

2017年12月·第1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2017年12月·第1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 15 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1套(2017-12) · 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**.

Who's really addicting you to Technology?

A) "Nearly everyone I know is addicted in some measure to the internet," wrote Tony Schwartz in The New York Times. It's a common complaint these days. A steady stream of similar headlines accuses the Net and its offspring apps, social media sites and online games of addicting us to distraction.

托尼·施瓦茨在《纽约时报》上写道："我认识的几乎每个人都在某种程度上沉迷于互联网。"这是当今常见的抱怨。源源不断的类似标题指责互联网及其衍生应用程序、社交媒体网站和网络游戏使我们沉迷于分心。

B) There's little doubt that nearly everyone who comes in contact with the Net has difficulty disconnecting. Many of us, like Schwartz, struggle to stay focused on tasks that require more concentration than it takes to post a status update. As one person ironically put it in the comments section of Schwartz's online article, "As I was reading this very excellent article, I stopped at least half a dozen times to check my email."

毫无疑问,几乎每个接触互联网的人都难以断开连接。我们中的许多人,像施瓦茨一样,努力专注于那些比发布状态更新需要更多专注力的任务。正如一个人在施瓦茨网络文章的评论区讽刺地说的的那样:"当我阅读这篇非常精彩的文章时,我至少停下来六次查看我的电子邮件。"

- C) There's something different about this technology: it is both invasive and persuasive. But who's at fault for its overuse? To find solutions, it's important to understand what we're dealing with. There are four parties conspiring to keep you connected: the tech, your boss, your friends and you.

这项技术有些不同:它既具侵入性又具说服力。但谁该为其过度使用负责?要找到解决方案,重要的是了解我们正在处理什么。有四方共谋让你保持连接:技术、你的老板、你的朋友和你自己。

- D) The technologies themselves and their makers are the easiest suspects to blame for our diminishing attention spans. Nicholas Carr, author of *The Shallows: what the internet is doing to our brains*, wrote, "The Net is designed to be an interruption system, a machine geared to dividing attention."

技术本身及其制造者是最容易为我们注意力持续时间缩短而受到指责的对象。《浅薄:互联网如何毒化我们的大脑》的作者尼古拉斯·卡尔写道:"互联网被设计成一个中断系统,一台旨在分散注意力的机器。"

- E) Online services like Facebook, Twitter and the like, are called out as masters of manipulation—making products so good that people can't stop using them. After studying these products for several years, I wrote a book about how they do it. I learned it all starts with the business model. Since these services rely on advertising revenue, the more frequently you use them, the more money they make. It's no wonder these companies employ teams of people focused on engineering their services to be as engaging as possible. These products aren't habit-forming by chance; it's by design. They have an incentive to keep us hooked.

Facebook、Twitter等网络服务被称为操纵大师——制造出如此优秀的产品以至于人们无法停止使用它们。在研究这些产品数年后,我写了一本关于它们如何做到这一点的书。我了解到这一切都始于商业模式。由于这些服务依赖广告收入,你使用它们的频率越高,它们赚的钱就越多。难怪这些公司雇佣专门的团队致力于将他们的服务设计得尽可能吸引人。这些产品不是偶然形成习惯的;而是有意设计的。它们有动机让我们上钩。

- F) However, as good as these services are, there are simple steps we can take to keep them at bay. For example, we can change how often we receive the distracting notifications that trigger our urge to check. According to Adam Marchick, CEO of mobile marketing company Kahuna, less than 15 percent of smartphone users ever bother to adjust their notification settings—meaning the remaining 85 percent of us default to the app makers' every preset trigger. Google and Apple have made it far too difficult to adjust these settings so it's up to us to take steps to ensure we set these triggers to suit our own needs, not the needs of the app makers.

然而,尽管这些服务很好,我们可以采取简单的步骤来控制它们。例如,我们可以改变接收分散注意力的通知的频率,这些通知会触发我们查看的冲动。根据移动营销公司Kahuna的首席执行官亚当·马奇克的说法,只有不到15%的智能手机用户费心调整他们的通知设置——这意味着我们其余85%的人默认接受应用程序制造商的每个预设触发器。Google和Apple让调整这些设置变得过于困难,因此我们需要采取措施确保我们设置这些触发器以满足我们自己的需求,而不是应用程序制造商的需求。

- G) While companies like Facebook harvest attention to generate revenue from advertisers, other technologies have no such agenda. Take email, for example. This system couldn't care less how often you use it. Yet to many, email is the most habit-forming medium of all. We check email at all hours of the day—we're obsessed. But why? Because that's what the boss wants. For almost all white-collar

jobs, email is the primary tool of corporate communication. A slow response to a message could hurt not only your reputation but also your livelihood.

虽然像Facebook这样的公司收集注意力以从广告商那里产生收入,但其他技术没有这样的议程。以电子邮件为例。这个系统根本不在乎你多久使用一次它。然而对许多人来说,电子邮件是最容易形成习惯的媒介。我们在一天中的所有时间查看电子邮件——我们对此着迷。但为什么?因为这是老板想要的。对于几乎所有白领工作,电子邮件是企业沟通的主要工具。对消息的缓慢回应不仅可能损害你的声誉,还可能损害你的生计。

- H) Your friends are also responsible. Think about this familiar scene. People gathered around a table, enjoying food and each other's company. There's laughter and a bit of kidding. Then, during an interval in the conversation, someone takes out their phone to check who knows what. Barely anyone notices and no one says a thing.

你的朋友也有责任。想想这个熟悉的场景。人们围坐在桌子旁,享受美食和彼此的陪伴。有笑声和一些玩笑。然后,在谈话间隙,有人拿出手机查看天知道什么。几乎没有人注意到,也没有人说什么。

- I) Now imagine the same dinner, but instead of checking their phone, the person belches(打嗝) loudly. Everyone notices. Unless the meal takes place in a beer house, this is considered bad manners. The impolite act violates the basic rules of etiquette. One has to wonder: why don't we apply the same social norms to checking phones during meals, meetings and conversations as we do to other antisocial behaviors? Somehow, we accept it and say nothing when someone offends.

现在想象同样的晚餐,但这个人不是查看手机,而是大声打嗝。每个人都注意到了。除非这顿饭是在啤酒屋进行的,否则这被认为是不礼貌的。这种不礼貌的行为违反了礼仪的基本规则。人们不得不想:为什么我们不像对待其他反社会行为那样,对在用餐、会议和谈话期间查看手机应用相同的社会规范?不知何故,我们接受它,当有人冒犯时什么也不说。

- J) The reality is taking one's phone out at the wrong time is worse than belching because, unlike other minor offenses, checking tech is contagious. Once one person looks at their phone, other people feel compelled to do the same, starting a chain reaction. The more people are on their phones, the fewer people are talking until finally you are the only one left not reading email or checking Twitter. From a societal perspective, phone checking is less like belching in public and more like another bad habit. Our phones are like cigarettes—something to do when we're anxious, bored or when our fingers need something to toy with. Seeing others enjoy a smoke, or sneak a quick glance, is too tempting to resist and soon everyone is doing it.

现实是在错误的时间拿出手机比打嗝更糟糕,因为与其他轻微冒犯不同,查看科技产品是会传染的。一旦一个人看他们的手机,其他人就会感到被迫做同样的事情,引发连锁反应。越多人在看手机,说话的人就越少,直到最后你是唯一一个不读电子邮件或查看Twitter的人。从社会角度来看,查看手机不像在公共场合打嗝,而更像另一个坏习惯。我们的手机就像香烟——当我们焦虑、无聊或当我们的手指需要玩点什么时可以做的事情。看到别人享受一支烟,或偷偷瞥一眼,太诱人而难以抗拒,很快每个人都在这样做。

- K) The technology, your boss, and your friends, all influence how often you find yourself using (or overusing) these gadgets. But there's still someone who deserves scrutiny—the person holding the phone.

技术、你的老板和你的朋友,都影响你发现自己使用(或过度使用)这些小工具的频率。但仍有一个值得仔细审查——拿着手机的人。

- L) I have a confession. Even though I study habit-forming technology for a living, disconnecting is not easy for me. I'm online far more than I'd like. Like Schwartz and so many others, I often find myself distracted and off task. I wanted to know why so I began self-monitoring to try to understand my behavior. That's when I discovered an uncomfortable truth. I use technology as an escape. When I'm doing something I'd rather not do, or when I'm someplace I'd rather not be, I use my phone to port myself elsewhere. I found that this ability to instantly shift my attention was often a good thing, like when passing time on public transportation. But frequently my tech use was not so benign. When I faced difficult work, like thinking through an article idea or editing the same draft for the hundredth time, for example, a more sinister screen would draw me in. I could easily escape discomfort, temporarily, by answering emails or browsing the web under the pretense of so-called "research." Though I desperately wanted to lay blame elsewhere, I finally had to admit that my bad habits had less to do with new-age technology and more to do with old-fashioned procrastination(拖延).

我有一个坦白。尽管我以研究习惯形成技术为生,但断开连接对我来说并不容易。我上网的时间远远超过我想要的。像施瓦茨和许多其他人一样,我经常发现自己分心和偏离任务。我想知道为什么,所以我开始自我监控试图理解我的行为。那时我发现了一个令人不安的事实。我使用技术作为一种逃避。当我做我不想做的事情,或者当我不在我想待的地方时,我用我的手机把自己转移到别处。我发现这种立即转移注意力的能力通常是一件好事,比如在公共交通工具上打发时间。但我使用科技的频率并不总是那么良性。当我面对困难的工作时,比如思考一个文章想法或第一百次编辑同一份草稿,例如,一个更邪恶的屏幕会吸引我。我可以轻松地暂时逃避不适,通过以所谓"研究"为借口回复电子邮件或浏览网页。尽管我迫切想把责任归咎于别处,但我最终不得不承认,我的坏习惯与新时代技术的关系不大,而与老式的拖延症的关系更大。

- M) It's easy to blame technology for being so distracting, but distraction is nothing new. Aristotle and Socrates debated nature of "akrasia"—our tendency to do things against our interests. If we're honest with ourselves, tech is just another way to occupy our time and minds. If we weren't on our devices, we'd likely do something similarly unproductive.

责怪技术如此分散注意力很容易,但分心并不新鲜。亚里士多德和苏格拉底辩论过"akrasia"的本质——我们违背自己利益行事的倾向。如果我们对自己诚实,科技只是占据我们时间和思想的另一种方式。如果我们不在设备上,我们可能会做一些同样无生产力的事情。

- N) Personal technology is indeed more engaging than ever, and there's no doubt companies are engineering their products and services to be more compelling and attractive. But would we want it any other way? The intended result of making something better is that people use it more. That's not necessarily a problem, that's progress.

个人技术确实比以往任何时候都更吸引人,毫无疑问,公司正在设计他们的产品和服务使其更引人注目和更有吸引力。但我们会想要其他方式吗?让某样东西变得更好的预期结果是人们更多地使用它。这不一定是问题,那是进步。

- O) These improvements don't mean we shouldn't attempt to control our use of technology. In order to make sure it doesn't control us, we should come to terms with the fact that it's more than the technology itself that's responsible for our habits. Our workplace culture, social norms and individual

behaviors all play a part. To put technology in its place, we must be conscious not only of how technology is changing, but also of how it is changing us.

这些改进并不意味着我们不应该试图控制我们对技术的使用。为了确保它不控制我们,我们应该接受这样一个事实:不仅仅是技术本身对我们的习惯负责。我们的工作场所文化、社会规范和个人行为都发挥作用。为了让技术各就各位,我们必须不仅意识到技术是如何变化的,还要意识到它是如何改变我们的。

陈述句与逐句解析

36. Online services are so designed that the more they are used, the more profit they generate.

在线服务的设计使得它们使用得越多,产生的利润就越多。

【答案】 E 段 (强锚点)

【锚点】 用得越多、利润越多的因果设计

【定位】 Since these services rely on advertising revenue, the more frequently you use them, the more money they make.

由于这些服务依赖广告收入,你使用得越频繁,它们赚得就越多。

【改写】 Online services are so designed that ↔

Online services like Facebook, Twitter and the like, are called out as masters of manipulation —making products so good that people can't stop using them

“被设计成”对应原文“by design”与“master of manipulation”

the more they are used, the more profit they generate ↔

the more frequently you use them, the more money they make

同句式同义词替换

【辨邻】 D The Net is designed to be an interruption system 与本题“使用越多→利润越多”不是同一命题, 缺失商业模式这一关键链条。

The Net is designed to be an interruption system, a machine geared to dividing attention

F we can change how often we receive the distracting notifications 是用户侧操作建议, 与 the more they are used, the more profit they generate 无对应。

we can change how often we receive the distracting notifications that trigger our urge to check

37. The author admits using technology as an escape from the task at hand.

作者承认使用技术来逃避手头的任务。

【答案】 L 段 (强锚点)

【锚点】 作者承认用科技逃避手头任务

【定位】 I use technology as an escape. When I'm doing something I'd rather not do, or when I'm someplace I'd rather not be, I use my phone to port myself elsewhere.

我把科技当作逃避手段。当我在做一件不想做的事, 或身处一个不想待的地方时, 我用手机把自己“送”到别处。

【改写】 The author admits ↔ **I have a confession**

“承认”与“坦白”同义

using technology as an escape from the task at hand ↔ **I use technology as an escape**

“逃避手头任务”逐字落到原句

【辨邻】 **K** there's still someone who deserves scrutiny—the person holding the phone 仅引出主题，没有 The author admits 所要求的承认表态。

there's still someone who deserves scrutiny—the person holding the phone

38. Checking phones at dinners is now accepted as normal but not belching.

在餐桌上查看手机现在被认为是正常的,但打嗝不是。

【答案】 **I** 段 (强锚点)

【锚点】 饭桌查手机被接受 vs 打嗝不被接受

【定位】 Now imagine the same dinner, but instead of checking their phone, the person belches(打嗝) loudly. Everyone notices. Unless the meal takes place in a beer house, this is considered bad manners.

现在想象同一场聚餐，但这次那人不是查手机，而是大声打嗝。所有人都会注意到。除非这顿饭是在啤酒馆，否则这被视为失礼。

【改写】 Checking phones at dinners is now accepted as normal ↔

Somehow, we accept it and say nothing when someone offends

“被接受、无人吭声”等于“被视为正常”

but not belching ↔ **Unless the meal takes place in a beer house, this is considered bad manners**

“不被接受”=“被视为失礼”

【辨邻】 **H** someone takes out their phone to check who knows what 与 Barely anyone notices and no one says a thing 只对应陈述句前半，缺“打嗝”这另一端。

Barely anyone notices and no one says a thing

J taking one's phone out at the wrong time is worse than belching 已经把“被接受/不被接受”推进到“谁更严重”的下一步，与本题陈述不在同一层。

taking one's phone out at the wrong time is worse than belching because, unlike other minor offenses, checking tech is contagious

39. To make proper use of technology, we should not only increase our awareness of how it is changing but also how it is impacting us.

为了正确使用技术,我们不仅应该提高对技术如何变化的认识,还应该提高对技术如何影响我们的认识。

【答案】 **O** 段 (强锚点)

【锚点】 既意识到科技在变也意识到科技在变我们

【定位】 To put technology in its place, we must be conscious not only of how technology is changing, but also of how it is changing us.

要把科技放到它该在的位置，我们就必须既意识到科技自己在如何变化，也意识到它在如何改变我们。

【改写】 To make proper use of technology ↔ **To put technology in its place**

“把科技放在适当位置”=“正确使用科技”

not only increase our awareness of how it is changing but also how it is impacting us ↔

we must be conscious not only of how technology is changing, but also of how it is changing us
awareness=conscious、impacting=changing

【辨邻】 **N** that's not necessarily a problem, that's progress 与 Q39 倡导的“双重意识”不是同一命题。

The intended result of making something better is that people use it more. That's not necessarily a problem, that's progress

40. Most of us find it hard to focus on our immediate tasks because of internet distractions.

由于网络干扰,我们大多数人发现很难专注于眼前的任务。

【答案】 **B** 段 (弱锚点)

【锚点】 因网络分心而难以专注于眼前任务

【定位】 There's little doubt that nearly everyone who comes in contact with the Net has difficulty disconnecting. Many of us, like Schwartz, struggle to stay focused on tasks that require more concentration than it takes to post a status update.

几乎可以肯定，几乎每个接触网络的人都难以摆脱网络；我们中许多人，和 Schwartz 一样，难以专注于那些比发条状态更需要集中精力的任务。

【改写】 Most of us find it hard to focus on our immediate tasks ↔

Many of us, like Schwartz, struggle to stay focused on tasks that require more concentration than it takes to post a status update

“多数人难以专注于任务”逐项同义

because of internet distractions ↔

nearly everyone who comes in contact with the Net has difficulty disconnecting

“因网络分心”=“接触网络后难以脱身”

【辨邻】 **A** Nearly everyone I know is addicted in some measure to the internet 是引用别人的话，且谈“成瘾”而非题干强调的“难以专注于眼前任务”。

Nearly everyone I know is addicted in some measure to the internet

D The Net is designed to be an interruption system 谈的是机制设计，不是 Most of us find it hard to focus 的普遍现象。

The Net is designed to be an interruption system, a machine geared to dividing attention

41. when one person starts checking their phone, the others will follow suit.

当一个人开始查看手机时,其他人也会跟着这样做。

【答案】 J 段 (强锚点)

【锚点】 一人查手机引发他人跟随

【定位】 Once one person looks at their phone, other people feel compelled to do the same, starting a chain reaction.

一旦有人去看手机,其他人就会觉得自己也不得不看,由此引发连锁反应。

【改写】 when one person starts checking their phone ↔ **Once one person looks at their phone**

when 与 Once 同义、starts checking 与 looks at 同义

the others will follow suit ↔

other people feel compelled to do the same, starting a chain reaction

“跟风”=“被迫做同样的事”+“连锁反应”

【辨邻】 H someone takes out their phone to check who knows what 只描写一人行为, 缺 the others will follow suit 这一结果。

Then, during an interval in the conversation, someone takes out their phone to check who knows what

42. The great majority of smartphone users don't take the trouble to adjust their settings to suit their own purposes.

绝大多数智能手机用户不愿费心调整设置以适应自己的目的。

【答案】 F 段 (强锚点)

【锚点】 大多数智能手机用户懒得改设置

【定位】 According to Adam Marchick, CEO of mobile marketing company Kahuna, less than 15 percent of smartphone users ever bother to adjust their notification settings—meaning the remaining 85 percent of us default to the app makers' every preset trigger.

据移动营销公司 Kahuna 的 CEO Adam Marchick 所言,不到 15% 的智能手机用户会费心去调通知设置,这意味着剩下 85% 的人默认照搬应用开发者预设的每一个触发。

【改写】 The great majority of smartphone users ↔ **the remaining 85 percent of us**

“绝大多数”=“85%”

don't take the trouble to adjust their settings to suit their own purposes ↔

less than 15 percent of smartphone users ever bother to adjust their notification settings

don't take the trouble=don't bother

to suit their own purposes ↔ **to suit our own needs, not the needs of the app makers**

“为自己需求服务”逐字对应

【辨邻】 E They have an incentive to keep us hooked 是公司侧动机，没有 The great majority of smartphone users 的用户行为数据。

These products aren't habit-forming by chance; it's by design. They have an incentive to keep us hooked

43. The internet is regarded by some as designed to distract our attention.

互联网被一些人认为是被设计来分散我们注意力的。

【答案】 D 段（强锚点）

【锚点】 有人认为网络被设计来分散注意力

【定位】 Nicholas Carr, author of *The Shallows: what the internet is doing to our brains*, wrote, "The Net is designed to be an interruption system, a machine geared to dividing attention."

《浅薄：互联网对我们大脑的影响》一书的作者 Nicholas Carr 写道：“网络被设计成一种打断系统、一种专门分割注意力的机器。”

【改写】 The internet is regarded by some ↔

Nicholas Carr, author of *The Shallows: what the internet is doing to our brains*, wrote

“被某些人认为”=“某专家这样写道”

as designed to distract our attention ↔

The Net is designed to be an interruption system, a machine geared to dividing attention

designed to 完全相同、distract=divide

【辨邻】 E These products aren't habit-forming by chance; it's by design 的落点是 habit-forming，与 designed to distract our attention 不是同一命题。

These products aren't habit-forming by chance; it's by design

44. The author attributes his tech addiction chiefly to his habit of putting off doing what he should do right away.

作者将他的技术成瘾主要归因于他推迟做他应该立即去做的事情的习惯。

【答案】 L 段（强锚点）

【锚点】 作者把自己上瘾主要归因于拖延

【定位】 Though I desperately wanted to lay blame elsewhere, I finally had to admit that my bad habits had less to do with new-age technology and more to do with old-fashioned procrastination(拖延).

尽管我特别想把责任推给别处，最后还是不得不承认：我那些坏习惯与其说与新科技有关，不如说与老派的拖延有关。

【改写】 The author attributes his tech addiction chiefly to ↔

my bad habits had less to do with new-age technology and more to do with

attributes...chiefly to=more to do with (在 less...more 对比中)

his habit of putting off doing what he should do right away ↔

old-fashioned procrastination(拖延)

“拖延”=“把该做的事推后”

【辨邻】 **M** our tendency to do things against our interests 是对人类普遍倾向的归因，与 The author attributes his tech addiction 的个人归因不在同一层。

Aristotle and Socrates debated nature of "akrasia"—our tendency to do things against our interests

45. White-collar workers check email round the clock because it is required by their employers.

白领工作者全天候查看电子邮件是因为这是雇主的要求。

【答案】 **G** 段 (强锚点)

【锚点】 白领因雇主要求全天候查邮件

【定位】 We check email at all hours of the day—we're obsessed. But why? Because that's what the boss wants. For almost all white-collar jobs, email is the primary tool of corporate communication.

我们一天到晚都在查邮件——简直入迷。但为什么呢？因为这是老板想要的。对几乎所有白领工作来说，邮件是公司沟通的主要工具。

【改写】 White-collar workers ↔ **For almost all white-collar jobs**

“白领工人”=“白领工作中的人”

check email round the clock ↔ **We check email at all hours of the day**

round the clock=at all hours of the day

because it is required by their employers ↔ **that's what the boss wants**

“老板想要”=“雇主要求”

【辨邻】 **E** they rely on advertising revenue 与 required by their employers 不是同一归因。

Since these services rely on advertising revenue, the more frequently you use them, the more money they make

PARAGRAPH MAP • 段落主旨图

15 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 用 Tony Schwartz 在 The New York Times 上的一句感慨——Nearly everyone I know is addicted in some measure to the internet——开篇，指出 a steady stream of similar headlines 都在指控网络、应用、社交媒体、网游让人分心成瘾。

信息指纹 Tony Schwartz 在 The New York Times 的开篇引言

B 承接 A 段现象，进一步说 nearly everyone who comes in contact with the Net has difficulty disconnecting，许多人难以专注于比发状态更费神的任务；并举评论区那位边读文章边查邮件的读者作为反讽佐证。

信息指纹 难以专注、读文中途也忍不住查邮件

C 提出全文论证框架：科技既具侵入性又有说服力，幕后有 four parties conspiring to keep you connected: the tech, your boss, your friends and you——科技本身、老板、朋友、你自己。

信息指纹 四方共谋的总纲领

D 进入“科技本身”这一方：科技与开发者最容易被怪罪，并引用 Nicholas Carr 的话——The Net is designed to be an interruption system, a machine geared to dividing attention.

信息指纹 Nicholas Carr 称网络是“打断系统”

E 解释 Facebook、Twitter 之类在线服务为何让人欲罢不能：商业模式靠广告收入，the more frequently you use them, the more money they make，因此公司有动机把产品工程化得尽可能让人上瘾。

信息指纹 广告变现 → 使用越频繁、公司赚得越多

F 给出对策侧的事实：通过调整通知设置可以反制干扰，但 Kahuna CEO Adam Marchick 指出 less than 15 percent of smartphone users ever bother to adjust their notification settings，剩下 85% 默认照搬开发者的预设触发。

信息指纹 不足 15% 用户会调整通知设置

G 转到“老板”这一方：邮件本身并不在意你用得多频繁，但 that's what the boss wants——白领工作里邮件是公司沟通的主要工具，回复慢会伤名声甚至饭碗。

信息指纹 白领因老板要求而全天候查邮件

H 引出“朋友”这一方的场景：餐桌上大家有说有笑，谈话间隙有人掏出手机看不知什么，却几乎无人察觉、无人吭声。

信息指纹 饭桌上有人掏手机却无人在意

I 把上段场景换成有人大声打嗝——除非在啤酒馆，否则人人侧目；由此质问：为什么饭桌、会议、谈话中查手机这种反社会行为没有像打嗝一样被同样的礼仪规范约束。

信息指纹 打嗝被视为失礼、查手机却被默许

J 进一步指出查手机比打嗝更糟，因为它会传染——Once one person looks at their phone, other people feel compelled to do the same, starting a chain reaction, 并把手机比作香烟。

信息指纹 查手机会传染、像香烟一样

K 过渡段：科技、老板、朋友这三方都已说过，但还有一人值得审视——the person holding the phone, 即用户自己。

信息指纹 过渡到“你自己”这一方

L 作者自我坦白：研究上瘾科技为生却也难以断网；自我观察后发现自己把科技当成逃避——面对难做的工作时用回邮件或上网“查资料”来暂时回避不适，最终承认坏习惯更多源自老派的拖延而非新科技。

信息指纹 作者自承用科技逃避、根源是拖延

M 拉远视角：分心古已有之，亚里士多德与苏格拉底辩论过 akrasia——人做事违背自身利益的倾向；如果不上设备，我们也会用别的方式同样不务正业。

信息指纹 用 akrasia 与古希腊哲人证明分心古已有之

N 退一步承认：个人科技确实越做越吸引人，公司也确在工程化让产品更有黏性，但 the intended result of making something better is that people use it more, 这未必是问题，而是进步。

信息指纹 产品越好、使用越多即是进步

0

全文收束：上述进步不等于我们不必管自己用科技的方式；要让科技不反过来控制我们，须承认工作文化、社会规范、个人行为都参与其中，并要同时意识到 how technology is changing, but also of how it is changing us。

信息指纹

结尾倡议：既意识到科技在变，也意识到科技在变我们

SENTENCE INSIGHTS • 句子精讲

16 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。

Online services like Facebook, Twitter and the like, are called out as masters of manipulation—making products so good that people can't stop using them.

E段，第1句

本句成分丰富且包含多个训练点：主语带后置定语、被动语态的主语补足语结构、分词短语作状语、动名词短语作宾语、“so ... that ...”引导的结果状语从句。特别是主语补足语和分词短语的识别，以及嵌套从句的归属判断，都是易错且值得反复练习的知识点，训练价值较高。

It's no wonder these companies employ teams of people focused on engineering their services to be as engaging as possible.

E段，第5句

形式主语 it + be + 名词/形容词 + 从句 是四六级和考研阅读中的高频句式，后置定语修饰名词也是常考结构。本句体现了典型的主从关系和修饰层次，掌握后可迁移到大量类似句型，代表性较强。

Google and Apple have made it far too difficult to adjust these settings so it's up to us to take steps to ensure we set these triggers to suit our own needs, not the needs of the app makers.

F段，第4句

句子使用 so 引导结果状语从句、make it + 形容词 + to do 结构、it is up to sb to do 结构、ensure 引导宾语从句等，均为四六级和考研真题中的高频句式。掌握本句结构后，可大量迁移到类似长难句的理解中。

A slow response to a message could hurt not only your reputation but also your livelihood.

G段，第9句

本句体现 "情态动词 + 动词原形" 的谓语结构，以及 "not only ... but also ..." 并列宾语的句式，这两种结构在四六级和考研阅读中频繁出现。简单句虽不如复合句复杂，但其核心句型（主谓宾 + 情态动词 + 并列）具有很强的代表性和迁移价值。

Barely anyone notices and no one says a thing.

H段，第6句

并列句是考试中的常见句式，"and" 连接两个简单句的结构在阅读理解和写作中频繁出现。但本句的两个分句都过于简单，缺乏考试中常见的修饰成分或复杂结构，代表性中等。

Unless the meal takes place in a beer house, this is considered bad manners.

I段，第3句

Unless 引导的条件状语从句 + 主句 是四六级和考研阅读中的常见句式，被动语态结构 be considered 也是高频表达。掌握本句结构后，学习者可以迁移到大量类似的条件句和被动句中，具有较高的典型性和复用价值。

One has to wonder: why don't we apply the same social norms to checking phones during meals, meetings and conversations as we do to other antisocial behaviors?

I段，第5句

该句型高度典型：主句 + 宾语从句（疑问词引导） + 内嵌比较从句，是四六级和考研阅读中的常见结构。"the same...as..." 比较结构、替代动词 do 的用法、介词 to 表示适用对象等，都是考试高频考点。掌握该句型可迁移至大量类似长难句的分析

The more people are on their phones, the fewer people are talking until finally you are the only one left not reading email or checking Twitter.

J段，第3句

结构高度典型。"the more ... the fewer ..." 比较结构是四六级和考研阅读中的常考句式，表达比例因果关系，学生必须掌握。"until" 引导时间状语从句修饰主句也是高频结构。本句同时展示了比较结构与时间状语从句的组合用法，具有很强的代表性和迁移价值。掌握本句的分析方法后，学生可以轻松应对大量同类句型。

Even though I study habit-forming technology for a living, disconnecting is not easy for me.

L段，第2句

让步状语从句（Even though引导）+ 主句的结构在四六级和考研阅读中频繁出现，是表达对比或转折逻辑的典型句式。动名词作主语也是常考点。掌握后可迁移到大量类似句型。

When I'm doing something I'd rather not do, or when I'm someplace I'd rather not be, I use my phone to port myself elsewhere.

L段，第8句

本句展示的多个结构都是考试高频句式：时间状语从句 + 主句，限制性定语从句省略关系词，情态表达 would rather，不定式作目的状语。这种复杂句结构（主句 + 状语从句 + 定语从句嵌套）在四六级和考研阅读中非常常见，掌握后可以广泛应用于理解类似长难句，典型性很强。

It's easy to blame technology for being so distracting, but distraction is nothing new.

M段，第1句

It is + 形容词 + to do 句型和 but 连接的转折并列句都是四六级和考研阅读中的高频结构，具有较强的典型性和迁移价值，掌握后可应用于大量类似句式的理解。

If we weren't on our devices, we'd likely do something similarly unproductive.

M段，第4句

虚拟条件句是四六级和考研阅读中的常见句式，掌握 If 加过去式和主句 would do 的搭配对理解类似表达有较高迁移价值。本句结构清晰、无复杂嵌套，是学习虚拟语气的典型例句。

Personal technology is indeed more engaging than ever, and there's no doubt companies are engineering their products and services to be more compelling and attractive.

N段，第1句

本句覆盖多种成分：主系表结构、there be 句型、同位语分句、宾语补足语、比较状语等。尤其是同位语分句的识别（无连接词直接跟在名词后）、宾语补足语与目的状语的区分、there be 句型中真正主语的定位，都是实用且易错的考点，训练价值较高。

In order to make sure it doesn't control us, we should come to terms with the fact that it's more than the technology itself that's responsible for our habits.

0段，第2句

本句成分丰富且包含多个训练要点:主句包含情态动词谓语、介词短语作宾语(the fact that...);句首有目的状语(In order to...);同位语从句解释fact;强调句型it is...that的识别和成分划分;宾语从句的识别。涵盖谓语、主语、宾语、目的状语、同位语从句、宾语从句等多种成分,且强调句型是易错点,训练价值高。

Online services are so designed that the more they are used, the more profit they generate.

第36题 题干

so... that... 结构和 the more... the more... 比较结构都是四六级和考研高频句式,本句将两者结合,具有很强的代表性和迁移价值,掌握后可应用于大量类似句型。

The author attributes his tech addiction chiefly to his habit of putting off doing what he should do right away.

第44题 题干

本句涉及主语、谓语、宾语、状语等基本成分,同时包含动名词作宾语、介词短语作状语、宾语从句等多种结构,成分种类较为丰富,适合练习复杂句子的成分划分和从句识别。

HIGH-FREQUENCY · 真题高频词

本篇出现的 125 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。

email A2

n. 电子邮件

本篇8次 · 真题 53 句

would A1

aux. (will 的过去式) 将要, 会

本篇5次 · 真题 568 句

online A2

adj. 在线的

本篇5次 · 真题 139 句

tech B1

n. 技术

本篇5次 · 真题 73 句

less A1

det. 较少的

本篇4次 · 真题 273 句

product A2

n. 产品

本篇4次 · 真题 271 句

design B1

n. 设计

本篇4次 · 真题 119 句

internet A2

n. 互联网

本篇4次 · 真题 63 句

author A2

n. 作者

本篇3次 · 真题 264 句

behavior B1

n. 行为

本篇3次 · 真题 171 句

app B1

n. 应用程序

本篇3次 · 真题 36 句

escape A2

v. 逃跑;逃脱

本篇3次 · 真题 24 句

blame B1

v. 责备

本篇3次 · 真题 22 句

setting B1

n. 环境

本篇3次 · 真题 22 句

distraction B2

n. 分心

本篇3次 · 真题 21 句

adjust B2

v. 调整

本篇3次 · 真题 20 句

trigger B2

v. 引发

本篇3次 · 真题 20 句

suit A2

n. 套装

本篇3次 · 真题 15 句

maker A2

n. 制造者

本篇3次·真题13句

net A2

n. 网

本篇3次·真题8句

focus B1

n. 重点

本篇2次·真题200句

system A2

n. 系统

本篇2次·真题176句

medium B1

adj. 中等的

本篇2次·真题98句

smartphone B1

n. 智能手机

本篇2次·真题44句

user A2

n. 使用者

本篇2次·真题42句

responsible B1

adj. 负责的

本篇2次·真题40句

generate B2

v. 产生, 引起 (结果、反应等)

本篇2次·真题39句

frequently B1

adv. 频繁地

本篇2次·真题31句

finally A2

adv. 终于, 最终

本篇2次·真题29句

norm B2

n. 常态

本篇2次·真题26句

revenue B2

n. (公司、组织的) 收入, 收益

本篇2次·真题25句

admit B1

v. 承认 (事实、错误等)

本篇2次·真题22句

elsewhere B1

adv. 在别处

本篇2次·真题14句

likely A2

adj. 很可能的

本篇1次·真题228句

impact B2

n. 影响

本篇1次 · 真题 185 句

accord C1

n. (国家、团体间的) 协议

本篇1次 · 真题 167 句

individual B2

adj. 单独的

本篇1次 · 真题 142 句

measure B1

v. 测量

本篇1次 · 真题 100 句

least A2

det. 最少的

本篇1次 · 真题 98 句

solution B1

n. 解决办法

本篇1次 · 真题 76 句

advertising B1

n. 广告业

本篇1次 · 真题 72 句

workplace B1

n. 工作场所

本篇1次 · 真题 70 句

wrong A2

adj. 错误的

本篇1次 · 真题 66 句

easily A2

adv. 容易地

本篇1次 · 真题 65 句

shift B1

v. 移动

本篇1次 · 真题 65 句

apply A2

v. 申请

本篇1次 · 真题 63 句

ensure B2

v. 确保

本篇1次 · 真题 57 句

reality B1

n. 现实

本篇1次 · 真题 57 句

employer B1

n. 雇主

本篇1次 · 真题 56 句

device B1

n. 设备

本篇1次 · 真题 54 句

struggle B1

v. 奋斗

本篇1次·真题 54 句

debate B2

n. 辩论

本篇1次·真题 52 句

response B1

n. 回答

本篇1次·真题 52 句

majority B2

n. 大多数, 大部分

本篇1次·真题 51 句

rely B1

v. 依赖; 依靠

本篇1次·真题 51 句

status B2

n. 地位

本篇1次·真题 48 句

marketing B1

n. 营销

本篇1次·真题 45 句

attempt B1

v. 试图

本篇1次·真题 39 句

perspective B2

n. 观点

本篇1次·真题 38 句

indeed B1

adv. 确实, 的确 (强调肯定)

本篇1次·真题 37 句

improvement B1

n. 改进

本篇1次·真题 36 句

contact B1

n. 联系

本篇1次·真题 34 句

site A2

n. 地点

本篇1次·真题 34 句

awareness B2

n. 意识

本篇1次·真题 33 句

incentive B2

n. 激励

本篇1次·真题 33 句

profit B1

n. 利润, 盈利

本篇1次·真题 33 句

chain B1

n. 链条

本篇1次 · 真题 32 句

gather B1

v. 聚集, 集合

本篇1次 · 真题 31 句

unlike B1

prep. 不像

本篇1次 · 真题 31 句

employ B1

v. 雇用

本篇1次 · 真题 30 句

necessarily B2

adv. 必然地

本篇1次 · 真题 30 句

reputation B2

n. 名声

本篇1次 · 真题 30 句

immediate B2

adj. 立即的, 即刻的

本篇1次 · 真题 29 句

comment B1

n. 评论

本篇1次 · 真题 28 句

familiar B1

adj. 熟悉的

本篇1次 · 真题 28 句

transportation B1

n. 交通运输 (系统)

本篇1次 · 真题 28 句

urge B2

v. 敦促

本篇1次 · 真题 27 句

fault B1

n. 过错

本篇1次 · 真题 26 句

web A2

n. 网站

本篇1次 · 真题 26 句

intend B1

v. 打算, 计划

本篇1次 · 真题 25 句

manner B1

n. 方式

本篇1次 · 真题 25 句

scene A2

n. 场景

本篇1次 · 真题 25 句

tendency B2

n. 倾向

本篇1次·真题 24 句

attribute B2

n. 属性

本篇1次·真题 23 句

complaint B1

n. 抱怨

本篇1次·真题 23 句

connected B1

adj. 连接的

本篇1次·真题 22 句

mobile B1

adj. 可移动的

本篇1次·真题 22 句

diminish C1

v. 减少

本篇1次·真题 21 句

steady B1

adj. 稳定的

本篇1次·真题 20 句

attractive B1

adj. 有吸引力的

本篇1次·真题 18 句

resist B2

v. 抵抗

本篇1次·真题 18 句

deserve B1

v. 应得

本篇1次·真题 17 句

bay B2

n. 海湾

本篇1次·真题 16 句

corporate B2

adj. 公司的

本篇1次·真题 16 句

gadget B2

n. 小装置

本篇1次·真题 16 句

reaction B1

n. 反应

本篇1次·真题 16 句

update B1

v. 更新

本篇1次·真题 16 句

compel B2

v. 强迫; 迫使

本篇1次·真题 15 句

harvest B1

n. 收获

本篇1次·真题 15 句

similarly B2

adv. 相似地

本篇1次·真题 15 句

cigarette A2

n. 香烟, 纸烟

本篇1次·真题 14 句

section B1

n. 部分

本篇1次·真题 14 句

headline B1

n. (报纸、网页等的) 大标题, 头条

本篇1次·真题 13 句

uncomfortable B1

adj. 不舒服的

本篇1次·真题 13 句

suspect B1

v. 怀疑

本篇1次·真题 12 句

worse A2

adj. 更糟的

本篇1次·真题 12 句

accuse B2

v. 指控

本篇1次·真题 11 句

barely B1

adv. 几乎不

本篇1次·真题 11 句

concentration B2

n. 专注

本篇1次·真题 11 句

edit B1

v. 编辑

本篇1次·真题 11 句

focused B1

adj. 集中注意力的

本篇1次·真题 11 句

instantly B1

adv. 立即, 马上

本篇1次·真题 11 句

offend B2

v. 冒犯, 得罪 (使不快或生气)

本篇1次·真题 11 句

anxious B1

adj. 焦虑的

本篇1次·真题 10 句

draft

B2

n. 草稿

本篇1次 · 真题 10 句

livelihood

B2

n. 生计

本篇1次 · 真题 10 句

societal

C1

adj. 社会的

本篇1次 · 真题 10 句

span

B2

n. 时间段

本篇1次 · 真题 10 句

bother

B1

v. 打扰; 烦扰

本篇1次 · 真题 9 句

occupy

B2

v. 占据, 占用 (空间、时间)

本篇1次 · 真题 9 句

advertiser

B2

n. 广告商

本篇1次 · 真题 8 句

agenda

B2

n. 议程

本篇1次 · 真题 8 句

default

B2

n. 违约

本篇1次 · 真题 8 句

glance

B2

v. 瞥

本篇1次 · 真题 8 句

invasive

C1

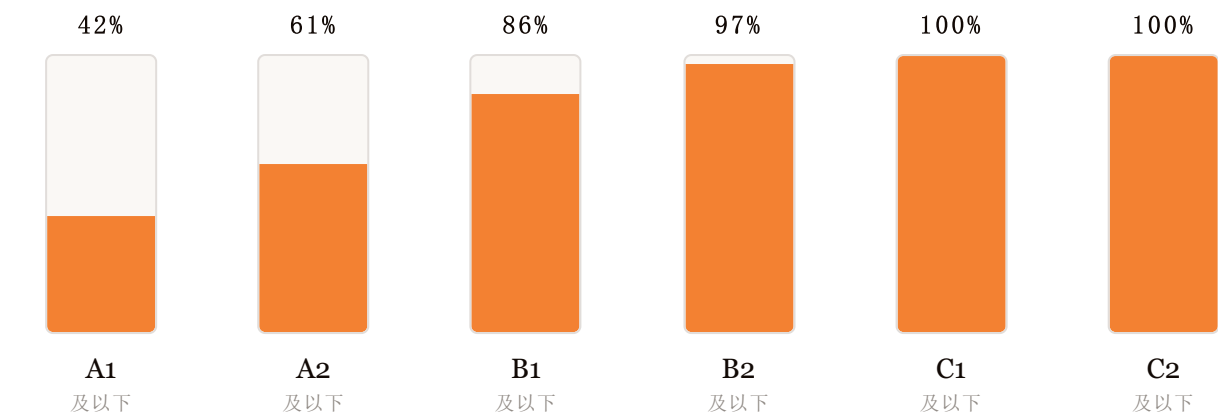
adj. 侵入性的

本篇1次 · 真题 8 句

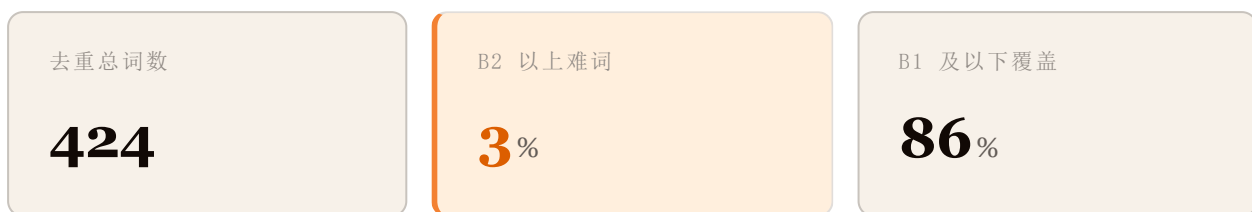
VOCABULARY • 词汇难度分布

全文 424 词按 CEFR 难度累积覆盖

全文去重后共 424 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 12 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 424 个 · 末柱为 100%



英语六级 2017年12月·第1套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	题目解析 →
Part III Section A	完形填空（选词填空）	题目解析 →
Part III Section B	长篇阅读（信息匹配）	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 →