children love it.
M: 嗯,这要看情况。但一般来说,软奶酪是奶油状的,跟蜂蜜、果酱这些甜食很配。我建议买这种西班牙山羊奶酪。只要15美元,价格很实惠。您可以用刀把它抹在面包上,然后在上面加一点点蜂蜜。非常好吃。孩子们都爱吃。
- 11 W: Okay, great. What about a hard cheese?
W: 好的,很棒。那硬奶酪呢?
- 12 M: Yes, for hard cheese, I would recommend this Italian one here. It has a very strong smell and a dry flavor. You can cut it into thin slices and eat it on its own. It's \$16.
M: 对,硬奶酪的话,我推荐这款意大利的。它味道很浓,口感偏干。您可以把它切成薄片直接吃。16美元。
- 13 W: Okay, I'll take both. Thank you for your help.
W: 好的,两种我都要了。谢谢您的帮助。

8. A) Treat her friends in a bar.
B) Take a trip to Washington.
C) Make some cheese.
D) Throw a party.

【题目】 What does the woman plan to do for the weekend?

【翻译】 女士周末打算做什么？

A) 在酒吧请她的朋友们。 B) 去华盛顿旅行。 C) 做一些奶酪。 D) 举办一个聚会。

【答案】 D (细节题) Throw a party.

【定位】 It will be very casual. We will just be a small group of friends gathering together at Washington Park. There will be around 20 of us, including children.

会很随意。我们就是一小群朋友聚在华盛顿公园，大约20个人，还带着孩子。

【信号】 女方自述聚会安排。答案藏在女方对自己活动的描述里：a small group of friends gathering together 加上前文 a barbecue this weekend，合起来说明她要办一场朋友聚会/派对，这是问"她计划做什么"时该锁定的自述句。

【替换】 a small group of friends gathering together ↔ Throw a party.

聚会即办派对

【排除】 A) 原词陷阱

原文确实有 friends，但聚会在 Washington Park 公园而非酒吧，bar 是凭空加的；选项借"朋友"这个原词诱你选，地点对不上。

借用原文：a small group of friends gathering together at Washington Park

B) 原词陷阱

原文 Washington Park 只是聚会地点，选项把 Washington 拎出来说成 take a trip，把"在华盛顿公园聚会"歪曲成"去华盛顿旅行"。

借用原文：gathering together at Washington Park

C) 原词陷阱

全程女方是去 buy some cheese，从没说要"做"奶酪；选项借高频词 cheese 诱选，把 buy 偷换成 make。

借用原文：buy some cheese for a barbecue

-
9. A) Spend no more than 30 dollars.
B) Buy different kinds of cheese.
C) Help him prepare the barbecue.
D) Find out different people's tastes.

【题目】 What does the man suggest the woman do?

【翻译】男士建议女士做什么？

- A) 花费不超过30美元。 B) 购买不同种类的奶酪。 C) 帮他准备烧烤。
D) 了解不同人的口味。

【答案】B (细节题) Buy different kinds of cheese.

【定位】I would suggest having at least one soft cheese and one hard cheese. That will offer you a good variety to suit different people's tastes.

我建议至少买一种软奶酪和一种硬奶酪。这样能提供丰富的选择，照顾到不同人的口味。

【信号】建议信号词 suggest. I would suggest having at least one soft cheese and one hard cheese 里的 suggest 是明确的建议信号，紧随其后的内容就是男方给的建议，正是答案落点。

【替换】one soft cheese and one hard cheese ↔ Buy different kinds of cheese.

软硬各一=多种

a good variety to suit different people's tastes ↔ Buy different kinds of cheese.

丰富选择即多种

【排除】A) 张冠李戴

30 dollars 出自女方 Let's say \$30., 是她自报的预算，不是男方的建议；选项盗用这个数字，又把它说成"花不超过30"，与"男方建议"无关。

借用原文：Let's say \$30.

C) 原词陷阱

barbecue 在 a barbecue this weekend 出现过，但男方从未建议女方"帮忙准备烧烤"，help prepare 是凭空添加。

借用原文：a barbecue this weekend

D) 原词陷阱

different people's tastes 确在原文 to suit different people's tastes，但它是"买软硬两种"想达到的目的，不是男方让她"去了解口味"这个动作；选项盗用原词却答非所问。

借用原文：to suit different people's tastes

10. A) It is the best kind of hard cheese.

B) It is the most popular in Spain.

C) It is more delicious than honey.

D) It is a good choice for children.

【题目】What does the man say about Spanish goat cheese?

【翻译】男士对西班牙山羊奶酪有何评价？

- A) 它是最好的硬质奶酪。 B) 它在西班牙最受欢迎。 C) 它比蜂蜜更美味。
D) 它对儿童来说是个好选择。

【答案】D (细节题) It is a good choice for children.

【定位】 I would suggest something like this Spanish goat cheese. It's only \$15, a very good price. You can spread it on bread with a knife, and then add a tiny bit of honey on top. It's delicious. Children love it.

我建议这种西班牙山羊奶酪。只要15美元，价格很划算。你可以用刀把它抹在面包上，再在上面加一点蜂蜜，很美味，孩子们都爱吃。

【信号】 落点在 **Children love it**。讲西班牙山羊奶酪的几句里，结尾 Children love it. 是最贴近选项的评价句，这句直接给出"孩子爱吃"这一可与选项对应的信息。

【替换】 Children love it. ↔ **It is a good choice for children.**

孩子爱吃=适合孩子

【排除】 A) **偷换概念**

西班牙山羊奶酪在原文是作为软奶酪 soft cheeses are creamy 举例的，根本不是 hard cheese，更没说"最好的硬奶酪"；best 也是凭空拔高。

借用原文：soft cheeses are creamy and go well with sweet things

B) **原词陷阱**

Spanish 确实出现在 Spanish goat cheese，但原文只说它产自西班牙/价格好，从没说它"在西班牙最受欢迎"；most popular 是无中生有。

借用原文：this Spanish goat cheese

C) **原词陷阱**

honey 出自 add a tiny bit of honey on top，原文是说"加点蜂蜜更美味"，并没拿奶酪和蜂蜜比谁更好吃；选项把"配蜂蜜"歪成"比蜂蜜好吃"。

借用原文：add a tiny bit of honey on top. It's delicious.

11. A) Buy what the man recommended.

B) Have a taste of both of the cheeses.

C) Choose one of the two types of cheese.

D) Ask the man to cut the cheese into slices.

【题目】 **What is the woman going to do at the end of the conversation?**

【翻译】 对话结束时女士打算做什么？

A) 购买男士推荐的奶酪。 B) 品尝这两种奶酪。 C) 在两种奶酪中选择一种。

D) 让男士把奶酪切成片。

【答案】 **A** (细节题) Buy what the man recommended.

【定位】 Okay, I'll take both. Thank you for your help.

好的，两种我都要。谢谢你的帮助。

【信号】 结尾表态 **I'll take both**。对话末句 I'll take both. 是女方的最终拍板，I'll 是结尾决定的信号，这句决定了她要怎么做。

【替换】 I'll take both. ↔ **Buy what the man recommended.**

都要=买他推荐的

【排除】 B) **原词陷阱**

女方说的是 I'll take both. (两种都买下), 不是"先尝两种"; 选项盗用"两种"这个概念却把 take (买) 偷换成 taste (尝)。

借用原文: I'll take both.

C) **与原文相反**

原文 I'll take both. 明说"都要", 选项却说"二选一", 方向正好相反; two types 这个原词对得上, 结论却反了。

借用原文: I'll take both.

D) **张冠李戴**

cut...into slices 出自男方介绍硬奶酪 You can cut it into thin slices, 是吃法说明, 女方结尾从没让对方切片; 选项把男方的话安到女方动作上。

借用原文: You can cut it into thin slices and eat it on its own.

Questions 12 to 15 are based on the conversation you have just heard.

1 M: Our school is replacing printed textbooks with e-textbooks next semester. I can't wait.

M: 我们学校下学期要用电子教材取代纸质教材了。我等不及了。

2 W: Really? What about the cost, not only buying all those tablets, but the software and electronic infrastructure that goes with it, not to mention retraining all the teachers and administration staff?

W: 真的吗?那成本呢,不仅要购买所有那些平板电脑,还有配套的软件和电子基础设施,更不用说还要重新培训所有的教师和行政人员?

3 M: Sure, the initial expenditure will be high, but much lower afterwards. Besides that, tablet prices continue to drop and are becoming increasingly affordable. Anyway, tablets help students learn up to 80% faster.

M: 当然,初期支出会很高,但之后就低多了。而且,平板电脑价格持续下降,越来越实惠了。不管怎样,平板电脑能帮助学生们的学习速度提高80%。

4 W: Not necessarily. Tablets have too many distractions. Students may pay attention to apps, games and websites instead of their teachers. In fact, research suggests that people who read printed text comprehend more, remember more and learn 30% more than those who read digital text.

W: 不一定。平板电脑有太多干扰因素。学生可能会把注意力放在应用程序、游戏和网站上,而不是听老师讲课。事实上,研究表明,阅读纸质文本的人比阅读电子文本的人理解得更多,记住得更多,学到的东西多30%。

5 M: Yes. But tablets contain many technological features that are not found in printed textbooks. Think about it. Students are able to highlight and edit text, write notes and search for information much more

quickly than they can with printed textbooks. And what about all those trees that are cut down to make printed books?

M: 是的。但平板电脑包含许多纸质教材没有的技术功能。想想看。学生能够高亮和编辑文本,写笔记,搜索信息,这些都比用纸质教材快得多。还有那些为了制作纸质书而被砍伐的树木呢?

6 W: Actually, manufacturing tablets is environmentally destructive and dangerous to human health. The health impacts from making one electronic reader are 70 times greater than those from making a single printed book. A lot of minerals are extracted from the earth to make electronic readers. It does far more damage to the environment.

W: 实际上,制造平板电脑对环境的破坏性很大,而且对人类健康有危害。制造一台电子阅读器对健康的影响是制造一本纸质书的70倍。制造电子阅读器需要从地球上开采大量矿物。对环境的破坏要大得多。

7 M: Yes. But the software for electronic readers can be updated instantly without the need for buying a whole lot of new books. That's better for the environment.

M: 是的。但是电子阅读器的软件可以即时更新,不需要购买一大堆新书。这样对环境更好。

8 W: But the core curriculum doesn't change that much. Printed textbooks that are not brand new, still contain the basic relevant information of core subjects.

W: 但核心课程变化并不大。不是全新的纸质教材仍然包含核心科目的基本相关信息。

9 M: Well, I'm looking forward to the change.

M: 嗯,我很期待这个改变。

10 W: I'll stick with my printed books.

W: 我还是坚持用我的纸质书。

12. A) New teachers and staff have to be recruited.

B) It might take some time for students to adapt.

C) It involves buying lots of tablets and software.

D) The software has to be constantly upgraded.

【题目】 What does the woman say about using e-textbooks?

【翻译】 女士对使用电子教材有何看法?

- A) 需要招聘新的教师和工作人员。 B) 学生可能需要一些时间来适应。
C) 这涉及购买大量平板电脑和软件。 D) 软件必须不断升级。

【答案】 C (细节题) It involves buying lots of tablets and software.

【定位】 What about the cost, not only buying all those tablets, but the software and electronic infrastructure that goes with it, not to mention retraining all the teachers and administration staff?

那成本怎么办呢?不光是买那些平板,还有随之而来的软件和电子基础设施,更别提还要重新培训所有教师和行政人员了。

【信号】女士用反问抛出顾虑。男士刚说期待换电子书，女士立刻用 Really? What about the cost 反问抛出"成本"这一顾虑——对话里一方的质疑/反问句往往就是该方观点的答案句，这句把"买平板和软件"列在最前。

【替换】buying all those tablets, but the software ↔ buying lots of tablets and software
原话"买平板和软件"=选项"买大量平板和软件"

【排除】A) 原词陷阱

录音说的是 retraining all the teachers and administration staff (重新培训现有教师和行政人员)，A 把它偷换成 New teachers and staff have to be recruited. (招聘新教师和员工)。“培训”不等于“招新人”，听到 staff 一词就选 A 正中陷阱。

借用原文：retraining all the teachers and administration staff

B) 未提及

It might take some time for students to adapt. 说学生适应需要时间，但女士的顾虑全在成本和环境上，整段对话没有任何一句谈"学生适应电子书要花时间"，属凭常识脑补的未提及项。

D) 张冠李戴

The software has to be constantly upgraded. 的"软件升级"出自男士 the software for electronic readers can be updated instantly, 而且男士是把它当"好处"说的；本题问女士的顾虑，把男士的话张冠李戴到女士头上、又把好处当代价，双重错位。

借用原文：the software for electronic readers can be updated instantly

-
13. A) It can greatly improve their learning efficiency.
B) It can help them to interact more with teachers.
C) It can save their trouble of carrying printed books.
D) It can develop their skills in using electronic devices.

【题目】According to the man, how can the use of tablets benefit students?

【翻译】根据男士的说法,使用平板电脑如何能使学生受益?

- A) 它可以大大提高他们的学习效率。 B) 它可以帮助他们与教师进行更多互动。
C) 它可以省去他们携带纸质书籍的麻烦。 D) 它可以培养他们使用电子设备的技能。

【答案】A (细节题) It can greatly improve their learning efficiency.

【定位】Anyway, tablets help students learn up to 80% faster.

总之，平板能帮学生的学习速度提升多达 80%。

【信号】男士用 Anyway 收束抛出核心好处。男士先回应成本问题，再用 Anyway, tablets help students learn up to 80% faster 把话题收回到"平板的好处"上——Anyway 后的总结句配上 80% 这个具体数字，正是他强调的核心益处，是答案句。

【替换】tablets help students learn up to 80% faster ↔ greatly improve their learning efficiency
"学得快 80%"="大幅提升学习效率"

【排除】 B) 未提及

It can help them to interact more with teachers. 说能多和老师互动，但男士讲的好处是"学得快"和能高亮、记笔记、快速搜索，没有一句提到"与老师互动更多"，是凭"电子设备促进互动"的印象脑补出来的。

C) 原词陷阱

录音多次出现 printed textbooks/printed books, C 借这个原词编出 It can save their trouble of carrying printed books. (省去背纸质书的麻烦)。但男士说的好处是高亮、记笔记、搜索快，从没说"省得背书"，是听到 printed books 就想选的原词陷阱。

借用原文：printed textbooks

D) 偷换概念

录音谈的是 tablets contain many technological features (平板有很多技术功能)，D 把它偷换成 It can develop their skills in using electronic devices. (培养学生用电子设备的技能)。男士讲的是功能带来的便利，不是"练会用设备"，借 technological/electronic 这层词制造混淆。

借用原文：tablets contain many technological features

14. A) They may have trouble comprehending texts.

B) They may encounter technological problems.

C) They may pay less respect to teachers.

D) They may get distracted more easily.

【题目】 What does the woman say about students using tablets?

【翻译】 女士对学生使用平板电脑有何看法？

A) 他们可能在理解文本方面遇到困难。 B) 他们可能会遇到技术问题。

C) 他们可能对教师较少尊重。 D) 他们可能更容易分心。

【答案】 D (细节题) They may get distracted more easily.

【定位】 Not necessarily. Tablets have too many distractions. Students may pay attention to apps, games and websites instead of their teachers.

未必。平板有太多让人分心的东西。学生可能会去关注各种应用、游戏和网站，而不是听老师讲课。

【信号】 Not necessarily 否定后才是女士真意。女士用 Not necessarily 先否定男士"学得快"的说法，紧接着抛出 Tablets have too many distractions——否定/转折之后亮出的才是她真正要说的弊端，distractions 这个词直接对应"分心"。

【替换】 Tablets have too many distractions ↔ **get distracted more easily**

"有太多让人分心的东西" = "更容易分心"

【排除】 A) 原词陷阱

录音说 people who read printed text comprehend more (读纸质的人理解得更多)，A 借 comprehend 这个词编成 They may have trouble comprehending texts. (理解文字有困难)。原文是"读纸质理解更多"的对比，不是说学生用平板"看不懂"，听到 comprehend 就选即落陷阱。

借用原文：people who read printed text comprehend more

B) 未提及

They may encounter technological problems. 说学生会遇到技术问题，但女士谈的是分心和纸质阅读理解更好，全程没说"学生用平板会碰到技术故障"，是凭"用电子设备会出故障"的常识补出来的。

C) 偷换概念

录音说学生可能 pay attention to apps, games and websites instead of their teachers (去看应用游戏而非听老师)，C 借 teachers 偷换成 They may pay less respect to teachers. (不那么尊重老师)。原文说的是"注意力不在老师身上"，不是"不尊重老师"，听到 teachers 就选即中招。

借用原文：pay attention to apps, games and websites instead of their teachers

-
15. A) It generates a great deal of electronic garbage.
B) It does a lot of damage to the environment.
C) It emits huge amounts of harmful radiation.
D) It accelerates the exhaustion of rare minerals.

【题目】 What does the woman say about making electronic readers?

【翻译】 女士对制造电子阅读器有何看法？

- A) 它产生大量电子垃圾。 B) 它对环境造成很大破坏。 C) 它排放大量有害辐射。
D) 它加速稀有矿物的枯竭。

【答案】 B (细节题) It does a lot of damage to the environment.

【定位】 Actually, manufacturing tablets is environmentally destructive and dangerous to human health. A lot of minerals are extracted from the earth to make electronic readers. It does far more damage to the environment.

实际上，制造平板对环境有破坏性，也危害人体健康。要从地里开采大量矿物来制造电子阅读器。它对环境造成的破坏要大得多。

【信号】 末句 It does far more damage 是收束结论。女士这段先说制造平板 environmentally destructive，列举健康危害和开采矿物，最后用 It does far more damage to the environment 一句收束——段末的总括性结论句正是她对"制造电子阅读器"的核心表态，是答案句。

【替换】 It does far more damage to the environment ↔ does a lot of damage to the environment
"破坏环境大得多" = "对环境造成很大破坏"

【排除】 A) 未提及

It generates a great deal of electronic garbage. 说产生大量电子垃圾，但女士谈的是健康危害、开采矿物、破坏环境，没有一句提到"电子垃圾/garbage"，是把环保话题往"电子垃圾"这个常见印象上靠的未提及项。

C) 未提及

It emits huge amounts of harmful radiation. 说释放大量有害辐射，听上去很吓人，但女士只说 destructive、dangerous to health、extract minerals，从没说"辐射/radiation"，是凭"电子产品有辐射"的印象编的未提及项。

D) 原词陷阱

录音说 A lot of minerals are extracted from the earth to make electronic readers (开采大量矿物来造电子阅读器)，D 借 minerals 编成 It accelerates the exhaustion of rare minerals. (加速稀有矿物枯竭)。原文说的是"开采矿物"这一事实，没说"加速枯竭"这个后果，且本题要的是女士的总结结论(破坏环境)，D 是中途细节的过度引申。

借用原文：A lot of minerals are extracted from the earth to make electronic readers

Section C

Directions: In this section, you will hear three passages. At the end of each passage, you will hear three or four questions. Both the passage and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

Questions 16 to 18 are based on the passage you have just heard.

1 In social psychology, the term "person perception" refers to the mental processes that we use to form impressions of other people. It includes not just how we form these impressions, but the conclusions we make about other people based on our impressions. Consider how often you make this kind of judgment every day. When you meet with a new coworker, you immediately begin to develop an initial impression of this person. When you visit the grocery store, you might draw conclusions about the cashier who checks you out.

在社会心理学中，"人物知觉"这一术语指的是我们用来形成对他人印象的心理过程。它不仅包括我们如何形成这些印象，还包括我们基于印象对他人做出的结论。想想你每天做出这种判断的频率有多高。当你遇到一位新同事时，你会立即开始对这个人形成初步印象。当你去杂货店时，你可能会对为你结账的收银员得出一些结论。

2 Obviously, person perception is a very subjective process that can be affected by a number of variables, including the characteristics of the person you are observing, the context of the situation, your own personal traits, and your past experiences.

显然，人物知觉是一个非常主观的过程，可能会受到许多变量的影响，包括你所观察的人的特征、情境的背景、你自己的个人特质以及你过去的经历。

3 One of the techniques we use in person perception is social categorization. In this process, we mentally categorize people into different groups based on common characteristics.

我们在人物知觉中使用的技巧之一是社会分类。在这个过程中，我们根据共同特征在心理上将人们归入不同的群体。

4 Problems with this technique include the fact that it can lead to errors and prejudice. Imagine that you are getting on a bus. There are only two seats available. One is next to a small, elderly woman; the other is next to a muscular, fierce-looking man. You sit next to the elderly woman, who unfortunately turns out to be quite skilled at picking pockets.

这种技巧的问题包括它可能导致错误和偏见。想象一下你正在上公交车。只有两个座位可用。一个挨着一位身材矮小的老年妇女；另一个挨着一位肌肉发达、面容凶狠的男子。你坐在老年妇女旁边，不幸的是她原来非常擅长扒窃。

5 Because of social categorization, you immediately judge the woman as harmless, and the man as threatening, leading to the loss of your wallet.

由于社会分类，你立即判断这位妇女是无害的，而那位男子是有威胁的，这导致了钱包的丢失。

16. A) Communicate with our coworkers.

B) Encounter people in different places.

C) Judge people based on our first impressions.

D) Engage in a variety of psychological activities.

【题目】 What does the passage say we tend to do every day?

【翻译】 文章说我们每天倾向于做什么？

A) 与同事交流。 B) 在不同地方遇见人。 C) 根据第一印象判断他人。

D) 从事各种心理活动。

【答案】 C (细节题) Judge people based on our first impressions.

【定位】 Consider how often you make this kind of judgment every day. When you meet with a new coworker, you immediately begin to develop an initial impression of this person.

想想你每天多频繁地做出这种评判。当你见到一位新同事，你立刻就开始形成对这个人的最初印象。

【信号】 every day 原词复现+举例佐证。录音用 Consider how often you make this kind of judgment every day 直接点出我们每天都在做的这件事就是 judgment (评判)，随后用见新同事就 develop an initial impression 的例子佐证，every day 与题干同词，是答案句的定位信号。

【替换】 this kind of judgment ↔ Judge people based on our first impressions

judgment 名词→Judge 动词同根

develop an initial impression ↔ based on our first impressions

initial impression=first impression 同义

【排除】 A) 原词陷阱

录音确实出现 When you meet with a new coworker, A 项 Communicate with our coworkers. 借了 coworker 这个原词, 但录音说的是见到新同事时会形成印象, 不是与同事沟通, 盗词却答非所问。

借用原文: When you meet with a new coworker

B) 偷换概念

录音有 When you visit the grocery store 这个去不同地方的例子, B 项 Encounter people in different places. 借此包装成在不同地方遇见人, 但录音此处讲的仍是对收银员形成评判, 不是强调遇见人这件事本身, 属把例子细节偷换成选项主语。

借用原文: When you visit the grocery store

D) 过度推断

录音讲的是一种具体行为——做评判、形成印象, D 项 Engage in a variety of psychological activities. 用 a variety of psychological activities 把它说得又大又泛, 范围被夸大, 不是录音点名的那一件每天做的事。

17. A) It is an objective evaluation of a person's character.

B) It is a mental process influenced by many factors.

C) It contributes to the formation of personal traits.

D) It varies greatly among different social groups.

【题目】 What do we learn about person perception from this passage?

【翻译】 从这篇文章中我们对人际知觉了解到什么?

A) 它是对一个人性格的客观评价。 B) 它是一个受许多因素影响的心理过程。

C) 它有助于个人特质的形成。 D) 它在不同社会群体中差异很大。

【答案】 B (细节题) It is a mental process influenced by many factors.

【定位】 Obviously, person perception is a very subjective process that can be affected by a number of variables, including the characteristics of the person you are observing, the context of the situation, your own personal traits, and your past experiences.

显然, 识人知觉是一个非常主观的过程, 会受到许多变量的影响, 包括你所观察对象的特征、情境的背景、你自身的性格特质, 以及你过往的经历。

【信号】 Obviously 强调+定性句。 录音用 Obviously 加重语气引出对该概念的定性, 紧接着 a very subjective process that can be affected by a number of variables 直接说它是主观的、受许多变量影响, 这是专门给 person perception 定性的答案句。

【替换】 a very subjective process ↔ **It is a mental process influenced by many factors**

subjective process=mental process

affected by a number of variables ↔ **influenced by many factors**

affected by variables=influenced by factors

【排除】 A) 与原文相反

录音明说它是 a very subjective process (主观过程), A 项 It is an objective evaluation of a person's character. 却说成 objective (客观), 把性质说反了, 且 evaluation、character 也只是蹭话题词。

借用原文: a very subjective process

C) 原词陷阱

录音里 your own personal traits 是影响 person perception 的因素之一, C 项 It contributes to the formation of personal traits. 却反过来说它造就了性格特质, 借了 personal traits 这个原词, 但把因果方向整个调反了。

借用原文: your own personal traits

D) 未提及

D 项 It varies greatly among different social groups. 说它在不同社会群体间差异巨大, 但录音讲的是它受个人层面的多种变量影响, 从未提到社会群体之间的差异, 属凭空添加。

-
18. A) It can lead to incorrect judgments.
B) It can cause mistrust among people.
C) It can result in instant losses.
D) It can give rise to gender bias.

【题目】 What is the problem with using social categorization in person perception?

【翻译】 在人际知觉中使用社会分类有什么问题?

- A) 它可能导致错误的判断。 B) 它可能引起人与人之间的不信任。
C) 它可能造成即时损失。 D) 它可能引发性别偏见。

【答案】 A (细节题) It can lead to incorrect judgments.

【定位】 Problems with this technique include the fact that it can lead to errors and prejudice.

这种方法的问题包括: 它会导致错误和偏见。

【信号】 Problems 原词+lead to errors. 录音用 Problems with this technique 直接对应题干的 problem, 紧跟 it can lead to errors and prejudice 点出弊端就是导致错误和偏见, Problems 一词与题干同义, 是定位答案句的强信号。

【替换】 it can lead to errors ↔ **It can lead to incorrect judgments**

errors=incorrect judgments

【排除】 B) 未提及

B 项 It can cause mistrust among people. 说会造成人际不信任，但录音讲的弊端是 errors and prejudice（错误与偏见），从没说到不信任，属凭空添加的后果。

C) 原词陷阱

录音例子结尾说被偷了钱包 leading to the loss of your wallet, C 项 It can result in instant losses. 借 loss 这个原词包装成即时损失，但那只是一个具体例子的细节，本题问的是 social categorization 的整体弊端（错误与偏见），盗词答非所问，且 instant 也是录音没有的。

借用原文：leading to the loss of your wallet

D) 偷换概念

录音说弊端含 prejudice（偏见），D 项 It can give rise to gender bias. 借偏见这层意思却收窄成性别偏见，录音例子讲的是凭老妇与壮汉的外貌分类，从没限定为性别偏见，属以偏概全。

借用原文：prejudice

Questions 19 to 21 are based on the passage you have just heard.

1 Despite smartphones and social media, young people today are as socially competent as those from the previous generation. At least this is what a new study suggests.

尽管有智能手机和社交媒体，今天的年轻人在社交能力方面与上一代人一样出色。至少这是一项新研究所表明。

2 For the study, researchers compared teacher and parent evaluations of American children who started kindergarten in 1998, with those who began school in 2010. The former group entered kindergarten when mobile phones were luxuries. The latter group started school when mobile devices were widespread.

在这项研究中，研究人员比较了教师和家长对1998年开始上幼儿园的美国儿童与2010年入学儿童的评价。前一组儿童入园时，移动电话还是奢侈品。后一组儿童入学时，移动设备已经普及。

3 Results showed both groups of children were rated similarly on important social skills. These included their ability to form and maintain friendships and get along with people who are different. They were also rated similarly on self-control, such as the ability to regulate their temper.

结果显示，两组儿童在重要社交技能方面的评分相似。这些技能包括建立和维持友谊的能力，以及与人相处的能力。他们在自我控制方面的评分也相似，比如控制脾气的的能力。

4 In virtually every comparison made, ratings of social skills either remain constant or improved for the children born later. There was one exception: Social skills were slightly lower for children who accessed online games and social networking sites many times a day.

在几乎所有的比较中，晚出生儿童的社交技能评分要么保持不变，要么有所提高。有一个例外：每天多次访问网络游戏和社交网站的儿童，其社交技能略低。

5 Adults are worried when technological change starts to undermine traditional relationships, particularly the parent-child relationship.

当技术变革开始削弱传统关系，特别是亲子关系时，成年人会感到担忧。

6 The introduction of telephones, automobiles and radio all led to moral panic among adults of the time, because the technology allowed children to enjoy more freedom. Fears over screen-based technology represent the most recent panic in response to technological change. But overall, the study found little evidence that time spent on screens was hurting social skills for most children.

电话、汽车和广播的引入都曾在当时的成年人中引发道德恐慌,因为这些技术让儿童享有更多自由。对屏幕技术的恐惧是对技术变革做出反应的最新恐慌。但总体而言,该研究发现几乎没有证据表明,对大多数儿童来说,花在屏幕上的时间损害了社交技能。

19. A) Both groups spend a lot of time on mobile devices.
B) Both groups attach importance to social connections.
C) They are equally competent in using new technology.
D) They are similar in terms of social skills.

【题目】 What does the new study suggest about young people today and those from the previous generation?

【翻译】 新研究对当年轻人和上一代人有何提示?

- A) 两个群体都在移动设备上花费大量时间。 B) 两个群体都重视社会联系。
C) 他们在使用新技术方面同样有能力。 D) 他们在社交技能方面相似。

【答案】 D (细节题) They are similar in terms of social skills.

【定位】 Despite smartphones and social media, young people today are as socially competent as those from the previous generation.

尽管有智能手机和社交媒体,今天的年轻人在社交能力上与上一代人不相上下。

【信号】 让步 Despite 后才是真意。答案信号是让步词 Despite smartphones and social media——让步状语先抛出一个看似负面的前提,真正的研究结论在它之后的主句 young people today are as socially competent as those from the previous generation, 这种 Despite / Although 后的主句正是篇章听力的高频落点。

【替换】 as socially competent as those from the previous generation ↔

They are similar in terms of social skills.

as...as 等同改写成 similar

【排除】 A) 原词陷阱

录音开头确实念到 smartphones and social media, A 项 Both groups spend a lot of time on mobile devices. 借这个原词诱你选, 但原文只说尽管有手机、社交能力照样相当, 从没说两代人都花大量时间在设备上, 属听到原词就想选的陷阱。

借用原文: smartphones and social media

B) 未提及

B 项 Both groups attach importance to social connections. 说两代都重视社交联系, 但原文只比较社交能力强弱 (competent), 从未说他们重视或看重社交, 研究里没有这层意思。

C) 偷换概念

录音提到 mobile devices were widespread, C 项 They are equally competent in using new technology. 借 technology 与 competent 两个耳熟词诱选, 但原文说的是社交能力 (socially competent) 相当, 不是使用技术的能力相当, 把社交能力偷换成了用技术的能力。

借用原文: mobile devices were widespread

-
20. A) Their social skills were negatively affected.
B) Their school performance was slightly lower.
C) Their emotions were much harder to regulate.
D) Their relations with peers were badly strained.

【题目】 What did the study find about children who accessed social networking sites many times a day?

【翻译】 该研究对每天多次访问社交网站的儿童有何发现?

- A) 他们的社交技能受到了负面影响。 B) 他们的学业表现略有下降。
C) 他们的情绪更加难以调节。 D) 他们与同龄人的关系严重紧张。

【答案】 A (细节题) Their social skills were negatively affected.

【定位】 There was one exception: Social skills were slightly lower for children who accessed online games and social networking sites many times a day.

有一个例外: 对于每天多次玩网络游戏和上社交网站的孩子, 他们的社交能力略低一些。

【信号】 例外 one exception 即落点。 答案信号是转折式提示词 There was one exception——前文一直说社交能力保持不变或提升, 唯独这个 exception 后面交代了负面发现 Social skills were slightly lower, 例外句是典型的答案落点。

【替换】 Social skills were slightly lower ↔ **Their social skills were negatively affected.**

变低概括为受负面影响

【排除】 B) 原词陷阱

录音里 slightly lower 修饰的是 social skills (社交能力), B 项 Their school performance was slightly lower. 原封不动搬来 slightly lower, 却把对象换成学业表现, 原文从没说成绩略低, 属听到 slightly lower 就想选的陷阱。

借用原文: Social skills were slightly lower

C) 张冠李戴

录音在第 3 段提过 regulate their temper, C 项 Their emotions were much harder to regulate. 借 regulate 诱选, 但那是第 3 段讲两组孩子在自控上相似时的话, 跟第 4 段每天多次上网那群孩子无关, 且程度被夸成 much harder, 与原文 slightly 相反。

借用原文: regulate their temper

D) 过度推断

D 项 Their relations with peers were badly strained. 说同伴关系严重紧张, 原文既没说这群孩子的同伴关系受损, 也没用 badly 这种重程度词 (原文是 slightly), 属夸大加无中生有。

21. A) It may pose a threat to their children's safety.

B) It may affect society's traditional values.

C) It may hurt their relations with children.

D) It may change their children's ethical values.

【题目】 What is adults' worry about technological change?

【翻译】 成年人对技术变革的担忧是什么?

- A) 它可能对他们孩子的安全构成威胁。 B) 它可能影响社会的传统价值观。
C) 它可能损害他们与孩子的关系。 D) 它可能改变他们孩子的伦理价值观。

【答案】 C (细节题) It may hurt their relations with children.

【定位】 Adults are worried when technological change starts to undermine traditional relationships, particularly the parent-child relationship.

当科技变化开始侵蚀传统关系、尤其是亲子关系时, 成年人会感到担忧。

【信号】 worried 直陈担忧 + particularly 点重点。 答案信号是表担忧的谓语 Adults are worried, 其担忧对象由 undermine traditional relationships 给出, 再由强调词 particularly the parent-child relationship 把重点收窄到亲子关系——particularly 后面的限定正是答案要的具体落点。

【替换】 undermine traditional relationships, particularly the parent-child relationship ↔

It may hurt their relations with children.

undermine=hurt, parent-child=with children

【排除】 A) 未提及

A 项 It may pose a threat to their children's safety. 借耳熟的 children 诱选，但原文成年人担忧的是亲子关系被侵蚀，从没提孩子的人身安全 (safety)，属新增内容。

B) 偷换概念

录音念过 traditional relationships 与第 6 段的 moral panic，B 项 It may affect society's traditional values. 借 traditional 诱选，但原文担忧的是传统关系 (relationships)，不是社会传统价值 (values)，把关系偷换成了价值观。

借用原文：traditional relationships

D) 过度推断

第 6 段提到 moral panic，D 项 It may change their children's ethical values. 借这条道德暗线诱选，但 moral panic 指成年人面对新技术的恐慌情绪，原文从未说科技会改变孩子的道德 / 伦理价值观，属由 moral 一词过度推断。

借用原文：moral panic

Questions 22 to 25 are based on the passage you have just heard.

1 It's easy to spend all day searching for inspiration. You can find incredible videos, articles and news stories about the success of others.

人们很容易花一整天时间寻找灵感。你可以找到关于他人成功的精彩视频、文章和新闻报道。

2 The problem is that consuming the success and ideas of others is passive inspiration. Every time you read an article or listen to an interview, you're practicing passive inspiration. You might learn something, but you don't actually have to do anything. Hearing about other people's success isn't the same as creating your own.

问题在于，消费他人的成功和想法是被动的灵感。每次你阅读一篇文章或收听一次采访，你都在实践被动灵感。你可能会学到一些东西，但你实际上不必做任何事情。听说他人的成功并不等同于创造你自己的成功。

3 Instead, it is through the process of active inspiration—the act of creating things, applying new ideas to our goals, and making mistakes that we discover who we are and what is important to us. Furthermore, active inspiration is what results in long-term passion and enthusiasm. Watching someone else's success might leave you feeling excited for a few minutes. However, taking action and applying a new idea to your life will inspire you more than anything someone else can say.

相反，正是通过主动灵感的过程——创造事物、将新想法应用于我们的目标、犯错误的行动——我们才发现自己是谁以及什么对我们重要。此外，主动灵感会带来长期的热情和激情。观看他人的成功可能会让你兴奋几分钟。然而，采取行动并将新想法应用到你的生活中，会比他人所说的任何话都更能激励你。

4 Learning and listening can help you think about things in a different way. But creating, producing, and experimenting is what drives you forward. Passive inspiration can give you ideas, but active inspiration will give you power.

学习和倾听可以帮助你以不同的方式思考问题。但创造、生产和实验才是推动你前进的动力。被动灵感可以给你想法，但主动灵感会给你力量。

5 Too often we spend our lives consuming the world around us instead of creating it. And what matters is the power your actions have to inspire you. The best inspiration comes from the application of ideas, not the consumption of them.

我们常常把生活花在消费周围的世界而不是创造它上面。而重要的是你的行动激励你的力量。最好的灵感来自想法的应用,而非对它们的消费。

22. A) It is motivating.

B) It is passive.

C) It is incredible.

D) It is impracticable.

【题目】 What does the speaker say about inspiration from consuming others' ideas and success stories?

【翻译】 说话人对于从他人的想法和成功故事中获取灵感有何看法?

A) 它具有激励作用。 B) 它是被动的。 C) 它令人难以置信。 D) 它不切实际。

【答案】 B (细节题) It is passive.

【定位】 The problem is that consuming the success and ideas of others is passive inspiration.

问题在于, 消费他人的成功与想法, 是一种被动的灵感。

【信号】 下定义句 is + 定性词。这句用 consuming the success and ideas of others is passive inspiration 的 "A is B" 结构, 直接给 "消费他人成功" 贴上 passive inspiration 的标签, 是典型的下定义信号, 定性题答案就藏在这种 "...is..." 的判断里。

【替换】 passive inspiration ↔ It is passive.

原词原义直接对应

【排除】 A) 与原文相反

录音把 consuming 来的灵感判为 passive (被动), 而 It is motivating. 说它有激励性, 恰与原文相反, 是把被动说成主动激励。

借用原文: passive inspiration

C) 原词陷阱

录音 P1 确实出现过 incredible videos, articles and news stories, incredible 是用来形容那些视频文章 "很精彩", 并不是给 passive inspiration 的定性; 选项 It is incredible. 盗这个原词来骗 "听到就选"。

借用原文: incredible videos, articles and news stories

D) 未提及

录音从未说 consuming 来的 inspiration 是 impracticable (不切实际的), 原文只说它 passive、不能代替自己创造, 并没有 "不可行" 这层意思, 属凭空添加。

23. A) It results in short-term excitement.
B) It helps us avoid making mistakes.
C) It breeds long-term passion and enthusiasm.
D) It is bound to help us achieve greater success.

【题目】 What do we learn from the passage about active inspiration?

【翻译】 从文章中我们对主动灵感了解到什么?

- A) 它会产生短期的兴奋感。 B) 它帮助我们避免犯错。 C) 它孕育长期的热情和热忱。
D) 它必定会帮助我们取得更大的成功。

【答案】 C (细节题) It breeds long-term passion and enthusiasm.

【定位】 Furthermore, active inspiration is what results in long-term passion and enthusiasm.

此外, 主动的灵感正是带来长久热情与激情的东西。

【信号】 递进 **Furthermore** 后给定论。Furthermore, active inspiration is what results in long-term passion and enthusiasm 由 Furthermore 引出对 active inspiration 的进一步定论, 递进词后常接观点落点; 同时 results in 是因果信号, 直接给出它的结果。

【替换】 results in long-term passion and enthusiasm ↔ **It breeds long-term passion and enthusiasm.**
results in 同义替换为 breeds

【排除】 A) **张冠李戴**

录音说 short-term 的是 watching 别人成功带来的兴奋——Watching someone else's success might leave you feeling excited for a few minutes, 那是 passive 一侧的效果; It results in short-term excitement. 把这份 "短暂兴奋" 安到 active inspiration 头上, 张冠李戴。

借用原文: Watching someone else's success might leave you feeling excited for a few minutes

B) **与原文相反**

录音讲 active inspiration 包含 making mistakes (犯错) 才认识自我, 从没说它能 avoid making mistakes (避免犯错), It helps us avoid making mistakes. 把原文里的 "犯错" 反着安成 "避免犯错", 原文无此说法。

借用原文: making mistakes that we discover who we are

D) **过度推断**

录音只说 active inspiration 带来长期热情、给你 power, 并没有保证它 "必然带来更大成功"; It is bound to help us achieve greater success. 中 bound to (必定) 把效果夸成必然成功, 推过了头。

借用原文: active inspiration is what results in long-term passion and enthusiasm

24. A) Drive us forward.
B) Bring us power.
C) Spur us to action.
D) Give us ideas.

【题目】 What does the passage say passive inspiration can do?

【翻译】 文章指出被动灵感能做什么？

- A) 推动我们前进。 B) 给我们带来力量。 C) 激励我们采取行动。
D) 给我们提供想法。

【答案】 D (细节题) Give us ideas.

【定位】 Passive inspiration can give you ideas, but active inspiration will give you power.

被动的灵感能给你想法，但主动的灵感会给你力量。

【信号】 对比句 but 两侧分派功能。Passive inspiration can give you ideas, but active inspiration will give you power 用 but 把两种 inspiration 的功能并列对照，passive 给 ideas、active 给 power；对比句两侧的分工正是答案点，须按主语取属于 passive 的那半句。

【替换】 Passive inspiration can give you ideas ↔ Give us ideas.

give you ideas 改 give us ideas

【排除】 A) 张冠李戴

录音 P4 说 creating, producing, and experimenting is what drives you forward, drive forward 是 active 一侧（创造、试验）的功能；Drive us forward. 把它安到 passive 头上，张冠李戴。

借用原文：creating, producing, and experimenting is what drives you forward

B) 原词陷阱

对比句明说 active inspiration will give you power, 给 power 的是 active；Bring us power. 盗用原词 power 却把它派给 passive，正中 but 后半句被对调的陷阱。

借用原文：active inspiration will give you power

C) 原词陷阱

录音 P3 出现过 taking action and applying a new idea to your life, action 是讲 active inspiration 的语境，且原文并无 "passive 能 spur us to action" 的说法；Spur us to action. 借 action 这个原词制造熟悉感，却答非所问。

借用原文：taking action and applying a new idea to your life

25. A) Listening to success stories.
B) Applying ideas to one's life.
C) Following the advice of experts.
D) Consuming the world around us.

【题目】 Where does the best inspiration come from according to the passage?

【翻译】 根据文章,最好的灵感来自哪里?

- A) 倾听成功故事。 B) 将想法应用到自己的生活中。 C) 遵循专家的建议。
D) 接纳我们周围的世界。

【答案】 B (细节题) Applying ideas to one's life.

【定位】 The best inspiration comes from the application of ideas, not the consumption of them.

最好的灵感来自对想法的应用,而非对它们的消费。

【信号】 结尾总括句 the best...comes from. The best inspiration comes from the application of ideas, not the consumption of them 是末段收束的总括定调句, the best...comes from 直接给出结论,且用 not 把对立的 consumption 排掉,是篇章结尾的答案落点信号。

【替换】 the application of ideas ↔ Applying ideas to one's life.

名词 application 还原为动词 applying

【排除】 A) 与原文相反

录音讲的是 application 对 consumption, 并没说最佳灵感来自 "listening to success stories (听成功故事)", 反倒把 "听别人成功" 归为 passive; Listening to success stories. 与结论相悖。

借用原文: Hearing about other people's success isn't the same as creating your own

C) 未提及

全文从未提到 "following the advice of experts (听从专家建议)", 没有任何对应句, 属凭空添加的来源。

D) 与原文相反

结尾 not the consumption of them 明确用 not 把 consumption 排在最佳来源之外, Consuming the world around us. 盗用录音确实念过的 consuming/consumption, 却恰恰选了被否定的那一极。

借用原文: not the consumption of them

41 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。

White meat, such as chicken, may raise blood cholesterol levels as much as red meat does.

第1段，第1句

情态动词结构加比较状语从句的组合在四六级和考研阅读中非常常见，尤其在科学研究、健康建议等语境中。比较结构 "as much as" 及从句中的动词省略是典型句式，掌握后可迁移到大量同类句子，代表性强。

This finding surprised researchers, who admitted they didn't expect that eating white meat would lead to higher blood cholesterol levels.

第1段，第2句

本句结构高度典型：主句+非限制性定语从句+多层宾语从句的组合是学术文本和考试阅读中的常见句式，特别是科研报道类文章。定语从句补充说明人物态度、宾语从句层层展开具体内容的写法在四六级和考研阅读中频繁出现，学会分析这类句子可大量复用。

In addition, participants had blood tests at the start and finish of each new diet.

第2段，第6句

主谓宾加时间状语是常见句式，时间状语内部的并列结构(start and finish)也属典型用法，掌握后可迁移到大量类似描述中，但简单句本身在考试长难句中代表性有限

Further, both diets increased blood cholesterol levels compared with the diet built on vegetarian protein sources.

第3段，第2句

本句包含学术写作和考试中常见的结构：主句陈述对比结果，通过 compared with 引出参照对象，定语从句以过去分词形式后置修饰名词。这种"陈述 + 比较 + 定语限定"的句式在科研论文和考试阅读中频繁出现，学习后可广泛迁移。

The team acknowledged that it is possible that white meat is better for our health than red meat despite their findings.

第4段，第1句

本句成分种类丰富且包含多个典型易错点：主句有主谓宾和让步状语，宾语从句使用形式主语it与真正主语从句的对应关系，主语从句内部有主系表结构和比较状语。特别是形式主语与真正主语的识别、嵌套从句中各成分的归属判断，以及比较结构中表语的完整划分，都是学生需要反复练习的重点，训练价值较高。

This is because other effects of red meat consumption could contribute to heart disease independent of cholesterol.

第4段，第2句

主句加原因状语从句的结构在四六级和考研真题中较为常见，because 引导的原因从句是高频句式。从句内部使用情态动词 could 表示推测，也是学术或科普文本的典型表达。该句式具有较高的可迁移性和典型性。

With just one week to go before Christmas, there are worries that local supermarket supplies of this holiday favorite may be affected.

第1段，第4句

句式具有较高代表性。"there be" 存在句加同位语从句的组合在新闻报道和学术写作中常见，四六级和考研阅读中频繁出现。掌握这一结构后可迁移至大量同类句子，实用价值较高。

It was caused by a lorry running into a trailer.

第3题，D

被动语态 + by 引出施事者/原因 + 分词作定语，是四六级和考研真题中高频出现的句式组合。掌握后可在描述事故原因、说明被动关系时大量复用，具有较好的代表性。

It is the spot that causes the local police a lot of worry.

第4题，B

强调句 "It is ... that ..." 是四六级和考研阅读理解中的高频句式，掌握该结构后可快速识别大量类似句子，迁移价值极高，具有很强的典型性。

"A large number of high-class travelers, including CEOs, have to spend more than three hours by road to get there and that is a loss of time," a Bangalore airport spokesperson said.

第3段，第4句

引述结构 "某人 said + 宾语从句" 是新闻报道和学术文献中的常见句式；宾语从句内部的并列陈述加评价结构也是典型的论述模式；"have to + 动词原形" 表达客观必要性是高频考点；整体句式具有较强的典型性和迁移价值。

"This is not a low cost option, but it is an option," she added.

第3段，第5句

直接引语后置说话人标注 (she added) 是书面语和新闻报道中的常见句式；引语内的并列转折结构也较为典型，学习后可迁移到阅读理解中识别类似表达。

It costs more than twice as much as a car ride.

第6题，A

"as...as" 比较结构在四六级和考研阅读中频繁出现，且常伴有省略，本句是该句式的典型代表，掌握后可迁移到大量类似句子。

What type do you think would be suitable for a barbecue?

第3段，第2句

特殊疑问句中插入 "do you think" 是口语和考试中的高频句式，系表结构加情态动词也是常见搭配；掌握此句型可直接迁移到大量类似问句的理解和构造。

Thank you for your help.

第13段，第2句

祈使句在口语和应用文中高频出现，"Thank you for..." 是感谢表达的标准句式，学习者掌握后可直接迁移到大量类似场景，代表性很强。

Spend no more than 30 dollars.

第9题，A

祈使句在日常英语中常见，但在四六级或考研阅读真题中出现频率远低于陈述句和复合句；作为基础句式有一定代表性，但掌握后可迁移的场景不如典型的主从复合句或并列句广泛。

Help him prepare the barbecue.

第9题，C

本句虽为简单句,但覆盖了祈使句、宾语、宾语补足语(动词原形作补语)等成分,尤其 'help + 宾语 + 动词原形'是考试常见易错点,适合练习区分宾语和宾语补足语的关系。

M: Our school is replacing printed textbooks with e-textbooks next semester.

第1段，第1句

主谓宾加状语的简单句结构在考试中高频出现，现在进行时表将来计划的用法也是常考点，具有一定代表性，但因结构过于基础、缺少从句等复杂成分，不属于高度典型的考试难句。

What about the cost, not only buying all those tablets, but the software and electronic infrastructure that goes with it, not to mention retraining all the teachers and administration staff?

第2段，第2句

本句覆盖了省略谓语的识别、疑问句主语判断、复杂状语结构分析、定语从句嵌套位置、并列成分识别等多种成分划分要点。特别是谓语省略和 "What" 充当主语这两个易错点，具有较高的训练价值，适合作为成分划分的综合练习句。

Besides that, tablet prices continue to drop and are becoming increasingly affordable.

第3段，第2句

简单句配并列谓语是四六级和考研阅读中常见的句式，"continue to do" 和 "be becoming" 结构也经常出现。句首介词短语作状语的用法典型。但整体结构偏简单，没有体现从句嵌套或复杂修饰等高频难点，代表性中等偏上。

Anyway, tablets help students learn up to 80% faster.

第3段，第3句

"help sb do sth" 结构在四六级和考研阅读中较为常见，属于典型的使役动词句型。掌握后可迁移到类似 make、let、have 等动词的用法，具有中等偏上的代表性。

Students may pay attention to apps, games and websites instead of their teachers.

第4段，第3句

本句是"主语 + 情态动词 + 动词短语 + 宾语 + 状语"的典型简单句结构，情态动词 "may" 表可能性在四六级和考研阅读中较为常见，"instead of" 引导的对比状语也是常考点，结构具有一定代表性，学习后可迁移到类似句式。

In fact, research suggests that people who read printed text comprehend more, remember more and learn 30% more than those who read digital text.

第4段，第4句

主句加宾语从句的结构、定语从句修饰比较双方、比较级搭配than引导的比较状语从句，这些都是四六级和考研阅读中高频出现的句式。句子展示了典型的研究结论陈述方式和对比论证结构，学生掌握后可迁移到大量学术类文本的理解中。

The health impacts from making one electronic reader are 70 times greater than those from making a single printed book.

第6段，第2句

比较结构 "倍数 + 比较级 + than" 是四六级和考研阅读中的高频句式，常用于科技、经济、环保类文章的数据对比。主系表结构配合后置定语也是学术英语的典型模式。掌握本句结构后，可迁移至大量同类句子。

It might take some time for students to adapt.

第12题，B

"It takes/took time for sb to do sth" 是四六级和考研阅读、翻译中的高频句式，加上情态动词的推测用法，非常典型。掌握此句式后可迁移到大量类似表达，代表性强。

They may have trouble comprehending texts.

第14题，A

情态动词加动词原形是四六级和考研阅读中的常见句式，"have trouble doing sth"（做某事有困难）是高频搭配。句式虽简单，但其核心结构（情态动词 + 动词 + 动名词作后置定语）具备一定代表性，学习后可迁移到类似句型。

It includes not just how we form these impressions, but the conclusions we make about other people based on our impressions.

第1段，第2句

"not just ... but ..." 并列结构和宾语从句、限制性定语从句的组合在四六级和考研阅读中非常常见，属于高频句式。掌握本句的分析方法可以迁移到大量类似句子，代表性强。

Obviously, person perception is a very subjective process that can be affected by a number of variables, including the characteristics of the person you are observing, the context of the situation, your own personal traits, and your past experiences.

第2段，第1句

主系表结构加定语从句修饰表语名词是四六级和考研阅读中的高频句式；定语从句内部嵌套另一个定语从句也是典型的复杂修饰结构；掌握后可迁移到大量类似长难句的理解，代表性较强

You sit next to the elderly woman, who unfortunately turns out to be quite skilled at picking pockets.

第4段，第5句

非限制性定语从句是四六级和考研阅读中的常见句式，本句展示了 who 引导的非限制性定语从句修饰人物名词的典型用法。主系表结构（turns out to be）也是常见表达。但全句整体偏短，缺少更多层次的修饰或并列结构，作为真题句式的代表性为中等偏上。

Because of social categorization, you immediately judge the woman as harmless, and the man as threatening, leading to the loss of your wallet.

第5段，第1句

包含复合宾语结构（judge + 宾语 + as + 宾补）的并列使用，同时涵盖原因状语、方式状语、结果状语等多种状语类型，成分丰富；并列宾补和分词作结果状语是易混淆点，有较好的训练价值

Judge people based on our first impressions.

第16题，C

祈使句在日常交际和写作中较为常见，但在四六级或考研阅读理解的长难句中出现频率不高（这些考试更侧重复杂陈述句和多从句结构）。本句的“动词原形 + 宾语 + 过去分词短语状语”结构虽简单典型，但作为应试训练材料的代表性一般，学习后可迁移到日常表达和写作中的祈使句场景，但对攻克考试长难句的帮助有限。

It can result in instant losses.

第18题，C

主语 + 情态动词 + 不及物动词 + 介词短语状语的结构在英语中较为常见,特别是"result in"这一表达因果关系的固定搭配经常出现在学术写作和考试阅读中,具有一定代表性

It can give rise to gender bias.

第18题，D

本句涵盖主语、谓语、宾语、状语四种基本成分，适合初学者练习识别核心成分。固定搭配"give rise to"的宾语识别（"rise"而非"gender bias"）是一个值得训练的易错点，能够帮助学生区分固定搭配中的宾语与介词短语。

Despite smartphones and social media, young people today are as socially competent as those from the previous generation.

第1段，第1句

as...as 比较结构和 Despite 引导的让步状语在四六级和考研阅读中频繁出现,句式代表性强。比较状语从句的省略也是常考语法点,掌握本句结构可迁移到大量类似句式的理解中。

There was one exception: Social skills were slightly lower for children who accessed online games and social networking sites many times a day.

第4段，第2句

冒号连接并列主句、限制性定语从句修饰名词、主系表结构配合介词短语作状语，这些都是四六级和考研阅读中的高频句式，结构典型且实用，掌握后可应用于大量类似句子。

Both groups attach importance to social connections.

第19题，B

简单句的主谓宾加状语结构在考试中常见，但本句过于基础、缺乏复杂度，作为四六级或考研真题句式的代表性一般，掌握后可迁移到同类简单句，但对复杂句式帮助不大。

They are similar in terms of social skills.

第19题，D

主系表 + 介词短语状语是常见基础句式，在真题中偶有出现，但并非高频或特别典型的考点结构，迁移价值中等。

It's easy to spend all day searching for inspiration.

第1段，第1句

"It is + 形容词 + 不定式" 是四六级和考研阅读中的高频句型，常用于表达对某一行为或情况的评价。本句结构典型，掌握后可直接迁移到大量类似句子（如 It is important to..., It is difficult to... 等），代表性较强。

Every time you read an article or listen to an interview, you're practicing passive inspiration.

第2段，第2句

时间状语从句 + 主句的结构是四六级和考研英语中的常见句式，"Every time" 引导的时间状语从句也是典型用法。这种结构在阅读理解和写作中频繁出现，掌握后可迁移到类似的 "whenever"、"each time" 等句式。

Hearing about other people's success isn't the same as creating your own.

第2段，第4句

本句使用动名词短语作主语搭配系动词，这是四六级和考研真题中的常见句式，尤其在表达观点、作对比或下定义的语境中频繁出现。主系表结构加动名词的组合具有较强的可迁移性，掌握后能够复用到大量类似句型中。

Furthermore, active inspiration is what results in long-term passion and enthusiasm.

第3段，第2句

主系表结构加表语从句是四六级和考研阅读中的常见句式，what 引导的表语从句也是高频考点，学习后可迁移到大量类似结构的句子。

It helps us avoid making mistakes.

第23题，B

"help + 宾语 + (to) do" 是四六级和考研中高频出现的句型，且宾语补足语常由不定式或动名词充当，本句结构具有较强代表性，掌握后可迁移至大量类似句子。

HIGH-FREQUENCY · 真题高频词

本卷出现的 214 个英语四级真题高频词

下列单词既在本卷录音原文中出现，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）。每个词标注本卷 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。

inspiration

B2

n. 灵感

本卷12次 · 真题 14 句

diet

A2

n. 日常饮食

本卷11次 · 真题 113 句

tablet

B1

n. 药片

本卷9次 · 真题 14 句

electronic

B1

adj. 电子的

本卷8次 · 真题 30 句

would

A1

aux. (will 的过去式) 将要，会

本卷7次 · 真题 466 句

helicopter

B1

n. 直升机

本卷7次 · 真题 17 句

cholesterol

B2

n. 胆固醇

本卷7次 · 真题 11 句

affect

B1

v. 影响

本卷6次 · 真题 113 句

researcher

B2

n. 研究人员

本卷5次 · 真题 239 句

customer

A2

n. 顾客，客户

本卷5次 · 真题 124 句

process

B1

n. 过程

本卷5次 · 真题 108 句

protein

B1

n. 蛋白质

本卷5次 · 真题 51 句

mobile

B1

adj. 可移动的

本卷5次 · 真题 28 句

technological

B2

adj. 技术的

本卷5次 · 真题 24 句

perception C1

n. 看法

本卷5次·真题 19 句

vegetarian B1

n. 素食者

本卷5次·真题 13 句

impression B1

n. 印象

本卷5次·真题 12 句

effect A2

n. 影响

本卷4次·真题 156 句

local A2

adj. 当地的

本卷4次·真题 150 句

participant B2

n. 参与者

本卷4次·真题 117 句

consume B2

v. 消耗, 耗费 (燃料、能源、时间等)

本卷4次·真题 52 句

textbook A2

n. 教科书

本卷4次·真题 52 句

software B1

n. 软件 (计算机程序)

本卷4次·真题 35 句

reader A2

n. 读者

本卷4次·真题 23 句

passive B2

adj. 被动的

本卷4次·真题 10 句

less A1

det. 较少的

本卷3次·真题 224 句

finding B2

n. 调查结果

本卷3次·真题 99 句

type A2

n. 类型

本卷3次·真题 97 句

base A2

n. 基础

本卷3次·真题 95 句

device B1

n. 设备

本卷3次·真题 60 句

option B1

n. 选择

本卷3次·真题 60 句

apply A2

v. 申请

本卷3次·真题 58 句

loss B1

n. 丧失

本卷3次·真题 46 句

app B1

n. 应用程序

本卷3次·真题 27 句

affordable B1

adj. 买得起的

本卷3次·真题 21 句

benefit B1

n. 好处

本卷2次·真题 169 句

actually A2

adv. 实际上, 事实上 (用于纠正或补充信息)

本卷2次·真题 148 句

relationship B1

n. 关系

本卷2次·真题 109 句

mental B1

adj. 精神的

本卷2次·真题 86 句

least A2

det. 最少的

本卷2次·真题 84 句

access B1

n. 进入

本卷2次·真题 83 句

traditional B1

adj. 传统的

本卷2次·真题 79 句

rate A2

n. 速度

本卷2次·真题 78 句

contribute B1

v. 捐献

本卷2次·真题 74 句

power A2

n. 权力

本卷2次·真题 59 句

damage B1

n. 损害

本卷2次·真题 55 句

contain B1

v. 包含, 含有

本卷2次·真题 50 句

variety B1

n. 多样化

本卷2次·真题 47 句

consumption B2

n. 消费

本卷2次·真题 44 句

generation B2

n. 一代人

本卷2次·真题 44 句

staff B1

n. 全体员工

本卷2次·真题 43 句

despite B1

prep. 尽管

本卷2次·真题 40 句

previous B1

adj. 先前的

本卷2次·真题 37 句

site A2

n. 地点

本卷2次·真题 37 句

recommend B1

v. 推荐

本卷2次·真题 34 句

characteristic B2

n. 特征

本卷2次·真题 30 句

driving A2

n. 驾驶

本卷2次·真题 29 句

location B1

n. 地点, 位置

本卷2次·真题 22 句

trait B2

n. 特征

本卷2次·真题 22 句

slightly B1

adv. 稍微, 略微, 轻微地

本卷2次·真题 21 句

greatly B1

adv. 非常

本卷2次·真题 20 句

inspire B2

v. 激励

本卷2次·真题 20 句

elderly B2

adj. 年老的

本卷2次·真题19句

judge B1

v. 判断, 评判

本卷2次·真题19句

technique B1

n. 技术

本卷2次·真题18句

acknowledge B2

v. 承认 (事实、错误等)

本卷2次·真题17句

passion B2

n. 强烈的情感

本卷2次·真题16句

scene A2

n. 场景

本卷2次·真题15句

approval B2

n. 赞成

本卷2次·真题14句

encounter B2

v. 遇到

本卷2次·真题14句

tech B1

n. 技术

本卷2次·真题14句

attach B1

v. 贴上;系上;附上

本卷2次·真题13句

route B1

n. 路线

本卷2次·真题13句

traveler A2

n. 旅行者

本卷2次·真题13句

initial B1

adj. 最初的

本卷2次·真题12句

kindergarten A2

n. 幼儿园

本卷2次·真题12句

coworker B1

n. 同事

本卷2次·真题10句

panic B1

n. 恐慌

本卷2次·真题10句

evaluation

B2

n. 评估

本卷2次·真题9句

similarly

B2

adv. 相似地

本卷2次·真题8句

accord

C1

n. (国家、团体间的) 协议

本卷1次·真题174句

online

A2

adj. 在线的

本卷1次·真题145句

better

A1

adj. 更好的 (good 的比较级)

本卷1次·真题139句

tend

B1

v. 倾向于, 往往会

本卷1次·真题137句

learning

A1

n. 学习

本卷1次·真题120句

impact

B2

n. 影响

本卷1次·真题98句

expert

B1

n. 专家

本卷1次·真题89句

according

B1

prep. 根据

本卷1次·真题88句

amount

A2

n. 数量

本卷1次·真题87句

factor

B1

n. 因素

本卷1次·真题77句

digital

B1

adj. 数字的

本卷1次·真题75句

gender

B1

n. 性别 (社会文化意义上的)

本卷1次·真题71句

later

A1

adv. 以后, later

本卷1次·真题70句

performance

B1

n. 表演

本卷1次·真题66句

involve B1

v. 包含

本卷1次·真题 65 句

gain B1

v. 获得;赢得

本卷1次·真题 64 句

due B1

adj. 预期的

本卷1次·真题 62 句

connection B1

n. 联系

本卷1次·真题 61 句

engage B2

v. 参与;从事

本卷1次·真题 57 句

claim B1

v. 声称

本卷1次·真题 56 句

generally B1

adv. 通常, 一般地

本卷1次·真题 53 句

increasingly B2

adv. 越来越;日益;不断增加地

本卷1次·真题 53 句

evidence B1

n. 证据

本卷1次·真题 52 句

jam A2

n. 果酱

本卷1次·真题 50 句

source B1

n. 来源

本卷1次·真题 50 句

available A2

adj. 可获得的

本卷1次·真题 48 句

recently A2

adv. 最近

本卷1次·真题 48 句

easily A2

adv. 容易地

本卷1次·真题 47 句

official B1

adj. 官方的

本卷1次·真题 47 句

replace A2

v. 替换, 更换 (用新的代替旧的)

本卷1次·真题 47 句

response B1

n. 回答

本卷1次·真题 47 句

media B1

n. 大众传播媒介（报刊、电视、广播、互联...

本卷1次·真题 45 句

maintain B1

v. 维持

本卷1次·真题 44 句

adapt B2

v. 适应，适合（新环境、新情况）

本卷1次·真题 42 句

spot A2

n. 地点

本卷1次·真题 42 句

attract B1

v. 吸引（注意力、兴趣）

本卷1次·真题 41 句

further B1

adv. 更远地

本卷1次·真题 41 句

importance B1

n. 重要性

本卷1次·真题 40 句

launch B1

v. 推出

本卷1次·真题 39 句

overall B1

adj. 总体的

本卷1次·真题 39 句

particularly B2

adv. 尤其，特别（强调某事物）

本卷1次·真题 39 句

quickly A2

adv. 快速地

本卷1次·真题 38 句

regular B1

adj. 经常的

本卷1次·真题 38 句

smartphone B1

n. 智能手机

本卷1次·真题 38 句

feature B1

n. 特征

本卷1次·真题 37 句

flight A2

n. 航班

本卷1次·真题 36 句

interact B2

v. 相互作用

本卷1次·真题 35 句

mostly B1

adv. 主要地

本卷1次·真题 35 句

rare B1

adj. 稀有的

本卷1次·真题 33 句

harmful B1

adj. 有害的

本卷1次·真题 31 句

vary B1

v. 不同

本卷1次·真题 31 句

application B1

n. 申请

本卷1次·真题 30 句

executive B2

n. 主管;经理;管理人员

本卷1次·真题 30 句

recommendation B2

n. 推荐

本卷1次·真题 30 句

represent B1

v. 代表

本卷1次·真题 28 句

threat B1

n. 威胁

本卷1次·真题 28 句

brand B1

n. 品牌, 商标

本卷1次·真题 27 句

competitive B2

adj. 竞争的

本卷1次·真题 26 句

addition A2

n. 增加

本卷1次·真题 25 句

curriculum B2

n. 课程

本卷1次·真题 25 句

psychological B2

adj. 心理的

本卷1次·真题 25 句

former B1

adj. 以前的, 从前的

本卷1次·真题 24 句

target B1

n. 目标, 靶子

本卷1次 · 真题 24 句

update B1

v. 更新

本卷1次 · 真题 24 句

character B1

n. 性格

本卷1次 · 真题 23 句

currently B1

adv. 目前, 当前

本卷1次 · 真题 23 句

gather B1

v. 聚集, 集合

本卷1次 · 真题 22 句

luxury B2

n. 奢侈品

本卷1次 · 真题 22 句

relevant B2

adj. 相关的

本卷1次 · 真题 22 句

observe B2

v. 观察, 注意到

本卷1次 · 真题 21 句

ordinary B1

adj. 普通的

本卷1次 · 真题 21 句

wallet A2

n. 钱包

本卷1次 · 真题 21 句

admit B1

v. 承认 (事实、错误等)

本卷1次 · 真题 20 句

efficiency B2

n. 效率

本卷1次 · 真题 20 句

journey A2

n. 旅行, 旅程

本卷1次 · 真题 20 句

peer B2

n. 同龄人

本卷1次 · 真题 20 句

pose B2

v. 摆姿势 (供拍照或绘画)

本卷1次 · 真题 20 句

unfortunately B1

adv. 不幸地

本卷1次 · 真题 20 句

widespread

B2

adj. 广泛的

本卷1次·真题20句

alternative

B2

n. 可供选择的事物

本卷1次·真题19句

constantly

B1

adv. 不断地, 持续地

本卷1次·真题19句

generate

B2

v. 产生, 引起 (结果、反应等)

本卷1次·真题19句

grocery

B1

n. 食品杂货

本卷1次·真题19句

bar

A2

n. 酒吧

本卷1次·真题18句

error

A2

n. 错误

本卷1次·真题18句

incident

B2

n. (尤指不寻常或令人不快的) 事件, 事情

本卷1次·真题18句

injury

B1

n. (身体) 伤害, 损伤

本卷1次·真题18句

okay

A2

adj. 可以的

本卷1次·真题18句

popularity

B2

n. 受欢迎

本卷1次·真题18句

worried

A2

adj. 担心的

本卷1次·真题18句

context

B2

n. (事情发生的) 背景、环境

本卷1次·真题17句

suit

A2

n. 套装

本卷1次·真题17句

absorb

B2

v. 吸收 (液体、气体等)

本卷1次·真题16句

frequent

B1

adj. 频繁的

本卷1次·真题16句

bias B2

n. 偏见

本卷1次·真题 15 句

flavor B1

n. 味道

本卷1次·真题 15 句

moral B2

adj. 道德的

本卷1次·真题 15 句

operate B1

v. 运转

本卷1次·真题 15 句

pace B1

n. 速度

本卷1次·真题 15 句

previously B1

adv. 以前, 先前 (指过去某个时间)

本卷1次·真题 15 句

obviously B1

adv. 显然, 明显地

本卷1次·真题 14 句

rating B1

n. 等级; 评级

本卷1次·真题 14 句

running A2

n. 跑步 (运动)

本卷1次·真题 14 句

distraction B2

n. 分心

本卷1次·真题 13 句

freedom B1

n. 自由

本卷1次·真题 13 句

frozen A2

adj. 冷冻的

本卷1次·真题 13 句

primarily B2

adv. 主要地

本卷1次·真题 13 句

witness B2

n. 目击者

本卷1次·真题 13 句

badly A2

adv. 严重地

本卷1次·真题 12 句

constant B2

adj. 持续不断的

本卷1次·真题 12 句

ethical B2

adj. 道德的

本卷1次·真题 12句

garbage B1

n. 垃圾

本卷1次·真题 12句

highlight B2

n. 最精彩的部分

本卷1次·真题 12句

infrastructure C1

n. 基础设施

本卷1次·真题 12句

instant B1

n. 瞬间, 刹那

本卷1次·真题 12句

semester B1

n. 学期 (尤指大学的半学年)

本卷1次·真题 12句

skilled B1

adj. 熟练的

本卷1次·真题 12句

spokesperson B2

n. 发言人

本卷1次·真题 12句

administration B2

n. 管理

本卷1次·真题 11句

casual B1

adj. 随意的

本卷1次·真题 11句

environmentally B2

adv. 从环境角度

本卷1次·真题 11句

folk B1

n. 人们

本卷1次·真题 11句

negatively B2

adv. 负面地

本卷1次·真题 11句

objective B2

n. 目标

本卷1次·真题 11句

psychology B2

n. 心理学

本卷1次·真题 11句

strain B2

n. 压力

本卷1次·真题 11句

breed

B2

v. 繁殖

本卷1次·真题10句

emit

B2

v. 发出, 排放 (光、热、气体等)

本卷1次·真题10句

furthermore

B2

adv. 此外

本卷1次·真题10句

manufacturing

B2

n. 制造业; 生产

本卷1次·真题10句

recruit

B2

v. 招募

本卷1次·真题10句

advancement

B2

n. 进步

本卷1次·真题8句

advertise

B1

v. 为...做广告

本卷1次·真题8句

incredible

B2

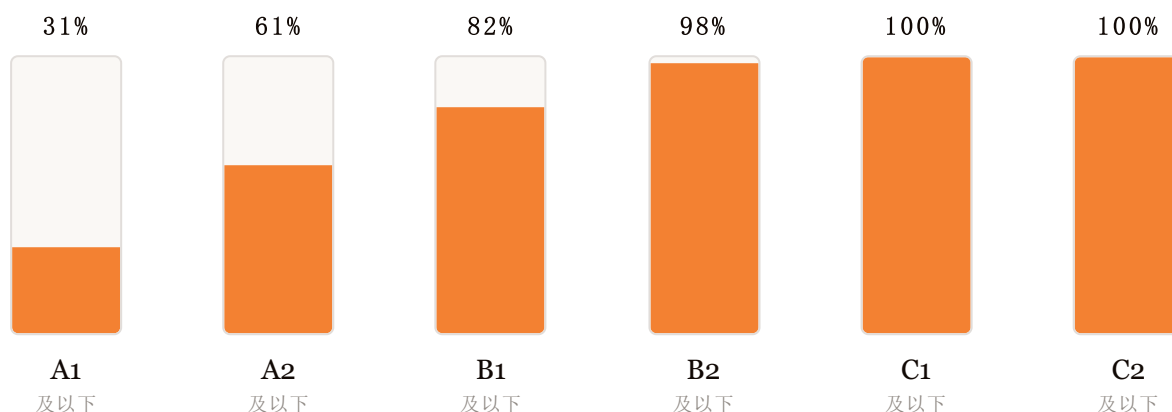
adj. 极好的

本卷1次·真题8句

VOCABULARY · 词汇难度分布

全卷录音原文 662 词按 CEFR 难度累积覆盖

全卷录音原文去重后共 **662** 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, 本卷共 10 个·约 2%。



每柱为「按 CEFR 等级及以下」的累积覆盖率 (CDF) · 数据为全卷录音原文去重词 662 个 · 末柱为 100%

去重总词数

662

B2 以上难词

2%

B1 及以下覆盖

82%



英语四级 2022年9月·第1套 · 全卷构成

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Part III Section B	长篇阅读（信息匹配）	题目解析 →
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 →