

# 2024年6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2024年6月·第2套 英语四级长篇阅读（信息匹配）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 13 段字母标号长文（逐段附中文翻译）；之后 10 句陈述逐句排列，每句英文陈述后紧接本句解析——陈述句中译、信息所在段落、锚点强弱、定位句中英对照、陈述句与原文的同义改写对照与易混相邻段辨析。

真题卷第2套(2024-06) · 英语四级

Part III Section B

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

### How to better work towards long-term goals

A) Hal Hershfield, a psychologist at the UCLA Anderson School of Management, wanted to know why people weren't saving for retirement. Across the board, people are living longer. Logically, they'll need more money to live comfortably in their post-work years. And yet, savings rates in the U.S. have gone down in recent decades, not up.

UCLA Anderson管理学院的心理学家Hal Hershfield想知道为什么人们不为退休储蓄。总体而言,人们的寿命越来越长。从逻辑上讲,他们需要更多的钱才能在退休后的岁月里过得舒适。然而,美国的储蓄率近几十年来不升反降。

B) To help explain this seemingly irrational behavior, Hershfield and his team scanned the brains of study participants while asking them to what degree various traits(特征)—like "honorable" or "funny"—applied to their current self, their future self, a current other, or a future other. As participants answered, Hershfield's team recorded which parts of their brains lit up. Unsurprisingly, people's brains were most active when thinking about their current selves and least active when thinking about a current other. But the team found that participants' brain activity while considering their future selves more closely resembled their brain activity while thinking about a current other rather than the current self.

为了帮助解释这种看似不理性的行为,Hershfield和他的团队在询问研究参与者各种特征(如"可敬的"或"有趣的")在多大程度上适用于他们当前的自我、未来的自我、当前的他人或未来的他人时,扫描了他们的大脑。在参与者回答时,Hershfield的团队记录了他们大脑的哪些部分被激活。不出所料,人们

在思考当前自我时大脑最活跃,在思考当前他人时最不活跃。但研究团队发现,参与者在考虑未来自我时的大脑活动更接近于他们在思考当前他人时的大脑活动,而不是当前自我。

- C) Put in practical terms, when thinking of yourself in a month or a year or a decade, your brain registers that person in ways similar to how it would register Taylor Swift or the mailman. Understood in that way, saving for retirement is the equivalent of giving money away to someone else entirely.

用实际的话来说,当想到一个月、一年或十年后的自己时,你的大脑记录那个人的方式类似于它记录 Taylor Swift或邮递员的方式。从这个角度理解,为退休储蓄就相当于把钱完全送给别人。

- D) In light of Hershfield's study, one simple question arises: Is it possible to make our present selves give a damn about our future selves? The answers are anything but simple.

根据Hershfield的研究,一个简单的问题出现了:是否有可能让我们当前的自我关心我们未来的自我?答案绝非简单。

- E) Seen through the lens of the present self versus the future self, our self-defeating actions—like choosing to watch television rather than go to the gym—suddenly make perfect sense. We get to enjoy the very concrete, immediate benefits of our actions while someone else (namely, our future selves) suffers the hypothetical(假设的), far-off consequences. As a result, the decisions we make for our present selves often look very different from our decisions for our future selves. We believe that tomorrow will be different. We believe that we will be different tomorrow; but in doing so, we prioritize our current mood over the consequences of our inaction for the future self.

从当前自我与未来自我的角度来看,我们的自我挫败行为——比如选择看电视而不是去健身房——突然变得非常合理。我们享受着行为带来的非常具体、即时的好处,而其他人(即我们未来的自我)则承受假设的、遥远的后果。因此,我们为当前自我做出的决定往往与为未来自我做出的决定大不相同。我们相信明天会有所不同。我们相信明天的自己会有所不同;但这样做时,我们将当前的情绪置于不作为对未来自我造成的后果之上。

- F) Understanding our procrastination(拖延) through the lens of the present and future selves, we're left with three possible solutions: The first is to force your future self to do whatever your present self doesn't want to do. The second is to convince your present self that your future self is, in fact, still you. If the central problem is that we think of our future selves as other people, it follows that trying to identify more closely with our future selves will encourage us to make better long-term decisions.

从当前自我和未来自我的角度理解我们的拖延,我们有三种可能的解决方案:第一种是强迫你未来的自我去做你当前的自我不想做的事情。第二种是说服你当前的自我,你未来的自我实际上仍然是你。如果核心问题是我们把未来的自我看作其他人,那么试图更紧密地认同我们未来的自我将鼓励我们做出更好的长期决策。

- G) In a follow-up study, Hershfield wanted to explore ways to bridge the disconnect between the present and future selves and encourage people to save more for retirement. He and his team took photos of study participants, and then used image processing to visually age their faces. Participants were then placed in a virtual reality setting where they could look into a mirror and see their aged selves looking back at them. Participants who saw their aged selves said they would save 30% more of their salary for retirement than the control group.

在一项后续研究中,Hershfield想探索弥合当前自我与未来自我之间脱节的方法,并鼓励人们为退休储蓄更多。他和他的团队为研究参与者拍照,然后使用图像处理技术在视觉上使他们的面孔变老。然后参与

者被置于虚拟现实环境中,在那里他们可以照镜子,看到年老的自己看着他们。看到年老自我的参与者表示,他们会比对照组多储蓄30%的工资用于退休。

- H) Whatever your long-term goals may be—getting in better shape, launching your own business, writing a book—thinking about your deadline in terms of days rather than months or years can help you wrap your mind around how close the future really is.

无论你的长期目标是什么——塑造更好的身材、创办自己的企业、写一本书——以天而不是月或年来思考你的截止日期可以帮助你理解未来实际上有多近。

- I) The third solution is to forget about your future self and use your present self's love of instant gratification(满足感) to your advantage. While the two tactics(手段) above can be effective in making better long-term choices, in the end, you're still struggling against human nature. Our brains are hard-wired for instant gratification. Instead of fighting your present self's need for immediate rewards, why not use it to your advantage? When most of us set goals, we focus on long-term results we want to see—e.g., losing weight, getting a promotion, retiring in comfort, etc. While those visions of our future selves can be inspiring, when it comes to actually doing the day-to-day work, it may be more effective to reframe activities in terms of their immediate, or at least very near-term, rewards.

第三种解决方案是忘记你未来的自我,利用你当前自我对即时满足感的热爱来为你服务。虽然上述两种策略在做出更好的长期选择方面可能有效,但归根结底,你仍在与人性作斗争。我们的大脑天生就渴望即时满足感。与其对抗你当前自我对即时奖励的需求,为什么不利用它来为你服务呢?当我们大多数人设定目标时,我们专注于我们想看到的长期结果——例如,减肥、获得晋升、舒适地退休等。虽然这些对来自我的愿景可能令人鼓舞,但在实际进行日常工作时,根据活动的即时或至少非常近期的奖励来重新定义活动可能更有效。

- J) Take writing this article, for instance. It's easy for me to imagine how amazing it will feel at the end of the workday to have this article done. This isn't just my opinion. Research partners Kaitlin Woolley of Cornell University and Ayelet Fishbach of the University of Chicago have made a career out of studying the differences between the goals that people achieve and the ones that fall to the wayside.

以写这篇文章为例。我很容易想象在工作日结束时完成这篇文章会有多么美妙。这不仅仅是我的看法。Cornell University的Kaitlin Woolley和University of Chicago的Ayelet Fishbach这对研究伙伴通过研究人们实现的目标与半途而废的目标之间的差异建立了自己的事业。

- K) "In one study, we asked people online about the goals they set at the beginning of the year. Most people set goals to achieve delayed, long-term benefits, such as career advancement, debt repayment, or improved health. We asked these individuals how enjoyable it was to pursue their goal, as well as how important their goal was. We also asked whether they were still working on their goals two months after setting them. We found that enjoyment predicted people's goal persistence two months after setting the goal far more than how important they rated their goal to be," Woolley said.

"在一项研究中,我们在网上询问人们在年初设定的目标。大多数人设定的目标是实现延迟的长期利益,如职业晋升、债务偿还或健康改善。我们询问这些人追求目标有多愉快,以及他们的目标有多重要。我们还询问他们在设定目标两个月后是否仍在为目标努力。我们发现,在设定目标两个月后,愉悦感对人们目标坚持性的预测作用远大于他们对目标重要性的评价,"Woolley说。

- L) This pattern held true across a wide variety of goals from exercising to studying to eating healthier foods. For example, people ate 50% more of a healthy food when directed to focus on the good taste rather than the long-term health benefits. Other studies have shown a greater uptake of exercise in

people who were told to think of the enjoyment of doing the exercise now rather than future health gains.

这种模式在从锻炼到学习再到吃更健康食物的各种目标中都成立。例如,当被指示关注美味而不是长期健康益处时,人们吃健康食品的量会增加50%。其他研究表明,被告知要考虑现在进行锻炼的愉悦感而不是未来健康收益的人,锻炼的参与度更高。

M) These findings suggest that when it comes to achieving your goals, enjoying the process itself is more important than wanting the long-term benefits. In other words, present self trumps(战胜) future self. Who says instant gratification has to be a bad thing? By all means, set ambitious long-term goals for your future self, but when it comes to actually following through day-to-day, make sure your present self knows what's in it for her too.

这些发现表明,在实现目标方面,享受过程本身比想要长期利益更重要。换句话说,当前自我战胜未来自我。谁说即时满足感一定是坏事?尽管为你未来的自我设定雄心勃勃的长期目标,但在实际进行日常跟进时,确保你当前的自我也知道其中对她有什么好处。

## 陈述句与逐句解析

36. Our brains are genetically determined to satisfy immediate desires.

我们的大脑在基因上被决定去满足即时的欲望。

【答案】 I 段 (强锚点)

【锚点】 脑天生求即时满足

【定位】 Our brains are hard-wired for instant gratification.

我们的大脑天生就被设定为追求即时满足。

【改写】 Our brains are genetically determined ↔ Our brains are hard-wired

近义替换: 基因决定=硬接线

satisfy immediate desires ↔ instant gratification

名词化对应: 满足即时欲望=即时满足

【辨邻】 E we prioritize our current mood over the consequences of our inaction for the future self 描述的是选择偏好,并未说明这种偏好是“基因决定”或“天生写死”,没有对应 genetically determined 这一关键定性。

we prioritize our current mood over the consequences of our inaction for the future self

37. Taken in a practical way, saving for post-work years is like giving money away to others.

从实际角度来看,为退休后的年月储蓄就像把钱白白送给别人。

【答案】 C 段 (强锚点)

【锚点】 存退休金=送钱给别人

【定位】 Understood in that way, saving for retirement is the equivalent of giving money away to someone else entirely.

这样一想，为退休存钱就等同于把钱完全送给另一个人。

【改写】 saving for post-work years ↔ **saving for retirement**

上位/同义替换：退休=工作以后的岁月

is like giving money away to others ↔

**is the equivalent of giving money away to someone else entirely**

同义改写：is like = is the equivalent of

【辨邻】 B participants' brain activity while considering their future selves more closely resembled their brain activity while thinking about a current other rather than the current self 只说脑活动相似，并未把“存养老金”比作“把钱送给别人”。

participants' brain activity while considering their future selves more closely resembled their brain activity while thinking about a current other rather than the current self

38. Research found that, as regards achievement of one's goals, it is important to focus more on enjoying the process than the long-term benefits.

研究发现,就个人目标的实现而言,更多地关注享受过程而非长期利益是重要的。

【答案】 M 段 (弱锚点)

【锚点】 享受过程比长期好处更重要

【定位】 These findings suggest that when it comes to achieving your goals, enjoying the process itself is more important than wanting the long-term benefits.

这些发现表明，谈到达成目标时，享受过程本身比追求长期好处更重要。

【改写】 focus more on enjoying the process than the long-term benefits ↔

**enjoying the process itself is more important than wanting the long-term benefits**

句式重构：focus more on X than Y = X is more important than Y

as regards achievement of one's goals ↔ **when it comes to achieving your goals**

介词短语等价：as regards = when it comes to

【辨邻】 K enjoyment predicted people's goal persistence two months after setting the goal far more than how important they rated their goal to be 谈的是“享受度比重要性更能预测坚持”，对立项不是“长期好处”而是“重要性”，与陈述句不完全对应。

enjoyment predicted people's goal persistence two months after setting the goal far more than how important they rated their goal to be

L people ate 50% more of a healthy food when directed to focus on the good taste rather than the long-term health benefits 是支撑总结的具体例证，不直接陈述“享受过程比长期好处更重要”这一论断。

people ate 50% more of a healthy food when directed to focus on the good taste rather than the long-term health benefits

39. Regarding our future selves as still being ourselves will help us make better long-term decisions.

将我们未来的自己视为仍然是我们自己将有助于我们做出更好的长期决策。

【答案】 **F** 段 (强锚点)

【锚点】 把未来自我当作自己→更好长期决策

【定位】 If the central problem is that we think of our future selves as other people, it follows that trying to identify more closely with our future selves will encourage us to make better long-term decisions.

如果核心问题在于我们把未来的自己当成另一个人，那么试着与未来的自己更亲近，自然就会鼓励我们做出更好的长期决策。

【改写】 Regarding our future selves as still being ourselves ↔

**trying to identify more closely with our future selves**

动词同义改写：把.....视作=与.....更亲近认同

better long-term decisions ↔ **better long-term decisions**

原样复现

【辨邻】 **G** bridge the disconnect between the present and future selves and encourage people to save more for retirement 描述具体实验目的，没有给出“把未来自我当作仍是自己→更好长期决策”这一抽象论断。

bridge the disconnect between the present and future selves and encourage people to save more for retirement

40. Savings rates in America have dropped in recent decades even though people's life expectancy has increased.

近几十年来,尽管人们的预期寿命有所增加,但美国的储蓄率却下降了。

【答案】 **A** 段 (强锚点)

【锚点】 美国储蓄率下降+寿命变长

【定位】 Across the board, people are living longer. Logically, they'll need more money to live comfortably in their post-work years. And yet, savings rates in the U.S. have gone down in recent decades, not up.

总体上，人们寿命越来越长。按理说他们退休后过得体面就需要更多钱。然而美国近几十年储蓄率不升反降。

【改写】 Savings rates in America have dropped in recent decades ↔

**savings rates in the U.S. have gone down in recent decades, not up**

同义替换：drop=go down; America=the U.S.

people's life expectancy has increased ↔ **people are living longer**

名词化改写：人活得更长=人均寿命增加

41. Researchers found that enjoyment rather than importance enabled people to persist in their goals.

研究人员发现,使人们能够坚持实现目标的是享受而非重要性。

【答案】 **K** 段 (强锚点)

【锚点】 享受度而非重要性使人坚持

【定位】 We found that enjoyment predicted people's goal persistence two months after setting the goal far more than how important they rated their goal to be.

我们发现, 享受度比受访者对目标重要性的评分, 远远更能预测两个月后是否仍在坚持目标。

【改写】 enjoyment rather than importance ↔

**enjoyment predicted people's goal persistence two months after setting the goal far more than how important they rated their goal to be**

对照同义: rather than = far more than

enabled people to persist in their goals ↔ **predicted people's goal persistence**

动词化改写: 促使人坚持=预测坚持度

【辨邻】 **M** enjoying the process itself is more important than wanting the long-term benefits 的对照项是“长期好处”, 与陈述句中“重要性”不是同一对照, 因此不是源头段。

enjoying the process itself is more important than wanting the long-term benefits

**L** people ate 50% more of a healthy food when directed to focus on the good taste rather than the long-term health benefits 谈的是“好吃 vs 长期健康”, 没有“重要性”的对照。

people ate 50% more of a healthy food when directed to focus on the good taste rather than the long-term health benefits

42. When making decisions, we give priority to our current frame of mind without thinking much of the consequences.

在做决策时,我们优先考虑当前的心境而不太多地考虑后果。

【答案】 **E** 段 (弱锚点)

【锚点】 重当下心情、不顾后果

【定位】 We believe that we will be different tomorrow; but in doing so, we prioritize our current mood over the consequences of our inaction for the future self.

我们相信明天的自己会不一样, 但这样一来, 我们就把当下的心情置于不作为对未来自我所带来的后果之上。

【改写】 we give priority to our current frame of mind ↔ **we prioritize our current mood**

同义替换: give priority to=prioritize; frame of mind=mood

without thinking much of the consequences ↔

**over the consequences of our inaction for the future self**

同义结构: prioritize A over B = give priority to A without thinking of B

【辨邻】 **I** Our brains are hard-wired for instant gratification 把对即时回报的偏好归为生物天性, 超出陈述句“当下心情 over 后果”的描述范围。

Our brains are hard-wired for instant gratification

43. People ate more of a healthy food when they focused on its good taste instead of its long-term benefits.

当人们关注健康食品的美味而非其长期益处时,他们会吃得更多。

【答案】 **L** 段 (强锚点)

【锚点】 关注好吃多吃健康食物

【定位】 For example, people ate 50% more of a healthy food when directed to focus on the good taste rather than the long-term health benefits.

举例来说, 当人们被引导关注食物本身好吃, 而不是长期的健康好处时, 他们多吃了 50% 的健康食物。

【改写】 ate more of a healthy food ↔ **ate 50% more of a healthy food**

上位概括: 去掉具体数字保留方向

focused on its good taste instead of its long-term benefits ↔

**directed to focus on the good taste rather than the long-term health benefits**

同义改写: instead of = rather than

【辨邻】 **M** enjoying the process itself is more important than wanting the long-term benefits 是抽象论断, 没提具体的“健康食物”或“50%”, 不是源头段。

enjoying the process itself is more important than wanting the long-term benefits

44. As was expected, when people thought of their present selves, their brains were observed to become more active.

正如预期的那样, 当人们想到他们现在的自己时, 观察到他们的大脑变得更加活跃。

【答案】 **B** 段 (强锚点)

【锚点】 想当下自我→大脑更活跃

【定位】 Unsurprisingly, people's brains were most active when thinking about their current selves and least active when thinking about a current other.

不出所料, 人们的大脑在思考当下自我时最活跃, 在思考当下他人时最不活跃。

【改写】 As was expected ↔ **Unsurprisingly**

同义副词：如所料=不出所料

when people thought of their present selves ↔ **when thinking about their current selves**

同义短语：present selves = current selves

their brains were observed to become more active ↔ **people's brains were most active**

比较级—最高级方向同

【辨邻】 **C** saving for retirement is the equivalent of giving money away to someone else entirely 是把脑成像结果转译成日常比喻，没有具体描述“大脑更活跃”这一实验观察。

saving for retirement is the equivalent of giving money away to someone else entirely

45. Researchers found that participants who saw the images of their aged selves would save more for their later years than those who didn't.

研究人员发现,看到自己年老形象的参与者比那些没看到的参与者会为晚年储蓄更多。

【答案】 **G** 段 (强锚点)

【锚点】 看到衰老自我者愿多存养老金

【定位】 Participants who saw their aged selves said they would save 30% more of their salary for retirement than the control group.

看到自己衰老形象的被试表示，他们愿意比对照组多存 30% 的工资作养老金。

【改写】 participants who saw the images of their aged selves ↔ **Participants who saw their aged selves**  
原样复现

save more for their later years ↔ **save 30% more of their salary for retirement**

同义替换+数字弱化：later years=retirement

【辨邻】 **B** scanned the brains of study participants 是用脑成像比较当下/未来自我的实验，没有“用 VR 看衰老自我”的设定，与陈述句锚点不符。

scanned the brains of study participants

PARAGRAPH MAP • 段落主旨图

## 13 个段落各讲了什么

逐段一句主旨 + 该段最具区分度的「信息指纹」，是逐句回扫定位的工作台。

**A** 引入心理学家 Hershfield 想弄清为什么大家不为退休存钱：人均寿命越来越长，按理需要更多养老金，但美国近几十年储蓄率反而在下降。

信息指纹 美国储蓄率反降

B Hershfield 团队做脑成像实验，让被试评价当下自我/未来自我/当下他人/未来他人的特征，发现思考当下自我时大脑最活跃，而思考未来自我时的脑活动更接近思考一个当下他人。

信息指纹 脑扫描实验对比四种自我

C 把 B 段结论翻译成大白话：当你想未来的自己时，大脑的反应跟想 Taylor Swift 或邮差差不多，因此为退休存钱相当于把钱送给别人。

信息指纹 存退休金等于给别人钱

D 由 Hershfield 的研究引出一个简单问题：能否让现在的自我开始在乎未来的自我？答案绝不简单——属于过渡段。

信息指纹 提问过渡段

E 从当下自我 vs 未来自我的视角解释拖延：我们享受眼前好处而让未来的自己去承担后果，决策时优先满足当下心情，不顾未来代价。

信息指纹 重当下心情、轻未来后果

F 提出三类解决方案中的前两类：第一类是逼未来的自己去做现在不想做的事；第二类是说服现在的自己——未来的自己其实还是你，与未来自我更亲近就能做出更好的长期决策。

信息指纹 前两类对策：逼未来 / 认同未来

G 后续实验：用图像处理把被试照片变老，让他们在 VR 里看到衰老后的自己，结果这组被试表示愿多存 30% 工资作养老。

信息指纹 VR 看见衰老自我多存 30%

H 给读者一条小技巧：把长期目标的截止日期用天数而非月或年来想，能帮助你切身体会未来其实并不遥远。

信息指纹 把截止日按天数想

I 第三类对策：放弃跟未来自我较劲，反过来利用当下自我对即时满足的天性——大脑天生就追求即时回报，不如把活动重新框成有即时回报的事。

信息指纹 顺势利用即时满足

J 作者以“写这篇文章本身就让人当天就有完成的爽感”作为引子，引出 Woolley 与 Fishbach 两位研究者，她们专门研究为什么有的目标能完成、有的半途而废。

信息指纹 引出 Woolley 与 Fishbach

K Woolley 转述其线上调查：年初定下长期目标的人，两个月后是否仍在坚持，由“追求过程的享受度”远比“目标的重要程度”预测得更准。

信息指纹 享受度比重要性更能预测坚持

L 上述规律在多种目标里都成立：被引导关注“好吃”的人比关注“长期健康好处”的人多吃了 50% 健康食物；运动场景里也有类似结果。

信息指纹 关注好吃多吃 50%

M 总结：要达成目标，享受过程本身比想着长期好处更重要——即“当下自我战胜未来自我”；日常执行时要让现在的自己也得点甜头。

信息指纹 享受过程 > 长远好处

SENTENCE INSIGHTS • 句子精讲

## 24 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。

And yet, savings rates in the U.S. have gone down in recent decades, not up.

A段，第4句

现在完成时 + 时间状语的结构在四六级和考研阅读中较常见，用于描述趋势变化；简单句主谓宾（状）结构是基础句式；但本句缺少从句、复杂修饰等真题高频的复杂结构，典型性中等偏上

To help explain this seemingly irrational behavior, Hershfield and his team scanned the brains of study participants while asking them to what degree various traits(特征)—like "honorable" or "funny"—applied to their current self, their future self, a current other, or a future other.

B段，第1句

本句成分丰富:主句包含主语、谓语、宾语、目的状语、时间状语;宾语从句包含疑问词状语、主语(带插入语)、谓语、方式状语(四个并列对象)。特别值得练习的是:不定式作目的状语、while 省略结构作时间状语、间接疑问从句作宾语、介词短语中的并列结构。覆盖多种易混成分,训练价值高。

Unsurprisingly, people's brains were most active when thinking about their current selves and least active when thinking about a current other.

B段，第3句

"主句 + when 引导的时间状语从句" 是四六级和考研阅读中的高频句式。并列表语结构和状语从句省略也是常见考点。该句式具有很强的代表性，掌握后可迁移到大量类似结构的句子。

But the team found that participants' brain activity while considering their future selves more closely resembled their brain activity while thinking about a current other rather than the current self.

B段，第4句

本句涵盖主句主谓宾、宾语从句、时间状语从句、程度状语、比较结构等多种成分，且宾语从句内部主语和宾语都包含状语从句修饰，成分种类丰富。两个 "brain activity" 的区分、"while" 从句的归属判断、"rather than" 比较结构的分析，都是易错点，适合作为成分划分练习句。

In light of Hershfield's study, one simple question arises: Is it possible to make our present selves give a damn about our future selves?

D段，第1句

同位语从句是四六级和考研阅读中的高频结构，本句使用冒号引出同位语从句的方式尤其典型；形式主语加不定式也是常考句式；整体结构代表性强，学生掌握后可迁移到大量类似真题句。

### The answers are anything but simple.

D段，第2句

涵盖主系表三大基本成分，且表语部分 "anything but simple" 包含固定搭配，可用于训练学生识别系动词后接的表语结构以及理解固定短语在表语中的作用。但成分种类单一（无宾语、状语、定语等其他成分），整体训练收益有限。

### We get to enjoy the very concrete, immediate benefits of our actions while someone else (namely, our future selves) suffers the hypothetical(假设的), far-off consequences.

E段，第2句

本句采用 "主句 + while 状语从句" 的对比结构，这是四六级和考研阅读中非常常见的句式，用于表达同时发生的对比或转折。句中还包括同位语说明 (namely) 和多重定语修饰 (形容词 + 介词短语)，这些都是真题中频繁出现的典型特征。掌握这类结构后，可以迁移到大量类似的对比性长句分析中，代表性强。

### As a result, the decisions we make for our present selves often look very different from our decisions for our future selves.

E段，第3句

"主语 + 定语从句 + 谓语" 的分离结构以及限制性定语从句修饰抽象名词，在四六级和考研阅读中极为常见。主句使用 look 系动词加形容词表语配合比较结构 "different from"，也是高频句式。掌握本句结构后可直接迁移到大量真题句子。

### The second is to convince your present self that your future self is, in fact, still you.

F段，第2句

主系表结构加不定式表语，以及 convince sb that 结构带宾语从句，是四六级和考研阅读中常见的句式组合。该句展示了如何用不定式短语作表语陈述方法，以及如何用 that 从句说明观点内容，具有较强的典型性和复用价值。

If the central problem is that we think of our future selves as other people, it follows that trying to identify more closely with our future selves will encourage us to make better long-term decisions.

F段，第3句

本句成分丰富且包含多个易错点：形式主语与真正主语的识别、主语从句与表语从句的区分、宾语补足语的判定、动名词短语作主语等。这些都是四六级和考研中的高频考点，练习本句可同时训练多种成分识别能力

He and his team took photos of study participants, and then used image processing to visually age their faces.

G段，第2句

并列谓语加修饰成分的简单句是常见句式，目的状语和后置定语也是四六级和考研常考点，具有一定代表性，掌握后可应用于类似句型，但不属于最核心的复杂句式。

Participants were then placed in a virtual reality setting where they could look into a mirror and see their aged selves looking back at them.

G段，第3句

句中包含主语、被动谓语、时间状语、地点状语、定语从句、从句内并列谓语、宾语和宾语补足语等多种成分，成分种类丰富，且定语从句修饰关系、宾补识别、并列结构都是常见易错点，训练价值较高。

Take writing this article, for instance.

J段，第1句

结构典型性中等。"Take...for instance" 是英语中常见的举例句式，在阅读理解中经常出现，学习者掌握后可以识别类似的举例结构。但祈使句本身在考试阅读材料中不算高频句型，更多见于口语或指令性文本。

We found that enjoyment predicted people's goal persistence two months after setting the goal far more than how important they rated their goal to be,

K段，第5句

本句成分丰富：主句包含主谓宾，宾语从句包含主谓宾和时间状语、程度状语，比较从句和嵌套宾语从句涉及宾语补语和间接疑问句。特别是 "rate something to be" 结构和 "how important" 提前的间接疑问句，是学生容易混淆的考点，练习价值高。

For example, people ate 50% more of a healthy food when directed to focus on the good taste rather than the long-term health benefits.

L段，第2句

本句结构是四六级和考研真题中的典型句式：主句加时间状语从句，从句采用省略式。这种句式在学术文本和说明文中频繁出现，掌握后可迁移到大量类似句子的分析中。

Other studies have shown a greater uptake of exercise in people who were told to think of the enjoyment of doing the exercise now rather than future health gains.

L段，第3句

本句包含限制性定语从句修饰名词、被动语态、不定式作补语等结构，都是四六级和考研阅读中的高频句式。研究类主题和比较结构（now rather than future）也是学术英语的典型表达，学习者掌握后可在大量真题中复用。

These findings suggest that when it comes to achieving your goals, enjoying the process itself is more important than wanting the long-term benefits.

M段，第1句

suggest that 引导宾语从句、when 引导时间状语从句、动名词作主语、more...than 比较结构，都是四六级和考研阅读中的高频句式。整句结构兼具从句嵌套和比较句式两大常考点，掌握后可大量复用到同类型长难句的分析中。

In other words, present self trumps(战胜) future self.

M段，第2句

主谓宾加句首状语的简单句是英语中的常见基础句式，在四六级和考研中属于最基本的结构类型，具有一定代表性，但过于简单，不属于高频考查的复杂典型句式

Taken in a practical way, saving for post-work years is like giving money away to others.

第37题题干

涵盖动名词短语作主语、系动词、介词短语作表语、过去分词短语作状语四种成分类型，对区分动名词与现在分词、识别非谓语状语、理解主系表结构有一定训练价值，但无宾补、定从等更复杂成分

Savings rates in America have dropped in recent decades even though people's life expectancy has increased.

第40题题干

主句加让步状语从句的结构在四六级和考研阅读中高频出现,"even though" 引导让步是经典句式。现在完成时搭配时间状语 "in recent decades" 也是真题常见搭配,学习迁移价值高

Researchers found that enjoyment rather than importance enabled people to persist in their goals.

第41题题干

主句 + 宾语从句是四六级和考研阅读的高频结构,宾语从句内的 enable sb to do 句型也是常考搭配。rather than 对比结构在学术文本中常见。整体句式具有较强的代表性,掌握后可迁移到大量类似句子。

When making decisions, we give priority to our current frame of mind without thinking much of the consequences.

第42题题干

"时间状语从句 + 主句" 是四六级和考研阅读中的高频句式。从句中省略主语和be动词的用法,以及主句中 "give priority to" 和 "without doing" 的搭配,都是真题常见表达。掌握此句型可以帮助识别大量类似结构。

People ate more of a healthy food when they focused on its good taste instead of its long-term benefits.

第43题题干

主句加时间状语从句是四六级和考研阅读中的常见句式, "when" 引导的时间从句频繁出现。宾语中的 "more of" 结构和从句中的 "instead of" 对比也是典型表达, 学习后可广泛迁移。

As was expected, when people thought of their present selves, their brains were observed to become more active.

第44题题干

本句的结构非常典型: 主句使用被动语态描述研究观察结果, 配合时间状语从句说明条件, 再用评注状语从句表达预期, 这是学术类和科普类文章中的常见句式; 四六级和考研阅读中经常出现类似的被动观察句配合状语从句的组合, 掌握后可大量复用。

## 本篇出现的 84 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。

**self** B1

n. 自我

本篇34次 · 真题 28 句

**current** B1

adj. 现在的

本篇8次 · 真题 64 句

**participant** B2

n. 参与者

本篇7次 · 真题 117 句

**benefit** B1

n. 好处

本篇6次 · 真题 169 句

**focus** B1

n. 重点

本篇4次 · 真题 107 句

**saving** B1

n. 节省

本篇4次 · 真题 31 句

**retirement** B2

n. 退休

本篇4次 · 真题 30 句

**immediate** B2

adj. 立即的，即刻的

本篇4次 · 真题 16 句

**decade** B1

n. 十年

本篇3次 · 真题 99 句

**rate** A2

n. 速度

本篇3次 · 真题 78 句

**consequence** B2

n. 结果

本篇3次 · 真题 38 句

**instant** B1

n. 瞬间，刹那

本篇3次 · 真题 12 句

**aged** B1

adj. 年老的;上了年纪的

本篇3次 · 真题 8 句

**researcher** B2

n. 研究人员

本篇2次 · 真题 239 句

**career** B1

n. 职业

本篇2次·真题 119 句

**process** B1

n. 过程

本篇2次·真题 108 句

**least** A2

det. 最少的

本篇2次·真题 84 句

**effective** B1

adj. 有效的, 起作用的

本篇2次·真题 63 句

**reward** B1

n. 报酬

本篇2次·真题 56 句

**image** A2

n. 形象, 印象

本篇2次·真题 52 句

**solution** B1

n. 解决办法

本篇2次·真题 38 句

**closely** B1

adv. 紧密地

本篇2次·真题 21 句

**register** B1

v. 登记, 注册

本篇2次·真题 16 句

**practical** B1

adj. 实际的

本篇2次·真题 10 句

**actually** A2

adv. 实际上, 事实上 (用于纠正或补充信息)

本篇1次·真题 148 句

**online** A2

adj. 在线的

本篇1次·真题 145 句

**finding** B2

n. 调查结果

本篇1次·真题 99 句

**behavior** B1

n. 行为

本篇1次·真题 92 句

**individual** B2

adj. 单独的

本篇1次·真题 79 句

**gain** B1

v. 获得; 赢得

本篇1次·真题 64 句

**suffer** B1

v. 遭受 (痛苦、疾病、损失等)

本篇1次 · 真题 64 句

**apply** A2

v. 申请

本篇1次 · 真题 58 句

**enable** B1

v. 使能够

本篇1次 · 真题 58 句

**identify** B1

v. 识别

本篇1次 · 真题 54 句

**struggle** B1

v. 奋斗

本篇1次 · 真题 54 句

**desire** B2

n. 愿望

本篇1次 · 真题 52 句

**various** B1

adj. 各种各样的

本篇1次 · 真题 52 句

**determine** B2

v. 决定

本篇1次 · 真题 51 句

**variety** B1

n. 多样化

本篇1次 · 真题 47 句

**partner** B1

n. 伴侣

本篇1次 · 真题 44 句

**management** B1

n. 管理

本篇1次 · 真题 41 句

**explore** B1

v. 探索

本篇1次 · 真题 40 句

**importance** B1

n. 重要性

本篇1次 · 真题 40 句

**launch** B1

v. 推出

本篇1次 · 真题 39 句

**reality** B1

n. 现实

本篇1次 · 真题 38 句

**pattern** B1

n. 模式

本篇1次 · 真题 37 句

**achievement**

B1

n. 成就

本篇1次·真题 33 句

**instance**

B2

n. 例子

本篇1次·真题 33 句

**means**

A2

n. 方法

本篇1次·真题 30 句

**psychologist**

B2

n. 心理学家

本篇1次·真题 30 句

**opinion**

A2

n. 观点

本篇1次·真题 29 句

**vision**

B2

n. 视力

本篇1次·真题 28 句

**beginning**

A1

n. 开始

本篇1次·真题 25 句

**central**

B1

adj. 主要的

本篇1次·真题 24 句

**priority**

B2

n. 优先事项

本篇1次·真题 23 句

**entirely**

B1

adv. 完全地

本篇1次·真题 22 句

**retire**

B1

v. 退休

本篇1次·真题 22 句

**trait**

B2

n. 特征

本篇1次·真题 22 句

**observe**

B2

v. 观察;注意到

本篇1次·真题 21 句

**salary**

B1

n. 薪水, 工资 (通常指按月发放的固定报酬)

本篇1次·真题 21 句

**ambitious**

B2

adj. 有雄心的

本篇1次·真题 20 句

**inspire**

B2

v. 激励

本篇1次·真题 20 句

**amazing** A2

adj. 令人惊奇的

本篇1次·真题 19 句

**actual** B1

adj. 真实的

本篇1次·真题 18 句

**promotion** B2

n. 晋升, 升职

本篇1次·真题 18 句

**setting** B1

n. 环境

本篇1次·真题 18 句

**mood** A2

n. 心情

本篇1次·真题 17 句

**pursue** B2

v. 追求

本篇1次·真题 17 句

**comfort** B1

n. 舒适

本篇1次·真题 15 句

**debt** B1

n. 欠款

本篇1次·真题 15 句

**enjoyable** B1

adj. 令人愉快的

本篇1次·真题 13 句

**prioritize** B2

v. 优先处理

本篇1次·真题 13 句

**suddenly** A2

adv. 突然地

本篇1次·真题 13 句

**concrete** B2

n. 混凝土

本篇1次·真题 12 句

**seemingly** B2

adv. 看似, 似乎 (表面上看起来是这样, 但...

本篇1次·真题 11 句

**virtual** B2

adj. 虚拟的 (计算机生成的)

本篇1次·真题 11 句

**arise** B2

v. 出现;产生;发生

本篇1次·真题 10 句

**convince** B1

v. 说服, 使相信

本篇1次·真题 10 句

**expectancy**

C1

n. 预期寿命

本篇1次 · 真题 9 句

**resemble**

B1

v. 像

本篇1次 · 真题 9 句

**advancement**

B2

n. 进步

本篇1次 · 真题 8 句

**frame**

B1

n. 框架

本篇1次 · 真题 8 句

**improved**

A2

adj. 改进的

本篇1次 · 真题 8 句

**processing**

B1

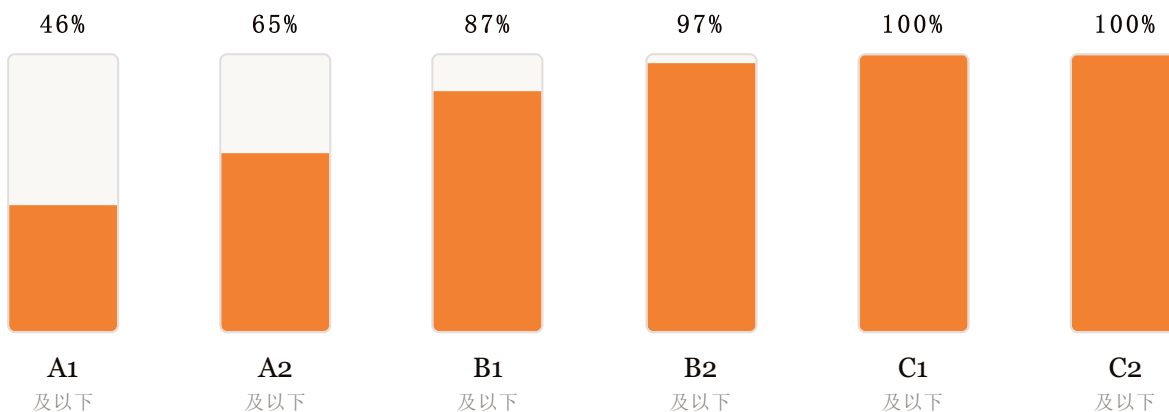
n. 加工;处理

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

## 全文 313 词按 CEFR 难度累积覆盖

全文去重后共 **313** 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 10 个 · 约 3%。



每柱为「按 CEFR 等级及以下」的累积覆盖率（CDF）· 数据为全文去重词 313 个 · 末柱为 100%

去重总词数

**313**

B2 以上难词

**3%**

B1 及以下覆盖

**87%**

英语四级 2024年6月·第2套 · 全卷构成

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