

六级·真题卷第3套·2018年12月

Part I Writing (30 minutes)

Directions: For this part, you are allowed 30 minutes to write an essay on *how to balance academic study and extracurricular activities*. You should write at least 150 words but no more than 200 words.

Part II Listening Comprehension (30 minutes)

Section A

本部分与 2018年12月第1套 共用，[点此查看](#)

Section B

本部分与 2018年12月第1套 共用，[点此查看](#)

Section C

本部分与 2018年12月第1套 共用，[点此查看](#)

Part III Reading Comprehension (40 minutes)

Section A

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on **Answer Sheet 2** with a single line through the centre. You may not use any of the words in the bank more than once.

In what's probably the craziest headline I've ever written, I've reported that 26 in livestock protection are happening with scientists painting eyes on the butts of cows. The experiment is based upon the idea that farmers who're protecting their herd from lions would shoot and kill lions in an effort to protect their livestock. While this makes a lot of sense, it results in many lion deaths that 27 would have been unnecessary. Researchers in Australia have been 28 and testing a method of trickery to make lions think they are being watched by the painted eyes on cow butts.

This idea is based on the principle that lions and other 29 are far less likely to attack when they feel they are being watched. As conservation areas become smaller, lions are increasingly coming into contact with human populations, which are expanding to the 30 of these protected areas.

Efforts like painting eyes on cow butts may seem crazy at first, but they could make actual headway in the fight for conservation. "If the method works, it could provide farmers in Botswana—and 31 —with a low-cost, sustainable tool to protect their livestock, and a way to keep lions safe from being killed."

Lions are 32 ambush(埋伏) hunters, so when they feel their prey has 33 them, they usually give up on the hunt. Researchers are 34 testing their idea on a select herd of cattle. They have painted half of the cows with eyes and left the other half as normal. Through satellite tracking of both the herd and the

lions in the area, they will be able to 35 if their psychological trickery will work to help keep farmers from shooting lions.

- | | |
|-----------------|----------------|
| A) advances | I) otherwise |
| B) boundaries | J) predators |
| C) challenging | K) primarily |
| D) currently | L) retorted |
| E) determine | M) spotted |
| F) devising | N) testimonies |
| G) elsewhere | O) wrestle |
| H) nevertheless | |

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**.

Resilience Is About How You Recharge, Not How You Endure

- A) As constant travelers and parents of a 2-year-old, we sometimes fantasize about how much work we can do when one of us gets on a plane, undistracted by phones, friends, or movies. We race to get all our ground work done: packing, going through security, doing a last-minute work call, calling each other, then boarding the plane. Then, when we try to have that amazing work session in flight, we get nothing done. Even worse, after refreshing our email or reading the same studies over and over, we are too exhausted when we land to soldier on with(继续处理) the emails that have inevitably still piled up.
- B) Why should flying deplete us? We're just sitting there doing nothing. Why can't we be tougher, more resilient(有复原力的) and determined in our work so we can accomplish all of the goals we set for ourselves? Based on our current research, we have come to realize that the problem is not our hectic schedule or the plane travel itself; the problem comes from a misconception of what it means to be resilient, and the resulting impact of overworking.
- C) We often take a militaristic, "tough" approach to resilience and determination like a Marine pulling himself through the mud, a boxer going one more round, or a football player picking himself up off the ground for one more play. We believe that the longer we tough it out, the tougher we are, and therefore the more successful we will be. However, this entire conception is scientifically inaccurate.
- D) The very lack of a recovery period is dramatically holding back our collective ability to be resilient and successful. Research has found that there is a direct correlation between lack of recovery and increased incidence of health and safety problems. And lack of recovery—whether by disrupting sleep with thoughts of work or having continuous cognitive arousal by watching our phones—is costing our companies \$62 billion a year in lost productivity.
- E) And just because work stops, it doesn't mean we are recovering. We "stop" work sometimes at 5 pm, but then we spend the night wrestling with solutions to work problems, talking about our work over dinner, and falling asleep thinking about how much work we'll do tomorrow. In a study just released, researchers from

Norway found that 7.8% of Norwegians have become workaholics(工作狂). The scientists cite a definition of "workaholism" as "being overly concerned about work, driven by an uncontrollable work motivation, and investing so much time and effort in work that it impairs other important life areas."

- F) We believe that the number of people who fit that definition includes the majority of American workers, which prompted us to begin a study of workaholism in the U.S. Our study will use a large corporate dataset from a major medical company to examine how technology extends our working hours and thus interferes with necessary cognitive recovery, resulting in huge health care costs and turnover costs for employers.
- G) The misconception of resilience is often bred from an early age. Parents trying to teach their children resilience might celebrate a high school student staying up until 3 am to finish a science fair project. What a distortion of resilience! A resilient child is a well-rested one. When an exhausted student goes to school, he risks hurting everyone on the road with his impaired driving; he doesn't have the cognitive resources to do well on his English test; he has lower self-control with his friends; and at home, he is moody with his parents. Overwork and exhaustion are the opposite of resilience and the bad habits we acquire when we're young only magnify when we hit the workforce.
- H) As Jim Loehr and Tony Schwartz have written, if you have too much time in the performance zone, you need more time in the recovery zone, otherwise you risk burnout. Gathering your resources to "try hard" requires burning energy in order to overcome your currently low arousal level. It also worsens exhaustion. Thus the more imbalanced we become due to overworking, the more value there is in activities that allow us to return to a state of balance. The value of a recovery period rises in proportion to the amount of work required of us.
- I) So how do we recover and build resilience? Most people assume that if you stop doing a task like answering emails or writing a paper, your brain will naturally recover, so that when you start again later in the day or the next morning, you'll have your energy back. But surely everyone reading this has had times when you lie in bed for hours, unable to fall asleep because your brain is thinking about work. If you lie in bed for eight hours, you may have rested, but you can still feel exhausted the next day. That's because rest and recovery are not the same thing.
- J) If you're trying to build resilience at work, you need adequate internal and external recovery periods. As researchers Zijlstra, Cropley and Rydstedt write in their 2014 paper: "Internal recovery refers to the shorter periods of relaxation that take place within the frames of the work day or the work setting in the form of short scheduled or unscheduled breaks, by shifting attention or changing to other work tasks when the mental or physical resources required for the initial task are temporarily depleted or exhausted. External recovery refers to actions that take place outside of work—e.g. in the free time between the work days, and during weekends, holidays or vacations." If after work you lie around on your bed and get irritated by political commentary on your phone or get stressed thinking about decisions about how to renovate your home, your brain has not received a break from high mental arousal states. Our brains need a rest as much as our bodies do.
- K) If you really want to build resilience, you can start by strategically stopping. Give yourself the resources to be tough by creating internal and external recovery periods. Amy Blankson describes how to strategically stop during the day by using technology to control overworking. She suggests downloading the Instant or Moment apps to see how many times you turn on your phone each day. You can also use apps like Offtime or Unplugged to create tech free zones by strategically scheduling automatic airplane modes. The average person turns on their phone 150 times every day. If every distraction took only 1 minute, that would account for 2.5 hours a day.

- L) In addition, you can take a cognitive break every 90 minutes to charge your batteries. Try to not have lunch at your desk, but instead spend time outside or with your friends—not talking about work. Take all of your paid time off, which not only gives you recovery periods, but raises your productivity and likelihood of promotion.
- M) As for us, we've started using our plane time as a work-free zone, and thus time to dip into the recovery phase. The results have been fantastic. We are usually tired already by the time we get on a plane, and the crowded space and unstable internet connection make work more challenging. Now, instead of swimming upstream, we relax, sleep, watch movies, or listen to music. And when we get off the plane, instead of being depleted, we feel recovered and ready to return to the performance zone.
36. It has been found that inadequate recovery often leads to poor health and accidents.
37. Mental relaxation is much needed, just as physical relaxation is.
38. Adequate rest not only helps one recover, but also increases one's work efficiency.
39. The author always has a hectic time before taking a flight.
40. Recovery may not take place even if one seems to have stopped working.
41. It is advised that technology be used to prevent people from overworking.
42. Contrary to popular belief, rest does not equal recovery.
43. The author has come to see that his problem results from a misunderstanding of the meaning of resilience.
44. People's distorted view about resilience may have developed from their upbringing.
45. People tend to think the more determined they are, the greater their success will be.

Section C

Directions: *There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on Answer Sheet 2 with a single line through the centre.*

Passage One

Questions 46 to 50 are based on the following passage.

Children with attention problems in early childhood were 40% less likely to graduate from high school, says a new study from Duke University.

The study included 386 kindergarteners from schools in the Fast Track Project, a multi-site clinical trial in the U.S. that in 1991 began tracking how children developed across their lives.

With this study, researchers examined early academic attention and socio-emotional skills and how each contributed to academic success into young adulthood.

They found that early attention skills were the most consistent predictor of academic success, and that likability by peers also had a modest effect on academic performance.

By fifth grade, children with early attention difficulties had lower grades and reading achievement scores than their peers. As fifth-graders, children with early attention problems obtained average reading scores at least 3% lower than their contemporaries' and grades at least 8% lower than those of their peers. This was after controlling for IQ, socio-economic status and academic skills at school entry.

Although these may not seem like large effects, the impact of early attention problems continued throughout the children's academic careers. Lower reading achievement scores and grades in fifth grade contributed to reduced grades in middle school and thereby contributed to a 40% lower high school graduation rate.

"The children we identified as having attention difficulties were not diagnosed with attention deficit hyperactivity disorder(注意力缺乏多动症)(ADHD), although some may have had the disorder. Our findings suggest that even more modest attention difficulties can increase the risk of negative academic outcomes," said David Rabiner, an associate dean of Duke's Trinity College of Arts & Sciences, whose research has focused on ADHD and interventions to improve academic performance in children with attention difficulties.

Social acceptance by peers in early childhood also predicted grades in fifth grade. Children not as liked by their first-grade peers had slightly lower grades in fifth grade, while those with higher social acceptance had higher grades.

"This study shows the importance of so-called 'non-cognitive' or soft skills in contributing to children's positive peer relationships, which, in turn, contribute to their academic success," said Kenneth Dodge, director of the Duke Center for Child and Family Policy.

The results highlight the need to develop effective early interventions to help those with attention problems stay on track academically and for educators to encourage positive peer relationships, the researchers said.

"We're learning that student success requires a more comprehensive approach, one that incorporates not only academic skills but also social, self-regulatory and attention skills," Dodge said. "If we neglect any of these areas, the child's development lags. If we attend to these areas, a child's success may reinforce itself with positive feedback loops."

46. What is the focus of the new study from Duke University?

- A) The contributors to children's early attention.
- B) The predictors of children's academic success.
- C) The factors that affect children's emotional well-being.
- D) The determinants of children's development of social skills.

47. How did the researchers ensure that their findings are valid?

- A) By attaching equal importance to all possible variables examined.
- B) By collecting as many typical samples as were necessary.
- C) By preventing them from being affected by factors not under study.
- D) By focusing on the family background of the children being studied.

48. What do we learn from the findings of the Duke study?
- A) Modest students are generally more attentive than their contemporaries.
 - B) There are more children with attention difficulties than previously thought.
 - C) Attention deficit hyperactivity disorder accounts for most academic failures.
 - D) Children's academic performance may suffer from even slight inattention.
49. What does the Duke study find about children better accepted by peers?
- A) They do better academically.
 - B) They are easy to get on with.
 - C) They are teachers' favorites.
 - D) They care less about grades.
50. What can we conclude from the Duke study?
- A) Children's success is related to their learning environment.
 - B) School curriculum should cover a greater variety of subjects.
 - C) Social skills are playing a key role in children's development.
 - D) An all-round approach should be adopted in school education.

Passage Two

Questions 51 to 55 are based on the following passage

On Jan. 9, 2007, Steve Jobs formally announced Apple's "revolutionary mobile phone"—a device that combined the functionality of an iPod, phone and Internet communication into a single unit, navigated by touch.

It was a huge milestone in the development of smartphones, which are now owned by a majority of American adults and are increasingly common across the globe.

As smartphones have multiplied, so have questions about their impact on how we live and how we work. Often the advantages of convenient, mobile technology are both obvious and taken for granted, leaving more subtle topics for concerned discussion: Are smartphones disturbing children's sleep? Is an inability to get away from work having a negative impact on health? And what are the implications for privacy?

But today, on the 10th anniversary of the iPhone, let's take a moment to consider a less obvious advantage: the potential for smartphone technology to revolutionize behavioral science. That's because, for the first time in human history, a large proportion of the species is in continuous contact with technology that can record key features of an individual's behavior and environment.

Researchers have already begun to use smartphones in social scientific research, either to query people regularly as they engage in their normal lives or to record activity using the device's built-in sensors. These studies are confirming, challenging and extending what's been found using more traditional approaches, in which people report how they behaved in real life or participate in relatively short and artificial laboratory-based tasks.

Such studies are just first steps. As more data are collected and methods for analysis improve, researchers will be in a better position to identify how different experiences, behaviors and environments relate to each other and evolve over time, with the potential to improve people's productivity and wellbeing in a variety of domains. Beyond revealing population-wide patterns, the right combination of data and analysis can also help individuals

identify unique characteristics of their own behavior, including conditions that could indicate the need for some form of intervention—such as an unusual increase in behaviors that signal a period of depression.

Smartphone-based data collection comes at an appropriate time in the evolution of psychological science. Today, the field is in transition, moving away from a focus on laboratory studies with undergraduate participants towards more complex, real-world situations studied with more diverse groups of people. Smartphones offer new tools for achieving these ambitions, providing rich data about everyday behaviors in a variety of contexts.

So here's another way in which smartphones might transform the way we live and work: by offering insights into human psychology and behavior and, thus, supporting smarter social science.

51. What does the author say about the negative impact of smartphones?

- A) It has been overshadowed by the positive impact.
- B) It has more often than not been taken for granted.
- C) It is not so obvious but has caused some concern.
- D) It is subtle but should by no means be overstated.

52. What is considered a less obvious advantage of smartphone technology?

- A) It systematically records real human interactions.
- B) It helps people benefit from technological advances.
- C) It brings people into closer contact with each other.
- D) It greatly improves research on human behavior.

53. What characterizes traditional psychological research?

- A) It is based on huge amounts of carefully collected data.
- B) It relies on lab observations and participants' reports.
- C) It makes use of the questionnaire method.
- D) It is often expensive and time-consuming.

54. How will future psychological studies benefit individuals?

- A) By helping them pin down their unusual behaviors.
- B) By helping them maintain a positive state of mind.
- C) By helping them live their lives in a unique way.
- D) By helping them cope with abnormal situations.

55. What do we learn about current psychological studies?

- A) They are going through a period of painful transition.
- B) They are increasingly focused on real-life situations.
- C) They are conducted in a more rigorous manner.
- D) They are mainly targeted towards undergraduates.

Part IV

Translation

(30 minutes)

Directions: For this part, you are allowed 30 minutes to translate a passage from Chinese into English. You should write your answer on **Answer Sheet 2**.

近年来，中国政府进一步加大体育馆建设投资，以更好地满足人们快速增长的健身需求。除了新建体育馆外，许多城市还采取了改造旧工厂和商业建筑等措施，来增加当地体育馆的数量。在政府资金的支持下，越来越多的体育馆向公众免费开放，或者只收取少量费用。许多体育馆通过应用现代信息技术大大提高了服务质量。人民可以方便地在线预订场地和付费。可以预见，随着运动设施的不断改善，愈来愈多的人将会去体育馆健身。

2018年12月·第3套英语六级写作·题目、范文与解析

PROMPT & MODEL ESSAY • 写作题和范文

写作题和范文

本页写作题面、参考范文与逐段解析由懒笔记基于2018年12月·第3套 英语六级写作原卷整理。与试卷排版同一卷面：完整写作要求（Directions，含主题、文体、词数与署名约束）连续排印。写作是生产性任务、无 ABCD 标准答案——题面即整道题；卷面下方直接给出满足全部硬约束的参考范文、整篇中译与逐段拆解。

真题卷第3套(2018-12) • 六级

Part I

Directions: For this part, you are allowed 30 minutes to write an essay on *how to balance academic study and extracurricular activities*. You should write at least 150 words but no more than 200 words.

【参考范文·164 词】 写作无唯一标准答案，以下为达标示范

University life offers not only lectures and exams but also clubs, sports and volunteer work. Yet many students feel torn between the two, letting one crowd out the other. In my view, academic study and extracurricular activities are not rivals; with a few practical habits, they can reinforce each other.

The first step is to make a weekly plan and prioritize tasks by importance. By listing deadlines and fixed activities in one schedule, I can set aside blocks for study while reserving time for the clubs I love, so neither is neglected. Equally important is to raise my study efficiency. When I concentrate fully during class and finish assignments promptly, I save hours that would otherwise be wasted, leaving room for the basketball team without hurting my grades.

In short, balancing the two is far from impossible. Once we plan ahead, sort out what matters most and study more efficiently, academic work and campus activities can grow together rather than at each other's expense.

【参考译文】

大学生活不仅有课程和考试，还有社团、运动和志愿工作。然而许多学生被这两者拉扯，让一方挤占了另一方。在我看来，学业与课外活动并非对手；只要有几条实用的习惯，二者就能相互促进。

第一步是制定一份周计划，并按重要程度分清任务的主次。把截止日期和固定活动列进同一张日程表后，我就能为学习留出整块时间，同时为自己喜爱的社团保留时段，这样哪一边都不会被忽视。同样重要的是提高学习效率。当我上课全神贯注、尽快完成作业时，就省下了本会被浪费掉的几个小时，从而为篮球队腾出空间，又不损害成绩。

总之，平衡二者远非不可能。只要我们提前规划、分清什么最重要并更高效地学习，学业与校园活动就能一同成长，而不是彼此消耗。

【第1段】先立必要性再亮观点。开头两句用 not only...but also 和 feel torn between the two 摆出现象、点出必要性；末句 are not rivals; ...they can reinforce each other 一句亮观点，落实了首段『先立必要性再亮观点』的功能。

【第2段】两做法各配说明。The first step is to... 给第一条做法并用 By listing... 说明其效果；Equally important is to... 平接第二条，When I concentrate... 用具体场景说明——正是『一做法一说明』的并列单元。

【第3段】同义改写回扣。In short, ...is far from impossible 换词重申观点；Once we plan ahead, sort out what matters most and study more efficiently 用条件句压缩上文三条做法、导向 grow together，完成回扣。

ANALYSIS • 审题与立意

这道题到底要写什么、立意是什么

动笔前先钉死本题的核心写作任务与读者语域，再定中心立意与要展开的要点——这些是本题特有的内容判断，不是通用套路。

核心任务

教读者怎样兼顾学业与活动

核心动词是 write，宾语是 essay，话题被限定为 how to balance academic study and extracurricular activities。重心落在 how to balance 上——要写「怎么做才能两头兼顾」的可操作办法，而不是论证学业和活动哪个更重要。一句话钉死：给出让学业与课外活动并行不悖的具体策略。

读者 • 语域

面向阅卷人的正式议论文

要求是 write an essay，无具体收信人、无身份设定，所以不写称呼、不落款、不加书信客套；把它当面向阅卷老师的正式书面议论文即可：用完整句、正式词，避免缩写口语和网络用语，也不必强行加戏设一个「读者」。

中心立意

平衡可通过实用习惯实现

中心论点：学业与课外活动并非对立，只要用上几条实用习惯，二者能相互促进、并行不悖。它直接回应 how to balance academic study and extracurricular activities 里的 how，把文章锁在「给办法」而非「比高下」。

要展开的要点

1. 做周计划并分清主次

把截止日期和固定活动列进同一张周计划表，按重要程度排序，为学习和社团各留出时段——这样两边都不会被漏掉，是最可落地的第一条做法。

2. 提高单位时间学习效率

上课专注、作业尽快完成，把原本磨蹭浪费的时间省下来腾给活动；用『效率』这条做法说明兼顾靠的不是硬挤时间，而是把时间用得更值。

STRUCTURE • 谋篇与逐段

怎么分段、每段写什么、能套哪些句架

按写作家族给出现成的段落框架（每段承担什么功能），并为每段配可直接套用的 功能句架（留出填本题内容的空位）。段序与上方参考范文一一对应。

第 1 段 引入并亮总观点

描述学业与活动两头拉扯的现象，点明平衡的必要性，末句亮出中心论点：二者可相互促进。

第 2 段 并列展开具体做法

并列给出两条可操作做法（做计划分主次、提高学习效率），每条配一句说明或小例子。

第 3 段 重申总结回扣

换一种说法收束：概括上文做法，重申平衡并非难事、二者可共同成长。

第 1 段 现象拉扯 + 二者不对立

先写大学生生活既有课程考试又有社团、运动、志愿工作，许多人被两头拉扯、顾此失彼；末句亮观点：学业与活动并非对手，靠几条实用习惯就能相互促进——呼应 how to balance academic study and extracurricular activities。

承认现象引入话题 · ____ offers not only ____ but also ____, yet many students feel torn between the two. (两处名词填对立双方，如课程/活动)

亮明总观点(否定对立) · In my view, ____ and ____ are not rivals; with a few practical habits, they can reinforce each other. (填本题要平衡的两方)

第 2 段 计划分主次 + 提效率

第一条：把截止日期与固定活动列进同一张周计划、按重要度排序，为学习和社团各留时段，两边都不漏；第二条：上课专注、作业尽快做完，省下磨蹭的时间腾给篮球队，成绩不受影响。两条都落在具体动作上。

引出第一条做法 · The first step is to ____ and _____. (填可操作的动词短语，如做计划、排优先级)

并列递进第二条做法 · Equally important is to _____. (用 Equally important 平接第二条做法，避免只会用 second)

用假设场景给例子 · When I ____, I ____, leaving room for ____ without _____. (用一个具体场景说明该做法的效果)

第3段 概括做法重申可行

总括：只要提前规划、分清主次、提高效率，学业与校园活动就能共同成长、而非彼此消耗；用『far from impossible』正面收尾，回扣『二者可平衡』的中心。

让步收束否定难度 · In short, ____ is far from impossible. (用 far from + 形容词收束，比 I think it is not hard 更正式)

条件句总括做法 · Once we ____, ____ and ____, ____ can ____ rather than _____. (Once 引导条件，把上文几条做法压缩重述并导向结果)

REVIEW · 自检避坑

本题在四个评分维度怎样算达标、容易在哪丢分

按阅卷四维（内容切题 / 结构连贯 / 语言准确 / 字数格式）给出本题达标要点，并把最容易踩的低分写法摆出来 + 给改法 —— 这是写作版的「狠拆诱人错项」。

内容切题

紧扣 how 给具体做法

本题得分关键是紧扣 how to balance academic study and extracurricular activities 给出可操作做法（做计划、分主次、提效率），最易失分是写成学业与活动『孰轻孰重』的二选一辩论。

结构连贯

三段清晰路标齐全

本范文用 In my view / The first step / Equally important / In short 把三段和两条做法串成清晰逻辑线；最易失分是一段到底不分段，或做法之间没有过渡词、像流水账。

语言准确

善用做法类动词短语

本题适合多用表建议/做法的动词短语（make a plan、prioritize、set aside time for、raise efficiency），比通篇 we should... 更有力；易失分是通篇 should 加空泛抒情。

字数格式

守住 150 至 200 区间

本题硬性要求 at least 150 words but no more than 200 words，低于下限或堆砌超上限都失分；主体每条做法配一句说明即可，别为凑数重复。

典型低分写法 · 反面示例与改法

写成熟轻孰重辩论

反面示例：『Academic study is more important than activities, so students should give up clubs.』这是在比高下、还叫人放弃活动，与平衡背道而驰。改为：『To keep both, I set aside fixed hours for study and reserve weekends for my club.』落到兼顾的具体做法上。

只喊口号不给措施

反面示例：『We should arrange our time reasonably and everything will be fine.』只有口号没有措施。改为：『I list all deadlines in a weekly schedule and rank them by importance, so I always know what to do first.』给出可操作的步骤。

通篇只谈一方失衡

反面示例：整篇只写如何提高学习成绩、只字不提活动怎么安排，丢了『平衡』核心。改为：在提效率之后补一句『the time saved then goes to my basketball team』，让省下的时间明确流向活动，兼顾才成立。

英语六级 2018年12月·第3套 · 全卷构成

Part I	写作	本题
Part II	听力	与2018年12月第1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）	题目解析 →
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 →

2018年12月·第3套 英语六级完形填空（选词填空）·26-35 题答案与解析

BLANKS & ANALYSIS • 选词填空题和解析

选词填空题和解析 · 26-35 题

本页 26-35 题的正确答案词与逐空解析由懒笔记按2018年12月·第3套 英语六级完形填空（选词填空）原卷词库逐空核对整理。与试卷排版同一卷面：Directions、4 段带空短文（每段之后紧随中文翻译）与 15 词共享词库连续排印；卷面下方逐空紧跟解析——该空词性、原文定位句、正确词与锁定依据，以及同词性被淘汰竞争词的逐个归因。

真题卷第3套(2018-12) • 六级

Part III Section A

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on **Answer Sheet 2** with a single line through the centre. You may not use any of the words in the bank more than once.

In what's probably the craziest headline I've ever written, I've reported that 26 in livestock protection are happening with scientists painting eyes on the butts of cows. The experiment is based upon the idea that farmers who're protecting their herd from lions would shoot and kill lions in an effort to protect their livestock. While this makes a lot of sense, it results in many lion deaths that 27 would have been unnecessary. Researchers in Australia have been 28 and testing a method of trickery to make lions think they are being watched by the painted eyes on cow butts.

在我写过的最疯狂的标题中,我报道了畜牧保护方面的进展正在发生——科学家们在牛的臀部上画眼睛。这个实验基于这样一个想法:保护自己牛群免受狮子侵害的农民会射杀狮子以保护他们的牲畜。虽然这很有道理,但它导致了許多本可以避免的狮子死亡。澳大利亚的研究人员一直在设计和测试一种欺骗方法,让狮子认为它们正被画在牛臀部上的眼睛注视着。

This idea is based on the principle that lions and other 29 are far less likely to attack when they feel they are being watched. As conservation areas become smaller, lions are increasingly coming into contact with human populations, which are expanding to the 30 of these protected areas.

这个想法基于这样一个原理:当狮子和其他捕食者感觉自己被注视时,它们发动攻击的可能性要小得多。随着保护区变得越来越小,狮子越来越多地与人类种群接触,而人类种群正在向这些保护区的边界扩张。

Efforts like painting eyes on cow butts may seem crazy at first, but they could make actual headway in the fight for conservation. "If the method works, it could provide farmers in Botswana—and

___31___ —with a low-cost, sustainable tool to protect their livestock, and a way to keep lions safe from being killed."

像在牛臀部上画眼睛这样的努力起初可能看起来很疯狂,但它们可以在保护斗争中取得实际进展。"如果这种方法有效,它可以为Botswana以及其他地方的农民提供一种低成本、可持续的工具来保护他们的牲畜,以及一种保护狮子免遭杀害的方法。"

Lions are ___32___ ambush(埋伏) hunters, so when they feel their prey has ___33___ them, they usually give up on the hunt. Researchers are ___34___ testing their idea on a select herd of cattle. They have painted half of the cows with eyes and left the other half as normal. Through satellite tracking of both the herd and the lions in the area, they will be able to ___35___ if their psychological trickery will work to help keep farmers from shooting lions.

狮子主要是伏击型猎手,所以当它们感觉猎物发现了它们时,通常会放弃狩猎。研究人员目前正在特定的牛群上测试他们的想法。他们在一半的牛身上画了眼睛,另一半保持正常。通过卫星追踪该地区的牛群和狮子,他们将能够确定他们的心理欺骗是否有效,以帮助阻止农民射杀狮子。

- | | |
|-----------------|----------------|
| A) advances | I) otherwise |
| B) boundaries | J) predators |
| C) challenging | K) primarily |
| D) currently | L) retorted |
| E) determine | M) spotted |
| F) devising | N) testimonies |
| G) elsewhere | O) wrestle |
| H) nevertheless | |

26. I've reported that __ (26) __ in livestock protection are happening with scientists painting eyes on the butts of cows.

【答案】 **A) advances** (名词)

【词性槽】 主语位 + 复数动词, 需复数名词

【依据】 牲畜保护领域的‘进展’

advances in 是固定搭配, 意为‘在.....领域的进展/突破’; advances in livestock protection are happening with scientists painting eyes on the butts of cows 正是把这一‘看似疯狂、其实有创意’的尝试称作一种新进展, 与首句 ‘the craziest headline’ 的吸睛口吻一致。

【竞争词】 N) testimonies ‘证词’与牲畜保护话题脱节

testimonies 是法律/宗教语境的‘证词’, 无法搭配 in livestock protection 表达‘领域进展’的含义, 整段也无证词语境。

27. it results in many lion deaths that __(27)__ would have been unnecessary.

【答案】I) otherwise (副词)

【词性槽】副词修饰虚拟语气情态短语

【依据】本来就没必要发生的狮子死亡

otherwise 在此意为‘要不然、否则’，配合虚拟语气 would have been unnecessary，意思是‘若不是为了护畜，这些狮子的死亡本可避免’，与 overview ‘减少误杀狮子’的主旨一致。

【竞争词】H) nevertheless ‘然而本可不必’逻辑不通

nevertheless 表对前文的转折，但前文 While this makes a lot of sense 已经用 While 完成让步，再来一次 nevertheless 既冗余又无法配虚拟语气表达‘本可避免’。

【易错】最具迷惑性的错误词是 H) —— ‘然而’误顶虚拟前副词。While this makes a lot of sense, it results in many lion deaths that __(27)__ would have been unnecessary 中前半句已有 While 让步，nevertheless 极具迷惑性。防坑：看到 would/could/might have done 立刻锁虚拟语气，优先想 otherwise。

28. Researchers in Australia have been __(28)__ and testing a method of trickery

【答案】F) devising (动词)

【词性槽】have been + Ving 并列结构

【依据】‘设计并测试’一个方法

devise 意为‘设计、想出’，与 testing 构成自然搭配——研究者先‘设计’再‘测试’一种方法，正符合 devising and testing a method of trickery to make lions think they are being watched 的科研流程。

【竞争词】C) challenging ‘挑战并测试一个方法’语义反向

challenging 表‘挑战、质疑’，与 testing 并列意味着‘质疑并测试’，逻辑与本段‘研究者积极开发新办法’相反。

29. lions and other __(29)__ are far less likely to attack

【答案】 **J) predators** (名词)

【词性槽】 and 后并列名词

【依据】 狮子 + 其他捕食者

lions 属于捕食者，‘lions and other predators’ 是‘狮子和其他食肉动物’的常见表达。后半句 are far less likely to attack when they feel they are being watched 也说明主语是会主动捕食的动物，与 predators 完全契合。

【竞争词】 A) advances ‘进步’与狮子不同类

advances 是抽象名词，无法与 lions 构成同范畴并列，‘狮子和其他进步’讲不通。

N) testimonies ‘证词’与狮子不同类

testimonies 是抽象法律名词，与狮子无法构成同类并列。

30. human populations, which are expanding to the __(30)__ of these protected areas

【答案】 **B) boundaries** (名词)

【词性槽】 to the __ of 介词后接名词

【依据】 人类聚居区扩张到保护区的边界

As conservation areas become smaller, lions are increasingly coming into contact with human populations, which are expanding to the __(30)__ of these protected areas. 上文说保护区在缩小、狮子与人类接触增多，最自然的解释是人类活动扩张到了保护区的‘边界’ (boundaries)，与狮子接壤才接触增多。

【竞争词】 A) advances ‘进步’与地理边界不搭

advances 指‘进步、进展’或军事上的‘推进’，与 ‘expanding to the ... of protected areas’ 的地理语境不匹配，扩张到保护区的‘进步’讲不通。

J) predators ‘捕食者’不是被扩张到达的对象

predators 指动物个体，‘扩张到保护区的捕食者’语义违和；人类扩张应到达的是地点/边界，而不是一群动物。

N) testimonies ‘证词’与本文话题完全无关

testimonies 多用于法庭、宗教场景，全文谈生态保护与捕猎，没有任何作证语境可以接住这个词。

31. it could provide farmers in Botswana—and __(31)___—with a low-cost, sustainable tool

【答案】 **G) elsewhere** 副词

【词性槽】 破折号并列地点性成分

【依据】 博茨瓦纳和其他地方

elsewhere 表‘在别处’，正好与 farmers in Botswana—and __(31)___ 中的 ‘in Botswana’ 并列，意为‘为博茨瓦纳以及其他地方的农民提供工具’，与下一句 ‘a low-cost, sustainable tool’ 的推广含义一致。

【竞争词】 D) currently 时间副词不能与地点并列

currently 表时间，与 in Botswana 不属于同一逻辑维度，无法构成并列。

H) nevertheless 转折副词不能并列地点

nevertheless 是逻辑转折词，破折号里没有需要转折的内容。

I) otherwise ‘否则’与地点并列不通

otherwise 表‘否则、要不然’或‘以其他方式’，无法表示地点，也无法与 in Botswana 平行。

32. Lions are __(32)___ ambush(埋伏) hunters

【答案】 **K) primarily** 副词

【词性槽】 be + __ + 名词短语，副词修饰

【依据】 ‘主要是埋伏型猎手’最贴

Lions are __(32)___ ambush hunters, so when they feel their prey has __(33)___ them, they usually give up on the hunt. 后半句说‘一旦猎物发现自己就放弃’，是对‘以埋伏为主要捕猎方式’的解释；primarily（主要地）与该因果链完全吻合。

【竞争词】 D) currently ‘目前是埋伏猎手’不合常识

currently 强调时间‘当下’，会暗示狮子以前不是埋伏猎手，这与生物学常识及上下文都不符。

G) elsewhere ‘在别处是埋伏猎手’语义违和

elsewhere 表地点对比，文中并未在比较两个地点，代入读起来奇怪。

H) nevertheless ‘然而埋伏猎手’缺转折对象

nevertheless 是转折副词，本句前没有可让它转折的对立语义，硬塞进来逻辑断裂。

33. when they feel their prey has __(33)__ them

【答案】 **M) spotted** (动词)

【词性槽】 has + __ + them, 过去分词

【依据】 猎物‘发现’了狮子

spot 在此意为‘看见、发现’。Lions are primarily ambush hunters, so when they feel their prey has spotted them, they usually give up on the hunt. 与第二段 lions and other predators are far less likely to attack when they feel they are being watched 形成完美互证：狮子靠埋伏，被发现就放弃。

【竞争词】 L) retorted ‘猎物反驳狮子’不合常识

retort 指‘反驳、回嘴’，用于言语争辩场景，狮子和猎物之间不存在言语互动，代入后离题万里。

【易错】 最具迷惑性的错误词是 L) —— ‘反驳’误填发现位。has __(33)__ them 形态层面 retorted 完美适配，对词义不熟的考生容易硬选。防坑：跨段同义复现 ‘being watched’ → ‘spotted’，并结合常识（狮子与猎物之间没有言语互动）一并排除。

34. Researchers are __(34)__ testing their idea on a select herd of cattle.

【答案】 **D) currently** (副词)

【词性槽】 be + __ + 现在分词，副词修饰进行时

【依据】 研究者目前正在测试

currently 表‘目前、当下’，与进行时 are testing 完美匹配，强调实验正在进行；They have painted half of the cows with eyes and left the other half as normal. 表明实验已经设置好、正在跑数据，对应‘当下进行中’。

【竞争词】 H) nevertheless 无转折对象

上一段并没有与本句对立的内容需要转折，nevertheless 缺乏逻辑落脚点。

I) otherwise ‘否则正在测试’语义不通

otherwise 表‘否则/以其他方式’，代入后产生‘要不然就正在测试’这种与上下文脱节的奇怪含义。

35. they will be able to __(35)__ if their psychological trickery will work

【答案】 **E) determine** (动词)

【词性槽】 be able to + 动词原形

【依据】 通过追踪数据‘判定’实验是否有效

determine 可带 if/whether 宾语从句，意为‘查明、判定’。Through satellite tracking of both the herd and the lions in the area, they will be able to determine if their psychological trickery will work to help keep farmers from shooting lions. 与 overview 中‘做实验、看效果’完全吻合。

【竞争词】 o) wrestle ‘摔跤/扭打’与科学判定不搭

wrestle 主要表‘摔跤、扭打’或‘与难题较劲’，不能直接带 if 从句表‘判定真假’，与本句‘通过卫星追踪查明效果’的语境完全错位。

WORD BANK · 词库分类表

15 个候选词 · 词性与词义

选词填空文后的共享词库共 **15** 个词 (A-O)，为 10 个空各选一个、每词最多用一次。下面给出每个词的词性与中文词义；标注「用于第 N 空」的 10 个为答案，其余 5 个为干扰词。

A) **advances** (名词) (动词)

进步、进展 (名)；前进、推进 (动)

用于第 26 空

B) **boundaries** (名词)

边界、界线

用于第 30 空

C) **challenging** (形容词) (动词)

有挑战性的 (形)；challenge 的现在分词

干扰词 · 未选用

D) **currently** (副词)

目前、当下

用于第 34 空

E) **determine** (动词)

查明、判定、决定

用于第 35 空

F) **devising** (动词)

devise 的现在分词，设计、想出 (方法)

用于第 28 空

G) **elsewhere** (副词)

在别处、在其他地方

用于第 31 空

H) **nevertheless** (副词)

然而、尽管如此

干扰词 · 未选用

I) **otherwise** 副词

否则、要不然；以其他方式

用于第 27 空

J) **predators** 名词

捕食者、食肉动物

用于第 29 空

K) **primarily** 副词

主要地、首要地

用于第 32 空

L) **retorted** 动词

回嘴、反驳 (retort 的过去式/过去分词)

干扰词 · 未选用

M) **spotted** 动词 形容词

看见、发现 (spot 的过去式/过去分词)；有斑点的 (形)

用于第 33 空

N) **testimonies** 名词

证词、证言

干扰词 · 未选用

O) **wrestle** 动词

摔跤、扭打；与.....较劲

干扰词 · 未选用

全文主旨

在牛屁股上画眼睛防狮子的低成本保护实验

全文围绕一项野生动物保护创新展开：澳大利亚研究者在牛屁股上画眼睛，让狮子误以为被盯着、从而放弃捕猎，借此减少农民因保护牲畜而射杀狮子的情况。scientists painting eyes on the butts of cows 一句已经为全文定调，后文段段围绕这一保护思路展开。

DISTRACTORS · 干扰词复盘

这 5 个词始终没被任何空选用

词库 15 词里有 5 个是命题人埋的干扰词——它们词性看着也对、词义也沾点边，却不该填进任何一个空。下面逐个剖析它们最像哪个空的答案、为什么是陷阱。

C) **challenging** 最像 28 的并列分词

challenging 与 28 题需要的 -ing 形态完全一致，词性也对，have been __(28)__ and testing a method 中如果只看形态会被它骗。识破点：challenging（质疑）与 testing 在语义方向上相反，研究者不是在‘质疑并测试’自己的方法。

H) **nevertheless** 最像 27 的虚拟前副词

nevertheless 是常见的高频副词，副词位置都能往里塞，While this makes a lot of sense, it results in many lion deaths that __(27)__ would have been unnecessary 中先有 While 让步，容易让人想到再补一个转折副词。识破点：would have been 是虚拟语气，需要的是‘要不然/否则’的假设副词，而非转折。

L) **retorted** 最像 33 的过去分词陷阱

retorted 与 spotted 同为 -ed 形态，在 has __(33)__ them 处词性完全可用。识破点：retort 用于言语反驳，狮子与猎物之间不存在言语场景，跨段对照 being watched 即可锁定 spotted。

N) **testimonies** 最像 26 的复数名词

testimonies 是复数名词，词性贴合 __(26)__ in livestock protection are happening 主语位，看似可填。识破点：全文是科普 + 创新报道，不是法庭语境；‘领域进展’的固定搭配是 advances in, testimonies in 几乎不成立。

O) **wrestle** 最像 35 的动词原形

wrestle 是动词原形，可接 be able to 后面，词性也对。识破点：be able to + 空 + if 从句要求该动词能带宾语从句，wrestle 不具备这种用法，determine 才是宾语从句的常见承载者。

SENTENCE INSIGHTS • 句子精讲

5 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。

In what's probably the craziest headline I've ever written, I've reported that advances in livestock protection are happening with scientists painting eyes on the butts of cows.

第1段，第1句

本句覆盖丰富成分：介词短语状语、嵌套的 what 从句和定语从句（含关系代词省略）、主句的主谓宾结构、that 宾语从句、从句内的 with 复合结构状语；涉及多个易错点如定语从句的省略识别、宾语从句的边界划分、非谓语与谓语的区分，作为成分划分练习句收益高。

The experiment is based upon the idea that farmers who're protecting their herd from lions would shoot and kill lions in an effort to protect their livestock.

第1段，第2句

本句结构典型、训练点集中，难度中上但不过分偏怪，适合作为句子结构和时态综合练习材料。尤其适合训练“先抓主干，再逐层展开后置从句”的阅读习惯。

This idea is based on the principle that lions and other predators are far less likely to attack when they feel they are being watched.

第2段，第1句

这句主干不算特别隐蔽，但层级清楚、连接标志典型、时态又有一个值得练的被动进行，训练收益很高。对于结构和时态的综合练习，属于值得优先精拆的一类句子。

Efforts like painting eyes on cow butts may seem crazy at first, but they could make actual headway in the fight for conservation.

第3段，第1句

“前面承认表面印象，后面用转折给出真实判断”的并列句式非常常见，像 "..., but ..." 是高频结构。情态动词配合转折表达谨慎判断，也很有迁移价值。

Through satellite tracking of both the herd and the lions in the area, they will be able to determine if their psychological trickery will work to help keep farmers from shooting lions.

第4段，第4句

“前置介词短语 + 主句 + if 引导的宾语从句 + 不定式目的补充”是阅读中很常见的结构。掌握这种读法后，迁移到说明研究方法、判断结果、表达目的的句子都很有帮助。

本篇出现的 36 个英语六级真题高频词

下列单词既在本篇英文短文中出现，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。

livestock

B2

n. 牲畜

本篇3次 · 真题 29 句

herd

B1

n. 兽群

本篇3次 · 真题 13 句

would

A1

aux. (will 的过去式) 将要，会

本篇2次 · 真题 568 句

researcher

B2

n. 研究人员

本篇2次 · 真题 363 句

base

A2

n. 基础

本篇2次 · 真题 126 句

conservation

B2

n. 保护

本篇2次 · 真题 24 句

shoot

A2

v. 射击

本篇2次 · 真题 8 句

less

A1

det. 较少的

本篇1次 · 真题 273 句

likely

A2

adj. 很可能的

本篇1次 · 真题 228 句

increasingly

B2

adv. 越来越;日益;不断增加地

本篇1次 · 真题 78 句

determine

B2

v. 决定

本篇1次 · 真题 62 句

principle

B2

n. 原则，准则

本篇1次 · 真题 54 句

advance

B1

v. 前进

本篇1次 · 真题 48 句

satellite

B2

n. 人造卫星

本篇1次 · 真题 45 句

currently B1

adv. 目前, 当前

本篇1次 · 真题 42 句

protection B1

n. 保护

本篇1次 · 真题 42 句

expand B2

v. 扩大;扩展;增长

本篇1次 · 真题 40 句

psychological B2

adj. 心理的

本篇1次 · 真题 39 句

contact B1

n. 联系

本篇1次 · 真题 34 句

otherwise B2

adv. 否则, 不然

本篇1次 · 真题 33 句

sustainable B2

adj. 可持续的

本篇1次 · 真题 32 句

spot A2

n. 地点

本篇1次 · 真题 30 句

attack A2

v. 攻击

本篇1次 · 真题 28 句

unnecessary B1

adj. 不必要的;多余的

本篇1次 · 真题 28 句

select B1

v. 选择, 挑选

本篇1次 · 真题 23 句

primarily B2

adv. 主要地

本篇1次 · 真题 21 句

actual B1

adj. 真实的

本篇1次 · 真题 20 句

hunter B1

n. 猎人

本篇1次 · 真题 18 句

hunt B1

v. 搜寻

本篇1次 · 真题 15 句

elsewhere B1

adv. 在别处

本篇1次 · 真题 14 句

predator B2

n. 捕食性动物，食肉动物

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

boundary B2

n. 边界

本篇1次 · 真题 12 句

cattle B1

n. 牛 (统称，尤指肉牛和奶牛)

本篇1次 · 真题 12 句

prey B2

n. 猎物

本篇1次 · 真题 11 句

devise B2

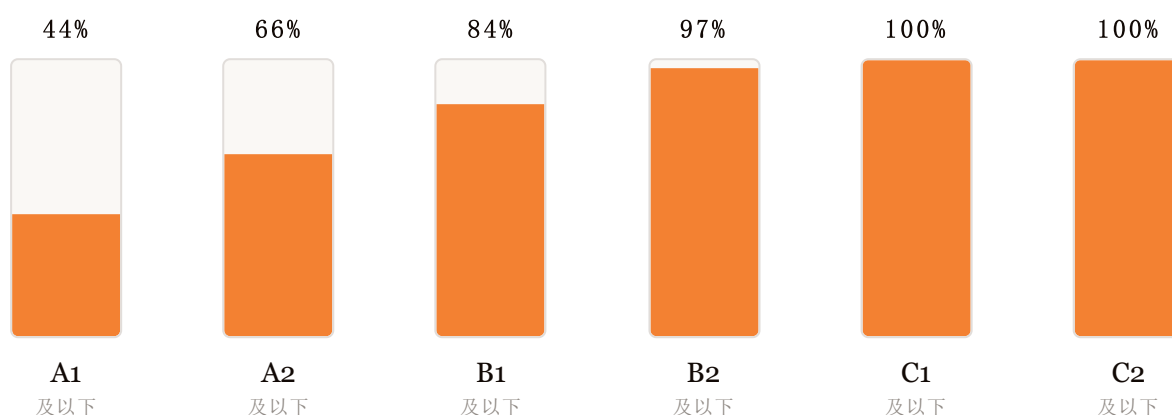
v. 设计

本篇1次 · 真题 10 句

VOCABULARY · 词汇难度分布

全文 108 词按 CEFR 难度累积覆盖

带空短文去重后共 **108** 个单词，按欧框 CEFR 等级统计。每根柱表示「该等级及以下」的累积占比 (CDF)，最右一柱为 100%。B2 以上 (C1/C2) 为高阶词，本篇共 3 个 · 约 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 108 个 · 末柱为 100%

去重总词数

108

B2 以上难词

3%

B1 及以下覆盖

84%

英语六级 2018年12月·第3套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	与2018年12月第1套共用 · 题目解析 →
Part III Section A	完形填空（选词填空）	本题
Part III Section B	长篇阅读（信息匹配）	题目解析 →
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 →

2018年12月·第3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2018年12月·第3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3套(2018-12)·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**.

Resilience Is About How You Recharge, Not How You Endure

A) As constant travelers and parents of a 2-year-old, we sometimes fantasize about how much work we can do when one of us gets on a plane, undistracted by phones, friends, or movies. We race to get all our ground work done: packing, going through security, doing a last-minute work call, calling each other, then boarding the plane. Then, when we try to have that amazing work session in flight, we get nothing done. Even worse, after refreshing our email or reading the same studies over and over, we are too exhausted when we land to soldier on with(继续处理) the emails that have inevitably still piled up.

作为经常旅行且有一个2岁孩子的父母，我们有时会幻想当我们其中一人登上飞机时能完成多少工作，不被手机、朋友或电影分心。我们争分夺秒地完成所有地面准备工作：打包、通过安检、进行最后一分钟的工作电话、互相通话，然后登机。然而，当我们试图在飞行中进行那场精彩的工作时，我们却什么也做不成。更糟糕的是，在反复刷新邮件或一遍又一遍地阅读相同的研究报告后，我们在落地时已精疲力竭，无力继续处理那些不可避免地堆积起来的邮件。

B) Why should flying deplete us? We're just sitting there doing nothing. Why can't we be tougher, more resilient(有复原力的) and determined in our work so we can accomplish all of the goals we set for ourselves? Based on our current research, we have come to realize that the problem is not our hectic schedule or the plane travel itself; the problem comes from a misconception of what it means to be resilient, and the resulting impact of overworking.

为什么飞行会让我们精疲力竭？我们只是坐在那里什么也没做。为什么我们不能在工作中更坚韧、更有复原力、更有决心，从而完成我们为自己设定的所有目标？基于我们目前的研究，我们开始意识到

问题不在于我们繁忙的日程或飞机旅行本身；问题来自对复原力含义的误解，以及过度工作所带来的影响。

- C) We often take a militaristic, "tough" approach to resilience and determination like a Marine pulling himself through the mud, a boxer going one more round, or a football player picking himself up off the ground for one more play. We believe that the longer we tough it out, the tougher we are, and therefore the more successful we will be. However, this entire conception is scientifically inaccurate.

我们经常对复原力和决心采取一种军事化的“强硬”方法，就像海军陆战队员在泥地中爬行、拳击手再打一回合，或足球运动员从地上爬起来再比赛一次。我们相信坚持得越久，我们就越坚韧，因此我们就会越成功。然而，这个概念在科学上是不准确的。

- D) The very lack of a recovery period is dramatically holding back our collective ability to be resilient and successful. Research has found that there is a direct correlation between lack of recovery and increased incidence of health and safety problems. And lack of recovery—whether by disrupting sleep with thoughts of work or having continuous cognitive arousal by watching our phones—is costing our companies \$62 billion a year in lost productivity.

恰恰是缺乏恢复期这一点极大地阻碍了我们的集体复原力和成功能力。研究发现，缺乏恢复与健康和安全问题发生率增加之间存在直接关联。而缺乏恢复——无论是因工作思绪而扰乱睡眠，还是因看手机而持续认知觉醒——每年给我们的公司造成620亿美元的生产力损失。

- E) And just because work stops, it doesn't mean we are recovering. We "stop" work sometimes at 5 pm, but then we spend the night wrestling with solutions to work problems, talking about our work over dinner, and falling asleep thinking about how much work we'll do tomorrow. In a study just released, researchers from Norway found that 7.8% of Norwegians have become workaholics(工作狂). The scientists cite a definition of "workaholism" as "being overly concerned about work, driven by an uncontrollable work motivation, and investing so much time and effort in work that it impairs other important life areas."

仅仅因为停止工作，并不意味着我们正在恢复。我们有时在下午5点“停止”工作，但随后整晚都在努力寻找工作问题的解决方案，在晚餐时谈论我们的工作，入睡时想着明天要做多少工作。在一项刚刚发布的研究中，来自挪威的研究人员发现7.8%的挪威人已成为工作狂。科学家们引用的“工作狂”定义是“过度关注工作，被不可控制的工作动机驱使，在工作上投入如此多的时间和精力，以至于损害了其他重要的生活领域。”

- F) We believe that the number of people who fit that definition includes the majority of American workers, which prompted us to begin a study of workaholism in the U.S. Our study will use a large corporate dataset from a major medical company to examine how technology extends our working hours and thus interferes with necessary cognitive recovery, resulting in huge health care costs and turnover costs for employers.

我们相信符合该定义的人数包括大多数美国工人，这促使我们开始在美国进行一项关于工作狂的研究。我们的研究将使用一家大型医疗公司的大型企业数据集，来研究技术如何延长我们的工作时间，从而干扰必要的认知恢复，导致雇主承担巨额医疗成本和人员流动成本。

- G) The misconception of resilience is often bred from an early age. Parents trying to teach their children resilience might celebrate a high school student staying up until 3 am to finish a science fair project. What a distortion of resilience! A resilient child is a well-rested one. When an exhausted student goes to school, he risks hurting everyone on the road with his impaired driving; he doesn't have the

cognitive resources to do well on his English test; he has lower self-control with his friends; and at home, he is moody with his parents. Overwork and exhaustion are the opposite of resilience and the bad habits we acquire when we're young only magnify when we hit the workforce.

对复原力的误解往往从小就开始培养。试图教导孩子复原力的父母可能会称赞一名高中生熬夜到凌晨3点完成科学展览项目。这是对复原力多么大的扭曲！一个有复原力的孩子是一个休息充分的孩子。当一个精疲力竭的学生去上学时，他可能因驾驶能力受损而伤害路上的每个人；他没有认知资源在英语考试中表现良好；他与朋友相处时自制力较低；在家里，他对父母情绪不佳。过度工作和疲惫是复原力的对立面，而我们年轻时养成的坏习惯只会在我们进入职场后被放大。

- H) As Jim Loehr and Tony Schwartz have written, if you have too much time in the performance zone, you need more time in the recovery zone, otherwise you risk burnout. Gathering your resources to "try hard" requires burning energy in order to overcome your currently low arousal level. It also worsens exhaustion. Thus the more imbalanced we become due to overworking, the more value there is in activities that allow us to return to a state of balance. The value of a recovery period rises in proportion to the amount of work required of us.

正如Jim Loehr和Tony Schwartz所写，如果你在表现区域待的时间太长，你需要在恢复区域待更多时间，否则你就有倦怠的风险。聚集你的资源来“努力尝试”需要燃烧能量以克服你目前的低觉醒水平。这也会加剧疲惫。因此，由于过度工作，我们变得越不平衡，那些能让我们恢复平衡状态的活动就越有价值。恢复期的价值与我们所需完成的工作量成正比。

- I) So how do we recover and build resilience? Most people assume that if you stop doing a task like answering emails or writing a paper, your brain will naturally recover, so that when you start again later in the day or the next morning, you'll have your energy back. But surely everyone reading this has had times when you lie in bed for hours, unable to fall asleep because your brain is thinking about work. If you lie in bed for eight hours, you may have rested, but you can still feel exhausted the next day. That's because rest and recovery are not the same thing.

那么我们如何恢复并建立复原力？大多数人认为，如果你停止做某项任务，比如回复邮件或写论文，你的大脑就会自然恢复，这样当你当天晚些时候或第二天早上重新开始时，你就会恢复精力。但阅读本文的每个人肯定都有过这样的经历：你在床上躺了几个小时，无法入睡，因为你的大脑在思考工作。如果你在床上躺了8个小时，你可能休息了，但第二天你仍然会感到精疲力竭。这是因为休息和恢复不是一回事。

- J) If you're trying to build resilience at work, you need adequate internal and external recovery periods. As researchers Zijlstra, Cropley and Rydstedt write in their 2014 paper: "Internal recovery refers to the shorter periods of relaxation that take place within the frames of the work day or the work setting in the form of short scheduled or unscheduled breaks, by shifting attention or changing to other work tasks when the mental or physical resources required for the initial task are temporarily depleted or exhausted. External recovery refers to actions that take place outside of work—e.g. in the free time between the work days, and during weekends, holidays or vacations." If after work you lie around on your bed and get irritated by political commentary on your phone or get stressed thinking about decisions about how to renovate your home, your brain has not received a break from high mental arousal states. Our brains need a rest as much as our bodies do.

如果你想在工作中建立复原力，你需要充足的内部和外部恢复期。正如研究人员Zijlstra、Cropley和Rydstedt在他们2014年的论文中所写：“内部恢复是指在工作日或工作环境框架内进行的较短放松时期，形式为短暂的计划内或计划外休息，通过转移注意力或在初始任务所需的心理或身体资源暂时耗

尽或用尽时转换到其他工作任务。外部恢复是指在工作之外进行的活动——例如，在工作日之间的空闲时间、周末、假期或休假期间。"如果下班后你躺在床上，被手机上的政治评论激怒，或因思考如何翻新房屋的决定而感到压力，你的大脑就没有从高度精神觉醒状态中得到休息。我们的大脑和身体一样需要休息。

- K) If you really want to build resilience, you can start by strategically stopping. Give yourself the resources to be tough by creating internal and external recovery periods. Amy Blankson describes how to strategically stop during the day by using technology to control overworking. She suggests downloading the Instant or Moment apps to see how many times you turn on your phone each day. You can also use apps like Offtime or Unplugged to create tech free zones by strategically scheduling automatic airplane modes. The average person turns on their phone 150 times every day. If every distraction took only 1 minute, that would account for 2.5 hours a day.

如果你真的想建立复原力，你可以从战略性地停止开始。通过创造内部和外部恢复期，为自己提供坚韧的资源。Amy Blankson描述了如何在白天使用技术来控制过度工作，从而战略性地停止。她建议下载Instant或Moment应用程序，看看你每天打开手机多少次。你还可以使用Offtime或Unplugged等应用程序，通过战略性地安排自动飞行模式来创建无技术区域。普通人每天打开手机150次。如果每次分心只需1分钟，那么每天就会占用2.5小时。

- L) In addition, you can take a cognitive break every 90 minutes to charge your batteries. Try to not have lunch at your desk, but instead spend time outside or with your friends—not talking about work. Take all of your paid time off, which not only gives you recovery periods, but raises your productivity and likelihood of promotion.

此外，你可以每90分钟进行一次认知休息来充电。尽量不要在办公桌前吃午饭，而是在户外或与朋友共度时光——不要谈论工作。利用你所有的带薪休假，这不仅能给你恢复期，还能提高你的生产力和晋升可能性。

- M) As for us, we've started using our plane time as a work-free zone, and thus time to dip into the recovery phase. The results have been fantastic. We are usually tired already by the time we get on a plane, and the crowded space and unstable internet connection make work more challenging. Now, instead of swimming upstream, we relax, sleep, watch movies, or listen to music. And when we get off the plane, instead of being depleted, we feel recovered and ready to return to the performance zone.

至于我们，我们已开始将飞机时间作为无工作区域，因此也是进入恢复阶段的时间。结果非常棒。通常我们登上飞机时已经很累了，拥挤的空间和不稳定的网络连接使工作更具挑战性。现在，我们不再逆流而上，而是放松、睡觉、看电影或听音乐。当我们下飞机时，我们不再精疲力竭，而是感到恢复了活力，准备好重返表现区域。

陈述句与逐句解析

36. It has been found that inadequate recovery often leads to poor health and accidents.

研究发现,恢复不足往往会导致健康状况不佳和事故发生。

【答案】 D 段(强锚点)

【锚点】 inadequate recovery → poor health and accidents

【定位】 Research has found that there is a direct correlation between lack of recovery and increased incidence of health and safety problems.

研究发现，缺乏恢复与健康和安全问题发生率上升之间存在直接关联。

【改写】 inadequate recovery ↔ **lack of recovery**

inadequate ↔ lack of 的同义改写

often leads to poor health and accidents ↔

a direct correlation between lack of recovery and increased incidence of health and safety problems

因果 ↔ 相关 + accidents ↔ safety problems

【辨邻】 **G** G 段确实提到 he risks hurting everyone on the road with his impaired driving, 看似触及「事故」，但它只是熬夜学生的个案例证，落点是 Overwork and exhaustion are the opposite of resilience 的 resilience 概念，而非「恢复不足与健康安全问题相关」的研究结论。

When an exhausted student goes to school, he risks hurting everyone on the road with his impaired driving

37. Mental relaxation is much needed, just as physical relaxation is.

精神放松和身体放松一样,都是非常必要的。

【答案】 **J** 段 (强锚点)

【锚点】 Mental relaxation 与 physical relaxation 类比

【定位】 Our brains need a rest as much as our bodies do.

我们的大脑和身体一样，都需要休息。

【改写】 Mental relaxation is much needed ↔ **Our brains need a rest**

mental ↔ brains 的「抽象 ↔ 具体器官」替换

just as physical relaxation is ↔ **as much as our bodies do**

类比连词 just as ↔ as much as 的句式转换

【辨邻】 **I** I 段同样出现 brain 与 rest，但其核心论点是 rest and recovery are not the same thing，与陈述句「心理放松和身体放松一样必要」的类比主张不同。

If you lie in bed for eight hours, you may have rested, but you can still feel exhausted the next day. That's because rest and recovery are not the same thing.

38. Adequate rest not only helps one recover, but also increases one's work efficiency.

充分的休息不仅有助于恢复,还能提高工作效率。

【答案】 **L** 段 (强锚点)

【锚点】 rest 同时 recover + raise efficiency

【定位】 Take all of your paid time off, which not only gives you recovery periods, but raises your productivity and likelihood of promotion.

把你所有的带薪假都休完，这不仅能给你恢复期，还能提升你的效率和升职可能。

【改写】 Adequate rest ↔ Take all of your paid time off

抽象 ↔ 具体的概括关系

helps one recover ↔ gives you recovery periods

动词 recover ↔ 名词 recovery periods

increases one's work efficiency ↔ raises your productivity

increase ↔ raise、efficiency ↔ productivity

【辨邻】 D D 段说 \$62 billion a year in lost productivity，是从反面讲「恢复不足导致生产力损失」，未正向陈述「充足休息会带来恢复 + 效率提升」的双重效应。

lack of recovery

K K 段聚焦 strategically stopping，给出的是 Instant/Moment、Offtime/Unplugged 等具体工具，并没有陈述「足够休息提升 productivity」这一双重效应。

Give yourself the resources to be tough by creating internal and external recovery periods

39. The author always has a hectic time before taking a flight.

作者在乘飞机前总是忙得不可开交。

【答案】 A 段（强锚点）

【锚点】 before taking a flight 的 hectic time

【定位】 We race to get all our ground work done: packing, going through security, doing a last-minute work call, calling each other, then boarding the plane.

我们在登机前马不停蹄地把所有地面工作搞定：打包、过安检、打最后一通工作电话、彼此通话，然后才登机。

【改写】 hectic time ↔

We race to get all our ground work done: packing, going through security, doing a last-minute work call, calling each other

形容词概括 ↔ 动作清单具体化

before taking a flight ↔ then boarding the plane

时间范围对应

【辨邻】 M M 段开篇 we've started using our plane time as a work-free zone，描述的是机上时段和下飞机后的恢复感，与陈述句限定的 before taking a flight 这一登机前时段不符。

we've started using our plane time as a work-free zone

40. Recovery may not take place even if one seems to have stopped working.

即使一个人看起来已经停止工作,恢复也可能不会发生。

【答案】 E 段 (强锚点)

【锚点】 stopped working 但 recovery 未发生

【定位】 And just because work stops, it doesn't mean we are recovering.

仅仅是工作停下了, 并不意味着我们就在恢复。

【改写】 Recovery may not take place ↔ **it doesn't mean we are recovering**

may not ↔ doesn't mean 的含蓄否定对应

even if one seems to have stopped working ↔ **just because work stops**

even if ↔ just because 的让步对应

【辨邻】 I I 段核心句 rest and recovery are not the same thing 谈的是「休息 (如躺床)」与「恢复」的不等, 陈述句 even if one seems to have stopped working 强调的是「停工」这一动作与恢复的不等, 归宿应在 E 段。

rest and recovery are not the same thing

41. It is advised that technology be used to prevent people from overworking.

建议利用技术手段来防止人们过度工作。

【答案】 K 段 (强锚点)

【锚点】 technology 用来 prevent overworking

【定位】 Amy Blankson describes how to strategically stop during the day by using technology to control overworking.

Amy Blankson 描述了如何利用技术控制过度工作, 在白天有策略地停下来。

【改写】 It is advised that technology be used to prevent people from overworking ↔

Amy Blankson describes how to strategically stop during the day by using technology to control overworking

被动建议 ↔ 主动方法 + prevent ↔ control

【辨邻】 F F 段说 how technology extends our working hours, 把 technology 视为加剧过劳的因素, 而陈述句要求的是把 technology 当作 prevent overworking 的工具, 方向相反。

how technology extends our working hours and thus interferes with necessary cognitive recovery

42. Contrary to popular belief, rest does not equal recovery.

与普遍看法相反,休息并不等于恢复。

【答案】 I 段 (强锚点)

【锚点】 rest does not equal recovery

【定位】 That's because rest and recovery are not the same thing.

那是因为休息和恢复不是一回事。

【改写】 Contrary to popular belief ↔

Most people assume that if you stop doing a task like answering emails or writing a paper, your brain will naturally recover

「反大众认知」 ↔ 「大多数人以为」的对照

rest does not equal recovery ↔ **rest and recovery are not the same thing**

does not equal ↔ are not the same thing 的同义否定

【辨邻】 E E 段命题为 just because work stops, it doesn't mean we are recovering, 对比对象是「停工 vs 恢复」；本题要求的是 rest does not equal recovery, 对比对象是「休息 vs 恢复」。

just because work stops, it doesn't mean we are recovering

43. The author has come to see that his problem results from a misunderstanding of the meaning of resilience.

作者逐渐认识到,他的问题源于对韧性含义的误解。

【答案】 B 段 (强锚点)

【锚点】 author 自陈: 误解 resilience 才是问题源头

【定位】 Based on our current research, we have come to realize that the problem is not our hectic schedule or the plane travel itself; the problem comes from a misconception of what it means to be resilient, and the resulting impact of overworking.

基于当前的研究, 我们意识到: 问题不在于繁忙的日程或飞行本身; 问题在于对「具有复原力」含义的误解, 以及由此产生的过度工作的影响。

【改写】 has come to see that his problem results from a misunderstanding of the meaning of resilience ↔

we have come to realize that the problem

三组同义替换叠加

【辨邻】 C C 段写 We often take a militaristic 与 this entire conception is scientifically inaccurate, 描述的是大众错误观念, 而陈述句要求的是「作者自己意识到」这一第一人称顿悟, 归宿在 B 段的 we have come to realize.

this entire conception is scientifically inaccurate

44. People's distorted view about resilience may have developed from their upbringing.

人们对韧性的扭曲看法可能源自他们的成长经历。

【答案】 G 段 (强锚点)

【锚点】 distorted view of resilience 源自 upbringing

【定位】 The misconception of resilience is often bred from an early age.

对复原力的误解往往是从小被培养出来的。

【改写】 distorted view about resilience ↔ **The misconception of resilience**

distorted view ↔ misconception

developed from their upbringing ↔ **bred from an early age**

developed ↔ bred、upbringing ↔ from an early age

【辨邻】 **C** C 段只给出 a militaristic, "tough" approach to resilience 这一已成型的大众错觉，没有追溯到 bred from an early age 这一养育起源；本题答案锁在 G 段。

a militaristic, "tough" approach to resilience

45. People tend to think the more determined they are, the greater their success will be.

人们往往认为自己越有决心，就会取得越大的成功。

【答案】 **C** 段（强锚点）

【锚点】 more determined → greater success 的大众信念

【定位】 We believe that the longer we tough it out, the tougher we are, and therefore the more successful we will be.

我们相信：扛得越久就越硬气，因此也就越成功。

【改写】 People tend to think ↔ **We believe**

tend to think ↔ believe 的大众信念句对应

the more determined they are, the greater their success will be ↔

the longer we tough it out, the tougher we are, and therefore the more successful we will be

determined ↔ tough it out / tougher, greater success ↔ more successful

【辨邻】 **B** B 段说 we have come to realize that the problem 之后的归因句，这是作者反思的结论，而陈述句要求呈现的是大众尚未被反思的信念 the longer we tough it out, the tougher we are, and therefore the more successful we will be，归宿在 C 段。

we have come to realize that the problem

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 作者以自己为例：作为带着两岁孩子的常旅客，登机前一通忙乱（打包、安检、收尾电话），本想在飞机上大干一场，结果什么都没做成，落地后还累得没法处理积压邮件。

信息指纹 登机前的忙乱叙事

B 作者抛出反思：飞行本身并不消耗体力，问题不在于日程或飞行，而在于对 resilience 的误解以及由此带来的过度工作。

信息指纹 对 resilience 的误解

C 指出大众对 resilience 的错误想象——像海军陆战队员、拳击手、橄榄球运动员那样硬扛，并把扛得越久越成功当作信条，作者点明这种观念在科学上站不住脚。

信息指纹 硬扛越久越成功的信条

D 用研究数据说明：缺乏恢复期与健康、安全问题的发生率直接相关，并造成每年 620 亿美元的生产力损失。

信息指纹 缺乏恢复与健康安全问题直接相关

E 强调停下工作并不等于在恢复：下班后仍在想工作、谈工作、带着工作入睡；挪威研究显示 7.8% 的挪威人已是工作狂，并给出 workaholism 的定义。

信息指纹 停工不等于恢复 + 挪威工作狂研究

F 作者据此推测美国劳动者多数符合工作狂定义，于是启动一项研究，用某大型医疗公司的数据来检验技术如何延长工时、妨碍认知恢复并推高医疗与离职成本。

信息指纹 用医疗公司数据研究美国工作狂

G 指出对 resilience 的误解从小被灌输：家长把孩子熬到凌晨三点做项目当作有韧性，而真正有复原力的孩子是睡好觉的孩子；幼时养成的坏习惯进入职场会被放大。

信息指纹 错觉自幼养成

H 借 Jim Loehr 和 Tony Schwartz 的观点说明：表现区呆太久就需要更多恢复区时间，否则会 burnout；过度工作越严重，恢复期的价值越大。

信息指纹 表现区与恢复区的平衡

I 驳斥常见假设——大脑并不会因停止任务就自动恢复；躺床八小时若一直想工作，第二天依旧疲惫，因为休息和恢复不是一回事。

信息指纹 休息不等于恢复

J 引研究者 Zijlstra 等的定义区分内部恢复（工作日内的短歇）与外部恢复（下班、周末、假期）；并指出若下班后仍被手机政治评论激怒、为装修焦虑，大脑并未真正卸下高唤醒状态——大脑和身体一样需要休息。

信息指纹 内部 vs 外部恢复 + 脑需休息

K 给出可操作的策略性停下方法：用 Instant 或 Moment 看自己每天解锁手机多少次、用 Offtime 或 Unplugged 设无技术区；并指出人均每天解锁手机 150 次。

信息指纹 用 App 控制手机过度使用

L 再补两条做法：每 90 分钟来一次认知休息；不要在办公桌吃午饭、要去户外或和朋友相处；用完所有带薪休假，这不仅是恢复，还能提升效率和升职概率。

信息指纹 90 分钟休息 + 用完带薪假

M 作者夫妇身体力行：把坐飞机的时间改成无工作区，用来放松、睡觉、看电影、听音乐；下飞机时不再被掏空，而是已恢复、能重回表现区。

信息指纹 把飞机变成无工作区的亲身实验

SENTENCE INSIGHTS · 句子精讲

12 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。

We race to get all our ground work done: packing, going through security, doing a last-minute work call, calling each other, then boarding the plane.

A段，第2句

主句后接不定式表示目的，再用冒号列举说明前项内容，这是阅读中较常见的展开方式。掌握这种“主干加补充说明”的读法，迁移性较强。

We often take a militaristic, "tough" approach to resilience and determination like a Marine pulling himself through the mud, a boxer going one more round, or a football player picking himself up off the ground for one more play.

C段，第1句

本句虽为简单句，但包含主谓宾、介词短语作定语、介词短语作方式状语等多种成分，且方式状语内部含三个并列的现在分词短语作后置定语，可练习区分定语与状语、识别并列结构，具有一定训练价值。

We believe that the longer we tough it out, the tougher we are, and therefore the more successful we will be.

C段，第2句

宾语从句 + the...the... 比较结构 + 并列主句的组合在四六级和考研阅读中非常常见，掌握后可直接迁移到大量真题长难句。

The very lack of a recovery period is dramatically holding back our collective ability to be resilient and successful.

D段，第1句

主谓宾加状语的简单句是四六级和考研阅读的常见基础句式，带定语修饰的名词短语也很典型，但本句无从句或复杂并列，代表性中等

And just because work stops, it doesn't mean we are recovering.

E段，第1句

该句型展现了典型的原因状语从句前置、主句否定加宾语从句的结构，符合四六级和考研阅读中常见的逻辑表达句式；just because引导的原因状语和mean后接宾语从句的搭配都是高频考点，掌握后可迁移到大量类似句子。

What a distortion of resilience!

G段，第3句

成分划分训练价值高：涵盖感叹句的倒装识别、省略成分补全、表语前置、介词短语作后置定语等多个易错考点，且 "What + 名词短语" 结构在四六级听力和阅读中高频出现，是优质的主系表倒装练习句。

As Jim Loehr and Tony Schwartz have written, if you have too much time in the performance zone, you need more time in the recovery zone, otherwise you risk burnout.

H段，第1句

"if ... , 主句 , otherwise ... " 的条件-建议-后果结构在四六级和考研阅读中高频出现,是议论文和科普文常用的论证模式。"As + 完成时" 引述来源也是学术写作的典型手法。学生掌握这个句式后,可以迁移到大量类似的条件推理和观点引述场景,实用性强。

Thus the more imbalanced we become due to overworking, the more value there is in activities that allow us to return to a state of balance.

H段，第4句

the more... the more... 比较结构是四六级和考研阅读中的高频句式,there be 句型和定语从句也是常考点。本句结构在真题中具有很强的代表性,掌握后可迁移到大量类似句子,学习性价比高。

Most people assume that if you stop doing a task like answering emails or writing a paper, your brain will naturally recover, so that when you start again later in the day or the next morning, you'll have your energy back.

I段，第2句

这句结构层次清楚但不简单，既有一定挑战，又非常适合练稳定的拆句步骤。对“句子结构 + 时态”训练来说，属于应优先掌握的典型材料。

But surely everyone reading this has had times when you lie in bed for hours, unable to fall asleep because your brain is thinking about work.

I段，第3句

定语从句修饰抽象名词 (times) + 原因状语从句说明原因，是四六级和考研阅读中的高频句式。现在完成时表达普遍经历、定语从句具体化内容的组合，在议论文和说明文中广泛出现，掌握后迁移性强。

In addition, you can take a cognitive break every 90 minutes to charge your batteries.

L段, 第1句

简单句加多重状语修饰(句首连接状语、句中时间状语、句末目的状语)以及情态动词谓语,是四六级和考研阅读中常见的句式;不定式作目的状语也是高频考点;但因整体为简单句,缺少从句嵌套,在真题中代表性中等,不如复合句或并列复合句典型。

Adequate rest not only helps one recover, but also increases one's work efficiency.

第38题 题干

"not only ... but also" 并列结构在四六级和考研阅读、写作中频繁出现,是表达递进或强调的典型句式。掌握此结构及其连接的成分类型(此处为并列谓语),可直接迁移到大量类似句子,实用性强。

HIGH-FREQUENCY • 真题高频词

本篇出现的 121 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。

recovery

B2

n. 恢复

本篇16次·真题 35 句

resilience

C1

n. 恢复力

本篇11次·真题 13 句

recover

B1

v. 恢复健康

本篇5次·真题 35 句

tough

B1

adj. 困难的

本篇5次·真题 24 句

zone

B1

n. 区域

本篇5次·真题 19 句

resource

B1

n. 资源

本篇4次·真题 119 句

cognitive C1

adj. 认知的

本篇4次 · 真题 85 句

mental B1

adj. 精神的

本篇3次 · 真题 120 句

lack B1

v. 缺少

本篇3次 · 真题 89 句

email A2

n. 电子邮件

本篇3次 · 真题 53 句

thus B2

adv. 因此, 所以

本篇3次 · 真题 47 句

external B2

adj. 外部的;外面的

本篇3次 · 真题 18 句

internal B2

adj. 内部的

本篇3次 · 真题 17 句

deplete C1

v. 大量减少

本篇3次 · 真题 13 句

exhausted B1

adj. 精疲力竭的

本篇3次 · 真题 9 句

researcher B2

n. 研究人员

本篇2次 · 真题 363 句

author A2

n. 作者

本篇2次 · 真题 264 句

risk A2

n. 风险

本篇2次 · 真题 167 句

performance B1

n. 表演

本篇2次 · 真题 98 句

physical B1

adj. 身体的

本篇2次 · 真题 91 句

productivity B2

n. 生产率

本篇2次 · 真题 58 句

schedule A2

n. 时间表

本篇2次 · 真题 41 句

app B1

n. 应用程序

本篇2次·真题 36 句

flight A2

n. 航班

本篇2次·真题 31 句

definition B2

n. 定义

本篇2次·真题 19 句

adequate B2

adj. 足够的, 充分的

本篇2次·真题 18 句

determined B1

adj. 坚决的

本篇2次·真题 12 句

overwork B2

v. 过度工作

本篇2次·真题 11 句

misconception C1

n. 错误的看法

本篇2次·真题 10 句

would A1

aux. (will 的过去式) 将要, 会

本篇1次·真题 568 句

impact B2

n. 影响

本篇1次·真题 185 句

tend B1

v. 倾向于, 往往会

本篇1次·真题 170 句

view A2

n. 观点, 看法

本篇1次·真题 134 句

base A2

n. 基础

本篇1次·真题 126 句

project A2

n. 项目

本篇1次·真题 116 句

average A2

adj. 平均的

本篇1次·真题 112 句

major B1

adj. 主要的

本篇1次·真题 108 句

account A2

n. 账户

本篇1次·真题 93 句

later A1

adv. 以后, later

本篇1次·真题 87 句

belief B1

n. 相信

本篇1次·真题 85 句

amount A2

n. 数量

本篇1次·真题 84 句

solution B1

n. 解决办法

本篇1次·真题 76 句

billion B1

num. 十亿 (1,000,000,000)

本篇1次·真题 74 句

tech B1

n. 技术

本篇1次·真题 73 句

current B1

adj. 现在的

本篇1次·真题 72 句

due B1

adj. 预期的

本篇1次·真题 70 句

shift B1

v. 移动

本篇1次·真题 65 句

realize B1

v. 意识到, 认识到

本篇1次·真题 64 句

internet A2

n. 互联网

本篇1次·真题 63 句

approach B1

v. 靠近, 接近 (在空间或时间上)

本篇1次·真题 59 句

political B1

adj. 政治的

本篇1次·真题 59 句

employer B1

n. 雇主

本篇1次·真题 56 句

majority B2

n. 大多数, 大部分

本篇1次·真题 51 句

connection B1

n. 联系

本篇1次·真题 50 句

balance B1

n. 平衡

本篇1次 · 真题 49 句

invest B2

v. 投资 (金钱、时间等以期获得回报)

本篇1次 · 真题 45 句

charge B1

v. 收费

本篇1次 · 真题 44 句

concerned B1

adj. 担心的

本篇1次 · 真题 43 句

currently B1

adv. 目前, 当前

本篇1次 · 真题 42 句

addition A2

n. 增加

本篇1次 · 真题 41 句

marine B2

adj. 海洋的

本篇1次 · 真题 41 句

player A2

n. 运动员

本篇1次 · 真题 41 句

release B1

v. 释放

本篇1次 · 真题 38 句

entire B1

adj. 整个的

本篇1次 · 真题 34 句

efficiency B2

n. 效率

本篇1次 · 真题 33 句

otherwise B2

adv. 否则, 不然

本篇1次 · 真题 33 句

acquire B2

v. 获得

本篇1次 · 真题 31 句

assume B2

v. 假定

本篇1次 · 真题 31 句

gather B1

v. 聚集, 集合

本篇1次 · 真题 31 句

security B1

n. 安全

本篇1次 · 真题 31 句

proportion

B2

n. 部分

本篇1次·真题 30 句

promotion

B2

n. 晋升, 升职

本篇1次·真题 29 句

working

A2

adj. 有工作的

本篇1次·真题 29 句

extend

B1

v. 延伸;延长

本篇1次·真题 28 句

increased

A2

v. 增加了

本篇1次·真题 28 句

therefore

B1

adv. 因此, 所以

本篇1次·真题 28 句

initial

B1

adj. 最初的

本篇1次·真题 26 句

lower

A2

adj. 较低的;下方的

本篇1次·真题 26 句

driving

A2

n. 驾驶

本篇1次·真题 25 句

unable

A2

adj. 不能的

本篇1次·真题 24 句

equal

A2

adj. 相等的

本篇1次·真题 23 句

motivation

B2

n. 动力

本篇1次·真题 23 句

challenging

B2

adj. 有挑战性的

本篇1次·真题 22 句

naturally

B1

adv. 自然地

本篇1次·真题 22 句

setting

B1

n. 环境

本篇1次·真题 22 句

correlation

C1

n. 相关性

本篇1次·真题 21 句

distraction

B2

n. 分心

本篇1次·真题 21 句

overcome

B2

v. 克服

本篇1次·真题 20 句

traveler

A2

n. 旅行者

本篇1次·真题 20 句

battery

A2

n. 电池

本篇1次·真题 19 句

prompt

B2

v. 促使

本篇1次·真题 19 句

workforce

B2

n. (一国或一地区的) 劳动力, 劳动人口

本篇1次·真题 19 句

accomplish

B2

v. 完成, 实现 (任务、目标)

本篇1次·真题 18 句

collective

B2

adj. 集体的

本篇1次·真题 17 句

contrary

B2

adj. 相反的

本篇1次·真题 17 句

constant

B2

adj. 持续不断的

本篇1次·真题 16 句

corporate

B2

adj. 公司的

本篇1次·真题 16 句

dramatically

B2

adv. 显著地

本篇1次·真题 16 句

phase

B2

n. 阶段

本篇1次·真题 16 句

breed

B2

v. 繁殖

本篇1次·真题 15 句

cite

B2

v. 引用, 引证

本篇1次·真题 15 句

crowded

A2

adj. 拥挤的, 挤满人的

本篇1次·真题 14 句

worsen B2

v. (使)恶化;(使)变得更糟

本篇1次·真题 14 句

instant B1

n. 瞬间, 刹那

本篇1次·真题 13 句

stressed B1

adj. 焦虑不安的

本篇1次·真题 13 句

disrupt C1

v. 扰乱;中断

本篇1次·真题 12 句

endure B2

v. 忍受

本篇1次·真题 12 句

worse A2

adj. 更糟的

本篇1次·真题 12 句

amazing A2

adj. 令人惊奇的

本篇1次·真题 11 句

frame B1

n. 框架

本篇1次·真题 11 句

surely B1

adv. 肯定地

本篇1次·真题 11 句

automatic B1

adj. 自动的

本篇1次·真题 10 句

dataset C1

n. 数据集

本篇1次·真题 10 句

exhaust B2

v. 使筋疲力尽

本篇1次·真题 10 句

pile B1

n. 堆

本篇1次·真题 10 句

dip B1

v. 浸, 蘸

本篇1次·真题 9 句

irritated B2

adj. 恼怒的

本篇1次·真题 9 句

overly B2

adv. 过度地

本篇1次·真题 9 句

incidence C1

n. (不良事件的) 发生率

本篇1次 · 真题 8 句

mode B2

n. 方式

本篇1次 · 真题 8 句

turnover B2

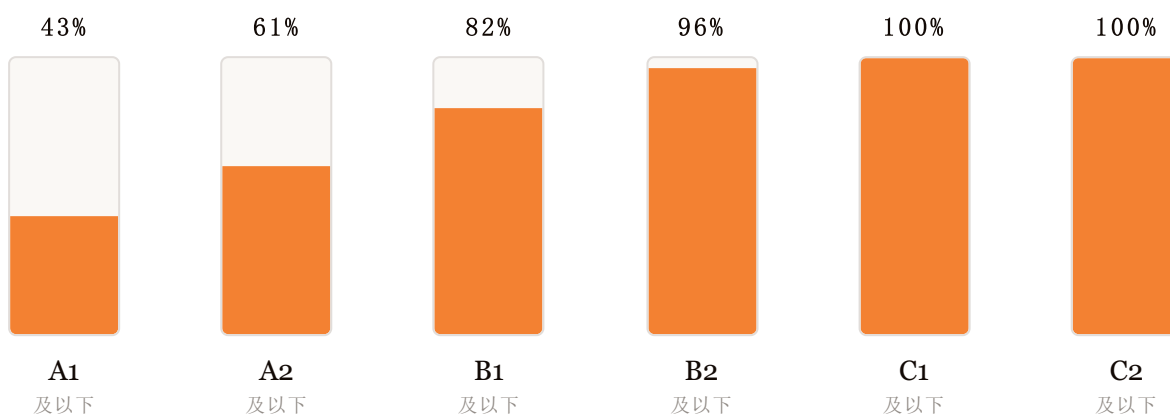
n. 营业额

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 411 词按 CEFR 难度累积覆盖

全文去重后共 **411** 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 16 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 411 个 · 末柱为 100%

去重总词数

411

B2 以上难词

4%

B1 及以下覆盖

82%

英语六级 2018年12月·第3套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	与2018年12月第1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 →

2018年12月·第3套 英语六级阅读理解（四选一） 第1篇·46-50 题 答案与解析

QUESTIONS & ANALYSIS · 阅读理解题和解析

阅读理解题和解析·46-50 题

本页 46-50 题的答案与逐题解析由懒笔记基于2018年12月·第3套 英语六级阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 11 段原文（段首标 P1-P11 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

真题卷第3套(2018-12) · 六级

Part III Section C (1)

Directions: *There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on Answer Sheet 2 with a single line through the centre.*

Passage One

Questions 46 to 50 are based on the following passage.

P1 Children with attention problems in early childhood were 40% less likely to graduate from high school, says a new study from Duke University.

Duke大学的一项新研究表明,幼儿期存在注意力问题的儿童高中毕业的可能性要低40%。

P2 The study included 386 kindergarteners from schools in the Fast Track Project, a multi-site clinical trial in the U.S. that in 1991 began tracking how children developed across their lives.

该研究纳入了来自Fast Track Project项目学校的386名幼儿园儿童,这是美国的一项多中心临床试验,于1991年开始追踪儿童的终生发展。

P3 With this study, researchers examined early academic attention and socio-emotional skills and how each contributed to academic success into young adulthood.

通过这项研究,研究人员考察了早期学业注意力和社会情感技能,以及它们各自如何促进学业成功直至成年早期。

P4 They found that early attention skills were the most consistent predictor of academic success, and that likability by peers also had a modest effect on academic performance.

他们发现早期注意力技能是学业成功最一致的预测因素,同伴喜爱度对学业表现也有适度的影响。

P5 By fifth grade, children with early attention difficulties had lower grades and reading achievement scores than their peers. As fifth-graders, children with early attention problems obtained

average reading scores at least 3% lower than their contemporaries' and grades at least 8% lower than those of their peers. This was after controlling for IQ, socio-economic status and academic skills at school entry.

到五年级时,早期存在注意力困难的儿童的成绩和阅读成就分数低于同龄人。作为五年级学生,早期存在注意力问题的儿童获得的平均阅读分数至少比同龄人低3%,成绩至少比同龄人低8%。这是在控制了智商、社会经济地位和入学时的学业技能之后得出的结果。

P6 Although these may not seem like large effects, the impact of early attention problems continued throughout the children's academic careers. Lower reading achievement scores and grades in fifth grade contributed to reduced grades in middle school and thereby contributed to a 40% lower high school graduation rate.

尽管这些影响看起来可能不大,但早期注意力问题的影响贯穿了儿童的整个学业生涯。五年级时较低的阅读成就分数和成绩导致了初中成绩下降,从而使高中毕业率降低了40%。

P7 "The children we identified as having attention difficulties were not diagnosed with attention deficit hyperactivity disorder(注意力缺乏多动症)(ADHD), although some may have had the disorder. Our findings suggest that even more modest attention difficulties can increase the risk of negative academic outcomes," said David Rabiner, an associate dean of Duke's Trinity College of Arts & Sciences, whose research has focused on ADHD and interventions to improve academic performance in children with attention difficulties.

Duke大学Trinity文理学院副院长David Rabiner说:"我们确定为存在注意力困难的儿童并未被诊断为注意力缺乏多动症(ADHD),尽管其中一些人可能患有该障碍。我们的研究表明,即使是更轻微的注意力困难也会增加消极学业结果的风险。"他的研究一直关注ADHD以及改善注意力困难儿童学业表现的干预措施。

P8 Social acceptance by peers in early childhood also predicted grades in fifth grade. Children not as liked by their first-grade peers had slightly lower grades in fifth grade, while those with higher social acceptance had higher grades.

幼儿期同伴的社会接纳度也预测了五年级的成绩。不太受一年级同伴喜爱的儿童在五年级的成绩略低,而社会接纳度较高的儿童成绩较高。

P9 "This study shows the importance of so-called 'non-cognitive' or soft skills in contributing to children's positive peer relationships, which, in turn, contribute to their academic success," said Kenneth Dodge, director of the Duke Center for Child and Family Policy.

Duke儿童与家庭政策中心主任Kenneth Dodge说:"这项研究表明了所谓'非认知'或软技能在促进儿童积极同伴关系方面的重要性,而这些关系反过来又有助于他们的学业成功。"

P10 The results highlight the need to develop effective early interventions to help those with attention problems stay on track academically and for educators to encourage positive peer relationships, the researchers said.

研究人员表示,研究结果突出了制定有效早期干预措施的必要性,以帮助那些存在注意力问题的儿童在学业上保持正轨,并让教育工作者鼓励积极的同伴关系。

P11 "We're learning that student success requires a more comprehensive approach, one that incorporates not only academic skills but also social, self-regulatory and attention skills," Dodge said. "If

we neglect any of these areas, the child's development lags. If we attend to these areas, a child's success may reinforce itself with positive feedback loops."

Dodge说:"我们正在认识到,学生的成功需要一种更全面的方法,不仅要纳入学业技能,还要纳入社交、自我调节和注意力技能。如果我们忽视其中任何一个领域,儿童的发展就会滞后。如果我们关注这些领域,儿童的成功可能会通过积极的反馈循环自我强化。

题目与逐题解析

46. What is the focus of the new study from Duke University?

- A) The contributors to children's early attention.
- B) The predictors of children's academic success.
- C) The factors that affect children's emotional well-being.
- D) The determinants of children's development of social skills.

Duke大学这项新研究的重点是什么？

- A) 影响儿童早期注意力的因素。 B) 儿童学业成功的预测因素。 C) 影响儿童情绪健康的因素。
D) 儿童社交技能发展的决定因素。

【答案】 B (主旨题)

【判型】 题干 What is the focus of the new study 把问题指向「研究关注的是什么」，是典型的主旨提问。

【拆句】 What is the focus of the new study from Duke University? 是一个 wh- 疑问句，主语 the focus，介词短语 of the new study from Duke University 作后置定语；句子平铺直叙，无陷阱。

【选项】 A) 与原文相反

The contributors to children's early attention 把「早期注意力」当作被解释的对象, 而原文是把它当作解释学业成功的「自变量」, 完全颠倒了因果关系。

B) ✓ 正确

early attention skills were the most consistent predictor of academic success ↔

The predictors of children's academic success

examined early academic attention and socio\emotional skills and how each contributed to academic success

↔ **The predictors of children's academic success**

B 项「儿童学业成功的预测因子」恰好对应预判的主线: 找出哪些早期因素能预测学业成功, 且能覆盖 P4 P8 等多段, 是全文焦点。

C) 偷换概念

The factors that affect children's emotional well-being 把研究对象偷换成 emotional well-being (情绪健康), 而原文研究的是 academic success, socio-emotional skills 只是其中一个因素, 不是被研究的对象。

D) 偷换概念

The determinants of children's development of social skills 把研究对象说成「社交技能的发展」, 而原文研究的是 academic success; social acceptance 在原文只是预测因子, 不是被解释的目标。

47. How did the researchers ensure that their findings are valid?

- A) By attaching equal importance to all possible variables examined.
- B) By collecting as many typical samples as were necessary.
- C) By preventing them from being affected by factors not under study.
- D) By focusing on the family background of the children being studied.

研究人员如何确保他们的研究结果有效?

- A) 对所研究的所有可能变量给予同等重视。 B) 收集尽可能多的必要典型样本。
- C) 防止研究结果受到研究范围之外因素的影响。 D) 关注被研究儿童的家庭背景。

【答案】 C (细节题)

【判型】 题干 How did the researchers ensure that their findings are valid? 问的是研究者具体做了什么, 是一道明确的细节做法题。

【拆句】 How did the researchers ensure that their findings are valid? 是 how 疑问句, 主句 ensure 后接 that 宾语从句 their findings are valid; 结构清晰, 无陷阱。

【定位】 This was after controlling for IQ, socio-economic status and academic skills at school entry. 这是在控制了智商、社会经济地位以及入学时学业能力之后得到的结果。

【选项】 A) 无中生有

原文从未说研究者「同等对待所有变量」, 反而是把某些变量「控制住」以突出注意力的独立效应, 与 A 的「同等重视」相反。

B) 答非所问

原文 included 386 kindergarteners 谈的是样本数量, 而 Q47 问的是保证结论有效的方法; 样本量是有效性的一部分, 但原文并未把它作为本题的回答, 而是用控制变量来回应。

C) ✓ 正确

after controlling for IQ, socio-economic status and academic skills at school entry ↔

preventing them from being affected by factors not under study

预判的核心是「排除其他因素干扰」, 唯一对应的就是 C 项 prevent ... from being affected by factors not under study, 与定位句严格同义。

D) 偷换概念

原文中的控制变量是 IQ / 社会经济地位 / 入学学业能力, 并不是 family background; 选项把控制变量偷换成「关注家庭背景」, 文中并无对应。

48. What do we learn from the findings of the Duke study?

- A) Modest students are generally more attentive than their contemporaries.
- B) There are more children with attention difficulties than previously thought.
- C) Attention deficit hyperactivity disorder accounts for most academic failures.
- D) Children's academic performance may suffer from even slight inattention.

我们从Duke研究的结果中了解到什么?

- A) 谦逊的学生通常比同龄人更专注。
- B) 有注意力困难的儿童比以前认为的更多。
- C) 注意力缺陷多动障碍是导致大多数学业失败的原因。
- D) 即使是轻微的注意力不集中也可能损害儿童的学业表现。

【答案】 D (细节题)

【判型】 题干 What do we learn from the findings of the Duke study? 问从研究发现里学到什么, 本质是要文章里明白写出来的一条结论。

【拆句】 What do we learn from the findings of the Duke study? 是 what 疑问句, learn from 是固定搭配「从.....中得知」; 句式简单, 无陷阱。

【定位】 Our findings suggest that even more modest attention difficulties can increase the risk of negative academic outcomes.

我们的研究发现表明, 即使是更轻微的注意力问题, 也会增加学业上出现负面结果的风险。

【选项】 A) **无中生有**

选项把 modest 当成形容人的「谦虚的」, 而原文 modest 修饰的是 attention difficulties, 意为「程度较轻的」; A 项还顺势编造「谦虚的学生注意力更好」, 文中完全没有这个对比。

B) **无中生有**

原文从未与「以往认知」作比较, 没有 more children than previously thought 之类的信息; 文章只说轻度问题也会带来风险, 而非孩子人数比之前估计的多。

C) **过度推断**

原文 were not diagnosed with attention deficit hyperactivity disorder 明确说研究对象并未被诊断为 ADHD, 选项却把 ADHD 当成「大多数学业失败」的原因, 既与原文相反, 又把范围扩大到 most academic failures。

D) **✓ 正确**

even more modest attention difficulties can increase the risk of negative academic outcomes ↔

Children's academic performance may suffer from even slight inattention

D 项把「程度词 + 学业受损」两层都还原, 完全对应预判, 是定位句的同义改写。

49. What does the Duke study find about children better accepted by peers?

- A) They do better academically.
- B) They are easy to get on with.
- C) They are teachers' favorites.
- D) They care less about grades.

Duke研究对更容易被同伴接纳的儿童有何发现?

A) 他们在学业上表现更好。 B) 他们容易相处。 C) 他们是教师的宠儿。 D) 他们不太在意成绩。

【答案】 **A** (细节题)

【判型】 题干 What does the Duke study find about children better accepted by peers? 问关于某类儿童研究发现了什么, 是细节题。

【拆句】 What does the Duke study find about children better accepted by peers? 是 what 疑问句, 过去分词短语 better accepted by peers 作 children 的后置定语, 相当于 children who are better accepted by peers。

【定位】 Social acceptance by peers in early childhood also predicted grades in fifth grade. Children not as liked by their first-grade peers had slightly lower grades in fifth grade, while those with higher social acceptance had higher grades.

童年早期获得同伴接纳也能预测五年级时的成绩。一年级时不太受欢迎的孩子在五年级成绩略低, 而社交接纳度更高的孩子成绩更好。

【选项】 A) ✓ 正确

those with higher social acceptance had higher grades ↔ **They do better academically**
预判「同伴接纳度高 ⇒ 学业更好」, A 项正是这个结论的完美同义改写, 直接锁定。

B) 无中生有

原文谈的是「同伴接纳度↔学业成绩」, 没有谈这些孩子「好相处」与否; 选项是常识推测, 不是研究发现。

C) 无中生有

原文没有提到「老师」(teachers) 这个角色, 更没有说这些孩子是 teachers' favorites; 完全是凭空捏造。

D) 与原文相反

原文明确说同伴接纳度高的孩子 had higher grades, 说明他们的成绩好, 而非「不在意成绩」; D 项暗示他们对成绩漠不关心, 与原文相反。

50. What can we conclude from the Duke study?

- A) Children's success is related to their learning environment.
- B) School curriculum should cover a greater variety of subjects.
- C) Social skills are playing a key role in children's development.
- D) An all-round approach should be adopted in school education.

我们能从Duke研究中得出什么结论?

- A) 儿童的成功与他们的学习环境有关。
- B) 学校课程应该涵盖更多种类的学科。
- C) 社交技能在儿童发展中发挥着关键作用。
- D) 学校教育应采取全面的方式。

【答案】 D (主旨题)

【判型】 题干 What can we conclude from the Duke study? 要求对整项研究下一个总括性结论, 匹配主旨题特征。

【拆句】 What can we conclude from the Duke study? 是 what 疑问句, 情态动词 can 表「可以」, from the Duke study 介词短语作 conclude 的来源; 结构简单, 无陷阱。

【选项】 A) 无中生有

原文未出现 learning environment (学习环境) 这个概念, 文章谈的是儿童自身的注意力、社交、自我调节等能力, 而非外部环境。

B) 偷换概念

原文从未谈及「课程科目种类」, 文章建议的是综合考虑各类技能 (注意力/社交/自我调节), 而非扩充课程科目。

C) 以偏概全

原文 If we neglect any of these areas, the child's development lags 强调任何一方缺失都会拖累发展; 选项却把「关键作用」全部押在 social skills 一项上, 把多因素中的一项放大成全部, 属以偏概全。

D) ✓ 正确

student success requires a more comprehensive approach, one that incorporates not only academic skills but also social, self-regulatory and attention skills

↔ **An all-round approach should be adopted in school education**

the need to develop effective early interventions to help those with attention problems stay on track academically and for educators to encourage positive peer relationships

↔ **An all-round approach should be adopted in school education**

D 项 all-round approach 正是末段 comprehensive approach 的同义浓缩, 也覆盖了 P10 P11 的多方面措施, 完全对应预判。

SENTENCE INSIGHTS • 句子精讲

6 句真题句逐层精讲

下列真题句各有独立的句子解析页——中文翻译、结构树逐层拆解、成分与时态、考点讲解与真题高频词。点击句子进入完整解析。

Lower reading achievement scores and grades in fifth grade contributed to reduced grades in middle school and thereby contributed to a 40% lower high school graduation rate.

第6段, 第2句

本句体现了常见的因果逻辑表达 (contribute to) 和递进关系 (thereby), 并列主语和并列谓语的结构在四六级和考研阅读中频繁出现, 具有较高的代表性和复用价值; 但作为简单句, 结构复杂度不及常考的主从复合句。

"The children we identified as having attention difficulties were not diagnosed with attention deficit hyperactivity disorder(注意力缺乏多动症)(ADHD), although some may have had the disorder. Our findings suggest that even more modest attention difficulties can increase the risk of negative academic outcomes," said David Rabiner, an associate dean of Duke's Trinity College of Arts & Sciences, whose research has focused on ADHD and interventions to improve academic performance in children with attention difficulties.

第7段，第1句

涵盖了同位语、宾语补足语、关系词省略、情态动词推测等多个重难点语法现象，具有极高的拆解练习价值。

"This study shows the importance of so-called 'non-cognitive' or soft skills in contributing to children's positive peer relationships, which, in turn, contribute to their academic success," said Kenneth Dodge, director of the Duke Center for Child and Family Policy.

第9段，第1句

覆盖直接引语的宾语从句、非限制性定语从句、多层介词短语作定语、插入语等多种成分类型；"which" 在从句中充当主语是常见易错点；引述结构的倒装也值得练习。成分种类较丰富，适合综合训练。

"If we neglect any of these areas, the child's development lags. If we attend to these areas, a child's success may reinforce itself with positive feedback loops."

第11段，第2句

条件状语从句 + 主句的结构在四六级和考研阅读中非常常见,且本句呈现了典型的正反对比论证模式(If...则负面 vs If...则正面),这种对比句式在议论文和说明文中高频出现,学习后可大量迁移到同类文本理解中。

Attention deficit hyperactivity disorder accounts for most academic failures.

第48题，C

标准的主谓宾简单句,是英语中最基本最常见的句型之一,具有一定代表性,但过于简单,不能代表四六级或考研中常考的复杂句式

They are easy to get on with.

第49题, B

本句虽简单, 但涉及主系表结构和不定式短语修饰形容词的用法。可以让学生练习区分系动词谓
语、识别表语形容词, 以及理解不定式如何限定形容词的具体含义, 对初学者有一定基础训练
价值。

HIGH-FREQUENCY • 真题高频词

本篇出现的 80 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。

academic

B2

adj. 学术的

本篇13次 · 真题 104 句

peer

B2

n. 同龄人

本篇8次 · 真题 62 句

contribute

B1

v. 捐献

本篇5次 · 真题 79 句

researcher

B2

n. 研究人员

本篇3次 · 真题 363 句

focus

B1

n. 重点

本篇3次 · 真题 200 句

positive

B1

adj. 积极的

本篇3次 · 真题 144 句

finding

B2

n. 调查结果

本篇3次 · 真题 121 句

performance

B1

n. 表演

本篇3次 · 真题 98 句

reading

A1

n. 阅读

本篇3次 · 真题 43 句

modest

B2

adj. 谦虚的, 谦逊的

本篇3次 · 真题 13 句

disorder B2

n. 疾病

本篇3次·真题9句

less A1

det. 较少的

本篇2次·真题273句

better A1

adj. 更好的 (good 的比较级)

本篇2次·真题205句

effect A2

n. 影响

本篇2次·真题191句

relationship B1

n. 关系

本篇2次·真题168句

affect B1

v. 影响

本篇2次·真题116句

factor B1

n. 因素

本篇2次·真题108句

least A2

det. 最少的

本篇2次·真题98句

importance B1

n. 重要性

本篇2次·真题60句

approach B1

v. 靠近, 接近 (在空间或时间上)

本篇2次·真题59句

track A2

n. 小路

本篇2次·真题48句

achievement B1

n. 成就

本篇2次·真题44句

intervention C1

n. 干预

本篇2次·真题32句

childhood A2

n. 童年

本篇2次·真题28句

contemporary B2

adj. 当代的

本篇2次·真题13句

acceptance B2

n. 接受

本篇2次·真题12句

deficit C1

n. 赤字

本篇2次·真题 12 句

academically B2

adv. 在学业上

本篇2次·真题 11 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

risk A2

n. 风险

本篇1次·真题 167 句

reduce B1

v. 减少, 降低 (数量、大小、程度等)

本篇1次·真题 138 句

negative B1

adj. 否定的

本篇1次·真题 132 句

learning A1

n. 学习

本篇1次·真题 128 句

rate A2

n. 速度

本篇1次·真题 121 句

project A2

n. 项目

本篇1次·真题 116 句

average A2

adj. 平均的

本篇1次·真题 112 句

career B1

n. 职业

本篇1次·真题 106 句

policy B1

n. 政策

本篇1次·真题 103 句

effective B1

adj. 有效的, 起作用的

本篇1次·真题 94 句

account A2

n. 账户

本篇1次·真题 93 句

graduate B1

n. 毕业生

本篇1次·真题 82 句

identify B1

v. 识别

本篇1次·真题 75 句

variety B1

n. 多样化

本篇1次·真题 66 句

generally B1

adv. 通常，一般地

本篇1次·真题 60 句

suffer B1

v. 遭受（痛苦、疾病、损失等）

本篇1次·真题 59 句

ensure B2

v. 确保

本篇1次·真题 57 句

associate B2

v. 联系

本篇1次·真题 54 句

emotional B1

adj. 情绪的

本篇1次·真题 52 句

status B2

n. 地位

本篇1次·真题 48 句

failure B1

n. 失败

本篇1次·真题 47 句

adopt B1

v. 采纳

本篇1次·真题 46 句

attend A2

v. 出席，参加（会议、活动等）

本篇1次·真题 46 句

outcome B2

n. 结果

本篇1次·真题 40 句

related B1

adj. 相关的

本篇1次·真题 39 句

previously B1

adv. 以前，先前（指过去某个时间）

本篇1次·真题 31 句

conclude B2

v. 断定;推断出

本篇1次·真题 30 句

obtain B2

v. 获得

本篇1次·真题 29 句

curriculum

B2

n. 课程

本篇1次·真题 27 句

feedback

B1

n. 反馈

本篇1次·真题 25 句

highlight

B2

n. 最精彩的部分

本篇1次·真题 25 句

attach

B1

v. 贴上;系上;附上

本篇1次·真题 23 句

educator

B2

n. 教育工作者

本篇1次·真题 23 句

equal

A2

adj. 相等的

本篇1次·真题 23 句

incorporate

B2

v. 包含

本篇1次·真题 23 句

graduation

B1

n. 毕业

本篇1次·真题 22 句

consistent

B2

adj. 一致的

本篇1次·真题 21 句

slightly

B1

adv. 稍微, 略微, 轻微地

本篇1次·真题 21 句

trial

B2

n. 审判, 审讯

本篇1次·真题 21 句

sample

B1

n. 样品

本篇1次·真题 20 句

typical

B1

adj. 典型的

本篇1次·真题 19 句

variable

B2

adj. 易变的

本篇1次·真题 17 句

neglect

B2

v. 忽视;疏忽

本篇1次·真题 16 句

clinical

B2

adj. 临床的

本篇1次·真题 15 句

comprehensive

B2

adj. 全面的

本篇1次 · 真题 13 句

lag

B2

v. 落后

本篇1次 · 真题 13 句

adulthood

B2

n. 成年期

本篇1次 · 真题 11 句

dean

C1

n. (大学) 院长

本篇1次 · 真题 10 句

diagnose

B2

v. 诊断 (疾病)

本篇1次 · 真题 9 句

slight

B2

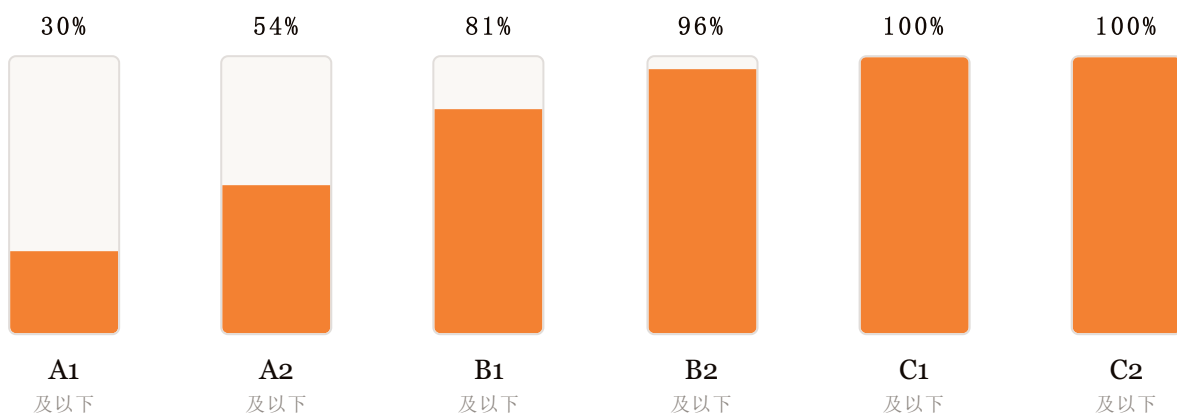
adj. 轻微的

本篇1次 · 真题 9 句

VOCABULARY · 词汇难度分布

全文 196 词按 CEFR 难度累积覆盖

全文去重后共 **196** 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 7 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 196 个 · 末柱为 100%

去重总词数

196

B2 以上难词

4%

B1 及以下覆盖

81%

英语六级 2018年12月·第3套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	与2018年12月第1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）	题目解析 →
Part III Section C (1)	阅读理解（四选一）	本题
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 →

2018年12月·第3套 英语六级阅读理解（四选一） 第2篇·51-55 题答案与解析

QUESTIONS & ANALYSIS · 阅读理解题和解析

阅读理解题和解析 · 51-55 题

本页 51-55 题的答案与逐题解析由懒笔记基于2018年12月·第3套 英语六级阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 8 段原文（段首标 P1-P8 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

真题卷第3套(2018-12) · 六级

Part III Section C (2)

Directions: *There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on Answer Sheet 2 with a single line through the centre.*

Passage Two

Questions 51 to 55 are based on the following passage

P1 On Jan. 9, 2007, Steve Jobs formally announced Apple's "revolutionary mobile phone"—a device that combined the functionality of an iPod, phone and Internet communication into a single unit, navigated by touch.

2007年1月9日, Steve Jobs正式发布了苹果公司的“革命性移动电话”——一款将iPod、电话和互联网通信功能整合到单一设备中、通过触摸操作的装置。

P2 It was a huge milestone in the development of smartphones, which are now owned by a majority of American adults and are increasingly common across the globe.

这是智能手机发展史上的一个重要里程碑,如今智能手机为美国大多数成年人所拥有,并在全球范围内日益普及。

P3 As smartphones have multiplied, so have questions about their impact on how we live and how we work. Often the advantages of convenient, mobile technology are both obvious and taken for granted, leaving more subtle topics for concerned discussion: Are smartphones disturbing children's sleep? Is an inability to get away from work having a negative impact on health? And what are the implications for privacy?

随着智能手机的普及,关于它们如何影响我们的生活和工作方式的问题也随之增多。便捷的移动技术带来的优势往往既显而易见又被视为理所当然,从而留下更微妙的话题供人们担忧地讨论:智能手机是否正在干扰儿童的睡眠?无法摆脱工作是否对健康产生负面影响?对隐私又有何影响?

P4 But today, on the 10th anniversary of the iPhone, let's take a moment to consider a less obvious advantage: the potential for smartphone technology to revolutionize behavioral science. That's because, for the first time in human history, a large proportion of the species is in continuous contact with technology that can record key features of an individual's behavior and environment.

但今天,在iPhone问世10周年之际,让我们花点时间思考一个不那么显而易见的优势:智能手机技术给行为科学带来革命性变革的潜力。这是因为,在人类历史上第一次,人类中的很大一部分与能够记录个体行为和环境关键特征的技术保持着持续接触。

P5 Researchers have already begun to use smartphones in social scientific research, either to query people regularly as they engage in their normal lives or to record activity using the device's built-in sensors. These studies are confirming, challenging and extending what's been found using more traditional approaches, in which people report how they behaved in real life or participate in relatively short and artificial laboratory-based tasks.

研究人员已经开始在社会科学研究中使用智能手机,要么在人们从事日常生活时定期向他们提问,要么利用设备的内置传感器记录活动。这些研究正在证实、质疑和拓展使用更传统方法所发现的结果,在传统方法中,人们报告他们在现实生活中的行为或参与相对短暂且人为的实验室任务。

P6 Such studies are just first steps. As more data are collected and methods for analysis improve, researchers will be in a better position to identify how different experiences, behaviors and environments relate to each other and evolve over time, with the potential to improve people's productivity and wellbeing in a variety of domains. Beyond revealing population-wide patterns, the right combination of data and analysis can also help individuals identify unique characteristics of their own behavior, including conditions that could indicate the need for some form of intervention—such as an unusual increase in behaviors that signal a period of depression.

这些研究只是第一步。随着收集的数据越来越多,分析方法不断改进,研究人员将能够更好地识别不同的经历、行为和环境如何相互关联并随时间演变,从而有可能在各个领域提高人们的生产力和幸福感。除了揭示全体人群的模式之外,正确的数据和分析组合还能帮助个人识别其自身行为的独特特征,包括可能表明需要某种形式干预的状况——比如表明抑郁期的行为出现异常增加。

P7 Smartphone-based data collection comes at an appropriate time in the evolution of psychological science. Today, the field is in transition, moving away from a focus on laboratory studies with undergraduate participants towards more complex, real-world situations studied with more diverse groups of people. Smartphones offer new tools for achieving these ambitions, providing rich data about everyday behaviors in a variety of contexts.

基于智能手机的数据收集恰逢心理科学发展的适当时机。如今,该领域正处于转型期,从关注以本科生参与者为对象的实验室研究,转向对更多样化人群在更复杂的现实世界情境中进行研究。智能手机为实现这些目标提供了新工具,提供了关于各种情境下日常行为的丰富数据。

P8 So here's another way in which smartphones might transform the way we live and work: by offering insights into human psychology and behavior and, thus, supporting smarter social science.

因此,这是智能手机可能改变我们生活和工作方式的另一种途径:通过提供对人类心理和行为的洞察,从而支持更智慧的社会科学。

题目与逐题解析

51. What does the author say about the negative impact of smartphones?

- A) It has been overshadowed by the positive impact.
- B) It has more often than not been taken for granted.
- C) It is not so obvious but has caused some concern.
- D) It is subtle but should by no means be overstated.

关于智能手机的负面影响,作者说了什么?

- A) 它已被正面影响所掩盖。 B) 它往往被认为是理所当然的。 C) 它不太明显,但已引起一些担忧。
- D) 它很微妙,但绝不应被夸大。

【答案】 C (细节题)

【判型】 What does the author say about the negative impact of smartphones? 直接问作者就某一具体话题的说法, 无 infer/imply/mainly about 等信号词。

【拆句】 题干主干 What does the author say about the negative impact of smartphones? 是 say about 的宾语提问, 无从句无否定, 结构平铺直叙, 无陷阱。

【定位】 Often the advantages of convenient, mobile technology are both obvious and taken for granted, leaving more subtle topics for concerned discussion: Are smartphones disturbing children's sleep? Is an inability to get away from work having a negative impact on health? And what are the implications for privacy?

便利的移动技术所带来的好处常常既显而易见、又被视为理所当然, 这就把一些更微妙的话题留给人们去担忧地讨论: 智能手机是否干扰了孩子的睡眠? 无法从工作中抽身是否对健康造成了负面影响? 以及对隐私意味着什么?

【选项】 A) 过度推断

It has been overshadowed by the positive impact. 中 overshadowed by 是"被掩盖、盖过"的强烈对比关系, 但原文只说正面优势被视为 taken for granted (理所当然), 并未说它在分量上压过负面, 是凭空升级的语义。

B) 张冠李戴

It has more often than not been taken for granted. 把 taken for granted 这一描述套在 negative impact 上, 但原文里 taken for granted 修饰的明明是 the advantages (正面影响); 属典型的对象错配。

C) ✓ 正确

more subtle topics ↔ not so obvious

concerned discussion ↔ caused some concern

预判要求"不那么明显 + 已引发担忧"两个语义块都到位, 只有 It is not so obvious but has caused some concern. 同时覆盖; but 这一转折也精准对应原文的隐含让步语气。

D) 无中生有

It is subtle but should by no means be overstated. 前半 subtle 对得上原文, 但后半 should by no means be overstated ("决不应被夸大") 是作者本人没有表达的立场——原文只是把负面影响列入讨论范围, 并未给出"别夸大"的建议。

52. What is considered a less obvious advantage of smartphone technology?

- A) It systematically records real human interactions.
- B) It helps people benefit from technological advances.
- C) It brings people into closer contact with each other.
- D) It greatly improves research on human behavior.

智能手机技术的哪一个优势被认为不太明显？

- A) 它系统地记录真实的人际互动。
- B) 它帮助人们从技术进步中受益。
- C) 它使人们彼此之间的联系更加紧密。
- D) 它极大地改进了对人类行为的研究。

【答案】 **D** (细节题)

【判型】 What is considered a less obvious advantage of smartphone technology? 问"什么被视为不那么明显的优势", 要求复述原文给出的定义性表述。

【拆句】 题干 What is considered a less obvious advantage of smartphone technology? 中 considered 是过去分词作 What 的补语, 等价于 What is regarded as ..., 无陷阱。

【定位】 But today, on the 10th anniversary of the iPhone, let's take a moment to consider a less obvious advantage: the potential for smartphone technology to revolutionize behavioral science.

但今天, 在 iPhone 发布十周年之际, 让我们花点时间来考虑一个不那么明显的优势: 智能手机技术有望彻底变革行为科学。

【选项】 A) **偷换概念**

It systematically records real human interactions. 把答案锁定为"系统记录真实的人际互动", 但原文 record key features of an individual's behavior and environment 记录的是个体行为与环境, 不是"互动" (interactions 强调人与人之间)。

B) **答非所问**

It helps people benefit from technological advances. 是一句几乎对任何科技都成立的空话, 没有命中"less obvious advantage"所特指的"变革行为科学"这一具体内容。

C) **偷换概念**

It brings people into closer contact with each other. 把答案设定为"让人际关系更紧密", 但原文 in continuous contact with technology 说的是"人与技术持续连接", 并非"人与人更近"——把 contact 的对象偷换了。

D) **✓ 正确**

revolutionize behavioral science ↔ **greatly improves research on human behavior**

预判要求落在"变革行为研究"这一定义上, It greatly improves research on human behavior. 是四个选项里唯一同时命中"变革程度"与"行为研究领域"两个语义块的选项。

53. What characterizes traditional psychological research?

- A) It is based on huge amounts of carefully collected data.
- B) It relies on lab observations and participants' reports.
- C) It makes use of the questionnaire method.
- D) It is often expensive and time-consuming.

传统心理学研究的特点是什么？

- A) 它基于大量精心收集的数据。
- B) 它依赖于实验室观察和参与者的报告。
- C) 它使用问卷调查方法。
- D) 它往往既昂贵又耗时。

【答案】 **B** (细节题)

【判型】 What characterizes traditional psychological research? 直接问"什么刻画了传统心理学研究", 要求复述原文对其特征的客观描述。

【拆句】 题干 What characterizes traditional psychological research? 中 characterize 作动词"是.....的特征", 主语是疑问代词 What, 结构简洁无陷阱; 考生若把 characterize 误读为"性格"则会理解偏差。

【定位】 These studies are confirming, challenging and extending what's been found using more traditional approaches, in which people report how they behaved in real life or participate in relatively short and artificial laboratory-based tasks.

这些研究正在确认、挑战并拓展那些用更传统方法所得出的结论——所谓传统方法, 是指让人们自我报告他们在现实生活中如何行事, 或参加相对简短且人为设计的实验室任务。

【选项】 A) **与原文相反**

It is based on huge amounts of carefully collected data. 把传统研究刻画为"基于大量精心采集数据", 但原文恰恰强调传统方法是 short and artificial (短且人为) 的实验室任务, 与"大量数据"形成相反描述。

B) **✓ 正确**

laboratory-based tasks ↔ **lab observations**

people report how they behaved in real life ↔ **participants' reports**

预判要求"实验室任务 + 自我报告"两块都到位, 只有 It relies on lab observations and participants' reports. 把两块用 and 并列同时收齐, 完全契合 in which 从句的双特征结构。

C) **无中生有**

It makes use of the questionnaire method. 把传统研究锁定为"使用问卷法", 但原文只说 report (口头/书面报告) 与 laboratory-based tasks (实验室任务), 从未提 questionnaire——这是凭空指定了一种原文没有的方法。

D) **无中生有**

It is often expensive and time-consuming. 给传统研究贴上"贵且费时"的标签, 但原文只字未提研究的成本或时长——文中 short 修饰的是"任务的时长"而非"研究的耗时", 方向也不一致。

54. How will future psychological studies benefit individuals?

- A) By helping them pin down their unusual behaviors.
- B) By helping them maintain a positive state of mind.
- C) By helping them live their lives in a unique way.
- D) By helping them cope with abnormal situations.

未来的心理学研究将如何使个人受益？

- A) 通过帮助他们确定自己的异常行为。 B) 通过帮助他们保持积极的心态。
- C) 通过帮助他们以独特的方式生活。 D) 通过帮助他们应对异常情况。

【答案】 A (细节题)

【判型】 How will future psychological studies benefit individuals? 问"未来研究将如何使个人受益", 要求复述原文对此机制的客观描述, 并非要求推理。

【拆句】 题干 How will future psychological studies benefit individuals? 主干为 studies (will) benefit individuals, How 提问的是方式, 结构平铺直叙, 无陷阱。

【定位】 Beyond revealing population-wide patterns, the right combination of data and analysis can also help individuals identify unique characteristics of their own behavior, including conditions that could indicate the need for some form of intervention—such as an unusual increase in behaviors that signal a period of depression.

除了揭示群体层面的规律之外, 恰当的数据与分析组合还能帮助个体识别自身行为的独特特征, 包括那些可能提示需要某种形式干预的状况——例如, 预示抑郁阶段的行为出现异常增加。

【选项】 A) ✓ 正确

help individuals identify unique characteristics of their own behavior ↔

helping them pin down their unusual behaviors

an unusual increase in behaviors that signal a period of depression ↔ **unusual behaviors**

预判要求"帮个体识别 + 异常征兆"两块都到位, By helping them pin down their unusual behaviors. 一句话同时覆盖: pin down 对应 identify, unusual behaviors 同时对应 unique characteristics 与 unusual increase in behaviors.

B) 过度推断

By helping them maintain a positive state of mind. 把研究的个人收益概括为"维持积极心态", 但原文 indicate the need for some form of intervention 谈的是"识别出可能需要干预"这一前置动作, 并未承诺研究本身会"帮人保持好心情".

C) 偷换概念

By helping them live their lives in a unique way. 把 unique 这一词从"特征"挪到"生活方式", 原文只说识别个体行为的独特"特征", 与"以独特方式生活"没有任何关系。

D) 过度推断

By helping them cope with abnormal situations. 把研究的作用升级为 cope with (应对、处理) 异常状况, 但原文 indicate the need for ... intervention 只到"提示需要干预"这一识别层面, 并未说明研究本身能帮人 cope (应对) 。

55. What do we learn about current psychological studies?

- A) They are going through a period of painful transition.
- B) They are increasingly focused on real-life situations.
- C) They are conducted in a more rigorous manner.
- D) They are mainly targeted towards undergraduates.

关于当前的心理学研究,我们了解到什么?

- A) 它们正在经历一个痛苦的过渡期。 B) 它们越来越关注现实生活情境。
- C) 它们以更严格的方式进行。 D) 它们主要针对本科生。

【答案】 B (细节题)

【判型】 What do we learn about current psychological studies? 问"我们了解到当下研究怎么样", 要求从原文对现状的客观描述中提取答案。

【拆句】 题干 What do we learn about current psychological studies? 主干 we learn (about) what, learn 是"获知/了解到"之意, 结构平铺直叙无陷阱; 考生若把 learn 误读为"学习"会造成理解错位。

【定位】 Today, the field is in transition, moving away from a focus on laboratory studies with undergraduate participants towards more complex, real-world situations studied with more diverse groups of people.

如今, 这一领域正处于转型之中: 正在从聚焦于以大学生为被试的实验室研究, 转向以更多元的人群来研究更复杂的现实情境。

【选项】 A) 无中生有

They are going through a period of painful transition. 抓住 transition 原词复现做诱饵，但原文 in transition 仅是中性事实描述，并未给 painful（痛苦）这一情感色彩；painful 是凭空加上的强烈负面修饰。

B) ✓ 正确

more complex, real-world situations ↔ **focused on real-life situations**

预判落在 towards 之后的新方向（现实情境），They are increasingly focused on real-life situations. 是四项中唯一精确对应 towards real-world situations 这一新方向的选项；其余选项要么说回旧方向，要么扯开话题。

C) 无中生有

They are conducted in a more rigorous manner. 把转型概括为“以更严谨方式开展”，但原文谈的是“研究对象/情境的转变”，并未在方法严谨性上下评价。

D) 与原文相反

They are mainly targeted towards undergraduates. 抓住 undergraduate 原词复现，但原文 moving away from a focus on laboratory studies with undergraduate participants 明确指出“正在远离”以大学生为被试的旧模式；选项把转出方向当成当下现状，方向完全反了。

SENTENCE INSIGHTS • 句子精讲

5 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。

As smartphones have multiplied, so have questions about their impact on how we live and how we work.

第3段，第1句

状语从句 + 主句结构、宾语从句、倒装结构、谓语省略，都是四六级和考研阅读中的常见句式，特别是“as...so...”的呼应结构和“how”引导的宾语从句，在真题中出现频率较高，掌握后可大量复用

These studies are confirming, challenging and extending what's been found using more traditional approaches, in which people report how they behaved in real life or participate in relatively short and artificial laboratory-based tasks.

第5段，第2句

本句结构在学术英语和考研阅读中高度典型:主句陈述研究动作配宾语从句是学术写作的常见句式,非限制性定语从句补充说明方法细节也是规范用法,内部嵌套宾语从句展示信息层次是学术英语的标准表达。并列谓语、完成时被动、介词加关系代词引导从句等都是考试高频考点。掌握此句式可迁移到大量学术文本和考试真题。

It has more often than not been taken for granted.

第51题，B

现在完成时被动语态 + 固定搭配 + 状语插入，是四六级和考研阅读中高频出现的句式组合，掌握后可迁移至大量类似结构的句子。

It makes use of the questionnaire method.

第53题，C

结构为最常见的主谓宾简单句，具备一定代表性，但过于简单，缺乏四六级或考研真题中常见的复杂修饰、从句嵌套等典型特征。

They are going through a period of painful transition.

第55题，A

"主语 + be doing + 介词短语"是四六级和考研中的常见句式,现在进行时搭配抽象名词(如 transition)的用法在阅读理解中频繁出现,具有一定代表性。

HIGH-FREQUENCY • 真题高频词

本篇出现的 108 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。

smartphone

B1

n. 智能手机

本篇9次 · 真题 44 句

behavior

B1

n. 行为

本篇8次 · 真题 171 句

impact

B2

n. 影响

本篇4次 · 真题 185 句

data

B1

n. 数据

本篇4次 · 真题 181 句

psychological

B2

adj. 心理的

本篇4次 · 真题 39 句

obvious

B1

adj. 明显的

本篇4次 · 真题 31 句

individual

B2

adj. 单独的

本篇3次 · 真题 142 句

researcher

B2

n. 研究人员

本篇2次 · 真题 363 句

less

A1

det. 较少的

本篇2次 · 真题 273 句

benefit

B1

n. 好处

本篇2次 · 真题 244 句

focus

B1

n. 重点

本篇2次 · 真题 200 句

positive

B1

adj. 积极的

本篇2次 · 真题 144 句

negative

B1

adj. 否定的

本篇2次 · 真题 132 句

potential

B2

adj. 潜在的

本篇2次 · 真题 92 句

participant

B2

n. 参与者

本篇2次 · 真题 91 句

traditional

B1

adj. 传统的

本篇2次 · 真题 84 句

increasingly B2

adv. 越来越;日益;不断增加地

本篇2次·真题 78 句

identify B1

v. 识别

本篇2次·真题 75 句

variety B1

n. 多样化

本篇2次·真题 66 句

device B1

n. 设备

本篇2次·真题 54 句

unique B2

adj. 独特的

本篇2次·真题 54 句

analysis B2

n. 分析

本篇2次·真题 49 句

contact B1

n. 联系

本篇2次·真题 34 句

transition B2

n. 过渡

本篇2次·真题 25 句

mobile B1

adj. 可移动的

本篇2次·真题 22 句

unusual B1

adj. 不寻常的

本篇2次·真题 17 句

undergraduate B2

n. 大学本科生

本篇2次·真题 15 句

subtle B2

adj. 微妙的

本篇2次·真题 13 句

granted B2

v. 授予

本篇2次·真题 10 句

author A2

n. 作者

本篇1次·真题 264 句

better A1

adj. 更好的 (good 的比较级)

本篇1次·真题 205 句

species B2

n. 物种

本篇1次·真题 136 句

base A2

n. 基础

本篇1次·真题 126 句

challenge B1

n. 挑战

本篇1次·真题 119 句

scientific B1

adj. 科学的

本篇1次·真题 103 句

support A2

v. 支持

本篇1次·真题 103 句

concern B1

v. 涉及

本篇1次·真题 88 句

amount A2

n. 数量

本篇1次·真题 84 句

current B1

adj. 现在的

本篇1次·真题 72 句

engage B2

v. 参与;从事

本篇1次·真题 68 句

maintain B1

v. 维持

本篇1次·真题 64 句

internet A2

n. 互联网

本篇1次·真题 63 句

complex B2

adj. 复杂的, 难懂的

本篇1次·真题 61 句

approach B1

v. 靠近, 接近 (在空间或时间上)

本篇1次·真题 59 句

conduct B2

v. 组织并实施

本篇1次·真题 59 句

productivity B2

n. 生产率

本篇1次·真题 58 句

feature B1

n. 特征

本篇1次·真题 55 句

reveal B2

v. 揭示

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

psychology

B2

n. 心理学

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

advance

B1

v. 前进

本篇1次·真题 48 句

thus

B2

adv. 因此, 所以

本篇1次·真题 47 句

indicate

B2

v. 表明

本篇1次·真题 46 句

pattern

B1

n. 模式

本篇1次·真题 46 句

technological

B2

adj. 技术的

本篇1次·真题 45 句

concerned

B1

adj. 担心的

本篇1次·真题 43 句

wellbeing

B2

n. 幸福;安康

本篇1次·真题 43 句

signal

B1

n. 信号

本篇1次·真题 42 句

relatively

B2

adv. 相对地

本篇1次·真题 37 句

characteristic

B2

n. 特征

本篇1次·真题 36 句

means

A2

n. 方法

本篇1次·真题 35 句

artificial B2

adj. 人造的

本篇1次·真题 34 句

datum C1

n. 数据 (单数形式, 复数为 data)

本篇1次·真题 34 句

combine B1

v. (使) 结合、组合

本篇1次·真题 33 句

carefully A2

adv. 仔细地

本篇1次·真题 32 句

context B2

n. (事情发生的) 背景、环境

本篇1次·真题 32 句

intervention C1

n. 干预

本篇1次·真题 32 句

depression B2

n. 抑郁症

本篇1次·真题 31 句

participate B1

v. 参加

本篇1次·真题 31 句

appropriate B2

adj. 合适的

本篇1次·真题 30 句

proportion B2

n. 部分

本篇1次·真题 30 句

transform B2

v. 使彻底改变;使转变

本篇1次·真题 30 句

collection B1

n. 收集物

本篇1次·真题 28 句

extend B1

v. 延伸;延长

本篇1次·真题 28 句

greatly B1

adv. 非常

本篇1次·真题 27 句

regularly A2

adv. 经常地

本篇1次·真题 27 句

evolve B2

v. 逐渐发展;进化

本篇1次·真题 26 句

target B1

n. 目标,靶子

本篇1次·真题 26 句

behave B1

v. 表现, 举止

本篇1次·真题 25 句

manner B1

n. 方式

本篇1次·真题 25 句

diverse B2

adj. 多种多样的

本篇1次·真题 24 句

observation B2

n. 观察

本篇1次·真题 24 句

relate B1

v. 使有联系, 把...联系起来

本篇1次·真题 23 句

behavioral B2

adj. 行为的

本篇1次·真题 22 句

insight B2

n. 洞察力

本篇1次·真题 19 句

sensor B2

n. 传感器

本篇1次·真题 19 句

cope B2

v. 应对

本篇1次·真题 18 句

globe B1

n. 地球

本篇1次·真题 18 句

privacy B2

n. 隐私

本篇1次·真题 18 句

combination B1

n. 结合

本篇1次·真题 17 句

announce B1

v. 宣布

本篇1次·真题 16 句

evolution B2

n. 进化

本篇1次·真题 15 句

characterize C1

v. 是...的特征

本篇1次·真题 14 句

confirm B1

v. 证实

本篇1次 · 真题 14 句

implication C1

n. 可能的影响或结果

本篇1次 · 真题 13 句

navigate B2

v. 导航

本篇1次 · 真题 13 句

convenient B1

adj. 方便的

本篇1次 · 真题 12 句

multiply B1

v. 乘

本篇1次 · 真题 11 句

milestone B2

n. 里程碑

本篇1次 · 真题 10 句

questionnaire B2

n. 调查问卷

本篇1次 · 真题 10 句

rigorous C1

adj. 严格的

本篇1次 · 真题 9 句

ambition B2

n. 雄心

本篇1次 · 真题 8 句

domain B2

n. 领域

本篇1次 · 真题 8 句

overstate C1

v. 夸大

本篇1次 · 真题 8 句

revolutionize C1

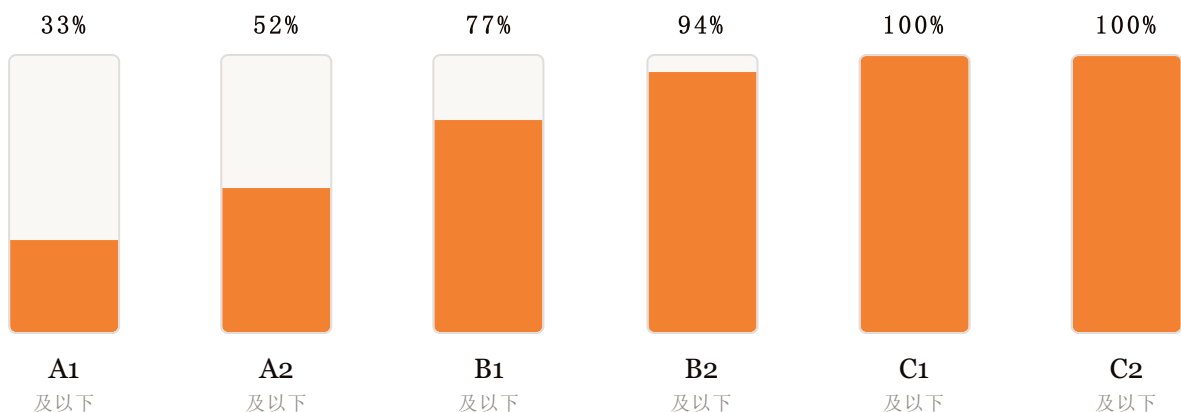
v. 彻底改变

本篇1次 · 真题 8 句

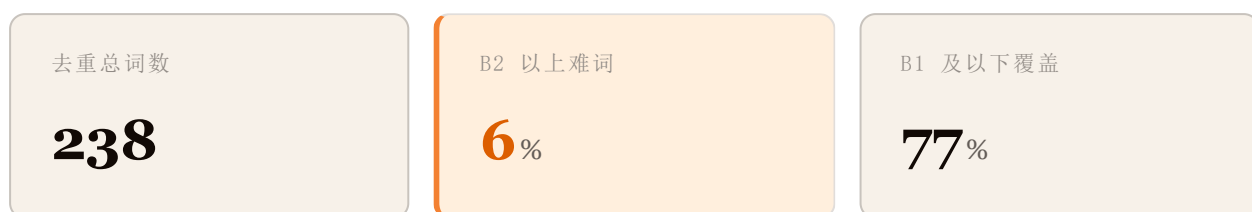
VOCABULARY • 词汇难度分布

全文 238 词按 CEFR 难度累积覆盖

全文去重后共 **238** 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 15 个 · 约 6%。



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 238 个 · 末柱为 100%



英语六级 2018年12月·第3套 · 全卷构成

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Part III Section C (2)	阅读理解（四选一）	本题
Part IV	汉译英（段落翻译）	题目解析 →

2018年12月·第3套英语六级汉译英（段落翻译）·政府推动体育馆建设的社会现象介绍 参考译文与解析

PASSAGE & TRANSLATION • 题和解析

汉译英真题、参考译文与逐句解析

本页整篇参考英译与逐句解析由懒笔记基于2018年12月·第3套 英语六级汉译英（段落翻译）原卷题干译审整理。与试卷排版同一卷面：Directions 与一整段中文原文连续排印——整段连排、无段落标记无题号，把它切成一句句翻译单元本身就是解题动作。卷面之后先给整篇参考英译定稿，再按自切句序逐句拆分：定英文主干、降级修饰成分、逐项落实语法点、句内定稿英译，答案直显。

真题卷第3套(2018-12) • 六级

Part IV

Directions: For this part, you are allowed 30 minutes to translate a passage from Chinese into English. You should write your answer on **Answer Sheet 2**.

近年来，中国政府进一步加大体育馆建设投资，以更好地满足人们快速增长的健身需求。除了新建体育馆外，许多城市还采取了改造旧工厂和商业建筑等措施，来增加当地体育馆的数量。在政府资金的支持下，越来越多的体育馆向公众免费开放，或者只收取少量费用。许多体育馆通过应用现代信息技术大大提高了服务质量。人民可以方便地在线预订场地和付费。可以预见，随着运动设施的不断改善，愈来愈多的人将会去体育馆健身。

参考译文

整篇参考英译是复盘资产，考卷上只印中文原文——四六级 Part IV 翻译按整篇「表达通顺连贯、用词准确、语法正确」四档评分。

In recent years, the Chinese government has further increased its investment in the construction of gymnasiums to better meet the rapidly growing fitness needs of the people. In addition to building new gymnasiums, many cities have also taken measures such as renovating old factories and commercial buildings to increase the number of local gymnasiums. With the support of government funding, more and more gymnasiums are open to the public for free, or charge only a small fee. Many gymnasiums have greatly improved their service quality by applying modern information technology. People can conveniently book venues and make payments online. It can be predicted that with the continuous improvement of sports facilities, more and more people will go to gymnasiums to work out.

【衔接】第1、2句之间补递进衔接

第1句讲政府加大投资（新建），第2句除了新建体育馆外，许多城市还采取了改造旧工厂和商业建筑等措施。是在补充另一类举措，二者是递进关系。已用句首 In addition to 把这层“除了……还……”显化出来，读者顺势读到第二种措施，不会觉得两句脱节。

第3句用前提状语承上

在政府资金的支持下 译成 With the support of government funding 放句首，既译出原文，又自然回扣第1句“政府加大投资”——资金从哪来一目了然，形成“投资→资金支持下开放”的因果暗线，无需再硬加关联词。

第4、5句之间用承接顺下

第4句讲体育馆应用现代信息技术提高服务，第5句人民可以方便地在线预订场地和付费。正是这“信息技术”带来的具体便利。两句紧贴，第5句可不另起关联词，靠语义承接即可；若想更连贯，可在句首加 For example / As a result 点明这是技术应用的具体表现。

逐句解析

一整段连排中文、无段落标记无题号——把它切成一句句翻译单元本身就是解题动作，句前 N. 为逐句解析自切的句序号（非考卷题号），与卷面中文逐字对应。

【主旨】政府推动体育馆建设的社会现象介绍

这段是典型的社会民生类客观介绍，讲近年来政府如何加大投入、改善体育馆，让更多人健身。开篇近年来，中国政府进一步加大体育馆建设投资 就定了调：陈述一段持续到现在的客观事实与趋势，而非讲一个一次性发生的历史事件，所以语体平实、第三人称、重数据与举措。

【时态】一般现在时

通篇在客观陈述当前正在持续的政策与现状（投资、开放、提高服务），属于“现在的事实与趋势”，故以一般现在时为基调。其中近年来引出的“持续至今”语义个别处可用现在完成时，可以预见，随着运动设施的不断改善，愈来愈多的人将会去体育馆健身。这句谈未来则用一般将来时，但这些都是主基调上的局部偏离。

【译法】体育馆

全篇反复出现的核心词 体育馆，统一译作 gymnasium（复数 gymnasiums，口语可缩为 gym/gyms）。注意它指室内健身/运动场所，不要错译成 stadium（露天大型体育场）。约定俗成意译，全篇一律用 gymnasiums，不要一会儿 gym 一会儿 sports hall。

健身需求

健身需求 统一译作 fitness needs（或 demand for fitness）；后文健身的动词用 work out / exercise，名词概念都收束到 fitness 这一根词上，避免一处 keep fit、一处 bodybuilding 地乱换。

中国政府

中国政府 统一译作 the Chinese government，首字母 g 小写、前加定冠词 the；全篇再次指代它时用 the government 或代词 it，不要改写成 China's authorities 等花样。

1. 近年来，中国政府进一步加大体育馆建设投资，以更好地满足人们快速增长的健身需求。

【主干】 政府加大投资（主语策略：原句主语）

中文已有明确主语 中国政府，核心动词是 加大.....投资。主干立为 the Chinese government has increased its investment（主语 the Chinese government + 谓语 increase + 宾语 investment）。

【降级】 目的状语降级

进一步 降级为副词 further；以更好地满足人们快速增长的健身需求 是目的，不再立第二个谓语，而是降级成不定式目的状语 to better meet the rapidly growing fitness needs of the people；其中 快速增长的 用现在分词 growing 作前置定语修饰 needs。

【语法】 时态

近年来 表示从过去持续到现在并仍在继续，最贴切用现在完成时 has increased；若想稳妥贴主基调也可用一般现在时 increases，二者皆可，但用了完成时就更精准传达“近年来一直在加”。

主谓一致

主语 the Chinese government 是单数第三人称，故用 has（不是 have）。

单复数

needs 表“各种需求”用复数；the people 指“人民/民众”作集体，前加 the。

【译文】 In recent years, the Chinese government has further increased its investment in the construction of gymnasiums to better meet the rapidly growing fitness needs of the people.

2. 除了新建体育馆外，许多城市还采取了改造旧工厂和商业建筑等措施，来增加当地体育馆的数量。

【主干】 城市采取措施（主语策略：原句主语）

主语是 许多城市（many cities），核心动词 采取了.....措施 译 take measures。注意原文 还采取了 中的“换”是印刷讹误，语义实为“还/也”，译时按“也（also）”处理，主干立为 many cities have also taken measures。

【降级】 并列状语与目的

除了新建体育馆外 降级为介词短语 In addition to building new gymnasiums 置于句首；改造旧工厂和商业建筑等 是 measures 的具体内容，用 such as renovating old factories and commercial buildings 作同位补充；来增加当地体育馆的数量 是目的，降级成 to increase the number of local gymnasiums。

【语法】 时态

动作发生在近年并影响延续至今，用现在完成时 have taken；与第 1 句的“近年来”基调一致。

单复数

旧工厂和商业建筑 都是泛指多个，用复数 factories、buildings；measures 本身也用复数。

动名词

in addition to、such as 后接动词须用动名词形式（building、renovating），不能用动词原形。这是介词后接动词的固定要求。

【译文】 In addition to building new gymnasiums, many cities have also taken measures such as renovating old factories and commercial buildings to increase the number of local gymnasiums.

3. 在政府资金的支持下，越来越多的体育馆向公众免费开放，或者只收取少量费用。

【主干】 体育馆免费开放（主语策略：原句主语）

主语是 越来越多的体育馆（more and more gymnasiums），核心是 向公众免费开放，立为 more and more gymnasiums are open to the public for free。这里“开放”是状态，用系表 are open 表达最自然。

【降级】 前提状语与并列谓语

在政府资金的支持下 降级为介词短语 With the support of government funding 置于句首作条件/前提状语；或者只收取少量费用 与“免费开放”是并列的两种情形，用 or charge only a small fee 接成并列谓语。

【语法】 主谓一致

主语是复数 gymnasiums，故系动词用 are（不是 is），并列谓语 charge 也用原形（与复数主语搭配，不加 s）。

时态

描述当前常态，回指全篇基调用一般现在时（are / charge）。

搭配

免费 用 for free 或 free of charge；收取少量费用 用 charge a small fee，charge 后直接接费用，地道搭配。

【译文】 With the support of government funding, more and more gymnasiums are open to the public for free, or charge only a small fee.

4. 许多体育馆通过应用现代信息技术大大提高了服务质量。

【主干】 体育馆提高服务质量（主语策略：原句主语）

主语 许多体育馆（many gymnasiums），核心动词 提高了服务质量，立为 many gymnasiums have greatly improved their service quality。

【降级】 手段降级为by短语

通过应用现代信息技术 是手段，降级成 by applying modern information technology（by + 动名词）作方式状语挂在主干后；大大 降级为副词 greatly 修饰 improved。

【语法】 时态

提高了 中的“了”表已完成且效果延续至今，用现在完成时 have improved 最贴切。

动名词

介词 by 后接动词须用动名词 applying，不能用 apply。

不可数名词

现代信息技术 technology 在此为不可数名词，不加 s、不加冠词；service quality 同为不可数概念。

【译文】 Many gymnasiums have greatly improved their service quality by applying modern information technology.

5. 人民可以方便地在线预订场地和付费。

【主干】 人们在线预订付费（主语策略：原句主语）

主语 人民（此处指普通民众，译 people），核心动作 预订场地和付费 是两个并列动作，立为 people can conveniently book venues and make payments online。

【降级】 副词与并列宾语

本句较简单，无需大改：方便地 用副词 conveniently（或 easily）修饰动作；在线 用副词 online 放句末；预订场地和付费 处理成并列谓语 book venues and make payments。

【语法】 时态

陈述当前常态能力，用一般现在时，情态动词 can 后接原形 book、make。

单复数

场地 泛指可预订的多个场地，用复数 venues；payments 用复数表“各笔付款”亦可，单数 payment 也通。

搭配

付费 用 make payments 或 pay (online)；预订 用 book 或 reserve，与 venues 搭配自然。

【译文】 People can conveniently book venues and make payments online.

6. 可以预见，随着运动设施的不断改善，愈来愈多的人将会去体育馆健身。

【主干】 可以预见某趋势（主语策略：形式主语it）

可以预见 是无主句的判断，用形式主语 It 译成 It can be predicted that...；真正的核心句是 愈来愈多的人将会去体育馆健身，立为 more and more people will go to gymnasiums to work out 作 that 从句的主干。

【降级】 伴随状语降级

随着运动设施的不断改善 是伴随条件，降级成 with the continuous improvement of sports facilities（With + 名词短语）作状语，置于 that 从句句首；去体育馆健身 中“健身”是去的目的，用 to work out / to exercise 作目的状语挂在 go to gymnasiums 后。

【语法】 时态

本句谈未来趋势，that 从句用一般将来时 will go，是对全篇现在时基调的合理偏离；主句判断 It can be predicted 用一般现在时。

语态

可以预见 是被动含义（被预见到），译 It can be predicted（被动语态），英文这类客观论断惯用被动。

名词化

运动设施的不断改善 把动词“改善”名词化为 improvement，前加 the，后接 of sports facilities；facilities 泛指多种设施用复数。

【译文】 It can be predicted that with the continuous improvement of sports facilities, more and more people will go to gymnasiums to work out.

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