

# 2024年6月·第2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2024年6月·第2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 6 段原文（段首标 P1–P6 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2套(2024-06) · 英语四级

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 People often wonder why some entrepreneurs have greater success than others. Is it habits, connections, luck, work ethic or any other behavior? I believe the key to success is willpower. Willpower is the ability to control yourself. It is a strong determination that allows you to do something difficult. It is a behavior we are born with more than one we learn; however, it is possible to not only learn it, but also strengthen it with constant exercise.

人们常常想知道为什么有些企业家比其他入更成功。是习惯、人脉、运气、工作态度还是其他任何行为？我相信成功的关键是意志力。意志力是控制自己的能力。它是一种强大的决心，让你能够做困难的事情。它是一种我们与生俱来的行为，而不是后天学习的；然而，不仅可以学习它，还可以通过持续的锻炼来增强它。

P2 Willpower is just like a muscle; to keep it strong you need to constantly exercise it. People with a great amount of willpower have the discipline to develop positive, successful habits. Even with an incredible amount of talent, without the discipline and motivation to create positive habits, it can be difficult to achieve success.

意志力就像肌肉一样；要保持它的强大，你需要不断地锻炼它。拥有大量意志力的人有纪律去培养积极的、成功的习惯。即使拥有非凡的才能，如果没有纪律和动力来养成积极的习惯，也很难取得成功。

P3 Willpower and habits go hand in hand. It is critical to create good habits and take the actions necessary to stick to those habits day in and day out for greater success. Almost half of our daily actions

are part of our habits and not decisions, so once the correct habits are in place, you will automatically perform those tasks on a day-to-day basis.

意志力和习惯密不可分。培养良好的习惯并采取必要的行动日复一日地坚持这些习惯对于取得更大成功至关重要。我们日常行为中几乎一半是习惯的一部分而不是决定，所以一旦正确的习惯到位，你就会在日常基础上自动执行这些任务。

P4 The best way to create and stick to a habit is to have strong motivation. It's easier to change your habits to lose weight if you have a health issue and you want to be around longer for your kids, or if your business is something you're passionate about. Having a valuable outcome associated with a habit will help you stick to that habit permanently.

养成并坚持一个习惯的最好方法是拥有强大的动力。如果你有健康问题并且想为了孩子活得更久，或者你的事业是你热爱的东西，那么改变习惯来减肥就会更容易。将有价值的结果与习惯联系起来将帮助你永久地坚持这个习惯。

P5 The art of self-control is one that most successful individuals have mastered. Self-control enables you to avoid behaviors that don't contribute to your success and adopt those that do.

自我控制的艺术是大多数成功人士已经掌握的。自我控制使你能够避免那些无助于你成功的行为，并采纳那些有助于成功的行为。

P6 Because there is a delayed satisfaction associated with self-control, it can be easy to get off track. However, if you work on sticking to those small positive habits one day at a time, it becomes easier to stay strong and achieve that delayed reward. Once a reward is achieved, it is much easier to continue sticking to your habits.

因为自我控制伴随着延迟满足，所以很容易偏离轨道。然而，如果你每天坚持那些小的积极习惯，就会更容易保持坚强并获得那种延迟的回报。一旦获得回报，继续坚持你的习惯就会容易得多。

## 题目与逐题解析

46. What does the author say we need to do to strengthen our willpower?

- A) Keep it under control.
- B) Apply it continuously.
- C) Learn from entrepreneurs.
- D) Aim at success determinedly.

作者说我们需要做什么来增强意志力？

- A) 控制它。 B) 持续运用它。 C) 向企业家学习。 D) 坚定地以成功为目标。

**【答案】 B** (细节题)

**【判型】** What does the author say we need to do to strengthen our willpower? 用 what...need to do 句式直接问具体做法，不含 infer/imply/mainly about，是标准的细节题问法。

**【拆句】** What does the author say we need to do to strengthen our willpower? 主干是 what does the author say (that) we need to do, 后面的 to strengthen our willpower 是目的状语; 翻译时把目的状语提到前面: "为了强化意志力, 作者说我们需要做什么"。无陷阱。

**【定位】** Willpower is just like a muscle; to keep it strong you need to constantly exercise it.

意志力就像一块肌肉; 要让它保持强壮, 你需要不断地锻炼它。

**【选项】** A) **与原文相反**

原文说意志力本身就是 the ability to control yourself, 是控制者, 不是被控对象; Keep it under control. 把主客关系倒置。

B) **✓ 正确**

constantly exercise it ↔ **Apply it continuously.**

预判"持续锻炼"与 Apply it continuously. 字面同义, 是 constantly exercise it 的标准同义替换, 无需推断。

C) **无中生有**

why some entrepreneurs have greater success than others 只是引出话题的例子, 文中并未要求读者"向企业家学习"以强化意志力。

D) **张冠李戴**

strong determination that allows you to do something difficult 说的是意志力"能让人坚定追求成功", 是它的功能; 选项把功能当成强化方法, 张冠李戴。

47. How are almost half of our daily actions performed according to the passage?

A) Out of habit.

B) With determination.

C) Like muscle building.

D) By self-discipline.

根据文章,我们几乎一半的日常行为是如何进行的?

A) 出于习惯。 B) 凭借决心。 C) 像锻炼肌肉一样。 D) 通过自律。

**【答案】** A (细节题)

**【判型】** How are almost half of our daily actions performed according to the passage? 用 how 询问客观执行方式, 并加 according to the passage 强调贴文回答, 是细节题。

**【拆句】** How are almost half of our daily actions performed according to the passage? 这是 how 引导的被动语态疑问句, 主语是 almost half of our daily actions, 谓语 are performed; according to the passage 是状语。考生若不熟悉被动, 需理解为"我们日常行为中近一半是如何被完成的"。

**【定位】** Almost half of our daily actions are part of our habits and not decisions, so once the correct habits are in place, you will automatically perform those tasks on a day-to-day basis.

我们日常行为中近一半属于习惯而不是决定，因此一旦正确习惯到位，你就会每天自动去做那些事。

**【选项】** A) ✓ 正确

are part of our habits and not decisions ↔ **Out of habit.**

预判"出于习惯"与 Out of habit. 字面一致，是 are part of our habits 的标准同义替换。

B) 与原文相反

are part of our habits and not decisions 已明说"不是决定"；With determination. 与 decision 同属"有意识决断"的语义场，正好被否定。

C) 张冠李戴

muscle building 来自 Willpower is just like a muscle 的比喻，与 Q47 的执行方式无关，被借来制造干扰。

D) 张冠李戴

self-discipline 与 Self-control 同义，但 P5 谈的是自控的功能，不是"日常行为如何被执行"，被借来诱导。

48. What will help people stick to doing something constructive automatically?

A) Practising it on a day-to-day basis.

B) Associating it with improving health.

C) Possessing a reasonable amount of talent.

D) Foreseeing the desired outcome it will yield.

什么会帮助人们自动坚持做有建设性的事情？

A) 在日常生活中练习它。 B) 将它与改善健康联系起来。 C) 拥有合理的天赋。

D) 预见它将产生的预期结果。

**【答案】** D (细节题)

**【判型】** What will help people stick to doing something constructive automatically? 是 what + 具体行为，问"什么会帮助"，求客观条件，属细节题。

**【拆句】** What will help people stick to doing something constructive automatically? 主干 What will help people (to) stick to doing something; stick to 后接动名词 doing; constructive 与 automatically 分别修饰"事"和"做"。基础薄弱者要注意 stick to 不是"棍子"，而是固定搭配"坚持"。

**【定位】** Having a valuable outcome associated with a habit will help you stick to that habit permanently.

把一个有价值的结果与某个习惯绑定，会帮助你长期坚持那个习惯。

**【选项】 A) 与原文相反**

you will automatically perform those tasks on a day-to-day basis 中 day-to-day 是养成习惯后"自动每日去做"的结果；选项把结果当方法，因果倒置。

**B) 以偏概全**

if you have a health issue 只是说明"有价值结果"的一个例子；选项把例子当成普适条件，以偏概全。

**C) 与原文相反**

Even with an incredible amount of talent, without the discipline and motivation to create positive habits, it can be difficult to achieve success. 明确说光有天赋不够；选项却把"有一定天赋"当成坚持习惯的条件，与原文相反。

**D) ✓ 正确**

Having a valuable outcome associated with a habit ↔

**Foreseeing the desired outcome it will yield.**

预判"预见到有价值回报"的语义被 Foreseeing the desired outcome it will yield. 精确承担，是 P4 段尾结论句的同义替换。

49. How does the art of self-control help us succeed?

- A) By allowing us to remain clear-headed permanently.
- B) By enabling us to alter our behaviors constantly.
- C) By enabling us to take positive actions
- D) By allowing us to avoid taking risks.

自我控制的艺术如何帮助我们成功？

- A) 通过让我们永久保持头脑清醒。
- B) 通过使我们能够不断改变行为。
- C) 通过使我们能够采取积极行动。
- D) 通过让我们避免冒险。

**【答案】 C** (细节题)

**【判型】** How does the art of self-control help us succeed? 用 how 询问机制，要求贴文给出 self-control 起作用的方式，属细节题。

**【拆句】** How does the art of self-control help us succeed? 主干 How does X help us (to) succeed; help 后省略 to，接动词原形 succeed。结构平铺直叙，无陷阱。

**【定位】** Self-control enables you to avoid behaviors that don't contribute to your success and adopt those that do.

自控让你能够避开那些无助于成功的行为，并采纳那些有助于成功的行为。

【选项】 A) 无中生有

原文未提"保持头脑清醒", 更未说 permanently; 选项凭空生造"永远清醒"。

B) 与原文相反

原文说自控让人"避开无益行为、采纳有益行为", 是有方向的取舍; alter our behaviors constantly 暗示"不断改来改去", 与作者"养成稳定好习惯"的立场相反。

C) ✓ 正确

adopt those that do ↔ By enabling us to take positive actions

Self-control enables you to ↔ By enabling us to

预判同时含"避开"与"采纳"两面, 选项 By enabling us to take positive actions 抓住其中"采纳正向行为"的一面, 是定位句的合法概括(避开 negative = 接近 positive, 二者同向)。

D) 偷换概念

原文是 avoid behaviors that don't contribute to your success, 避的是"无益行为", 不是 risks; "风险"是文中从未出现的概念。

50. Why can it be difficult for us to maintain self-control?

- A) Most of us are not in the habit of exercising self-control.
- B) We may not get immediate rewards from self-control.
- C) Self-control tends to be associated with pains.
- D) Self-control only brings about small benefits.

为什么保持自我控制对我们来说可能很困难?

- A) 我们大多数人没有锻炼自我控制的习惯。
- B) 我们可能无法从自我控制中获得即时回报。
- C) 自我控制往往与痛苦相关联。
- D) 自我控制只能带来微小的好处。

【答案】 B (细节题)

【判型】 Why can it be difficult for us to maintain self-control? 用 why 问"难以保持自控"的客观原因, 答案要能在文中找到, 按细节题处理。

【拆句】 Why can it be difficult for us to maintain self-control? 这是 why 引导的疑问句 + 形式主语句型: it 形式主语, 真主语是 to maintain self-control; can 表示"有可能、可能会"的可能性, 不要误译成"能够"。

【定位】 Because there is a delayed satisfaction associated with self-control, it can be easy to get off track.

因为自控带来的是延迟的满足感, 所以人很容易脱离正轨。

【选项】 A) 无中生有

原文反复强调正确习惯一旦养成就会 automatically perform; 选项却说"我们大多数人没有自控的习惯", 与作者立场相反, 且并非作者给出的难维持原因。

B) ✓ 正确

there is a delayed satisfaction associated with self-control ↔

**We may not get immediate rewards from self-control.**

预判"回报被推迟"被 We may not get immediate rewards from self-control. 精确承担, 是 because 句的正反同义改写。

C) 无中生有

原文谈的是 delayed satisfaction, 是"满足感被推迟", 并非 pains"痛苦"; 作者从未把自控与痛苦绑定。

D) 偷换概念

原文说 if you work on sticking to those small positive habits...it becomes easier to...achieve that delayed reward, 重点是"小习惯"带来"延迟的大回报"; small benefits 把延迟错读成"好处本身小"。

SENTENCE INSIGHTS • 句子精讲

## 6 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。

It is a strong determination that allows you to do something difficult.

第1段, 第5句

本句属于典型的主系表结构加限制性定语从句的组合,这种句式在四六级和考研阅读中频繁出现。定语从句修饰表语名词的模式也是常考句型,学习此句可帮助学生掌握这一类结构的分析方法,迁移价值较高。

Even with an incredible amount of talent, without the discipline and motivation to create positive habits, it can be difficult to achieve success.

第2段, 第3句

形式主语 "it + be + 形容词 + to do" 是四六级和考研阅读中的高频句式,介词短语作状语也极为常见;本句结构清晰且实用性强,掌握后可直接迁移到大量类似句子,典型性很高

It's easier to change your habits to lose weight if you have a health issue and you want to be around longer for your kids, or if your business is something you're passionate about.

第4段，第2句

It is + 形容词 + to do 句型、if 引导的条件状语从句、or 连接的并列条件、定语从句修饰抽象名词 (something)，这些都是四六级和考研阅读中的高频句式；掌握本句的结构拆解方法可以迁移到大量真题长难句，典型性较高。

Because there is a delayed satisfaction associated with self-control, it can be easy to get off track.

第6段，第1句

原因状语从句 + 主句结构是四六级和考研阅读中的高频句式，there be 和形式主语也是常考点，本句可作为此类结构的典型代表

Once a reward is achieved, it is much easier to continue sticking to your habits.

第6段，第3句

形式主语 "it is + 形容词 + to do" 结构和 "Once" 引导的时间或条件状语从句均为考试高频句型。被动语态在从句中的应用也是常考点。整体句式在四六级和考研真题中常见，具有较高的典型性和迁移价值。

Self-control only brings about small benefits.

第50题，D

该句虽简单，但覆盖了主语、谓语、宾语三大核心成分，还包含副词状语 "only" 和形容词定语 "small"，成分种类基本齐全。适合用来练习识别基本成分和修饰关系，但缺少从句、复杂定语或状语等进阶结构，训练价值中等。

HIGH-FREQUENCY • 真题高频词

## 本篇出现的 42 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。

**willpower** B2

n. 意志力

本篇6次·真题8句

**behavior** B1

n. 行为

本篇4次·真题92句

**positive** B1

adj. 积极的

本篇4次·真题62句

**amount** A2

n. 数量

本篇3次·真题87句

**enable** B1

v. 使能够

本篇3次·真题58句

**reward** B1

n. 报酬

本篇3次·真题56句

**associate** B2

v. 联系

本篇3次·真题45句

**perform** B1

v. 执行

本篇2次·真题52句

**talent** B1

n. 天赋

本篇2次·真题39句

**outcome** B2

n. 结果

本篇2次·真题31句

**strengthen** B2

v. 加强

本篇2次·真题24句

**basis** B2

n. 基础;根据

本篇2次·真题21句

**constantly** B1

adv. 不断地, 持续地

本篇2次·真题19句

**motivation** B2

n. 动力

本篇2次·真题19句

**discipline** B2

n. 纪律

本篇2次·真题12句

**automatically** B1

adv. 自动地

本篇2次·真题9句

**permanently**

B2

adv. 永久地

本篇2次·真题9句

**author**

A2

n. 作者

本篇1次·真题244句

**benefit**

B1

n. 好处

本篇1次·真题169句

**tend**

B1

v. 倾向于, 往往会

本篇1次·真题137句

**risk**

A2

n. 风险

本篇1次·真题108句

**according**

B1

prep. 根据

本篇1次·真题88句

**issue**

B1

n. 问题

本篇1次·真题83句

**individual**

B2

adj. 单独的

本篇1次·真题79句

**contribute**

B1

v. 捐献

本篇1次·真题74句

**connection**

B1

n. 联系

本篇1次·真题61句

**maintain**

B1

v. 维持

本篇1次·真题44句

**adopt**

B1

v. 采纳

本篇1次·真题41句

**muscle**

A2

n. 肌肉

本篇1次·真题34句

**track**

A2

n. 小路

本篇1次·真题33句

**entrepreneur**

C1

n. 企业家;创业者

本篇1次·真题31句

**critical**

B2

adj. 批评的

本篇1次·真题30句

**valuable**

B1

adj. 贵重的

本篇1次 · 真题 28 句

**satisfaction**

B2

n. 满意

本篇1次 · 真题 27 句

**pain**

A2

n. 疼痛

本篇1次 · 真题 25 句

**yield**

B2

v. 产生

本篇1次 · 真题 22 句

**immediate**

B2

adj. 立即的，即刻的

本篇1次 · 真题 16 句

**constant**

B2

adj. 持续不断的

本篇1次 · 真题 12 句

**alter**

B2

v. 改变，更改（使某物与之前不同）

本篇1次 · 真题 11 句

**reasonable**

B1

adj. 合理的

本篇1次 · 真题 11 句

**passionate**

B2

adj. 热情的

本篇1次 · 真题 9 句

**incredible**

B2

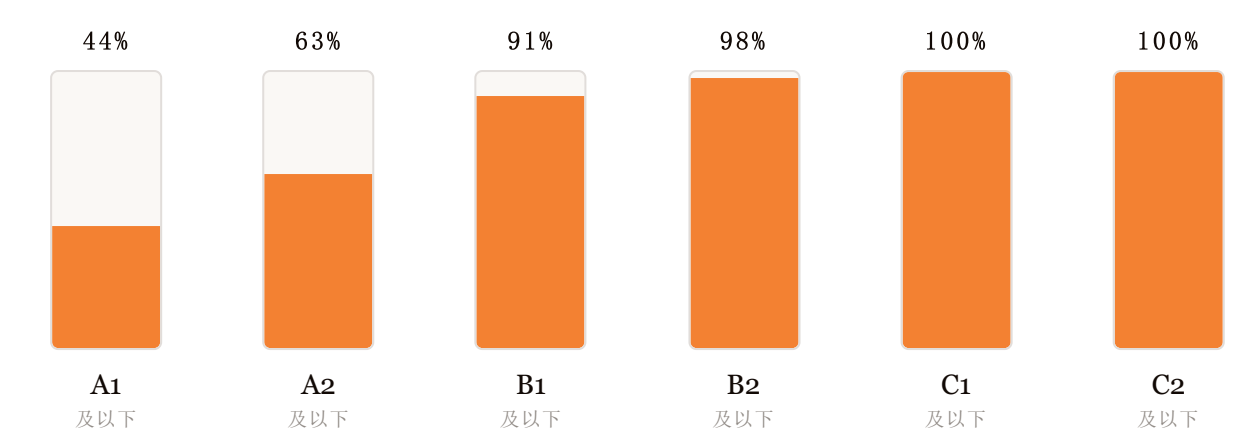
adj. 极好的

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

## 全文 142 词按 CEFR 难度累积覆盖

全文去重后共 **142** 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 3 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 142 个 · 末柱为 100%



## 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> |
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| Part III Section C (1) | 阅读理解（四选一）  | <a href="#">本题</a>     |
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| Part IV                | 汉译英（段落翻译）  | <a href="#">题目解析 →</a> |