

2023年12月·第1套 英语四级阅读理解（四选一） 第1篇·46-50 题答案与解析

QUESTIONS & ANALYSIS · 阅读理解题和解析

阅读理解题和解析 · 46-50 题

本页 46-50 题的答案与逐题解析由懒笔记基于2023年12月·第1套 英语四级阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 5 段原文（段首标 P1-P5 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

真题卷第1套(2023-12) · 四级

Part III Section C (1)

Directions: There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.

Passage One

Questions 46 to 50 are based on the following passage.

P1 One of my bad habits is saying "busy" when people ask me how I'm doing. Sometimes it's because I actually am busy, but other times it's because that's what I think I'm supposed to say. That's what important people say. That's what people who get promoted say. But working long hours doesn't drive better results. Never taking a vacation won't lead to a promotion. So why are we so proud to talk about how busy we are all the time?

我的一个坏习惯是当别人问我过得怎么样时，我会说“很忙”。有时是因为我确实很忙，但其他时候是因为我认为自己应该这么说。重要的人都这么说。获得晋升的人都这么说。但长时间工作并不能带来更好的结果。从不休假也不会带来晋升。那么我们为什么总是如此自豪地谈论自己有多忙呢？

P2 In 2016, researchers from Columbia, Harvard, and Georgetown conducted a study to figure it out. They found busy people are perceived to be of high status, and interestingly, these status attributions are heavily influenced by our own beliefs about social mobility. In other words, the more we believe that one has the opportunity for success based on hard work, the more we tend to think that people who skip leisure and work all the time are of higher standing.

2016年，来自哥伦比亚大学、哈佛大学和乔治城大学的研究人员进行了一项研究来弄清这个问题。他们发现忙碌的人被认为具有高地位，有趣的是，这些地位归因在很大程度上受到我们自己关于社会流动性的信念的影响。换句话说，我们越相信一个人有机会通过努力工作获得成功，我们就越倾向于认为那些放弃休闲并一直工作的人地位更高。

P3 That's why we feel like we have to appear busy, and there's a real perception that if someone is knee-deep in meetings, emails, and stress, then they're probably a big deal. This culture of busyness is making it hard for employees to find work-life balance. According to a recent study, one in five highly engaged employees is at risk of burnout(精疲力竭).

这就是为什么我们觉得必须显得很忙，而且确实存在一种看法，即如果某人深陷于会议、邮件和压力之中，那么他们很可能是个重要人物。这种忙碌文化正使员工难以找到工作与生活的平衡。根据最近的一项研究，五分之一的高度投入的员工面临精疲力竭的风险。

P4 Personally, I'm going to stop saying "busy" when people ask me how I am. It sounds self-righteous(自以为是的) and sets the wrong tone. Phrases like "I have limited access to email" and "I'll respond as soon as I get back" sound like you're being held against your will from working as opposed to making the most of your time off.

就我个人而言，当别人问我过得怎么样时，我不会再说“很忙”了。这听起来自以为是，而且定下了错误的基调。像“我查看邮件的机会有限”和“我一回来就会尽快回复”这样的措辞听起来像是你被迫不能工作，而不是在充分利用你的休息时间。

P5 That's why we recently launched the Out of Office Email Generator, a free tool you can use before your next long weekend or trip. You can share loud and proud that you won't be checking email until you're back. Managers need to think twice about emailing their teams on the weekend and talking about how busy they are. Leaders should take time off themselves and encourage employees to do the same.

这就是为什么我们最近推出了外出邮件生成器，这是一个免费工具，你可以在下一个长周末或旅行之前使用。你可以大声而自豪地分享你在回来之前不会查看邮件。管理者需要三思而后行，不要在周末给团队发邮件，也不要谈论自己有多忙。领导者应该自己抽时间休息，并鼓励员工也这样做。

题目与逐题解析

46. What is a reason for the author to be in the habit of saying "busy" when asked how he is doing?

- A) He just follows successful people's example.
- B) He is actually proud to be fully occupied.
- C) He thinks everyone should be devoted to work.
- D) He believes busyness ensures accomplishments.

当被问及近况时，作者习惯性地回答“忙”的一个原因是什么？

- A) 他只是效仿成功人士的做法。 B) 他实际上为自己忙碌而感到自豪。
C) 他认为每个人都应该全身心投入工作。 D) 他相信忙碌能确保取得成就。

【答案】 A (细节题)

【判型】 题干 What is a reason for the author to be in the habit 问一个具体可在原文找到的原因，答案直接落在某句话里。

【拆句】 主干是 What is a reason, 后接 for 引导的逻辑主语 for the author to be in the habit of saying "busy", 再用 when 状语 when asked how he is doing 限定情境。结构清晰，无陷阱，只需读成“作者在被问近况时爱说忙，原因是什么”。

【定位】 Sometimes it's because I actually am busy, but other times it's because that's what I think I'm supposed to say. That's what important people say. That's what people who get promoted say.
有时是因为我确实忙，但另一些时候是因为那是我以为自己应该说的话。重要人物就这么说，得到晋升的人就这么说。

【选项】 A) ✓ 正确

That's what important people say. That's what people who get promoted say ↔

follows successful people's example

预判“效仿成功者的做法”与 He just follows successful people's example 完全吻合，故锁定此项。

B) 张冠李戴

原文末尾反问 why are we so proud to talk about how busy we are 是带反思的反问，并非作者承认自己“为忙而自豪”，选项把反问当作者的真实态度，属张冠李戴。

C) 无中生有

原文从未说作者认为“人人都应投身工作”；相反作者反思忙碌文化，everyone should be devoted to work 在文中无任何依据，属无中生有。

D) 与原文相反

原文明说 working long hours doesn't drive better results, 即忙碌并不保证成就；busyness ensures accomplishments 与原文意思正好相反。

47. Why do we tend to think that busy people are of high status?

- A) Our status can be attributed to our social mobility.
- B) We hold the belief that hard work leads to success.
- C) Our own opportunity for success never comes easily.
- D) We find few people of high status have time for leisure.

我们为什么倾向于认为忙碌的人地位高？

- A) 我们的地位可归因于我们的社会流动性。
- B) 我们坚信努力工作会带来成功。
- C) 我们自己的成功机会从来都不容易获得。
- D) 我们发现很少有地位高的人有时间休闲。

【答案】 B (细节题)

【判型】 题干 Why do we tend to think that busy people are of high status 问的是原文研究已经给出的解释，属可定位的明确事实。

【拆句】 Why do we tend to think that busy people are of high status 中 think 后接 that 宾语从句 busy people are of high status。tend to 是“倾向于”，不是绝对，读时不必纠结，整句即“我们为什么倾向认为忙人地位高”。

【定位】 In other words, the more we believe that one has the opportunity for success based on hard work, the more we tend to think that people who skip leisure and work all the time are of higher standing.

换句话说，我们越是相信一个人靠努力工作就有成功的机会，就越倾向于认为那些放弃休闲、一直工作的人地位更高。

【选项】 A) 偷换概念

原文说我们对社会流动的信念影响了地位判断，并非“地位可归因于社会流动”；status can be attributed to our social mobility 把“信念影响判断”偷换成“地位源于流动”，颠倒了关系。

B) ✓ 正确

the more we believe that one has the opportunity for success based on hard work ↔

We hold the belief that hard work leads to success

预判的“努力工作通向成功的信念”与 hold the belief that hard work leads to success 逐字对应，故锁定此项。

C) 无中生有

原文谈的是“相信有机会成功”，从未说“我们自己的成功机会来之不易”；opportunity for success never comes easily 在文中无依据，属无中生有。

D) 答非所问

题问“为何觉得忙人地位高”，few people of high status have time for leisure 是描述高地位者的现象，没回答原因，且原文也未这么说，属答非所问兼无中生有。

48. What do we learn about the culture of busyness from a recent study?

- A) It places employees in endless meetings, emails and stress.
- B) It compels some 20% of employees to appear always busy.
- C) It distorts many employees' belief of what a satisfying life is.
- D) It does much harm to many busy employees' well-being.

从最近的一项研究中,我们对忙碌文化了解到什么?

- A) 它使员工陷入无休止的会议、邮件和压力之中。
- B) 它迫使约20%的员工表现得总是很忙。
- C) 它扭曲了许多员工对什么是满意生活的信念。
- D) 它对许多忙碌员工的幸福感造成很大伤害。

【答案】 D (细节题)

【判型】 题干 What do we learn about the culture of busyness from a recent study 问一项研究的具体结论，答案在原文摆着。

【拆句】 What do we learn about the culture of busyness from a recent study: 主干 What do we learn, about 短语限定话题，from 短语点明信息来源。三段修饰平铺，无陷阱。

【定位】 This culture of busyness is making it hard for employees to find work-life balance. According to a recent study, one in five highly engaged employees is at risk of burnout(精疲力竭).

这种忙碌文化正使员工难以找到工作与生活的平衡。根据近期一项研究，每五名高投入员工中就有一名面临精疲力竭的风险。

【选项】 A) **张冠李戴**

meetings, emails and stress 出自上一段对“显得忙的人”的描写 knee-deep in meetings, emails, and stress, 并非“近期研究”的结论；题问研究发现什么，此项把别处内容搬来，属张冠李戴。

B) **偷换概念**

原文 one in five (约20%) 指的是“面临精疲力竭风险”的人，compels some 20% of employees to appear always busy 把这20%偷换成“被迫显得忙”，数据所指对象被改。

C) **无中生有**

原文未提忙碌文化“扭曲了员工对满意生活的认知”；distorts...belief of what a satisfying life is 在文中找不到对应句，属无中生有。

D) **✓ 正确**

one in five highly engaged employees is at risk of burnout ↔

It does much harm to many busy employees' well-being

预判“危害员工身心”与 does much harm to many busy employees' well-being 吻合，故锁定此项。

49. What do such utterances as "I have limited access to email" sound like according to the author?

- A) One is too busy to check all emails in time.
- B) One is opposed to the prevailing work culture.
- C) One is forced by circumstances to stop working.
- D) One is simply enjoying their time off work.

根据作者的说法,像“我查看邮件的机会有限”这样的话听起来像什么?

- A) 某人太忙而无法及时查看所有邮件。
- B) 某人反对当前盛行的工作文化。
- C) 某人被环境所迫而停止工作。
- D) 某人只是在享受他们的休息时间。

【答案】 C (细节题)

【判型】 题干 What do such utterances as ... sound like according to the author 问作者认为这类话听起来像什么，答案是原文作者的明确评价。

【拆句】 What do such utterances as "I have limited access to email" sound like according to the author: such...as 举例结构，sound like 是“听起来像”。注意 sound like 后省略了表语，正是要补的答案；according to the author 提示以作者原话为准。

【定位】 Phrases like "I have limited access to email" and "I'll respond as soon as I get back" sound like you're being held against your will from working as opposed to making the most of your time off.

“我邮件查看受限”“我一回来就回复”这类话听起来像是你被违背意愿地拦着不让工作，而不是在充分利用你的休假时光。

【选项】 A) **答非所问**

题问这类话“听起来像”什么（即给人的印象），too busy to check all emails in time 描述的是字面情境而非作者说的负面印象；作者的重点是“像被迫”，此项答非所问。

B) **过度推断**

作者只说这类话“听起来像被迫”、设错了基调，并未说它表示“反对主流工作文化”；opposed to the prevailing work culture 是读者强行拔高，属过度推断。

C) **✓ 正确**

you're being held against your will from working ↔

One is forced by circumstances to stop working

预判“被迫无法工作”与 forced by circumstances to stop working 吻合，故锁定此项。

D) **与原文相反**

原文用 as opposed to 把“被迫不能工作”与“充分享受休假”对立，明说这类话听起来“不是”在享受休假；simply enjoying their time off work 恰是被否定的那一面，正好相反。

50. Why did the author and his colleagues launch the Out of Office Email Generator?

- A) To enable busy employees to spend less time checking emails.
- B) To ensure employees as well as employers truly have time off.
- C) To stop managers from talking about how busy their teams usually are.
- D) To encourage both employers and employees to answer emails promptly.

作者和他的同事为什么推出“不在办公室邮件生成器”？

- A) 使忙碌的员工能够花更少的时间查看邮件。
- B) 确保员工和雇主都真正拥有休息时间。
- C) 阻止管理者谈论他们的团队通常有多忙。
- D) 鼓励雇主和员工都及时回复邮件。

【答案】 B （细节题）

【判型】 题干 Why did the author and his colleagues launch the Out of Office Email Generator 问一个具体动作的目的，答案藏在原文相应段落。

【拆句】 Why did the author and his colleagues launch the Out of Office Email Generator: 主干 Why did the author and his colleagues launch, 宾语是专有工具名。一般疑问语序无陷阱，落脚在“为何推出这个工具”。

【定位】 That's why we recently launched the Out of Office Email Generator, a free tool you can use before your next long weekend or trip. You can share loud and proud that you won't be checking email until you're back. Managers need to think twice about emailing their teams on the weekend and talking about how busy they are. Leaders should take time off themselves and encourage employees to do the same.

这就是我们最近推出“Out of Office Email Generator”这款免费工具的原因，你可以在下个长周末或出行前使用它。你可以大方而自豪地宣告，回来之前不会查邮件。管理者需要三思，别在周末给团队发邮件、别炫耀自己多忙。领导者应自己带头休假，并鼓励员工同样如此。

【选项】 A) 以偏概全

“少花时间查邮件”只是手段、且只覆盖员工一方，原文目的是让双方“真正休假”；spend less time checking emails 把整体目的缩成局部手段，属以偏概全。

B) ✓ 正确

You can share loud and proud that you won't be checking email until you're back ↔

To ensure employees as well as employers truly have time off

Leaders should take time off themselves and encourage employees to do the same ↔

employers as well as employees

预判“让员工和雇主都真正休假”与 employees as well as employers truly have time off 完整对应、双方都覆盖，故锁定此项。

C) 以偏概全

“别谈论团队多忙”只是原文对管理者诸多建议之一 talking about how busy they are，不是推出工具的总目的；stop managers from talking about how busy... 拿一个分支当全部，属以偏概全。

D) 与原文相反

原文呼吁休假时“不查/不发邮件”，answer emails promptly（及时回邮件）与原文意图正好相反。

SENTENCE INSIGHTS • 句子精讲

14 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。

Sometimes it's because I actually am busy, but other times it's because that's what I think I'm supposed to say.

第1段，第2句

本句涵盖主语、系动词谓语、表语从句、原因状语从句、宾语从句、时间状语等多种成分，并列结构与嵌套从句并存，尤其 what 在宾语从句中既作连接词又充当成分，是很好的成分划分练习材料

In 2016, researchers from Columbia, Harvard, and Georgetown conducted a study to figure it out.

第2段，第1句

典型的主谓宾简单句，时间状语前置、不定式作后置定语修饰名词都是四六级和考研中常见句式，具备一定代表性。但因无从句和复杂修饰，迁移范围有限。

In other words, the more we believe that one has the opportunity for success based on hard work, the more we tend to think that people who skip leisure and work all the time are of higher standing.

第2段，第3句

"the more..., the more..." 比较句式、宾语从句、定语从句都是四六级和考研阅读中的高频结构，且本句将它们组合在一起，形成一个逻辑递进的复合句，具有很强的代表性。掌握本句的拆解方法后，学习者可以将同样的分析路径应用到大量类似句子上，迁移价值高。

That's why we feel like we have to appear busy, and there's a real perception that if someone is knee-deep in meetings, emails, and stress, then they're probably a big deal.

第3段，第1句

句子涵盖主语、谓语、表语、宾语、表语从句、宾语从句、同位语从句、条件状语从句、程度状语等多种成分，且存在系表结构、存在句、情态结构等多样句型。特别是同位语从句和表语从句的区分、从句内部成分划分、以及多层嵌套中各成分的归属判定，均为典型易错点，训练价值高。

This culture of busyness is making it hard for employees to find work-life balance.

第3段，第2句

"make it + 形容词 + for sb + to do" 是四六级和考研阅读中高频出现的句式，掌握后可以迁移到大量类似句子（如 make it possible/difficult/necessary for sb to do）。句式典型且实用性强。

According to a recent study, one in five highly engaged employees is at risk of burnout(精疲力竭).

第3段，第3句

结构具有较高典型性。主系表结构是四六级和考研阅读中的常见句式,表语为介词短语("at risk of")的用法也频繁出现。句首状语引出信息来源("According to...")是学术和新闻语体的典型特征,在真题中反复出现。主语中使用比例表达("one in five")也是数据类文章的常见模式。掌握本句结构后,学习者能够迁移到大量类似句子,实用性强。

Personally, I'm going to stop saying "busy" when people ask me how I am.

第4段，第1句

本句涵盖主谓宾结构、双宾语结构(ask me how I am)、时间状语从句、宾语从句嵌套、系动词结构(how I am),成分种类较丰富。易错点包括:"saying" 是动名词作宾语而非谓语,"how I am" 既是直接宾语又是从句,"am" 是系动词需判定语态为不适用。适合作为多成分综合练习句。

That's why we recently launched the Out of Office Email Generator, a free tool you can use before your next long weekend or trip.

第5段，第1句

本句涵盖主谓宾、表语从句、同位语、定语从句、状语等多种成分,结构较为丰富。特别是同位语与定语从句的嵌套组合、省略关系代词的定语从句、情态动词结构等,都是常见易错点,训练价值较高

You can share loud and proud that you won't be checking email until you're back.

第5段，第2句

本句成分丰富,涵盖主语、谓语、宾语从句、方式状语、时间状语从句等多种成分。宾语从句和状语从句的识别是常见练习点。方式状语 "loud and proud" 的位置也值得注意。状语从句中用一般现在时表将来是重要的语法点。句子结构完整且包含多个值得练习的成分类型,训练价值较高。

Leaders should take time off themselves and encourage employees to do the same.

第5段，第4句

并列谓语结构和 encourage sb to do sth 句型在四六级和考研真题中频繁出现,情态动词 should 表建议的用法也是基础考点,本句结构具有较强的代表性和迁移价值,掌握后可应用于大量类似句型。

Our status can be attributed to our social mobility.

第47题, A

"情态动词 + be + 过去分词" 是四六级与考研中高频出现的被动表达句式, "attribute ... to ..." 搭配也是学术写作与考试阅读的典型用法, 结构代表性较强, 掌握后可广泛迁移。

One is too busy to check all emails in time.

第49题, A

"too ... to ..." 结构和不定代词 "One" 作主语都是四六级、考研中的高频考点, 句式简洁但典型性强, 掌握后可在多种语境中复用。

One is opposed to the prevailing work culture.

第49题, B

主系表结构是英语中最常见的基本句型之一, 在各类考试中频繁出现。be opposed to 作为固定搭配也较为典型, 但本句过于简单, 缺少从句、复杂修饰或特殊结构, 无法代表四六级或考研真题中常见的复杂长句, 典型性中等偏下。

One is forced by circumstances to stop working.

第49题, C

被动语态加不定式作宾语补足语的结构 (be forced to do) 是四六级和考研阅读中的高频句式, 具有很强的典型性和迁移价值。学生掌握本句的分析方法后, 可以直接应用于大量类似结构 (be required to、be allowed to、be encouraged to 等) 的理解。

HIGH-FREQUENCY • 真题高频词

本篇出现的 48 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。

employee

A2

n. 雇员, 员工

本篇10次 · 真题 194 句

email

A2

n. 电子邮件

本篇10次 · 真题 50 句

status B2

n. 地位

本篇5次·真题 39 句

author A2

n. 作者

本篇3次·真题 244 句

belief B1

n. 相信

本篇3次·真题 41 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

tend B1

v. 倾向于, 往往会

本篇2次·真题 137 句

stress B1

n. 压力

本篇2次·真题 102 句

opportunity B1

n. 机会

本篇2次·真题 89 句

according B1

prep. 根据

本篇2次·真题 88 句

access B1

n. 进入

本篇2次·真题 83 句

ensure B2

v. 确保

本篇2次·真题 54 句

employer B1

n. 雇主

本篇2次·真题 52 句

launch B1

v. 推出

本篇2次·真题 39 句

limited B1

adj. 有限的

本篇2次·真题 23 句

mobility B2

n. 移动能力

本篇2次·真题 15 句

leisure B1

n. 闲暇

本篇2次·真题 10 句

researcher B2

n. 研究人员

本篇1次·真题 239 句

less A1

det. 较少的

本篇1次·真题 224 句

risk A2

n. 风险

本篇1次·真题 108 句

base A2

n. 基础

本篇1次·真题 95 句

simply B1

adv. 仅仅, 只不过

本篇1次·真题 90 句

enable B1

v. 使能够

本篇1次·真题 58 句

balance B1

n. 平衡

本篇1次·真题 55 句

wrong A2

adj. 错误的

本篇1次·真题 54 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

easily A2

adv. 容易地

本篇1次·真题 47 句

promote B2

v. 促进

本篇1次·真题 47 句

conduct B2

v. 组织并实施

本篇1次·真题 45 句

figure A2

n. 数字

本篇1次·真题 44 句

harm B1

n. 伤害

本篇1次·真题 44 句

respond B1

v. 回答, 答复

本篇1次·真题 35 句

highly B1

adv. 非常

本篇1次·真题 28 句

fully B1

adv. 完全地

本篇1次 · 真题 26 句

perceive B2

v. 理解, 领悟 (某事的性质或意义)

本篇1次 · 真题 21 句

perception C1

n. 看法

本篇1次 · 真题 19 句

truly B1

adv. 真正地

本篇1次 · 真题 19 句

promotion B2

n. 晋升, 升职

本篇1次 · 真题 18 句

circumstance B2

n. 情况

本篇1次 · 真题 16 句

accomplishment B2

n. 成就

本篇1次 · 真题 15 句

attribute B2

n. 属性

本篇1次 · 真题 15 句

oppose B2

v. 反对

本篇1次 · 真题 13 句

heavily B1

adv. 大量地

本篇1次 · 真题 11 句

endless B2

adj. 无尽的

本篇1次 · 真题 10 句

engaged B1

adj. 忙碌的

本篇1次 · 真题 9 句

tone B1

n. 语气, 口气

本篇1次 · 真题 9 句

phrase B1

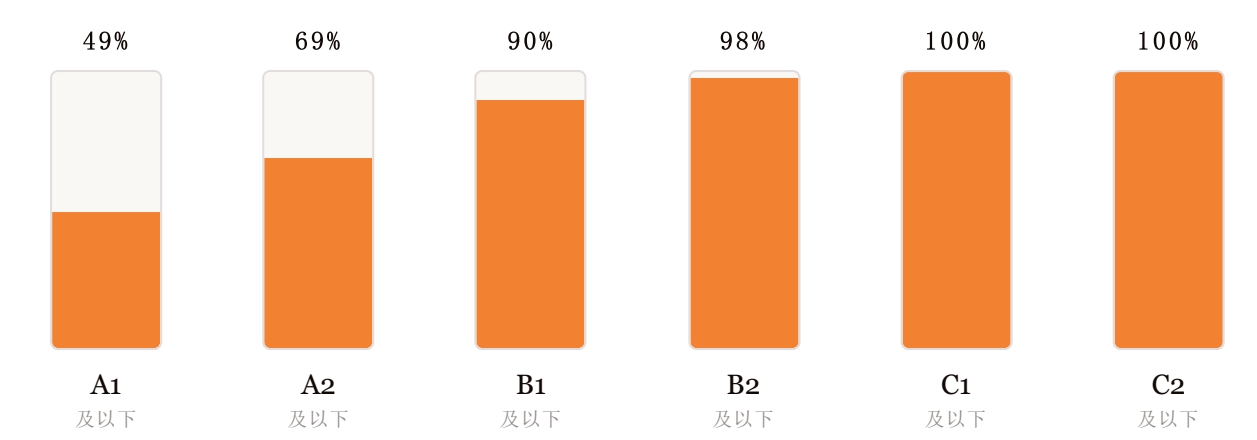
n. 短语

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 182 词按 CEFR 难度累积覆盖

全文去重后共 182 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 4 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 182 个 · 末柱为 100%

去重总词数

182

B2 以上难词

2%

B1 及以下覆盖

90%

英语四级 2023年12月·第1套 · 全卷构成

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