

2020年12月·第2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2020年12月·第2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2套(2020-12) • 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: This is unbelievable. Unlike any video game I've ever played before, it's so boring, yet so relaxing at the same time. How did you hear about this driving simulator?

W: 这太不可思议了。跟我以前玩过的任何电子游戏都不一样,既无聊又放松。你怎么知道这个驾驶模拟器的?

2 M: My brother introduced it to me last year. I was surprised to find how educational and realistic it was. It's called Euro Truck Simulator, but they have other versions as well for America and so on. I was really drawn to the scenery. The routes go through parts of the country you don't normally see as a tourist.

M: 我哥哥去年介绍给我的。我很惊讶发现它既有教育意义又很真实。它叫欧洲卡车模拟器,不过他们也有美国版等其他版本。我特别喜欢那些风景。路线会经过一些作为游客通常看不到的地方。

3 W: Yeah, I can see that. It seems so simple, just transporting cargo from point A to point B, driving from one city to another. But I really appreciate all the details that go into the game. It's even given me a new appreciation for the logistics industry and traffic on the road.

W: 是啊,我能理解。看起来很简单,就是把货物从A点运到B点,从一个城市开到另一个城市。但我真的很欣赏游戏里的各种细节。它甚至让我对物流行业和路上的交通有了新的认识。

4 M: I completely agree. My brother also introduced me to some videos of someone that streams their game online. It was fascinating to watch, really. This guy drove very carefully, obeyed all the road signs and traffic rules—such a contrast to most violent games.

M: 我完全同意。我哥哥还给我介绍了一些在线直播这个游戏的视频。看起来真的很吸引人。那个人开车非常小心,遵守所有的路标和交通规则——和大多数暴力游戏形成了鲜明对比。

5 W: Honestly, playing has inspired me to look into the industry more. I've read articles about how self-driving trucks may soon be available and could greatly impact cargo logistics. Considering all that goes into driving these larger vehicles, it's amazing that we could soon have that kind of technology.

W: 说实话,玩这个游戏激发了我对这个行业更多的兴趣。我读过一些文章说自动驾驶卡车可能很快就会面世,这可能会对货运物流产生巨大影响。考虑到驾驶这些大型车辆的方方面面,我们很快就能拥有那种技术真是太神奇了。

6 M: Ha. I've got one step further. I registered to take a safe driving course to improve my real-life driving skills. In a way, I feel like I have a head start compared to other students in the class. Playing this video game has given me some maneuvering practices already.

M: 哈。我还更进一步了。我报名参加了一个安全驾驶课程来提高我现实生活中的驾驶技能。在某种程度上,我觉得相比班上其他学生我已经有了先发优势。玩这个电子游戏已经让我做了一些操控练习了。

7 W: I'm not sure how accurate the video game is compared to real-life situations. But if it results in more drivers looking both ways before entering an intersection, I'd say that's a positive outcome.

W: 我不确定这个电子游戏和真实情况相比有多准确。但如果它能让更多司机在进入路口前左右观察,我觉得这就是个积极的结果。

1. A) A driving test.

B) A video game.

C) Traffic routes.

D) Cargo logistics.

【题目】 What are the speakers mainly talking about?

【翻译】 说话者主要在谈论什么?

A) 驾驶考试。 B) 电子游戏。 C) 交通路线。 D) 货物物流。

【答案】 B (主旨题) A video game.

【定位】 W: This is unbelievable. Unlike any video game I've ever played before, it's so boring, yet so relaxing at the same time. How did you hear about this driving simulator?

女：这太不可思议了。和我以前玩过的任何电子游戏都不一样，它既无聊又让人放松。你怎么知道这款驾驶模拟器的？

【信号】 开篇点题 + 全段反复出现。对话第一句女方就用 Unlike any video game I've ever played before 与 this driving simulator 点出核心物『电子游戏 / 驾驶模拟器』，之后每一段两人都围着这款游戏说（P2 介绍它、P3 评价它、P4 看它的直播、P5 由它联想行业），首尾贯穿正是主旨题的定位信号。

【替换】 this driving simulator ↔ A video game.

上位词概括

【排除】 A) 原词陷阱

A driving test. 蹭了对话里反复出现的 driving 一词，还呼应了后面男方报名的 a safe driving course，但全段主聊的是游戏，driving course / test 只是末尾延伸的一个点，不是『主要』在谈的内容。

借用原文：a safe driving course

C) 原词陷阱

Traffic routes. 借了男方 The routes go through parts of the country 与女方 traffic on the road 里的原词，但路线、交通只是游戏带来的细节感受之一，远不能概括整段主题。

借用原文：The routes go through parts of the country

D) 原词陷阱

Cargo logistics. 直接搬了女方 the logistics industry、cargo logistics 的原词，但物流业只是玩游戏后引发的一个联想话题，不是两人从头谈到尾的核心物。

借用原文：cargo logistics

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2. A) He found it instructive and realistic.
B) He bought it when touring Europe.
C) He was really drawn to its other versions.
D) He introduced it to his brother last year.

【题目】 What does the man say about the driving simulator?

【翻译】 男士对驾驶模拟器有何评价？

- A) 他认为它富有指导意义且逼真。 B) 他在欧洲旅行时买的。
C) 他确实被它的其他版本所吸引。 D) 他去年把它介绍给了他的兄弟。

【答案】 A (细节题) He found it instructive and realistic.

【定位】 M: My brother introduced it to me last year. I was surprised to find how educational and realistic it was.

男：是我哥哥去年介绍给我的。我惊讶地发现它如此有教育意义、如此真实。

【信号】被问者男方的直接应答。本题问男方的说法，答案就落在男方开口评价游戏的那句 I was surprised to find how educational and realistic it was; surprised to find (惊讶地发现) 带明显的个人评价语气，是男方对游戏定性的直接表态，正是细节题该锁定的应答句。

【替换】how educational and realistic it was ↔ He found it instructive and realistic.

近义词替换 educational=instructive

I was surprised to find ↔ He found it instructive and realistic.

动词 find 对应表态

【排除】B) 原词陷阱

He bought it when touring Europe. 蹭了游戏名 It's called Euro Truck Simulator 里的 Euro (欧洲)，制造『他在欧洲旅游时买的』假象；但录音从没说他『购买』，只说是哥哥介绍的，touring Europe 纯属虚构。

借用原文：It's called Euro Truck Simulator

C) 偷换概念

He was really drawn to its other versions. 借了录音 they have other versions as well 的原词，但男方紧接着说 I was really drawn to the scenery——他被吸引的是『风景 scenery』，不是『其他版本 other versions』，选项把吸引对象偷换了。

借用原文：I was really drawn to the scenery

D) 张冠李戴

He introduced it to his brother last year. 搬了录音 My brother introduced it to me last year 的全部原词，却把方向反转——录音是『哥哥介绍给他』，选项说成『他介绍给哥哥』，谁介绍给谁正好颠倒。

借用原文：My brother introduced it to me last year

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3. A) Traveling all over the country.
B) Driving from one city to another.
C) The details in the driving simulator.
D) The key role of the logistics industry.

【题目】What does the woman say she really appreciates?

【翻译】女士说她真正欣赏的是什么？

- A) 在全国各地旅行。 B) 从一个城市开车到另一个城市。 C) 驾驶模拟器中的细节。
D) 物流行业的关键作用。

【答案】C (细节题) The details in the driving simulator.

【定位】W: But I really appreciate all the details that go into the game.

女：但我真的很欣赏这款游戏里所有用心做出来的细节。

【信号】态度信号词 really appreciate。女方亲口说 I really appreciate all the details that go into the game, really appreciate 是直白的『看重』信号，紧跟其后的 all the details 就是她真正欣赏的对象；这种态度词后紧接的宾语正是细节题的答案落点。

【替换】 all the details that go into the game ↔ **The details in the driving simulator.**

details 原词 + game=simulator 同指

【排除】 A) **原词陷阱**

Traveling all over the country. 蹭了男方 parts of the country you don't normally see 里的 country, 但那是男方谈被风景吸引时说的, 且女方 appreciate 的是 details, 不是『走遍全国』, 对象与人都对不上。

借用原文: parts of the country you don't normally see

B) **原词陷阱**

Driving from one city to another. 几乎照抄女方 driving from one city to another 的原词, 但女方说这句是在描述游戏内容『就是把货从 A 运到 B』, 紧接着才说她真正欣赏的是 details——这句是铺垫, 不是 appreciate 的对象。

借用原文: driving from one city to another

D) **偷换概念**

The key role of the logistics industry. 借了女方 a new appreciation for the logistics industry 的原词, 但那是她欣赏 details 后『额外』生出的一个感受, 且 a new appreciation 是顺带提及, 本题问的 really appreciate 直接指向 details。

借用原文: a new appreciation for the logistics industry

4. A) Clearer road signs.

B) More people driving safely.

C) Stricter traffic rules.

D) More self-driving trucks on the road.

【题目】 What outcome does the woman expect from the driving simulator?

【翻译】 女士期望从驾驶模拟器中获得什么结果?

A) 更清晰的道路标志。 B) 更多人安全驾驶。 C) 更严格的交通规则。

D) 路上有更多自动驾驶卡车。

【答案】 B (细节题) More people driving safely.

【定位】 W: But if it results in more drivers looking both ways before entering an intersection, I'd say that's a positive outcome.

女: 但如果它能让更多司机在进入路口前左右观望 (更小心), 我会说那是个积极的结果。

【信号】 假设 + 积极评价的期望句。女方在末段用 if it results in more drivers looking both ways...I'd say that's a positive outcome, if...I'd say that's a positive outcome 是典型的『假设带来的好结果』语气, 正是 expect 的对象所在; 这种带 if / positive outcome 的句子是结果题的定位信号。

【替换】 more drivers looking both ways before entering an intersection ↔ **More people driving safely.**

具体行为概括为安全驾驶

that's a positive outcome ↔ **More people driving safely.**

positive outcome 印证这是她期待的结果

【排除】 A) **原词陷阱**

Clearer road signs. 蹭了男方 obeyed all the road signs and traffic rules 里的 road signs, 但那是男方描述直播玩家守规矩时说的, 女方期待的是『人更小心驾驶』, 不是『路标更清晰』, 人和内容都不对。

借用原文: obeyed all the road signs and traffic rules

C) **原词陷阱**

Stricter traffic rules. 借了男方 obeyed all the road signs and traffic rules 里的 traffic rules, 但录音从没说要『更严的交规』, 更没出自女方的期望句, 纯属拿原词改造出的无中生有。

借用原文: obeyed all the road signs and traffic rules

D) **答非所问**

More self-driving trucks on the road. 直接搬了女方 self-driving trucks may soon be available 的原词, 但女方说自动驾驶卡车是在『分析行业前景』时提的客观可能, 不是她对模拟器期待的 outcome; 本题问的期待结果落在末段那句安全驾驶上。

借用原文: self-driving trucks may soon be available

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

1 W: How do you like being self-employed?

W: 你觉得自己当老板怎么样?

2 M: There are obvious benefits, though I don't seem to have the freedom I anticipated as I just don't seem able to decline work offers. And working alone, there have been times when I've found that money alone provides insufficient motivation. Have you experienced the same since you began working for yourself?

M: 有明显的好处, 不过我似乎没有预期的那种自由, 因为我就是没法拒绝工作机会。而且独自工作的时候, 有时候我发现光靠钱提供不了足够的动力。你自己开始为自己工作以后也有同样的感受吗?

3 W: Sometimes, yes. Unlike the rest of the workforce who have managers to prompt motivation whenever they're feeling lazy or bored, we self-employed workers perform our jobs without a manager to lift our spirits. There's no one around to offer praise or initiate collaboration, no one to make greater use of our interests and talents.

W: 有时候是这样。不像其他有经理在懒散或无聊时激励他们的劳动者, 我们这些自雇工作者做工作时没有经理来提振精神。周围没有人给予表扬或发起合作, 没有人更好地利用我们的兴趣和才能。

4 M: That's a fact. Not every manager behaves with such awareness and care, of course. And certainly not all managers have a clue how to motivate people. Still, having a manager nearby at least indicates

there's an opportunity they'll be decent enough to look out for you when your energy and focus begin to deplete.

M: 这是事实。当然，不是每个经理都有这样的意识和关怀。而且肯定不是所有经理都知道怎么激励人。不过，至少有个经理在身边意味着有机会他们会足够体面，在你精力和注意力开始消耗的时候照顾你。

5 W: The motivator I value most is autonomy. I've learned not to sacrifice my prized autonomy by working all hours of the day and by saying yes to every client request.

W: 我最看重的激励因素是自主权。我已经学会不通过整天工作、对每个客户要求都说好来牺牲我珍视的自主权。

6 M: Yes. I need to remind myself that I selected this lifestyle for the independence. I don't miss aspects of permanent full-time employment I disliked, such as the office politics, job insecurity, inflexible hours and so on. I wouldn't mind a bit more in the form of praise though, praise which is on the record.

M: 是的。我需要提醒自己，我选择这种生活方式就是为了独立。我不怀念全职固定工作中我不喜欢的哪些方面，比如办公室政治、工作不安全感、不灵活的工作时间等等。不过我倒是不介意多一点表扬，那种有记录的表扬。

7 W: That'll come with time. Relatedness is inevitably cultivated via human interaction. Engaging with clients, getting written testimony and recommendations, staying in contact with clients afterwards, these are things you'll find will come in due course and provide you with motivation.

W: 那会随着时间到来的。人际关系必然是通过人际互动培养的。与客户接触、获得书面证言和推荐、事后与客户保持联系，这些事情你会发现会在适当的时候到来，并给你提供动力。

8 M: You're right. That's an area I do need to put some more effort into—building closer relationships with those who engage my services and skills.

M: 你说得对。这是我确实需要多下功夫的一个方面——与那些使用我的服务和技能的人建立更紧密的关系。

5. A) It isn't so enjoyable as he expected.

B) It isn't so motivating as he believed.

C) It doesn't enable him to earn as much money as he used to.

D) It doesn't seem to offer as much freedom as he anticipated.

【题目】 What does the man say about his life of being self-employed?

【翻译】 男士如何评价他自雇的生活？

A) 没有他预期的那么愉快。 B) 没有他认为的那么有激励性。

C) 无法让他赚到像以前那样多的钱。 D) 似乎没有提供他预想的那么多自由。

【答案】 D (态度观点题) It doesn't seem to offer as much freedom as he anticipated.

【定位】 There are obvious benefits, though I don't seem to have the freedom I anticipated as I just don't seem able to decline work offers.

(自雇)有明显的好处，不过我似乎并没有我原先预期的那种自由，因为我好像就是没法拒绝送上门的工作。

【信号】转折 **though** 后才是真意。前半 There are obvious benefits 是铺垫好处，though I don't seem to have the freedom I anticipated 里的 though 一转，转折后点出的"自由不如预期"才是男士真正想说的落点，自由职业话题里这种"先扬后抑"很典型。

【替换】I don't seem to have the freedom I anticipated ↔

It doesn't seem to offer as much freedom as he anticipated

第一人称原话→第三人称转述，核心词不变

【排除】A) **未提及**

男士只说 There are obvious benefits (有明显好处)，并未评价它"不如预期那么 enjoyable"，It isn't so enjoyable as he expected. 是把"有好处"歪曲成"不够享受"，无中生有。

B) **原词陷阱**

男士确实提到 money alone provides insufficient motivation (光靠钱动力不足)，但这说的是"钱"不够激励，不是"自雇本身不如他想的那么 motivating"，It isn't so motivating as he believed. 借了 motivation 这个原词来骗"听到就想选"。

借用原文：money alone provides insufficient motivation

C) **原词陷阱**

录音里 money 只出现在 money alone provides insufficient motivation，谈的是"动力"不是"收入多少"；It doesn't enable him to earn as much money as he used to. 凭空编出"赚得没以前多"的比较，原文从未涉及收入升降。

借用原文：money alone provides insufficient motivation

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6. A) Not all of them care about their employees' behaviors.
B) Few of them are aware of their employees' feelings.
C) Few of them offer praise and reward to their employees.
D) Not all of them know how to motivate their employees.

【题目】What does the man say about managers?

【翻译】男士对管理者有何看法？

- A) 并非所有管理者都关心员工的行为。 B) 很少有管理者意识到员工的感受。
C) 很少有管理者给予员工表扬和奖励。 D) 并非所有管理者都知道如何激励员工。

【答案】D (细节题) Not all of them know how to motivate their employees.

【定位】Not every manager behaves with such awareness and care, of course. And certainly not all managers have a clue how to motivate people.

当然，并非每位经理都那么有觉察、有关怀。而且，确实并非所有经理都懂得如何激励员工。

【信号】范围词 **not every / not all** 直接定调。男士连用 Not every manager behaves with such awareness and care 和 not all managers have a clue how to motivate people，两个"not every/not all"是部分否定，明确说"并非全部"，这正是范围题的答案信号。

【替换】 not all managers have a clue how to motivate people ↔

Not all of them know how to motivate their employees.

have a clue=know, people=employees, 范围词原样保留

【排除】 A) 偷换概念

录音说 Not every manager behaves with such awareness and care, 讲的是"并非每位经理都有觉察与关怀", 而非 Not all of them care about their employees' behaviors."不在意员工的行为"——care 的对象被偷换: 原文是经理自己有没有 care, 选项变成"在不在意员工的 behaviors"。

借用原文: Not every manager behaves with such awareness and care

B) 与原文相反

选项 Few of them are aware of their employees' feelings. 用 Few (几乎没有) 替换了原文的 not all (并非全部), 范围被大幅夸大; 且 awareness 原文修饰的是经理的觉察, 不是专门"察觉员工 feelings"。

借用原文: Not every manager behaves with such awareness and care

C) 张冠李戴

Few of them offer praise and reward to their employees. 里的 praise 来自女士那句 There's no one around to offer praise, 谈的是"自雇者身边没人给表扬", 并非男士对"经理群体"的概括, 且又把范围说成 Few, 张冠李戴又改范围。

借用原文: There's no one around to offer praise

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7. A) Job satisfaction.
B) Self-awareness.
C) Autonomy.
D) Money.

【题目】 What do both speakers value most about self-employment?

【翻译】 两位说话者最看重自雇的哪一点?

A) 工作满意度。 B) 自我意识。 C) 自主权。 D) 金钱。

【答案】 C (细节题) Autonomy.

【定位】 The motivator I value most is autonomy. I've learned not to sacrifice my prized autonomy by working all hours of the day and by saying yes to every client request.

我最看重的动力来源是自主权。我已经学会不会因为整天连轴转、不会因为对客户的每个请求都说"好", 而牺牲掉我所珍视的自主权。

【信号】 最高级 value most 直接点名。女士说 The motivator I value most is autonomy, value most 是最高级强调, 直接把"最看重的"点成 autonomy; 男士随后在第6段附和"我选择这种生活方式正是为了 independence (独立)", 双方一致, 正合题干 both speakers。

【替换】 The motivator I value most is autonomy ↔ **Autonomy.**

答案句直接念出原词 autonomy

【排除】 A) 未提及

全篇没有任何一句说双方"最看重 job satisfaction", Job satisfaction. 是听起来贴题却未被点名的合理项, 属无中生有。

B) 原词陷阱

Self-awareness. 借了第4段 Not every manager behaves with such awareness and care 里的 awareness 一词, 但那是说经理的觉察, 跟"两人最看重什么"毫无关系。

借用原文: Not every manager behaves with such awareness and care

D) 与原文相反

money 在录音里出现于 money alone provides insufficient motivation, 恰恰是说"光靠钱动力不够", 与"最看重 money"相反, Money. 是典型听到原词就误选的陷阱。

借用原文: money alone provides insufficient motivation

8. A) The importance of cultivating close relationships with clients.

B) The need for getting recommendations from their managers.

C) The advantages of permanent full-time employment.

D) The way to explore employees' interests and talents.

【题目】 On what point does the man agree with the woman?

【翻译】 男士在哪一点上赞同女士的观点?

A) 与客户培养密切关系的重要性。 B) 需要从管理者那里获得推荐。

C) 永久全职工作的优势。 D) 探索员工兴趣和才能的方式。

【答案】 A (细节题) The importance of cultivating close relationships with clients.

【定位】 You're right. That's an area I do need to put some more effort into—building closer relationships with those who engage my services and skills.

你说得对。这确实是我需要再多下点功夫的地方——和那些雇用我服务与技能的人建立更紧密的关系。

【信号】 表态词 You're right 后承接的观点。 男士开口 You're right 明确表示赞同, 紧接着复述他认同的那件事 building closer relationships with those who engage my services and skills, 表态词后承接的内容就是"他同意的那一点"。

【替换】 building closer relationships with those who engage my services and skills ↔

The importance of cultivating close relationships with clients.

those who engage my services=clients, building=cultivating

【排除】 B) 张冠李戴

The need for getting recommendations from their managers. 里的 recommendations 来自女士第7段 getting written testimony and recommendations, 但那是从客户处获取, 选项偷改成"从经理处获取", 而自雇者根本没有经理, 张冠李戴。

借用原文: getting written testimony and recommendations

C) 与原文相反

录音里 permanent full-time employment 出现在男士 I don't miss aspects of permanent full-time employment I disliked, 他说的是"不怀念全职的那些方面", 与"全职的优点"恰恰相反, The advantages of permanent full-time employment. 反了向。

借用原文: I don't miss aspects of permanent full-time employment I disliked

D) 张冠李戴

The way to explore employees' interests and talents. 里的 interests and talents 来自女士第3段 no one to make greater use of our interests and talents, 谈的是自雇者没人来发掘自己的兴趣才能, 并非男士"赞同"的那一点, 张冠李戴又偏题。

借用原文: no one to make greater use of our interests and talents

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 Weather is a constant force in our lives, but there is little marketing research on how it affects businesses. Now, a new study reveals how sunny and snowy conditions influence consumer behavior.

天气是我们生活中的一个恒定力量,但关于天气如何影响企业的营销研究却很少。现在,一项新研究揭示了晴朗和下雪的天气条件如何影响消费者行为。

2 Those weather conditions trigger consumers to mentally visualize using products associated with the respective weather. This leads to consumers placing a higher value on those products. That is, they're willing to pay more money for them. But the correlation is only found with products related to being outside.

这些天气条件会触发消费者在心理上想象使用与相应天气相关的产品。这导致消费者对这些产品赋予更高的价值。也就是说,他们愿意为这些产品支付更多的钱。但这种相关性只存在于与户外相关的产品中。

3 How does this work? Researchers give the example of a beach towel. On a sunny day, consumers who see that product are not just looking at the towel itself, they are likely imagining themselves lying on the towel in the sun. This mental picture of using the towel increases the value of the product in the consumers' mind.

这是如何运作的?研究人员举了沙滩浴巾的例子。在晴天,看到该产品的消费者不仅仅是在看浴巾本身,他们很可能在想象自己躺在阳光下的浴巾上。这种使用浴巾的心理画面增加了该产品在消费者心目中的价值。

4 Researchers put forward the following hypothesis to explain their findings. They think the mental picture works in sunshine and snow because these weather conditions have a positive association with outside activities. The effect is not seen with rainy weather. Researchers assert this is because there aren't many activities that are enabled by rain. Most products associated with rain, like umbrellas, are only used for protection from the weather, and not for any activities.

研究人员提出以下假设来解释他们的发现。他们认为这种心理画面在晴天和雪天有效,是因为这些天气条件与户外活动有积极的联系。在雨天则看不到这种效果。研究人员断言这是因为没有多少活动是由雨天促成的。大多数与雨相关的产品,如雨伞,只是用来防护天气,而不是用于任何活动。

5 Researchers believe that companies that sell a wide array of products online can benefit most from the insights this study provides. Online sellers often use complex mathematical formulas to determine what products to feature and how to price these products. Incorporating more data about weather would allow them to make better decisions. This could bolster sales.

研究人员认为,在线销售各种产品的公司可以从这项研究提供的见解中获益最多。在线销售商经常使用复杂的数学公式来确定展示哪些产品以及如何为这些产品定价。纳入更多关于天气的数据将使他们能够做出更好的决策。这可以促进销售。

9. A) Consumers visualize their activities in different weather.
B) Good weather triggers consumers' desire to go shopping.
C) Weather conditions influence consumers' buying behavior.
D) Consumers' mental states change with the prices of goods.

【题目】 What do we learn about the findings of the new study?

【翻译】 关于这项新研究的发现,我们了解到什么?

- A) 消费者在不同天气下想象自己的活动。 B) 好天气激发消费者的购物欲望。
C) 天气状况影响消费者的购买行为。 D) 消费者的心理状态随商品价格而变化。

【答案】 C (主旨题) Weather conditions influence consumers' buying behavior.

【定位】 Now, a new study reveals how sunny and snowy conditions influence consumer behavior.
如今,一项新研究揭示了晴天和雪天如何影响消费者行为。

【信号】 点题动词 reveals 引出发现。 开头段用 a new study reveals how sunny and snowy conditions influence consumer behavior, reveals (揭示) 是典型的科研报道点题信号,紧跟其后的就是研究的核心发现,这是主旨题的标准落点。

【替换】 sunny and snowy conditions influence consumer behavior ↔

Weather conditions influence consumers' buying behavior

上位词概括 + 同词换说

【排除】 A) 答非所问

A 说消费者 "想象不同天气下的活动", 这只是后文解释机制时提到的 mentally visualize using products 一个环节, 不是研究的总发现, 犯了以偏概全。

借用原文: trigger consumers to mentally visualize using products

B) 偷换概念

B 把范围缩到 Good weather (好天气), 又把落点改成 desire to go shopping (想去逛街); 录音讲的是 sunny and snowy (晴和雪) 都起作用、影响的是 buying behavior (购买行为) 而非逛街冲动, 范围和落点都被偷改。

借用原文: weather conditions trigger consumers

D) 与原文相反

D 说消费者心理 "随商品价格变化", 把因果调了头; 录音是天气→心理→愿付更高价 (placing a higher value on those products), 价格是结果不是原因, 方向正好相反。

借用原文: placing a higher value on those products

10. A) Active consumption.

B) Direct correlation.

C) Individual association.

D) Mental visualization.

【题目】 What does the passage say may increase the value of products for consumers?

【翻译】 文章指出什么可能会增加产品对消费者的价值?

A) 主动消费。 B) 直接相关性。 C) 个人联想。 D) 心理想象。

【答案】 D (细节题) Mental visualization.

【定位】 This mental picture of using the towel increases the value of the product in the consumers' mind.

这种使用毛巾的心理画面, 提升了产品在消费者心中的价值。

【信号】 结果动词 increases the value 锁定。 原文 This mental picture of using the towel increases the value of the product 直接出现题干要找的 increases the value, 其主语 mental picture (心理画面) 就是提升价值的原因, 结果动词前的主语即答案。

【替换】 This mental picture of using the towel ↔ **Mental visualization**

形象说法换术语

【排除】 A) 未提及

A 的 Active consumption (积极消费) 录音从未出现, 是临场看着 consumer 一词联想出来的干扰, 与提升价值的机制无关。

B) 原词陷阱

录音确有 the correlation is only found with products related to being outside, B 盗用 correlation (相关性) 这个原词; 但 correlation 描述的是 "天气与户外用品的关联范围", 不是 "提升价值的机制", 听到原词就选会中招。

借用原文: the correlation is only found with products

C) 原词陷阱

录音第 4 段有 a positive association with outside activities, C 盗用 association (联想 / 关联) 原词, 又加上 Individual (个体的); 但原文说的是天气与户外活动的关联, 不是 "个体联想" 提升价值, 词在、意思偏。

借用原文: a positive association with outside activities

11. A) Enabling them to simplify their mathematical formulas.

B) Helping them determine what to sell and at what price.

C) Enabling them to sell their products at a higher price.

D) Helping them advertise a greater variety of products.

【题目】 How can the findings of the new study benefit online sellers according to the researchers?

【翻译】 根据研究人员的说法, 这项新研究的发现如何使在线销售商受益?

A) 使他们能够简化数学公式。 B) 帮助他们确定销售什么产品以及以什么价格销售。

C) 使他们能够以更高的价格销售产品。 D) 帮助他们宣传更多种类的产品。

【答案】 B (细节题) Helping them determine what to sell and at what price.

【定位】 Online sellers often use complex mathematical formulas to determine what products to feature and how to price these products. Incorporating more data about weather would allow them to make better decisions.

在线卖家常用复杂的数学公式来决定主推哪些产品、如何定价。把更多天气数据纳入其中, 能让他们做出更好的决策。

【信号】 对象词 + would allow them to 引出好处。 录音点到对象 Online sellers 后, 用 Incorporating more data about weather would allow them to make better decisions 给出好处; would allow them to (能让他们.....) 是 "好处 / 用途" 的信号词, 紧随的就是答案内容。

【替换】 determine what products to feature and how to price these products ↔

determine what to sell and at what price

近义同构改写

would allow them to make better decisions ↔ Helping them determine

make better decisions = helping determine

【排除】 A) 原词陷阱

A 盗用 mathematical formulas 原词，却说成 simplify their mathematical formulas (简化公式)；录音是卖家 use complex...formulas、再往里 incorporating more data (加进更多数据)，是 "加数据" 不是 "简化公式"，方向相反。

借用原文：use complex mathematical formulas

C) 张冠李戴

C 说让卖家 sell at a higher price (卖得更贵)，这其实拿的是前文消费者 willing to pay more money 的内容；本题问的是研究对卖家的好处——帮其决策，而非直接抬价，张冠李戴。

借用原文：they're willing to pay more money for them

D) 未提及

D 说帮卖家 advertise a greater variety of products (推广更多种类产品)，录音只在开头提 companies that sell a wide array of products (卖品类多的公司适用)，但从未说研究帮他们 "打广告" 或 "增加品类"，属无中生有。

借用原文：companies that sell a wide array of products online

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

1 Setting the office air-conditioning at about 22 °C has become standard practice across the world. Numerous guidebooks across the world on heating, ventilation and air-conditioning claim office performance peaks at 22 degrees. Many people indeed find relief from soaring summer temperatures in air-conditioned offices. But recent studies have challenged the accepted wisdom that a cool office is more productive.

将办公室空调温度设定在22°C左右已成为全球的标准做法。世界各地众多关于供暖、通风和空调的指南都声称办公室绩效在22度时达到峰值。许多人确实在空调办公室中从飙升的夏季气温中得到缓解。但最近的研究对凉爽的办公室更高效这一公认观点提出了质疑。

2 The reality is more complex. Researchers conducted a review of all studies relating to air-conditioning and productivity. They found that 22 degrees was probably a little chilly, even at the height of summer. For a person dressed in typical summer clothing, an optimal range would be between 23 and 26 degrees. And people can even tolerate temperatures beyond this comfort zone as long as they can adjust their clothing and expectations. In fact, even on very hot days, it makes sense to turn the air-conditioning up.

People often chase just one optimum temperature, and this is understandable when people feel hot. But there is a range of at least three to four degrees which does not have any adverse impact.

现实情况更为复杂。研究人员对所有与空调和工作效率相关的研究进行了综述。他们发现22度可能有点冷,即使在盛夏时节也是如此。对于穿着典型夏季服装的人来说,最佳温度范围应该在23至26度之间。而且只要人们能够调整衣着和预期,甚至可以忍受超出这个舒适区的温度。实际上,即使在非常炎热的日子里,把空调温度调高也是合理的。人们往往只追求一个最佳温度,这在人们感到炎热时是可以理解的。但实际上至少有三到四度的温度范围不会产生任何不利影响。

3 Another issue related to this is that people can become psychologically dependent on air conditioning. If they're used to the environment which is air-conditioned, they tend to prefer lower temperatures. But the studies found that almost all humans became accustomed to the new temperature. It was only at the extreme ends of the temperature range where people's productivity suffered. This range was above 26 degrees and below 19 degrees.

与此相关的另一个问题是,人们可能会在心理上依赖空调。如果他们习惯了空调环境,他们往往会偏好更低的温度。但研究发现,几乎所有人都会适应新的温度。只有在温度范围的极端情况下,人们的工作效率才会受到影响。这个范围是高于26度和低于19度。

12. A) A naturally ventilated office is more comfortable.
B) A cool office will boost employees' productivity.
C) Office air-conditioning should follow guidebooks.
D) Air-conditioning improves ventilation in the office.

【题目】 What is the accepted wisdom concerning the office environment?

【翻译】 关于办公环境,人们普遍接受的观点是什么?

- A) 自然通风的办公室更加舒适。 B) 凉爽的办公室会提高员工的生产力。
C) 办公室空调应遵循指南手册。 D) 空调改善了办公室的通风。

【答案】 B (细节题) A cool office will boost employees' productivity.

【定位】 But recent studies have challenged the accepted wisdom that a cool office is more productive.
但近期研究对一种公认看法提出了挑战,那就是认为凉爽的办公室更能提高生产力。

【信号】 **accepted wisdom** 后跟的同位语就是**公认看法**。信号是原文里 the accepted wisdom that a cool office is more productive 中 accepted wisdom 这个词,它后面 that 引出的内容正是题目要的公认看法。虽然句子用 But challenged 在反驳它,但被反驳的对象本身才是 accepted wisdom 的内容。

【替换】 a cool office is more productive ↔ **A cool office will boost employees' productivity**
more productive 改写成 boost productivity

【排除】 A) 未提及

A naturally ventilated office is more comfortable. 把自然通风和更舒适挂钩，但原文谈的是空调与生产力，并未说自然通风的办公室更舒适，属未提及。

C) 原词陷阱

Office air-conditioning should follow guidebooks. 借用了原文 Numerous guidebooks 里念到的 guidebooks 一词，听到 guidebooks 就想选；但原文只是说很多指南声称 22 度效率最高，并没有提出空调应当遵循指南这一主张，属答非所问。

借用原文：Numerous guidebooks across the world on heating, ventilation and air-conditioning claim office performance peaks at 22 degrees

D) 偷换概念

Air-conditioning improves ventilation in the office. 借了原文 ventilation 一词，但原文 ventilation 只是出现在 heating, ventilation and air-conditioning 这个并列短语里，从没说空调能改善通风，把不相干的两个词强行拼成因果，属偷换概念。

借用原文：heating, ventilation and air-conditioning

-
13. A) People in their comfort zone of temperature are more satisfied with their productivity.
B) People in different countries vary in their tolerance to uncomfortable temperatures.
C) Twenty-two degrees is the optimal temperature for office workers.
D) There is a range of temperatures for people to feel comfortable.

【题目】 What did researchers find from their review of all studies relating to air-conditioning and productivity?

【翻译】 研究人员从他们对所有与空调和生产力相关的研究的回顾中发现了什么？

- A) 处于温度舒适区的人对自己的生产力更满意。
B) 不同国家的人对不舒适温度的耐受性各不相同。
C) 22度是办公室工作人员的最佳温度。 D) 人们感到舒适的温度有一个范围。

【答案】 D (细节题) There is a range of temperatures for people to feel comfortable.

【定位】 But there is a range of at least three to four degrees which does not have any adverse impact.
但存在一个至少三到四度的温度范围，在这个范围内不会产生任何不良影响。

【信号】 but 转折后的 a range 是结论落点。 信号是 But there is a range 里的 But。前面说人们总爱追求唯一的最佳温度，But 之后才是研究者要纠正的真意：存在一个温度范围。转折后的内容才是答案句。

【替换】 there is a range of at least three to four degrees ↔

There is a range of temperatures for people to feel comfortable

区间表述对区间表述

an optimal range would be between 23 and 26 degrees ↔ **for people to feel comfortable**

舒适区改写成感到舒适

【排除】 A) 偷换概念

People in their comfort zone of temperature are more satisfied with their productivity. 借用了原文的 comfort zone, 但原文说舒适区的作用是不产生不良影响, 从没说处在舒适区的人对自己的生产力更满意, satisfied with their productivity 是原文没有的说法, 属偷换概念。

借用原文: people can even tolerate temperatures beyond this comfort zone

B) 未提及

People in different countries vary in their tolerance to uncomfortable temperatures. 提到不同国家的人耐受度不同, 但原文谈的是温度范围与适应, 全程没有提到国家之间的差异, 属未提及。

C) 与原文相反

Twenty-two degrees is the optimal temperature for office workers. 借了原文反复念到的 22 度, 听到 22 就想选; 但原文研究者的发现恰恰是 22 degrees was probably a little chilly, 22 度偏凉, 最佳范围是 23 到 26 度, 所以说 22 度是最佳值与原文相反。

借用原文: 22 degrees was probably a little chilly, even at the height of summer

14. A) It will have no negative impact on work.

B) It will be immediately noticeable.

C) It will sharply decrease work efficiency.

D) It will cause a lot of discomfort.

【题目】 What do we learn about using a little less air-conditioning during hot weather?

【翻译】 关于在炎热天气少用一点空调,我们了解到什么?

A) 这不会对工作产生负面影响。 B) 这会立即被注意到。 C) 这会大幅降低工作效率。

D) 这会造成很多不适。

【答案】 A (细节题) It will have no negative impact on work.

【定位】 But there is a range of at least three to four degrees which does not have any adverse impact.

但存在一个至少三到四度的温度范围, 在这个范围内不会产生任何不良影响。

【信号】 does not have any adverse impact 是后果的否定信号。 信号是原文的含蓄否定 does not have any adverse impact (没有任何不良影响)。题干问热天少开空调 (即把温度调高一点) 会怎样, 紧接其前的 it makes sense to turn the air-conditioning up 正是这个做法, 其后果就是不产生不良影响。

【替换】 does not have any adverse impact ↔ **It will have no negative impact on work**
adverse 等于 negative

【排除】 B) 未提及

It will be immediately noticeable. 说会立刻被察觉，但原文只说没有不良影响，从没谈这个变化是否能立即被感知，属未提及。

C) 与原文相反

It will sharply decrease work efficiency. 说会急剧降低工作效率，与原文 does not have any adverse impact (无不良影响) 正好相反，把无害说成大害，方向反了。

借用原文：which does not have any adverse impact

D) 与原文相反

It will cause a lot of discomfort. 说会造成很多不适，但原文说人们能适应、且无不良影响，并未说热天少开空调会带来大量不适，方向与原文相反。

借用原文：people can even tolerate temperatures beyond this comfort zone

-
15. A) They tend to favor lower temperatures.
B) They suffer from rapid temperature changes.
C) They are not bothered by temperature extremes.
D) They become less sensitive to high temperatures.

【题目】 What happens when people are used to an air-conditioned environment?

【翻译】 当人们习惯了空调环境时会发生什么？

- A) 他们倾向于喜欢更低的温度。 B) 他们遭受快速温度变化的困扰。
C) 他们不会被极端温度所困扰。 D) 他们对高温变得不那么敏感。

【答案】 A (细节题) They tend to favor lower temperatures.

【定位】 If they're used to the environment which is air-conditioned, they tend to prefer lower temperatures.

如果他们习惯了有空调的环境，就往往会更偏好较低的温度。

【信号】 If 条件句与题干 when 对应，主句即后果。信号是原文 If they're used to the environment which is air-conditioned 这个 If 条件，与题干 when 习惯空调环境完全对应，紧跟的主句 they tend to prefer lower temperatures 就是答案句。

【替换】 they tend to prefer lower temperatures ↔ They tend to favor lower temperatures
prefer 等于 favor

【排除】 B) 未提及

They suffer from rapid temperature changes. 说他们受快速温度变化之苦，但原文只说他们偏好低温、并能逐渐适应新温度，从没提急剧温变带来痛苦，属未提及。

C) 原词陷阱

They are not bothered by temperature extremes. 借用了原文 the extreme ends of the temperature range 里的 extreme，听到就想选；但原文恰恰说在极端温度处人们的生产力会受损，并非不受困扰，与原文相反。

借用原文：It was only at the extreme ends of the temperature range where people's productivity suffered

D) 偷换概念

They become less sensitive to high temperatures. 说他们对高温变得不敏感，原文虽提到人会适应新温度，但本题对应句说的是偏好更低温度，而非对高温迟钝，把适应偷换成对高温脱敏，方向也与偏好低温不符，属偷换概念。

借用原文：almost all humans became accustomed to the new temperature

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 1** with a single line through the centre.

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

1 Psychology research has tended to portray solitude as a negative experience. Studies conducted in the 1970s and 1990s suggested that people felt less happy when alone as compared to being with others. However, a new paper shows an alternative view of solitude, one in which solitude can be positive.

心理学研究往往将独处描绘为一种负面体验。20世纪70年代和90年代进行的研究表明,人们独处时感到的快乐程度低于与他人在一起时。然而,一篇新论文展示了对独处的另一种看法,即独处可以是积极的。

2 Let's start by looking at the earlier research. It had a couple of shortcomings. First, it measured emotion on a scale from positive to negative, overlooking the possibility that our positive and negative emotions can fluctuate independently. Also, it categorized emotions as simply positive or negative. It didn't consider that emotions arouse us to different degrees, and that both positive and negative emotions can arouse us a lot or a little. That is, whether positive or negative, emotions can be either high-arousal or low-arousal. High-arousal emotions include excitement on the positive side or anger on the negative side, while low-arousal ones include feeling calm on the positive side or lonely on the negative.

让我们先来看看早期的研究。它存在几个缺陷。首先,它在从积极到消极的量表上测量情绪,忽略了我们的积极情绪和消极情绪可以独立波动的可能性。此外,它将情绪简单地归类为积极或消极。它没有考虑到情绪以不同程度唤醒我们,并且积极和消极情绪都可以在很大或很小程度上唤醒我们。也就是说,无论是积极还是消极,情绪都可以是高唤醒或低唤醒的。高唤醒情绪包括积极方面的兴奋或消极方面的愤怒,而低唤醒情绪包括积极方面的平静或消极方面的孤独。

3 This new research attempted to overcome these shortcomings. Researchers began with a simple study. They asked participants to spend 15 minutes sitting alone without engaging in any activity, and measured how this solitude influences their emotional state. This experiment specifically aimed to determine the effect of solitude on high-arousal emotions. It looked at positive emotions such as being excited or interested, and negative emotions including being scared or distressed. The results were clear. After 15 minutes of solitude, the participants showed reductions in both types of emotion.

这项新研究试图克服这些缺陷。研究人员从一项简单的研究开始。他们要求参与者独自坐15分钟而不参与任何活动,并测量这种独处如何影响他们的情绪状态。该实验特别旨在确定独处对高唤醒情绪的影响。它考察了积极情绪,如兴奋或感兴趣,以及消极情绪,包括害怕或痛苦。结果很明确。在独处15分钟后,参与者表现出这两种类型情绪的减少。

4 A second study measured the effects of solitude on low-arousal emotions. These included both positive and negative emotions, such as feeling calm, relaxed, sad or lonely. That experiment found that all of these emotions were increased by time alone. Thus it seems past depictions of solitude were wrong. It doesn't have a simple emotional effect that can be characterized as good or bad. Rather, it changes the intensity of our inner experience. It amplifies quieter emotions, but it diminishes the intensity of stronger feelings.

第二项研究测量了独处对低唤醒情绪的影响。这些情绪包括积极和消极情绪,如感到平静、放松、悲伤或孤独。该实验发现,所有这些情绪都因独处时间而增加。因此,过去对独处的描述似乎是错误的。它没有可以被描述为好或坏的简单情绪效应。相反,它改变了我们内心体验的强度。它放大了较平静的情绪,但减弱了较强烈感受的强度。

5 It's worth clarifying that these findings relate to relatively brief periods of solitude. This is distinct from prolonged loneliness. Research has demonstrated that the latter is correlated with an assortment of negative physical and psychological effects. How can people benefit from being alone? The findings here suggest that people can use solitude to regulate their emotions. Solitude can help us become quiet after excitement, calm after an angry episode, or simply feel at peace.

值得澄清的是,这些发现与相对短暂的独处时期有关。这不同于长期孤独。研究表明,后者与一系列负面的生理和心理影响相关。人们如何从独处中受益?这里的发现表明,人们可以利用独处来调节他们的情绪。独处可以帮助我们在兴奋后变得安静,在愤怒发作后平静下来,或者只是感到平和。

16. A) It overlooked the possibility that emotions may be controlled.

B) It ignored the fact that emotions are personal and subjective.

C) It classified emotions simply as either positive or negative.

D) It measured positive and negative emotions independently.

【题目】 What is one of the criticisms directed at the early research on solitude?

【翻译】 针对早期独处研究的批评之一是什么?

A) 它忽视了情绪可能被控制的可能性。 B) 它忽略了情绪是个人的和主观的这一事实。

C) 它简单地将情绪分为积极或消极两类。 D) 它独立地测量了积极情绪和消极情绪。

【答案】 C (细节题) It classified emotions simply as either positive or negative.

【定位】 Also, it categorized emotions as simply positive or negative.

此外，它还把情绪简单地归为正面或负面两类。

【信号】 列举信号 Also 引出第二条缺陷。第二段先说旧研究 It had a couple of shortcomings (有几处不足)，再用 First 和 Also 逐条列出；Also, it categorized emotions as simply positive or negative 正是第二条缺陷，列举词 Also 就是答案句的信号。

【替换】 categorized emotions as simply positive or negative ↔
classified emotions simply as either positive or negative
categorized 同义改写为 classified

【排除】 A) 答非所问

emotions may be controlled 听着像录音里 people can use solitude to regulate their emotions (用独处调节情绪) 的可控之意，但那是末段讲新研究的启示，不是早期研究的缺陷，属答非所问。

借用原文：people can use solitude to regulate their emotions

B) 未提及

emotions are personal and subjective 谈情绪的私人性和主观性，录音批评早期研究时只说它简单分类、未独立测量正负情绪，从头到尾没提主观、私人这一层，是无中生有。

D) 与原文相反

measured positive and negative emotions independently 盗用了原文 our positive and negative emotions can fluctuate independently 里的 independently，但原文是说旧研究恰恰忽略了正负情绪可独立波动这一点，D 却说旧研究独立测量了，正好说反。

借用原文：overlooking the possibility that our positive and negative emotions can fluctuate independently

17. A) Sitting alone without doing anything seemed really distressing.

B) Solitude adversely affected the participants' mental well-being.

C) Sitting alone for 15 minutes made the participants restless.

D) Solitude had a reductive effect on high-arousal emotions.

【题目】 What do we learn about the results of the new research?

【翻译】 关于新研究的结果我们了解到什么？

A) 独自坐着什么都不做似乎真的令人痛苦。

B) 独处对参与者的心理健康产生了不利影响。 c) 独自坐15分钟使参与者感到焦躁不安。

D) 独处对高唤醒情绪有减弱作用。

【答案】 D (细节题) Solitude had a reductive effect on high-arousal emotions.

【定位】 This experiment specifically aimed to determine the effect of solitude on high-arousal emotions. ... After 15 minutes of solitude, the participants showed reductions in both types of emotion.

这个实验专门用来测定独处对高唤醒情绪的影响。.....独处十五分钟后，参与者的两类情绪都出现了下降。

【信号】 结果信号 The results were clear 后接 showed reductions。 第三段先点明研究对象是 high-arousal emotions（高唤醒情绪），随后用 The results were clear 拉出结果，showed reductions in both types of emotion 即结论；results were clear 与 showed 就是答案句信号。

【替换】 showed reductions in both types of emotion ↔ **had a reductive effect on high-arousal emotions**
reductions 名词改成 reductive effect

the effect of solitude on high-arousal emotions ↔ **high-arousal emotions**

实验对象原词对应

【排除】 A) 原词陷阱

really distressing 盗用了原文 being scared or distressed 里的 distressed，但原文只是把 distressed 当作所测的一种负面情绪举例，并没说独坐这件事本身令人痛苦，属偷换概念。

借用原文：negative emotions including being scared or distressed

B) 张冠李戴

adversely affected the participants' mental well-being 听着像末段 negative physical and psychological effects，但那是讲长期孤独 prolonged loneliness 的危害，而本研究测的是短暂独处、结果是削弱情绪，并非损害健康，张冠李戴。

借用原文：the latter is correlated with an assortment of negative physical and psychological effects

C) 未提及

made the participants restless 用了原文 the participants 这个词，但录音从没说参与者变得焦躁不安 restless，结果只是情绪下降；restless 是无中生有的负面反应。

借用原文：They asked participants to spend 15 minutes sitting alone

18. A) It proved hard to depict objectively.

B) It went hand in hand with sadness.

C) It helped increase low-arousal emotions.

D) It tended to intensify negative emotions.

【题目】 What did the second experiment in the new research find about solitude?

【翻译】 新研究中的第二项实验关于独处发现了什么？

A) 事实证明很难客观地描述它。 B) 它与悲伤相伴而生。 C) 它有助于增加低唤醒情绪。

D) 它往往会加剧消极情绪。

【答案】 C（细节题） It helped increase low-arousal emotions.

【定位】 A second study measured the effects of solitude on low-arousal emotions. ... That experiment found that all of these emotions were increased by time alone.

第二项研究测定独处对低唤醒情绪的影响。.....该实验发现，这些情绪都因独处时间而增强了。

【信号】 实验切换信号 A second study 引出新段结论。第四段以 A second study 切到第二个实验，对象是 low-arousal emotions（低唤醒情绪），随后 found that all of these emotions were increased by time alone 给出发现；A second study 与 found 就是答案句信号。

【替换】 all of these emotions were increased by time alone ↔ It helped increase low-arousal emotions were increased 被动改成 helped increase 主动
the effects of solitude on low-arousal emotions ↔ low-arousal emotions
实验对象原词对应

【排除】 A) 偷换概念

proved hard to depict objectively 谈低唤醒情绪难以客观刻画，原文虽提过 past depictions of solitude were wrong 含 depict 一词，但说的是过去对独处的描述有误，不是说情绪难以客观描述，属偷换概念加未提及。

借用原文：past depictions of solitude were wrong

B) 原词陷阱

went hand in hand with sadness 盗用了原文 feeling calm, relaxed, sad or lonely 里的 sad，但原文只是把 sad 列为所测低唤醒情绪之一，并没说独处与悲伤相伴，属以偏概全。

借用原文：such as feeling calm, relaxed, sad or lonely

D) 偷换概念

tended to intensify negative emotions 中 intensify 对应原文 It amplifies quieter emotions 的增强义，但原文增强的是 quieter / low-arousal emotions（低唤醒情绪，含正负两类），D 却把对象缩成 negative emotions，偷换了增强的对象。

借用原文：It amplifies quieter emotions, but it diminishes the intensity of stronger feelings

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

1 In 1984, the World Chess Championship was called off abruptly, due to the withered frame of a player who was competing for the title. He wasn't alone in experiencing the extreme physical effects of the game. Elite players can reportedly burn up to an absurd 6,000 calories in one day. Does that mean that thinking harder is a simple route to losing weight?

1984年,世界国际象棋锦标赛突然被叫停,原因是一名争夺冠军头衔的棋手身体极度消瘦。他并非唯一一个经历这种极端身体反应的人。据报道,精英棋手一天可以燃烧高达惊人的6000卡路里。这是否意味着更努力地思考是减肥的简单途径?

2 Well, when the body is at rest, we know that the brain uses up a startling 20% to 25% of the body's overall energy. This level of utilization actually makes the brain the most energy-expensive organ in the body, and yet it makes up only 2% of the body's weight overall.

我们知道,当身体处于静息状态时,大脑消耗的能量占身体总能量的惊人的20%到25%。这种利用水平实际上使大脑成为身体中能量消耗最昂贵的器官,然而它仅占身体总重量的2%。

3 So the more we put this organ to work, the more calories we'll burn? Technically, the answer is yes, for cognitively difficult tasks. What counts as a "difficult" mental task varies between individuals. But generally, it could be described as something that the brain cannot solve easily using previously learned routines, or tasks that change the conditions continuously.

那么我们越多地使用这个器官,就会燃烧越多的卡路里吗?从技术上讲,对于认知困难的任务,答案是肯定的。什么算作"困难"的心理任务因人而异。但通常可以描述为大脑无法使用先前学习的常规轻松解决的事情,或者不断改变条件的任务。

4 However, deep thinking will not burn off the calories gained from eating a sugary snack. Because in relation to the brain's huge overall energy usage, which is devoted to a multitude of tasks, the energy required just to think harder is actually comparatively tiny. We're unconscious of most of what uses up the brain's energy. A lot of that activity is unrelated to conscious activities like learning how to sing or play the guitar.

然而,深度思考不会消耗掉吃一份含糖零食所获得的卡路里。因为相对于大脑巨大的总体能量使用(用于多种任务),仅仅为了更努力思考所需的能量实际上相对微小。我们意识不到大脑能量消耗的大部分活动。这些活动中有很多与学习唱歌或弹吉他等有意识的活动无关。

5 The brain is able to allocate blood (and thus energy) to particular regions that are being active at that point. But the overall energy availability in the brain is thought to be constant. So, while there might be significant increases in energy use at localized regions of the brain when we perform difficult cognitive tasks, when it comes to the whole brain's energy budget overall, these activities don't significantly alter it.

大脑能够将血液(因此也包括能量)分配给当时处于活跃状态的特定区域。但大脑中的总体能量可用性被认为是恒定的。因此,虽然当我们执行困难的认知任务时,大脑局部区域的能量使用可能会显著增加,但就整个大脑的总体能量预算而言,这些活动并不会显著改变它。

6 So, why did the chess champion grow too skinny to compete in his chess competition? The general consensus is that it mostly comes down to stress and reduced food consumption, not mental exhaustion. Keeping your body pumped up for action for long periods of time is very energy demanding. If you can't eat as often or as much as you can or would normally—then you might lose weight.

那么,为什么这位国际象棋冠军会瘦到无法参加比赛?普遍的共识是,这主要归结于压力和食物摄入减少,而非精神疲惫。长时间保持身体处于备战状态需要大量能量。如果你不能像通常那样经常或大量进食,那么你可能会体重下降。

19. A) It uses up much less energy than it does in deep thinking.
B) It remains inactive without burning calories noticeably.
C) It continues to burn up calories to help us stay in shape.
D) It consumes almost a quarter of the body's total energy.

【题目】 What do we learn about the brain when the body is at rest?

【翻译】 当身体处于休息状态时，我们对大脑有何了解？

- A) 它消耗的能量比深度思考时少得多。 B) 它保持不活跃状态，不会明显燃烧卡路里。
C) 它继续燃烧卡路里以帮助我们保持体形。 D) 它消耗身体总能量的近四分之一。

【答案】 D (细节题) It consumes almost a quarter of the body's total energy.

【定位】 Well, when the body is at rest, we know that the brain uses up a startling 20% to 25% of the body's overall energy.

嗯，当身体处于静止状态时，我们知道大脑会消耗掉身体总能量中惊人的 20% 到 25%。

【信号】 条件状语 + 数字落点。录音以 when the body is at rest 这个条件状语开头，与题干前提逐字对上，紧接着的数字 20% to 25% 就是答案落点——条件词一出现、数字一念出，这句即答案句。

【替换】 20% to 25% of the body's overall energy ↔ almost a quarter of the body's total energy
比例换算成 a quarter

【排除】 A) 原词陷阱

A 拿录音后文出现过的「深度思考」做文章，说静止时耗能远少于深度思考时；但答案句问的是静止时的具体比例，录音并未在此处做这种「静止 vs 深思」的耗能对比，属听到 deep thinking 就想选的原词陷阱。

借用原文：deep thinking will not burn off the calories

B) 与原文相反

B 说大脑静止时「不活跃、几乎不烧卡路里」，但答案句明说静止时大脑就消耗高达 20% to 25% 的总能量，是「最耗能的器官」，与 B 的「inactive、不显著烧卡」正好相反。

借用原文：the brain uses up a startling 20% to 25% of the body's overall energy

C) 原词陷阱

C 借用录音里的 burn up calories，说大脑持续烧卡路里「帮我们保持身材」；但「帮保持身材/减肥」是录音用反问引出后又否定的说法 (deep thinking will not burn off the calories)，并非静止时大脑的事实，属盗用原词又错配结论。

借用原文：Elite players can reportedly burn up to an absurd 6,000 calories in one day

-
20. A) Much of the consumption has nothing to do with conscious activities.
B) It has something to do with the difficulty of the activities in question.
C) Energy usage devoted to active learning accounts for a big part of it.
D) A significant amount of it is for performing difficult cognitive tasks.

【题目】 What does the speaker say about the consumption of the brain's energy?

【翻译】说话者关于大脑能量消耗说了什么？

- A) 大部分消耗与意识活动无关。 B) 它与相关活动的难度有关。
- C) 用于主动学习的能量消耗占其中很大一部分。
- D) 其中相当大的一部分用于执行困难的认知任务。

【答案】 **A** (细节题) Much of the consumption has nothing to do with conscious activities.

【定位】 We're unconscious of most of what uses up the brain's energy. A lot of that activity is unrelated to conscious activities like learning how to sing or play the guitar.

我们对消耗大脑能量的大部分活动是无意识的。其中很多活动与有意识的活动（比如学唱歌或弹吉他）无关。

【信号】 **占比措辞 most of / a lot of + 关联否定**。录音用 most of what uses up the brain's energy 点出消耗的「大部分」，再用 unrelated to conscious activities 给这大部分定性——「占比词 + 关联否定」两个信号叠在一句，正是给能量去向定性的答案句。

【替换】 A lot of that activity is unrelated to conscious activities ↔

Much of the consumption has nothing to do with conscious activities

unrelated to = has nothing to do with

most of what uses up the brain's energy ↔ **Much of the consumption**

most of ↔ Much of 概括对应

【排除】 B) **答非所问**

B 说耗能「取决于所涉活动的难度」，借的是录音 cognitively difficult tasks 的难度概念；但本题问的是大脑总能量消耗的去向，录音明说难任务带来的额外耗能其实「相对极小」(comparatively tiny)，并非耗能整体取决于难度，属答非所问。

借用原文：Technically, the answer is yes, for cognitively difficult tasks

C) **与原文相反**

C 说「主动学习的耗能占很大一部分」，盗用了录音里的学习例子；但答案句恰恰把唱歌弹吉他这类有意识学习划为「无关、且占小头」(unrelated to conscious activities)，C 把占比方向说反了。

借用原文：learning how to sing or play the guitar

D) **原词陷阱**

D 说「相当一部分能量用于完成困难的认知任务」，搬来录音的 difficult cognitive tasks；但录音说为多想一点而额外花的能量「相对极小」(comparatively tiny)，并非占相当一部分，是盗用原词后把占比夸大。

借用原文：the energy required just to think harder is actually comparatively tiny

21. A) It is believed to remain basically constant.
B) It is a prerequisite for any mental activity.
C) It is conducive to relieving mental exhaustion.
D) It is thought to be related to food consumption.

【题目】 What do we learn about the overall energy availability in the brain?

【翻译】 关于大脑的整体能量可用性，我们了解到什么？

- A) 它被认为基本保持恒定。 B) 它是任何心理活动的先决条件。
C) 它有助于缓解精神疲劳。 D) 它被认为与食物摄入有关。

【答案】 A (细节题) It is believed to remain basically constant.

【定位】 But the overall energy availability in the brain is thought to be constant.

但大脑整体的能量供应被认为是恒定的。

【信号】 转折 But + 术语原词。录音先说大脑能给活跃区域调配血液能量，再用转折 But 一转，正面给出 the overall energy availability in the brain is thought to be constant——转折后的这句与题干术语逐字对上，是答案句；转折信号提示真意在后半句。

【替换】 the overall energy availability in the brain is thought to be constant ↔

It is believed to remain basically constant

thought to be = believed to remain

【排除】 B) 过度推断

B 说它是「任何心理活动的前提」，录音并未把整体能量供应说成 any mental activity 的先决条件，only 提到能量在区域间调配；B 用 any 拔高成绝对判断，属无中生有的推断。

C) 原词陷阱

C 说它「有助于缓解精神疲劳」，借了录音末段的 mental exhaustion；但录音只是说棋手消瘦主要源于压力和进食减少、而非精神耗竭，从未说总能量供应能「缓解疲劳」，属盗用原词又凭空安结论。

借用原文：it mostly comes down to stress and reduced food consumption, not mental exhaustion

D) 张冠李戴

D 说它「与食物摄入有关」，盗用录音末段的 food consumption；但 reduced food consumption 是录音用来解释棋手为何消瘦的，与「大脑整体能量供应恒定」这一判定无关，属把别处的词安到本题对象上。

借用原文：reduced food consumption

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

¹ "Tell me about yourself" may seem like an easy job interview question, but the open-ended nature of this question often leaves job seekers at a loss where to start. This common question is actually a critical test of a job candidate's communication skills, so it's important not to give an unprepared response or mess it up. "Tell me about yourself" is often the first question professional career coaches prepare people

for when they give interview guidance. It's the opportunity for the candidate to take control of the narrative and tell their story in a way that really matters to their audience. It takes hard work and extensive preparation to answer this question well.

"请介绍一下你自己"看似是一个简单的面试问题,但这个开放式问题的性质往往让求职者不知从何说起。这个常见问题实际上是对求职者沟通能力的关键测试,因此重要的是不要给出毫无准备的回答或搞砸它。"请介绍一下你自己"往往是职业生涯规划师在提供面试指导时为人们准备的第一个问题。这是候选人掌控叙事主动权的机会,以真正对听众重要的方式讲述自己的故事。要回答好这个问题需要付出艰苦努力和充分准备。

2 When a person goes to a job interview, their interviewer has presumably read their résumé, so they don't need to repeat the information. But that's what most people will do, as it's their instinct to recite things that are already on their résumé. It's important for job seekers to do their homework on two crucial aspects.

当一个人去参加工作面试时,面试官大概已经读过他们的简历,所以他们不需要重复这些信息。但这正是大多数人会做的事,因为他们的本能是背诵简历上已有的内容。求职者在两个关键方面做好功课非常重要。

3 First, they are not just telling someone a fact about themselves. They're telling a story, and stories take work to create. Coming up with a good story means getting reflective about what made their career accomplishments something they're proud of and what strengths those accomplishments highlight. Candidates shouldn't pick a broad general strength to elaborate on, such as "I'm smart, I work hard and I get things done." To come up with multiple career accomplishments or examples for different interview questions, job seekers should talk with others, especially people who know them, partners, friends or co-workers who will bring up different stories than the ones they remember.

首先,他们不只是在告诉某人关于自己的事实。他们是在讲述一个故事,而故事需要下功夫去创造。想出一个好故事意味着要反思是什么让他们的职业成就成为值得骄傲的事情,以及这些成就突显了哪些优势。候选人不应该选择一个宽泛的笼统优势来详细阐述,比如"我聪明、我努力工作、我把事情做好"。为了针对不同的面试问题想出多个职业成就或例子,求职者应该与他人交谈,尤其是了解他们的人、伴侣、朋友或同事,这些人会提起他们自己记不起来的不同故事。

4 Secondly, candidates should know what's at stake for the company with this job opening. What they really are asking you is "Tell me why you are going to help me." If the person is a prepared candidate, they should have already figured out those things. They've read the job description and researched the company on the Internet. What job applicants ought to be looking for is what the company is up to, what they are trying to accomplish and what is preventing them from accomplishing those things.

其次,候选人应该知道这个职位空缺对公司意味着什么。他们真正问你的是"告诉我你将如何帮助我"。如果这个人是有准备的候选人,他们应该已经弄清楚了这些事情。他们已经阅读了职位描述并在互联网上研究了公司。求职者应该寻找的是公司正在做什么、他们试图完成什么以及是什么阻止他们完成这些事情。

5 How long should it take to answer? Around a minute. That's about right for most people's attention spans. Under a minute could seem rushed, while over two minutes will start to feel more like a speech.

But the length of the answer is not an exact science, and candidates need to keep their career story focused and tailored to their audience.

回答应该用多长时间?大约一分钟。这对大多数人的注意力持续时间来说是合适的。不到一分钟可能显得仓促,而超过两分钟就会开始感觉更像是演讲。但回答的长度并不是一门精确的科学,候选人需要保持他们的职业故事聚焦并针对他们的听众量身定制。

22. A) Job candidates rarely take it seriously.
B) Job seekers tend to have a ready answer.
C) Job seekers often feel at a loss where to start in answering it.
D) Job candidates can respond freely due to its open-ended nature.

【题目】 What does the speaker say about the job interview question "tell me about yourself"?

【翻译】 说话者对于求职面试问题"介绍一下你自己"是怎么说的?

- A) 求职者很少认真对待它。 B) 求职者往往会有一个现成的答案。
C) 求职者在回答时常常感到不知从何说起。 D) 由于其开放性,求职者可以自由作答。

【答案】 C (细节题) Job seekers often feel at a loss where to start in answering it.

【定位】 "Tell me about yourself" may seem like an easy job interview question, but the open-ended nature of this question often leaves job seekers at a loss where to start.

"谈谈你自己"看上去像个简单的面试问题,但这个问题的开放性常常让求职者不知道该从何说起。

【信号】 转折 but 之后才是真意。句子前半 may seem like an easy job interview question 是铺垫, 真正态度在转折词 but 之后: the open-ended nature of this question often leaves job seekers at a loss where to start. 听到 but 就知道前半是陪衬、后半才是落点。

【替换】 leaves job seekers at a loss where to start ↔

Job seekers often feel at a loss where to start in answering it

近乎原句的同义改写

【排除】 A) 未提及

选项称 Job candidates rarely take it seriously, 但原文恰恰说这是"a critical test"、要认真准备, 根本没有"不当回事"的意思, 属凭空捏造。

B) 与原文相反

选项说 Job seekers tend to have a ready answer (有现成答案), 正好与原文"often leaves job seekers at a loss" (常常无从下手) 相反, 是把说话人的判断反了过来。

借用原文: often leaves job seekers at a loss where to start

D) 原词陷阱

选项 Job candidates can respond freely due to its open-ended nature 盗用了原文原词 the open-ended nature, 但原文说"开放性"带来的是"无从下手", 不是"可自由作答", 听到 open-ended 就选正中陷阱。

借用原文: the open-ended nature of this question often leaves job seekers at a loss

-
23. A) Follow their career coaches' guidelines.
B) Strive to take control of their narrative.
C) Do their best to impress the interviewer.
D) Repeat the information on their resume.

【题目】 What will most people do when they come to a job interview?

【翻译】 大多数人在参加求职面试时会做什么？

- A) 遵循职业指导师的指导方针。 B) 努力掌控自己的叙述。
C) 尽最大努力给面试官留下深刻印象。 D) 重复简历上的信息。

【答案】 D (细节题) Repeat the information on their resume.

【定位】 But that's what most people will do, as it's their instinct to recite things that are already on their résumé.

但这正是大多数人会做的，因为重复简历上已有的内容是他们的本能。

【信号】 主语 **most people** 的直接陈述。信号是题干主语 most people 在原文原样出现，紧跟其后的 recite things that are already on their résumé 就是这群人的实际动作，定位干脆。

【替换】 recite things that are already on their résumé ↔ **Repeat the information on their resume**
同义词替换 recite=repeat

【排除】 A) **原词陷阱**

选项 Follow their career coaches' guidelines 盗用了原文 professional career coaches 这一原词，但原文只说教练会"准备/指导"，从没说大多数人"遵循教练指南"，与题干 most people 的实际动作无关。

借用原文：professional career coaches prepare people for

B) **张冠李戴**

选项 take control of their narrative 直接搬原文原句 take control of the narrative，但那是说话人推荐"应该"做的，而题干问的是 most people "实际"做的，张冠李戴。

借用原文：take control of the narrative

C) **未提及**

选项 Do their best to impress the interviewer 在原文里找不到对应句，说话人没说大多数人会"努力打动面试官"，属凭空添加。

-
24. A) To reflect on their past achievements as well as failures.
B) To produce examples for different interview questions.
C) To discuss important details they are going to present.
D) To identify a broad general strength to elaborate on.

【题目】 Why should job seekers talk with partners, friends and co-workers?

【翻译】为什么求职者应该与伴侣、朋友和同事交谈？

- A) 反思他们过去的成就和失败。 B) 为不同的面试问题准备例子。
C) 讨论他们将要呈现的重要细节。 D) 确定一个可以详细阐述的宽泛的总体优势。

【答案】 **B** (细节题) To produce examples for different interview questions.

【定位】 To come up with multiple career accomplishments or examples for different interview questions, job seekers should talk with others, especially people who know them, partners, friends or co-workers who will bring up different stories than the ones they remember.

为了想出多种职业成就，或为不同面试问题准备例子，求职者应当与他人交谈，尤其是了解自己的人——伴侣、朋友或同事，他们会带来一些自己记不起的不同故事。

【信号】 **目的状语 To... 在前点明意图。** 句首的目的状语 To come up with multiple career accomplishments or examples for different interview questions 直接交代了"和他人聊"的目的，是典型的目的信号，听到句首 To do 就知道后面动作的原因在这。

【替换】 examples for different interview questions ↔

To produce examples for different interview questions

近原句改写 come up with=produce

【排除】 A) **原词陷阱**

选项 To reflect on their past achievements as well as failures 借了原文 getting reflective about what made their career accomplishments 的 reflective/accomplishments，但原文只谈"成就"，从未提 failures，且"反思"是讲怎么编故事，不是"和朋友聊"的目的。

借用原文：getting reflective about what made their career accomplishments something they're proud of

C) **未提及**

选项 To discuss important details they are going to present 在原文里没有对应：原文说和他人聊是为了"想出例子"，不是"讨论要展示的重要细节"，属无中生有。

D) **与原文相反**

选项 To identify a broad general strength to elaborate on 直接搬原文 pick a broad general strength to elaborate on，但原文前面有否定 shouldn't——这是叫人"别"挑笼统优点，被选项正话反说成"目的"。

借用原文：Candidates shouldn't pick a broad general strength to elaborate on

-
25. A) Getting acquainted with the human resources personnel.
B) Finding out why the company provides the job opening.
C) Figuring out what benefits the company is able to offer them.
D) Tailoring their expectations to the company's long-term goal.

【题目】 **What other important preparations should job seekers make before an interview?**

【翻译】求职者在面试前还应做哪些重要准备？

- A) 结识人力资源人员。 B) 弄清楚公司为什么提供这个职位空缺。
C) 弄清楚公司能够为他们提供什么福利。 D) 使他们的期望与公司的长期目标相匹配。

【答案】B (细节题) Finding out why the company provides the job opening.

【定位】Secondly, candidates should know what's at stake for the company with this job opening.

What they really are asking you is "Tell me why you are going to help me."

第二，求职者应当弄清楚这个职位空缺对公司而言的利害所在。他们真正问你的是“告诉我你将如何帮到我”。

【信号】顺序词 **Secondly** 引出第二要点。信号是顺序词 Secondly，它接着第三段的“First”列出第二项准备：know what's at stake for the company with this job opening，顺着顺序词就能锁定本题答案段。

【替换】know what's at stake for the company with this job opening ↔

Finding out why the company provides the job opening

概括改写 + 同义词替换

【排除】A) **未提及**

选项 Getting acquainted with the human resources personnel 在原文里没有任何对应，说话人没提“结识人力资源人员”，属凭空添加。

C) **与原文相反**

选项 Figuring out what benefits the company is able to offer them 说“弄清公司能给你什么福利”，但原文紧接着说 Tell me why you are going to help me，强调的是“你能帮公司什么”，方向恰好相反。

借用原文：Tell me why you are going to help me

D) **原词陷阱**

选项 Tailoring their expectations to the company's long-term goal 借了原文反复出现的 company，又把第五段的 tailored to their audience 里的 tailor 搬过来拼凑，但原文从未让人“按公司长期目标调整期望”，是张冠李戴的拼装。

借用原文：keep their career story focused and tailored to their audience

SENTENCE INSIGHTS • 句子精讲

57 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。

Unlike any video game I've ever played before, it's so boring, yet so relaxing at the same time.

第1段，第2句

本句覆盖了主系表结构、并列表语、介词短语作状语、省略关系代词的定语从句、时间状语等多种成分，且定语从句的关系代词省略是易错点，适合训练学生识别隐性从句和并列结构的能力。

It was fascinating to watch, really.

第4段，第3句

It is/was + 形容词 + to do 是四六级和考研阅读中的高频句型，本句结构典型且实用，掌握后可直接迁移到大量类似表达中。

W: Honestly, playing has inspired me to look into the industry more.

第5段，第1句

本句在成分划分上具有较好的训练价值。它涵盖了动名词作主语、及物动词作谓语、代词作宾语、不定式短语作宾语补足语，展示了「inspire sb to do sth」这一常见动词搭配结构。对于基础学习者，识别动名词主语和不定式宾补是两个值得练习的要点，可以帮助区分非谓语动词的不同句法功能。

W: I'm not sure how accurate the video game is compared to real-life situations.

第7段，第1句

"be + 形容词 + 宾语从句"是四六级和考研中高频句式，"how" 引导间接疑问句作宾语也是常考结构，典型性较高，掌握后可迁移到大量类似句子

But if it results in more drivers looking both ways before entering an intersection, I'd say that's a positive outcome.

第7段，第2句

条件状语从句+主句的结构是考试中的高频句式。主句中使用情态动词表委婉语气、宾语从句表达观点，条件从句中嵌套时间状语，都是真题中常见的组合方式。该句的结构具有较高的代表性和复用价值，掌握后可应用于大量类似句子的分析。

M: There are obvious benefits, though I don't seem to have the freedom I anticipated as I just don't seem able to decline work offers.

第2段，第1句

本句覆盖存在句(There be)、系表结构(seem + 表语)、定语从句(省略关系代词)、让步状语从句(though)、原因状语从句(as)等多种成分类型。定语从句省略关系代词是常见易错点,让步和原因状语从句的嵌套识别也有练习价值。成分种类丰富,适合作为划分成分的练习句。

And working alone, there have been times when I've found that money alone provides insufficient motivation.

第2段，第2句

本句的 there have been times when 结构在四六级和考研阅读中非常常见,用于引出说话者的经历或观察。定语从句嵌套宾语从句的三层结构也是长难句的典型模式,学会分析这类句子后可以迁移到大量真题句式。句式代表性强,掌握后复用价值高。

There's no one around to offer praise or initiate collaboration, no one to make greater use of our interests and talents.

第3段，第3句

there be 句型是四六级和考研阅读中的常见句式，后置不定式作定语也是高频结构。本句的 "no one to do" 模式及并列主语的组织方式具有一定代表性，掌握后可迁移到类似结构，但整体句式相对基础，不属于最典型的复杂长难句。

Not every manager behaves with such awareness and care, of course.

第4段，第2句

简单句结构在四六级和考研真题中出现频率较高，且 "Not every" 部分否定是常考语言点，具备一定代表性。但由于句式过于简单，无法体现复杂句型特征，典型性中等。

And certainly not all managers have a clue how to motivate people.

第4段，第3句

本句涉及主语（含部分否定 "not all"）、谓语、宾语、同位语（不定式短语作同位语）、状语等多种成分，且 "how to motivate people" 作同位语是一个值得练习的知识点，能帮助学生理解疑问词 + 不定式结构的用法。但整体成分分布较为常规，缺少定语从句、宾语补足语等更复杂的结构，训练价值中等。

Still, having a manager nearby at least indicates there's an opportunity they'll be decent enough to look out for you when your energy and focus begin to deplete.

第4段，第4句

本句的多层从句嵌套结构在四六级和考研真题中较为典型。主句 + 宾语从句 + 定语从句 + 状语从句的组合方式常见，省略引导词 that 的用法也是高频考点。动名词短语作主语、there be 句型、形容词 + enough + to do 结构都是考试中反复出现的句式。掌握本句的分析方法后，可以迁移到大量类似真题句子。

Engaging with clients, getting written testimony and recommendations, staying in contact with clients afterwards, these are things you'll find will come in due course and provide you with motivation.

第7段，第3句

本句涵盖主系表结构、定语从句、同位语、并列谓语、时间状语、宾语等多种成分，结构较为丰富。定语从句省略关系代词、句首同位语的识别、并列谓语的划分都是值得练习的点。成分种类多样且有一定辨析难度，训练价值较高。

That's an area I do need to put some more effort into—building closer relationships with those who engage my services and skills.

第8段，第2句

句中涵盖主系表结构、省略关系代词的定语从句、同位语、双宾语结构的一部分 ("put effort into")、并列宾语 ("services and skills")，成分种类丰富；特别是省略关系代词的定语从句和同位语的识别对学习者是宝贵的训练点

It doesn't enable him to earn as much money as he used to.

第5题，C

"动词加宾语加不定式补足语"以及 "as ... as ..." 的比较结构都很常见，迁移性强。学会这句的拆法后，处理同类阅读句子时很有帮助。

It doesn't seem to offer as much freedom as he anticipated.

第5题，D

"as ... as" 比较结构是四六级和考研中的高频句式，经常出现在阅读和翻译题中。本句展示了比较结构与从句结合的标准用法，包括比较分句中的典型省略现象。掌握这类句式可以帮助学生应对大量类似的真题句子，迁移性强。

Not all of them care about their employees' behaviors.

第6题，A

简单句结构在真题中常见，但本句的"Not all"部分否定句式在四六级和考研中出现频率中等，不如全部否定或完全肯定的简单句那样高频；掌握后可迁移到类似部分否定句式，但代表性不算最强。

Few of them are aware of their employees' feelings.

第6题，B

这种“数量主语加系动词加形容词短语”的句式很常见，阅读中经常出现，如表示认知、态度、状态的表达。掌握后可直接迁移到大量类似句子。

Not all of them know how to motivate their employees.

第6题，D

“动词后接疑问词加不定式”是常见句型，如“know how to ...”这类结构很有代表性。掌握这种识别方法后，能迁移到很多阅读句子里。

On what point does the man agree with the woman?

第8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，“On what point”这类介词短语前置的疑问结构在学术讨论和观点对比场景中经常出现。掌握这种句式的成分划分和倒装识别，对理解真题中的疑问句和观点类题目有较强的迁移价值。

That is, they're willing to pay more money for them.

第2段，第3句

"be willing to do" 是四六级和考研阅读中常见的表达意愿的句式，具有一定代表性。但全句为简单句，未涉及从句、并列或复杂修饰结构，作为考试句式的典型性中等偏下。

Researchers put forward the following hypothesis to explain their findings.

第4段，第1句

"主语 + 短语动词 + 宾语 + 不定式目的状语" 是学术写作和考试阅读中的常见句式，特别是研究类文本常用 "put forward / propose + 名词 + to do" 结构，具有较好的迁移性和代表性。

Researchers assert this is because there aren't many activities that are enabled by rain.

第4段，第4句

本句覆盖主谓宾、主系表、there be 句型、定语从句、被动语态状语等多种成分,且宾语从句省略 that、定语从句中关系代词充当主语,包含多个值得练习的易错点,作为划成分练习句收益较高。

And people can even tolerate temperatures beyond this comfort zone as long as they can adjust their clothing and expectations.

第2段，第5句

"as long as" 引导的条件状语从句是四六级和考研阅读中的常见句式,主句使用情态动词表达能力也符合考试常见表达方式。这种 "主句 + 条件状语从句" 的结构具有较高的典型性和迁移价值。

In fact, even on very hot days, it makes sense to turn the air-conditioning up.

第2段，第6句

"it makes sense to..." 是英语中非常常见也很值得迁移的表达方式。掌握这种形式主语加不定式结构后，能较稳定地迁移到许多类似句子。

But the studies found that almost all humans became accustomed to the new temperature.

第3段，第3句

主句加宾语从句结构在考试阅读中较常见，"动词 + that从句"是典型的宾语从句句式。但整体结构相对平直，无复杂嵌套或特殊句式(如强调句、倒装句)，代表性中等，掌握后有一定迁移价值但未达到高频难点句式的典型度。

It will have no negative impact on work.

第14题，A

"主语 + will + 动词原形 + 宾语" 是英语中非常常见的将来时陈述句式，在各类考试中频繁出现。但本句过于简短、修饰成分单一，不如那些带有多重修饰或从句的典型长难句更具代表性和迁移价值。

What happens when people are used to an air-conditioned environment?

第15题 题干

特殊疑问句 + 时间状语从句的结构在考试中较为常见, "when" 引导的从句是高频考点。"be used to" 固定短语也是常考内容。结构具有一定代表性, 掌握后可迁移到类似句型。

First, it measured emotion on a scale from positive to negative, overlooking the possibility that our positive and negative emotions can fluctuate independently.

第2段, 第3句

本句覆盖了主语、谓语、宾语、方式状语、同位语从句等多种成分,特别是现在分词引导的方式状语和同位语从句的识别是常见易错点。同位语从句与定语从句的区分、分词短语作状语的判断都是重要训练点,成分种类丰富且实用。

That is, whether positive or negative, emotions can be either high-arousal or low-arousal.

第2段, 第6句

主语加情态动词加系动词加表语, 是阅读中很常见的说明型结构。带有插入限定语的写法也较有代表性, 掌握后可迁移到不少解释性句子。

Thus it seems past depictions of solitude were wrong.

第4段, 第4句

it seems that 句型是四六级和考研阅读中的高频结构, 用于表达观点或推断。表语从句的位置和用法也是常考点。这种用形式主语引出从句的句式在学术和正式文体中大量出现, 掌握后可迁移到类似的 it appears、it turns out 等句型。

This is distinct from prolonged loneliness.

第5段, 第2句

主系表结构是基本句型之一, 有一定代表性, 但本句过于简短、成分单一, 缺少真题常考的复杂修饰、从句嵌套或长难句特征, 迁移价值有限。

It classified emotions simply as either positive or negative.

第16题, C

简单句是最常见的基础句型, 但本句使用的 classify...as 结构和 either...or 二元对立表达在学术和说明文体中较为典型, 具有一定的迁移价值。

This level of utilization actually makes the brain the most energy-expensive organ in the body, and yet it makes up only 2% of the body's weight overall.

第2段, 第2句

本句覆盖了多种值得练习的成分类型。第一个主句包含主语、谓语、宾语、宾语补足语、状语、定语等多种成分,且宾语补足语结构 "make + 宾语 + 宾补" 是四六级常考的使役动词用法,定语的前置和后置位置也有区分价值。第二个主句虽较简单,但涉及短语动词 "makes up" 的识别和代词指代的判断。整体成分种类较丰富,有一定练习价值,但没有特别复杂的易错点。

So the more we put this organ to work, the more calories we'll burn?

第3段, 第1句

"the + 比较级..., the + 比较级..." 是四六级和考研阅读中高频出现的句式, 用于表达比例或因果关系。掌握该句式后可大量复用, 典型性很强。

However, deep thinking will not burn off the calories gained from eating a sugary snack.

第4段, 第1句

后置定语修饰宾语是四六级和考研阅读中的高频结构;分词短语作定语、介词短语作状语的组合也是典型考点,掌握后可广泛迁移

The brain is able to allocate blood (and thus energy) to particular regions that are being active at that point.

第5段, 第1句

主句 be able to 结构和限制性定语从句修饰名词是四六级和考研阅读中的高频句式, 尤其是定语从句后置修饰宾语中的名词, 具有较强的典型性和复用价值, 掌握后可迁移到大量同类句子。

So, while there might be significant increases in energy use at localized regions of the brain when we perform difficult cognitive tasks, when it comes to the whole brain's energy budget overall, these activities don't significantly alter it.

第5段，第3句

while 引导让步从句前置、主句含插入状语、从句内嵌套从句,这种结构在四六级和考研阅读中极为常见,掌握后可迁移到大量学术类长句的理解,典型性很高。

So, why did the chess champion grow too skinny to compete in his chess competition?

第6段，第1句

本句可练习疑问句中主谓表的识别、系动词 grow 的用法、"too...to..." 结构作表语的情况，以及疑问词 why 作状语的分析；成分种类有一定丰富度，且疑问句语序是常见易错点，有较好的训练价值。

The general consensus is that it mostly comes down to stress and reduced food consumption, not mental exhaustion.

第6段，第2句

"主语 + 系动词 + that 表语从句"是四六级和考研阅读中的常见句式，特别是用于陈述观点、共识或结论。掌握这个结构后可以迁移到大量类似句子的理解中。

If you can't eat as often or as much as you can or would normally—then you might lose weight.

第6段，第4句

条件状语从句是四六级和考研阅读中的高频句式,"If...then..." 框架具有很强的代表性。此外,句中使用情态动词表达推测和能力,也是考试中常见的表达方式,学习此句可以迁移到大量类似结构的理解中。

It continues to burn up calories to help us stay in shape.

第19题，C

"动词 + 不定式作宾语 + 不定式作目的状语" 是常见句式，在四六级和考研阅读中经常出现。掌握这种结构后可以迁移到大量类似句子（如 He hopes to succeed to make his parents proud）。

Much of the consumption has nothing to do with conscious activities.

第20题, A

"have nothing to do with" 是四六级和考研阅读中的常见固定搭配, 简单句形式也是基础句型, 具有一定代表性, 但结构过于简单、缺少复杂句式特征

It has something to do with the difficulty of the activities in question.

第20题, B

"have something to do with" 是四六级和考研阅读中的常见固定搭配, 形式主语 "It" 的用法也较典型, 但整体句式结构过于简单, 缺少复杂句式的代表性, 典型性中等偏上。

Energy usage devoted to active learning accounts for a big part of it.

第20题, C

简单句配合后置定语修饰主语, 以及动词短语 "account for" 搭配名词性宾语, 是四六级和考研阅读中常见的基础句式, 学习者掌握后可迁移到大量同类句子

It is conducive to relieving mental exhaustion.

第21题, C

"It is + 形容词 + to + 动名词" 结构在书面语中较常见, be conducive to 是学术写作的常用表达, 具有一定代表性, 但不算高频核心句式。

"Tell me about yourself" may seem like an easy job interview question, but the open-ended nature of this question often leaves job seekers at a loss where to start.

第1段, 第1句

并列转折句型 ("A may seem..., but B actually...") 在四六级和考研阅读中高频出现, 用于对比表象与实质。情态动词加系动词、"leave + 宾语 + 补语" 结构也是常考句式。本句结构具有较强的代表性和可迁移性, 掌握后能应用于大量类似句子的分析。

This common question is actually a critical test of a job candidate's communication skills, so it's important not to give an unprepared response or mess it up.

第1段，第2句

"so" 引导的因果并列句在四六级和考研阅读中极为常见，"it is important to do" 句型也是高频结构。第一句的主系表加后置定语、第二句的形式主语句型，都是真题中反复出现的标准句式。掌握本句的分析方法可以直接迁移到大量同类句子，典型性较高。

It takes hard work and extensive preparation to answer this question well.

第1段，第5句

"It takes ... to ..." 句型在四六级及考研阅读中高频出现，是表达 "做某事需要某条件" 的典型结构，掌握后迁移性强，代表性高。

When a person goes to a job interview, their interviewer has presumably read their résumé, so they don't need to repeat the information.

第2段，第1句

时间状语从句引导主句、主句内部用 so 连接因果并列分句，这是四六级和考研阅读中非常常见的句式组合。现在完成时表达 "已完成动作对当前的影响" 也是高频考点。整句结构典型，掌握后可以迁移到大量类似的描述场景假设和逻辑推理的句子中。

First, they are not just telling someone a fact about themselves.

第3段，第1句

涵盖主语、谓语、双宾语（间接宾语和直接宾语）、状语，以及定语修饰（"about themselves" 修饰 "a fact"），成分较丰富；双宾语结构是常见易错点，适合练习区分直接宾语和间接宾语。

Candidates shouldn't pick a broad general strength to elaborate on, such as "I'm smart, I work hard and I get things done."

第3段，第4句

本句覆盖主谓宾基本框架，另有不定式作后置定语和 such as 引出的同位语，成分种类较丰富。不定式定语和同位语都是基础学习者易混淆的点（容易误判为状语或独立分句），适合作为成分划分练习句，帮助学生巩固修饰成分的识别。

To come up with multiple career accomplishments or examples for different interview questions, job seekers should talk with others, especially people who know them, partners, friends or co-workers who will bring up different stories than the ones they remember.

第3段，第5句

本句结构在四六级和考研真题中极为常见:情态动词表建议、限制性定语从句修饰名词、比较结构表达对比,都是高频考点。句子长度和复杂度适中,既不过于简单也不属于罕见特例,掌握后可大量复用于阅读和写作中。

Secondly, candidates should know what's at stake for the company with this job opening.

第4段，第1句

"主句 + what 引导的宾语从句" 是四六级和考研阅读中的高频结构,宾语从句作为及物动词的承受内容非常常见。情态动词 + 动词原形也是典型句式。本句结构具有较强代表性,掌握后可应用于大量类似句子的分析。

If the person is a prepared candidate, they should have already figured out those things.

第4段，第3句

条件状语从句加主句是四六级和考研中非常常见的句式, "If...should have done" 结构在真题中频繁出现。这种结构既考查条件句的理解, 也考查情态动词完成式的用法, 具有较高的代表性和实用性, 掌握后可迁移到大量类似句子。

How long should it take to answer?

第5段，第1句

"it takes (time) to do" 结构是四六级和考研常考句式之一,形式主语用法也是高频考点。本句虽为疑问句形式,但核心结构具有较强的典型性和迁移价值,掌握后可应用于类似表达。

Job seekers tend to have a ready answer.

第22题，B

本句涵盖主谓宾加前置定语四种基本成分,适合入门练习,但成分种类单一,没有状语、补语、复杂定语等进阶成分,也无易混淆点,训练价值中等偏下

Job seekers often feel at a loss where to start in answering it.

第22题，C

本句覆盖主语、谓语、表语、状语四类核心成分，且包含一个易错点："where to start"容易被误判为从句，实际是疑问词加不定式作状语，适合用来训练学生区分从句与非谓语结构。此外，"at a loss"作表语而非宾语，也能帮助巩固系动词后接表语的认知。成分种类中等，坑点有价值但不密集。

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negative B1

adj. 否定的

本卷15次 · 真题 132 句

solitude C1

n. 独处

本卷15次 · 真题 31 句

positive B1

adj. 积极的

本卷14次 · 真题 144 句

product A2

n. 产品

本卷12次 · 真题 271 句

consumer B1

n. 消费者

本卷10次 · 真题 165 句

researcher B2

n. 研究人员

本卷8次 · 真题 363 句

mental B1

adj. 精神的

本卷8次 · 真题 120 句

candidate B1

n. 候选人

本卷8次 · 真题 48 句

effect A2

n. 影响

本卷7次 · 真题 191 句

seeker B2

n. 寻求者

本卷7次 · 真题 11 句

employee A2

n. 雇员, 员工

本卷6次·真题 190句

overall B1

adj. 总体的

本卷6次·真题 58句

benefit B1

n. 好处

本卷5次·真题 244句

tend B1

v. 倾向于, 往往会

本卷5次·真题 170句

finding B2

n. 调查结果

本卷5次·真题 121句

career B1

n. 职业

本卷5次·真题 106句

productivity B2

n. 生产率

本卷5次·真题 58句

range B1

n. 范围

本卷5次·真题 50句

driving A2

n. 驾驶

本卷5次·真题 25句

calorie B1

n. 卡路里, 热量单位

本卷5次·真题 24句

would A1

aux. (will 的过去式) 将要, 会

本卷4次·真题 568句

less A1

det. 较少的

本卷4次·真题 273句

online A2

adj. 在线的

本卷4次·真题 139句

measure B1

v. 测量

本卷4次·真题 100句

participant B2

n. 参与者

本卷4次·真题 91句

enable B1

v. 使能够

本卷4次·真题 68句

consumption

B2

n. 消费

本卷4次·真题 56 句

client

B1

n. 客户

本卷4次·真题 36 句

impact

B2

n. 影响

本卷3次·真题 185 句

actually

A2

adv. 实际上，事实上（用于纠正或补充信息）

本卷3次·真题 182 句

behavior

B1

n. 行为

本卷3次·真题 171 句

simply

B1

adv. 仅仅，只不过

本卷3次·真题 119 句

due

B1

adj. 预期的

本卷3次·真题 70 句

engage

B2

v. 参与;从事

本卷3次·真题 68 句

thinking

A2

n. 思考

本卷3次·真题 68 句

determine

B2

v. 决定

本卷3次·真题 62 句

perform

B1

v. 执行

本卷3次·真题 61 句

extreme

B2

adj. 极度的

本卷3次·真题 60 句

detail

B1

n. 细节

本卷3次·真题 46 句

related

B1

adj. 相关的

本卷3次·真题 39 句

motivation

B2

n. 动力

本卷3次·真题 23 句

relate

B1

v. 使有联系，把...联系起来

本卷3次·真题 23 句

strength B1

n. 力量

本卷3次·真题 23 句

calm B1

adj. 平静的

本卷3次·真题 21 句

constant B2

adj. 持续不断的

本卷3次·真题 16 句

accomplishment B2

n. 成就

本卷3次·真题 12 句

relationship B1

n. 关系

本卷2次·真题 168 句

affect B1

v. 影响

本卷2次·真题 116 句

opportunity B1

n. 机会

本卷2次·真题 115 句

least A2

det. 最少的

本卷2次·真题 98 句

physical B1

adj. 身体的

本卷2次·真题 91 句

cognitive C1

adj. 认知的

本卷2次·真题 85 句

region B1

n. 地区

本卷2次·真题 78 句

significant B2

adj. 重要的

本卷2次·真题 65 句

complex B2

adj. 复杂的, 难懂的

本卷2次·真题 61 句

conduct B2

v. 组织并实施

本卷2次·真题 59 句

suffer B1

v. 遭受 (痛苦、疾病、损失等)

本卷2次·真题 59 句

figure A2

n. 数字

本卷2次·真题 58 句

loss

B1

n. 丧失

本卷2次·真题 56 句

audience

A2

n. 观众

本卷2次·真题 52 句

emotional

B1

adj. 情绪的

本卷2次·真题 52 句

aspect

B2

n. 方面

本卷2次·真题 50 句

thus

B2

adv. 因此, 所以

本卷2次·真题 47 句

player

A2

n. 运动员

本卷2次·真题 41 句

outcome

B2

n. 结果

本卷2次·真题 40 句

partner

B1

n. 伴侣

本卷2次·真题 39 句

compete

B1

v. 竞争

本卷2次·真题 36 句

possibility

B1

n. 可能性

本卷2次·真题 35 句

talent

B1

n. 天赋

本卷2次·真题 35 句

motivate

B2

v. 激励

本卷2次·真题 33 句

expectation

B2

n. 期待;预期

本卷2次·真题 32 句

cultivate

B2

v. 培养, 发展 (技能、态度、关系等)

本卷2次·真题 31 句

unlike

B1

prep. 不像

本卷2次·真题 31 句

vary

B1

v. 不同

本卷2次·真题 30 句

broad B1

adj. 宽阔的

本卷2次·真题 29 句

employment B1

n. 工作

本卷2次·真题 27 句

clothing A2

n. 衣服

本卷2次·真题 26 句

freedom B1

n. 自由

本卷2次·真题 26 句

recommendation B2

n. 推荐

本卷2次·真题 25 句

route B1

n. 路线

本卷2次·真题 23 句

version B1

n. 版本

本卷2次·真题 22 句

anticipate B2

v. 预料, 预期 (某事将发生)

本卷2次·真题 21 句

preparation B1

n. 准备

本卷2次·真题 21 句

trigger B2

v. 引发

本卷2次·真题 20 句

wisdom B2

n. 智慧

本卷2次·真题 20 句

zone B1

n. 区域

本卷2次·真题 19 句

accomplish B2

v. 完成, 实现 (任务、目标)

本卷2次·真题 18 句

devote B2

v. 把...奉献给

本卷2次·真题 18 句

arouse C1

v. 激起, 引起 (情感、反应)

本卷2次·真题 17 句

autonomy C1

n. 自主权

本卷2次·真题 17 句

formula B2

n. 公式

本卷2次·真题 13 句

comfort B1

n. 舒适

本卷2次·真题 12 句

excitement B1

n. 兴奋

本卷2次·真题 12 句

realistic B2

adj. 现实的

本卷2次·真题 12 句

opening B1

n. 开口;洞;缺口

本卷2次·真题 11 句

interviewer B1

n. 面试官

本卷2次·真题 10 句

mathematical B2

adj. 数学的

本卷2次·真题 10 句

elaborate C1

adj. 复杂精细的

本卷2次·真题 9 句

overlook B2

v. 忽略, 没注意到

本卷2次·真题 9 句

independently B2

adv. 独立地

本卷2次·真题 8 句

optimal C1

adj. 最佳的;最优的

本卷2次·真题 8 句

likely A2

adj. 很可能的

本卷1次·真题 228 句

better A1

adj. 更好的 (good 的比较级)

本卷1次·真题 205 句

focus B1

n. 重点

本卷1次·真题 200 句

data B1

n. 数据

本卷1次·真题 181 句

accord C1

n. (国家、团体间的) 协议

本卷1次·真题 167 句

issue

B1

n. 问题

本卷1次·真题 158 句

individual

B2

adj. 单独的

本卷1次·真题 142 句

view

A2

n. 观点, 看法

本卷1次·真题 134 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

challenge

B1

n. 挑战

本卷1次·真题 119 句

resource

B1

n. 资源

本卷1次·真题 119 句

claim

B1

v. 声称

本卷1次·真题 111 句

performance

B1

n. 表演

本卷1次·真题 98 句

gain

B1

v. 获得; 赢得

本卷1次·真题 96 句

account

A2

n. 账户

本卷1次·真题 93 句

decline

B2

v. 下降

本卷1次·真题 88 句

amount

A2

n. 数量

本卷1次·真题 84 句

type

A2

n. 类型

本卷1次·真题 84 句

professional

B1

adj. 专业的

本卷1次·真题 82 句

further

B1

adv. 更远处

本卷1次·真题 79 句

identify B1

v. 识别

本卷1次·真题 75 句

reflect B1

v. 反映, 显示

本卷1次·真题 71 句

variety B1

n. 多样化

本卷1次·真题 66 句

wrong A2

adj. 错误的

本卷1次·真题 66 句

easily A2

adv. 容易地

本卷1次·真题 65 句

earn A2

v. 赚得, 挣得 (金钱)

本卷1次·真题 64 句

available A2

adj. 可获得的

本卷1次·真题 63 句

internet A2

n. 互联网

本卷1次·真题 63 句

generally B1

adv. 通常, 一般地

本卷1次·真题 60 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

aim B1

v. 瞄准

本卷1次·真题 57 句

reality B1

n. 现实

本卷1次·真题 57 句

boost B2

v. 提高

本卷1次·真题 55 句

feature B1

n. 特征

本卷1次·真题 55 句

associate B2

v. 联系

本卷1次·真题 54 句

reveal B2

v. 揭示

本卷1次·真题 54 句

solve A2

v. 解决 (问题、困难)

本卷1次·真题 54 句

interaction B2

n. 相互作用

本卷1次·真题 53 句

mainly B1

adv. 主要地

本卷1次·真题 53 句

explore B1

v. 探索

本卷1次·真题 52 句

particular B2

adj. 特定的

本卷1次·真题 52 句

psychology B2

n. 心理学

本卷1次·真题 52 句

respond B1

v. 回答, 答复

本卷1次·真题 52 句

response B1

n. 回答

本卷1次·真题 52 句

sign A1

n. 标志

本卷1次·真题 49 句

failure B1

n. 失败

本卷1次·真题 47 句

ignore B1

v. 忽视;不理睬

本卷1次·真题 46 句

indicate B2

v. 表明

本卷1次·真题 46 句

demonstrate B2

v. 证明

本卷1次·真题 45 句

marketing B1

n. 营销

本卷1次·真题 45 句

achievement B1

n. 成就

本卷1次·真题 44 句

desire B2

n. 愿望

本卷1次·真题 44 句

educational B1

adj. 教育的

本卷1次·真题 44 句

certainly A2

adv. 当然

本卷1次·真题 43 句

lifestyle B1

n. 生活方式

本卷1次·真题 43 句

reward B1

n. 报酬

本卷1次·真题 43 句

critical B2

adj. 批评的

本卷1次·真题 42 句

protection B1

n. 保护

本卷1次·真题 42 句

alternative B2

n. 可供选择的事物

本卷1次·真题 41 句

interested A1

adj. 感兴趣的

本卷1次·真题 41 句

guideline B2

n. 指导方针

本卷1次·真题 40 句

attempt B1

v. 试图

本卷1次·真题 39 句

psychological B2

adj. 心理的

本卷1次·真题 39 句

budget B1

n. 预算

本卷1次·真题 37 句

elite C1

n. 精英

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

relatively B2

adv. 相对地

本卷1次·真题 37 句

assert C1

v. 坚称

本卷1次·真题 34 句

aware A2

adj. 知道的

本卷1次·真题 34 句

contact B1

n. 联系

本卷1次·真题 34 句

awareness B2

n. 意识

本卷1次·真题 33 句

efficiency B2

n. 效率

本卷1次·真题 33 句

carefully A2

adv. 仔细地

本卷1次·真题 32 句

scale B1

n. 规模

本卷1次·真题 32 句

vehicle B1

n. 交通工具

本卷1次·真题 32 句

consume B2

v. 消耗, 耗费 (燃料、能源、时间等)

本卷1次·真题 31 句

obvious B1

adj. 明显的

本卷1次·真题 31 句

previously B1

adv. 以前, 先前 (指过去某个时间)

本卷1次·真题 31 句

association B2

n. 协会

本卷1次·真题 30 句

rarely B1

adv. 很少, 难得, 不常

本卷1次·真题 30 句

decrease B1

v. 减少, 降低

本卷1次·真题 28 句

loneliness B2

n. 孤独感

本卷1次·真题 28 句

cannot A1

aux. 不能

本卷1次·真题 27 句

collaboration

B2

n. 合作

本卷1次·真题 27 句

greatly

B1

adv. 非常

本卷1次·真题 27 句

sacrifice

B2

n. 牺牲

本卷1次·真题 27 句

strive

B2

v. 努力, 奋斗, 力求

本卷1次·真题 27 句

conducive

C1

adj. 有助于的

本卷1次·真题 26 句

description

B1

n. 描述

本卷1次·真题 26 句

lower

A2

adj. 较低的;下方的

本卷1次·真题 26 句

transport

B1

v. 运输, 运送

本卷1次·真题 26 句

willing

B1

adj. 愿意的, 乐意的

本卷1次·真题 26 句

behave

B1

v. 表现, 举止

本卷1次·真题 25 句

favor

B1

n. 帮忙

本卷1次·真题 25 句

highlight

B2

n. 最精彩的部分

本卷1次·真题 25 句

numerous

B2

adj. 众多的, 许多的

本卷1次·真题 25 句

alter

B2

v. 改变, 更改 (使某物与之前不同)

本卷1次·真题 24 句

contrast

B2

n. 对比

本卷1次·真题 24 句

incorporate

B2

v. 包含

本卷1次·真题 23 句

prepared B2

adj. 准备好的

本卷1次·真题 23 句

productive B2

adj. 富有成效的

本卷1次·真题 23 句

routine B1

n. 常规

本卷1次·真题 23 句

select B1

v. 选择, 挑选

本卷1次·真题 23 句

champion B1

n. 冠军

本卷1次·真题 22 句

dependent B2

adj. 依靠的

本卷1次·真题 22 句

naturally B1

adv. 自然地

本卷1次·真题 22 句

accurate B2

adj. 准确的

本卷1次·真题 21 句

adverse C1

adj. 不利的

本卷1次·真题 21 句

correlation C1

n. 相关性

本卷1次·真题 21 句

crucial B2

adj. 至关重要的

本卷1次·真题 21 句

diminish C1

v. 减少

本卷1次·真题 21 句

multiple B2

adj. 多个的

本卷1次·真题 21 句

politics B1

n. 政治

本卷1次·真题 21 句

regulate B2

v. 管理

本卷1次·真题 21 句

adjust B2

v. 调整

本卷1次·真题 20 句

basically B1

adv. 基本上

本卷1次·真题 20 句

concerning B2

prep. 关于

本卷1次·真题 20 句

inspire B2

v. 激励

本卷1次·真题 20 句

overcome B2

v. 克服

本卷1次·真题 20 句

portray B2

v. 描绘

本卷1次·真题 20 句

insight B2

n. 洞察力

本卷1次·真题 19 句

prompt B2

v. 促使

本卷1次·真题 19 句

remind A2

v. 提醒

本卷1次·真题 19 句

typical B1

adj. 典型的

本卷1次·真题 19 句

workforce B2

n. (一国或一地区的) 劳动力, 劳动人口

本卷1次·真题 19 句

correlate C1

v. 相关联

本卷1次·真题 18 句

hypothesis C1

n. 假设

本卷1次·真题 18 句

reduction B2

n. 减少

本卷1次·真题 18 句

sensitive B2

adj. 敏感的

本卷1次·真题 18 句

seriously B1

adv. 严肃地

本卷1次·真题 18 句

specifically B2

adv. 明确地

本卷1次·真题 18 句

consensus C1

n. (意见的) 一致

本卷1次·真题 17句

depict B2

v. 描绘

本卷1次·真题 17句

applicant B2

n. 申请人

本卷1次·真题 16句

brief B1

adj. 简短的;短暂的

本卷1次·真题 16句

guy A2

n. 男人

本卷1次·真题 16句

significantly B2

adv. 显著地

本卷1次·真题 16句

bolster C1

v. 支持

本卷1次·真题 15句

criticism B2

n. 批评

本卷1次·真题 15句

distinct B2

adj. 清晰的

本卷1次·真题 15句

following B1

adj. 接下来的

本卷1次·真题 15句

independence B2

n. 独立;自主

本卷1次·真题 15句

peak B1

n. 山峰

本卷1次·真题 15句

snack A2

n. 零食

本卷1次·真题 15句

characterize C1

v. 是...的特征

本卷1次·真题 14句

dislike A2

v. 不喜欢

本卷1次·真题 14句

exact B2

adj. 精确的

本卷1次·真题 14句

latter B2

det. 后者的

本卷1次·真题 14 句

anger B1

n. 愤怒

本卷1次·真题 13 句

deplete C1

v. 大量减少

本卷1次·真题 13 句

inner B1

adj. 内部的, 里面的

本卷1次·真题 13 句

request B1

n. 请求

本卷1次·真题 13 句

sharply B2

adv. 急剧地

本卷1次·真题 13 句

surprised A2

adj. 感到惊讶的

本卷1次·真题 13 句

uncomfortable B1

adj. 不舒服的

本卷1次·真题 13 句

unrelated B2

adj. 无关的

本卷1次·真题 13 句

yeah A1

intj. 是的

本卷1次·真题 13 句

accustomed B2

adj. 习惯的;惯常的

本卷1次·真题 12 句

appreciation B2

n. 感激

本卷1次·真题 12 句

array B2

n. 数组

本卷1次·真题 12 句

amazing A2

adj. 令人惊奇的

本卷1次·真题 11 句

demanding B2

adj. 要求高的

本卷1次·真题 11 句

focused B1

adj. 集中注意力的

本卷1次·真题 11 句

frame B1

n. 框架

本卷1次·真题 11句

guidance B2

n. 指导

本卷1次·真题 11句

impress B1

v. 使印象深刻

本卷1次·真题 11句

initiate C1

v. 开始

本卷1次·真题 11句

length A2

n. 长度

本卷1次·真题 11句

satisfied B1

adj. 满意的

本卷1次·真题 11句

advertise B1

v. 为...做广告

本卷1次·真题 10句

enjoyable B1

adj. 令人愉快的

本卷1次·真题 10句

freely B1

adv. 自由地

本卷1次·真题 10句

mentally B2

adv. 精神上

本卷1次·真题 10句

ought B1

aux. 应该

本卷1次·真题 10句

presumably B2

adv. 大概

本卷1次·真题 10句

relief B1

n. 宽慰

本卷1次·真题 10句

span B2

n. 时间段

本卷1次·真题 10句

adversely C1

adv. 不利地

本卷1次·真题 9句

allocate B2

v. 分配

本卷1次·真题 9句

assortment

B2

n. 各种各样的东西

本卷1次·真题9句

bother

B1

v. 打扰;烦恼

本卷1次·真题9句

decent

B2

adj. 得体的, 像样的

本卷1次·真题9句

extensive

B2

adj. 广泛的;大量的

本卷1次·真题9句

fascinating

B2

adj. 迷人的

本卷1次·真题9句

intersection

B2

n. 十字路口, 交叉路口

本卷1次·真题9句

register

B1

v. 登记, 注册

本卷1次·真题9句

absurd

C1

adj. 荒谬的

本卷1次·真题8句

insufficient

B2

adj. 不足的

本卷1次·真题8句

personnel

B2

n. 全体员工

本卷1次·真题8句

relieve

B2

v. 减轻、缓解 (疼痛、焦虑等不适)

本卷1次·真题8句

stake

B2

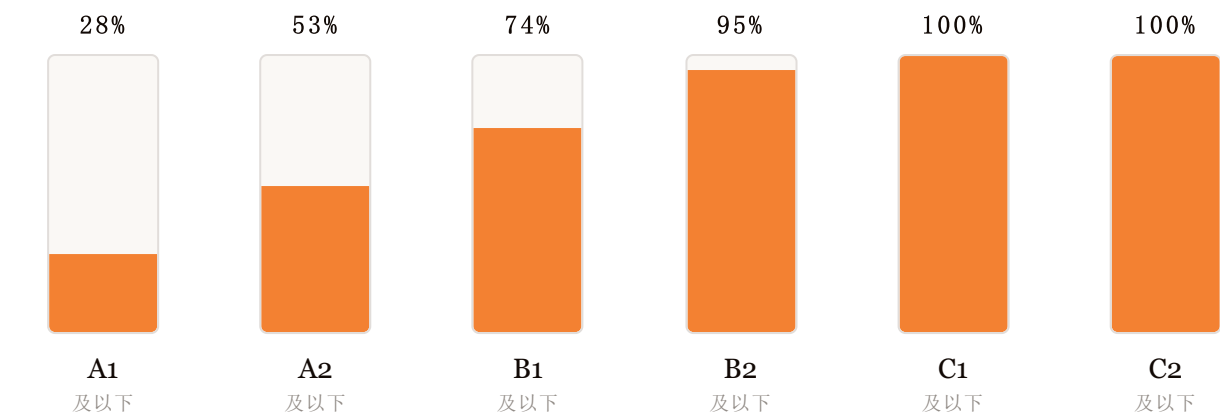
n. 股份

本卷1次·真题8句

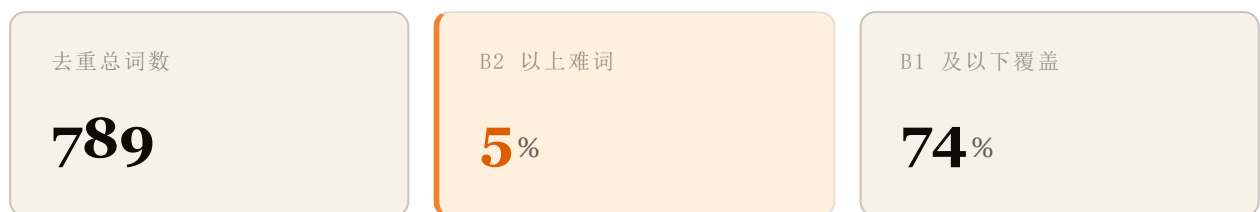
VOCABULARY • 词汇难度分布

全卷录音原文 789 词按 CEFR 难度累积覆盖

全卷录音原文去重后共 **789** 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, 本卷共 42 个·约 5%。



每柱为「按 CEFR 等级及以下」的累积覆盖率 (CDF) · 数据为全卷录音原文去重词 789 个 · 末柱为 100%



英语六级 2020年12月·第2套 · 全卷构成

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