

2016年12月·第2套 英语六级长篇阅读（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2016年12月·第2套 英语六级长篇阅读（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(2016-12)·六级

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**.

The American Workplace Is Broken. Here's How We Can Start Fixing It.

A) Americans are working longer and harder hours than ever before. 83% of workers say they're stressed about their jobs, nearly 50% say work-related stress is interfering with their sleep, and 60% use their smartphones to check in with work outside of normal working hours. No wonder only 13% of employees worldwide feel engaged in their occupation.

美国人的工作时间比以往任何时候都更长、更辛苦。83%的员工表示他们为工作感到压力，近50%的人表示与工作相关的压力正在干扰他们的睡眠，60%的人在正常工作时间之外使用智能手机查看工作。难怪全球只有13%的员工感到投入自己的职业。

B) Glimmers(少许) of hope, however, are beginning to emerge in this bruising environment: Americans are becoming aware of the toll their jobs take on them, and employers are exploring ways to alleviate the harmful effects of stress and overwork. Yet much more work remains to be done. To call stress an epidemic isn't an exaggeration. The 83% of American employees who are stressed about their jobs—up from 73% just a year before—say that poor compensation and an unreasonable workload are their number-one sources of stress. And if you suspected that the workplace had gotten more stressful than it was just a few decades ago, you're right. Stress levels increased 18% for women and 24% for men from 1983 to 2009. Stress is also starting earlier in life, with some data suggesting that today's teens are even more stressed than adults.

然而，在这种令人疲惫的环境中，希望的微光开始显现：美国人正在意识到工作对他们造成的损害，雇主也在探索减轻压力和过度工作有害影响的方法。然而，仍有大量工作有待完成。称压力为流行病并非夸张。83%对工作感到压力的美国员工——比仅仅一年前的73%有所上升——表示薪酬过低和不合理的

工作量是他们压力的首要来源。如果你怀疑职场比几十年前压力更大,那你是对的。从1983年到2009年,女性的压力水平增加了18%,男性增加了24%。压力也在更早的人生阶段开始,一些数据表明当今的青少年甚至比成年人压力更大。

- C) Stress is taking a significant toll on our health, and the collective public health cost may be enormous. Occupational stress increases the risk of heart attack and diabetes, accelerates the aging process, decreases longevity, and contributes to depression and anxiety, among numerous other negative health outcomes. Overall, stress-related health problems account for up to 90% of hospital visits, many of them preventable. Your job is "literally killing you," as The Washington Post put it. It's also hurting our relationships. Working parents say they feel stressed, tired, rushed and short on quality time with their children, friends and partners.

压力正在对我们的健康造成重大损害,集体公共健康成本可能是巨大的。职业压力增加心脏病发作和糖尿病的风险,加速衰老过程,缩短寿命,并导致抑郁和焦虑等诸多其他负面健康后果。总体而言,与压力相关的健康问题占医院就诊量的高达90%,其中许多是可以预防的。正如《华盛顿邮报》所说,你的工作"实际上正在杀死你"。它也在伤害我们的人际关系。在职父母表示他们感到压力大、疲惫、匆忙,并且缺少与孩子、朋友和伴侣相处的高质量时间。

- D) Seven in 10 workers say they struggle to maintain work-life balance. As technology (and with it, work emails) seeps(渗入) into every aspect of our lives, work-life balance has become an almost meaningless term. Add a rapidly changing economy and an uncertain future to this 24/7 connectivity, and you've got a recipe for overwork, according to Phyllis Moen. "There's rising work demand coupled with the insecurity of mergers, takeovers, downsizing and other factors," Moen said. "Part of the work-life issue has to talk about uncertainty about the future."

十分之七的员工表示他们难以保持工作与生活的平衡。随着技术(以及随之而来的工作电子邮件)渗入我们生活的各个方面,工作与生活的平衡已经成为一个几乎没有意义的术语。根据Phyllis Moen的说法,在这种全天候连接的基础上再加上快速变化的经济和不确定的未来,你就得到了一个过度工作的配方。"工作需求不断上升,同时伴随着合并、收购、裁员和其他因素带来的不安全感,"Moen说。"工作与生活问题的一部分必须涉及对未来的不确定性。"

- E) These factors have converged to create an increasingly impossible situation with many employees overworking to the point of burnout. It's not only unsustainable for workers, but also for the companies that employ them. Science has shown a clear correlation between high stress levels in workers and absenteeism(旷工), reduced productivity, disengagement and high turnover. Too many workplace policies effectively prohibit employees from developing a healthy work-life balance by barring them from taking time off, even when they need it most.

这些因素汇聚在一起,造成了一种日益不可能的局面,许多员工过度工作到精疲力竭的程度。这不仅对员工不可持续,对雇用他们的公司也是如此。科学已经表明员工高压水平与旷工、生产力下降、脱离工作和高流失率之间存在明确的相关性。太多的职场政策实际上阻止员工发展健康的工作与生活平衡,禁止他们休假,即使在他们最需要的时候。

- F) The U.S. trails far behind every wealthy nation and many developing ones that have family-friendly work policies including paid parental leave, paid sick days and breast-feeding support, according to a 2007 study. The U.S. is also the only advanced economy that does not guarantee workers paid vacation time, and it's one of only two countries in the world that does not offer guaranteed paid maternity leave. But even when employees are given paid time off, workplace norms and expectations

that pressure them to overwork often prevent them from taking it. Fulltime employees who do have paid vacation days only use half of them on average.

根据2007年的一项研究,美国远远落后于每一个富裕国家和许多发展中国家,这些国家都有家庭友好的工作政策,包括带薪育儿假、带薪病假和母乳喂养支持。美国也是唯一不保证员工带薪休假时间的发达经济体,并且是世界上仅有的两个不提供保障带薪产假的国家之一。但即使员工获得了带薪休假,职场规范和期望迫使他们过度工作,往往阻止他们休假。拥有带薪休假天数的全职员工平均只使用了其中的一半。

- G) Our modern workplaces also operate based on outdated time constraints. The practice of clocking in for an eight-hour workday is a leftover from the days of the Industrial Revolution, as reflected in the then-popular saying, "Eight hours labor, eight hours recreation, eight hours rest."

我们的现代职场也基于过时的时间限制运作。打卡工作八小时的做法是工业革命时代遗留下来的,正如当时流行的口号所反映的:"八小时劳动,八小时娱乐,八小时休息。"

- H) We've held on to this workday structure—but thanks to our digital devices, many employees never really clock out. Today, the average American spends 8.8 hours at work daily, and the majority of working professionals spend additional hours checking in with work during evenings, weekends and even vacations. The problem isn't the technology itself, but that the technology is being used to create more flexibility for the employer rather than the employee. In a competitive work environment, employers are able to use technology to demand more from their employees rather than motivating workers with flexibility that benefits them.

我们一直保持着这种工作日结构——但由于我们的数字设备,许多员工实际上从未真正下班。如今,美国人平均每天在工作上花费8.8小时,大多数职场专业人士在晚上、周末甚至假期期间还要花额外的时间查看工作。问题不在于技术本身,而在于技术被用来为雇主而非员工创造更多灵活性。在竞争激烈的工作环境中,雇主能够利用技术向员工提出更多要求,而不是用有利于员工的灵活性来激励员工。

- I) In a study published last year, psychologists coined the term "workplace telepressure" to describe an employee's urge to immediately respond to emails and engage in obsessive thoughts about returning an email to one's boss, colleagues or clients. The researchers found that telepressure is a major cause of stress at work, which over time contributes to physical and mental burnout. Of the 300 employees participating in the study, those who experienced high levels of telepressure were more likely to agree with statements assessing burnout, like "I've no energy for going to work in the morning," and to report feeling fatigued and unfocused. Telepressure was also correlated with sleeping poorly and missing work.

在去年发表的一项研究中,心理学家创造了"职场远程压力"一词,用来描述员工立即回复电子邮件的冲动,以及对回复老板、同事或客户电子邮件的强迫性思考。研究人员发现,远程压力是工作压力的主要原因,随着时间的推移会导致身体和精神上的倦怠。在参与研究的300名员工中,经历高水平远程压力的人更有可能同意评估倦怠的陈述,如"我早上没有精力去上班",并报告感到疲劳和注意力不集中。远程压力还与睡眠不佳和缺勤相关。

- J) Harvard Business School professor Leslie Perlow explains that when people feel the pressure to be always "on," they find ways to accommodate that pressure, including altering their schedules, work habits and interactions with family and friends. Perlow calls this vicious cycle the "cycle of responsiveness": Once bosses and colleagues experience an employee's increased responsiveness, they

increase their demands on the employee's time. And because a failure to accept these increased demands indicates a lack of commitment to one's work, the employee complies.

哈佛商学院教授Leslie Perlow解释说,当人们感到始终"在线"的压力时,他们会找到适应这种压力的方法,包括改变他们的日程安排、工作习惯以及与家人和朋友的互动。Perlow将这种恶性循环称为"响应循环":一旦老板和同事体验到员工响应能力的提高,他们就会增加对员工时间的要求。而且由于未能接受这些增加的要求表明对工作缺乏承诺,员工只能服从。

- K) To address skyrocketing employee stress levels, many companies have implemented workplace wellness programs, partnering with health care providers that have created programs to promote employee health and well-being. Some research does suggest that these programs hold promise. A study of employees at health insurance provider Aetna revealed that roughly one quarter of those taking in-office yoga and mindfulness classes reported a 28% reduction in their stress levels and a 20% improvement in sleep quality. These less-stressed workers gained an average of 62 minutes per week of productivity. While yoga and meditation(静思) are scientifically proven to reduce stress levels, these programs do little to target the root causes of burnout and disengagement. The conditions creating the stress are long hours, unrealistic demands and deadlines, and work-life conflict.

为了应对飙升的员工压力水平,许多公司实施了职场健康计划,与医疗保健提供者合作,创建了促进员工健康和福祉的计划。一些研究确实表明这些计划有前景。对健康保险提供商Aetna员工的一项研究显示,大约四分之一参加办公室瑜伽和正念课程的员工报告压力水平降低了28%,睡眠质量改善了20%。这些压力较小的员工每周的生产力提高了62分钟。虽然瑜伽和静思在科学上被证明可以降低压力水平,但这些计划在针对倦怠和脱离工作的根本原因方面作用甚微。造成压力的条件是长时间工作、不切实际的要求和最后期限,以及工作与生活的冲突。

- L) Moen and her colleagues may have found the solution. In a 2011 study, she investigated the effects of implementing a Results Only Work Environment (ROWE) on the productivity and well-being of employees at Best Buy's corporate headquarters.

Moen和她的同事们可能找到了解决方案。在2011年的一项研究中,她调查了在Best Buy公司总部实施"仅结果工作环境"(ROWE)对员工生产力和福祉的影响。

- M) For the study, 325 employees spent six months taking part in ROWE, while a control group of 334 employees continued with their normal workflow. The ROWE participants were allowed to freely determine when, where and how they worked—the only thing that mattered was that they got the job done. The results were striking. After six months, the employees who participated in ROWE reported reduced work-family conflict and a better sense of control of their time, and they were getting a full hour of extra sleep each night. The employees were less likely to leave their jobs, resulting in reduced turnover. It's important to note that the increased flexibility didn't encourage them to work around the clock. "They didn't work anywhere and all the time—they were better able to manage their work," Moen said. "Flexibility and control is key," she continued.

在该研究中,325名员工花了六个月时间参与ROWE,而334名员工组成的对照组继续其正常工作流程。ROWE参与者被允许自由决定何时、何地以及如何工作——唯一重要的是他们完成工作。结果令人震惊。六个月后,参与ROWE的员工报告工作与家庭冲突减少,对时间的控制感更好,并且每晚额外睡眠一整小时。员工离职的可能性降低,从而减少了人员流失。值得注意的是,增加的灵活性并没有鼓励他们全天候工作。"他们并不是在任何地方任何时间工作——他们能够更好地管理自己的工作,"Moen说。"灵活性和控制是关键,"她继续说道。

陈述句与逐句解析

36. Workplace norms pressure employees to overwork, deterring them from taking paid time off.

职场规范迫使员工过度工作,使他们不愿带薪休假。

【答案】 **F** 段 (强锚点)

【锚点】 职场规范阻挠员工带薪休假

【定位】 But even when employees are given paid time off, workplace norms and expectations that pressure them to overwork often prevent them from taking it.

可是即便员工被给予带薪休假, 让他们过度工作的职场规范与期待往往会阻止他们真正去用这些假。

【改写】 Workplace norms pressure employees to overwork ↔

workplace norms and expectations that pressure them to overwork

近乎逐字复现

deterring them from taking paid time off ↔ **often prevent them from taking it**

动词同义替换 + 代词回指

【辨邻】 **E** Too many workplace policies effectively prohibit employees from developing a healthy work-life balance by barring them from taking time off 谈的是 workplace policies 直接禁止休假, 而题干要的是 Workplace norms pressure employees to overwork 这条“规范施压→不敢休”的链路, 主语不同、机制不同。

Too many workplace policies effectively prohibit employees from developing a healthy work-life balance by barring them from taking time off, even when they need it most.

37. The overwhelming majority of employees attribute their stress mainly to low pay and an excessive workload.

绝大多数员工将压力主要归因于低薪和过重的工作量。

【答案】 **B** 段 (强锚点)

【锚点】 压力主因 = 低薪 + 过载

【定位】 The 83% of American employees who are stressed about their jobs—up from 73% just a year before—say that poor compensation and an unreasonable workload are their number-one sources of stress.

83% 的美国员工——比一年前的 73% 又上升了——说低薪和不合理的工作量是他们压力的头号来源。

【改写】 The overwhelming majority of employees ↔

The 83% of American employees who are stressed about their jobs

百分比→程度词概括

attribute their stress mainly to low pay and an excessive workload ↔

poor compensation and an unreasonable workload are their number-one sources of stress

近义词对替换

【辨邻】 **A** 83% of workers say they're stressed about their jobs 与本题数字相同，但本段只描述“有多少人感到压力”和手机加班、敬业率等现象，并未点出 low pay and an excessive workload 这一对原因。

83% of workers say they're stressed about their jobs, nearly 50% say work-related stress is interfering with their sleep, and 60% use their smartphones to check in with work outside of normal working hours.

38. According to Moen, flexibility gives employees better control over their work and time.

根据Moen的观点,灵活性使员工能更好地掌控自己的工作和时间。

【答案】 **M** 段 (强锚点)

【锚点】 Moen 谈灵活性

【定位】 "Flexibility and control is key," she continued.

她接着说：“灵活与控制是关键。”

【改写】 According to Moen ↔ **Moen said**

引述主语完全对应

flexibility gives employees better control over their work and time ↔

Flexibility and control is key

名词并列→动词主张

better control over their work and time ↔ **a better sense of control of their time**

短语近义复现

【辨邻】 **D** Moen said 在 D 段说的是 Part of the work-life issue has to talk about uncertainty about the future, 与 flexibility gives employees better control 主语相同但论点不同，属同人不同观点的陷阱。

"Part of the work-life issue has to talk about uncertainty about the future."

L she investigated the effects of implementing a Results Only Work Environment (ROWE) 只是把研究引出来，没有出现 flexibility gives employees better control over their work and time 这一结论。

In a 2011 study, she investigated the effects of implementing a Results Only Work Environment (ROWE) on the productivity and well-being of employees at Best Buy's corporate headquarters.

39. Flexibility resulting from the use of digital devices benefits employers instead of employees.

使用数字设备带来的灵活性使雇主而非员工受益。

【答案】 **H** 段 (强锚点)

【锚点】 数字设备的灵活性偏向雇主

【定位】 The problem isn't the technology itself, but that the technology is being used to create more flexibility for the employer rather than the employee.

问题不在科技本身, 而在科技被用来给雇主而非员工创造更多的灵活性。

【改写】 Flexibility resulting from the use of digital devices ↔

the technology is being used to create more flexibility

短语近义同位

benefits employers instead of employees ↔ **for the employer rather than the employee**

对照连接词同义

【辨邻】 **D** technology (and with it, work emails) seeps(渗入) into every aspect of our lives
只描述科技渗透, 没有出现 benefits employers instead of employees 这一利益归属对照。

As technology (and with it, work emails) seeps(渗入) into every aspect of our lives, work-life balance has become an almost meaningless term.

40. Research finds that if employees suffer from high stress, they will be less motivated, less productive and more likely to quit.

研究发现,如果员工承受高压,他们的积极性会降低,工作效率会下降,而且更有可能辞职。

【答案】 **E** 段 (强锚点)

【锚点】 高压→低动力/低产/离职

【定位】 Science has shown a clear correlation between high stress levels in workers and absenteeism(旷工), reduced productivity, disengagement and high turnover.

科学已经表明, 员工的高压力水平与旷工、生产力下降、敬业度降低和高离职率之间存在明显相关。

【改写】 if employees suffer from high stress ↔ **high stress levels in workers**

短语近义复现

less motivated ↔ **disengagement**

近义概念对齐

less productive ↔ **reduced productivity**

名词→形容词同义

more likely to quit ↔ **high turnover**

概念上位替换

【辨邻】 C Occupational stress increases the risk of heart attack and diabetes, accelerates the aging process, decreases longevity, and contributes to depression and anxiety 罗列的是健康风险，没有出现 less motivated, less productive and more likely to quit 这种工作表现并列。

Occupational stress increases the risk of heart attack and diabetes, accelerates the aging process, decreases longevity, and contributes to depression and anxiety, among numerous other negative health outcomes.

41. In-office wellness programs may help reduce stress levels, but they are hardly an ultimate solution to the problem.

办公室健康计划可能有助于降低压力水平,但它们很难成为问题的根本解决方案。

【答案】 K 段 (强锚点)

【锚点】 办公室 wellness 项目非根本解

【定位】 While yoga and meditation(静思) are scientifically proven to reduce stress levels, these programs do little to target the root causes of burnout and disengagement.

尽管瑜伽与静思在科学上已被证明能减压，但这些项目对倦怠和敬业度低的根本原因几乎无能为力。

【改写】 In-office wellness programs may help reduce stress levels ↔

yoga and meditation(静思) are scientifically proven to reduce stress levels

下位列举→上位概念

they are hardly an ultimate solution to the problem ↔

these programs do little to target the root causes of burnout and disengagement

近义表达“治标不治本”

【辨邻】 M Flexibility and control is key 表达的是肯定的解决方案立场，与 hardly an ultimate solution 的“非根本解”态度相反。

"Flexibility and control is key," she continued.

42. Health problems caused by stress in the workplace result in huge public health expenses.

职场压力导致的健康问题造成了巨大的公共卫生支出。

【答案】 C 段 (强锚点)

【锚点】 压力健康问题→公共开支

【定位】 Stress is taking a significant toll on our health, and the collective public health cost may be enormous.

压力正在严重侵蚀我们的健康，集体性的公共健康代价可能是巨大的。

【改写】 Health problems caused by stress in the workplace ↔

Stress is taking a significant toll on our health

因果同义换说

huge public health expenses ↔ **the collective public health cost may be enormous**

近义词替换

【辨邻】 **A** nearly 50% say work-related stress is interfering with their sleep 等是个体层面的压力数据，没有 huge public health expenses 这一公共健康开支结论。

nearly 50% say work-related stress is interfering with their sleep, and 60% use their smartphones to check in with work outside of normal working hours.

43. If employees respond quickly to their job assignments, the employer is likely to demand more from them.

如果员工对工作任务反应迅速,雇主很可能会对他们提出更多要求。

【答案】 **J** 段 (强锚点)

【锚点】 员工回应越快雇主要求越多

【定位】 Once bosses and colleagues experience an employee's increased responsiveness, they increase their demands on the employee's time.

一旦老板和同事体验到员工回应得更勤，他们就会进一步加大对该员工时间的要求。

【改写】 If employees respond quickly to their job assignments ↔

Once bosses and colleagues experience an employee's increased responsiveness

同义条件句

the employer is likely to demand more from them ↔

they increase their demands on the employee's time

动作主体与动词同义

【辨邻】 **I** telepressure is a major cause of stress at work, which over time contributes to physical and mental burnout 谈的是 telepressure→倦怠的链路，与 the employer is likely to demand more 雇主加码的链路不同。

The researchers found that telepressure is a major cause of stress at work, which over time contributes to physical and mental burnout.

44. With technology everywhere in our life, it has become virtually impossible for most workers to keep a balance between work and life.

由于科技无处不在地存在于我们的生活中,大多数员工几乎不可能在工作与生活之间保持平衡。

【答案】 **D** 段 (强锚点)

【锚点】 科技无处不在 → 平衡无望

【定位】 As technology (and with it, work emails) seeps(渗入) into every aspect of our lives, work-life balance has become an almost meaningless term.

随着科技（以及随之而来的工作邮件）渗入我们生活的方方面面，“工作-生活平衡”已经变成几乎没有意义的词。

【改写】 With technology everywhere in our life ↔

technology (and with it, work emails) seeps(渗入) into every aspect of our lives

短语近义换说

it has become virtually impossible for most workers to keep a balance between work and life ↔

work-life balance has become an almost meaningless term

“几乎无意义”=“几乎不可能”

【辨邻】 **H** the technology is being used to create more flexibility for the employer rather than the employee 落点在灵活性归谁，未直接说 keep a balance between work and life 几乎不可能。

The problem isn't the technology itself, but that the technology is being used to create more flexibility for the employer rather than the employee.

45. In America today, even teenagers suffer from stress, and their problem is even more serious than grown-ups'.

在当今美国,即使是青少年也承受着压力,而且他们的问题甚至比成年人更严重。

【答案】 **B** 段 (强锚点)

【锚点】 青少年压力比成人更重

【定位】 Stress is also starting earlier in life, with some data suggesting that today's teens are even more stressed than adults.

压力也开始得更早，一些数据显示当今的青少年甚至比成年人承受更多压力。

【改写】 even teenagers suffer from stress ↔ **today's teens are even more stressed than adults**

下位名词同义

their problem is even more serious than grown-ups' ↔

today's teens are even more stressed than adults

比较级与同义名词对齐

【辨邻】 **A** 83% of workers say they're stressed about their jobs 描述的是 workers 群体的整体数据，没有提到 teenagers 与 grown-ups 的比较。

83% of workers say they're stressed about their jobs, nearly 50% say work-related stress is interfering with their sleep

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 开篇用数据描绘美国职场现状：工时更长、压力更大，83% of workers say they're stressed about their jobs，并指出全球只有 13% of employees worldwide feel engaged in their occupation。

信息指纹 全球敬业率 13%

- B 承上启下：一方面美国人开始意识到工作之害、雇主开始想办法，另一方面把 stress an epidemic 的程度坐实——压力主因是 poor compensation and an unreasonable workload，并提到 today's teens are even more stressed than adults。

信息指纹 压力主因 + 青少年压力

- C 压力对健康的具体打击——increases the risk of heart attack and diabetes 等，并算账：stress-related health problems account for up to 90% of hospital visits，公共健康代价巨大。

信息指纹 90% 就医与公共健康代价

- D 讨论工作-生活平衡被科技吞噬：Seven in 10 workers say they struggle to maintain work-life balance，由于 technology (and with it, work emails) seeps(渗入) into every aspect of our lives，再加上经济与未来的不确定，平衡几乎成空话。

信息指纹 科技渗入致平衡几成空话

- E 把劳累后果摆到企业账本上：科学已证压力与 absenteeism(旷工), reduced productivity, disengagement and high turnover 之间有明确相关，过度工作既害员工也害公司。

信息指纹 压力—旷工/低产/离职相关链

- F 横向对比：美国在带薪产假、带薪病假、育婴支持等家庭友好政策上落后于发达国家与许多发展中国家；且 workplace norms and expectations that pressure them to overwork often prevent them from taking it 导致带薪假被搁置。

信息指纹 职场规范施压致带薪假搁置

G 解释八小时工作日的历史来源——a leftover from the days of the Industrial Revolution, 引用旧口号 Eight hours labor, eight hours recreation, eight hours rest.

信息指纹 八小时工作日的工业革命遗物

H 今日数字设备让员工 never really clock out: 平均工作 8.8 hours at work daily, 且科技带来的灵活性 is being used to create more flexibility for the employer rather than the employee.

信息指纹 灵活性归雇主非员工

I 心理学新词 workplace telepressure: 即员工急于回邮件的强迫感, 研究发现它是工作压力的主要来源、长期会导致身心倦怠。

信息指纹 telepressure 新造术语

J Perlow 提出 cycle of responsiveness: 员工越快回应, 老板同事就越加大要求, 员工又因怕显得不敬业而继续配合, 形成恶性循环。

信息指纹 响应越快被要求越多的恶性循环

K 企业上线 workplace wellness programs 试图减压: Aetna 案例显示瑜伽与正念课能降压、改善睡眠, 但这些项目 do little to target the root causes of burnout and disengagement.

信息指纹 wellness 项目治标不治本

L 引入 Moen 在 2011 年研究的 Results Only Work Environment (ROWE), 地点是 Best Buy's corporate headquarters, 预示后文给出解决方案。

信息指纹 ROWE 概念引入

M ROWE 实验结果: 325 人参与、334 人对照, 参与者可自由决定 when, where and how they worked, 结果工作-家庭冲突减少、控制感更强、每晚多睡一小时; Moen 总结 Flexibility and control is key.

信息指纹 灵活与控制是关键

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。

Americans are working longer and harder hours than ever before.

A段，第1句

比较级加 than 引导的比较结构是英语中极为常见的句式，在各类考试中频繁出现。本句展示了标准的比较状语从句用法，且包含比较级并列修饰和从句省略，是典型的考点句式，掌握后可应用于大量类似表达。

No wonder only 13% of employees worldwide feel engaged in their occupation.

A段，第3句

系表结构在四六级、考研阅读中高频出现，No wonder 引导的评注性表达也是常见句式。主语含分数和后置定语的结构较典型。整体句式代表性较强，学习后可迁移到类似句子。

Yet much more work remains to be done.

B段，第2句

本句是一个简洁的主系表式陈述句，Yet放在句首表示转折的用法在四六级和考研真题中较为常见，remain to be done表示有待完成的固定搭配也具有一定典型性，学习后可在多种语境中复用。

The 83% of American employees who are stressed about their jobs—up from 73% just a year before—say that poor compensation and an unreasonable workload are their number-one sources of stress.

B段，第4句

本句结构高度典型：主句 + 定语从句修饰主语 + 宾语从句作宾语，是四六级和考研阅读中反复出现的经典句式。插入语和并列主语也是真题常见元素，掌握本句的分析方法可以直接迁移到大量同类长难句，实用性强。

Stress is also starting earlier in life, with some data suggesting that today's teens are even more stressed than adults.

B段，第7句

with 伴随状语 + 分词结构 + 宾语从句的组合，是四六级和考研阅读中常见的句式，尤其 with 复合结构和 that 引导的宾语从句都是高频考点，掌握后迁移性强。

Overall, stress-related health problems account for up to 90% of hospital visits, many of them preventable.

C段，第3句

“主干陈述 + 逗号后补充说明”是英语说明文里很常见的写法。掌握这种先认主谓、再看非谓语或形容词性补充的信息处理方式，迁移性较强。

These factors have converged to create an increasingly impossible situation with many employees overworking to the point of burnout.

E段，第1句

简单句 + 不定式状语 + 介词短语后置定语 + 独立主格结构，这些都是四六级和考研阅读中常见的句式组合。特别是独立主格（“with + 名词 + 现在分词”）是常考结构，掌握后可在大量真题句中复用。

It's not only unsustainable for workers, but also for the companies that employ them.

E段，第2句

主系表 + 定语从句修饰名词 + not only ... but also 并列结构，这三种结构都是四六级和考研阅读中的高频句式。形式主语 It 搭配系表结构也是典型学术写作和议论文常用模式，学习者掌握后可广泛迁移到类似句型。

Too many workplace policies effectively prohibit employees from developing a healthy work-life balance by barring them from taking time off, even when they need it most.

E段，第4句

本句结构高度典型：“主句 + 时间状语从句”是四六级和考研阅读中的常见句式，主句中“prohibit/bar sb from doing”的固定搭配、“by doing”表示方式的用法、以及“even when”引导让步性时间状语从句，都是高频考点结构，掌握后可大量复用到同类句子的分析中。

Fulltime employees who do have paid vacation days only use half of them on average.

F段，第4句

本句结构为“主语（含限制性定语从句）+ 谓语 + 宾语 + 状语”，是四六级和考研阅读中高频出现的典型句式。限制性定语从句修饰主语、关系代词在从句中作主语、主句主干为主谓宾结构，这些都是考试中反复考查的常见句法模式，掌握后可大量复用。

Our modern workplaces also operate based on outdated time constraints.

G段，第1句

简单句配搭过去分词短语状语是四六级和考研阅读中常见的基础句式，具有一定代表性，但作为简单句本身不属于高频考查的复杂结构类型，典型性中等。

We've held on to this workday structure—but thanks to our digital devices, many employees never really clock out.

H段，第1句

并列转折句是四六级和考研常见句式，“but”引导的对比结构在真题中频繁出现。现在完成时搭配一般现在时的时态对比也具有一定代表性。作为并列句的典型例句有学习价值。

The problem isn't the technology itself, but that the technology is being used to create more flexibility for the employer rather than the employee.

H段，第3句

“The problem is not A but B”和“that”引导的表语从句都是四六级和考研阅读中的高频句式，“not...but...”对比结构常用于论述文中对比不同观点或原因，表语从句用于解释抽象概念，这两种结构结合在一个句子中，代表性很强，掌握后可广泛迁移。

In a competitive work environment, employers are able to use technology to demand more from their employees rather than motivating workers with flexibility that benefits them.

H段，第4句

主句使用“be able to”表示能力，搭配不定式作目的状语及“rather than”引导的对比结构，是四六级和考研阅读中常见的复杂句式。定语从句修饰名词且关系词在从句中作主语，也是高频考查结构。整体句式具有较高的代表性和复用价值。

Some research does suggest that these programs hold promise.

K段，第2句

suggest 加 that 宾语从句是四六级和考研中的高频句式,广泛用于表达观点、研究结果等学术语境。主句的强调结构 does suggest 也是常见的语气强化手段,掌握后可应用于多种表达场景,典型性较高

Moen and her colleagues may have found the solution.

L段，第1句

情态动词加完成体的结构在四六级和考研阅读中较为常见，尤其用于表达推测或可能性，掌握后可复用于理解类似的推测性陈述句式

The ROWE participants were allowed to freely determine when, where and how they worked—the only thing that mattered was that they got the job done.

M段，第2句

本句展示了典型的“主句 + 解释性主句”结构，以及名词后接定语从句、系动词后接表语从句的常考模式，复用价值极高。

The employees were less likely to leave their jobs, resulting in reduced turnover.

M段，第5句

主系表结构加现在分词作结果状语是考试中常见的句式组合,具有一定代表性,学生掌握后可迁移到类似句子,但本句没有从句,典型性不如复合句强。

Workplace norms pressure employees to overwork, deterring them from taking paid time off.

第36题题干

“主语 + 谓语 + 宾语 + 不定式补足成分”以及“逗号后分词短语补充结果”都是常见书面句式。掌握这种识别路径后，迁移到说明文和议论文句子中很有帮助。

The overwhelming majority of employees attribute their stress mainly to low pay and an excessive workload.

第37题 题干

这种“较长主语 + 及物动词 + 宾语 + 介词短语”的陈述句很常见，阅读中经常出现。掌握后可迁移到大量表达“把甲归因于乙”的句子。

According to Moen, flexibility gives employees better control over their work and time.

第38题 题干

这是英语里非常典型的陈述句主干，包含常考的双宾语结构和句首来源状语。掌握这种句子后，处理大量说明性句子都会更稳。

Flexibility resulting from the use of digital devices benefits employers instead of employees.

第39题 题干

“抽象名词作主语 + 后置分词短语修饰 + 及物动词 + 宾语”是常见书面句式。掌握这种结构后，遇到类似的名词后置修饰句子时很容易迁移。

Research finds that if employees suffer from high stress, they will be less motivated, less productive and more likely to quit.

第40题 题干

“研究表明.....如果.....就.....”是考试与学术英语里很常见的表达框架。“that”引内容、“if”引条件、后接将来结果，这种组合非常有迁移价值。

Health problems caused by stress in the workplace result in huge public health expenses.

第42题 题干

“名词加分词短语作后置定语，再接一般现在时谓语”是英语说明文里非常常见的写法。掌握这种识别路径后，处理大量类似长主语句子都能迁移使用。

HIGH-FREQUENCY · 真题高频词

本篇出现的 169 个英语六级真题高频词

下列单词既在本篇真题中出现，又是 **英语六级** 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28次 · 真题 190 句

stress

B1

n. 压力

本篇19次 · 真题 126 句

workplace

B1

n. 工作场所

本篇9次 · 真题 70 句

demand

B1

v. 坚决要求

本篇6次 · 真题 92 句

flexibility

B2

n. 灵活性

本篇6次 · 真题 9 句

employer

B1

n. 雇主

本篇5次 · 真题 56 句

overwork

B2

v. 过度工作

本篇5次 · 真题 11 句

likely

A2

adj. 很可能的

本篇4次 · 真题 228 句

pressure

B1

n. 心理压力

本篇4次 · 真题 57 句

balance

B1

n. 平衡

本篇4次 · 真题 49 句

stressed

B1

adj. 焦虑不安的

本篇4次 · 真题 13 句

less

A1

det. 较少的

本篇3次 · 真题 273 句

better

A1

adj. 更好的 (good 的比较级)

本篇3次 · 真题 205 句

reduce

B1

v. 减少，降低 (数量、大小、程度等)

本篇3次 · 真题 138 句

average A2

adj. 平均的
本篇3次·真题 112句

colleague B1

n. 同事
本篇3次·真题 84句

productivity B2

n. 生产率
本篇3次·真题 58句

email A2

n. 电子邮件
本篇3次·真题 53句

increased A2

v. 增加了
本篇3次·真题 28句

benefit B1

n. 好处
本篇2次·真题 244句

effect A2

n. 影响
本篇2次·真题 191句

accord C1

n. (国家、团体间的) 协议
本篇2次·真题 167句

quality A2

n. 质量
本篇2次·真题 112句

factor B1

n. 因素
本篇2次·真题 108句

policy B1

n. 政策
本篇2次·真题 103句

economy B1

n. 经济
本篇2次·真题 102句

contribute B1

v. 捐献
本篇2次·真题 79句

solution B1

n. 解决办法
本篇2次·真题 76句

digital B1

adj. 数字的
本篇2次·真题 72句

conflict B2

n. 冲突
本篇2次·真题 66句

suffer B1

v. 遭受 (痛苦、疾病、损失等)

本篇2次 · 真题 59 句

device B1

n. 设备

本篇2次 · 真题 54 句

respond B1

v. 回答, 答复

本篇2次 · 真题 52 句

majority B2

n. 大多数, 大部分

本篇2次 · 真题 51 句

partner B1

n. 伴侣

本篇2次 · 真题 39 句

participate B1

v. 参加

本篇2次 · 真题 31 句

implement B2

v. 实施

本篇2次 · 真题 28 句

norm B2

n. 常态

本篇2次 · 真题 26 句

provider B2

n. 供应者

本篇2次 · 真题 24 句

cycle B1

n. 循环

本篇2次 · 真题 16 句

workday B1

n. 工作日

本篇2次 · 真题 10 句

turnover B2

n. 营业额

本篇2次 · 真题 8 句

researcher B2

n. 研究人员

本篇1次 · 真题 363 句

data B1

n. 数据

本篇1次 · 真题 181 句

relationship B1

n. 关系

本篇1次 · 真题 168 句

risk A2

n. 风险

本篇1次 · 真题 167 句

issue

B1

n. 问题

本篇1次·真题 158 句

negative

B1

adj. 否定的

本篇1次·真题 132 句

base

A2

n. 基础

本篇1次·真题 126 句

process

B1

n. 过程

本篇1次·真题 126 句

decade

B1

n. 十年

本篇1次·真题 120 句

mental

B1

adj. 精神的

本篇1次·真题 120 句

professor

B1

n. 教授 (大学教师的最高职称)

本篇1次·真题 112 句

major

B1

adj. 主要的

本篇1次·真题 108 句

support

A2

v. 支持

本篇1次·真题 103 句

according

B1

prep. 根据

本篇1次·真题 96 句

gain

B1

v. 获得;赢得

本篇1次·真题 96 句

publish

B1

v. 出版, 发行 (书籍、杂志等)

本篇1次·真题 94 句

account

A2

n. 账户

本篇1次·真题 93 句

participant

B2

n. 参与者

本篇1次·真题 91 句

physical

B1

adj. 身体的

本篇1次·真题 91 句

lack

B1

v. 缺少

本篇1次·真题 89 句

professional

B1

adj. 专业的

本篇1次·真题 82 句

promote

B2

v. 促进

本篇1次·真题 82 句

increasingly

B2

adv. 越来越;日益;不断增加地

本篇1次·真题 78 句

nation

B1

n. 国家

本篇1次·真题 76 句

source

B1

n. 来源

本篇1次·真题 75 句

reflect

B1

v. 反映, 显示

本篇1次·真题 71 句

engage

B2

v. 参与;从事

本篇1次·真题 68 句

significant

B2

adj. 重要的

本篇1次·真题 65 句

maintain

B1

v. 维持

本篇1次·真题 64 句

quickly

A2

adv. 快速地

本篇1次·真题 63 句

determine

B2

v. 决定

本篇1次·真题 62 句

overall

B1

adj. 总体的

本篇1次·真题 58 句

psychologist

B2

n. 心理学家

本篇1次·真题 54 句

reveal

B2

v. 揭示

本篇1次·真题 54 句

struggle

B1

v. 奋斗

本篇1次·真题 54 句

interaction

B2

n. 相互作用

本篇1次·真题 53 句

mainly B1

adv. 主要地

本篇1次·真题 53 句

per B1

prep. 每

本篇1次·真题 53 句

explore B1

v. 探索

本篇1次·真题 52 句

operate B1

v. 运转

本篇1次·真题 52 句

aspect B2

n. 方面

本篇1次·真题 50 句

insurance B1

n. 保险

本篇1次·真题 50 句

failure B1

n. 失败

本篇1次·真题 47 句

expense B1

n. 花费

本篇1次·真题 46 句

indicate B2

v. 表明

本篇1次·真题 46 句

anxiety B2

n. 焦虑

本篇1次·真题 44 句

smartphone B1

n. 智能手机

本篇1次·真题 44 句

effectively B2

adv. 有效地

本篇1次·真题 43 句

labor B1

n. 劳动

本篇1次·真题 42 句

schedule A2

n. 时间表

本篇1次·真题 41 句

teen A2

n. 青少年

本篇1次·真题 41 句

outcome B2

n. 结果

本篇1次·真题 40 句

wealthy B2

adj. 富有的

本篇1次·真题 39 句

client B1

n. 客户

本篇1次·真题 36 句

improvement B1

n. 改进

本篇1次·真题 36 句

structure B1

n. 结构

本篇1次·真题 35 句

worldwide B1

adj. 全世界的

本篇1次·真题 35 句

aware A2

adj. 知道的

本篇1次·真题 34 句

extra A2

adj. 额外的

本篇1次·真题 33 句

motivate B2

v. 激励

本篇1次·真题 33 句

emerge B2

v. 出现;浮现

本篇1次·真题 32 句

expectation B2

n. 期待;预期

本篇1次·真题 32 句

harmful B1

adj. 有害的

本篇1次·真题 32 句

advanced B2

adj. 先进的

本篇1次·真题 31 句

depression B2

n. 抑郁症

本篇1次·真题 31 句

assess B2

v. 评估

本篇1次·真题 30 句

employ B1

v. 雇用

本篇1次·真题 30 句

statement B1

n. 声明

本篇1次·真题 30 句

working A2

adj. 有工作的

本篇1次·真题29句

attack A2

v. 攻击

本篇1次·真题28句

competitive B2

adj. 竞争的

本篇1次·真题28句

decrease B1

v. 减少, 降低

本篇1次·真题28句

rapidly B1

adv. 迅速地

本篇1次·真题28句

revolution B2

n. 革命

本篇1次·真题27句

urge B2

v. 敦促

本篇1次·真题27句

target B1

n. 目标, 靶子

本篇1次·真题26句

accelerate B2

v. 加速

本篇1次·真题25句

numerous B2

adj. 众多的, 许多的

本篇1次·真题25句

root A2

n. 根

本篇1次·真题25句

additional B1

adj. 额外的

本篇1次·真题24句

alter B2

v. 改变, 更改 (使某物与之前不同)

本篇1次·真题24句

quit B1

v. 离开 (工作、学校等)

本篇1次·真题24句

thanks A1

intj. 谢谢

本篇1次·真题24句

attribute B2

n. 属性

本篇1次·真题23句

commitment

B2

n. 承诺

本篇1次·真题 23 句

productive

B2

adj. 富有成效的

本篇1次·真题 23 句

correlation

C1

n. 相关性

本篇1次·真题 21 句

alleviate

C1

v. 减轻, 缓和 (痛苦、问题等)

本篇1次·真题 19 句

bar

A2

n. 酒吧

本篇1次·真题 19 句

ultimate

B2

adj. 最终的

本篇1次·真题 19 句

correlate

C1

v. 相关联

本篇1次·真题 18 句

investigate

B2

v. 调查

本篇1次·真题 18 句

literally

B2

adv. 真正地

本篇1次·真题 18 句

reduction

B2

n. 减少

本篇1次·真题 18 句

aging

B2

n. 变老;老化

本篇1次·真题 17 句

collective

B2

adj. 集体的

本篇1次·真题 17 句

enormous

B1

adj. 巨大的

本篇1次·真题 17 句

guarantee

B2

n. 保证

本篇1次·真题 17 句

corporate

B2

adj. 公司的

本篇1次·真题 16 句

virtually

B2

adv. 几乎,差不多

本篇1次·真题 15 句

engaged B1

adj. 忙碌的

本篇1次·真题 14 句

epidemic C1

n. 流行病

本篇1次·真题 14 句

excessive B2

adj. 过多的

本篇1次·真题 14 句

constraint B2

n. 限制

本篇1次·真题 13 句

industrial B2

adj. 工业的

本篇1次·真题 13 句

occupation B1

n. 职业

本篇1次·真题 13 句

roughly B1

adv. 大约, 大概

本篇1次·真题 13 句

stressful B1

adj. 压力大的

本篇1次·真题 13 句

saying B1

n. 谚语

本篇1次·真题 12 句

suspect B1

v. 怀疑

本篇1次·真题 12 句

changing A2

v. 改变

本篇1次·真题 11 句

compensation B2

n. 报酬

本篇1次·真题 11 句

longevity C1

n. 长寿

本篇1次·真题 11 句

motivated B1

adj. 有积极性的

本篇1次·真题 11 句

outdated B2

adj. 过时的

本篇1次·真题 11 句

freely B1

adv. 自由地

本篇1次·真题 10 句

overwhelming

B2

adj. 压倒性的

本篇1次·真题 10 句

prohibit

B2

v. 禁止, 不允许

本篇1次·真题 10 句

recreation

B2

n. 娱乐

本篇1次·真题 10 句

mindfulness

C1

n. 正念

本篇1次·真题 9 句

poorly

B1

adv. 糟糕地

本篇1次·真题 9 句

recipe

A2

n. 烹饪食谱

本篇1次·真题 9 句

assignment

B1

n. (学校的) 作业、任务

本篇1次·真题 8 句

parental

B2

adj. 父母的

本篇1次·真题 8 句

striking

B2

adj. 引人注目的

本篇1次·真题 8 句

uncertainty

B2

n. 不确定性

本篇1次·真题 8 句

unrealistic

B2

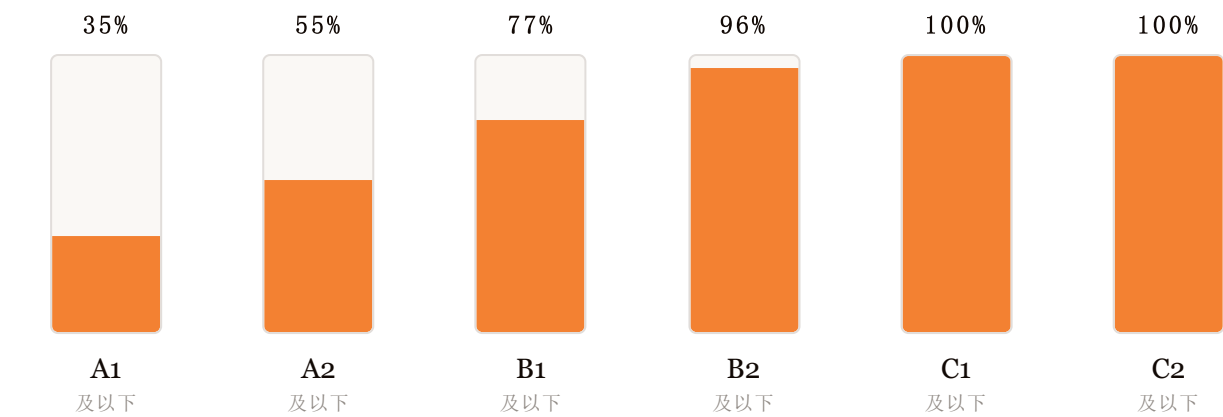
adj. 不切实际的

本篇1次·真题 8 句

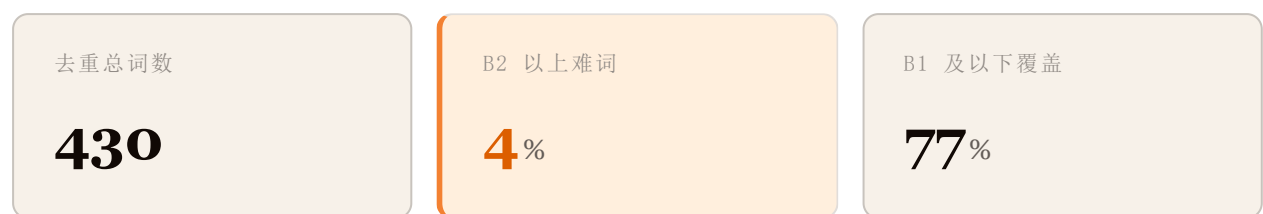
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全文 430 词按 CEFR 难度累积覆盖

全文去重后共 430 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 19 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 430 个 · 末柱为 100%



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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 →