

2019年6月·第1套 英语六级听力真题原文与答案解析

PAPER & KEY · 听力题和解析

听力题和解析

本卷全部 25 题的标准答案与完整录音文字稿由懒笔记基于2019年6月·第1套 英语六级听力原卷逐题核对整理。与试卷排版同一卷面层级：Part/Section 标题与各节 Directions 照原卷排印——真实听力考卷只印选项，题干由录音念出。其下按录音篇目逐篇排印：每篇先给完整录音文字稿（逐段中译），再逐题给出卷面题目与该题解析（题目、翻译、答案、定位、信号、替换与排除）。

真题卷第1套(2019-06) · 六级

以下按录音篇目排印：每篇先给录音原文与逐段中译（考卷上没有，考试时录音只播一遍、卷面只印选项），再逐题给出卷面题目与解析。

Part II

Listening Comprehension

(30 minutes)

Section A

Directions: In this section, you will hear two long conversations. At the end of each conversation, you will hear four questions. Both the conversation and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

Questions 1 to 4 are based on the conversation you have just heard.

1 W: Hi, my name's Cathy. Nice to meet you!

W: 嗨,我叫Cathy。很高兴认识你!

2 M: Nice to meet you too, Cathy. My name's John. I'm a university friend of the bride. What about you? Who do you know at this party?

M: 我也很高兴认识你,Cathy。我叫John。我是新娘的大学朋友。你呢?你在这个派对上认识谁?

3 W: I am a colleague of Brenda. I was a little surprised to be invited, to be honest. We've only been working together the last six months, but we quickly became good friends. We just wrapped up a project with a difficult client last week. I bet Brenda is glad it's done with, and she can focus on wedding preparations.

W: 我是Brenda的同事。老实说,我被邀请还挺意外的。我们才共事了六个月,但很快就成了好朋友。我们上周刚完成一个客户很难搞的项目。我敢说Brenda很高兴终于做完了,可以专心准备婚礼了。

4 M: Oh, yes, so you're Cathy from the office. Actually I've heard a lot about you, and that project. The client sounded like a real nightmare.

M: 哦,是的,所以你就是办公室的那个Cathy。其实我听说过很多关于你和那个项目的事。那个客户听起来真是噩梦。

5 W: Oh, he was. I mean we deal with all kinds of people on a regular basis. It's part of the job, but he was especially particular, enough about that. What line of work are you in?

W: 哦,他确实是。我是说我们日常要和各种各样的人打交道。这是工作的一部分,但他特别挑剔。算了不说这个了。你是做什么工作的?

6 M: Well, right out of college, I worked in advertising for a while. Recently though, I turned my photography hobby into a small business. I'll actually be taking photos during the big event as a wedding gift.

M: 嗯,大学一毕业,我在广告行业干了一段时间。不过最近,我把摄影爱好变成了一个生意。实际上我会在婚礼当天拍照,作为结婚礼物。

7 W: That sounds wonderful, and very thoughtful of you. I bake just as a hobby but Brenda has asked me to do the cake for the wedding. I was a bit nervous saying yes, because I'm far from a professional.

W: 听起来很棒,你真是太贴心了。我只是把烘焙当爱好,但Brenda让我做婚礼蛋糕。我答应的时候有点紧张,因为我完全不是专业的。

8 M: Did you bake the cookies here at the party tonight?

M: 今晚派对上的这些曲奇是你做的吗?

9 W: Yes, I got the idea from a magazine.

W: 是的,我是从一本杂志上看到的点子。

10 M: They're delicious. You've got nothing to worry about. You're a natural.

M: 太好吃了。你完全不用担心。你很有天赋。

11 W: You really think so?

W: 你真这么觉得?

12 M: If you hadn't told me that, I would have guessed they were baked by the restaurant. You know, with your event planning experience, you could very well open your own shop.

M: 如果你没告诉我,我会以为是餐厅做的。你知道吗,凭你的活动策划经验,你完全可以开自己的店。

13 W: One step at a time. First I'll see how baking the wedding cake goes. If it's not a disaster, maybe I'll give it some more thought.

W: 一步一步来吧。我先看看婚礼蛋糕做得怎么样。如果不是灾难的话,也许我会再认真考虑考虑。

1. A) A six-month-long negotiation.

B) Preparations for the party.

C) A project with a troublesome client.

D) Gift wrapping for the colleagues.

【题目】 What did Cathy and Brenda finish doing last week?

【翻译】 Cathy和Brenda上周完成了什么？

- A) 一场为期六个月的谈判。 B) 聚会的准备工作。 C) 一个麻烦客户的项目。
D) 给同事们包装礼物。

【答案】 C (细节题) A project with a troublesome client.

【定位】 We just wrapped up a project with a difficult client last week.

我们上周刚刚搞定了一个难缠客户的项目。

【信号】 完成信号 **wrapped up** 加时间 **last week**。 We just wrapped up a project with a difficult client last week. 里 wrapped up 是『完成、收尾』的强信号，又精确带上 last week，与题干时间对上，这一句就是答案句。

【替换】 wrapped up a project with a difficult client ↔ **A project with a troublesome client**

同义改写 difficult=troublesome

【排除】 A) **原词陷阱**

选项 A six-month-long negotiation. 里的 six-month 看似呼应原文 We've only been working together the last six months, 但 six months 说的是两人共事的时长，不是上周做完的事，更没有 negotiation (谈判) 一词，是把听到的数字硬安到本题上的原词陷阱。

借用原文：We've only been working together the last six months

B) **原词陷阱**

Preparations for the party. 借了原文 she can focus on wedding preparations 里的 preparations, 但原文是说 Brenda 接下来要忙婚礼筹备，并非上周已完成的事，时间和归属都不对。

借用原文：she can focus on wedding preparations

D) **原词陷阱**

Gift wrapping for the colleagues. 利用了原文 wrapped up 的 wrap 字面，制造『包装礼物 gift wrapping』的联想，但录音从未提到给同事包装礼物，纯属字面误导。

借用原文：We just wrapped up a project

2. A) Take wedding photos.

B) Advertise her company.

C) Start a small business.

D) Throw a celebration party.

【题目】 What is John going to do for Brenda?

【翻译】 John打算为Brenda做什么？

- A) 拍摄婚礼照片。 B) 为她的公司做广告。 C) 创办一家小企业。
D) 举办一场庆祝聚会。

【答案】 A (细节题) Take wedding photos.

【定位】 I'll actually be taking photos during the big event as a wedding gift.

婚礼当天我其实会负责拍照，作为送给新人的结婚礼物。

【信号】 将来式 I'll be 自述要做的事。 I'll actually be taking photos during the big event as a wedding gift 用将来进行时 I'll be taking 由 John 本人说出自己届时要做的事，是『某人打算做什么』的直接应答信号。

【替换】 taking photos during the big event ↔ Take wedding photos

概括替换 the big event=wedding

【排除】 B) 原词陷阱

Advertise her company. 借了原文 I worked in advertising for a while，但那是 John 大学毕业后的旧工作，且 advertising 是行业、不是为 Brenda 做广告，时间与对象都错。

借用原文：I worked in advertising for a while

C) 原词陷阱

Start a small business. 来自 I turned my photography hobby into a small business，但那是 John 已经做成的事、是他自己的事业，不是他要『为 Brenda』做的，张冠了对象。

借用原文：I turned my photography hobby into a small business

D) 未提及

Throw a celebration party. 借派对场景做联想，但录音里没有任何人说要为 Brenda 办庆祝派对，John 要做的是拍照，纯属未提及。

3. A) Hesitant.

B) Nervous.

C) Flattered.

D) Surprised.

【题目】 How did Cathy feel when asked to bake the cake?

【翻译】 当被要求烤制蛋糕时,Cathy感觉如何?

A) 犹豫的。 B) 紧张的。 C) 受宠若惊的。 D) 惊讶的。

【答案】 B (态度观点题) Nervous.

【定位】 I was a bit nervous saying yes, because I'm far from a professional.

我答应的时候有点紧张，因为我离专业水准还差得远。

【信号】 情绪自陈 a bit nervous 加原因。 I was a bit nervous saying yes, because I'm far from a professional 里 Cathy 直接说出 nervous，并用 because 解释紧张原因，是态度的直接自陈信号。

【替换】 I was a bit nervous ↔ Nervous

原词直陈即态度

【排除】 A) 答非所问

Hesitant. 表犹豫，与紧张方向相近易混，但 Cathy 是 nervous saying yes——她最终答应了，并未表现出迟疑不决，原文没有犹豫的依据。

借用原文：I was a bit nervous saying yes

C) 未提及

Flattered. 指受到抬举而高兴，但原文 because I'm far from a professional 透出的是担心自己不够专业，并无被恭维的得意之情，属未提及。

D) 原词陷阱

Surprised. 借了原文 I was a little surprised to be invited，但 surprised 说的是 Cathy 对『被邀请参加派对』感到意外，不是对『被请求做蛋糕』的感受，被问的那件事换了，情绪原词便对不上本题。

借用原文：I was a little surprised to be invited

4. A) Start her own bakery.

B) Improve her baking skill.

C) Share her cooking experience.

D) Prepare for the wedding

【题目】 What does the man suggest the woman do?

【翻译】 男士建议女士做什么？

A) 开办她自己的面包店。 B) 提高她的烘焙技能。 C) 分享她的烹饪经验。

D) 为婚礼做准备。

【答案】 A (细节题) Start her own bakery.

【定位】 with your event planning experience, you could very well open your own shop.

凭你的活动策划经验，你完全可以开一家属于自己的店。

【信号】 建议句式 you could very well. you could very well open your own shop 用 you could 这一典型建议句式，由男方对女方说出，是『建议做什么』的直接信号。

【替换】 open your own shop ↔ Start her own bakery

具体化替换 shop=bakery

【排除】 B) 过度推断

Improve her baking skill. 围绕 baking 做合理联想，但男方夸她 You're a natural 已是天赋型选手，并未建议她去提升手艺，原文没有这层意思。

C) 原词陷阱

Share her cooking experience. 借了原文 with your event planning experience 的 experience，但原文是说凭经验去开店，并非建议她去『分享』经验，动作被偷换。

借用原文：with your event planning experience

D) 原词陷阱

Prepare for the wedding 利用全程的婚礼话题，但男方的建议是开店，并非让她去筹备婚礼；筹备婚礼是背景事件，不是男方提出的建议，属未提及的建议。

借用原文：with your event planning experience, you could very well open your own shop

Questions 5 to 8 are based on the conversation you have just heard.

1 M: You are heading for a completely different world now that you are about to graduate from high school.

M: 你即将高中毕业，将要进入一个完全不同的世界了。

2 W: I know it's the end of high school, but many of my classmates are going on to the same university and we are still required to study hard, so what's the difference?

W: 我知道高中结束了,但我的很多同学都会去同一所大学,而且我们还是要努力学习,那有什么不同呢?

3 M: Many aspects are different here at university. The most important one is that you have to take more individual responsibility for your actions. It's up to your own self-discipline how much effort you put into study. Living in college dormitories, there are no parents to tell you to study harder or stop wasting time. Lecturers have hundreds of students and they are not going to follow you up or question you if you miss their lectures.

M: 大学里很多方面都不一样。最重要的一点是,你必须对自己的行为承担更多个人责任。你在学习上投入多少努力完全取决于你自己的自律。住在大学宿舍里,没有父母告诉你要更努力学习或不要浪费时间。讲师有几百个学生,如果你缺课他们不会跟进或质问你。

4 W: Nobody cares, you mean?

W: 你的意思是没人不在乎?

5 M: It's not that nobody is concerned about you. It's just that suddenly at university you are expected to behave like an adult, that means concentrating on the direction of your life in general and your own academic performance specifically.

M: 不是说没人关心你。只是在大学里你突然被期望像成年人那样行事,这意味着你要专注于你的人生大方向,特别是你自己的学业表现。

6 W: For example?

W: 比如说?

7 M: Well, like you need to manage your daily, weekly and monthly schedules so that you will study regularly. Be sure to attend all classes and leave enough time to finish assignments and prepare well for examinations.

M: 嗯,比如你需要管理好你每天、每周和每月的日程安排,这样你才能有规律地学习。一定要参加所有课程,留出足够的时间完成作业,为考试做好充分准备。

8 W: Okay, and what else is different?

W: 好的,还有什么不同?

9 M: Well, in college there are lots of distractions and you need to control yourself. You will make interesting friends, but you need only keep the friends who respect your student commitments. Also, there are a lot of wonderful clubs, but you shouldn't allocate too much time to club activities, unless they are directly related to your study. It's also your choice if you want to go out at night, but you will be foolish to let that affect your class performance during the day.

M: 嗯,大学里有很多让人分心的事,你需要控制好自己。你会结交有趣的朋友,但你只需要保持那些尊重你学业责任的朋友。还有,有很多很棒的社团,但你不应该在社团活动上分配太多时间,除非它们与你的学习直接相关。晚上要不要出去也是你的选择,但如果因此影响你白天的课堂表现那就太愚蠢了。

10 W: Well, I'm determined to do well at university and I guess I am going to have to grow up fast.

W: 嗯,我决心要在大学里好好表现,我想我得快速成长起来了。

5. A) They have to spend more time studying.
B) They have to participate in club activities.
C) They have to be more responsible for what they do.
D) They have to choose a specific academic discipline.

【题目】 What does the man say about college students as compared with high schoolers?

【翻译】 与高中生相比,这位男士对大学生有何看法?

- A) 他们必须花更多时间学习。 B) 他们必须参加社团活动。
C) 他们必须对自己的行为更加负责。 D) 他们必须选择一个具体的学术学科。

【答案】 C (细节题) They have to be more responsible for what they do.

【定位】 Many aspects are different here at university. The most important one is that you have to take more individual responsibility for your actions.

大学里很多方面都不一样。其中最重要的一点是,你必须为自己的行为承担更多的个人责任。

【信号】 最高级 the most important 点睛。男方先说 Many aspects are different, 紧接着用最高级 The most important one is 把众多不同里"最重要的"那条单拎出来——最高级之后就是答案句,他要强调的正是"承担更多个人责任"。

【替换】 take more individual responsibility for your actions ↔ be more responsible for what they do
名词转形容词的同义改写

【排除】 A) 原词陷阱

录音里反复出现 study (how much effort you put into study) , A 项 spend more time studying 正是盗用这个原词; 但原文说的是"投入多少由你的自律决定", 并非"必须花更多时间学习", 听到 study 就选会中招。

借用原文: how much effort you put into study

B) 答非所问

B 项 participate in club activities 里的 club activities 出现在后文第 9 段, 是第 8 题讨论的内容, 与第 5 题"最重要的不同"无关; 且原文是说"不该花太多时间在社团", 更非"必须参加"。

借用原文: there are a lot of wonderful clubs

D) 未提及

D 项 choose a specific academic discipline (选一门具体专业) 听上去很像大学场景该有的事, 但录音从头到尾没说要"选专业", 属凭常识脑补、原文无据。

6. A) Get ready for a career.

B) Make a lot of friends.

C) Set a long-term goal.

D) Behave like adults.

【题目】 What are college students expected to do according to the man?

【翻译】 根据这位男士的说法, 大学生应该做什么?

A) 为职业生涯做好准备。 B) 结交很多朋友。 C) 设定一个长远目标。

D) 表现得像成年人一样。

【答案】 D (细节题) Behave like adults.

【定位】 It's just that suddenly at university you are expected to behave like an adult, that means concentrating on the direction of your life in general and your own academic performance specifically.

只是说, 到了大学你突然就被期望像个成年人一样行事, 也就是说, 总体上要专注于自己人生的方向, 具体来说要专注于自己的学业表现。

【信号】 被问者应答里的 expected to. 女方追问"Nobody cares, you mean?", 男方的应答里出现 you are expected to behave like an adult, 正用题干同款词 expected to——被问者的直接应答 + 题干原词双重信号, 锁定此句。

【替换】 behave like an adult ↔ Behave like adults.

近乎原句的同义对应

【排除】 A) 未提及

A 项 Get ready for a career. 是大学常被联想的目标，但录音里男方谈的是"像成年人一样行事、专注人生方向和学业"，并没说"为就业做准备"，属常识脑补。

B) 原词陷阱

录音后文确有 You will make interesting friends, B 项 Make a lot of friends. 盗用了 friends; 但那是第 7 题讲交友、且原文强调"只留尊重学业的朋友"，并非"被期望多交朋友"。

借用原文：You will make interesting friends

C) 偷换概念

录音说 concentrating on the direction of your life (专注人生方向)，C 项 Set a long-term goal. (设定长期目标) 把"方向"偷换成"设目标"，看似相近实则不是一回事，原文没说"设定目标"。

借用原文：concentrating on the direction of your life

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7. A) Those who share her academic interests.
B) Those who respect her student commitments.
C) Those who can help her when she is in need.
D) Those who go to the same clubs as she does.

【题目】 What kind of friends does the man suggest the woman make as a college student?

【翻译】 这位男士建议这位女士作为大学生应该结交什么样的朋友？

- A) 那些与她有共同学术兴趣的人。 B) 那些尊重她学业责任的人。
C) 那些能在她需要时帮助她的人。 D) 那些和她去同样社团的人。

【答案】 B (细节题) Those who respect her student commitments.

【定位】 You will make interesting friends, but you need only keep the friends who respect your student commitments.

你会结识有趣的朋友，但你只需保留那些尊重你学生本分的朋友。

【信号】 转折 but 之后才是真意。 前半 You will make interesting friends 是铺垫，转折词 but 之后 keep the friends who respect your student commitments 才是男方真正的建议——but 后是答案句，前半句是用来干扰"听到 friends 就选"的人。

【替换】 keep the friends who respect your student commitments ↔

Those who respect her student commitments.

人称转换的同义对应

【排除】 A) 未提及

A 项 share her academic interests 把"学业"和"兴趣"拼在一起, 听上去合理, 但录音说的是"尊重你学生本分", 从未提"志趣相投", 属脑补。

C) 未提及

C 项 help her when she is in need (在她需要时能帮她的人) 是对"好朋友"的常识定义, 但录音的标准是"尊重学业", 与"能帮忙"无关, 原文无据。

D) 原词陷阱

录音后句确有 there are a lot of wonderful clubs, D 项 go to the same clubs as she does 盗用 clubs; 但 clubs 是讲社团时间分配 (第 8 题) 的, 男方从没说"和同社团的人交友", 听到 clubs 就选正中陷阱。

借用原文: there are a lot of wonderful clubs

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8. A) Those helpful for tapping their potential.
B) Those conducive to improving their social skills.
C) Those helpful for cultivating individual interests.
D) Those conducive to their academic studies.

【题目】 What kind of club activities should college students engage in according to the man?

【翻译】 根据这位男士的说法, 大学生应该参加什么样的社团活动?

- A) 那些有助于发掘他们潜力的活动。 B) 那些有利于提高他们社交技能的活动。
C) 那些有助于培养个人兴趣的活动。 D) 那些有利于他们学业的活动。

【答案】 D (细节题) Those conducive to their academic studies.

【定位】 Also, there are a lot of wonderful clubs, but you shouldn't allocate too much time to club activities, unless they are directly related to your study.

另外, 社团很多很棒, 但你不该在社团活动上分配太多时间, 除非它们与你的学业直接相关。

【信号】 unless 引出唯一例外。 男方先说"不该花太多时间在社团", 再用 unless they are directly related to your study 给出唯一例外——unless 后的条件就是"什么样的社团可以参加", 是答案句的灵魂。

【替换】 directly related to your study ↔ Those conducive to their academic studies.

related to=conductive to 的同义改写

【排除】 A) 未提及

A 项 helpful for tapping their potential (有助发掘潜能) 是社团活动常被说的好处, 听上去合理, 但录音的唯一标准是"与学业相关", 未提潜能, 属脑补。

B) 未提及

B 项 conducive to improving their social skills (有助提升社交能力) 也是社团的常见联想好处, 但录音只说"与学业相关"才值得花时间, 没提社交, 原文无据。

C) 偷换概念

C 项 helpful for cultivating individual interests (有助培养个人兴趣) 与 D 的"学业相关"形成正面对立; 录音明说标准是"与学业相关", C 把"学业"偷换成"个人兴趣", 方向相反。

借用原文: directly related to your study

Section B

Directions: In this section, you will hear two passages. At the end of each passage, you will hear three or four questions. Both the passage and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet 1** with a single line through the centre.

Questions 9 to 11 are based on the passage you have just heard.

1 Most successful people are unorthodox persons whose minds wander outside traditional ways of thinking. Instead of trying to refine old formulas, they invent new ones.

大多数成功人士都是思维游走于传统思维方式之外的非传统人士。他们不是试图改进旧公式,而是发明新公式。

2 When Jean-Claude Killy made the French national ski team in the early 1960s, he was prepared to work harder than anyone else to be the best. At the crack of dawn he would run up the slopes with his skis on, an unbelievably backbreaking activity. In the evening he would do weight lifting and running. But the other team members were working as hard and long as he was. He realized instinctively that simply training harder would never be enough.

当Jean-Claude Killy在20世纪60年代初进入法国国家滑雪队时,他准备比任何人都更加努力地训练以成为最优秀的运动员。黎明时分,他会穿着滑雪板跑上斜坡,这是一项难以置信的艰苦活动。晚上他会进行举重和跑步训练。但其他队员也和他一样努力、长时间地训练。他本能地意识到,仅仅更努力地训练永远不够。

3 Killy then began challenging the basic theories of racing technique. Each week he would try something different to see if he could find a better, faster way down the mountain. His experiments resulted in a new style that was almost exactly opposite the accepted technique of the time. It involved skiing with his legs apart for better balance and sitting back on the skis when he came to a turn. He also used ski poles in an unorthodox way—to propel himself as he skied. The explosive new style helped cut Killy's racing time dramatically. In 1966 and 1967 he captured virtually every major skiing

trophy. The next year he won three gold medals in the Winter Olympics, a record in ski racing that has never been topped.

然后Killy开始挑战竞速技术的基本理论。每周他都会尝试不同的方法,看看能否找到一种更好、更快的下山方式。他的实验产生了一种新风格,这种风格几乎与当时公认的技术完全相反。它包括双腿分开滑雪以获得更好的平衡,以及在转弯时身体后坐在滑雪板上。他还以一种非传统的方式使用滑雪杖——在滑雪时用它推进自己。这种爆发性的新风格帮助Killy大幅缩短了比赛时间。1966年和1967年,他几乎夺得了所有主要滑雪奖项。第二年,他在冬季奥运会上赢得了三枚金牌,创造了滑雪比赛中从未被超越的纪录。

4 Killy learned an important secret shared by many creative people: innovations don't require genius, just a willingness to question the way things have always been done.

Killy学到了许多有创造力的人共同拥有的一个重要秘密:创新不需要天才,只需要愿意质疑一直以来做事的方式。

9. A) They break away from traditional ways of thinking.
B) They are prepared to work harder than anyone else.
C) They are good at refining old formulas.
D) They bring their potential into full play.

【题目】 What does the speaker say about most successful people?

【翻译】 说话者对大多数成功人士有何评价?

- A) 他们打破了传统的思维方式。 B) 他们准备比任何人都更加努力地工作。
C) 他们善于改进旧有的方法。 D) 他们充分发挥了自己的潜能。

【答案】 A (细节题) They break away from traditional ways of thinking.

【定位】 Most successful people are unorthodox persons whose minds wander outside traditional ways of thinking. Instead of trying to refine old formulas, they invent new ones.

大多数成功者都是不循常规的人, 他们的思维游走于传统思维方式之外。他们不去改良旧公式, 而是发明新公式。

【信号】 总括句+Instead of 取舍信号。录音开篇就是对成功者的总括, 并用 Instead of trying to refine old formulas, they invent new ones 中的 Instead of 给出明确取舍——'不是改良旧的、而是发明新的', 这个'不是A而是B'的信号直接点出成功者的本质特征, 就是答案句。

【替换】 minds wander outside traditional ways of thinking ↔

break away from traditional ways of thinking

wander outside ≈ break away from (跳出传统)

they invent new ones ↔ break away from traditional ways of thinking

'发明新的'佐证'打破传统'

【排除】 B) 原词陷阱

They are prepared to work harder than anyone else. 的措辞几乎照搬第 2 段 he was prepared to work harder than anyone else, 听到原话极易选; 但那句讲的是 Killy 个人一开始的做法, 且后文紧接 simply training harder would never be enough (光苦练远远不够), 说明'更努力'恰恰不是成功者的关键共性, 答非所问。

借用原文: he was prepared to work harder than anyone else

C) 与原文相反

They are good at refining old formulas. 直接挪用录音 Instead of trying to refine old formulas 里的 refine old formulas; 但原文是用 Instead of 把'改良旧公式'否定掉、说成功者偏偏不这么做, 选项却说他们'擅长改良旧公式', 正好与原文相反。

借用原文: Instead of trying to refine old formulas

D) 未提及

They bring their potential into full play. 听起来像成功学套话, 但录音通篇讲的是'跳出传统、发明新法', 从没提到'发挥潜能 (potential)' 这层意思, 属于无中生有。

10. A) They contributed to the popularity of skiing worldwide.

B) They resulted in a brand-new style of skiing techniques.

C) They promoted the scientific use of skiing poles.

D) They made explosive news in the sports world.

【题目】 What does the speaker say about Killy's experiments?

【翻译】 说话者对Killy的实验有何评价?

- A) 它们促进了滑雪运动在全世界的普及。 B) 它们产生了一种全新的滑雪技术风格。
C) 它们推动了滑雪杖的科学使用。 D) 它们在体育界引起了爆炸性新闻。

【答案】 B (细节题) They resulted in a brand-new style of skiing techniques.

【定位】 His experiments resulted in a new style that was almost exactly opposite the accepted technique of the time.

他的实验催生了一种全新风格, 几乎与当时公认的技术完全相反。

【信号】 因果信号 resulted in 直引出结果。 录音 His experiments resulted in a new style 里的 resulted in 是明确的因果信号词, experiments 是因、紧跟的 a new style 就是要找的结果, 信号词后面的内容直接就是答案句。

【替换】 resulted in a new style ↔ **resulted in a brand-new style of skiing techniques**

new style ≈ brand-new style of skiing techniques

almost exactly opposite the accepted technique of the time ↔

a brand-new style of skiing techniques

'与公认技术相反'强化了'全新'

【排除】 A) 过度推断

They contributed to the popularity of skiing worldwide. 把实验的影响夸大为'让滑雪在全世界流行'; 录音只说实验催生了新风格、帮 Killy 自己缩短了比赛时间, 从未说它让滑雪运动在全球流行, 属过度推断/放大范围。

C) 偷换概念

They promoted the scientific use of skiing poles. 挪用了录音 He also used ski poles in an unorthodox way 里的 ski poles; 但原文说他是'用非常规的方式 (unorthodox way)'用雪杖来助推, 根本不是'科学使用 (scientific use)', 把'非常规'偷换成了'科学'。

借用原文: He also used ski poles in an unorthodox way

D) 原词陷阱

They made explosive news in the sports world. 抓住了录音里很扎眼的 explosive 一词; 但原文 The explosive new style helped cut Killy's racing time 里 explosive 修饰的是'new style (爆发式的新风格)', 讲它大幅缩短了比赛时间, 根本没说'造成爆炸性新闻', 原词被挪了搭配。

借用原文: The explosive new style helped cut Killy's racing time

11. A) He was recognized as a genius in the world of sports.

B) He competed in all major skiing events in the world.

C) He won three gold medals in one Winter Olympics.

D) He broke three world skiing records in three years.

【题目】 What is said to be Killy's biggest honor in his skiing career?

【翻译】 Killy滑雪生涯中最大的荣誉是什么?

A) 他被公认为体育界的天才。 B) 他参加了世界上所有主要的滑雪赛事。

C) 他在一届冬季奥运会上赢得了三枚金牌。 D) 他在三年内打破了三项世界滑雪纪录。

【答案】 C (细节题) He won three gold medals in one Winter Olympics.

【定位】 The next year he won three gold medals in the Winter Olympics, a record in ski racing that has never been topped.

第二年他在冬奥会上赢得三枚金牌, 这是滑雪比赛中一项从未被超越的纪录。

【信号】 数字+最高级 never been topped. 录音 he won three gold medals in the Winter Olympics, a record in ski racing that has never been topped 同时给了硬数字 (three gold medals) 和最高级评价 (never been topped 从未被超越), '从未被超越'正是'最大荣誉'的信号, 定为答案句。

【替换】 he won three gold medals in the Winter Olympics ↔

He won three gold medals in one Winter Olympics.

几乎原句对应, only 'the'→'one'

a record in ski racing that has never been topped ↔

He won three gold medals in one Winter Olympics.

'从未被超越的纪录'印证这是最大荣誉

【排除】 A) **与原文相反**

He was recognized as a genius in the world of sports. 利用了第4段 innovations don't require genius 里的 genius; 但原文恰恰说'创新不需要天才', 是在否定'天才'这一前提, 选项却说他'被公认为天才', 与原文意思相反, 且这不是在讲荣誉。

借用原文: innovations don't require genius

B) **偷换概念**

He competed in all major skiing events in the world. 听上去呼应录音 he captured virtually every major skiing trophy; 但原文说的是'夺得几乎每一项重大滑雪奖杯 (captured trophy)', 是'拿奖'不是'参加 (competed in) 所有赛事', 把'夺奖'偷换成'参赛', 且 all 比原文 virtually every 更绝对。

借用原文: he captured virtually every major skiing trophy

D) **原词陷阱**

He broke three world skiing records in three years. 抓住录音里的数字 three 与年份信息 (1966、1967、the next year) 东拼西凑出'三年破三项世界纪录'; 但原文是 In 1966 and 1967 he captured virtually every major skiing trophy 讲夺奖、次年 he won three gold medals 讲三金, 'three'配的是金牌不是纪录, 更没说'破三项世界纪录', 数字张冠李戴。

借用原文: he won three gold medals in the Winter Olympics

Questions 12 to 15 are based on the passage you have just heard.

1 Scientific experiments have demonstrated incredible ways to kill a guinea pig, a small furry animal. Emotional upsets generate powerful and deadly toxic substances. Blood samples taken from persons experiencing intense fear or anger when injected into guinea pigs have killed them in less than two minutes. Imagine what these poisonous substances can do to your own body.

科学实验已经证明了杀死豚鼠这种小型毛茸茸动物的惊人方法。情绪波动会产生强效且致命的有毒物质。从经历强烈恐惧或愤怒的人身上抽取的血液样本注射到豚鼠体内,能在不到两分钟内将它们杀死。想象一下这些有毒物质会对你自己的身体造成什么影响。

2 Every thought that you have affects your body chemistry within a split second. Remember how you feel when you're speeding down the highway and a big truck suddenly brakes twenty meters in front of you. A shockwave shoots through your whole system. Your mind produces instant reactions in your body. 你的每一个想法都会瞬间影响你的身体化学反应。回想一下当你在高速公路上飞驰,一辆大卡车突然在你前方二十米处刹车时你的感受。一股冲击波瞬间传遍你的整个系统。你的思维在你的身体中产生即时

反应。

3 The toxic substances that fear, anger, frustration, and stress produce not only kill guinea pigs but kill us off in a similar manner. It is impossible to be fearful, anxious, irritated, and healthy at the same time. It is not just difficult, it is impossible.

恐惧、愤怒、挫折和压力所产生的有毒物质不仅会杀死豚鼠,也会以类似的方式慢慢杀死我们。一个人不可能既充满恐惧、焦虑、烦躁,又同时保持健康。这不仅仅是困难,而是不可能的。

4 Simply put, your body's health is a reflection of your mental health. Sickness will often then be a result of unresolved inner conflicts which in time show up in the body.

简单来说,你的身体健康是你心理健康的反映。疾病往往是未解决的内心冲突的结果,这些冲突最终会在身体上显现出来。

5 It is also fascinating how our subconscious mind shapes our health. Do you recall feeling sick on a day when you didn't want to go to school? Headaches brought on by fear?

我们的潜意识如何塑造我们的健康也非常有趣。你还记得在不想上学的那天感到身体不适吗?由恐惧引发的头痛?

6 The mind-body connection is such that if, for example, we want to avoid something, very often our subconscious mind will arrange it. Once we recognize that these things happen to us, we are halfway to doing something about them.

身心联系是这样的:例如,如果我们想要避免某件事,我们的潜意识往往会进行安排。一旦我们认识到这些事情发生在我们身上,我们就已经在解决它们的路上走了一半。

12. A) They appear restless.

B) They lose consciousness.

C) They become upset.

D) They die almost instantly.

【题目】 What happens to guinea pigs, when blood samples of angry people are injected into them?

【翻译】 当愤怒者的血液样本被注射到豚鼠体内时,豚鼠会发生什么?

- A) 它们显得焦躁不安。 B) 它们失去意识。 C) 它们变得烦躁。
D) 它们几乎立即死亡。

【答案】 D (细节题) They die almost instantly.

【定位】 Blood samples taken from persons experiencing intense fear or anger when injected into guinea pigs have killed them in less than two minutes.

从经历强烈恐惧或愤怒的人身上抽取的血样,注入豚鼠体内后,在不到两分钟内就把它杀死了。

【信号】 结果动词 **killed** 即结局落点。这句出现强结果动词 killed them in less than two minutes, killed 直接交代了豚鼠的最终结局,是承载答案的关键动作词,听到它就锁定这一句。

【替换】 killed them in less than two minutes ↔ They die almost instantly.

致死改写为致死，时长改写为副词

【排除】 A) 未提及

They appear restless. 说豚鼠"显得不安"，远轻于录音的 killed，把致命结局偷换成轻微反应；录音从未提及豚鼠"不安"，属程度被改轻的无中生有。

B) 偷换概念

They lose consciousness. (失去意识) 听上去与"被注射后出事"沾边，但录音明说的是 killed them (被杀死)，死亡比昏迷重一档；选项偷偷把"死"降成"昏迷"。

借用原文：killed them in less than two minutes

C) 原词陷阱

They become upset. 里的 upset 正是录音里反复出现的原词 Emotional upsets，但那是形容"人的情绪波动"产生毒素，不是说豚鼠"变得难受"；选项盗用 upset 制造"听到就想选"的错觉。

借用原文：Emotional upsets generate powerful and deadly toxic substances

13. A) It has an instant effect on your body chemistry.

B) It keeps returning to you every now and then.

C) It leaves you with a long lasting impression.

D) It contributes to the shaping of your mind.

【题目】 What does the speaker say about every thought you have?

【翻译】 说话者关于你的每一个想法说了什么？

A) 它对你的身体化学反应有即时影响。 B) 它时不时地再次出现在你脑海中。

C) 它给你留下持久的印象。 D) 它有助于塑造你的思维。

【答案】 A (细节题) It has an instant effect on your body chemistry.

【定位】 Every thought that you have affects your body chemistry within a split second.

你产生的每一个念头，都会在一瞬间影响你的身体化学反应。

【信号】 时间词 within a split second 即时效落点。题干对象 thought 一出现，紧跟的判定就是 affects your body chemistry within a split second，其中"a split second (一瞬间)"正是预读锁定的时效维度落点，听到它即定位本句。

【替换】 affects your body chemistry within a split second ↔

It has an instant effect on your body chemistry.

动词改名词、瞬间换同义词

【排除】 B) 未提及

It keeps returning to you every now and then. 说念头"时不时回来", 与录音强调的"瞬间作用于身体"无关, 录音没说念头会反复回返, 属无中生有。

C) 与原文相反

It leaves you with a long lasting impression. 的"long lasting (持久)"恰与录音的 within a split second (瞬间) 在时间维度上相反; 选项取了与原文相反的极性。

借用原文: within a split second

D) 张冠李戴

It contributes to the shaping of your mind. 谈的是"塑造心智", 方向是"心智被塑"; 而本段说的是念头作用于 body chemistry (身体), 作用对象被掉了个; "塑造"相关内容其实在后文谈 subconscious 时才出现, 安到本题即张冠李戴。

借用原文: how our subconscious mind shapes our health

14. A) To succeed while feeling irritated.

B) To feel happy without good health.

C) To be free from frustration and failure.

D) To enjoy good health while in dark moods.

【题目】 What does the speaker say about every thought you have?

【翻译】 说话者关于你的每一个想法说了什么?

A) 在感到恼怒的同时取得成功。 B) 在没有良好健康的情况下感到快乐。

C) 摆脱挫折和失败。 D) 在阴郁情绪中享有良好健康。

【答案】 D (细节题) To enjoy good health while in dark moods.

【定位】 It is impossible to be fearful, anxious, irritated, and healthy at the same time. It is not just difficult, it is impossible.

一个人不可能在恐惧、焦虑、烦躁的同时又保持健康。这不只是困难, 而是根本不可能。

【信号】强判定词 impossible 加重重复强调。这句以 It is impossible 作判定, 并用 It is not just difficult, it is impossible 重复加重语气, 强调正是答案句的信号——说话人反复强调处即考点。

【替换】 impossible to be fearful, anxious, irritated, and healthy at the same time ↔

To enjoy good health while in dark moods.

负面情绪概括为 dark moods, 并存关系保留

【排除】 A) 原词陷阱

To succeed while feeling irritated. 里 irritated 取自原文 irritated, 但 succeed (成功) 原文从未提及; 选项盗用 irritated 一词, 再拼上无中生有的"成功"。

借用原文: fearful, anxious, irritated

B) 偷换概念

To feel happy without good health. 谈"没有健康却快乐", 方向与原文"坏情绪 vs 健康不能并存"对不上: 原文说的是"坏情绪伴健康不可能", 不是"无健康却快乐", 逻辑被掉换。

C) 原词陷阱

To be free from frustration and failure. 里 frustration 取自原文 frustration, 但"摆脱挫折与失败"是录音没有下过的判断, 选项盗用 frustration 制造熟悉感。

借用原文: fear, anger, frustration, and stress produce

15. A) They are closely connected.

B) They function in a similar way.

C) They are too complex to understand.

D) They are too complex to understand.

【题目】 What does the passage say about our mind and body?

【翻译】 这段话关于我们的思维和身体说了什么?

A) 它们紧密相连。 B) 它们以相似的方式运作。 C) 它们过于复杂而难以理解。

D) 它们过于复杂而难以理解。

【答案】 A (细节题) They are closely connected.

【定位】 The mind-body connection is such that if, for example, we want to avoid something, very often our subconscious mind will arrange it.

心身之间的关联是这样的: 比如当我们想回避某件事时, 潜意识常常会替我们把它安排出来。

【信号】 关系名词 connection 直接点题。 这句以 The mind-body connection 把心智与身体直接捆在一起命名为"关联", connection 就是两者关系的总括落点; 本段 your body's health is a reflection of your mental health 亦呼应同一结论。

【替换】 The mind-body connection ↔ **They are closely connected.**

名词 connection 还原为形容词 connected

【排除】 B) 偷换概念

They function in a similar way. 说两者"运作方式相似", 而录音说的是"相互关联 (connection)", 相连不等于运作相似; 选项把"关联"偷换成"相似"这种另一种关系。

C) 未提及

They are too complex to understand. 说两者"复杂到难以理解", 但录音通篇在阐明两者如何相连、还说 we are halfway to doing something about them (我们已离解决问题不远), 态度是"可认识、可处理", 并非"难懂", 属无中生有且基调相反。

D) 未提及

They are too complex to understand. 与 C 内容完全相同, 同样把两者说成"复杂难懂", 与录音"相连且可处理"的结论不符, 理由同 C。

Section C

Directions: In this section, you will hear three recordings of lectures or talks followed by three or four questions. The recordings will be played only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on **Answer Sheet I** with a single line through the centre.

Questions 16 to 18 are based on the recording you have just heard.

¹ Teachers and students alike have experienced the curious paradox that beginners, as a rule, tend to think too little about what they are doing because they think too much about what they are doing. Take, for example, people who are learning to play basketball or the piano. They have to give so much thought and attention to the low-level mechanics of handling the ball or fingering the keys or reading the music, that they are unable to give any thought to the thing that matters—the game, or the music, respectively.

教师和学生都经历过这样一个奇特的悖论:初学者通常倾向于对自己正在做的事情思考得太少,因为他们对自己正在做的事情思考得太多。以学习打篮球或弹钢琴的人为例。他们必须对处理球或按键或读谱等低层次的技术动作投入大量思考和注意力,以至于无法对真正重要的东西——分别是比赛或音乐——进行任何思考。

² With experts, it's just the other way around. They're open to the tactical possibilities and the musical challenges precisely because they're freed, through skill, from the need to pay attention to the low-level details of how to play. Indeed, when the expert pays attention to the mechanics, this is liable to disrupt performance.

对于专家来说,情况恰恰相反。他们之所以能够对战术可能性和音乐挑战保持开放态度,正是因为他们通过技能获得了自由,不需要关注如何演奏的低层次细节。实际上,当专家关注技术动作时,这反而可能扰乱表现。

3 This has led some to say that the expert operates in a zone "beyond thought", in a state of flow. But this is misleading. Expert performance is not beyond thought.

这导致一些人说专家在“超越思考”的区域运作,处于一种心流状态。但这具有误导性。专家的表现并非超越思考。

4 Smart basketball players or skilled musicians need to pay close attention to the demands of high performance, to the challenges to be overcome. What they don't need to do—what would be a distraction—is to have to think about where their fingers are, or how to control the ball while running. It's not mechanics, but the play itself, that absorbs the expert's intelligence.

聪明的篮球运动员或熟练的音乐家需要密切关注高水平表现的要求,关注需要克服的挑战。他们不需要做的——这会分散注意力——是必须思考手指在哪里,或如何在跑动中控制球。吸收专家智慧的不是技术动作,而是比赛或演奏本身。

5 A nice video published online last month sheds light on expertise and the conscious mind. The video reports a new study using an eye-tracking device.

上个月在网上发布的一段精彩视频揭示了专业技能与意识之间的关系。该视频报道了一项使用眼动追踪设备的新研究。

6 It turns out that the less skilled pianist spends more time looking at her fingers than does the expert who, in contrast, is more likely to be looking at the sheet of music, or looking ahead at keys he's not yet playing. In general, the expert's gaze was calmer and more stable.

结果表明,技术较差的钢琴家花更多时间看自己的手指,而专家则相反,更可能看乐谱,或提前看尚未弹奏的琴键。总体而言,专家的注视更平静、更稳定。

7 This is not a surprising finding. It supports what we might almost think of as conventional wisdom.

这不是一个令人惊讶的发现。它支持了我们几乎可以认为是常识的观点。

8 But it's remarkable for all that, nonetheless. The eye tracker gives expert and learning performers a glimpse into what they do without thinking about it.

但尽管如此,它仍然非同寻常。眼动追踪仪让专家和学习者得以一瞥他们无意识所做的事情。

9 The topic of the nature of skill—and the differences between beginners and experts—has been one of considerable discussion in cognitive science and philosophy.

技能的本质——以及初学者和专家之间的差异——这一主题一直是认知科学和哲学领域广泛讨论的话题。

16. A) They differ in their appreciation of music.

B) They focus their attention on different things.

C) They finger the piano keys in different ways.

D) They choose different pieces of music to play.

【题目】 What does the speaker say about beginners and expert pianists?

【翻译】说话者关于初学者和专业钢琴家说了什么？

- A) 他们对音乐的欣赏不同。 B) 他们关注的事物不同。 C) 他们按琴键的方式不同。
D) 他们选择演奏不同的曲目。

【答案】 **B** (细节题) They focus their attention on different things.

【定位】 They have to give so much thought and attention to the low-level mechanics of handling the ball or fingering the keys or reading the music, that they are unable to give any thought to the thing that matters—the game, or the music, respectively. With experts, it's just the other way around. They're open to the tactical possibilities and the musical challenges precisely because they're freed, through skill, from the need to pay attention to the low-level details.

新手必须把大量心思和注意力放在按球、按琴键、读谱这些低层次的机械动作上，以至于无暇去想真正要紧的东西——比赛本身或音乐本身。而专家恰恰相反：正因为靠技能从关注低层细节中解放出来，他们能把心思放在战术可能性与音乐挑战上。

【信号】 **对比信号 the other way around**。新手那句强调注意力在 the low-level mechanics，紧接着第 2 段 With experts, it's just the other way around (恰恰相反) 这一对比信号点明两类人注意力放的位置正相反，正反对照处就是答案句。

【替换】 give so much thought and attention to the low-level mechanics ↔
focus their attention on different things

"注意力放在低层机械"被概括为"注意力放在不同东西上"

it's just the other way around ↔ **different things**

"正相反"对应"不同"

【排除】 A) **原词陷阱**

A 用了录音反复出现的 music，但录音说的是两类人"注意力落点"不同，从没说他们对音乐的 appreciation (欣赏/鉴赏) 不同，是借 music 一词答非所问。

借用原文：reading the music

C) **原词陷阱**

C 抓住录音里很具体的 fingering the keys，但原文是说新手"得分心去 finger the keys"、专家不必，讲的是注意力，并非说两人"指法方式不同"，属偷换概念。

借用原文：fingering the keys

D) **未提及**

D 用了 pieces of music/play，但录音通篇没提两类人"选不同曲子弹"，纯属拿熟词拼出的未提及内容。

借用原文：the music

-
17. A) They manage to cooperate well with their teammates.
B) They use effective tactics to defeat their competitors.
C) They try hard to meet the spectators' expectations.
D) They attach great importance to high performance.

【题目】 What do smart basketball players do according to the speaker?

【翻译】 根据说话者所说,聪明的篮球运动员会做什么?

- A) 他们设法与队友良好合作。 B) 他们使用有效的战术击败竞争对手。
C) 他们努力满足观众的期望。 D) 他们非常重视高水平表现。

【答案】 D (细节题) They attach great importance to high performance.

【定位】 Smart basketball players or skilled musicians need to pay close attention to the demands of high performance, to the challenges to be overcome.

聪明的篮球运动员或熟练的音乐家需要密切关注高水平表现的要求, 关注那些需要克服的挑战。

【信号】 主语直击信号 Smart basketball players. 第 4 段开头直接以 Smart basketball players 为主语, 谓语 need to pay close attention to the demands of high performance, 主语与题干完全对上, 是直击答案句。

【替换】 pay close attention to the demands of high performance ↔

attach great importance to high performance

"密切关注"="高度重视"

【排除】 A) 未提及

A 的 cooperate well with their teammates 听着很合"打篮球要配合"的常识, 但录音从头到尾没提队友配合, 是用生活经验冒充原文、未提及。

B) 原词陷阱

B 借了录音里的"战术"概念 (tactical), 但原文 tactical possibilities 讲的是专家"对战术保持开放", 并没说他们"用战术击败对手", 是偷换为打败对手的未提及内容。

借用原文: the tactical possibilities

C) 未提及

C 的 meet the spectators' expectations (满足观众期待) 录音里完全没出现, 连相关词都没有, 纯属无中生有。

-
18. A) It marks a breakthrough in behavioral science.
B) It adopts a conventional approach to research.
C) It supports a piece of conventional wisdom.
D) It gives rise to controversy among experts.

【题目】 What do we learn about the new study published in an online video?

【翻译】关于发表在在线视频中的新研究,我们了解到什么?

- A) 它标志着行为科学的突破。 B) 它采用传统的研究方法。 C) 它支持一条传统智慧。
D) 它在专家中引起争议。

【答案】 C (细节题) It supports a piece of conventional wisdom.

【定位】 This is not a surprising finding. It supports what we might almost think of as conventional wisdom.

这并不是一个令人惊讶的发现。它印证了我们几乎可以视为常识的东西。

【信号】 定性信号 **supports...conventional wisdom**。第 7 段先用 not a surprising finding 定调"不意外", 再直接说 It supports what we might almost think of as conventional wisdom, supports + conventional wisdom 就是对研究的定性, 是答案句。

【替换】 It supports what we might almost think of as conventional wisdom ↔

It supports a piece of conventional wisdom

近乎原句, 只把从句压成名词短语

【排除】 A) **与原文相反**

A 说这是 breakthrough (突破), 但录音明确说 not a surprising finding (并不令人惊讶), "不意外"与"突破"正相反, 属与原文相反兼过度拔高。

借用原文: This is not a surprising finding

B) **与原文相反**

B 说研究"用了常规/老套方法", 但录音说它用的是 a new study using an eye-tracking device (眼动仪), 是新手段而非 conventional approach, 与原文相反。

借用原文: a new study using an eye-tracking device

D) **未提及**

D 说研究"在专家中引发争议", 但录音对该发现的定性是"不意外、印证常识", 根本没提任何争议, 属无中生有。

Questions 19 to 21 are based on the recording you have just heard.

1 Every summer when I top up my selection of summer outfits from the department stores, my eyes would nearly pop out of my head. I'm overwhelmed with a wide range of different slimming products each year. And more shockingly, these products are often advocated by very slim models.

每年夏天, 当我从百货商店补充夏季服装时, 我的眼睛几乎要瞪出来。每年我都被琳琅满目的各种瘦身产品所淹没。更令人震惊的是, 这些产品往往由非常苗条的模特代言。

2 Having lived in Asia for almost 10 years now, I've seen various dieting tips come and go. I remember in Japan, people heading directly to the fruit section in the supermarket, when the banana diet was at its peak. Then there was the black tea and oolong tea diet, followed by the soybean diet and the tomato juice diet. The list goes on and on.

在亚洲生活了近10年, 我见证了各种节食方法的兴衰更替。我记得在日本, 当香蕉减肥法处于鼎盛时期时, 人们会直接冲向超市的水果区。然后是红茶和乌龙茶减肥法, 接着是大豆减肥法和番茄汁减肥法。这

样的清单不胜枚举。

3 Apart from what people eat, I've also seen many interesting slimming products. In Hong Kong, I've seen girls wrapping their whole body or both legs up with a special type of slimming tape which is supposed to help make them thinner. But it just reminded me of the roasted ham my mother usually puts on the dinner table at Christmas. Then there were the face slimming rollers that were said to improve your blood circulation and make your face smaller.

除了人们吃什么，我还见过许多有趣的瘦身产品。在香港，我见过女孩用一种特殊的瘦身胶带把全身或双腿包裹起来，据说这能帮助她们变瘦。但这只是让我想起我母亲在圣诞节晚餐桌上常摆的烤火腿。还有据说能改善血液循环、让脸变小的瘦脸滚轮。

4 Personally I do not believe in any of these slimming gadgets and I think I have a very different perspective when it comes to the definition of what is beautiful. Asian women prefer to avoid the sun, because being pale or white is considered beautiful whereas a tanned complexion is considered much more beautiful and sexy in the West. It is most certainly shaped by a person's culture as well as how they were raised in their childhood.

就我个人而言，我不相信任何这些瘦身小工具，而且我认为在美的定义上我有非常不同的视角。亚洲女性更喜欢避开阳光，因为肤色白皙被认为是美丽的，而在西方，古铜色肤色被认为更美丽、更性感。这无疑是由一个人的文化以及他们童年时期的成长方式所塑造的。

5 As each summer season approaches, there's no escape from it. But it's not only women who are affected by this pressure to look good. Men aspire to be able to show off their 6 packs, or their v-shaped backs and there's a growing market of slimming pills aimed at men too.

随着每个夏季的临近，这是无法逃避的。但不仅女性受到这种外表压力的影响。男性渴望能够炫耀他们的六块腹肌或V型背部，而且针对男性的瘦身药丸市场也在不断增长。

6 I think no matter what diets we follow or what slimming products we obsess ourselves with, at the end of the day there's no magic trick to shape up for the summer. Eat in a balanced way and incorporate the right level of physical activity. For me, this still seems to be the best plan.

我认为无论我们遵循什么样的饮食方法，或痴迷于什么样的瘦身产品，归根结底，塑造夏日身材并没有什么魔法诀窍。均衡饮食并结合适当水平的体育活动。对我来说，这似乎仍然是最好的计划。

19. A) People's envy of slim models.

B) People's craze for good health.

C) The increasing range of fancy products.

D) The great variety of slimming products.

【题目】 What overwhelms the speaker when she buys her summer outfits each year?

【翻译】 说话者每年购买夏季服装时，什么让她感到不知所措？

A) 人们对苗条模特的羡慕。 B) 人们对健康的狂热追求。 C) 花哨产品的种类日益增多。

D) 减肥产品的种类繁多。

【答案】 D (细节题) The great variety of slimming products.

【定位】 I'm overwhelmed with a wide range of different slimming products each year.

每年我都被五花八门、种类繁多的减肥瘦身产品弄得不知所措。

【信号】 题干原词 **overwhelmed** 在录音中直接落点。录音 I'm overwhelmed with a wide range of different slimming products 里的 overwhelmed 正是题干的提问词，这种“题干提问词在原文原样出现”的句子就是答案句的强信号，紧跟其后的 a wide range of different slimming products 就是答案对象。

【替换】 a wide range of different slimming products ↔ **The great variety of slimming products**
a wide range of different = The great variety of

【排除】 A) **原词陷阱**

录音末句确实提到 very slim models, A 项 People's envy of slim models. 借这个 slim models 引诱你“听到就选”，但录音只说产品由瘦模特代言，从未说人们“羡慕(envy)”模特，envy 是无中生有。

借用原文：very slim models

B) **偷换概念**

录音通篇讲减肥产品，结尾才提 Eat in a balanced way 的健康主张，但 19 题问的是“买夏装时被什么震到”，B 项 People's craze for good health. 既不在答案句、又把对象偷换成“健康狂热”，答非所问。

C) **偷换概念**

C 项 The increasing range of fancy products. 与正确项句式几乎一样（都说“产品种类多”），但把 slimming 换成了 fancy（花哨的）。录音说的是 slimming products（减肥产品），从未说 fancy products，这一字之差就是错点。

借用原文：slimming products

20. A) They appear vigorous.

B) They appear strange.

C) They look charming.

D) They look unhealthy.

【题目】 **What does the speaker think of girls wrapping their legs up with slimming tape?**

【翻译】 说话者如何看待女孩们用瘦身胶带缠绕腿部？

A) 她们显得精力充沛。 B) 她们显得奇怪。 C) 她们看起来很有魅力。

D) 她们看起来不健康。

【答案】 **B** （态度观点题） They appear strange.

【定位】 In Hong Kong, I've seen girls wrapping their whole body or both legs up with a special type of slimming tape which is supposed to help make them thinner. But it just reminded me of the roasted ham my mother usually puts on the dinner table at Christmas.

在香港，我见过女孩们用一种据说能让人变瘦的特制塑身胶带把全身或双腿缠起来。但这只让我联想到我母亲圣诞节常端上餐桌的烤火腿。

【信号】转折 But 后的比喻才是真态度。前半句客观描述“用胶带缠腿”，But it just reminded me of the roasted ham 用 But 转折，后面把缠腿的样子比作“烤火腿”，转折后的这个比喻才暴露说话人的真实评价——觉得样子怪异、滑稽。

【替换】it just reminded me of the roasted ham ↔ They appear strange.

把人腿比作烤火腿=觉得样子怪

【排除】A) 与原文相反

A 项 They appear vigorous. (显得有活力) 是正面评价，但录音用 But 转折后把缠腿比作火腿，态度是负面/觉得怪，方向相反。

C) 原词陷阱

录音前半提到胶带 supposed to help make them thinner (据说能变瘦)，C 项 They look charming. (显得迷人) 顺着“变瘦=好看”的常识把人引向正面评价，但说话人本人的评价是火腿比喻的“怪”，charming 是被常识带偏的误判。

借用原文：supposed to help make them thinner

D) 过度推断

D 项 They look unhealthy. (显得不健康) 看似贴合“减肥”话题，但录音的火腿比喻表达的是“样子怪”，并没说“看起来不健康”；把 strange 推到 unhealthy 是多走了一步的过度推断。

-
21. A) Culture and upbringing.
B) Wealth and social status.
C) Peer pressure.
D) Media influence.

【题目】What does the speaker think affects people's interpretation of beauty?

【翻译】说话者认为什么影响了人们对美的诠释？

A) 文化和教养。 B) 财富和社会地位。 C) 同伴压力。 D) 媒体影响。

【答案】A (细节题) Culture and upbringing.

【定位】It is most certainly shaped by a person's culture as well as how they were raised in their childhood.

这（对美的看法）无疑是由一个人的文化以及他们童年时的成长方式所塑造的。

【信号】因果信号 shaped by 后接成因。It is most certainly shaped by a person's culture as well as how they were raised in their childhood 里的 shaped by 是明确的归因信号，most certainly 又加重了语气，shaped by 后面紧跟的 culture 与 how they were raised 就是答案。

【替换】 a person's culture ↔ **Culture and upbringing.**

a person's culture = Culture

how they were raised in their childhood ↔ **Culture and upbringing.**

how they were raised in childhood = upbringing

【排除】 B) **未提及**

B 项 Wealth and social status. 听上去像合理成因, 但录音的归因句只说 culture 和 childhood, 从头到尾没提财富或社会地位, 属无中生有。

C) **原词陷阱**

录音第 5 段确有 this pressure to look good 和"男性也受影响", C 项 Peer pressure. 借这个 pressure 引诱选, 但那讲的是"想变好看的压力", 而非"什么塑造了审美标准", 且原文是 pressure 不是 peer pressure, 答非所问。

借用原文: this pressure to look good

D) **过度推断**

录音开头提到产品由 very slim models 代言, 让人联想到媒体影响, D 项 Media influence. 正利用这种联想, 但归因句明确说是 culture 与 upbringing, 从未把审美归于媒体, 属过度推断。

借用原文: very slim models

Questions 22 to 25 are based on the recording you have just heard.

1 Skin may seem like a superficial human attribute, but it's the first thing we notice about anyone we meet. As a zoologist focusing on the studies of apes and monkeys, I've been studying why humans evolved to become the naked ape, and why skin comes in so many different shades around the world.

皮肤看似是人类的一个表面属性,但它却是我们遇到任何人时注意到的第一件事。作为一名专注于类人猿和猴子研究的动物学家,我一直在研究人类为何进化成为裸猿,以及为什么世界各地的皮肤会呈现如此多种不同的色调。

2 We can make a very good estimate from the fossil record that humans probably evolved naked skin around a million and a half years ago, and meanwhile they mostly lost their coat of fur. Today we have a few patches of hair remaining on various parts of our bodies, but compared with apes and monkeys, we have very little. Basically, we turned our skin darker to serve as a natural sun protector in the place of the hair we lost.

我们可以从化石记录中做出非常好的估计,人类可能在大约一百五十万年前进化出裸露的皮肤,同时他们基本上失去了毛皮外衣。今天我们身体的各个部位还残留着一些毛发斑块,但与类人猿和猴子相比,我们的毛发非常少。基本上,我们使皮肤变得更深,以充当天然防晒保护,取代我们失去的毛发。

3 We think we lost this hair because of the need to keep ourselves cool when we were moving around vigorously in a hot environment. We can't really lose heat by breathing quickly and loudly like dogs. We have to do it by sweating. So we evolved the ability to sweat plentifully and lost most of our fur.

我们认为我们失去这些毛发是因为需要在炎热环境中剧烈活动时保持身体凉爽。我们不能像狗那样通过快速大声呼吸来散热。我们必须通过出汗来做到这一点。所以我们进化出大量出汗的能力,并失去了大部分

毛皮。

4 Most animals protect themselves from the sun with fur. What we did in our ancestry was to produce more permanent natural coloring in our skin cells.

大多数动物用毛皮保护自己免受阳光照射。我们的祖先所做的是在皮肤细胞中产生更持久的天然色素。

5 This was really an important revolution in human history because it allowed us to continue to evolve in equatorial environments. It really made it possible for us to continue along the path toward modern humans in Africa.

这确实是人类历史上一场重要的革命,因为它使我们能够在赤道环境中继续进化。它真正使我们能够在非洲沿着通向现代人类的道路继续前进。

6 For most of human history we all had dark skin. What we see today is the product of evolutionary events resulting from the dispersal of a few human populations out of Africa around 60,000 to 70,000 years ago.

在人类历史的大部分时间里,我们都有深色皮肤。我们今天看到的是大约六万到七万年前少数人类种群从非洲扩散而产生的进化事件的结果。

7 Our species originated around 200,000 years ago and underwent tremendous diversification—culturally, technologically, linguistically, artistically—for 130,000 years. After that, a few small populations left Africa to populate the rest of the world. These early ancestors of modern Eurasians dispersed into parts of the world that had more seasonal sunshine and much lower levels of sun radiation. It's in these populations that we begin to see real changes in the genetic makeup of natural coloring.

我们的物种起源于大约二十万年前,并经历了巨大的多样化——在文化、技术、语言、艺术方面——持续了十三万年。在那之后,少数小型种群离开非洲去填充世界的其他地方。这些现代欧亚人的早期祖先扩散到世界上那些阳光更具季节性、太阳辐射水平低得多的地区。正是在这些种群中,我们开始看到天然肤色的基因构成发生了真正的变化。

8 Today, skin color is evolving via new mixtures of people coming together and having children with new mixtures of skin color genes. We can see this in almost every large city worldwide. Not only the coloring genes, but lots of other genes are getting mixed up, too.

今天,肤色正在通过新的人群组合进化,他们聚集在一起并生育出具有新肤色基因组合的孩子。我们几乎可以在世界各地的每个大城市看到这一点。不仅是肤色基因,许多其他基因也在混合。

22. A) The relation between hair and skin.

B) The growing interest in skin studies.

C) The color of human skin.

D) The need of skin protection.

【题目】 What does the speaker mainly talk about?

【翻译】说话者主要谈论什么?

- A) 毛发与皮肤的关系。 B) 对皮肤研究日益增长的兴趣。 C) 人类皮肤的颜色。
D) 皮肤保护的需要。

【答案】 **C** (主旨题) The color of human skin.

【定位】 As a zoologist focusing on the studies of apes and monkeys, I've been studying why humans evolved to become the naked ape, and why skin comes in so many different shades around the world.

作为一名专注研究猿和猴的动物学家，我一直在研究人类为何进化成了裸猿，以及为何全世界人类的肤色会有如此多不同的深浅。

【信号】 **开头自述研究方向即点题**。讲者用 I've been studying why humans evolved to become the naked ape, and why skin comes in so many different shades 自报研究主题，开头的研究自述句就是全篇主旨落点，后文各段都在回答这两个 why。

【替换】 why skin comes in so many different shades around the world ↔ **The color of human skin.**
different shades=color of skin

【排除】 A) **原词陷阱**

文中确实多次把 hair 与 skin 对照，听到就想选 The relation between hair and skin., 但毛发只是解释肤色变深的铺垫，不是全篇主题，属以偏概全。

借用原文：we mostly lost their coat of fur

B) **未提及**

The growing interest in skin studies. 说皮肤研究兴趣日增，原文只说讲者自己在研究皮肤，从未提整个领域兴趣上升，属未提及。

D) **原词陷阱**

文中提过深色皮肤可当天然防晒 (a natural sun protector)，听到 protector 易选 The need of skin protection., 但防护只是肤色变深的一个功能，不是全篇主旨，属以偏概全。

借用原文：to serve as a natural sun protector

23. A) The necessity to save energy.

B) Adaptation to the hot environment.

C) The need to breathe with ease.

D) Dramatic climate changes on earth.

【题目】 **What had probably caused humans to lose most of their hair one and a half million years ago?**

【翻译】 一百五十万年前可能是什么导致人类失去了大部分毛发？

A) 节省能量的必要性。 B) 对炎热环境的适应。 C) 轻松呼吸的需要。

D) 地球上剧烈的气候变化。

【答案】 **B** (细节题) Adaptation to the hot environment.

【定位】 We think we lost this hair because of the need to keep ourselves cool when we were moving around vigorously in a hot environment.

我们认为之所以失去毛发，是因为在炎热环境中剧烈活动时需要让身体保持凉爽。

【信号】因果词because引出原因。because of the need to keep ourselves cool when we were moving around vigorously in a hot environment 里的 because of 是明确的因果信号，它后面这句就是答案句。

【替换】the need to keep ourselves cool when we were moving around vigorously in a hot environment ↔ Adaptation to the hot environment.
保持凉爽=适应炎热环境

【排除】A) 未提及

The necessity to save energy. 说为节省能量，原文讲的是为散热降温（keep cool），从未提省能量，属未提及。

C) 与原文相反

原文提到 We can't really lose heat by breathing quickly, 听到 breathe 易选 The need to breathe with ease., 但原文是说人不能靠喘气散热，故才出汗失毛发，与轻松呼吸正相反。

借用原文：We can't really lose heat by breathing quickly and loudly like dogs

D) 未提及

Dramatic climate changes on earth. 说地球气候剧变，原文只说在炎热环境中活动需降温，没说气候发生剧烈变化，属未提及兼过度推断。

-
24. A) Leaves and grass.
B) Man-made shelter.
C) Their skin coloring.
D) Hair on their skin.

【题目】What does the speaker say protected early humans from the sun?

【翻译】说话者说什么保护了早期人类免受阳光伤害？

A) 树叶和草。 B) 人造庇护所。 C) 他们的皮肤颜色。 D) 他们皮肤上的毛发。

【答案】C (细节题) Their skin coloring.

【定位】Basically, we turned our skin darker to serve as a natural sun protector in the place of the hair we lost.

基本上，我们让皮肤变深，以作为天然的防晒物，取代我们失去的毛发。

【信号】serve as点明承担保护功能。we turned our skin darker to serve as a natural sun protector in the place of the hair we lost 里 serve as a natural sun protector 直接点明承担防晒功能的是变深的皮肤，in the place of the hair 又排除了毛发。

【替换】we turned our skin darker to serve as a natural sun protector ↔ Their skin coloring.
变深的皮肤=肤色

【排除】A) **未提及** Leaves and grass. 树叶草丛，原文从未提早期人类用植物遮阳，属未提及。

B) **未提及**

Man-made shelter. 人造遮蔽物，原文讲的是早期人类靠身体本身（皮肤）防晒，没提人造设施，属未提及。

D) **原词陷阱**

原文反复说 hair，且 Most animals protect themselves from the sun with fur 易让人选 Hair on their skin.，但原文紧接着说人类不同、是靠皮肤着色，且 in the place of the hair we lost 已说明毛发是被取代的，不是答案。

借用原文：in the place of the hair we lost

25. A) Their genetic makeup began to change.

B) Their communities began to grow steadily.

C) Their children began to mix with each other.

D) Their pace of evolution began to quicken.

【题目】 What happened after humans migrated from Africa to other parts of the world?

【翻译】 人类从非洲迁徙到世界其他地区后发生了什么？

A) 他们的基因构成开始改变。 B) 他们的群落开始稳步增长。

C) 他们的孩子开始相互混合。 D) 他们的进化速度开始加快。

【答案】 **A** (细节题) Their genetic makeup began to change.

【定位】 These early ancestors of modern Eurasians dispersed into parts of the world that had more seasonal sunshine and much lower levels of sun radiation. It's in these populations that we begin to see real changes in the genetic makeup of natural coloring.

这些现代欧亚人的早期祖先扩散到了阳光更具季节性、太阳辐射水平低得多的地区。正是在这些人群中，我们开始看到天然肤色的基因构成发生了真正的变化。

【信号】 **扩散之后begin to see变化**。原文先讲祖先 dispersed into 别处，紧接着用 we begin to see real changes in the genetic makeup of natural coloring 给出迁徙之后的结果，begin to see 后那句即答案。

【替换】 we begin to see real changes in the genetic makeup of natural coloring ↔

Their genetic makeup began to change.

changes in genetic makeup=genetic makeup began to change

【排除】B) 未提及

Their communities began to grow steadily. 说社群稳步壮大，原文讲的是迁徙后基因变化，从未提社群规模增长，属未提及。

C) 张冠李戴

原文末段确有 having children with new mixtures of skin color genes，听到 mix/children 易选 Their children began to mix with each other.，但那是讲今天大城市的混居，不是迁出非洲之后那个时点，时间张冠李戴。

借用原文：new mixtures of people coming together and having children

D) 过度推断

Their pace of evolution began to quicken. 说进化加速，原文只说看到基因构成变化，从未说进化速度变快，属过度推断。

SENTENCE INSIGHTS • 句子精讲

39 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。

I was a little surprised to be invited, to be honest.

第3段，第2句

"系表结构 + 不定式表原因" 以及插入语 "to be honest" 都是四六级和考研阅读中的高频句式，学习者掌握后可在多种语境中复用，典型性较强。

We've only been working together the last six months, but we quickly became good friends.

第3段，第3句

"but" 连接的并列转折句在四六级和考研阅读中非常常见，现在完成进行时表达 "已持续一段时间" 的用法也是高频考点，句式具有较高的代表性和迁移价值

Recently though, I turned my photography hobby into a small business.

第6段，第2句

简单句搭配 turn into 固定结构和句首状语是四六级阅读和写作中的常见句式，虽然不复杂，但具有一定的实用性和迁移价值，掌握后可应用于多种表达转变或变化的语境。

I'll actually be taking photos during the big event as a wedding gift.

第6段，第3句

简单句 + 将来进行时 + 介词短语作状语的组合在四六级和考研阅读中较为常见，属于表达将来计划或安排的典型句式，学习者掌握后可以在写作和口语中复用，但不属于高频难点句式。

I was a bit nervous saying yes, because I'm far from a professional.

第7段，第3句

主从复合句中，主句带现在分词短语作状语、从句用 because 引导原因说明，这是四六级和考研阅读中高频出现的句式结构。特别是 be 动词 + 形容词 + 现在分词短语的组合（如 be busy doing, be nervous doing），以及 because 引导的原因状语从句，都是考试中的常见模式，具有较强的代表性和可迁移性。

M: If you hadn't told me that, I would have guessed they were baked by the restaurant.

第12段，第1句

虚拟条件句是四六级和考研的高频考点，本句采用的是与过去事实相反的虚拟结构，即条件从句用过去完成时，主句用过去将来完成时，这是标准且最常考的虚拟句型之一。主句内嵌套省略引导词的宾语从句也是常见结构。双宾语动词“tell”和被动语态“by”结构均为典型句式，掌握后可广泛迁移。

What did Cathy and Brenda finish doing last week?

第1题 题干

特殊疑问句是四六级和考研听力、阅读中的常见句式，did + 动词原形的过去时疑问结构也是高频考点。本句结构简单但具有代表性，掌握后可迁移到大量类似疑问句的理解和构造中。

What does the man suggest the woman do?

第4题 题干

suggest 后接宾语从句且从句使用虚拟语气（should + 动词原形，should 可省略）是四六级和考研中的高频考点。疑问句语序打断结构也是真题常见套路。本句结构典型，掌握后可迁移到大量类似句型（如 suggest / recommend / propose / insist / demand 等动词后接宾语从句的情况）。

M: You are heading for a completely different world now that you are about to graduate from high school.

第1段，第1句

主句 + 原因状语从句的组合是四六级和考研阅读中的高频句式。"now that" 作为表原因的连词在考试中常出现。现在进行时表示当前状态、"be about to" 表即将发生，都是考试重点时态用法，具有较强的代表性。

M: It's not that nobody is concerned about you.

第5段，第1句

'It is not that ...' 是口语和书面语中常见的否定表达句式，用于纠正误解或强调并非某种情况。这种形式主语 + 主语从句的结构在四六级和考研阅读中高频出现，典型性较高。

It's just that suddenly at university you are expected to behave like an adult, that means concentrating on the direction of your life in general and your own academic performance specifically.

第5段，第2句

本句主干识别有一定难度（形式主语和指示代词的理解），嵌套层次适中，时态语态包含被动结构但整体不复杂，成分类型丰富且包含多个常见易错点，结构在真题中高度典型。综合来看，本句作为结构和时态训练材料具有较高的推荐度，适合中等偏上水平的学生进行针对性练习。

M: Well, like you need to manage your daily, weekly and monthly schedules so that you will study regularly.

第7段，第1句

主句加目的状语从句是四六级和考研阅读中常见的句式，"so that" 引导目的状语从句也是高频考点。句子结构具有较强的代表性和迁移价值，掌握后可用于分析类似复合句。

Also, there are a lot of wonderful clubs, but you shouldn't allocate too much time to club activities, unless they are directly related to your study.

第9段，第3句

并列主句加条件状语从句的结构在四六级和考研阅读中非常典型，尤其是 "but" 引导的转折并列和 "unless" 引导的条件从句。情态动词表建议、"there be" 陈述事实、条件从句限定范围，这些都是常考句式。掌握本句的分析方法可以迁移到大量类似句子。

It's also your choice if you want to go out at night, but you will be foolish to let that affect your class performance during the day.

第9段，第4句

并列转折句加条件状语从句的组合是四六级和考研英语阅读中的常见句式。形式主语的使用也很典型。掌握这种结构后可以迁移到大量类似的让步-转折、条件-结果句型中，实用性较强。

What does the man say about college students as compared with high schoolers?

第5题 题干

特殊疑问句是四六级和考研听力、阅读中的高频句式，且本句的 "What does ... say about ..." 结构在听力题干和阅读理解问题中极为常见。掌握这类疑问句的倒装和成分识别规律后，可直接迁移到大量类似句型，典型性较高。

They have to spend more time studying.

第5题，A

"have to + 动词原形" 和 "spend time doing" 都是英语中非常常见的固定搭配和句式，在四六级和考研英语阅读中频繁出现。掌握这类结构对理解大量类似句子有帮助，具有较好的迁移性。

Most successful people are unorthodox persons whose minds wander outside traditional ways of thinking.

第1段，第1句

主系表结构加限制性定语从句是四六级和考研英语阅读中的常见句式，用于陈述观点并对关键名词进行限定。本句结构清晰且实用性强，学习后可广泛迁移到类似的观点陈述句中。

Instead of trying to refine old formulas, they invent new ones.

第1段，第2句

简单句配句首状语是常见句式，在四六级和考研英语阅读中经常出现，具有一定代表性。但本句没有从句、没有复杂修饰结构，不能代表真题中更常考的复合句或长难句句式，典型性中等偏下。

At the crack of dawn he would run up the slopes with his skis on, an unbelievably backbreaking activity.

第2段，第2句

简单句中包含多个状语修饰谓语的结构在真题中较为常见，情态动词 "would" 表示过去习惯的用法也是考点之一，具有较好的代表性和复用价值。

They are good at refining old formulas.

第9题，C

主系表结构在四六级和考研中属于常见基础句式，"be good at + 动名词"是高频搭配，但简单句形态在真题中占比不高，复杂句式更具代表性，因此典型性中等偏下。

Do you recall feeling sick on a day when you didn't want to go to school?

第5段，第2句

这是很常见的疑问句加时间修饰结构，主句回忆动词后接宾语内容，宾语内部再带限制性时间从句。这样的组合在阅读和翻译里都很典型，迁移价值高。

The mind-body connection is such that if, for example, we want to avoid something, very often our subconscious mind will arrange it.

第6段，第1句

"such ... that" 引导结果状语从句、条件从句嵌套在主句中作状语,这两种结构都是四六级和考研阅读中的高频句式。特别是 "such ... that" 结构常被用来表达因果或程度关系,掌握后可大量迁移到其他句子,具有很强的典型性和复用价值。

They are too complex to understand.

第15题，C

"too...to..." 结构是常见句式，在考试中偶尔出现，但本句整体过于简短，缺少定语从句、状语从句等高频考点结构，典型性一般。

They are too complex to understand.

第15题，D

"too...to..."结构在四六级和考研阅读中频繁出现，是表示程度和结果的典型句式，掌握后可复用到大量类似句子；但整句过于简短，缺少长难句中常见的嵌套和修饰，代表性略有不足。

They're open to the tactical possibilities and the musical challenges precisely because they're freed, through skill, from the need to pay attention to the low-level details of how to play.

第2段，第2句

这句结构上有一定层次，但没有难到失控，正适合拿来练主干定位、原因结构识别和被动形式判断。时态负担适中，结构训练收益较高，因此推荐优先学习。

It's not mechanics, but the play itself, that absorbs the expert's intelligence.

第4段，第3句

强调句 "It is ... that ..." 是四六级和考研英语阅读写作中的高频句式，且 "not A, but B" 否定对比结构也是常考重点。本句同时包含这两种典型结构，掌握后可以直接迁移到大量真题句子和写作场景中，代表性很强。

It turns out that the less skilled pianist spends more time looking at her fingers than does the expert who, in contrast, is more likely to be looking at the sheet of music, or looking ahead at keys he's not yet playing.

第6段，第1句

本句嵌套四层：主句套主语从句，主语从句内套比较从句，比较从句内套非限制性定语从句，该从句末尾又套限制性定语从句。比较从句还使用倒装，非限制性定语从句中有并列结构，多层咬合且结构交织，需要反复梳理才能理清各分句的归属关系。

But it's remarkable for all that, nonetheless.

第8段，第1句

涵盖主系表基本结构加两个状语，成分种类较少，但 "for all that" 作为固定短语的让步状语和 "nonetheless" 的插入用法有一定辨识练习价值，整体练习收益偏低

It gives rise to controversy among experts.

第18题，D

"give rise to" 是四六级和考研英语阅读中常见的正式表达，主谓宾加后置定语的结构也是典型句式，掌握后可迁移到大量类似句子，具有较好的代表性

Apart from what people eat, I've also seen many interesting slimming products.

第3段，第1句

主句 + 宾语从句的结构在四六级和考研阅读中频繁出现，且 "Apart from" 引导的状语结构也是常考句式。"what" 引导宾语从句并在从句中充当成分，是典型考点。整体句式具有较高代表性。

But it just reminded me of the roasted ham my mother usually puts on the dinner table at Christmas.

第3段，第3句

"remind sb of sth" 结构加嵌套定语从句（省略关系代词）是四六级和考研阅读中的高频句式，先行词被定语从句修饰的组合方式具有很强的代表性，学习后可大量迁移到类似结构的句子。

Personally I do not believe in any of these slimming gadgets and I think I have a very different perspective when it comes to the definition of what is beautiful.

第4段，第1句

本句覆盖了主语、谓语、宾语、状语、表语等多种成分，且包含宾语从句、状语从句的嵌套识别、what 在从句中既作引导词又作主语的双重身份、以及 when it comes to 固定搭配的理解，能够训练学生识别多层嵌套中各成分的归属和作用，是较好的成分划分练习句。

Asian women prefer to avoid the sun, because being pale or white is considered beautiful whereas a tanned complexion is considered much more beautiful and sexy in the West.

第4段，第2句

句子覆盖了主谓宾、主系表（被动结构中的主语补足语）、动名词作主语、不定式作宾语、地点状语等多种成分，且两个状语从句结构平行，适合练习被动语态中表语的识别以及动名词短语作主语的判断，训练价值较高。

But it's not only women who are affected by this pressure to look good.

第5段，第2句

强调句型 "It is ... that/who ..." 和限制性定语从句都是四六级和考研阅读中的高频结构。强调句常用于突出信息，定语从句用于修饰名词，两者结合出现在真题中非常常见。掌握本句结构后可迁移到大量类似句型。

Men aspire to be able to show off their 6 packs, or their v-shaped backs and there's a growing market of slimming pills aimed at men too.

第5段，第3句

第一个主句涉及不定式作宾语、并列宾语等成分，第二个主句展示 there be 句型和后置定语（分词短语、介词短语），成分类型有一定覆盖面。适合练习不定式识别和后置定语辨析，但缺少宾补、状语从句等更复杂成分。

I think no matter what diets we follow or what slimming products we obsess ourselves with, at the end of the day there's no magic trick to shape up for the summer.

第6段，第1句

句子结构高度典型：主句 + 宾语从句、让步状语从句（"no matter what" 引导）、there be 句型、并列结构（or 连接），以及后置定语修饰名词，都是四六级和考研阅读中的常见句式。掌握本句的分析方法后，可以迁移到大量类似结构的句子中，实用性强。

Today we have a few patches of hair remaining on various parts of our bodies, but compared with apes and monkeys, we have very little.

第2段，第2句

并列句结构在考试中常见，"but" 引出转折也是典型用法。状语前置和分词作定语也是常见句式。但整体结构较简单，没有复杂从句或特殊句式，代表性中等，掌握后可在一定范围内复用。

After that, a few small populations left Africa to populate the rest of the world.

第7段，第2句

简单句中包含时间状语和目的状语的结构在四六级阅读中较为常见，尤其是历史叙述类文本；不定式作目的状语是常考点；但由于没有从句，句式代表性相对有限。

What happened after humans migrated from Africa to other parts of the world?

第25题 题干

疑问句主句加时间状语从句的组合，在考试阅读理解中较为常见，尤其是历史、科学类文本中经常出现类似的时间背景询问句式。掌握这种结构后，可以较好地迁移到同类句子的理解上。

HIGH-FREQUENCY • 真题高频词

本卷出现的 260 个英语六级真题高频词

下列单词既在本卷录音原文中出现，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）。每个词标注本卷 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。

skin A2

n. 皮肤

本卷13次 · 真题 29 句

expert B1

n. 专家

本卷11次 · 真题 114 句

would A1

aux. (will 的过去式) 将要，会

本卷7次 · 真题 568 句

product A2

n. 产品

本卷7次 · 真题 271 句

performance B1

n. 表演

本卷6次 · 真题 98 句

diet A2

n. 日常饮食

本卷6次 · 真题 82 句

evolve B2

v. 逐渐发展;进化

本卷5次 · 真题 26 句

wedding A2

n. 婚礼

本卷5次 · 真题 17 句

affect B1

v. 影响

本卷4次 · 真题 116 句

academic B2

adj. 学术的

本卷4次 · 真题 104 句

event A2

n. 事件

本卷4次 · 真题 99 句

focus B1

n. 重点

本卷3次 · 真题 200 句

challenge B1

n. 挑战

本卷3次 · 真题 119 句

project A2

n. 项目

本卷3次 · 真题 116 句

style A2

n. 方式

本卷3次·真题 44 句

gene B2

n. 基因

本卷3次·真题 43 句

conventional B2

adj. 传统的

本卷3次·真题 39 句

client B1

n. 客户

本卷3次·真题 36 句

technique B1

n. 技术

本卷3次·真题 24 句

substance B2

n. 物质

本卷3次·真题 14 句

fur A2

n. (动物的) 毛皮

本卷3次·真题 9 句

wrap B1

v. 包

本卷3次·真题 8 句

less A1

det. 较少的

本卷2次·真题 273 句

better A1

adj. 更好的 (good 的比较级)

本卷2次·真题 205 句

actually A2

adv. 实际上, 事实上 (用于纠正或补充信息)

本卷2次·真题 182 句

accord C1

n. (国家、团体间的) 协议

本卷2次·真题 167 句

individual B2

adj. 单独的

本卷2次·真题 142 句

online A2

adj. 在线的

本卷2次·真题 139 句

million A2

num. 一百万

本卷2次·真题 126 句

simply B1

adv. 仅仅, 只不过

本卷2次·真题 119 句

major B1

adj. 主要的

本卷2次·真题 108 句

career B1

n. 职业

本卷2次·真题 106 句

scientific B1

adj. 科学的

本卷2次·真题 103 句

support A2

v. 支持

本卷2次·真题 103 句

publish B1

v. 出版, 发行 (书籍、杂志等)

本卷2次·真题 94 句

potential B2

adj. 潜在的

本卷2次·真题 92 句

colleague B1

n. 同事

本卷2次·真题 84 句

traditional B1

adj. 传统的

本卷2次·真题 84 句

contribute B1

v. 捐献

本卷2次·真题 79 句

thinking A2

n. 思考

本卷2次·真题 68 句

quickly A2

adv. 快速地

本卷2次·真题 63 句

various B1

adj. 各种各样的

本卷2次·真题 63 句

complex B2

adj. 复杂的, 难懂的

本卷2次·真题 61 句

approach B1

v. 靠近, 接近 (在空间或时间上)

本卷2次·真题 59 句

range B1

n. 范围

本卷2次·真题 50 句

recognize B1

v. 认出

本卷2次·真题 42 句

player A2

n. 运动员

本卷2次·真题 41 句

genetic B2

adj. 遗传的

本卷2次·真题 38 句

worldwide B1

adj. 全世界的

本卷2次·真题 35 句

directly B1

adv. 直接地

本卷2次·真题 29 句

conductive C1

adj. 有助于的

本卷2次·真题 26 句

toxic B2

adj. 有毒的, 中毒性的

本卷2次·真题 24 句

commitment B2

n. 承诺

本卷2次·真题 23 句

prepared A2

adj. 准备好的

本卷2次·真题 23 句

apart B1

adv. 分开地

本卷2次·真题 22 句

distraction B2

n. 分心

本卷2次·真题 21 句

preparation B1

n. 准备

本卷2次·真题 21 句

sample B1

n. 样品

本卷2次·真题 20 句

wisdom B2

n. 智慧

本卷2次·真题 20 句

anger B1

n. 愤怒

本卷2次·真题 13 句

formula B2

n. 公式

本卷2次·真题 13 句

instant B1

n. 瞬间, 刹那

本卷2次·真题 13 句

frustration

B2

n. 挫败感

本卷2次·真题12句

genius

B2

n. 天才

本卷2次·真题12句

suddenly

A2

adv. 突然地

本卷2次·真题12句

overwhelm

B2

v. 使不知所措

本卷2次·真题11句

outfit

B1

n. 全套服装

本卷2次·真题10句

skilled

B1

adj. 熟练的

本卷2次·真题10句

irritated

B2

adj. 恼怒的

本卷2次·真题9句

pole

B1

n. 杆

本卷2次·真题8句

refine

B2

v. 改进

本卷2次·真题8句

likely

A2

adj. 很可能的

本卷1次·真题228句

effect

A2

n. 影响

本卷1次·真题191句

system

A2

n. 系统

本卷1次·真题176句

tend

B1

v. 倾向于, 往往会

本卷1次·真题170句

community

B1

n. 社区

本卷1次·真题163句

climate

B1

n. 气候

本卷1次·真题160句

species

B2

n. 物种

本卷1次·真题136句

learning A1

n. 学习

本卷1次·真题 128 句

stress B1

n. 压力

本卷1次·真题 126 句

finding B2

n. 调查结果

本卷1次·真题 121 句

mental B1

adj. 精神的

本卷1次·真题 120 句

according B1

prep. 根据

本卷1次·真题 96 句

effective B1

adj. 有效的, 起作用的

本卷1次·真题 94 句

demand B1

v. 坚决要求

本卷1次·真题 92 句

physical B1

adj. 身体的

本卷1次·真题 91 句

cognitive C1

adj. 认知的

本卷1次·真题 85 句

type A2

n. 类型

本卷1次·真题 84 句

graduate B1

n. 毕业生

本卷1次·真题 82 句

involve B1

v. 包含

本卷1次·真题 82 句

professional B1

adj. 专业的

本卷1次·真题 82 句

promote B2

v. 促进

本卷1次·真题 82 句

recently A2

adv. 最近

本卷1次·真题 76 句

advertising B1

n. 广告业

本卷1次·真题 72 句

responsibility B1

n. 责任

本卷1次·真题 69 句

engage B2

v. 参与/从事

本卷1次·真题 68 句

conflict B2

n. 冲突

本卷1次·真题 66 句

variety B1

n. 多样化

本卷1次·真题 66 句

creative B1

adj. 有创造力的

本卷1次·真题 65 句

intelligence B2

n. 智力

本卷1次·真题 64 句

realize B1

v. 意识到, 认识到

本卷1次·真题 64 句

importance B1

n. 重要性

本卷1次·真题 60 句

mostly B1

adv. 主要地

本卷1次·真题 59 句

specific B2

adj. 具体的

本卷1次·真题 59 句

aim B1

v. 瞄准

本卷1次·真题 57 句

pressure B1

n. 心理压力

本卷1次·真题 57 句

advocate B2

v. 拥护

本卷1次·真题 55 句

theory B1

n. 理论

本卷1次·真题 55 句

device B1

n. 设备

本卷1次·真题 54 句

beauty A2

n. 美

本卷1次·真题 53 句

innovation B2

n. 创新;革新(指行为或过程)

本卷1次·真题 53 句

mainly B1

adv. 主要地

本卷1次·真题 53 句

emotional B1

adj. 情绪的

本卷1次·真题 52 句

operate B1

v. 运转

本卷1次·真题 52 句

particular B2

adj. 特定的

本卷1次·真题 52 句

aspect B2

n. 方面

本卷1次·真题 50 句

connection B1

n. 联系

本卷1次·真题 50 句

powerful B1

adj. 强大的

本卷1次·真题 50 句

balance B1

n. 平衡

本卷1次·真题 49 句

status B2

n. 地位

本卷1次·真题 48 句

cell B1

n. 细胞

本卷1次·真题 47 句

failure B1

n. 失败

本卷1次·真题 47 句

growing A2

adj. 增长的

本卷1次·真题 47 句

adopt B1

v. 采纳

本卷1次·真题 46 句

attend A2

v. 出席, 参加 (会议、活动等)

本卷1次·真题 46 句

detail B1

n. 细节

本卷1次·真题 46 句

exactly B1

adv. 精确地

本卷1次·真题 46 句

demonstrate B2

v. 证明

本卷1次·真题 45 句

certainly A2

adv. 当然

本卷1次·真题 43 句

completely B1

adv. 完全地

本卷1次·真题 43 句

concerned B1

adj. 担心的

本卷1次·真题 43 句

protection B1

n. 保护

本卷1次·真题 42 句

department A2

n. 部门

本卷1次·真题 41 句

schedule A2

n. 时间表

本卷1次·真题 41 句

function B1

n. 功能

本卷1次·真题 40 句

responsible B1

adj. 负责的

本卷1次·真题 40 句

fossil B2

n. 化石

本卷1次·真题 39 句

generate B2

v. 产生, 引起 (结果、反应等)

本卷1次·真题 39 句

related B1

adj. 相关的

本卷1次·真题 39 句

perspective B2

n. 观点

本卷1次·真题 38 句

basis B2

n. 基础;根据

本卷1次·真题 37 句

indeed B1

adv. 确实, 的确 (强调肯定)

本卷1次·真题 37 句

compete B1

v. 竞争

本卷1次·真题 36 句

estimate B2

v. 估计

本卷1次·真题 36 句

disaster B1

n. 灾难

本卷1次·真题 35 句

lecture B1

n. 讲座

本卷1次·真题 35 句

possibility B1

n. 可能性

本卷1次·真题 35 句

regular B1

adj. 经常的

本卷1次·真题 33 句

expectation B2

n. 期待;预期

本卷1次·真题 32 句

handle A2

v. 处理

本卷1次·真题 32 句

cultivate B2

v. 培养, 发展 (技能、态度、关系等)

本卷1次·真题 31 句

participate B1

v. 参加

本卷1次·真题 31 句

ahead A2

adv. 在前面

本卷1次·真题 29 句

meanwhile B1

adv. 与此同时

本卷1次·真题 29 句

childhood A2

n. 童年

本卷1次·真题 28 句

closely B1

adv. 紧密地

本卷1次·真题 28 句

discipline B2

n. 纪律

本卷1次·真题 28 句

mood A2

n. 心情

本卷1次·真题 27 句

regularly A2

adv. 经常地

本卷1次·真题 27 句

revolution B2

n. 革命

本卷1次·真题 27 句

increasing B1

adj. 越来越多的

本卷1次·真题 26 句

behave B1

v. 表现, 举止

本卷1次·真题 25 句

manner B1

n. 方式

本卷1次·真题 25 句

contrast B2

n. 对比

本卷1次·真题 24 句

differ B1

v. 不同, 有区别

本卷1次·真题 24 句

escape A2

v. 逃跑;逃脱

本卷1次·真题 24 句

unable A2

adj. 不能的

本卷1次·真题 24 句

attach B1

v. 贴上;系上;附上

本卷1次·真题 23 句

attribute B2

n. 属性

本卷1次·真题 23 句

incorporate B2

v. 包含

本卷1次·真题 23 句

pace B1

n. 速度

本卷1次·真题 23 句

behavioral B2

adj. 行为的

本卷1次·真题 22 句

connected B1

adj. 连接的

本卷1次·真题 22 句

tap B1

v. 轻敲, 轻拍

本卷1次·真题 22 句

calm B1

adj. 平静的

本卷1次·真题 21 句

cooking A1

n. 烹饪

本卷1次·真题 21 句

mix A2

v. 混合

本卷1次·真题 21 句

musician A2

n. 音乐家;演奏者

本卷1次·真题 21 句

planning B1

n. 规划

本卷1次·真题 21 句

basically B1

adv. 基本上

本卷1次·真题 20 句

impression B1

n. 印象

本卷1次·真题 20 句

overcome B2

v. 克服

本卷1次·真题 20 句

popularity B2

n. 受欢迎

本卷1次·真题 20 句

surprising A2

adj. 令人惊讶的

本卷1次·真题 20 句

capture B1

v. 捕获

本卷1次·真题 19 句

definition B2

n. 定义

本卷1次·真题 19 句

reflection B2

n. 深思

本卷1次·真题 19 句

remind A2

v. 提醒

本卷1次·真题 19 句

zone B1

n. 区域

本卷1次·真题 19 句

crack B1

v. 破裂

本卷1次·真题 18 句

flow B1

v. 流动

本卷1次·真题 18 句

intense B2

adj. 强烈的

本卷1次·真题 18 句

recall B2

v. 回忆起, 记起

本卷1次·真题 18 句

specifically B2

adv. 明确地

本卷1次·真题 18 句

trick B1

n. 诡计

本卷1次·真题 18 句

cooperate B2

v. 合作

本卷1次·真题 17 句

dramatically B2

adv. 显著地

本卷1次·真题 16 句

gadget B2

n. 小装置

本卷1次·真题 16 句

migrate B2

v. (动物) 迁徙

本卷1次·真题 16 句

reaction B1

n. 反应

本卷1次·真题 16 句

tip A2

n. 小费

本卷1次·真题 16 句

absorb B2

v. 吸收 (液体、气体等)

本卷1次·真题 15 句

alike B1

adj. 相似的

本卷1次·真题 15 句

ancestor B2

n. 祖先, 祖宗

本卷1次·真题 15 句

competitor B1

n. 竞争者

本卷1次·真题 15 句

ease B1

n. 容易

本卷1次·真题 15 句

evolution

B2

n. 进化

本卷1次·真题 15句

evolutionary

C1

adj. 进化的

本卷1次·真题 15句

expertise

C1

n. 专业知识;专门技能

本卷1次·真题 15句

peak

B1

n. 山峰

本卷1次·真题 15句

supposed

B1

adj. 应该的

本卷1次·真题 15句

virtually

B2

adv. 几乎,差不多

本卷1次·真题 15句

whereas

B2

sc. 然而

本卷1次·真题 15句

concentrate

B1

v. 集中注意力

本卷1次·真题 14句

dramatic

B2

adj. 巨大的

本卷1次·真题 14句

honor

B2

n. 荣誉

本卷1次·真题 14句

interpretation

B2

n. 解释

本卷1次·真题 14句

precisely

B2

adv. 精确地, 准确地

本卷1次·真题 14句

remarkable

B2

adj. 非凡的

本卷1次·真题 14句

section

B1

n. 部分

本卷1次·真题 14句

tremendous

B2

adj. 巨大的

本卷1次·真题 14句

inner

B1

adj. 内部的, 里面的

本卷1次·真题 13句

oh

A1

intj. 哦 (表示惊讶、理解或反应)

本卷1次 · 真题 13 句

selection

B1

n. 挑选

本卷1次 · 真题 13 句

surprised

A2

adj. 感到惊讶的

本卷1次 · 真题 13 句

appreciation

B2

n. 感激

本卷1次 · 真题 12 句

balanced

B1

adj. 平衡的

本卷1次 · 真题 12 句

breakthrough

B2

n. 重大进展

本卷1次 · 真题 12 句

determined

B1

adj. 坚决的

本卷1次 · 真题 12 句

disrupt

C1

v. 扰乱; 中断

本卷1次 · 真题 12 句

okay

A2

adj. 可以的

本卷1次 · 真题 12 句

philosophy

B2

n. 哲学

本卷1次 · 真题 12 句

weekly

A2

adj. 每周的

本卷1次 · 真题 12 句

willingness

B2

n. 愿意

本卷1次 · 真题 12 句

curious

B1

adj. 好奇的

本卷1次 · 真题 11 句

fancy

B1

v. 想要

本卷1次 · 真题 11 句

instantly

B1

adv. 立即, 马上

本卷1次 · 真题 11 句

originate

C1

v. 起源于

本卷1次 · 真题 11 句

stable B1

adj. 稳定的

本卷1次·真题 11 句

undergo B2

v. 经历, 经受 (尤指艰难、痛苦或变化的过...

本卷1次·真题 11 句

wander B1

v. 漫步

本卷1次·真题 11 句

anxious B1

adj. 焦虑的

本卷1次·真题 10 句

circulation B2

n. 循环

本卷1次·真题 10 句

monthly A2

adj. 每月的

本卷1次·真题 10 句

pill B1

n. 药丸

本卷1次·真题 10 句

tactics B2

n. 战术

本卷1次·真题 10 句

upset B1

adj. 难过的

本卷1次·真题 10 句

allocate B2

v. 分配

本卷1次·真题 9 句

arrange B1

v. 安排, 筹备 (活动、会议等)

本卷1次·真题 9 句

dawn B1

n. 黎明, 拂晓

本卷1次·真题 9 句

deadly B2

adj. 致命的

本卷1次·真题 9 句

fascinating B2

adj. 迷人的

本卷1次·真题 9 句

musical B1

adj. 音乐的

本卷1次·真题 9 句

assignment B1

n. (学校的) 作业、任务

本卷1次·真题 8 句

hi

A1

intj. 嗨

本卷1次·真题8句

necessity

B2

n. 必需品

本卷1次·真题8句

nonetheless

B2

adv. 尽管如此

本卷1次·真题8句

pack

A2

v. 打包

本卷1次·真题8句

personally

B1

adv. 就个人而言

本卷1次·真题8句

shoot

A2

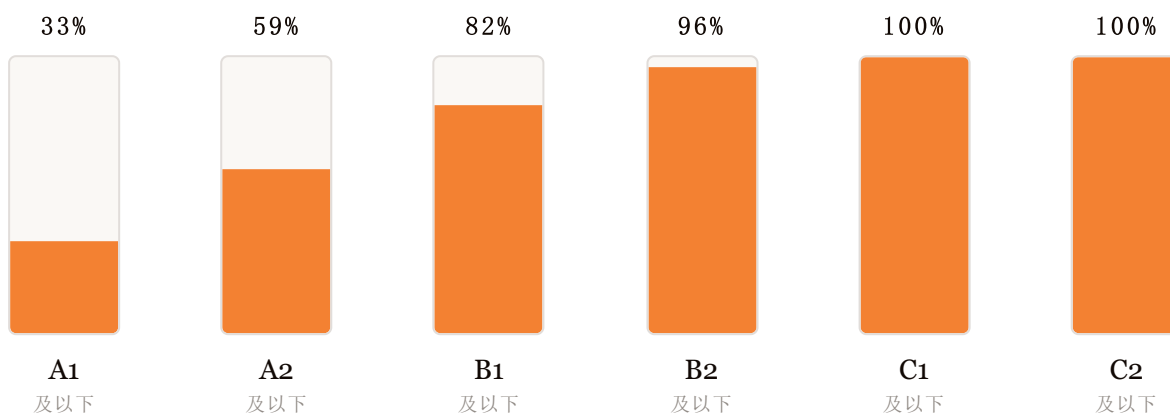
v. 射击

本卷1次·真题8句

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