

2024年12月·第3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12月·第3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 11 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3套(2024-12) · 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**.

Stop thinking and start doing

A) Most people have a dream in life, a vision of who or what they'd like to be in the future. At a minimum, everyone has interests and values that determine what they want out of their lives. Even so, trying to set achievable goals that you'll work for over the course of many years can be extremely challenging. It can be hard to know where to even begin, and the things you hope to achieve may seem impossible. But, if you're well prepared you may be able to set goals for your life that are just as fulfilling to work toward as to achieve.

大多数人在生活中都有一个梦想,对未来自己想成为什么样的人或想做什么有一个憧憬。至少,每个人都有决定自己想从生活中得到什么的兴趣和价值观。即便如此,试图设定你将在许多年中为之努力的可实现目标可能极具挑战性。很难知道从哪里开始,而你希望实现的目标可能看起来不可能。但是,如果你准备充分,你也许能够为自己的人生设定这样的目标:朝着它们努力的过程与实现它们一样令人满足。

B) We all have goals that we want to achieve in our lives. These goals may include learning a new language, eating healthier and losing weight, becoming a better parent, saving more money, and so on. It can be easy to assume that the gap between where you are now and where you want to be in the future is caused by a lack of knowledge. This is why we buy courses on how to start a business or how to lose weight fast or how to learn a new language in three months. We assume that if we knew about a better strategy, then we would get better results. We believe that a new result requires new knowledge.

我们都有想在生活中实现的目标。这些目标可能包括学习一门新语言、更健康地饮食和减肥、成为更好的父母、存更多的钱,等等。人们很容易认为,你现在所处的位置与你未来想要达到的位置之间的差距

是由于缺乏知识造成的。这就是为什么我们购买关于如何创业、如何快速减肥或如何在三个月内学会一门新语言的课程。我们认为如果我们知道更好的策略,那么我们会获得更好的结果。我们相信新的结果需要新的知识。

- C) What I'm starting to realize, however, is that new knowledge does not necessarily drive new results. In fact, learning something new can actually be a waste of time if your goal is to make progress and not simply gain additional knowledge.

然而,我开始意识到,新知识并不一定带来新结果。事实上,如果你的目标是取得进步而不仅仅是获得额外知识,那么学习新东西实际上可能是浪费时间。

- D) It all comes down to the difference between learning and practicing. Thomas Sterner, in his book *The Practicing Mind*, explains the key difference between practicing and learning. He says: "When we practice something, we are involved in the deliberate repetition of a process with the intention of reaching a specific goal." Here the words "deliberate" and "intention" are key, because they define the difference between actively practicing something and passively learning it.

这一切归结为学习和练习之间的区别。Thomas Sterner在他的书《练习的心态》中解释了练习和学习之间的关键区别。他说:"当我们练习某件事时,我们在有意识地重复一个过程,意图达到一个特定的目标。"这里"有意识"和"意图"这两个词是关键,因为它们定义了主动练习某事和被动学习它之间的区别。

- E) Learning something new and practicing something new may seem very similar, but these two methods can have profoundly different results. Here are some additional ways to think about the difference. Let's say your goal is to get stronger and more fit. You can research the best instructions on weight lifting technique, but the only way to build strength is to practice lifting weights. Let's say your goal is to grow your startup. You can learn about the best way to make a sales pitch, but the only way to actually land customers is to practice making sales calls. Let's say your goal is to write a book. You can talk to a best-selling author about writing, but the only way to become a better writer is to practice publishing consistently.

学习新东西和练习新东西可能看起来非常相似,但这两种方法可能产生截然不同的结果。以下是一些思考这种区别的其他方式。假设你的目标是变得更强壮、更健康。你可以研究关于举重技术的最佳指导,但增强力量的唯一方法是练习举重。假设你的目标是发展你的初创企业。你可以学习关于如何做销售推介的最佳方法,但真正获得客户的唯一方法是练习打销售电话。假设你的目标是写一本书。你可以和一位畅销书作家谈论写作,但成为更好作家的唯一方法是练习持续发表作品。

- F) Passive learning creates knowledge. Active practice creates skill. Let's consider a couple more reasons to prioritize active practice over passive learning. First, passive learning can be a stick that supports inaction. In many cases, learning is actually a way to avoid taking action on the goals and interests that we say are important to us. For example, let's say you want to learn a foreign language. Reading a book on how to learn a foreign language quickly allows you to feel like you are making progress ("Hey, I'm figuring out the best way to do this!"). Of course, you're not actually practicing the action that would deliver your desired outcome (speaking the foreign language).

被动学习创造知识。主动练习创造技能。让我们再考虑几个优先选择主动练习而不是被动学习的理由。首先,被动学习可能成为支持不作为的拐杖。在很多情况下,学习实际上是一种避免对我们声称对自己重要的目标和兴趣采取行动的方式。例如,假设你想学习一门外语。阅读一本关于如何快速学习外语的书让你感觉自己正在取得进步("嘿,我正在找出做这件事的最佳方法!")。当然,你实际上并没有在练习能带来你期望结果的行动(说这门外语)。

- G) In situations like this one, we often claim that we are preparing or researching the best method, but these rationalizations allow us to feel like we are moving forward when we are merely spinning our wheels. We make the mistake of being in motion rather than taking action. Learning is valuable until it becomes a form of procrastination(拖延).

在这样的情况下,我们经常声称自己正在准备或研究最佳方法,但这些合理化借口让我们在仅仅原地打转时感觉自己正在前进。我们犯了处于运动状态而不是采取行动的错误。学习是有价值的,直到它变成一种拖延形式。

- H) Another point to consider is that practice is learning, but learning is not practice. Passive learning is not a form of practice because although you gain new knowledge, you are not discovering how to apply that knowledge. Active practice, meanwhile, is one of the greatest forms of learning because the mistakes you make while practicing reveal important insights.

另一个需要考虑的要点是,练习是学习,但学习不是练习。被动学习不是一种练习形式,因为尽管你获得了新知识,但你没有发现如何应用那些知识。与此同时,主动练习是最伟大的学习形式之一,因为你在练习时犯的错误揭示了重要的见解。

- I) Even more importantly, practice is the only way to make a meaningful contribution with your knowledge. You can watch an online course about how to build a business or read an article about a terrible disaster in a developing nation, but that knowledge is unproductive unless you actually launch your business or donate to those in need. Learning by itself can be valuable for you, but if you want to be valuable to others, then you have to express your knowledge in some way.

更重要的是,练习是用你的知识做出有意义贡献的唯一方式。你可以观看关于如何创业的在线课程,或阅读一篇关于发展中国家可怕灾难的文章,但除非你真正启动你的业务或向有需要的人捐款,否则那些知识是无用的。学习本身对你来说可能是有价值的,但如果你想对他人有价值,那么你必须以某种方式表达你的知识。

- J) The last important point to consider is that practice focuses your energy on the process. Thomas Sterner once said, "Progress is a natural result of staying focused on the process of doing anything." The state of your life right now is a result of the habits and beliefs that you have been practicing each day. When you realize this and begin to direct your focus toward practicing better habits day-in and day-out, continual progress will be the logical outcome. It is not the things we learn nor the dreams we visualize that determine our results, but rather the habits that we practice each day. Fall in love with boredom and focus your energy on the process, not the product.

最后一个需要考虑的重要要点是,练习将你的精力集中在过程上。Thomas Sterner曾经说过:"进步是保持专注于做任何事情的过程的自然结果。"你现在生活的状态是你每天一直在练习的习惯和信念的结果。当你意识到这一点并开始将注意力导向日复一日地练习更好的习惯时,持续进步将是合乎逻辑的结果。决定我们结果的不是我们学到的东西,也不是我们想象的梦想,而是我们每天练习的习惯。爱上无聊,将你的精力集中在过程上,而不是产品上。

- K) What does this all mean? Is passive learning useless? Of course not. In many cases, learning for the sake of learning can be a beautiful thing. Not to mention that soaking up new information can help you make more informed decisions when you do decide to take action. That said, the main point of this article is that learning by itself does not lead to progress. We often hide behind information and use learning as an excuse to delay the more difficult and more important choice of actually doing

something. Spend less time passively learning and more time actively practicing. Stop thinking and start doing.

这一切意味着什么?被动学习是无用的吗?当然不是。在很多情况下,为了学习而学习可能是一件美好的事情。更不用说吸收新信息可以帮助你做出更明智的决定。也就是说,本文的主要观点是,学习本身并不能带来进步。我们经常躲在信息背后,用学习作为借口来延迟实际做某事这个更困难、更重要的选择。少花时间被动学习,多花时间主动练习。停止思考,开始行动。

陈述句与逐句解析

36. Acquisition of new knowledge may not guarantee the progress that you aim to make.

获取新知识可能无法保证你实现所追求的进步。

【答案】 **C** 段 (强锚点)

【锚点】 new knowledge ↔ progress 的否定连接

【定位】 What I'm starting to realize, however, is that new knowledge does not necessarily drive new results.

然而, 我开始意识到的是: 新的知识未必能带来新的结果。

【改写】 Acquisition of new knowledge ↔ **new knowledge**

名词化等价

may not guarantee ↔ **does not necessarily drive**

弱否定同义替换

the progress that you aim to make ↔ **new results**

上下位等价

【辨邻】 **B** B 段是 We assume that if we knew about a better strategy, then we would get better results, 只是把 大众的设想 摆出来; 陈述句要的是 不能保证 的判断, 这一判断只出现在 C 段。

We believe that a new result requires new knowledge

K K 段的 the main point of this article is that learning by itself does not lead to progress 是 收束重申, 本文 反直觉新结论 的首次提出在 C 段。

learning by itself does not lead to progress

37. Your current situation in life is built on the beliefs and habits you have been practicing daily.

你当前的生活状况建立在你每天践行的信念和习惯之上。

【答案】 **J** 段 (强锚点)

【锚点】 current situation = beliefs and habits

【定位】 The state of your life right now is a result of the habits and beliefs that you have been practicing each day.

你此刻的人生状态, 是你每天所践行的习惯和信念的结果。

【改写】 Your current situation in life ↔ **The state of your life right now**

同义短语替换

beliefs and habits ↔ **habits and beliefs**

并列项顺序调换

practicing daily ↔ **practicing each day**

副词与短语等值

38. Knowing the best way to learn a foreign language will not enable you to speak it without actual practice.

了解学习外语的最佳方法并不能使你在没有实际练习的情况下说这门语言。

【答案】 **F** 段 (强锚点)

【锚点】 foreign language 案例

【定位】 For example, let's say you want to learn a foreign language. Reading a book on how to learn a foreign language quickly allows you to feel like you are making progress ("Hey, I'm figuring out the best way to do this!"). Of course, you're not actually practicing the action that would deliver your desired outcome (speaking the foreign language).

比如，假设你想学一门外语。读一本 怎样快速学外语 的书会让你觉得自己在进步（嘿，我正在搞清楚最好的方法！）。但其实，你并没有在实际练习那能带来你想要的结果的那个动作——说这门外语。

【改写】 Knowing the best way to learn a foreign language ↔

Reading a book on how to learn a foreign language quickly

学习手段同位替换

will not enable you to speak it without actual practice ↔

you're not actually practicing the action that would deliver your desired outcome (speaking the foreign language)

否定关系等价

【辨邻】 **E** E 段的例子是 get stronger and more fit、grow your startup、write a book，与 foreign language 无关。

Let's say your goal is to get stronger and more fit

39. People may find it demanding to create a goal which will take a long time to achieve.

人们可能会发现创建一个需要很长时间才能实现的目标很困难。

【答案】 **A** 段 (强锚点)

【锚点】 长时间才能达成的目标 + demanding

【定位】 Even so, trying to set achievable goals that you'll work for over the course of many years can be extremely challenging.

即便如此，要为你需要奋斗多年才能达成的目标设立可实现的方案，可能极其困难。

【改写】 create a goal ↔ **to set achievable goals**

动宾同义替换

which will take a long time to achieve ↔ **over the course of many years**

时长表达同义替换

demanding ↔ **extremely challenging**

形容词等价

40. Learning and practicing seem to be very much alike, but the two processes can lead to quite different outcomes.

学习和练习似乎非常相似,但这两个过程可能会导致截然不同的结果。

【答案】 **E** 段 (强锚点)

【锚点】 alike but different outcomes

【定位】 Learning something new and practicing something new may seem very similar, but these two methods can have profoundly different results.

学新东西与练新东西看起来非常相似，但这两种方式可能带来极为不同的结果。

【改写】 Learning and practicing seem to be very much alike ↔

Learning something new and practicing something new may seem very similar

同义重述

the two processes can lead to quite different outcomes ↔

these two methods can have profoundly different results

整句同义重述

【辨邻】 **H** H 段是 Another point to consider is that practice is learning, but learning is not practice——讨论的是包含关系，不是 看起来相似但结果不同。

practice is learning, but learning is not practice

41. Absorbing new information is helpful in making better decisions prior to action.

吸收新信息有助于在行动之前做出更好的决策。

【答案】 **K** 段 (强锚点)

【锚点】 absorbing information → better decisions

【定位】 Not to mention that soaking up new information can help you make more informed decisions when you do decide to take action.

更不用说，吸收新的信息有助于你在真正决定行动时做出更明智的决策。

【改写】 Absorbing new information ↔ **soaking up new information**

动词族同义替换

helpful in making better decisions ↔ **help you make more informed decisions**

形容词转动词同义

prior to action ↔ **when you do decide to take action**

时间状语同义

42. Sometimes we may feel like we are making progress by doing some research or making preparations, but actually we are staying at the starting point.

有时我们可能会觉得通过做一些研究或准备工作正在取得进步,但实际上我们还停留在起点。

【答案】 **G** 段 (强锚点)

【锚点】 feel like progress but actually staying at starting point

【定位】 In situations like this one, we often claim that we are preparing or researching the best method, but these rationalizations allow us to feel like we are moving forward when we are merely spinning our wheels.

在这种情形下, 我们常声称自己在做准备或研究最佳方法, 但这些自我合理化让我们觉得自己在前进, 其实只是原地空转。

【改写】 doing some research or making preparations ↔ **preparing or researching the best method**

并列动词同义替换

feel like we are making progress ↔ **feel like we are moving forward**

短语等价

staying at the starting point ↔ **spinning our wheels**

比喻与字面同义

【辨邻】 **F** F 段的 Reading a book on how to learn a foreign language quickly allows you to feel like you are making progress 是具体例子, 陈述句 Q42 的 评论性概括 出现在承接段 G。

Reading a book on how to learn a foreign language quickly allows you to feel like you are making progress

43. We are inclined to think that a lack of knowledge prevents us from advancing to a better future.

我们倾向于认为缺乏知识阻碍我们走向更美好的未来。

【答案】 **B** 段 (强锚点)

【锚点】 lack of knowledge 阻碍进步

【定位】 It can be easy to assume that the gap between where you are now and where you want to be in the future is caused by a lack of knowledge.

我们很容易这样设想：你当下所处的位置与你将来想到达的位置之间的差距，是由知识不足造成的。

【改写】 We are inclined to think ↔ **It can be easy to assume**

倾向表达同义

a lack of knowledge prevents us from advancing to a better future ↔

the gap between where you are now and where you want to be in the future is caused by a lack of knowledge

因果链对位

【辨邻】 **C** C 段以 What I'm starting to realize, however 开头是 反驳的转折，与陈述句 倾向于认为 的口吻相反。

What I'm starting to realize, however, is that new knowledge does not necessarily drive new results

44. Learning can benefit you by itself, but only practice can turn what you learn into meaningful contributions.

学习本身可以使你受益,但只有练习才能将你所学的东西转化为有意义的贡献。

【答案】 **I** 段 (强锚点)

【锚点】 for you vs meaningful contributions

【定位】 Learning by itself can be valuable for you, but if you want to be valuable to others, then you have to express your knowledge in some way.

学习本身对你自己可能有价值，但如果你想对他人产生价值，就必须以某种方式把你所学的表达出来。

【改写】 Learning can benefit you by itself ↔ **Learning by itself can be valuable for you**

同义重述

only practice can turn what you learn into meaningful contributions ↔

practice is the only way to make a meaningful contribution with your knowledge

唯一路径同义重述

【辨邻】 **H** H 段的 Passive learning is not a form of practice 是 包含关系判断，不涉及 meaningful contribution 这一价值出口。

Passive learning is not a form of practice because although you gain new knowledge, you are not discovering how to apply that knowledge

45. Practice involves repeating a process intentionally to attain a particular objective.

练习涉及有意识地重复一个过程以达到特定目标。

【答案】 **D** 段 (强锚点)

【锚点】练习的定义：重复以达目标

【定位】He says: "When we practice something, we are involved in the deliberate repetition of a process with the intention of reaching a specific goal."

他说：当我们练习某事时，我们是在带着达成某个具体目标的意图，刻意地重复一个过程。

【改写】repeating a process ↔ **repetition of a process**

动名词与名词同义

intentionally ↔ **deliberate repetition of a process with the intention of reaching a specific goal**

副词与原文 deliberate/intention 对应

to attain a particular objective ↔ **reaching a specific goal**

动宾同义替换

PARAGRAPH MAP • 段落主旨图

11 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 开篇引入：人都有梦想与目标，但 trying to set achievable goals that you'll work for over the course of many years can be extremely challenging——为多年才能实现的目标做规划是非常困难的。

信息指纹 长期目标难设立

B 提出错误归因：我们以为现状与理想之间的差距源于知识不足，于是去买课、找方法——It can be easy to assume that the gap between where you are now and where you want to be in the future is caused by a lack of knowledge.

信息指纹 误把差距归因于知识不足

C 作者亮观点：新知识不必然带来新结果——new knowledge does not necessarily drive new results；学新东西若只为攒知识，反而可能是浪费时间。

信息指纹 新知识 ≠ 新结果

D 引用 Thomas Sterner 给 practice 下定义: When we practice something, we are involved in the deliberate repetition of a process with the intention of reaching a specific goal——刻意地、为某个具体目标重复一个过程。

信息指纹 practice 的定义: 刻意重复达目标

E 用三个例子 (举重、销售、写书) 说明: 学习和练习看起来像, but these two methods can have profoundly different results——两条路结果差别巨大。

信息指纹 学练相像但结果迥异

F 首条原因: 被动学习常成为 不行动 的拐杖——读 怎样快速学外语 的书让你觉得在进步, 可你并没在 speaking the foreign language。

信息指纹 学外语案例: 读书 ≠ 开口说

G 承接上段: 声称 在准备/研究最佳方法 其实是原地打转——we feel like we are moving forward when we are merely spinning our wheels, 学习一旦变成拖延就失去价值。

信息指纹 原地打转 / 学习沦为拖延

H 辨析两者关系: 练习本身就是学习, 但学习并不等于练习——Passive learning is not a form of practice because although you gain new knowledge, you are not discovering how to apply that knowledge。

信息指纹 练含学, 学不含练

I 更进一步: 练习是让知识对他人产生贡献的唯一途径——Learning by itself can be valuable for you, but if you want to be valuable to others, then you have to express your knowledge in some way。

信息指纹 对自己有益 vs 对人有用

J 练习的另一好处: 把能量聚焦于过程; The state of your life right now is a result of the habits and beliefs that you have been practicing each day——你当下的人生状态由每日所练的习惯与信念决定。

信息指纹 当下状态 = 每日所练的习惯信念

K

收尾平衡：被动学习并非无用，soaking up new information can help you make more informed decisions when you do decide to take action；但学习本身不会带来进步，少学多练、停下空想、动起来。

信息指纹 学习有用但需先于行动而服务行动

SENTENCE INSIGHTS • 句子精讲

32 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。

Stop thinking and start doing

标题

祈使句是英语中的常见句式，且并列谓语结构在日常表达和考试中均有一定出现频率，但本句过于简短，无法体现复杂句式的典型特征，迁移价值中等。

Even so, trying to set achievable goals that you'll work for over the course of many years can be extremely challenging.

A段，第3句

主句包含较长的动名词短语作主语（trying to set achievable goals that you'll work for over the course of many years），系动词谓语（can be），形容词短语作表语（extremely challenging），以及让步状语（Even so）。定语从句中有主语、谓语、宾语（关系代词 that）和时间状语。全句覆盖动名词主语、定语从句、情态动词、关系代词作宾语等多个知识点，且主语部分较长易混淆，作为划分成分的练习句有较高价值。

But, if you're well prepared you may be able to set goals for your life that are just as fulfilling to work toward as to achieve.

A段，第5句

本句包含主句的主谓宾结构、条件状语从句、定语从句修饰宾语，以及定语从句内部的比较结构“as ... as”。成分种类较丰富，条件状语从句插入主句主干的位置是易错点，定语从句对宾语的修饰关系也值得练习，适合训练成分识别能力。

It can be easy to assume that the gap between where you are now and where you want to be in the future is caused by a lack of knowledge.

B段，第3句

形式主语 + 不定式真正主语 + 宾语从句 + 介词短语内嵌从句,这是四六级和考研英语阅读中的高频句式。掌握本句的分析方法,可以直接迁移到大量类似长难句,典型性极高。

We assume that if we knew about a better strategy, then we would get better results.

B段，第5句

"主句 + 宾语从句（内嵌条件状语从句）+ 虚拟语气" 是四六级和考研英语阅读中的高频结构。该句型展示了宾语从句与虚拟条件句的经典组合方式，掌握后可直接迁移到大量类似句式。

What I'm starting to realize, however, is that new knowledge does not necessarily drive new results.

C段，第1句

主系表结构配合主语从句和表语从句是四六级和考研英语阅读中的高频句式,What 引导主语从句、that 引导表语从句都是典型用法,掌握后可广泛复用到类似结构,代表性强。

In fact, learning something new can actually be a waste of time if your goal is to make progress and not simply gain additional knowledge.

C段，第2句

主句 + 条件状语从句的结构在四六级和考研英语阅读中非常常见，是典型的主从复合句式。动名词作主语、情态动词表达可能性、if 引导条件从句这些都是高频考点和常见句式。掌握本句结构后，可以迁移到大量类似句子的理解和分析中。唯一略显特殊的是从句中并列不定式的否定形式（not simply gain），但这也是考试中会出现的表达方式。

It all comes down to the difference between learning and practicing.

D段，第1句

本句涵盖了主语、谓语、宾语、状语、定语五种成分，且包含两个值得练习的点：一是短语动词"come down to"作谓语的识别（需要整体把握而不是拆开理解），二是介词短语"between learning and practicing"作后置定语的判断（需要区分它是修饰名词还是作状语）。这两个点在四六级和考研英语阅读中较为常见，适合作为成分划分练习。

He says: "When we practice something, we are involved in the deliberate repetition of a process with the intention of reaching a specific goal."

D段，第3句

句子覆盖成分丰富:直接引语作宾语、时间状语从句、be involved in 被动结构、长介词短语作状语、介词短语套嵌。特别是引语作宾语和状语从句的组合是常考易错点,适合训练学生识别复杂宾语和从句的能力。

Here the words "deliberate" and "intention" are key, because they define the difference between actively practicing something and passively learning it.

D段，第4句

"主句 + because 原因状语从句"是四六级和考研阅读中的高频句式，用于解释概念或论证观点。宾语中"the difference between A and B"结构也是常考的对比表达，句式典型且实用。

You can research the best instructions on weight lifting technique, but the only way to build strength is to practice lifting weights.

E段，第4句

本句采用 "but" 连接的并列转折结构，前半部分用情态动词表达可能性，后半部分用 "the only way to do ... is to do ..." 句式强调方法的唯一性，这种对比论证的句式在四六级和考研写作、阅读中频繁出现，具有较高的典型性和实用性。

First, passive learning can be a stick that supports inaction.

F段，第4句

"主句+嵌套定语从句"是四六级和考研阅读中的高频句式,系表结构配合情态动词也常见于议论文表达观点。本句结构规整、具有较强代表性,掌握后可迁移到大量类似句子的分析中。

Reading a book on how to learn a foreign language quickly allows you to feel like you are making progress ("Hey, I'm figuring out the best way to do this!").

F段，第7句

本句覆盖了多种成分类型:动名词短语作主语 (Reading a book...)、谓语 (allows)、宾语 (you)、宾语补足语 (to feel...)、宾语从句 (you are making progress)。动名词短语作主语是学生常见的易错点,需要识别整个短语作为一个整体。allow sb to do sth 句型和 feel like 从句的搭配也是实用的句型。插入句虽不影响主干,但练习时可训练学生区分主要结构和补充说明的能力。整体而言,成分丰富且包含值得练习的重点。

Of course, you're not actually practicing the action that would deliver your desired outcome (speaking the foreign language).

F段，第8句

主句 + 限制性定语从句的结构在四六级和考研阅读中极为常见，定语从句修饰宾语的句式是典型考点。情态动词 "would" 表假设的用法也频繁出现，结构具有较高的代表性和复用价值。

We make the mistake of being in motion rather than taking action.

G段，第2句

"make the mistake of doing sth"是四六级和考研阅读中常见的固定搭配句式，"rather than"连接并列成分也是高频结构，学习后可迁移到大量类似表达。

Learning is valuable until it becomes a form of procrastination(拖延).

G段，第3句

主句加时间状语从句是四六级和考研阅读中的常见句式，"until" 引导的时间状语从句也是高频结构，具有较好的迁移性，但整体结构相对基础，代表性中等。

Passive learning is not a form of practice because although you gain new knowledge, you are not discovering how to apply that knowledge.

H段，第2句

本句展示了典型的"主句+原因状语从句"结构，且原因从句内嵌套让步从句，这种"转折中的让步"是四六级和考研阅读中常见的论证句式。结构代表性强，掌握后可迁移到大量类似句型。

Active practice, meanwhile, is one of the greatest forms of learning because the mistakes you make while practicing reveal important insights.

H段，第3句

本句展示了常见的因果论证结构：主句观点加 because 从句支撑，定语从句修饰名词，时间状语从句限定动作背景，这些都是四六级和考研阅读中的高频句式。三层嵌套在真题长难句中具有代表性，掌握后可迁移到大量类似结构，典型性很高。

Even more importantly, practice is the only way to make a meaningful contribution with your knowledge.

I段, 第1句

主系表加后置定语的结构在四六级和考研阅读中较为常见, 句首状语修饰全句的用法也是常规考点。但本句整体偏短、层次单一, 不如带从句的复杂句更具真题代表性, 典型性中等。

You can watch an online course about how to build a business or read an article about a terrible disaster in a developing nation, but that knowledge is unproductive unless you actually launch your business or donate to those in need.

I段, 第2句

本句涵盖多种成分类型:并列谓语(can watch ... or read 与 launch ... or donate)、并列宾语(an online course 与 an article)、系表结构(is unproductive)、条件状语从句、嵌入的疑问词加不定式结构作宾语、介词短语状语(to those in need);成分种类丰富,且存在并列结构易混淆的坑点(如 "or" 连接的两个动宾结构共用主语和情态动词),适合作为成分划分练习材料

Learning by itself can be valuable for you, but if you want to be valuable to others, then you have to express your knowledge in some way.

I段, 第3句

句式为"主句A + but + 主句B(含if条件从句)"的并列转折加条件嵌套,是四六级和考研阅读中的常见结构。情态动词、动名词主语、不定式宾语、条件状语从句都是高频考点,典型性较强,掌握后可迁移到大量类似句子

The last important point to consider is that practice focuses your energy on the process.

J段, 第1句

主系表结构加表语从句是考试中常见的句式,尤其在议论文和说明文中频繁出现,用于定义概念或阐述观点。主语带不定式后置定语也是典型用法。这种结构在四六级和考研阅读中反复出现,掌握后可以迁移到大量类似句子的理解上,具有较高的复用价值。

It is not the things we learn nor the dreams we visualize that determine our results, but rather the habits that we practice each day.

J段，第5句

"not ... but ..." 否定转折对比结构、形式主语 "It is" 句型、定语从句修饰名词、关系代词省略，这些都是四六级和考研阅读中的高频句式。全句整体呈现 "强调某一因素而否定其他因素" 的论证逻辑，是议论文和说明文中的典型表达模式，学生掌握后可在大量真题和文章中复用。

In many cases, learning for the sake of learning can be a beautiful thing.

K段，第4句

本句体现了考试中常见的几个结构特点：动名词短语作主语、情态动词加系动词的谓语、介词短语作状语和后置定语。这种 "抽象概念作主语 + 情态动词 + 系动词 + 评价性表语" 的模式在议论文写作和阅读理解中频繁出现，尤其是表达观点、可能性或价值判断的句子。掌握这一句式后，学习者可以迁移到大量类似表达中，实用性较高。

Not to mention that soaking up new information can help you make more informed decisions when you do decide to take action.

K段，第5句

本句涵盖主语（动名词短语）、谓语（情态动词结构）、宾语、宾语补足语（动词原形短语）、时间状语从句等多种成分，结构较为丰富。动名词作主语、"help sb do sth" 结构、强调助动词 "do" 的使用都是值得练习的知识点，具有较高的训练价值。

Spend less time passively learning and more time actively practicing.

K段，第8句

祈使句在四六级写作建议类题目和口语指令中常见，spend time doing 是高频搭配。结构本身典型性中等：学了可以套用到其他建议句，但不如复合句那样覆盖面广。

Stop thinking and start doing.

K段，第9句

本句可用于练习祈使句的谓语识别、并列谓语的划分、以及动名词作宾语的判定。虽然成分种类有限（只有谓语和宾语），但并列谓语各带宾语的结构能帮助学生理解并列关系中的归属问题，具有一定训练价值。

Your current situation in life is built on the beliefs and habits you have been practicing daily.

第37题 题干

句子体现了考试高频结构:被动语态主句+限制性定语从句(关系代词省略)+现在完成进行时;这种"结果被...所致,而...是持续进行的行为"的因果表达在四六级和考研阅读中极为常见,掌握后可直接迁移到大量类似长句的理解和写作中。

Knowing the best way to learn a foreign language will not enable you to speak it without actual practice.

第38题 题干

动名词短语作主语、及物动词加宾语及宾补的结构,以及"enable somebody to do something"这一句型,在四六级和考研阅读中频繁出现。本句还体现了"仅有知识不够,需要实践"这一常考逻辑关系,句式典型性强,掌握后可迁移到大量类似句子。

Learning and practicing seem to be very much alike, but the two processes can lead to quite different outcomes.

第40题 题干

并列句中一句使用系表结构、另一句使用情态动词加动词原形的搭配,这种对比陈述的句式在四六级和考研阅读中较为常见,且动名词作主语、"lead to"搭配也是高频考点,结构具有较强的典型性和复用价值。

We are inclined to think that a lack of knowledge prevents us from advancing to a better future.

第43题 题干

"主句 + that 引导的宾语从句"是四六级和考研阅读中极为常见的句式,"prevent sb from doing"也是高频搭配。"be inclined to do"表达心理倾向,在学术和议论文中经常出现。句子的整体结构(陈述普遍观点 + 宾语从句展开具体内容)是典型的议论或说明句式,学习者掌握后可以在大量真题和阅读材料中复用。典型性较高。

Learning can benefit you by itself, but only practice can turn what you learn into meaningful contributions.

第44题 题干

本句结构非常典型：并列主句用 but 转折，宾语从句用 what 引导，turn...into 搭配表示转化。这些都是四六级和考研真题中高频出现的句式。掌握本句的分析方法可以直接迁移到大量类似句子，代表性强。

HIGH-FREQUENCY · 真题高频词

本篇出现的 73 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。

learning A1

n. 学习

本篇13次 · 真题 120 句

actually A2

adv. 实际上，事实上（用于纠正或补充信息）

本篇7次 · 真题 148 句

process B1

n. 过程

本篇6次 · 真题 108 句

focus B1

n. 重点

本篇3次 · 真题 107 句

outcome B2

n. 结果

本篇3次 · 真题 31 句

valuable B1

adj. 贵重的

本篇3次 · 真题 28 句

passive B2

adj. 被动的

本篇3次 · 真题 10 句

lack B1

v. 缺少

本篇2次 · 真题 115 句

case A2

n. 情况

本篇2次 · 真题 89 句

involve B1

v. 包含

本篇2次 · 真题 65 句

gain B1

v. 获得;赢得

本篇2次·真题 64 句

determine B2

v. 决定

本篇2次·真题 51 句

realize B1

v. 意识到, 认识到

本篇2次·真题 50 句

belief B1

n. 相信

本篇2次·真题 41 句

assume B2

v. 假定

本篇2次·真题 34 句

meaningful B2

adj. 有意义的

本篇2次·真题 24 句

additional B1

adj. 额外的

本篇2次·真题 22 句

contribution B2

n. 贡献

本篇2次·真题 20 句

actively B1

adv. 积极主动地

本篇2次·真题 13 句

intention B1

n. 意图

本篇2次·真题 9 句

would A1

aux. (will 的过去式) 将要, 会

本篇1次·真题 466 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

online A2

adj. 在线的

本篇1次·真题 145 句

product A2

n. 产品

本篇1次·真题 128 句

customer A2

n. 顾客, 客户

本篇1次·真题 124 句

support A2

v. 支持

本篇1次·真题 118 句

simply B1

adv. 仅仅, 只不过

本篇1次·真题 90 句

current B1

adj. 现在的

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

claim B1

v. 声称

本篇1次·真题 56 句

strategy B2

n. 策略

本篇1次·真题 53 句

desire B2

n. 愿望

本篇1次·真题 52 句

nation B1

n. 国家

本篇1次·真题 51 句

publish B1

v. 出版, 发行 (书籍、杂志等)

本篇1次·真题 50 句

figure A2

n. 数字

本篇1次·真题 44 句

reveal B2

v. 揭示

本篇1次·真题 43 句

specific B2

adj. 具体的

本篇1次·真题 42 句

deliver B1

v. 递送, 运送 (货物、信件等)

本篇1次·真题 41 句

writing A2

n. 写作

本篇1次·真题 40 句

launch B1

v. 推出

本篇1次·真题 39 句

aim B1

v. 瞄准

本篇1次·真题 38 句

quickly A2

adv. 快速地

本篇1次·真题 38 句

boredom B2

n. 无聊

本篇1次·真题 37 句

particular B2

adj. 特定的

本篇1次·真题 37 句

extremely B1

adv. 极其

本篇1次·真题 34 句

advance B1

v. 前进

本篇1次·真题 31 句

delay B1

n. 延迟

本篇1次·真题 30 句

gap B1

n. 间隙

本篇1次·真题 28 句

vision B2

n. 视力

本篇1次·真题 28 句

necessarily B2

adv. 必然地

本篇1次·真题 27 句

define B1

v. 给.....下定义

本篇1次·真题 24 句

disaster B1

n. 灾难

本篇1次·真题 23 句

strength B1

n. 力量

本篇1次·真题 20 句

meanwhile B1

adv. 与此同时

本篇1次·真题 19 句

actual B1

adj. 真实的

本篇1次·真题 18 句

technique B1

n. 技术

本篇1次·真题 18 句

absorb

B2

v. 吸收（液体、气体等）

本篇1次·真题 16 句

challenging

B2

adj. 有挑战性的

本篇1次·真题 16 句

focused

B1

adj. 集中注意力的

本篇1次·真题 15 句

donate

B2

v. 捐赠，捐献（金钱、物品等）

本篇1次·真题 14 句

guarantee

B2

n. 保证

本篇1次·真题 14 句

preparation

B1

n. 准备

本篇1次·真题 13 句

prioritize

B2

v. 优先处理

本篇1次·真题 13 句

insight

B2

n. 洞察力

本篇1次·真题 12 句

objective

B2

n. 目标

本篇1次·真题 11 句

alike

B1

adj. 相似的

本篇1次·真题 10 句

consistently

B2

adv. 始终如一地

本篇1次·真题 10 句

logical

B2

adj. 符合逻辑的

本篇1次·真题 9 句

prior

B2

adj. 先前的，之前的

本篇1次·真题 9 句

startup

B2

n. 初创公司

本篇1次·真题 9 句

merely

B2

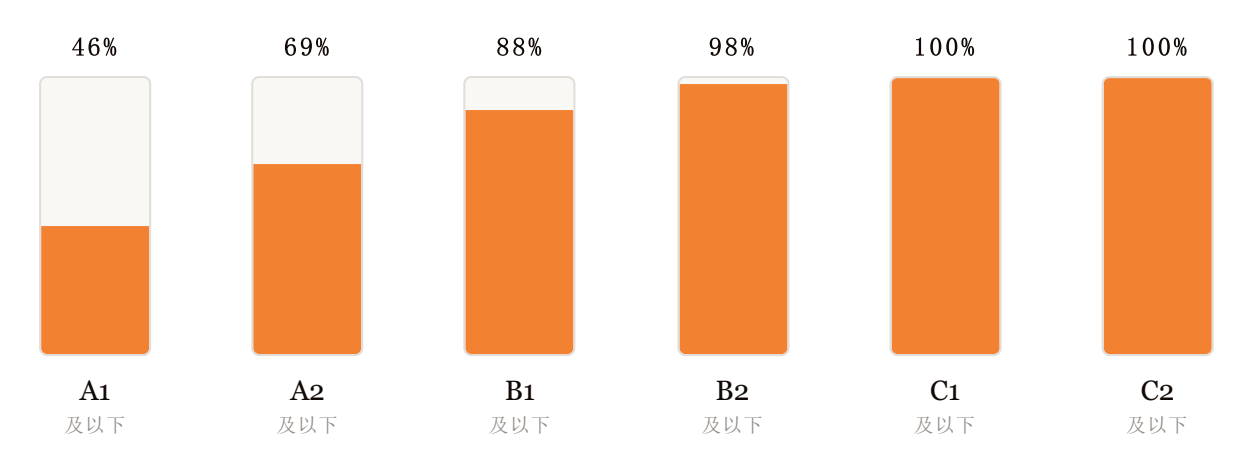
adv. 仅仅，只不过

本篇1次·真题 8 句

VOCABULARY · 词汇难度分布

全文 304 词按 CEFR 难度累积覆盖

全文去重后共 **304** 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 5 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 304 个·末柱为 100%

去重总词数

304

B2 以上难词

2%

B1 及以下覆盖

88%

英语四级 2024年12月·第3套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	与2024年12月第2套共用 · 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 →