

2022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2022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 9 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(2022-12)·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**.

Learning to say no

A) Not doing something will always be faster than doing it. This philosophy applies in many areas of life. For example, there is no meeting that goes faster than not having a meeting at all. This is not to say you should never attend another meeting, but the truth is that we say "yes" to too many things we don't actually want to do.

不做某件事永远比做它更快。这一哲学适用于生活的许多领域。例如,没有哪场会议能比完全不开会更快。这并不是说你永远不再参加会议,但事实是,我们对太多自己并不真正想做的事情说"是"。

B) How often do people ask you to do something and you just reply, "Sure." Three days later, you're overwhelmed by how much is on your to-do list. We become frustrated by our obligations even though we were the ones who said "yes" to them in the first place. Even worse, people will occasionally fight to do things that waste time. You don't have to do something just because it exists. It's worth asking if things are necessary. Many of them are not, and a simple "no" will be more productive than whatever work the most efficient person can cope with. But if the benefits of saying "no" are so obvious, then why do we say "yes" so often?

有多少次别人请你做某事,你只是回答"当然"。三天后,你就会被待办事项清单上的任务压垮了。我们对自己的义务感到沮丧,尽管当初是我们自己对它们说"是"的。更糟糕的是,人们有时会争着去做浪费时间的事情。你不必仅仅因为某件事存在就去做它。值得问一问这些事情是否必要。其中许多并非必要,简单的一个"不"会比最高效的人所能应付的任何工作都更有成效。如果说"不"的好处如此明显,那么我们为什么还要如此频繁地说"是"呢?

- C) We say "yes" to many requests not because we want to do them, but because we don't want to be seen as rude or unhelpful. Often, we have to consider saying "no" to someone we will interact with again in the future—our co-worker, our spouse, our family and friends. Saying "no" to our superiors at work can be particularly difficult. In these situations, I like the approach recommended in *Essentialism* by Greg McKeown. He writes, "Remind your superiors what you would be neglecting if you said 'yes' and force them to deal with the trade-off. For example, if your manager comes to you and asks you to do X, you can respond with 'Yes, I'm happy to make this the priority. Which of these other projects should I deprioritize to pay attention to this new project?'"

我们对许多请求说“是”，不是因为我们想做这些事，而是因为我们不想被视为粗鲁或不愿帮忙。通常，我们必须考虑对将来还会再次打交道的人说“不”——我们的同事、配偶、家人和朋友。对工作中的上司说“不”可能特别困难。在这些情况下，我喜欢Greg McKeown在《精要主义》中推荐的方法。他写道：“提醒你的上司，如果你说‘是’，你将会忽略什么，并迫使他们处理这种权衡。例如，如果你的经理来找你，要求你做X，你可以回答‘好的，我很乐意把这作为优先事项。我应该降低这些其他项目中哪一个的优先级，以便关注这个新项目？’”

- D) Collaborating with others is an important element of life. The thought of straining the relationship outweighs the commitment of our time and energy. For this reason, it can be helpful to be gracious in your response. Do whatever favors you can, and be warm-hearted and direct when you have to say no. But even after we have accounted for these social considerations, many of us still seem to do a poor job of managing the trade-off between yes and no. We find ourselves over-committed to things that don't meaningfully improve or support those around us, and certainly don't improve our own lives.

与他人合作是生活的重要组成部分。使关系紧张的想法超过了我们时间和精力付出。因此，在回应时保持亲切会有所帮助。尽你所能帮忙，当你不得不说“不”时，要热情而直接。但即使在我们考虑了这些社会因素之后，我们中的许多人似乎仍然在管理“是”与“不”之间的权衡方面做得很差。我们发现自己过度承诺了一些事情，这些事情并不能有意义地改善或支持我们周围的人，当然也不能改善我们自己的生活。

- E) Perhaps one issue is how we think about the meaning of yes and no. The words "yes" and "no" get so often used in comparison with each other that it feels like they carry equal weight in conversation. In reality, they're not just opposite in meaning, but of entirely different magnitudes in commitment. When you say "no", you're only saying "no" to one option. When you say "yes", you're saying "no" to every other option. I like how economist Tim Harford put it, "Every time we say 'yes' to a request, we're also saying 'no' to anything else we might accomplish with the time?" Once you're committed to something, you've already decided how that future block of time will be spent. In other words, saying "no" saves you time in the future. Saying "yes" costs you time in the future. "No" is a form of time credit. You retain the ability to spend your future time however you want. "Yes" is a form of time debt. You have to pay back your commitment at some point.

也许一个问题是我们如何看待“是”和“不”的含义。“是”和“不”这两个词经常被相互比较使用，以至于感觉它们在对话中具有同等的分量。实际上，它们不仅在意义上相反，而且在承诺的量级上完全不同。当你说“不”时，你只是对一个选择说“不”。当你说“是”时，你是对所有其他选择说“不”。我喜欢经济学家Tim Harford的说法：“每次我们对一个请求说‘是’，我们也是在对我们可能用这段时间完成的任何其他事情说‘不’。”一旦你承诺了某事，你就已经决定了未来那段时间将如何度过。换句话说，说“不”为你节省了未来的时间。说“是”让你在将来付出时间代价。“不”是一种时间信用。你保留了以任何你想要的方式支配未来时间的能力。“是”是一种时间债务。你必须在某个时刻偿还你的承诺。

- F) "No" is a decision. "Yes" is a responsibility. Saying "no" is sometimes seen as a luxury that only those in power can afford. And it's true: turning down opportunities is easier when you can fall back on the safety net provided by power, money, and authority. But it's also true that saying "no" is not merely a privilege reserved for the successful. It's also a strategy that can help you become successful. Saying "no" is an important skill to develop at any stage of your career because it retains the most important asset in life: your time. As investor Pedro Sorrentino put it, "If you don't guard your time, people will steal it from you." You need to say "no" to whatever isn't leading you toward your goals.

"不"是一个决定。"是"是一种责任。说"不"有时被视为只有那些有权力的人才能负担得起的奢侈品。确实如此:当你可以依靠权力、金钱和权威提供的安全网时,拒绝机会会更容易。但同样真实的是,说"不"不仅仅是成功人士的特权。它也是一种可以帮助你成功的策略。在职业生涯的任何阶段,学会说"不"都是一项需要培养的重要技能,因为它保留了生命中最宝贵的资产:你的时间。正如投资者Pedro Sorrentino所说:"如果你不保护你的时间,人们就会从你那里偷走它。"你需要对任何不能引导你实现目标的事情说"不"。

- G) Nobody embodied this idea better than Steve Jobs, who said, "People think focus means saying 'yes' to the thing you've got to focus on. But that's not what it means at all. It means saying 'no' to the hundred other good ideas that there are. You have to pick carefully." Jobs had another great quote about saying "no": "I'm actually as proud of the things we haven't done as the things I have done. Innovation is saying 'no' to 1,000 things."

没有人比Steve Jobs更好地体现了这个理念,他说:"人们认为专注意味着对你必须专注的事情说'是'。但这根本不是它的意思。它意味着对其他一百个好主意说'不'。你必须仔细挑选。"Jobs还有另一句关于说"不"的名言:"实际上,我为我们没有做的事情感到自豪,就像为我做过的事情感到自豪一样。创新就是对1000件事说'不'。"

- H) Over time, as you continue to improve and succeed, your strategy needs to change. The opportunity cost of your time increases as you become more successful. At first, you just eliminate the obvious distractions and explore the rest. As your skills improve and you learn to separate what works from what doesn't, you have to continually increase your threshold for saying "yes". You still need to say "no" to distractions, but you also need to learn to say "no" to opportunities that were previously good uses of time, so you can make space for better uses of time. It's a good problem to have, but it can be a tough skill to master.

随着时间的推移,当你不断进步和成功时,你的策略需要改变。随着你变得更成功,你的时间机会成本也在增加。起初,你只是消除明显的干扰并探索其余的。随着你的技能提高,你学会区分什么有效、什么无效,你必须不断提高说"是"的门槛。你仍然需要对干扰说"不",但你也需要学会对以前是时间良好利用方式的机会说"不",这样你才能为更好的时间利用方式腾出空间。这是一个好问题,但可能是一项难以掌握的技能。

- I) What is true about health is also true about productivity: an ounce of prevention is worth a pound of cure. More effort is wasted doing things that don't matter than is wasted doing things inefficiently. And if that is the case, elimination is a more useful skill than optimization. I'm reminded of the famous Peter Drucker quote, "There is nothing so useless as doing efficiently that which should not be done at all."

关于健康的道理同样适用于生产力:一分预防胜过十分治疗。做无关紧要的事情所浪费的努力,比低效地做事情所浪费的努力更多。如果情况确实如此,那么消除就是比优化更有用的技能。这让我想起Peter

Drucker的名言:"没有什么比高效地做根本不应该做的事情更无用的了。"

陈述句与逐句解析

36. People often grant a request just because they want to appear polite and helpful.

人们常常答应请求仅仅是因为他们想显得有礼貌和乐于助人。

【答案】 **C** 段 (弱锚点)

【锚点】 为显得礼貌而答应

【定位】 We say "yes" to many requests not because we want to do them, but because we don't want to be seen as rude or unhelpful.

我们答应许多请求, 不是因为想做, 而是因为不想被看作无礼或不肯帮忙。

【改写】 they want to appear polite and helpful ↔ **we don't want to be seen as rude or unhelpful**
负面词加否定等于正面词

grant a request ↔ **We say "yes" to many requests**

答应请求的同义说法

【辨邻】 **D** D段的拒绝顾虑是 The thought of straining the relationship outweighs the commitment of our time and energy——「怕伤关系」, 而非 appear polite and helpful 的「怕显得无礼」, 动机不同, 故不是源头段。

The thought of straining the relationship outweighs the commitment of our time and energy

37. It's no easy job learning to say "no" to opportunities that were once considered worth grasping.

学会对曾经被认为值得抓住的机会说"不"并非易事。

【答案】 **H** 段 (弱锚点)

【锚点】 对曾值得抓住的机会说 no 不易

【定位】 You still need to say "no" to distractions, but you also need to learn to say "no" to opportunities that were previously good uses of time, so you can make space for better uses of time.

你仍要对干扰说 no, 但还得学会对那些「以前是时间好用法」的机会说 no, 好为更好的用法腾出空间。

【改写】 opportunities that were once considered worth grasping ↔

opportunities that were previously good uses of time

曾值得抓=以前是好用法

It's no easy job ↔ **it can be a tough skill to master**

不容易=难掌握的技能

【辨邻】 F F段说 You need to say "no" to whatever isn't leading you toward your goals——拒绝的是「无助于目标的事」，并非 once considered worth grasping 的「曾被认为是值得抓的好机会」，少了「曾经好」这层转折，故非源头段。

You need to say "no" to whatever isn't leading you toward your goals

38. When you decline a request, you are saving your future time.

当你拒绝一个请求时，你是在节省你未来的时间。

【答案】 E 段（弱锚点）

【锚点】 拒绝即省下未来时间

【定位】 In other words, saying "no" saves you time in the future.

换句话说，说 no 会为你省下未来的时间。

【改写】 When you decline a request ↔ When you say "no"

拒绝请求=说no

you are saving your future time ↔ saying "no" saves you time in the future

几乎原样复现

【辨邻】 F F段说 it retains the most important asset in life: your time——「保住时间这一资产」，没有 saving your future time 那种「拒绝即省下未来时间」的明确因果陈述，故非源头段。

it retains the most important asset in life: your time

39. People sometimes struggle to do things that are simply a waste of time.

人们有时会艰难地去做一些纯粹是浪费时间的事情。

【答案】 B 段（弱锚点）

【锚点】 费力去做纯属浪费时间的事

【定位】 Even worse, people will occasionally fight to do things that waste time.

更糟的是，人们有时甚至会争着去做浪费时间的事。

【改写】 struggle to do things ↔ fight to do things

挣扎做=争着做

things that are simply a waste of time ↔ things that waste time

浪费时间的事，措辞近同

【辨邻】 I I段说 More effort is wasted doing things that don't matter than is wasted doing things inefficiently——比较两种浪费的多少，并非 struggle to do things that are simply a waste of time 描述的「人主动费劲去做浪费时间事」这一行为，故非源头段。

More effort is wasted doing things that don't matter than is wasted doing things inefficiently

40. Doing efficiently what is not worth doing is the most useless effort.

高效地做不值得做的事是最无用的努力。

【答案】 I 段（强锚点）

【锚点】 高效做不值得做的事最无用

【定位】 I'm reminded of the famous Peter Drucker quote, "There is nothing so useless as doing efficiently that which should not be done at all."

我想起 Peter Drucker 的名言：「没有什么比高效地去做根本不该做的事更无用了。」

【改写】 Doing efficiently what is not worth doing ↔

doing efficiently that which should not be done at all

不值得做=根本不该做

is the most useless effort ↔ **There is nothing so useless as**

「没有比这更无用」=「最无用」

41. It is especially difficult for people to decline to do what their superiors ask them to do.

人们尤其难以拒绝做上级要求他们做的事情。

【答案】 C 段（弱锚点）

【锚点】 对上司之命尤其难拒绝

【定位】 Saying "no" to our superiors at work can be particularly difficult.

对工作中的上司说 no 可能尤其困难。

【改写】 especially difficult ↔ **particularly difficult**

especially=particularly

decline to do what their superiors ask them to do ↔ **Saying "no" to our superiors at work**

拒绝上司之命=对上司说no

【辨邻】 D 段讲 Collaborating with others is an important element of life 与怕伤关系，对象是泛指的合作者，没有 superiors「上司」这一特定对象与「尤其难」的论断，故非源头段。

Collaborating with others is an important element of life

42. People agree to do too many things they are in fact unwilling to do.

人们同意做太多实际上不愿意做的事情。

【答案】 A 段（弱锚点）

【锚点】 答应太多其实不愿做的事

【定位】 This is not to say you should never attend another meeting, but the truth is that we say "yes" to too many things we don't actually want to do.

这不是说你再也别去开会，但事实是，我们对太多自己其实不想做的事说了 yes。

【改写】 agree to do too many things ↔ we say "yes" to too many things

答应做=对...说yes

they are in fact unwilling to do ↔ we don't actually want to do

其实不愿=其实不想

【辨邻】 B B段说 you're overwhelmed by how much is on your to-do list——答应后被任务压垮，讲的是后果；而 unwilling to do「其实不愿做」这一断言出在 A 段，故 B 非源头段。

you're overwhelmed by how much is on your to-do list

43. According to one famous entrepreneur, innovation means refusal to do an enormous number of things.

据一位著名企业家所说,创新意味着拒绝做大量的事情。

【答案】 G 段 (强锚点)

【锚点】 某著名企业家: 创新即拒绝大量事

【定位】 Jobs had another great quote about saying "no": "I'm actually as proud of the things we haven't done as the things I have done. Innovation is saying 'no' to 1,000 things."

Jobs 还有句关于说 no 的名言:「我对没做的事,和已做的事一样自豪。创新就是对一千件事说 no。」

【改写】 innovation means refusal to do an enormous number of things ↔

Innovation is saying 'no' to 1,000 things

拒绝大量=对1000件说no

one famous entrepreneur ↔ **Steve Jobs**

著名企业家=Steve Jobs

44. It is an essential aspect of life to cooperate with other people.

与他人合作是生活的一个基本方面。

【答案】 D 段 (弱锚点)

【锚点】 与他人合作是生活要素

【定位】 Collaborating with others is an important element of life.

与他人协作是生活的一个重要要素。

【改写】 to cooperate with other people ↔ **Collaborating with others**

cooperate=collaborate

an essential aspect of life ↔ **an important element of life**

本质方面=重要要素

45. Refusing a request is sometimes seen as a privilege not enjoyed by ordinary people.

拒绝请求有时被视为普通人不享有的特权。

【答案】 F 段 (弱锚点)

【锚点】 拒绝被视为普通人无的特权

【定位】 Saying "no" is sometimes seen as a luxury that only those in power can afford.

说 no 有时被看作只有有权者才负担得起的奢侈。

【改写】 a privilege not enjoyed by ordinary people ↔ a luxury that only those in power can afford

普通人无的特权=只有权势者能享

Refusing a request ↔ Saying "no"

拒绝请求=说no

【辨邻】 G 段是 It means saying 'no' to the hundred other good ideas——讲专注就是取舍，并非 a privilege not enjoyed by ordinary people 的「说 no 是普通人无的特权」这一论点，故非源头段。

It means saying 'no' to the hundred other good ideas that there are

PARAGRAPH MAP • 段落主旨图

9 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 提出全文总观点：不做某事永远比做它快，但我们对太多自己其实不想做的事说了「yes」。

信息指纹 无强指纹，靠语义

B 描述说 yes 的后果：随口答应后被任务压垮；并指出人们有时会争着去做浪费时间的事，不必凡事都做。

信息指纹 为浪费时间的事而争

C 解释为何常说 yes：怕被看作无礼或不肯帮忙；尤其对上司说 no 最难，并给出 McKeown 的应对话术。

信息指纹 怕显得无礼 + 对上司说 no

D 强调与他人协作是生活的重要部分，怕伤关系而难以拒绝；但即便顾及了这些社交因素，许多人仍处理不好 yes 与 no 的取舍。

信息指纹 与他人协作是生活要素

E 重新审视 yes 与 no 的分量：二者承诺量级不同；说 no 只否掉一个选项，说 yes 等于对其他一切说 no；no 是时间存款，yes 是时间欠债。

信息指纹 no=时间存款，yes=时间欠债

F 说 no 常被看作只有权势者才有的特权，但它其实也是助你走向成功的策略，能守住最宝贵的资产——时间。

信息指纹 no 被当作权势者的特权

G 借 Steve Jobs 之口阐释 focus：专注意味着对上百个好点子说 no；并引其名言「创新就是对一千件事说 no」。

信息指纹 Steve Jobs 谈 focus 与创新

H 随着你不断进步成功，策略要变：机会成本上升，要不断提高说 yes 的门槛，连「以前是好用法」的机会也得学会拒绝。

信息指纹 对「曾经的好机会」也说 no

I 把健康道理迁到生产力：预防胜于治疗；浪费在「不该做的事」上的精力多于浪费在「做得低效」上的；引 Drucker 名言。

信息指纹 高效做不该做的事最无用

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。

We become frustrated by our obligations even though we were the ones who said "yes" to them in the first place.

B段，第3句

让步状语从句搭配定语从句的嵌套结构,在四六级和考研英语阅读中高频出现,是典型的复合句式。主句的系表结构加状语也是常考句型,掌握后可大量复用到其他句子的分析中。

But if the benefits of saying "no" are so obvious, then why do we say "yes" so often?

B段，第8句

if 条件状语从句配合主句疑问句的结构在四六级和考研英语阅读中非常常见，属于典型的逻辑推理句式。这种 'if...then why...' 的反问模式经常用于论证和质疑，学生掌握后可在大量真题中复用。But 引导转折、then 呼应 if 的用法也是标准写法。

We say "yes" to many requests not because we want to do them, but because we don't want to be seen as rude or unhelpful.

C段，第1句

"not because... but because..." 原因对比结构在考试中较为常见,尤其适合考查学生对并列对比逻辑的理解。主句带两个原因状语从句的模式也是典型句式,掌握后可迁移

Remind your superiors what you would be neglecting if you said 'yes' and force them to deal with the trade-off.

C段，第6句

句子覆盖了双宾语结构、宾语从句、条件状语从句、宾语补足语等多种成分，且宾语从句中引导词 what 既连接又充当成分，是典型易错点。适合训练多层嵌套中的成分识别。

For this reason, it can be helpful to be gracious in your response.

D段，第3句

"It is/can be + 形容词 + to do" 是四六级和考研英语阅读中极为常见的句式,掌握此结构后可大量迁移到类似句子,典型性较高

Do whatever favors you can, and be warm-hearted and direct when you have to say no.

D段，第4句

覆盖祈使句、宾语从句（含 whatever 引导和谓语省略）、时间状语从句，以及系表结构、并列连词等多种成分。宾语从句中的省略现象（you can 省略 do）和 whatever 的双重作用（引导词兼宾语）具有一定训练价值，适合练习从句识别和省略补全。

I like how economist Tim Harford put it, "Every time we say 'yes' to a request, we're also saying 'no' to anything else we might accomplish with the time?"

E段，第6句

“作者认同某人观点+具体观点引用”是典型的论说文开头或论据支撑句式，且从句的组合方式在真题阅读中极其常见。

In other words, saying "no" saves you time in the future.

E段，第8句

动名词短语作主语和双宾语结构都是四六级和考研常考的句式，在阅读理解和翻译题中频繁出现。本句结构简洁但典型，掌握后可迁移到类似句型。不过，由于缺少从句和更复杂的修饰结构，代表性稍逊于包含多种句式的长难句。

And it's true: turning down opportunities is easier when you can fall back on the safety net provided by power, money, and authority.

F段，第4句

本句成分丰富且有多练习点：形式主语与真正主语的对应、动名词短语作主语、比较级作表语、时间状语从句、过去分词作后置定语修饰宾语。这些都是基础学生常见的易错点，尤其形式主语和动名词主语的识别、状语从句的归属判断都有较高训练价值。

Nobody embodied this idea better than Steve Jobs, who said, "People think focus means saying 'yes' to the thing you've got to focus on. But that's not what it means at all. It means saying 'no' to the hundred other good ideas that there are. You have to pick carefully."

G段，第1句

本句包含比较结构和非限制性定语从句，这两种结构在四六级和考研阅读中经常出现。特别是非限制性定语从句用于补充说明人物或事物，以及引述某人言论的用法，是典型的学术和正式文体句式。掌握后可应用于大量类似句型的理解和写作。

I'm reminded of the famous Peter Drucker quote, "There is nothing so useless as doing efficiently that which should not be done at all."

I段，第4句

覆盖主语、谓语、状语、同位语、定语从句等多种成分，特别是同位语从句和定语从句的识别是常见易错点。句中 "There be" 结构和 "which" 引导的定语从句都是练习重点，训练价值较高。

Doing efficiently what is not worth doing is the most useless effort.

第40题题干

本句适合训练以下能力：识别长主语（动名词短语）、定位嵌套在主语中的宾语从句、区分动名词与谓语动词、理解 what 在从句中既引导又充当主语的双重作用。这些都是英语学习中的常见易错点，训练价值较高。

It is especially difficult for people to decline to do what their superiors ask them to do.

第41题题干

形式主语 It is + 形容词 + for sb to do 结构在四六级和考研阅读中极为常见，what 引导的宾语从句以及 ask sb to do 双宾语结构也是高频句式。本句结构具有很强的代表性，掌握后可迁移到大量类似句子。

People agree to do too many things they are in fact unwilling to do.

第42题题干

本句体现了 "实义动词 + 不定式宾语 + 省略关系代词的限制性定语从句" 这一常考句式，在四六级和考研阅读中频繁出现。掌握这种结构后，学生能够迁移到大量类似句型的分析中，实用性强。

It is an essential aspect of life to cooperate with other people.

第44题 题干

形式主语 "It is + 形容词/名词 + to do" 句型在四六级和考研真题中高频出现，是写作和阅读中的典型结构。本句结构标准且完整，掌握后可以直接迁移到大量类似句型（如 It is important to...、It is necessary to... 等），实用性和代表性都很强。

HIGH-FREQUENCY • 真题高频词

本篇出现的 83 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。

request B1

n. 请求

本篇5次 · 真题 26 句

opportunity B1

n. 机会

本篇4次 · 真题 89 句

commitment B2

n. 承诺

本篇3次 · 真题 18 句

superior B2

adj. 更好的

本篇3次 · 真题 14 句

actually A2

adv. 实际上，事实上（用于纠正或补充信息）

本篇2次 · 真题 148 句

better A1

adj. 更好的（good 的比较级）

本篇2次 · 真题 139 句

focus B1

n. 重点

本篇2次 · 真题 107 句

project A2

n. 项目

本篇2次 · 真题 90 句

decline B2

v. 下降

本篇2次 · 真题 73 句

option B1

n. 选择

本篇2次 · 真题 60 句

power A2

n. 权力

本篇2次·真题 59 句

strategy B2

n. 策略

本篇2次·真题 53 句

innovation B2

n. 创新;革新(指行为或过程)

本篇2次·真题 50 句

remind A2

v. 提醒

本篇2次·真题 18 句

obvious B1

adj. 明显的

本篇2次·真题 16 句

distraction B2

n. 分心

本篇2次·真题 13 句

retain B2

v. 保留

本篇2次·真题 10 句

would A1

aux. (will 的过去式) 将要, 会

本篇1次·真题 466 句

accord C1

n. (国家、团体间的) 协议

本篇1次·真题 174 句

benefit B1

n. 好处

本篇1次·真题 169 句

career B1

n. 职业

本篇1次·真题 119 句

support A2

v. 支持

本篇1次·真题 118 句

relationship B1

n. 关系

本篇1次·真题 109 句

simply B1

adv. 仅仅, 只不过

本篇1次·真题 90 句

case A2

n. 情况

本篇1次·真题 89 句

issue B1

n. 问题

本篇1次·真题 83 句

later A1

adv. 以后, later
本篇1次·真题 70 句

account A2

n. 账户
本篇1次·真题 61 句

apply A2

v. 申请
本篇1次·真题 58 句

responsibility B1

n. 责任
本篇1次·真题 55 句

struggle B1

v. 奋斗
本篇1次·真题 54 句

approach B1

v. 靠近, 接近 (在空间或时间上)
本篇1次·真题 50 句

response B1

n. 回答
本篇1次·真题 47 句

exist A2

v. 存在;实际上有
本篇1次·真题 46 句

attend A2

v. 出席, 参加 (会议、活动等)
本篇1次·真题 43 句

explore B1

v. 探索
本篇1次·真题 40 句

particularly B2

adv. 尤其, 特别 (强调某事物)
本篇1次·真题 39 句

reality B1

n. 现实
本篇1次·真题 38 句

credit B1

n. 赊购, 赊账
本篇1次·真题 36 句

interact B2

v. 相互作用
本篇1次·真题 35 句

respond B1

v. 回答, 答复
本篇1次·真题 35 句

recommend B1

v. 推荐
本篇1次·真题 34 句

authority B2

n. 权力

本篇1次·真题 32 句

productive B2

adj. 富有成效的

本篇1次·真题 32 句

entrepreneur C1

n. 企业家;创业者

本篇1次·真题 31 句

essential B1

adj. 必不可少的

本篇1次·真题 30 句

productivity B2

n. 生产率

本篇1次·真题 30 句

stage A2

n. 阶段

本篇1次·真题 30 句

block A2

n. 街区

本篇1次·真题 24 句

carefully A2

adv. 仔细地

本篇1次·真题 24 句

economist B2

n. 经济学家

本篇1次·真题 24 句

equal A2

adj. 相等的

本篇1次·真题 23 句

priority B2

n. 优先事项

本篇1次·真题 23 句

aspect B2

n. 方面

本篇1次·真题 22 句

entirely B1

adv. 完全地

本篇1次·真题 22 句

luxury B2

n. 奢侈品

本篇1次·真题 22 句

cope B2

v. 应对

本篇1次·真题 21 句

enormous B1

adj. 巨大的

本篇1次·真题 21 句

ordinary B1

adj. 普通的

本篇1次·真题21句

grant B2

v. 授予

本篇1次·真题20句

reserve B1

v. 预订

本篇1次·真题20句

tough B1

adj. 困难的

本篇1次·真题20句

favor B1

n. 帮忙

本篇1次·真题19句

spouse B2

n. 配偶

本篇1次·真题18句

eliminate B2

v. 消除

本篇1次·真题16句

certainly A2

adv. 当然

本篇1次·真题15句

debt B1

n. 欠款

本篇1次·真题15句

efficient B2

adj. 效率高的

本篇1次·真题15句

previously B1

adv. 以前, 先前 (指过去某个时间)

本篇1次·真题15句

accomplish B2

v. 完成, 实现 (任务、目标)

本篇1次·真题14句

consideration B2

n. 考虑

本篇1次·真题14句

cure B1

v. 治愈 (疾病)

本篇1次·真题12句

investor B2

n. 投资者

本篇1次·真题12句

collaborate B2

v. 合作

本篇1次·真题11句

strain B2

n. 压力

本篇1次 · 真题 11 句

committed B2

adj. 尽心尽力的

本篇1次 · 真题 10 句

element B1

n. 要素

本篇1次 · 真题 10 句

asset B2

n. 资产

本篇1次 · 真题 9 句

net A2

n. 网

本篇1次 · 真题 9 句

philosophy B2

n. 哲学

本篇1次 · 真题 9 句

cooperate B2

v. 合作

本篇1次 · 真题 8 句

merely B2

adv. 仅仅，只不过

本篇1次 · 真题 8 句

overwhelm B2

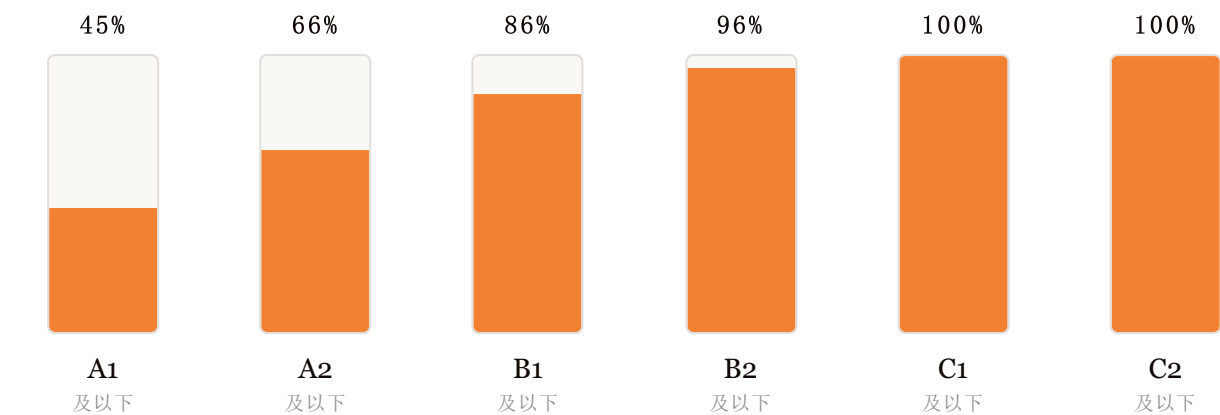
v. 使不知所措

本篇1次 · 真题 8 句

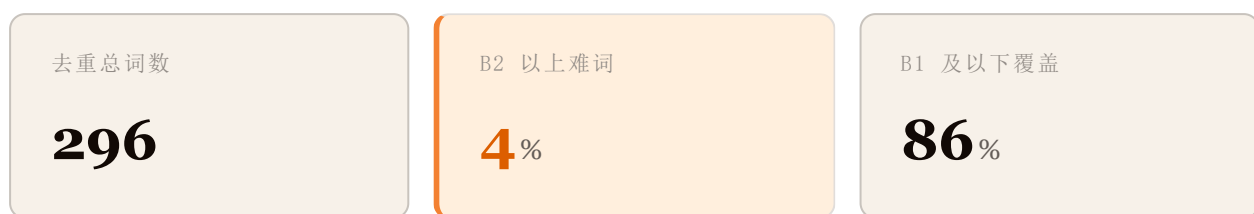
VOCABULARY · 词汇难度分布

全文 296 词按 CEFR 难度累积覆盖

全文去重后共 **296** 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 11 个 · 约 4%。



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 296 个 · 末柱为 100%



英语四级 2022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 →