

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

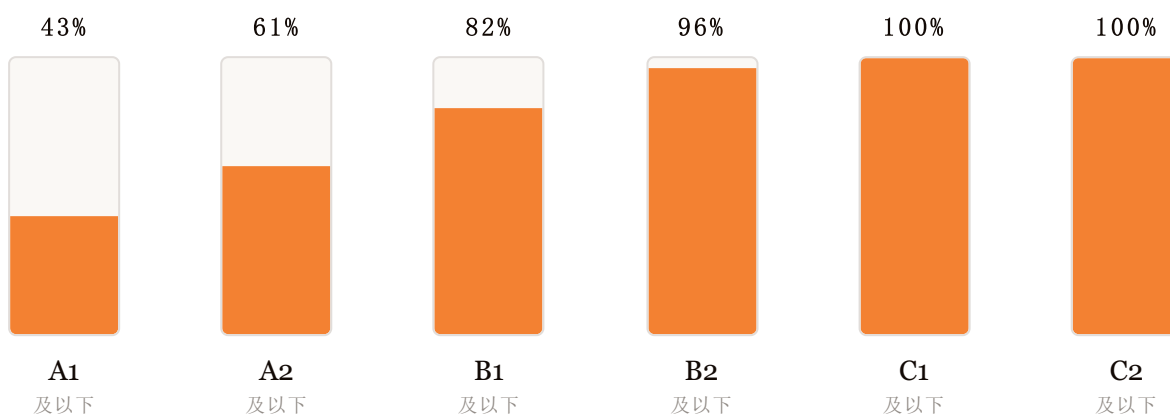
n. 营业额

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 →