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六级·真题卷第2套·2020年12月

Part I Writing (30 minutes)

Directions: For this part, you are allowed 30 minutes to write an essay on *why students should be encouraged to effective communication skills*. You should write at least 150 words but no more than 200 words.

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. A) A driving test.
B) A video game.
C) Traffic routes.
D) Cargo logistics.
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.
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.
4. A) Clearer road signs.
B) More people driving safely.
C) Stricter traffic rules.
D) More self-driving trucks on the road.

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

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

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.

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.
10. A) Active consumption.
B) Direct correlation.
C) Individual association.
D) Mental visualization.
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.

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

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.
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.
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.
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.

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.

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.
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.
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.

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

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.
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.
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.

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

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.
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.
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.
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.

Part III

Reading Comprehension

(40 minutes)

Section A

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding

letter for each item on **Answer Sheet 2** with a single line through the centre. You may not use any of the words in the bank more than once.

Virtually every activity that entails or facilitates in-person human interaction seems to be in the midst of a total meltdown as the coronavirus(冠状病毒) outbreak erases Americans' desire to travel. Amtrak says bookings are down 50 percent and cancellations are up 300 percent. Hotels in San Francisco are experiencing 26 rates between 70 and 80 percent. Broadway goes dark on Thursday night. Universities, now emptying their campuses, have never tried online learning on this 27 . White-collar companies like Amazon, Apple, and the New York Times are asking employees to work from home for the 28 future.

But what happens after the coronavirus?

In some ways, the answer is: All the old normal stuff. The pandemic(大流行病) will take lives, 29 economies and destroy routines, but it will pass. Americans will never stop going to basketball games. They won't stop going on vacation. They'll meet to do business. No decentralizing technology so far—not telephones, not television, and not the internet—has dented that human desire to shake hands, despite technologists' 30 to the contrary.

Yet there are real reasons to think that things will not return to the way they were last week. Small 31 create small societal shifts; big ones change things for good. The New York transit strike of 1980 is 32 with prompting several long-term changes in the city, including bus and bike lanes, and women wearing sports shoes to work. The Spanish flu pandemic of 1918 prompted the development of national health care in Europe.

Here and now, this might not even be a question of 33 . It's not clear that the cruise industry will 34 . Or that public transit won't go broke without 35 assistance. The infrastructure might not even be in place to do what we were doing in 2019.

- | | |
|----------------|-------------|
| A) credentials | I) scale |
| B) credited | J) strangle |
| C) cumulative | K) subtle |
| D) disruptions | L) summoned |
| E) federal | M) survive |
| F) foreseeable | N) vacancy |
| G) predictions | O) wedge |
| H) preference | |

Section B

Directions: In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter on **Answer Sheet 2**.

Slow Hope

A) Our world is full of—mostly untold—stories of slow hope, driven by the idea that change is possible. They are 'slow' in their unfolding, and they are slow because they come with setbacks.

- B) At the beginning of time—so goes the myth—humans suffered, shivering in the cold and dark until the titan(巨人) Prometheus stole fire from the gods. Just as in the myth, technology—first fire and stone tools, and later farming, the steam engine and industry, fossil fuels, chemicals and nuclear power—has allowed us to alter and control the natural world. The myth also reminds us that these advances have come at a price: as a punishment for Prometheus' crime, the gods created Pandora, and they gave her a box filled with evils and curses. When Pandora's box was opened, it unleashed swarms of diseases and disasters upon humankind.
- C) Today we can no longer ignore the ecological curses that we have released in our search for warmth and comfort. In engineering and exploiting and transforming our habitat, we have opened tens of thousands of Pandora's boxes. In recent decades, environmental threats have expanded beyond regional boundaries to have global reach and, most hauntingly, are multiplying at a dizzying rate. On a regular basis, we are reminded that we are running out of time. Year after year, faster and faster, consumption outpaces the biological capacity of our planet. Stories of accelerated catastrophe multiply. We fear the breakdown of the electric grid, the end of non-renewable resources, the expansion of deserts, the loss of islands, and the pollution of our air and water.
- D) Acceleration is the signature of our time. Populations and economic activity grew slowly for much of human history. For thousands of years and well into early modern times, world economies saw no growth at all, but from around the mid-19th century and again, in particular, since the mid-20th, the real GDP has increased at an enormous speed, and so has human consumption. In the Middle Ages, households in Central Europe might have owned fewer than 30 objects on average; in 1900, this number had increased to 400, and in 2020 to 15,000. The acceleration of human production, consumption and travel has changed the animate and inanimate spheres. It has echoed through natural processes on which humans depend. Species extinction, deforestation, damming of rivers, occurrence of floods, the depletion of ozone, the degradation of ocean systems and many other areas are all experiencing acceleration. If represented graphically, the curve for all these changes looks rather like that well-known hockey stick: with little change over millennia(数千年) and a dramatic upswing over the past decades.
- E) Some of today's narratives about the future seem to suggest that we too, like Prometheus, will be saved by a new Hercules, a divine engineer, someone who will mastermind, manoeuvre and manipulate our planet. They suggest that geoengineering, cold fusion or faster-than-light spaceships might transcend once and for all the terrestrial constraints of rising temperatures, lack of energy, scarcity of food, lack of space, mountains of waste, polluted water—you name it.
- F) Yet, if we envisage our salvation to come from a deus ex machina(解围之神), from a divine engineer or a tech solutionist who will miraculously conjure up a new source of energy or another cure-all with revolutionary potency, we might be looking in the wrong place. The fact that we now imagine our planet as a whole does not mean that the 'rescue' of our planet will come with one big global stroke of genius and technology. It will more likely come by many small acts. Global heating and environmental degradation are not technological problems. They are highly political issues that are informed by powerful interests. Moreover, if history is a guide, then we can assume that any major transformations will once again be followed by a huge set of unintended consequences. So what do we do?
- G) This much is clear: we need to find ways that help us flatten the hockey-stick curves that reflect our ever-faster pace of ecological destruction and social acceleration. If we acknowledge that human manipulation of the Earth has been a destructive force, we can also imagine that human endeavours can help us build a less destructive world in the centuries to come. We might keep making mistakes. But we will also keep learning from our mistakes.

- H) To counter the fears of disaster, we need to identify stories, visions and actions that work quietly towards a more hopeful future. Instead of one big narrative, a story of unexpected rescue by a larger-than-life hero, we need multiple stories: we need stories, not only of what Rob Nixon of Princeton University has called the 'slow violence' of environmental degradation (that is, the damage that is often invisible at first and develops slowly and gradually), but also stories of what I call 'slow hope'.
- I) We need an acknowledgement of our present ecological plight but also a language of positive change, visions of a better future. In *The Principle of Hope* (1954-1959), Ernst Bloch, one of the leading philosophers of the future, wrote that 'the most tragic form of loss...is the loss of the capacity to imagine that things could be different'. We need to identify visions and paths that will help us imagine a different, more just and more ecological world. Hope, for Bloch, has its starting point in fear, in uncertainty, and in crisis: it is a creative force that goes hand in hand with utopian(乌托邦的) 'wishful images'. It can be found in cultural products of the past—in fairy tales, in fiction, in architecture, in music, in the movies—in products of the human mind that contain 'the outlines of a better world'. What makes us 'authentic' as humans are visions of our 'potential'. In other words: living in hope makes us human.
- J) The power of small, grassroots movements to make changes that spread beyond their place of origin can be seen with the Slow Food movement, which began in Italy in the 1980s. The rise of fast-food restaurants after the Second World War produced a society full of cheap, industrially made foodstuffs. Under the leadership of Carlo Petrini, the Slow Food movement began in Piedmont, a region of Italy with a long history of poverty, violence and resistance to oppression. The movement transformed it into a region hospitable to traditional food cultures—based on native plants and breeds of animals. Today, Slow Food operates in more than 160 countries, poor and rich. It has given rise to thousands of projects around the globe, representing democratic politics, food sovereignty, biodiversity and sustainable agriculture.
- K) The unscrupulous(无所顾忌的) commodification of food and the destruction of foodstuffs will continue to devastate soils, livelihoods and ecologies. Slow Food cannot undo the irresistible developments of the global food economy, but it can upset its theorists, it can 'speak differently', and it can allow people and their local food traditions and environments to flourish. Even in the United States—the fast-food nation—small farms and urban gardens are on the rise. The US Department of Agriculture provides an Urban Agriculture Toolkit and, according to a recent report, American millennials(千禧一代) are changing their diets. In 2017, 6 per cent of US consumers claimed to be strictly vegetarian, up from 1 per cent in 2014. As more people realise that 'eating is an agricultural act', as the US poet and environmental activist Wendell Berry put it in 1989, slow hope advances.
36. It seems some people today dream that a cutting-edge new technology might save them from the present ecological disaster.
37. According to one great thinker, it is most unfortunate if we lose the ability to think differently.
38. Urgent attention should be paid to the ecological problems we have created in our pursuit of a comfortable life.
39. Even in the fast-food nation America, the number of vegetarians is on the rise.
40. The deterioration of the ecological system is accelerating because of the dramatic increase of human production and consumption.
41. It is obvious that solutions must be found to curb the fast worsening environment and social acceleration.

42. Many people believe changing the world is possible, though it may take time and involve setbacks.
43. It might be wrong to expect that our world would be saved at one stroke with some miraculous technology.
44. It is human nature to cherish hopes for a better world.
45. Technology has given us humans the power to change the natural world, but we have paid a price for the change.

Section C

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

Passage One

Questions 46 to 50 are based on the following passage.

Vegetarians would prefer not to be compelled to eat meat. Yet the reverse compulsion(强迫) is hidden in the proposals for a new plant-based "planetary diet." Nowhere is this more visible than in India.

Earlier this year, the EAT-Lancet Commission released its global report on nutrition and called for a global shift to a more plant-based diet and for "substantially reducing consumption of animal source foods." In countries like India, that call could become a tool to aggravate an already tense political situation and stress already undernourished populations.

The EAT report presumes that "traditional diets" in countries like India include little red meat, which might be consumed only on special occasions or as minor ingredients in mixed dishes.

In India, however, there is a vast difference between what people would wish to consume and what they have to consume because of innumerable barriers around class, religion, culture, cost, geography, etc. Policymakers in India have traditionally pushed for a cereal-heavy "vegetarian diet" on a meat-eating population as a way of providing the cheapest sources of food.

Currently, under an aggressive Hindu nationalist government, Muslims, Christians, disadvantaged classes and indigenous communities are being compelled to give up their traditional foods.

None of these concerns seem to have been appreciated by the EAT-Lancet Commission's representative, Brent Loken, who said "India has got such a great example" in sourcing protein from plants.

But how much of a model for the world is India's vegetarianism? In the Global Hunger Index 2019, the country ranks 102nd out of 117. Data from the National Family Health Survey indicate that only 10 percent of infants of 6 to 23 months are adequately fed.

Which is why calls for a plant-based diet modeled on India risk offering another whip with which to beat already vulnerable communities in developing countries.

A diet directed at the affluent West fails to recognize that in low-income countries undernourished children are known to benefit from the consumption of milk and other animal source foods, improving cognitive functions, while reducing the prevalence of nutritional deficiencies as well as mortality.

EAT-Lancet claimed its intention was to "spark conversations" among all Indian stakeholders. Yet vocal critics of the food processing industry and food fortification strategies have been left out of the debate. But the most conspicuous omission may well be the absence of India's farmers.

The government, however, seems to have given the report a thumbs-up. Rather than addressing chronic hunger and malnutrition through an improved access to wholesome and nutrient-dense foods, the government is opening the door for company-dependent solutions, ignoring the environmental and economic cost, which will destroy local food systems. It's a model full of danger for future generations.

46. What is more visible in India than anywhere else according to the passage?

- A) People's positive views on the proposals for a "planetary diet".
- B) People's reluctance to be compelled to eat plant-based food.
- C) People's preferences for the kind of food they consume.
- D) People's unwillingness to give up their eating habits.

47. What would the EAT-Lancet Commission's report do to many people in countries like India?

- A) Radically change their dietary habits.
- B) Keep them further away from politics.
- C) Make them even more undernourished.
- D) Substantially reduce their food choices.

48. What do we learn from the passage about food consumption in India?

- A) People's diet will not change due to the EAT-Lancet report.
- B) Many people simply do not have access to foods they prefer.
- C) There is a growing popularity of a cereal-heavy vegetarian diet.
- D) Policymakers help remove the barriers to people's choice of food.

49. What does the passage say about a plant-based diet modeled on India?

- A) It may benefit populations whose traditional diet is meat-based.
- B) It may be another blow to the economy in developing countries.
- C) It may help narrow the gap between the rich and poor countries.
- D) It may worsen the nourishment problem in low-income countries.

50. How does the Indian government respond to the EAT-Lancet Commission's proposals?

- A) It accepts them at the expense of the long-term interests of its people.
- B) It intends them to spark conversations among all Indian stakeholders.
- C) It gives them approval regardless of opposition from nutrition experts.
- D) It welcomes them as a tool to address chronic hunger and malnutrition.

Passage Two

Questions 51 to 55 are based on the following passage.

Back in 1964, in his book *Games People Play*, psychiatrist Eric Berne described a pattern of conversation he called "Why Don't You—Yes But", which remains one of the most irritating aspects of everyday social life. The person adopting the strategy is usually a chronic complainer. Something is terrible about their relationship, job, or other situation, and they moan about it ceaselessly, but find some excuse to dismiss any solution that's

proposed. The reason, of course, is that on some level they don't want a solution; they want to be validated in their position that the world is out to get them. If they can "win" the game—dismissing every suggestion until their interlocutor(对话者) gives up in annoyance—they get to feel pleurably righteous(正当的) in their resentments and excused from any obligation to change.

Part of the trouble here is the so-called responsibility/fault fallacy(谬误). When you're feeling hard done by—taken for granted by your partner, say, or obliged to work for a half-witted boss—it's easy to become attached to the position that it's not your job to address the matter, and that doing so would be an admission of fault. But there's a confusion here. For example, if I were to discover a newborn at my front door, it wouldn't be my fault, but it most certainly would be my responsibility. There would be choices to make, and no possibility of avoiding them, since trying to ignore the matter would be a choice. The point is that what goes for the baby on the doorstep is true in all cases: even if the other person is 100% in the wrong, there's nothing to be gained, long-term, from using this as a justification to evade responsibility.

Should you find yourself on the receiving end of this kind of complaining, there's an ingenious way to shut it down—which is to agree with it, ardently. Psychotherapist Lori Gottlieb describes this as "over-validation". For one thing, you'll be spared further moaning, since the other person's motivation was to confirm her beliefs, and now you're confirming them. But for another, as Gottlieb notes, people confronted with over-validation often hear their complaints afresh and start arguing back. The notion that they're utterly powerless suddenly seems unrealistic—not to mention rather annoying—so they're prompted instead to generate ideas about how they might change things.

"And then, sometimes, something magical might happen," Gottlieb writes. The other person "might realise she's not as trapped as you are saying she is, or as she feels." Which illustrates the irony of the responsibility/fault fallacy: evading responsibility feels comfortable, but turns out to be a prison; whereas assuming responsibility feels unpleasant, but ends up being freeing.

51. What is characteristic of a chronic complainer, according to psychiatrist Eric Berne?

- A) They only feel angry about their ill treatment and resent whoever tries to help.
- B) They are chronically unhappy and ceaselessly find fault with people around them.
- C) They constantly dismiss others' proposals while taking no responsibility for tackling the problem.
- D) They lack the knowledge and basic skills required for successful conversations with their interlocutors.

52. What does the author try to illustrate with the example of the newborn on one's doorstep?

- A) People tend to think that one should not be held responsible for others' mistakes.
- B) It is easy to become attached to the position of overlooking one's own fault.
- C) People are often at a loss when confronted with a number of choices.
- D) A distinction should be drawn between responsibility and fault.

53. What does the author advise people to do to chronic complainers?

- A) Stop them from going further by agreeing with them.
- B) Listen to their complaints ardently and sympathetically.
- C) Ask them to validate their beliefs with further evidence.
- D) Persuade them to clarify the confusion they have caused.

54. What happens when chronic complainers receive over-validation?
- A) They are motivated to find ingenious ways to persuade their interlocutor.
 - B) They are prompted to come up with ideas for making possible changes.
 - C) They are stimulated to make more complaints.
 - D) They are encouraged to start arguing back.
55. How can one stop being a chronic complainer according to the author?
- A) Analysing the so-called responsibility/fault fallacy.
 - B) Avoiding hazardous traps in everyday social life.
 - C) Assuming responsibility to free oneself.
 - D) Awaiting something magical to happen.

Part IV

Translation

(30 minutes)

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

港珠澳大桥(Hong Kong-Zhuhai-Macau Bridge)全长55公里，是我国一项不同寻常的工程壮举。大桥将三个城市连接起来，是世界上最长的跨海桥梁和隧道系统。大桥将三个城市之间的旅行时间从3小时缩短到30分钟。这座跨度巨大的钢筋混凝土大桥充分证明中国有能力建造创纪录的巨型建筑。它将助推区域一体化，促进经济增长。大桥是中国发展自己的大湾区总体规划的关键。中国希望将大湾区建成在技术创新和经济繁荣上能与旧金山、纽约和东京的湾区相媲美的地区。

2020年12月·第2套英语六级写作·题目、范文与解析

PROMPT & MODEL ESSAY • 写作题和范文

写作题和范文

本页写作题面、参考范文与逐段解析由懒笔记基于2020年12月·第2套 英语六级写作原卷整理。与试卷排版同一卷面：完整写作要求（Directions，含主题、文体、词数与署名约束）连续排印。写作是生产性任务、无 ABCD 标准答案——题面即整道题；卷面下方直接给出满足全部硬约束的参考范文、整篇中译与逐段拆解。

真题卷第2套(2020-12) • 六级

Part I

Directions: For this part, you are allowed 30 minutes to write an essay on *why students should be encouraged to effective communication skills*. You should write at least 150 words but no more than 200 words.

【参考范文·157词】 写作无唯一标准答案，以下为达标示范

Effective communication is far more than a soft skill; it is a core competence that shapes a student's academic success and professional future. For this reason, schools and teachers should actively encourage students to develop this valuable ability from an early stage.

There are several compelling reasons for this. First, strong communication skills facilitate learning. When students can clearly express doubts and exchange ideas in group projects, knowledge is absorbed far more efficiently. Moreover, these skills sharpen employability. In job interviews, an applicant who articulates thoughts logically leaves a stronger impression than one who merely lists qualifications. In addition, good communication enriches personal relationships, helping students voice their emotions and resolve conflicts with empathy. Such emotional connection is essential for a healthy campus life.

In conclusion, effective communication benefits students in study, career and daily life alike. Schools should therefore create more opportunities—debates, presentations and teamwork—so that every student can grow into a confident and articulate communicator.

【参考译文】

有效沟通远不只是一项软技能，它是一种塑造学生学业成功与职业前景的核心能力。正因如此，学校和老师应当积极鼓励学生尽早培养这一宝贵能力。

这样做有几条有力的理由。首先，扎实的沟通能力有助于学习。当学生能在小组项目中清楚地表达疑问、交换想法时，知识的吸收会高效得多。其次，这些能力能增强就业竞争力。在面试中，一个能有条理地表达想法的应聘者，比只会罗列资历的人给人留下更深的印象。此外，良好的沟通能丰富人际关系，帮助学生表达情绪、以共情化解冲突。这种情感上的联结对健康的校园生活至关重要。

总之，有效沟通让学生在学业、职业和日常生活中同样受益。因此学校应当创造更多机会——辩论、演讲和团队合作——让每一个学生都能成长为自信而善于表达的沟通者。

【第1段】拔高加表态。本段落落实'先拔高再表态'：首句 'Effective communication is far more than a soft skill; it is a core competence...' 把主题拔高定性，次句 'For this reason, schools and teachers should actively encourage students to develop this valuable ability' 顺势亮立场，直接回应 why students should be encouraged to effective communication skills，完成首段点题。

【第2段】三理由各带例。本段用 'There are several compelling reasons for this' 总起，再以 First / Moreover / In addition 领起三条理由，每条都配了具体场景：group projects、job interviews、resolve conflicts with empathy，把'理由句+例子'的方法落到实处，避免空喊。

【第3段】收束再呼吁。本段用 'In conclusion, effective communication benefits students in study, career and daily life alike' 把三条理由压缩重申，与首段呼应；再以 'Schools should therefore create more opportunities—debates, presentations and teamwork' 给出可操作呼吁，实现'收束加呼吁'。

ANALYSIS • 审题与立意

这道题到底要写什么、立意是什么

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

核心任务

论证沟通能力为何该被鼓励

本题要写一篇议论文，全程回答一个问题：why students should be encouraged to effective communication skills。落到笔下就是——摆出'学生具备有效沟通能力很重要'这个立场，再用理由和例子把'为什么重要'讲透，不写方法、不写现状。

读者 • 语域

面向阅卷人的正式书面语

本题是纯主题论说、没有具体收信人，write an essay 指向一篇标准议论文。因此按'面向阅卷人的正式书面语'来写即可：用第三人称与客观口吻，避免 you know、gonna 这类口语和缩写，也不需要称呼语或署名。

中心立意

沟通能力是学生的核心竞争力

中心立场：有效沟通能力不是可有可无的软技能，而是塑造学生学业与职业前景的核心能力，因此学校应积极鼓励学生培养它。这一句正面回应 why students should be encouraged to effective communication skills。

要展开的要点

1. 助学业协作

理由一：沟通能力直接提升学习效率——能在小组项目里清楚表达疑问、交换观点的学生，知识吸收得更快。这是'学业'场景的落点。

2. 强求职竞争力

理由二：沟通能力是求职硬通货——面试中能把想法讲得有条理的人，比只会罗列资历的人更占优势。这是'求职'场景的落点。

3. 润人际情感

理由三：沟通能力丰富人际关系——帮助学生表达情绪、以共情化解冲突，让校园生活更健康。这是'生活情感'场景的落点。

STRUCTURE • 谋篇与逐段

怎么分段、每段写什么、能套哪些句架

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

第 1 段 点题亮立场

首段：一句话点出'有效沟通对学生很重要'并表态，回应 why students should be encouraged to effective communication skills，给全文定调。

第 2 段 分层论证

主体段：用 First / Moreover / In addition 领起三条并列理由（助学业、强求职、润人际），每条配一句具体说明或例子。

第 3 段 重申升华

尾段：概括三条理由、重申立场，并呼吁学校创造更多锻炼沟通的机会，收束全文。

第 1 段 沟通=核心竞争力

本段落点：把有效沟通定性为塑造学生学业成功与职业前景的核心能力，进而主张学校与老师应积极鼓励学生尽早培养它，正面呼应 why students should be encouraged to effective communication skills。

拔高定性 · _____ is far more than a soft skill; it is a core competence that shapes _____. (把主题词填前空，把它影响的领域填后空)

顺势表态 · For this reason, _____ should actively encourage students to _____. (填主体和应做之事，推出立场)

第 2 段 三理由各配例

本段落点：理由一助学业（小组项目里清楚表达疑问、交换观点使吸收更快）；理由二强求职（面试中条理清晰者胜过只罗列资历者）；理由三润人际（帮助表达情绪、以共情化解冲突，利于健康的校园生活）。

分点总起 · There are several compelling reasons for this. (放在主体段开头，预告下面分条论证)

并列递进 · First, _____. Moreover, _____. In addition, _____. (三个连接词分别领起三条并列理由)

对比举例 · In _____, someone who _____ leaves a stronger impression than one who _____. (用一正一反的对比把理由具体化)

第3段 重申并呼吁

本段落点：重申有效沟通让学生在学业、职业与日常生活中同样受益，呼吁学校通过辩论、演讲、团队合作等方式创造更多锻炼机会，让每个学生成长为自信而善表达的沟通者。

总结重申 · In conclusion, _____ benefits students in _____, _____ and _____ alike. (用三个并列名词概括前文三条收口)

呼吁升华 · Schools should therefore create more opportunities so that every student can _____. (提出可操作呼吁并点出目标)

REVIEW · 自检避坑

本题在四个评分维度怎样算达标、容易在哪丢分

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

内容切题

紧扣为何重要

本题达标关键是全程围绕 why students should be encouraged to effective communication skills 给理由；最易失分是写成如何提升沟通技巧的方法清单，或脱离‘学生’泛谈沟通。

结构连贯

三段并列清晰

本题达标要点是三段分明、主体段三条理由用连接词分点、尾段重申首段立场；易失分是通篇不分段或理由之间无过渡。

语言准确

善用沟通搭配

本题可用 express ideas、articulate thoughts、resolve conflicts 等与 communication 相关的地道搭配提升表达；易失分是中式直译如 ‘communication is very important’ 反复堆砌。

字数格式

卡准上下限

本题硬约束是 at least 150 words but no more than 200 words, 低于 150 或超过 200 都扣分; 无需称呼与署名, 纯议论文正文即可。

典型低分写法 · 反面示例与改法

只喊重要

反面: 'Communication is very important. It is important for students. So students should learn it because it is useful.' 空转无支撑。修正: 'Communication matters because, in group projects, students who clearly express doubts absorb knowledge far more efficiently.' 用具体场景把'为什么重要'讲实。

写成怎么做

反面: 'To improve communication, students should join clubs, read more books and practice speaking every day.' 这是回答 how, 偏离任务。修正: 'Good communication deserves encouragement because it helps students collaborate in class and stand out in future interviews.' 回到'为什么该被鼓励'。

重复充数

反面: 结尾写 'In conclusion, communication is important. Communication is really important. Students must know communication is important.' 三句同义重复注水。修正: 'In conclusion, effective communication benefits students in study, career and daily life alike, so schools should offer more debates and presentations.' 概括加呼吁, 句句有新信息。

英语六级 2020年12月·第2套 · 全卷构成

Part I	写作	本题
Part II	听力	题目解析 →
Part III Section A	完形填空（选词填空）	题目解析 →
Part III Section B	长篇阅读（信息匹配）	题目解析 →
Part III Section C (1)	阅读理解（四选一）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	题目解析 →
Part IV	汉译英（段落翻译）	题目解析 →

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

-
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

-
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

-
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

-
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

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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。

HIGH-FREQUENCY • 真题高频词

本卷出现的 294 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。

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

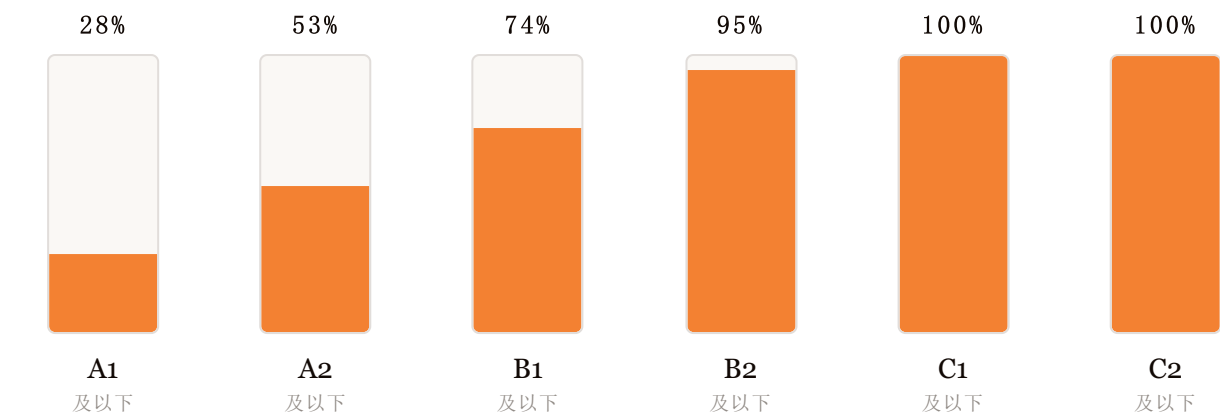
n. 股份

本卷1次·真题8句

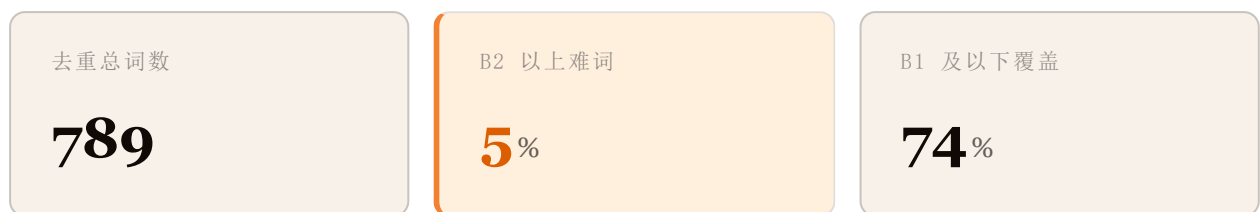
VOCABULARY • 词汇难度分布

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

Part I	写作	题目解析 →
Part II	听力	本页
Part III Section A	完形填空（选词填空）	题目解析 →
Part III Section B	长篇阅读（信息匹配）	题目解析 →
Part III Section C (1)	阅读理解（四选一）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	题目解析 →
Part IV	汉译英（段落翻译）	题目解析 →

2020年12月·第2套 英语六级完形填空（选词填空）·26-35 题答案与解析

BLANKS & ANALYSIS • 选词填空题和解析

选词填空题和解析 · 26-35 题

本页 26-35 题的正确答案词与逐空解析由懒笔记按2020年12月·第2套 英语六级完形填空（选词填空）原卷词库逐空核对整理。与试卷排版同一卷面：Directions、5 段带空短文（每段之后紧随中文翻译）与 15 词共享词库连续排印；卷面下方逐空紧跟解析——该空词性、原文定位句、正确词与锁定依据，以及同词性被淘汰竞争词的逐个归因。

真题卷第2套(2020-12) · 六级

Part III Section A

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

Virtually every activity that entails or facilitates in-person human interaction seems to be in the midst of a total meltdown as the coronavirus(冠状病毒) outbreak erases Americans' desire to travel. Amtrak says bookings are down 50 percent and cancellations are up 300 percent. Hotels in San Francisco are experiencing 26 rates between 70 and 80 percent. Broadway goes dark on Thursday night. Universities, now emptying their campuses, have never tried online learning on this 27. White-collar companies like Amazon, Apple, and the New York Times are asking employees to work from home for the 28 future.

几乎所有需要或促进人际面对面互动的活动似乎都正处于全面崩溃之中，因为冠状病毒疫情的爆发抹去了美国人的旅行意愿。Amtrak表示预订量下降了50%，取消量上升了300%。旧金山的酒店正经历着70%到80%的空置率。百老汇将在周四晚上停演。目前正在清空校园的大学从未尝试过如此大规模的在线学习。像Amazon、Apple和纽约时报这样的白领公司正要求员工在可预见的未来在家办公。

But what happens after the coronavirus?

但冠状病毒疫情之后会发生什么？

In some ways, the answer is: All the old normal stuff. The pandemic(大流行病) will take lives, 29 economies and destroy routines, but it will pass. Americans will never stop going to basketball games. They won't stop going on vacation. They'll meet to do business. No decentralizing technology so far—not telephones, not television, and not the internet—has dented that human desire to shake hands, despite technologists' 30 to the contrary.

在某些方面，答案是：所有旧的正常事物。大流行病会夺走生命，扼杀经济并破坏日常生活，但它终将过去。美国人永远不会停止去看篮球比赛。他们不会停止去度假。他们会见面做生意。到目前为止，没有任

何去中心化技术——无论是电话、电视还是互联网——削弱过人类握手的渴望，尽管技术专家们做出了相反的预测。

Yet there are real reasons to think that things will not return to the way they were last week. Small 31 create small societal shifts; big ones change things for good. The New York transit strike of 1980 is 32 with prompting several long-term changes in the city, including bus and bike lanes, and women wearing sports shoes to work. The Spanish flu pandemic of 1918 prompted the development of national health care in Europe.

然而，确实有理由认为事情不会回到上周的样子。小的破坏造成小的社会转变；大的破坏则永久性地改变事物。1980年纽约交通罢工被认为促成了该市若干长期变化，包括公交车道和自行车道，以及女性穿运动鞋上班。1918年的西班牙流感大流行促使欧洲发展了国家医疗保健。

Here and now, this might not even be a question of 33 . It's not clear that the cruise industry will 34 . Or that public transit won't go broke without 35 assistance. The infrastructure might not even be in place to do what we were doing in 2019.

此时此地，这甚至可能不是一个偏好问题。目前尚不清楚邮轮行业能否存活下来。也不清楚公共交通在没有联邦援助的情况下会不会破产。基础设施甚至可能不具备让我们做2019年所做之事的条件。

- | | |
|----------------|-------------|
| A) credentials | I) scale |
| B) credited | J) strangle |
| C) cumulative | K) subtle |
| D) disruptions | L) summoned |
| E) federal | M) survive |
| F) foreseeable | N) vacancy |
| G) predictions | O) wedge |
| H) preference | |

26. Hotels in San Francisco are experiencing __(26)__ rates between 70 and 80 percent.

【答案】 **N) vacancy** (名词)

【词性槽】 experiencing __ rates 动名词后需名词修饰 rates

【依据】 **vacancy rates = 空房率，与'酒店 70-80%'是直配术语**

Hotels in San Francisco are experiencing __(26)__ rates between 70 and 80 percent.
与上文'美国人取消出行、Amtrak 取消率暴增 300%'呼应，旧金山酒店'空房率高达 70%-80%' 是疫情冲击酒店业的常识画面，vacancy rate 正是酒店业的标准术语。

【竞争词】 A) credentials credentials rates 不成术语

credentials 指资格证书，与酒店业指标无关，也无 credentials rates 这一表达。

D) disruptions disruptions rates 不符英语表达

英语里没有 disruption rates 这一惯用术语，且语义与 70-80% 这类百分比不直接对应。

G) predictions predictions rates 语义不对

酒店不会'体验预测率'；G 的语义在 30 题与'技术专家的反向预言'更对得上。

H) preference preference rates 不成搭配

preference 表偏好，rates of preference 极少用；且 70-80% 不是'偏好率'的典型数值表达。

O) wedge wedge rates 完全不通

wedge 既无搭配支持也无逻辑联系。

27. Universities, now emptying their campuses, have never tried online learning on this __ (27) __.

【答案】 **I) scale** (名词)

【词性槽】 on this __ 介词 + 限定词后需名词

【依据】 **on this scale** 表'如此规模'是地道固定搭配

have never tried online learning on this __ (27) __ 想说大学'从未在如此规模上尝试过网课', on this scale = '以这样的规模', 与'疫情把全美大学全部赶上网'的语境严丝合缝。

【竞争词】 **A) credentials credentials 多用复数, 且语义无关**

credentials 指资历/证书, 与'尝试网课的规模'无关, 也不与 on this 搭配。

D) disruptions 复数与 this 不一致

disruptions 是复数名词, 与单数限定词 this 不一致 (要复数得用 these), 且 29 题需要动词宾语, 这里更可能优先归名词后留作他用——但首要排除理由就是数不一致。

G) predictions 复数且语义不符

predictions 复数与 this 数不一致; 语义上也讲不通'在这种预测上尝试网课'。

H) preference on this preference 不构成英语习惯表达

preference 通常与 for 搭配, on this preference 在'尝试网课'语境里既无搭配支持也无语义支撑。

N) vacancy vacancy 与'网课规模'无关

vacancy 指空缺/空房率, 话题指向酒店或职位, 放进'大学网课'语境完全跑题。

O) wedge wedge 含义偏物理'楔子', 与抽象规模无关

wedge 表示楔形物或楔入, 与'尝试网课'毫无逻辑联系, 且 on this wedge 不成固定搭配。

28. White-collar companies like Amazon, Apple, and the New York Times are asking employees to work from home for the __ (28) __ future.

【答案】 **F) foreseeable** (形容词)

【词性槽】 the __ future 中需修饰名词 future 的形容词

【依据】 **固定搭配 the foreseeable future (可预见的未来)**

asking employees to work from home for the __ (28) __ future 表达'让员工在可预见的未来内居家办公', foreseeable future 是英语里高度凝固的固定搭配, 意思与语境完全吻合。

【竞争词】 **C) cumulative cumulative future 不成搭配**

cumulative 修饰可累加的对象 (效应、分数、影响), 不与 future 连用, 语义也对不上'可预见的未来'。

K) subtle subtle 与'未来'语义不搭

subtle 强调'细微难察', 并不修饰时间段; the subtle future 既不是固定表达, 也与上下文'居家办公的一段时期'无逻辑联系。

29. The pandemic(大流行病) will take lives, __(29)__ economies and destroy routines, but it will pass.

【答案】 **J) strangle** (动词)

【词性槽】 take ..., __ ... and destroy ... 三并列谓语动词原形

【依据】 **strangle economies = 扼杀经济, 与 take lives/destroy routines 同向递进**

The pandemic(大流行病) will take lives, __(29)__ economies and destroy routines 三个并列动作都讲'疫情造成的破坏', strangle economies '扼杀经济'正好与 take lives '夺走生命'、destroy routines '摧毁日常'形成同向语义集, 搭配也是英语新闻里常见说法。

30. No decentralizing technology so far—not telephones, not television, and not the internet—has dented that human desire to shake hands, despite technologists' __(30)__ to the contrary.

【答案】 **G) predictions** (名词)

【词性槽】 technologists' __ to the contrary 所有格后需名词

【依据】 **predictions to the contrary = 与之相反的(技术专家的)预言**

No decentralizing technology so far—not telephones, not television, and not the internet—has dented that human desire to shake hands, despite technologists' __(30)__ to the contrary. 意为: 尽管技术专家有相反的预言, 但分散化技术从未削弱过人们当面握手的欲望。predictions to the contrary 是英语里固定表达'反向预测', 且 despite 引导让步, 正好对应'专家说会怎样, 事实却没怎样'。

【竞争词】 A) credentials credentials 与'相反'逻辑无关

技术专家的资历不会构成'相反'的让步语境, credentials to the contrary 既不成搭配也不成逻辑。

D) disruptions disruptions 留作 31 题更贴

31 题 'Small __ create small societal shifts; big ones change things for good.' 这一对比正是为 disruptions 量身打造; 放到 30 题则'相反的扰动'语义混乱。

31. Small __(31)__ create small societal shifts; big ones change things for good.

【答案】 **D) disruptions** (名词)

【词性槽】 Small __ create ... 形容词后作主语的名词

【依据】 **Small disruptions ... big ones** 与下文'纽约交通大罢工、西班牙流感'同义呼应

Small __(31)__ create small societal shifts; big ones change things for good. 后紧跟 The New York transit strike of 1980 is __(32)__ with prompting several long-term changes in the city 与 The Spanish flu pandemic of 1918 prompted the development of national health care in Europe., 举的全是大规模'扰动/中断'引发长期变革的例子。 disruptions (扰动、中断) 正是这两件事的统称。

【竞争词】 **A) credentials** credentials 不会带来'社会变迁'

credentials 指资历/证书, 与'引发社会变化'的因果链毫无关系, 且与下文罢工、瘟疫等大事件无类属关系。

【易错】 最具迷惑性的错误词是 **A)** —— credentials 词性是复数名词, 初看也能填。Small __(31)__ create small societal shifts 这一空, credentials 复数名词、词性完全符合, 且'小资历带来小变化'读起来似有逻辑感; 但回到后两句 The New York transit strike of 1980 和 The Spanish flu pandemic of 1918 提供的具体例子, credentials 与罢工、瘟疫毫无类属关系, 只有 disruptions (扰动) 能涵盖。防坑: 抽象主语的空必须靠后文例证反推。

32. The New York transit strike of 1980 is __(32)__ with prompting several long-term changes in the city, including bus and bike lanes, and women wearing sports shoes to work.

【答案】 **B) credited** (动词)

【词性槽】 is __ with 系动词后过去分词作被动

【依据】 **be credited with = 被归功于, 与'罢工促成长期改变'契合**

The New York transit strike of 1980 is __(32)__ with prompting several long-term changes in the city 表'1980 年纽约交通大罢工被认为/被归功于推动了诸多长期改变', be credited with doing sth. 正是英语固定搭配。

【竞争词】 **L) summoned** be summoned with 不成搭配

summon 表'传唤、召集', 常用 be summoned to do/to a place, 与 with 几乎不搭; 语义上'被传唤推动改变'也读不通。

【易错】 最具迷惑性的错误词是 **L)** —— summoned 词性、形态、过去分词样貌全对。The New York transit strike of 1980 is __(32)__ with prompting several long-term changes in the city 这一空, summoned 词性是过去分词, 与 credited 极易混淆; 考生若不熟 be credited with 这一搭配, 可能误以为'罢工被召唤来推动改变'也说得通。防坑: be V-ed with 一定要回到固定搭配表里筛——summon 的常见搭配是 be summoned to, 不是 with。

33. Here and now, this might not even be a question of __(33)___.

【答案】 **H) preference** (名词)

【词性槽】 a question of ___ 介词 of 后需名词

【依据】 a question of preference 表'并非偏好问题'

Here and now, this might not even be a question of __(33)___ . 上下文紧接 It's not clear that the cruise industry will __(34)___ , 作者想说在疫情现实面前, 这已经不是'你想不想去、爱不爱去'的偏好选择问题, 而是'有些行业能不能活下来'的生死问题。a question of preference 正是这层意思。

【竞争词】 A) credentials credentials 与'要不要做选择'语义不搭

credentials 指资历, 把 a question of credentials 读出'这是资历问题', 与'邮轮业是否撑得住、公共交通是否破产'的现实拷问无关。

D) disruptions 复数且 D 已留给 31 题语义更贴的位置

a question of disruptions 既不是常用搭配, 且 disruptions 复数搭 a question of 也不自然; D 的最佳归宿在 31 题'小扰动/大扰动'的对照里。

G) predictions G 已被 30 题'技术专家相反预言'锁定语义

predictions 与第 30 题 technologists' __(30)___ to the contrary 高度契合; 放到 33 题语义'这是预言问题'反而模糊。

O) wedge wedge 不与 a question of 搭配

wedge 表楔子/分歧楔, a question of wedge 既无搭配也无逻辑。

34. It's not clear that the cruise industry will __(34)___.

【答案】 **M) survive** (动词)

【词性槽】 will ___ 助动词后需动词原形

【依据】 survive 不及物用法贴合'能否存活'

It's not clear that the cruise industry will __(34)___ . 想说'尚不清楚邮轮业是否能存活下来', survive 可不带宾语, 作不及物动词正好表'活下去/挺过去', 与 33 题确认的'已不是偏好问题, 而是生死问题'承接顺畅。

【竞争词】 J) strangle strangle 是及物动词, 且语义为'扼杀他者'

strangle 通常带宾语 (strangle sb./sth.) , 用在句末 will strangle 既缺宾语, 也讲不通'邮轮业将扼杀(谁?)'; J 留给 29 题作'扼杀经济'的及物用法。

35. Or that public transit won't go broke without __(35)__ assistance.

【答案】 E) federal 形容词

【词性槽】 __ assistance 名词前需形容词作定语

【依据】 federal assistance 表'联邦援助'是政经语境固定表达

public transit won't go broke without __(35)__ assistance 谈的是公共交通若没有外部救助就会破产，结合美国语境，'联邦援助'最贴。federal assistance 也是英语新闻里常见的固定表达。

【竞争词】 C) cumulative cumulative 强调'累积'，与'援助来源'不对应

cumulative assistance (累积援助) 不符合'救公共交通免于破产'这一关于资金来源/性质的表达，逻辑指向错。

K) subtle subtle assistance 语义反向

subtle assistance 意指'细微/不易察觉的援助'，反而削弱救助力度，与'否则就会破产'要求的大额外部支持相反。

WORD BANK · 词库分类表

15 个候选词 · 词性与词义

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

A) credentials 名词

资历、证书、凭证

干扰词 · 未选用

B) credited 动词 形容词

把.....归功于 (credit 的过去式/过去分词)，
常见搭配 be credited with

用于第 32 空

C) cumulative 形容词

累积的、渐增的

干扰词 · 未选用

D) disruptions 名词

扰乱、中断 (复数)

用于第 31 空

E) federal 形容词

联邦的、联邦政府的

用于第 35 空

F) foreseeable 形容词

可预见的，常见搭配 the foreseeable future

用于第 28 空

G) **predictions** 名词

预言、预测（复数）

用于第 30 空

H) **preference** 名词

偏好、优先选择

用于第 33 空

I) **scale** 名词 动词

规模、刻度；攀登。常见搭配 on this/such a scale

用于第 27 空

J) **strangle** 动词

扼杀、勒死、扼制

用于第 29 空

K) **subtle** 形容词

微妙的、细微的、不易察觉的

干扰词 · 未选用

L) **summoned** 动词 形容词

传唤、召唤（summon 的过去式/过去分词）

干扰词 · 未选用

M) **survive** 动词

存活下来、挺过去

用于第 34 空

N) **vacancy** 名词

空缺、空位；（酒店）空房率

用于第 26 空

O) **wedge** 名词 动词

楔子；把.....塞入

干扰词 · 未选用

全文主旨

新冠疫情对美国线下生活与产业的冲击与可能的长期改变

全文围绕新冠疫情如何打乱美国人面对面互动的几乎所有活动（Virtually every activity that entails or facilitates in-person human interaction seems to be in the midst of a total meltdown），承认旧常态终将回归（the answer is: All the old normal stuff），但提示某些行业（如邮轮、公共交通）可能从此回不去（The infrastructure might not even be in place to do what we were doing in 2019.）。这条主线是后面所有空辨析的工作台。

DISTRACTORS · 干扰词复盘

这 5 个词始终没被任何空选用

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

A) **credentials** 形似复数名词，会去诱惑 30/31 等复数名词空

credentials 是复数名词，词性符合 30 题 (technologists' ___ to the contrary) 和 31 题 (Small ___ create ...) 的语法槽；但 30 题语义需要'相反的预言'、31 题需要能引发社会变化的'扰动'，credentials (资历) 与两处都对不上。识破之钥：英语里 credentials 总和 academic/professional 等修饰语连用，不与'相反'或'引发社会变迁'搭。

C) **cumulative** 形容词长得像专业词，迷惑 28/35 两个名词前空

cumulative 词性是形容词，符合 the __(28)__ future 与 without __(35)__ assistance 的语法槽；但 cumulative future / cumulative assistance 都不是英语常用搭配。识破之钥：cumulative 多与 effect/score/impact/total 等可累计的对象搭配。

K) **subtle** 形容词位，迷惑 28/35 两空，且情感倾向看似中性

subtle 是形容词，可填到 the __(28)__ future 和 without __(35)__ assistance 两处的语法槽；但 subtle 强调'细微难察'，与'居家办公的可预见未来'若'若无救助则破产'的语境都对不上。识破之钥：看上下文是否要'细微'，不需要就别让它混进来。

L) **summoned** 动词过去分词，紧贴 32 题 be ___ with 框架

summoned 是过去分词，词性符合 is __(32)__ with prompting several long-term changes in the city 的 be V-ed with 框架；但 be summoned with 不构成英语固定搭配，正确搭配应是 be credited with。识破之钥：be V-ed with 看准搭配，summon 不与 with 同用。

O) **wedge** 可名可动，到处套词性都'像'

wedge 既可作名词也可作动词，理论上能进多空 (27/33 名词位，34 动词位)，但 on this wedge / a question of wedge / industry will wedge 都不构成英语常用表达。识破之钥：wedge 这种偏物理意象的词进抽象语篇要警惕，多半是诱饵。

SENTENCE INSIGHTS · 句子精讲

5 句真题句逐层精讲

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

Americans will never stop going to basketball games.

第3段，第3句

一般将来时的否定形式（will never + 动词原形）以及动名词作宾语（stop doing）都是四六级和考研中常见的考点句式，具有一定代表性。但整体结构过于简单、缺少从句和复杂修饰，作为典型考试句式的完整度略显不足。

They won't stop going on vacation.

第3段，第4句

简单句结构在考试中极常见，但本句无从句或复杂修饰，作为典型句式的代表性一般，学习迁移价值有限。

No decentralizing technology so far—not telephones, not television, and not the internet—has dented that human desire to shake hands, despite technologists' predictions to the contrary.

第3段，第6句

简单句配合插入语和介词短语作状语的结构在四六级和考研阅读中常见，主语否定加插入式列举的写法也是典型句式，代表性较强

Yet there are real reasons to think that things will not return to the way they were last week.

第4段，第1句

句式高度典型：主句用 "there be" 引出话题 + 不定式后置定语 + 宾语从句嵌套定语从句，这是四六级和考研阅读中常见的复杂句式。掌握后可迁移到大量类似结构，代表性强，实用价值高。

Small disruptions create small societal shifts; big ones change things for good.

第4段，第2句

这种“两个并列主句通过分号连接、前后形成对照”的写法很常见，阅读中经常出现。掌握后有助于学生快速识别并列关系和作者的对照推进方式。

HIGH-FREQUENCY • 真题高频词

本篇出现的 30 个英语六级真题高频词

下列单词既在本篇英文短文中出现，又是 **英语六级** 历年真题的高频词（在该考试真题中出现的句子数均不少于 8）。每个词标注本篇 出现次数与该考试真题句频，点击可查看该词的释义、音标、词形与真题例句。

desire B2

n. 愿望

本篇2次 · 真题 44 句

prompt B2

v. 促使

本篇2次 · 真题 19 句

transit B2

n. 运输

本篇2次 · 真题 10 句

employee A2

n. 雇员，员工

本篇1次 · 真题 190 句

online A2

adj. 在线的

本篇1次 · 真题 139 句

learning A1

n. 学习

本篇1次 · 真题 128 句

rate A2

n. 速度

本篇1次 · 真题 121 句

economy B1

n. 经济

本篇1次 · 真题 102 句

despite B1

prep. 尽管

本篇1次 · 真题 77 句

shift B1

v. 移动

本篇1次 · 真题 65 句

internet A2

n. 互联网

本篇1次 · 真题 63 句

credit B1

n. 赊购，赊账

本篇1次 · 真题 54 句

interaction B2

n. 相互作用

本篇1次 · 真题 53 句

survive B1

v. 幸存

本篇1次 · 真题 42 句

campus B1

n. (大学或学院的) 校园

本篇1次 · 真题 40 句

scale B1

n. 规模

本篇1次 · 真题 32 句

federal B2

adj. 联邦 (制) 的

本篇1次 · 真题 29 句

preference B2

n. 偏爱

本篇1次 · 真题 29 句

strike B1

v. 打击

本篇1次 · 真题 25 句

routine B1

n. 常规

本篇1次 · 真题 23 句

stuff A2

n. 东西

本篇1次 · 真题 20 句

facilitate C1

v. 促进

本篇1次 · 真题 18 句

contrary B2

adj. 相反的

本篇1次 · 真题 17 句

infrastructure C1

n. 基础设施

本篇1次 · 真题 17 句

assistance B1

n. 帮助

本篇1次 · 真题 16 句

virtually B2

adv. 几乎,差不多

本篇1次 · 真题 15 句

prediction B2

n. 预测

本篇1次 · 真题 12 句

societal C1

adj. 社会的

本篇1次 · 真题 10 句

cruise B1

v. 乘船游览

本篇1次 · 真题 9 句

entail C1

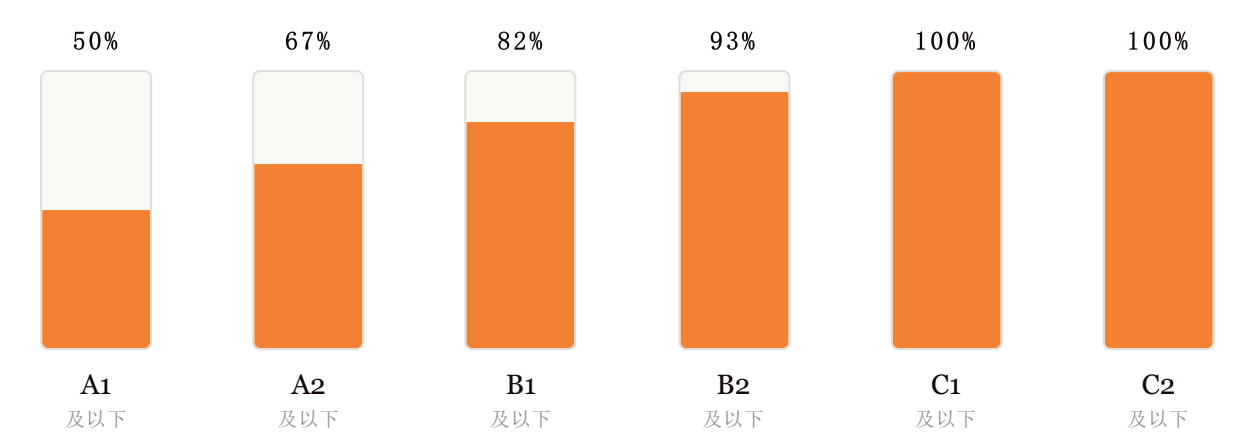
v. 使必然发生

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 135 词按 CEFR 难度累积覆盖

带空短文去重后共 **135** 个单词，按欧框 CEFR 等级统计。每根柱表示「该等级及以下」的累积占比（CDF），最右一柱为 100%。B2 以上（C1/C2）为高阶词，本篇共 10 个·约 7%。



每柱为「按 CEFR 等级及以下」的累积覆盖率（CDF）·数据为全文去重词 135 个·末柱为 100%

去重总词数

135

B2 以上难词

7%

B1 及以下覆盖

82%

英语六级 2020年12月·第2套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	题目解析 →
Part III Section A	完形填空（选词填空）	本题
Part III Section B	长篇阅读（信息匹配）	题目解析 →
Part III Section C (1)	阅读理解（四选一）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	题目解析 →
Part IV	汉译英（段落翻译）	题目解析 →

2020年12月·第2套 英语六级长篇阅读（信息匹配） 第1篇·36-45 题答案与解析

STATEMENTS & ANALYSIS • 信息匹配题和解析

信息匹配题和解析·36-45 题

本页 36-45 题的段落匹配答案与逐句解析由懒笔记基于2020年12月·第2套 英语六级长篇阅读（信息匹配）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 11 段字母标号长文（逐段附中文翻译）；之后 10 句陈述逐句排列，每句英文陈述后紧接本句解析——陈述句中译、信息所在段落、锚点强弱、定位句中英对照、陈述句与原文的同义改写对照与易混相邻段辨析。

真题卷第2套(2020-12)·六级

Part III Section B

Directions: In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter on **Answer Sheet 2**.

Slow Hope

A) Our world is full of—mostly untold—stories of slow hope, driven by the idea that change is possible. They are 'slow' in their unfolding, and they are slow because they come with setbacks.

我们的世界充满了——大多未被讲述的——缓慢希望的故事,它们由改变是可能的这一理念驱动。这些故事在展开过程中是"缓慢的",它们之所以缓慢是因为伴随着挫折。

B) At the beginning of time—so goes the myth—humans suffered, shivering in the cold and dark until the titan(巨人) Prometheus stole fire from the gods. Just as in the myth, technology—first fire and stone tools, and later farming, the steam engine and industry, fossil fuels, chemicals and nuclear power—has allowed us to alter and control the natural world. The myth also reminds us that these advances have come at a price: as a punishment for Prometheus' crime, the gods created Pandora, and they gave her a box filled with evils and curses. When Pandora's box was opened, it unleashed swarms of diseases and disasters upon humankind.

在时间之初——神话如是说——人类遭受苦难,在寒冷和黑暗中瑟瑟发抖,直到巨人Prometheus从众神那里盗取了火种。正如神话中一样,技术——最初是火和石器工具,后来是农业、蒸汽机和工业、化石燃料、化学品和核能——使我们能够改变和控制自然世界。这个神话也提醒我们,这些进步是有代价的:作为对Prometheus罪行的惩罚,众神创造了Pandora,并给了她一个装满邪恶和诅咒的盒子。当Pandora的盒子被打开时,它向人类释放了成群的疾病和灾难。

C) Today we can no longer ignore the ecological curses that we have released in our search for warmth and comfort. In engineering and exploiting and transforming our habitat, we have opened tens of thousands of Pandora's boxes. In recent decades, environmental threats have expanded beyond

regional boundaries to have global reach and, most hauntingly, are multiplying at a dizzying rate. On a regular basis, we are reminded that we are running out of time. Year after year, faster and faster, consumption outpaces the biological capacity of our planet. Stories of accelerated catastrophe multiply. We fear the breakdown of the electric grid, the end of non-renewable resources, the expansion of deserts, the loss of islands, and the pollution of our air and water.

今天,我们再也不能忽视在寻求温暖和舒适的过程中释放出的生态诅咒。在改造、开发和改变我们的栖息地时,我们已经打开了成千上万个Pandora的盒子。近几十年来,环境威胁已经超越了区域边界而具有全球影响,最令人不安的是,正在以令人眩晕的速度成倍增加。我们经常被提醒时间已经不多了。年复一年,越来越快,消费超过了我们星球的生物承载能力。加速灾难的故事不断增加。我们担心电网崩溃、不可再生资源枯竭、沙漠扩张、岛屿消失,以及空气和水的污染。

- D) Acceleration is the signature of our time. Populations and economic activity grew slowly for much of human history. For thousands of years and well into early modern times, world economies saw no growth at all, but from around the mid-19th century and again, in particular, since the mid-20th, the real GDP has increased at an enormous speed, and so has human consumption. In the Middle Ages, households in Central Europe might have owned fewer than 30 objects on average; in 1900, this number had increased to 400, and in 2020 to 15,000. The acceleration of human production, consumption and travel has changed the animate and inanimate spheres. It has echoed through natural processes on which humans depend. Species extinction, deforestation, damming of rivers, occurrence of floods, the depletion of ozone, the degradation of ocean systems and many other areas are all experiencing acceleration. If represented graphically, the curve for all these changes looks rather like that well-known hockey stick: with little change over millennia(数千年) and a dramatic upswing over the past decades.

加速是我们这个时代的标志。在人类历史的大部分时间里,人口和经济活动增长缓慢。数千年来直至近代早期,世界经济根本没有增长,但从19世纪中叶左右开始,特别是从20世纪中叶以来,实际GDP以惊人的速度增长,人类消费也是如此。在中世纪,中欧家庭平均拥有的物品可能不到30件;到1900年,这个数字增加到400件,到2020年达到15000件。人类生产、消费和旅行的加速改变了有生命和无生命的领域。它在人类所依赖的自然过程中产生了回响。物种灭绝、森林砍伐、河流筑坝、洪水发生、臭氧层损耗、海洋系统退化以及许多其他领域都在经历加速。如果用图形表示,所有这些变化的曲线看起来很像那根著名的曲棍球棒:数千年来变化很小,而在过去几十年中急剧上升。

- E) Some of today's narratives about the future seem to suggest that we too, like Prometheus, will be saved by a new Hercules, a divine engineer, someone who will mastermind, manoeuvre and manipulate our planet. They suggest that geoengineering, cold fusion or faster-than-light spaceships might transcend once and for all the terrestrial constraints of rising temperatures, lack of energy, scarcity of food, lack of space, mountains of waste, polluted water—you name it.

当今一些关于未来的叙事似乎暗示,我们也会像Prometheus一样,被一位新的Hercules、一位神圣的工程师、一个能够策划、操纵和控制我们星球的人所拯救。它们暗示地球工程、冷聚变或超光速飞船可能一劳永逸地超越气温上升、能源短缺、粮食匮乏、空间不足、垃圾成山、水污染等地球限制——应有尽有。

- F) Yet, if we envisage our salvation to come from a deus ex machina(解围之神), from a divine engineer or a tech solutionist who will miraculously conjure up a new source of energy or another cure-all with revolutionary potency, we might be looking in the wrong place. The fact that we now imagine our planet as a whole does not mean that the 'rescue' of our planet will come with one big global

stroke of genius and technology. It will more likely come by many small acts. Global heating and environmental degradation are not technological problems. They are highly political issues that are informed by powerful interests. Moreover, if history is a guide, then we can assume that any major transformations will once again be followed by a huge set of unintended consequences. So what do we do?

然而,如果我们设想我们的拯救来自解围之神,来自一位神圣的工程师或技术解决方案主义者,他将奇迹般地变出新的能源或另一种具有革命性效力的万能药,那么我们可能找错了地方。我们现在将地球想象为一个整体这一事实并不意味着对地球的"拯救"将通过一次全球性的天才和技术大手笔来实现。它更可能通过许多小行动实现。全球变暖和环境退化不是技术问题。它们是受强大利益影响的高度政治化问题。此外,如果历史可以作为指引,那么我们可以假设任何重大变革都将再次伴随着大量意想不到的后果。那么我们该怎么办?

- G) This much is clear: we need to find ways that help us flatten the hockey-stick curves that reflect our ever-faster pace of ecological destruction and social acceleration. If we acknowledge that human manipulation of the Earth has been a destructive force, we can also imagine that human endeavours can help us build a less destructive world in the centuries to come. We might keep making mistakes. But we will also keep learning from our mistakes.

这一点很清楚:我们需要找到方法来使反映我们日益加快的生态破坏和社会加速步伐的曲棍球棒曲线变平。如果我们承认人类对地球的操控一直是一种破坏性力量,我们也可以想象人类的努力能够帮助我们在未来几个世纪建立一个破坏性更小的世界。我们可能会继续犯错误。但我们也会继续从错误中学习。

- H) To counter the fears of disaster, we need to identify stories, visions and actions that work quietly towards a more hopeful future. Instead of one big narrative, a story of unexpected rescue by a larger-than-life hero, we need multiple stories: we need stories, not only of what Rob Nixon of Princeton University has called the 'slow violence' of environmental degradation (that is, the damage that is often invisible at first and develops slowly and gradually), but also stories of what I call 'slow hope'. 为了对抗对灾难的恐惧,我们需要找出那些默默朝着更有希望的未来努力的故事、愿景和行动。我们需要的不是一个宏大的叙事,不是一个由超凡英雄意外拯救的故事,而是多重故事:我们不仅需要Princeton大学的Rob Nixon所称的环境退化的"缓慢暴力"(即最初往往不可见、缓慢而逐渐发展的破坏)的故事,还需要我所称的"缓慢希望"的故事。

- I) We need an acknowledgement of our present ecological plight but also a language of positive change, visions of a better future. In *The Principle of Hope* (1954-1959), Ernst Bloch, one of the leading philosophers of the future, wrote that 'the most tragic form of loss...is the loss of the capacity to imagine that things could be different'. We need to identify visions and paths that will help us imagine a different, more just and more ecological world. Hope, for Bloch, has its starting point in fear, in uncertainty, and in crisis: it is a creative force that goes hand in hand with utopian(乌托邦的) 'wishful images'. It can be found in cultural products of the past—in fairy tales, in fiction, in architecture, in music, in the movies—in products of the human mind that contain 'the outlines of a better world'. What makes us 'authentic' as humans are visions of our 'potential'. In other words: living in hope makes us human.

我们需要承认当前的生态困境,但也需要一种积极变革的语言、对更美好未来的愿景。在《希望的原理》(1954-1959)中,未来哲学的主要思想家之一Ernst Bloch写道,"最悲剧性的失落形式.....是失去想象事物可以不同的能力"。我们需要找出能够帮助我们想象一个不同的、更公正、更生态的世界的愿景和

路径。对Bloch来说,希望的起点在于恐惧、不确定性和危机:它是一种创造性力量,与乌托邦的"愿望图景"携手并进。它可以在过去的文化产品中找到——在童话中、在小说中、在建筑中、在音乐中、在电影中——在包含"更美好世界轮廓"的人类思想产品中。使我们作为人类"真实"的是我们"潜能"的愿景。换句话说:怀抱希望地生活使我们成为人类。

- J) The power of small, grassroots movements to make changes that spread beyond their place of origin can be seen with the Slow Food movement, which began in Italy in the 1980s. The rise of fast-food restaurants after the Second World War produced a society full of cheap, industrially made foodstuffs. Under the leadership of Carlo Petrini, the Slow Food movement began in Piedmont, a region of Italy with a long history of poverty, violence and resistance to oppression. The movement transformed it into a region hospitable to traditional food cultures—based on native plants and breeds of animals. Today, Slow Food operates in more than 160 countries, poor and rich. It has given rise to thousands of projects around the globe, representing democratic politics, food sovereignty, biodiversity and sustainable agriculture.

小规模草根运动产生超越其发源地的变革的力量可以从Slow Food运动中看到,该运动于1980年代在意大利兴起。第二次世界大战后快餐店的兴起产生了一个充满廉价工业化食品的社会。在Carlo Petrini的领导下,Slow Food运动始于Piedmont,这是意大利一个有着悠久贫困、暴力和反抗压迫历史的地区。该运动将其转变为一个友好对待传统饮食文化的地区——基于本土植物和动物品种。如今,Slow Food在160多个国家运作,包括贫穷和富裕国家。它在全球催生了数千个项目,代表着民主政治、粮食主权、生物多样性和可持续农业。

- K) The unscrupulous(无所顾忌的) commodification of food and the destruction of foodstuffs will continue to devastate soils, livelihoods and ecologies. Slow Food cannot undo the irresistible developments of the global food economy, but it can upset its theorists, it can 'speak differently', and it can allow people and their local food traditions and environments to flourish. Even in the United States—the fast-food nation—small farms and urban gardens are on the rise. The US Department of Agriculture provides an Urban Agriculture Toolkit and, according to a recent report, American millennials(千禧一代) are changing their diets. In 2017, 6 per cent of US consumers claimed to be strictly vegetarian, up from 1 per cent in 2014. As more people realise that 'eating is an agricultural act', as the US poet and environmental activist Wendell Berry put it in 1989, slow hope advances.

食品的无所顾忌商品化和食品的破坏将继续摧毁土壤、生计和生态系统。Slow Food无法扭转全球食品经济不可阻挡的发展,但它可以颠覆其理论家,它可以"用不同的方式说话",它可以让人们及其当地饮食传统和环境蓬勃发展。即使在美国——这个快餐国家——小型农场和城市花园也在兴起。美国农业部提供了一个城市农业工具包,根据最近的一份报告,美国千禧一代正在改变他们的饮食。2017年,6%的美国消费者声称严格素食,高于2014年的1%。正如美国诗人和环境活动家Wendell Berry在1989年所说的那样,随着越来越多的人意识到"饮食是一种农业行为",缓慢希望在推进。

陈述句与逐句解析

36. It seems some people today dream that a cutting-edge new technology might save them from the present ecological disaster.

如今似乎有些人梦想某种尖端新技术可能会把他们从当前的生态灾难中拯救出来。

【答案】 E 段 (强锚点)

【锚点】 [a cutting-edge new technology might save them]

【定位】 They suggest that geoengineering, cold fusion or faster-than-light spaceships might transcend once and for all the terrestrial constraints of rising temperatures, lack of energy, scarcity of food, lack of space, mountains of waste, polluted water—you name it.

这些叙述暗示，地球工程、冷聚变或超光速飞船也许能一举超越地球的种种约束——升温、能源不足、食物匮乏、空间不足、堆积如山的垃圾、污染的水，凡此种种。

【改写】 a cutting-edge new technology might save them ↔

geoengineering, cold fusion or faster-than-light spaceships might transcend once and for all the terrestrial constraints

具体技术 → 上位类「尖端新技术」

the present ecological disaster ↔

the terrestrial constraints of rising temperatures, lack of energy, scarcity of food, lack of space, mountains of waste, polluted water

多项生态约束 → 上位概括「当前生态灾难」

some people today dream ↔ **Some of today's narratives about the future seem to suggest**

「叙述暗示」= 「人们梦想」

【辨邻】 F F 段紧接 E 段，确实讨论「靠工程师/技术解题」，但 if we envisage our salvation to come from a deus ex machina...we might be looking in the wrong place 是反对态度；而陈述句 It seems some people today dream 只描述「有人这样想」，并未带否定判断，所以源头段是描述「梦想」本身的 E，而不是反驳它的 F。

if we envisage our salvation to come from a deus ex machina, from a divine engineer or a tech solutionist who will miraculously conjure up a new source of energy or another cure-all with revolutionary potency, we might be looking in the wrong place

37. According to one great thinker, it is most unfortunate if we lose the ability to think differently.

根据一位伟大思想家的观点,如果我们失去以不同方式思考的能力,那将是最不幸的。

【答案】 I 段 (强锚点)

【锚点】 [one great thinker] + [lose the ability to think differently]

【定位】 Ernst Bloch, one of the leading philosophers of the future, wrote that 'the most tragic form of loss...is the loss of the capacity to imagine that things could be different'.

恩斯特·布洛赫——未来研究的领军哲学家之一——曾写道：「最悲剧性的失落.....是失去想象事物可以不同的能力。」

【改写】 one great thinker ↔ Ernst Bloch, one of the leading philosophers of the future

具名哲学家 = 「一位伟大思想家」

it is most unfortunate if we lose the ability to think differently ↔

the most tragic form of loss...is the loss of the capacity to imagine that things could be different

「最悲剧的失落」 = 「最不幸的事」 + 名动转换

38. Urgent attention should be paid to the ecological problems we have created in our pursuit of a comfortable life.

我们在追求舒适生活的过程中制造的生态问题应该得到紧急关注。

【答案】 C 段 (强锚点)

【锚点】 「pursuit of a comfortable life」 造成生态问题

【定位】 Today we can no longer ignore the ecological curses that we have released in our search for warmth and comfort.

今天我们再也不能忽视在追求温暖与舒适过程中所释放的那些生态诅咒。

【改写】 Urgent attention should be paid to the ecological problems ↔

we can no longer ignore the ecological curses

「不再忽视」 = 「必须紧急关注」

we have created in our pursuit of a comfortable life ↔

we have released in our search for warmth and comfort

「追求舒适」 = 「追求温暖与舒适」

【辨邻】 D 段虽也讲生态问题、且 Acceleration is the signature of our time, 但只在讨论「加速」的曲线, 没有把生态问题归因于「追求舒适生活」, 也没有「应紧急关注」的呼吁意味, 缺了陈述句的关键要素。

Species extinction, deforestation, damming of rivers, occurrence of floods, the depletion of ozone, the degradation of ocean systems and many other areas are all experiencing acceleration

39. Even in the fast-food nation America, the number of vegetarians is on the rise.

即使在快餐国度美国,素食者的数量也在增加。

【答案】 K 段 (强锚点)

【锚点】 「fast-food nation America」 + 「vegetarians is on the rise」

【定位】 In 2017, 6 per cent of US consumers claimed to be strictly vegetarian, up from 1 per cent in 2014.

2017 年, 6% 的美国消费者自称是严格的素食主义者, 比 2014 年的 1% 有所上升。

【改写】 Even in the fast-food nation America ↔ **Even in the United States—the fast-food nation**
[fast-food nation America] ≈ 原文同名表述

the number of vegetarians is on the rise ↔

6 per cent of US consumers claimed to be strictly vegetarian, up from 1 per cent in 2014

数据上升 = 「数量上升」

【辨邻】 J J 段确实讲 Slow Food movement 起源与扩张，但聚焦 in Italy in the 1980s 与 more than 160 countries 的概览，并没有具体到美国素食者比例上升，因此不是本题源头。

Under the leadership of Carlo Petrini, the Slow Food movement began in Piedmont

40. The deterioration of the ecological system is accelerating because of the dramatic increase of human production and consumption.

由于人类生产和消费的急剧增长,生态系统的恶化正在加速。

【答案】 D 段 (强锚点)

【锚点】 「dramatic increase of human production and consumption」 导致生态恶化加速

【定位】 The acceleration of human production, consumption and travel has changed the animate and inanimate spheres. It has echoed through natural processes on which humans depend. Species extinction, deforestation, damming of rivers, occurrence of floods, the depletion of ozone, the degradation of ocean systems and many other areas are all experiencing acceleration.

人类生产、消费与出行的加速已经改变了生物与非生物的世界，并在我们依赖的自然过程中产生回响。物种灭绝、毁林、河流筑坝、洪水频发、臭氧消耗、海洋系统退化等众多领域都在经历加速。

【改写】 The deterioration of the ecological system is accelerating ↔

Species extinction, deforestation, damming of rivers, occurrence of floods, the depletion of ozone, the degradation of ocean systems and many other areas are all experiencing acceleration

生态领域清单的加速 = 「生态系统恶化加速」

because of the dramatic increase of human production and consumption ↔

The acceleration of human production, consumption and travel has changed the animate and inanimate spheres. It has echoed through natural processes on which humans depend

「人类生产消费加速影响自然」 = 「生产消费剧增导致生态恶化」

【辨邻】 C C 段虽然也说 environmental threats...are multiplying at a dizzying rate, 但归因模糊 (只笼统讲「搜寻温暖与舒适」), 并未明确指向「生产消费的剧增」这一陈述句的关键原因; 本题严格要求因果两端对齐, 故排除。

Year after year, faster and faster, consumption outpaces the biological capacity of our planet

41. It is obvious that solutions must be found to curb the fast worsening environment and social acceleration.

显然必须找到解决方案来遏制迅速恶化的环境和社会加速。

【答案】 **G** 段 (强锚点)

【锚点】 「solutions must be found to curb」 环境与社会加速

【定位】 This much is clear: we need to find ways that help us flatten the hockey-stick curves that reflect our ever-faster pace of ecological destruction and social acceleration.

这一点是清楚的：我们需要找到办法，把那条反映生态破坏与社会加速越来越快的「曲棍球棒」曲线压平。

【改写】 It is obvious that solutions must be found ↔ **This much is clear: we need to find ways**
「显然要找方法」 = 「we need to find ways」

to curb the fast worsening environment and social acceleration ↔

flatten the hockey-stick curves that reflect our ever-faster pace of ecological destruction and social acceleration

「压平曲线」 = 「遏制」 + 术语原样复现

【辨邻】 **F** F 段以问句 So what do we do? 结尾，意在引出后文，但没有出现「social acceleration」这一关键术语，也没有「This much is clear: we need to find ways」式的明确主张，因此不是本题源头。

Global heating and environmental degradation are not technological problems. They are highly political issues that are informed by powerful interests

42. Many people believe changing the world is possible, though it may take time and involve setbacks.

许多人相信改变世界是可能的,尽管这可能需要时间并涉及挫折。

【答案】 **A** 段 (强锚点)

【锚点】 「changing the world is possible」 + 「take time and involve setbacks」

【定位】 Our world is full of—mostly untold—stories of slow hope, driven by the idea that change is possible. They are 'slow' in their unfolding, and they are slow because they come with setbacks.

我们的世界充满了大多未被讲述的「慢希望」故事，它们由「改变是可能的」这一信念所驱动。它们的展开是缓慢的，因为它们伴随挫折。

【改写】 Many people believe changing the world is possible ↔ **driven by the idea that change is possible**
「人们相信」 = 「被这一信念驱动」

it may take time and involve setbacks ↔

They are 'slow' in their unfolding, and they are slow because they come with setbacks

「展开缓慢 + 伴随挫折」 = 「需要时间 + 伴随挫折」

【辨邻】 **H** H 段也提到 slow hope，但它的命题是「我们需要多重故事而非英雄叙事」，强调对策方向；并未直接表述「人们相信改变可能且过程会有挫折」的总观点，那是 A 段的开篇定调。

we need stories, not only of what Rob Nixon of Princeton University has called the 'slow violence' of environmental degradation...but also stories of what I call 'slow hope'

43. It might be wrong to expect that our world would be saved at one stroke with some miraculous technology.

期望我们的世界会通过某种神奇技术一举得救可能是错误的。

【答案】 **F** 段（强锚点）

【锚点】 「saved at one stroke with some miraculous technology」是错的

【定位】 The fact that we now imagine our planet as a whole does not mean that the 'rescue' of our planet will come with one big global stroke of genius and technology. It will more likely come by many small acts.

我们现在能整体地想象这个星球，这并不意味着对它的「拯救」会来自一次全球性的天才与技术的妙笔；它更可能由许多小行动促成。

【改写】 It might be wrong to expect that our world would be saved at one stroke with some miraculous technology

↔

we envisage our salvation to come from a deus ex machina, from a divine engineer or a tech solutionist who will miraculously conjure up a new source of energy or another cure-all with revolutionary potency, we might be looking in the wrong place

「找错地方」=「这种期待可能是错的」

our world would be saved at one stroke ↔

the 'rescue' of our planet will come with one big global stroke of genius and technology

「一举」表述原样复现

【辨邻】 **E** E 段确实提到 we too, like Prometheus, will be saved by a new Hercules, a divine engineer 这一技术救世幻想，但只是描述这种说法，没有判断「这是错的」；而陈述句 It might be wrong to expect 带明确批判态度，应去 F 段。

Some of today's narratives about the future seem to suggest that we too, like Prometheus, will be saved by a new Hercules, a divine engineer

44. It is human nature to cherish hopes for a better world.

珍视对更美好世界的希望是人的天性。

【答案】 **I** 段（强锚点）

【锚点】 「human nature to cherish hopes for a better world」

【定位】 What makes us 'authentic' as humans are visions of our 'potential'. In other words: living in hope makes us human.

让我们作为人类「本真」的，是对自身「潜能」的种种愿景。换句话说：活在希望中让我们成为人。

【改写】 It is human nature to cherish hopes ↔ **living in hope makes us human**

「A让我们成为人」=「A是人性」

for a better world ↔ **the outlines of a better world**

「更好世界」原词复现

【辨邻】 **A** A 段确实提到 driven by the idea that change is possible，但只把「改变可能」当作驱动故事的信念，并未把希望或追求更好世界定义为「人性」；本题要求的是「人性 = 怀抱希望」这一定义性命题，故而去 I 段。

Our world is full of—mostly untold—stories of slow hope, driven by the idea that change is possible

45. Technology has given us humans the power to change the natural world, but we have paid a price for the change.

技术赋予了我们人类改变自然世界的力量,但我们为这种改变付出了代价。

【答案】 **B** 段 (强锚点)

【锚点】 「Technology」改变自然 + 「paid a price」

【定位】 Just as in the myth, technology—first fire and stone tools, and later farming, the steam engine and industry, fossil fuels, chemicals and nuclear power—has allowed us to alter and control the natural world. The myth also reminds us that these advances have come at a price: as a punishment for Prometheus' crime, the gods created Pandora, and they gave her a box filled with evils and curses.

正如神话所讲，技术——最初是火与石器，后来是农业、蒸汽机和工业、化石燃料、化学品和核能——让我们得以改造并控制自然界。神话也提醒我们，这些进步是付出代价的：作为对普罗米修斯之罪的惩罚，众神创造了潘多拉，并给了她一个装满邪恶与诅咒的盒子。

【改写】 Technology has given us humans the power to change the natural world ↔

technology—first fire and stone tools, and later farming, the steam engine and industry, fossil fuels, chemicals and nuclear power—has allowed us to alter and control the natural world

「允许我们改造」=「给了我们改变的力量」

we have paid a price for the change ↔ **these advances have come at a price**

「付出代价」原样复现

【辨邻】 C 段确实在讲 the ecological curses that we have released，但它承袭的是 B 段提出的「技术付代价」命题、展开其后果；陈述句要求的「技术赋予改造自然之力 + 已付代价」总命题首次完整出现在 B 段，故 C 段不是源头。

In engineering and exploiting and transforming our habitat, we have opened tens of thousands of Pandora's boxes

PARAGRAPH MAP • 段落主旨图

11 个段落各讲了什么

逐段一句主旨 + 该段最具区分度的「信息指纹」，是逐句回扫定位的工作台。

A 开宗明义：世界上充满了大量未被讲述的「慢希望」故事，它们由「改变是可能的」这一信念驱动，过程缓慢且伴随挫折。

信息指纹 「慢希望」总纲

B 用普罗米修斯盗火的神话作类比：从火、石器到农业、蒸汽机、化石燃料、化学品、核能，技术让人类改造并控制了自然，但代价是潘多拉魔盒被打开，疾病与灾难随之释放。

信息指纹 普罗米修斯神话 + 技术清单 + 潘多拉代价

C 当今人类不能再忽视为追求温暖与舒适而释放出的生态诅咒——环境威胁已从区域扩展到全球，且以惊人的速度成倍增加，我们正在用尽时间。

信息指纹 为舒适付出的生态代价 + 全球化威胁加速

D 加速是当今时代的标志：人口、经济、消费长期几乎不增长，到 19 世纪中、尤其 20 世纪中以后骤升，物种灭绝、毁林、筑坝、洪水、臭氧消耗、海洋退化等都呈「曲棍球棒」式跃升。

信息指纹 「曲棍球棒」加速曲线 + 数字佐证

E 今天有些关于未来的叙述暗示我们将再次被某位「神工」式的工程师拯救，靠地球工程、冷聚变或超光速飞船一举超越升温、能源短缺、食物匮乏、太空、垃圾、污水等地球性约束。

信息指纹 新「神工」迷思 + 尖端技术清单

F 然而，把救赎寄托在「解围之神」式的工程师或技术解决主义者身上，可能是找错了地方——地球的拯救更可能由许多小行动促成，而非一次全球性的天才妙笔；任何重大变革都会带来意料之外的后果。

信息指纹 反「一举拯救」论 + 「many small acts」

G 我们必须找到办法把反映生态破坏与社会加速的「曲棍球棒」曲线压平；承认人类操纵地球带来的破坏性，也意味着可以想象人类的努力能在未来几个世纪里建一个破坏更少的世界。

信息指纹 「压平曲线」 + 必须找解决之道

H 为对抗灾难恐惧，我们需要的不是一个大叙事或英雄式拯救，而是许多悄悄走向更有希望未来的故事——既要讲 Rob Nixon 所说的「慢暴力」，也要讲作者所说的「慢希望」。

信息指纹 Rob Nixon 「慢暴力」 + 多重叙事

I 我们既要承认生态困境，也需要积极变革的语言；引用恩斯特·布洛赫《希望的原理》：最悲剧的失落是失去想象事物可以不同的能力——希望源于恐惧与危机，是与「乌托邦愿景」并行的创造力；活在希望中让我们成为人。

信息指纹 Ernst Bloch + 《希望的原理》 + 「失去想象」

J 草根运动可以让改变扩散到原发地之外——以 1980 年代起于意大利皮埃蒙特的「慢食」运动为例：Carlo Petrini 领导下，它对抗战后廉价工业化食物，如今已在 160 多个国家开展数千个项目。

信息指纹 Slow Food 运动 + Carlo Petrini + 起源地与扩张

K 慢食无法逆转全球食物经济，但能让本地饮食传统与环境繁荣；即便在「快餐之国」美国，小农场与城市菜园也在兴起，2017 年严格素食者占比已从 2014 年的 1% 升至 6%；正如 Wendell Berry 所言，「吃即农业行为」，慢希望由此推进。

信息指纹 美国素食比例上升 + Wendell Berry + Urban Agriculture Toolkit

SENTENCE INSIGHTS • 句子精讲

13 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。

Our world is full of—mostly untold—stories of slow hope, driven by the idea that change is possible.

A段，第1句

本句体现了四六级和考研阅读中常见的句式特征：主系表结构 + 后置定语修饰 + 同位语从句说明抽象名词。这种 "抽象名词 + 同位语从句" 的搭配（如 the idea that...、the fact that... 等）在学术文本和考试真题中频繁出现，学习者掌握后可迁移到大量类似句子，具有较高的典型性。

At the beginning of time—so goes the myth—humans suffered, shivering in the cold and dark until the titan(巨人) Prometheus stole fire from the gods.

B段，第1句

这是考试中高频出现的典型句式：主句 + until 引导的时间状语从句，以及插入语、分词短语等常见修饰手段。这种结构在四六级和考研阅读中反复出现，掌握后可直接迁移到大量类似句子，学习收益高。

Just as in the myth, technology—first fire and stone tools, and later farming, the steam engine and industry, fossil fuels, chemicals and nuclear power—has allowed us to alter and control the natural world.

B段，第2句

长同位语插入打断主干的结构在四六级和考研阅读中频繁出现，是学术文本和说明文的常见句式；allow sb to do结构和现在完成时也是高频考点，掌握此句型可迁移应用到大量类似长难句。

On a regular basis, we are reminded that we are running out of time.

C段，第4句

主句被动语态配宾语从句(remind sb that结构)是四六级和考研阅读的高频句式，从句用进行时表达紧迫感也是常见手法。句首状语前置也符合书面语习惯。整体结构在真题中反复出现，学习后可大量复用，具有较强典型性。

It has echoed through natural processes on which humans depend.

D段，第6句

"介词+关系代词"引导的定语从句 (on which) 是四六级和考研阅读中的高频结构，具有很强的代表性；主句"主语+现在完成时谓语+介词短语状语"的框架也常见；掌握本句结构后可迁移到大量类似句型。

Moreover, if history is a guide, then we can assume that any major transformations will once again be followed by a huge set of unintended consequences.

F段，第6句

if 条件句 + 主句 + that 宾语从句的组合是四六级和考研阅读中极为常见的复合句式；被动语态在宾语从句中的使用、情态动词 can 表推测、by 短语引出施动者，这些都是高频考点；整体句式具有很强的迁移价值

This much is clear: we need to find ways that help us flatten the hockey-stick curves that reflect our ever-faster pace of ecological destruction and social acceleration.

G段，第1句

本句涵盖主系表结构、表语从句、不定式作宾语、定语从句、省略to的不定式作宾补等多种成分，且定语从句嵌套层次清晰，适合练习定语从句的识别、先行词的确定以及修饰关系的梳理，训练价值较高。

Instead of one big narrative, a story of unexpected rescue by a larger-than-life hero, we need multiple stories: we need stories, not only of what Rob Nixon of Princeton University has called the 'slow violence' of environmental degradation (that is, the damage that is often invisible at first and develops slowly and gradually), but also stories of what I call 'slow hope'.

H段，第2句

典型的学术论文风格长句，使用了对比结构、同位语解释、专家引用及从句嵌套，是考研及托福雅思阅读中的常考句式。

It has given rise to thousands of projects around the globe, representing democratic politics, food sovereignty, biodiversity and sustainable agriculture.

J段，第6句

本句包含主语、谓语短语动词、宾语、地点状语和非谓语动词短语作状语，成分种类较为丰富。谓语为固定搭配 "give rise to"，需要识别整体短语而非单个动词；非谓语 "representing" 的定性（状语还是定语）也有一定辨析价值。适合练习成分划分和非谓语结构识别。

Slow Food cannot undo the irresistible developments of the global food economy, but it can upset its theorists, it can 'speak differently', and it can allow people and their local food traditions and environments to flourish.

K段，第2句

本句是典型的 '一个否定 + 多个肯定' 对比论述句式，通过 but 转折和 and 顺承构成并列复合句，这种结构在学术写作和考试阅读中极为常见。四个分句主语一致（Slow Food 及其代词 it）、谓语结构平行（情态动词 can + 原形），体现了英语书面语中常见的平行并列修辞手法。掌握这一句式后，学生可以迁移到大量类似的对比论述段落中。

The US Department of Agriculture provides an Urban Agriculture Toolkit and, according to a recent report, American millennials(千禧一代) are changing their diets.

K段，第4句

并列句加插入状语是四级等考试中极为常见的句式结构，具有很强的代表性。

Many people believe changing the world is possible, though it may take time and involve setbacks.

第42题 题干

全句结构为"主句 + 宾语从句 + 让步状语从句"的复合句，其中宾语从句省略引导词that、让步状语从句用though引导，均为四六级和考研真题中的高频句式，学习后可广泛迁移至阅读理解和翻译题型。

Technology has given us humans the power to change the natural world, but we have paid a price for the change.

第45题 题干

but 连接的并列主句表达转折关系是四六级和考研英语阅读中的高频句式，现在完成时表达过去动作对现在的影响也是常考时态，双宾语结构和不定式作定语都是典型语法点，整体结构具有较强的代表性和可迁移性。

HIGH-FREQUENCY · 真题高频词

本篇出现的 164 个英语六级真题高频词

下列单词既在本篇真题中出现，又是 **英语六级** 历年真题的高频词（在该考试真题中出现的句子数均不少于 8）。每个词标注本篇 出现次数与该考试真题句频，点击可查看该词的释义、音标、词形与真题例句。

ecological

B2

adj. 生态的

本篇7次 · 真题 33 句

acceleration

B2

n. 加速

本篇5次 · 真题 8 句

global

B2

adj. 全球的

本篇4次 · 真题 140 句

environmental

B1

adj. 环境的

本篇4次 · 真题 112 句

consumption

B2

n. 消费

本篇4次 · 真题 56 句

movement

B1

n. 移动

本篇4次 · 真题 32 句

vision

B2

n. 视力

本篇4次 · 真题 28 句

better

A1

adj. 更好的 (good 的比较级)

本篇3次 · 真题 205 句

power

A2

n. 权力

本篇3次 · 真题 128 句

agriculture

B2

n. 农业

本篇3次 · 真题 70 句

loss

B1

n. 丧失

本篇3次 · 真题 56 句

disaster

B1

n. 灾难

本篇3次 · 真题 35 句

degradation

C1

n. 退化

本篇3次 · 真题 13 句

myth

B2

n. 神话

本篇3次 · 真题 9 句

product

A2

n. 产品

本篇2次 · 真题 271 句

system

A2

n. 系统

本篇2次 · 真题 176 句

accord

C1

n. (国家、团体间的) 协议

本篇2次 · 真题 167 句

decade

B1

n. 十年

本篇2次 · 真题 120 句

economy

B1

n. 经济

本篇2次 · 真题 102 句

lack

B1

v. 缺少

本篇2次 · 真题 89 句

region

B1

n. 地区

本篇2次 · 真题 78 句

nation

B1

n. 国家

本篇2次 · 真题 76 句

identify

B1

v. 识别

本篇2次 · 真题 75 句

wrong

A2

adj. 错误的

本篇2次 · 真题 66 句

production

B1

n. 生产

本篇2次 · 真题 58 句

per

B1

prep. 每

本篇2次 · 真题 53 句

advance B1

v. 前进

本篇2次·真题 48 句

represent B1

v. 代表

本篇2次·真题 45 句

capacity B2

n. 容量

本篇2次·真题 36 句

vegetarian B1

n. 素食者

本篇2次·真题 33 句

urban B2

adj. 城市的, 都市的

本篇2次·真题 31 句

transform B2

v. 使彻底改变;使转变

本篇2次·真题 30 句

accelerate B2

v. 加速

本篇2次·真题 25 句

differently A2

adv. 不同地

本篇2次·真题 23 句

remind A2

v. 提醒

本篇2次·真题 19 句

destruction B2

n. 破坏

本篇2次·真题 17 句

dramatic B2

adj. 巨大的

本篇2次·真题 14 句

slowly A1

adv. 缓慢地

本篇2次·真题 13 句

multiply B1

v. 乘

本篇2次·真题 11 句

setback B2

n. 挫折

本篇2次·真题 11 句

rescue B1

v. 营救, 救援

本篇2次·真题 10 句

stroke B1

n. 中风

本篇2次·真题 9 句

would A1

aux. (will 的过去式) 将要, 会

本篇1次 · 真题 568 句

less A1

det. 较少的

本篇1次 · 真题 273 句

likely A2

adj. 很可能的

本篇1次 · 真题 228 句

economic B2

adj. 经济的

本篇1次 · 真题 167 句

consumer B1

n. 消费者

本篇1次 · 真题 165 句

issue B1

n. 问题

本篇1次 · 真题 158 句

positive B1

adj. 积极的

本篇1次 · 真题 144 句

local A2

adj. 当地的

本篇1次 · 真题 143 句

species B2

n. 物种

本篇1次 · 真题 136 句

base A2

n. 基础

本篇1次 · 真题 126 句

process B1

n. 过程

本篇1次 · 真题 126 句

rate A2

n. 速度

本篇1次 · 真题 121 句

resource B1

n. 资源

本篇1次 · 真题 119 句

project A2

n. 项目

本篇1次 · 真题 116 句

average A2

adj. 平均的

本篇1次 · 真题 112 句

claim B1

v. 声称

本篇1次 · 真题 111 句

major B1

adj. 主要的

本篇1次·真题 108 句

growth B1

n. 增长

本篇1次·真题 104 句

united B1

adj. 联合的

本篇1次·真题 97 句

potential B2

adj. 潜在的

本篇1次·真题 92 句

later A1

adv. 以后, later

本篇1次·真题 87 句

traditional B1

adj. 传统的

本篇1次·真题 84 句

diet A2

n. 日常饮食

本篇1次·真题 82 句

involve B1

v. 包含

本篇1次·真题 82 句

states A1

n. 国家

本篇1次·真题 80 句

solution B1

n. 解决办法

本篇1次·真题 76 句

source B1

n. 来源

本篇1次·真题 75 句

tech B1

n. 技术

本篇1次·真题 73 句

reflect B1

v. 反映, 显示

本篇1次·真题 71 句

cultural B1

adj. 文化的

本篇1次·真题 68 句

consequence B2

n. 结果

本篇1次·真题 66 句

creative B1

adj. 有创造力的

本篇1次·真题 65 句

farming A2

n. 农业;耕作

本篇1次·真题 63 句

crisis B2

n. 危机

本篇1次·真题 62 句

fuel B1

n. 燃料

本篇1次·真题 60 句

mostly B1

adv. 主要地

本篇1次·真题 59 句

political B1

adj. 政治的

本篇1次·真题 59 句

suffer B1

v. 遭受 (痛苦、疾病、损失等)

本篇1次·真题 59 句

image A2

n. 形象, 印象

本篇1次·真题 57 句

principle B2

n. 原则, 准则

本篇1次·真题 54 句

contain B1

v. 包含, 含有

本篇1次·真题 52 句

operate B1

v. 运转

本篇1次·真题 52 句

particular B2

adj. 特定的

本篇1次·真题 52 句

threat B1

n. 威胁

本篇1次·真题 51 句

powerful B1

adj. 强大的

本篇1次·真题 50 句

chemical B1

adj. 化学的

本篇1次·真题 46 句

damage B1

n. 损害

本篇1次·真题 46 句

ignore B1

v. 忽视;不理睬

本篇1次·真题 46 句

native B1

adj. 本国的

本篇1次·真题45句

technological B2

adj. 技术的

本篇1次·真题45句

flood B1

n. 洪水

本篇1次·真题44句

poverty B2

n. 贫穷

本篇1次·真题44句

department A2

n. 部门

本篇1次·真题41句

extinction B2

n. 灭绝

本篇1次·真题41句

expand B2

v. 扩大;扩展;增长

本篇1次·真题40句

fossil B2

n. 化石

本篇1次·真题39句

release B1

v. 释放

本篇1次·真题38句

basis B2

n. 基础;根据

本篇1次·真题37句

central B1

adj. 主要的

本篇1次·真题36句

habitat B2

n. (动植物的) 栖息地, 生长环境

本篇1次·真题34句

highly B1

adv. 非常

本篇1次·真题34句

pollution B1

n. 污染

本篇1次·真题34句

regular B1

adj. 经常的

本篇1次·真题33句

sustainable B2

adj. 可持续的

本篇1次·真题32句

assume B2

v. 假定

本篇1次·真题 31 句

obvious B1

adj. 明显的

本篇1次·真题 31 句

household B1

n. 家庭

本篇1次·真题 30 句

tradition B1

n. 传统

本篇1次·真题 30 句

agricultural B2

adj. 农业的

本篇1次·真题 27 句

beginning A1

n. 开始

本篇1次·真题 25 句

pursuit B2

n. 追求

本篇1次·真题 25 句

alter B2

v. 改变, 更改 (使某物与之前不同)

本篇1次·真题 24 句

leading B1

adj. 最重要的

本篇1次·真题 24 句

pace B1

n. 速度

本篇1次·真题 23 句

eating A1

n. 吃

本篇1次·真题 22 句

fiction B2

n. 小说

本篇1次·真题 21 句

multiple B2

adj. 多个的

本篇1次·真题 21 句

politics B1

n. 政治

本篇1次·真题 21 句

acknowledge B2

v. 承认 (事实、错误等)

本篇1次·真题 20 句

gradually B1

adv. 逐渐地, 逐步地

本篇1次·真题 20 句

nuclear B2

adj. 核能的

本篇1次·真题 19 句

biological B2

adj. 生物的

本篇1次·真题 18 句

expansion B2

n. 扩张

本篇1次·真题 18 句

globe B1

n. 地球

本篇1次·真题 18 句

unexpected B1

adj. 意外的

本篇1次·真题 18 句

architecture B2

n. 建筑学;建筑设计

本篇1次·真题 17 句

desert A2

n. 沙漠

本篇1次·真题 17 句

enormous B1

adj. 巨大的

本篇1次·真题 17 句

urgent B2

adj. 紧急的, 急迫的

本篇1次·真题 17 句

biodiversity C1

n. 生物多样性

本篇1次·真题 16 句

guide A2

n. 指南;手册

本篇1次·真题 16 句

transformation B2

n. 彻底改变

本篇1次·真题 16 句

breed B2

v. 繁殖

本篇1次·真题 15 句

leadership B2

n. 领导地位;领导权

本篇1次·真题 15 句

inform B1

v. 告知, 通知 (正式地告诉某人某事)

本篇1次·真题 14 句

invisible B1

adj. 看不见的

本篇1次·真题 14 句

origin B2

n. 起源

本篇1次·真题 14 句

philosopher B2

n. 哲学家

本篇1次·真题 14 句

catastrophe C1

n. 灾难

本篇1次·真题 13 句

constraint B2

n. 限制

本篇1次·真题 13 句

exploit B2

v. 利用

本篇1次·真题 13 句

boundary B2

n. 边界

本篇1次·真题 12 句

comfort B1

n. 舒适

本篇1次·真题 12 句

genius B2

n. 天才

本篇1次·真题 12 句

engine A2

n. 发动机, 引擎

本篇1次·真题 11 句

punishment B1

n. 惩罚

本篇1次·真题 11 句

resistance B2

n. 抵抗

本篇1次·真题 11 句

steam B1

n. 蒸汽

本篇1次·真题 11 句

counter B1

n. 柜台

本篇1次·真题 10 句

grid B2

n. 网格

本篇1次·真题 10 句

livelihood B2

n. 生计

本篇1次·真题 10 句

upset B1

adj. 难过的

本篇1次·真题 10 句

deterioration

C1

n. 恶化

本篇1次·真题9句

regional

B2

adj. 地区的

本篇1次·真题9句

authentic

B2

adj. 真实的

本篇1次·真题8句

berry

B1

n. 浆果

本篇1次·真题8句

evil

B1

adj. 邪恶的

本篇1次·真题8句

outline

B2

n. 概要

本篇1次·真题8句

rob

B1

v. 抢劫

本篇1次·真题8句

scarcity

C1

n. 缺乏

本篇1次·真题8句

uncertainty

B2

n. 不确定性

本篇1次·真题8句

unintended

B2

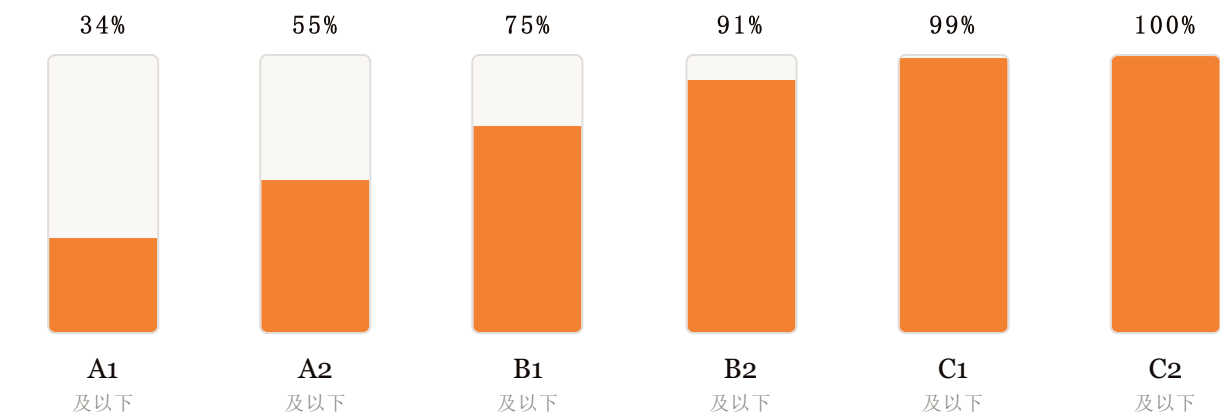
adj. 非故意的

本篇1次·真题8句

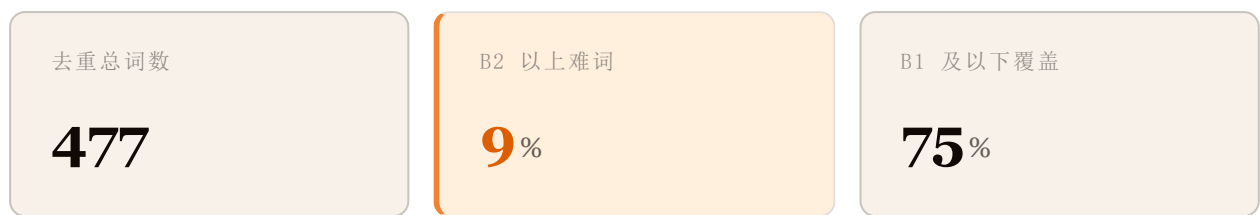
VOCABULARY · 词汇难度分布

全文 477 词按 CEFR 难度累积覆盖

全文去重后共 **477** 个单词，按欧框 CEFR 等级统计。每根柱表示「该等级及以下」的累积占比（CDF），最右一柱为 100%。B2 以上（C1/C2）为高阶词，本篇共 41 个·约 9%。



每柱为「按 CEFR 等级及以下」的累积覆盖率 (CDF) · 数据为全文去重词 477 个 · 末柱为 100%



英语六级 2020年12月·第2套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	题目解析 →
Part III Section A	完形填空（选词填空）	题目解析 →
Part III Section B	长篇阅读（信息匹配）	本题
Part III Section C (1)	阅读理解（四选一）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	题目解析 →
Part IV	汉译英（段落翻译）	题目解析 →

2020年12月·第2套 英语六级阅读理解（四选一） 第1篇·46-50 题答案与解析

QUESTIONS & ANALYSIS · 阅读理解题和解析

阅读理解题和解析·46-50 题

本页 46-50 题的答案与逐题解析由懒笔记基于2020年12月·第2套 英语六级阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 11 段原文（段首标 P1-P11 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

真题卷第2套(2020-12) · 六级

Part III Section C (1)

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

Passage One

Questions 46 to 50 are based on the following passage.

P1 Vegetarians would prefer not to be compelled to eat meat. Yet the reverse compulsion(强迫) is hidden in the proposals for a new plant-based "planetary diet." Nowhere is this more visible than in India.

素食主义者不愿被强迫吃肉。然而,相反的强迫却隐藏在关于新型植物性"地球饮食"的提案中。这一点在印度体现得最为明显。

P2 Earlier this year, the EAT-Lancet Commission released its global report on nutrition and called for a global shift to a more plant-based diet and for "substantially reducing consumption of animal source foods." In countries like India, that call could become a tool to aggravate an already tense political situation and stress already undernourished populations.

今年早些时候,EAT-Lancet委员会发布了其关于营养的全球报告,呼吁全球转向更多植物性饮食,并"大幅减少动物源性食品的消费"。在印度这样的国家,这一呼吁可能成为加剧本已紧张的政治局势和给本已营养不良的人口施加压力的工具。

P3 The EAT report presumes that "traditional diets" in countries like India include little red meat, which might be consumed only on special occasions or as minor ingredients in mixed dishes.

EAT报告假定印度等国的"传统饮食"包含很少的红肉,这些红肉可能仅在特殊场合食用或作为混合菜肴中的次要成分。

P4 In India, however, there is a vast difference between what people would wish to consume and what they have to consume because of innumerable barriers around class, religion, culture, cost, geography, etc. Policymakers in India have traditionally pushed for a cereal-heavy "vegetarian diet" on a meat-eating population as a way of providing the cheapest sources of food.

然而在印度,人们希望消费的东西与他们因阶级、宗教、文化、成本、地理等无数障碍而不得不消费的东西之间存在巨大差异。印度的政策制定者历来向食肉人群推行以谷物为主的"素食饮食",作为提供最廉价食物来源的一种方式。

P5 Currently, under an aggressive Hindu nationalist government, Muslims, Christians, disadvantaged classes and indigenous communities are being compelled to give up their traditional foods.

目前,在激进的印度教民族主义政府统治下,穆斯林、基督徒、弱势阶层和原住民社区正被迫放弃他们的传统食物。

P6 None of these concerns seem to have been appreciated by the EAT-Lancet Commission's representative, Brent Loken, who said "India has got such a great example" in sourcing protein from plants.

EAT-Lancet委员会的代表Brent Loken似乎没有意识到这些问题,他说"印度在从植物中获取蛋白质方面树立了如此出色的榜样"。

P7 But how much of a model for the world is India's vegetarianism? In the Global Hunger Index 2019, the country ranks 102nd out of 117. Data from the National Family Health Survey indicate that only 10 percent of infants of 6 to 23 months are adequately fed.

但印度的素食主义在多大程度上可以成为世界的典范?在2019年全球饥饿指数中,该国在117个国家中排名第102位。来自全国家庭健康调查的数据表明,6至23个月的婴儿中只有10%得到充足喂养。

P8 Which is why calls for a plant-based diet modeled on India risk offering another whip with which to beat already vulnerable communities in developing countries.

这就是为什么呼吁采用以印度为模板的植物性饮食可能会为鞭打发展中国家本已脆弱的社区提供另一根鞭子。

P9 A diet directed at the affluent West fails to recognize that in low-income countries undernourished children are known to benefit from the consumption of milk and other animal source foods, improving cognitive functions, while reducing the prevalence of nutritional deficiencies as well as mortality.

针对富裕西方的饮食方案未能认识到,在低收入国家,营养不良的儿童已知可以从牛奶和其他动物源性食品的消费中受益,这能改善认知功能,同时降低营养缺乏症的发生率以及死亡率。

P10 EAT-Lancet claimed its intention was to "spark conversations" among all Indian stakeholders. Yet vocal critics of the food processing industry and food fortification strategies have been left out of the debate. But the most conspicuous omission may well be the absence of India's farmers.

EAT-Lancet声称其意图是在所有印度利益相关者之间"引发对话"。然而,对食品加工业和食品强化策略持批评态度的人士却被排除在辩论之外。但最显眼的遗漏很可能是印度农民的缺席。

P11 The government, however, seems to have given the report a thumbs-up. Rather than addressing chronic hunger and malnutrition through an improved access to wholesome and nutrient-dense foods, the

government is opening the door for company-dependent solutions, ignoring the environmental and economic cost, which will destroy local food systems. It's a model full of danger for future generations. 然而,政府似乎已对该报告表示赞同。政府没有通过改善获取有益健康和营养丰富的食品来解决长期饥饿和营养不良问题,反而为依赖企业的解决方案打开了大门,忽视了将摧毁当地食物体系的环境和经济成本。这是一个对后代充满危险的模式。

题目与逐题解析

46. What is more visible in India than anywhere else according to the passage?

- A) People's positive views on the proposals for a "planetary diet".
- B) People's reluctance to be compelled to eat plant-based food.
- C) People's preferences for the kind of food they consume.
- D) People's unwillingness to give up their eating habits.

根据文章,在印度比其他任何地方都更明显的是什么?

- A) 人们对"地球饮食"提案的积极看法。 B) 人们不愿被强制食用植物性食品。
- C) 人们对所消费食物种类的偏好。 D) 人们不愿放弃自己的饮食习惯。

【答案】 B (细节题)

【判型】 What is more visible in India than anywhere else 用 what 直接问一个被作者点名的事实,无 infer、imply、main idea 这类信号词。

【拆句】 Q46 主干是 What is more visible in India; than anywhere else 是比较状语,强调印度比别处更明显。结构平铺直叙,无陷阱。

【定位】 Vegetarians would prefer not to be compelled to eat meat. Yet the reverse compulsion is hidden in the proposals for a new plant-based "planetary diet." Nowhere is this more visible than in India.

素食者不愿被强迫吃肉。然而,相反方向的强迫却藏在新的植物基『星球饮食』提案里。这种反向强迫在印度比在任何地方都更明显。

【选项】 A) 与原文相反

positive views on the proposals 把原文对该提案的批评立场反转为积极看法，与全文及定位句中 hidden、aggravate 等贬义语义完全相反。

B) ✓ 正确

the reverse compulsion is hidden in the proposals for a new plant-based "planetary diet" ↔

People's reluctance to be compelled to eat plant-based food

Nowhere is this more visible than in India ↔

People's reluctance to be compelled to eat plant-based food

预判得到的反向强迫在印度最明显，等于 People's reluctance to be compelled to eat plant-based food，完全对齐。

C) 答非所问

preferences for the kind of food they consume 说的是对所吃食物种类的偏好，是泛泛的口味话题；原文要点是被强迫，不是偏好，没有回答 more visible in India 的具体所指。

D) 张冠李戴

unwillingness to give up their eating habits 谈的是不愿放弃饮食习惯，原文 P1 只谈被反向强迫，并未在此处讨论放弃既有习惯；P5 虽出现 give up traditional foods，但与题干 more visible in India 这一焦点错位。

47. What would the EAT-Lancet Commission's report do to many people in countries like India?

- A) Radically change their dietary habits.
- B) Keep them further away from politics.
- C) Make them even more undernourished.
- D) Substantially reduce their food choices.

EAT-Lancet委员会的报告会对印度等国家的许多人产生什么影响？

- A) 从根本上改变他们的饮食习惯。
- B) 使他们与政治更加疏远。
- C) 使他们营养不良状况更加严重。
- D) 大幅减少他们的食物选择。

【答案】 C (细节题)

【判型】 What would the EAT-Lancet Commission's report do to many people 用 what...do 直问报告对人群产生的具体影响，无推断信号词。

【拆句】 Q47 What would...do to many people 是询问主语对宾语造成的影响；would 表预测语气，是基于原文给出的虚拟后果，不是推断信号。

【定位】 In countries like India, that call could become a tool to aggravate an already tense political situation and stress already undernourished populations.

在像印度这样的国家，那种呼吁可能变成加剧本已紧张的政治局势、并使本已营养不良的人群处境更糟的工具。

【选项】 A) 无中生有

Radically change their dietary habits 谈彻底改变饮食习惯，定位句 P2 只讲加剧政治紧张和加重营养不良，并未提报告会让人群彻底改变饮食习惯。

B) 与原文相反

Keep them further away from politics 说让他们远离政治，但原文 aggravate an already tense political situation 是加剧政治紧张，与让人远离政治方向相反。

C) ✓ 正确

stress already undernourished populations ↔ **Make them even more undernourished**
预判得到的让营养不良人群更糟，等于 Make them even more undernourished，完全对齐。

D) 偷换概念

Substantially reduce their food choices 谈大幅减少食物选项。原文 substantially reducing consumption of animal source foods 中 substantially reducing 修饰的是动物源食物的消费量，不是食物选项的数量；选项把减少消费偷换成减少选项。

48. What do we learn from the passage about food consumption in India?

- A) People's diet will not change due to the EAT-Lancet report.
- B) Many people simply do not have access to foods they prefer.
- C) There is a growing popularity of a cereal-heavy vegetarian diet.
- D) Policymakers help remove the barriers to people's choice of food.

从文章中我们了解到印度食物消费的什么情况？

- A) 人们的饮食不会因为EAT-Lancet报告而改变。
- B) 许多人根本无法获得他们偏好的食物。
- C) 以谷物为主的素食日益流行。
- D) 政策制定者帮助消除人们食物选择的障碍。

【答案】 B (细节题)

【判型】 What do we learn from the passage about food consumption in India 问的是文章关于某话题告诉了我们什么事实，没有 infer 或 imply。

【拆句】 Q48 主干 What do we learn from the passage; about food consumption in India 是话题限定语，结构清晰、无陷阱。

【定位】 In India, however, there is a vast difference between what people would wish to consume and what they have to consume because of innumerable barriers around class, religion, culture, cost, geography, etc.

然而在印度，人们想要消费的与不得不消费的之间存在巨大差异，原因是阶级、宗教、文化、成本、地理等数不清的障碍。

【选项】 A) 无中生有

People's diet will not change due to the EAT-Lancet report 谈饮食不会因 EAT 报告而改变。原文 P4 谈的是印度人想吃和能吃的差距，并未对是否会因报告改变作出预言；P2 反而暗示该报告会带来负面影响。

B) ✓ 正确

there is a vast difference between what people would wish to consume and what they have to consume

↔ Many people simply do not have access to foods they prefer

because of innumerable barriers around class, religion, culture, cost, geography, etc ↔

Many people simply do not have access to foods they prefer

预判得到的想吃的不等于能吃的，等于 do not have access to foods they prefer，完全对齐。

C) 偷换概念

growing popularity of a cereal-heavy vegetarian diet 谈以谷物为主的素食日益流行。原文 Policymakers in India have traditionally pushed for a cereal-heavy 说的是政策制定者『推行』，是自上而下，不是日益流行；growing popularity 把行为主体从政策制定者偷换为民众自发追捧。

D) 与原文相反

Policymakers help remove the barriers to people's choice of food 谈决策者帮人民扫除饮食选择的障碍。原文 P4 的决策者是在吃肉人群上强推素食——是在制造或加固障碍，而非帮人扫除；方向完全反转。

49. What does the passage say about a plant-based diet modeled on India?

- A) It may benefit populations whose traditional diet is meat-based.
- B) It may be another blow to the economy in developing countries.
- C) It may help narrow the gap between the rich and poor countries.
- D) It may worsen the nourishment problem in low-income countries.

文章对以印度为模板的植物性饮食有何评价？

- A) 它可能有益于传统饮食以肉类为主的人群。
- B) 它可能对发展中国家的经济造成又一次打击。
- C) 它可能有助于缩小富国和穷国之间的差距。
- D) 它可能加剧低收入国家的营养问题。

【答案】 D (细节题)

【判型】 What does the passage say about a plant-based diet modeled on India 用 say about 问文章对某概念明说了什么，按细节题处理。

【拆句】 Q49 主干 What does the passage say; about a plant-based diet modeled on India 是话题限定语，过去分词短语 modeled on India 后置修饰 diet。无陷阱。

【定位】 Which is why calls for a plant-based diet modeled on India risk offering another whip with which to beat already vulnerable communities in developing countries.

这正是为什么以印度为模板的植物基饮食呼声有可能成为又一根抽打发展中国家本已脆弱社群的鞭子。

【选项】 A) **与原文相反**

benefit populations whose traditional diet is meat-based 说惠及以肉食为主的人群，原文 P8 和 P9 明确这是对弱势人群的伤害，方向相反；六级常借 benefit 这种正向动词制造极性反转。

B) **偷换概念**

another blow to the economy in developing countries 把打击对象从弱势社群（营养、民生）偷换成经济。原文 P8 beat 的是 vulnerable communities，不是 economy；P11 末尾的 economic cost 也不是本题定位段的论点。

C) **无中生有**

narrow the gap between the rich and poor countries 谈缩小贫富国差距，原文 P8、P9 全程批评该饮食对发展中国家的伤害，从未谈缩小贫富差距，是空降话题。

D) **✓ 正确**

another whip with which to beat already vulnerable communities in developing countries ↔

worsen the nourishment problem in low-income countries

undernourished children are known to benefit from the consumption of milk and other animal source foods

↔ **worsen the nourishment problem in low-income countries**

预判得到的加重弱势国家营养不良，等于 worsen the nourishment problem in low-income countries，完全对齐。

50. How does the Indian government respond to the EAT-Lancet Commission's proposals?

- A) It accepts them at the expense of the long-term interests of its people.
- B) It intends them to spark conversations among all Indian stakeholders.
- C) It gives them approval regardless of opposition from nutrition experts.
- D) It welcomes them as a tool to address chronic hunger and malnutrition.

印度政府如何回应EAT-Lancet委员会的提案？

- A) 以牺牲人民的长远利益为代价接受这些提案。
- B) 打算让这些提案在所有印度利益相关方中引发讨论。
- C) 不顾营养专家的反对而批准这些提案。
- D) 欢迎这些提案作为解决长期饥饿和营养不良的工具。

【答案】 A (细节题)

【判型】 How does the Indian government respond to the EAT-Lancet Commission's proposals 问政府如何回应，回应文中有明示，是细节题而非主观态度题。

【拆句】 Q50 主干 How does the Indian government respond; to the EAT-Lancet Commission's proposals 是 respond 的介宾搭配。结构平铺直叙。

【定位】 The government, however, seems to have given the report a thumbs-up. Rather than addressing chronic hunger and malnutrition through an improved access to wholesome and nutrient-dense foods, the government is opening the door for company-dependent solutions, ignoring the environmental and economic cost, which will destroy local food systems. It's a model full of danger for future generations.

然而，政府似乎对该报告点了赞。它不去通过改善人们获取健康、营养密度高的食物来解决慢性饥饿和营养不良，反而为公司依赖型方案敞开大门，忽视环境和经济代价，而这会摧毁本地食物体系。这是一个对未来世代充满危险的模式。

【选项】 A) ✓ 正确

given the report a thumbs-up ↔ **It accepts them**

Rather than addressing chronic hunger and malnutrition through an improved access to wholesome and nutrient-dense foods, the government is opening the door for company-dependent solutions, ignoring the environmental and economic cost, which will destroy local food systems

↔ **at the expense of the long-term interests of its people**

预判得到的接受但牺牲长远利益，等于 It accepts them at the expense of the long-term interests of its people，完全对齐。

B) 张冠李戴

intends them to spark conversations 把 EAT-Lancet claimed its intention was to 的主语（EAT 委员会）安到政府头上；spark conversations 的发出者不是 Indian government。

C) 无中生有

regardless of opposition from nutrition experts 谈不顾营养专家的反对。原文 P10 提到的是被排除在外的 vocal critics of the food processing industry and food fortification strategies 和 India's farmers，并未明确说营养专家反对，且更没有说政府是不顾这些反对而通过。

D) 与原文相反

welcomes them as a tool to address chronic hunger and malnutrition 把报告说成解决饥饿与营养不良的工具，但原文 Rather than addressing chronic hunger and malnutrition 明确指出政府正是没有用它来解决这些问题；方向反转。

SENTENCE INSIGHTS • 句子精讲

6 句真题句逐层精讲

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

Vegetarians would prefer not to be compelled to eat meat.

第1段，第1句

本句体现了 "主语 + 情态动词 + 动词 + 不定式宾语" 的结构，这是四六级和考研阅读中常见的句式。情态动词表达意愿、被动不定式表达 "被....."、以及 prefer 后接不定式的用法，都是高频考点，具有较强的代表性和迁移价值。

Nowhere is this more visible than in India.

第1段，第3句

本句虽然结构简单，但包含了倒装句这一重要考点，能够训练学生识别倒装后的主语位置。同时涵盖了主语、谓语、表语、地点状语、比较状语等多种成分，且比较结构 "more ... than" 是常见易错点。作为倒装句的入门练习句，训练价值较高。

Which is why calls for a plant-based diet modeled on India risk offering another whip with which to beat already vulnerable communities in developing countries.

第8段，第1句

本句覆盖了较丰富的成分类型：主句有复杂主语（含后置定语）、谓语、宾语（含定语从句修饰），定语从句内部有谓语（不定式）、宾语、方式状语（介词 + 关系代词）。特别是主语部分的多层后置定语、"risk doing" 结构、"介词 + 关系代词" 引导的定语从句，都是易错点和高频考点，训练价值较高。

People's diet will not change due to the EAT-Lancet report.

第48题，A

简单句结构在真题中常见，但本句过于简单，缺乏四六级或考研常考的复杂句式特征（如从句、并列、倒装等），代表性一般。

It may benefit populations whose traditional diet is meat-based.

第49题，A

主句加限制性定语从句修饰宾语是四六级和考研阅读中的高频句式。情态动词表达推测也是常考点。本句结构具有较高代表性，掌握后可迁移到大量类似句子的理解中。

It accepts them at the expense of the long-term interests of its people.

第50题, A

主谓宾加介词短语状语是常见句式, "at the expense of" 这类固定搭配在阅读中频繁出现, 具有一定代表性, 但简单句结构在真题中占比相对较低。

HIGH-FREQUENCY • 真题高频词

本篇出现的 93 个英语六级真题高频词

下列单词既在本篇真题中出现, 又是 **英语六级** 历年真题的高频词 (在该考试真题中出现的句子数均不少于 8)。每个词标注本篇 出现次数与该考试真题句频, 点击可查看该词的释义、音标、词形与真题例句。

diet

A2

n. 日常饮食

本篇11次 · 真题 82 句

source

B1

n. 来源

本篇4次 · 真题 75 句

consume

B2

v. 消耗, 耗费 (燃料、能源、时间等)

本篇4次 · 真题 31 句

commission

B2

n. 佣金

本篇4次 · 真题 15 句

would

A1

aux. (will 的过去式) 将要, 会

本篇3次 · 真题 568 句

global

B2

adj. 全球的

本篇3次 · 真题 140 句

reduce

B1

v. 减少, 降低 (数量、大小、程度等)

本篇3次 · 真题 138 句

traditional

B1

adj. 传统的

本篇3次 · 真题 84 句

consumption

B2

n. 消费

本篇3次 · 真题 56 句

proposal

B2

n. 提议

本篇3次 · 真题 34 句

vegetarian

B1

n. 素食者

本篇3次·真题 33 句

compel

B2

v. 强迫;迫使

本篇3次·真题 15 句

hunger

B1

n. 饥饿

本篇3次·真题 9 句

benefit

B1

n. 好处

本篇2次·真题 244 句

community

B1

n. 社区

本篇2次·真题 163 句

access

B1

n. 进入

本篇2次·真题 101 句

nutrition

B2

n. 营养

本篇2次·真题 36 句

chronic

B2

adj. (疾病) 慢性的, 长期的

本篇2次·真题 27 句

barrier

B2

n. 障碍物

本篇2次·真题 12 句

spark

B1

n. 火花

本篇2次·真题 10 句

policymaker

C1

n. 政策制定者

本篇2次·真题 9 句

data

B1

n. 数据

本篇1次·真题 181 句

system

A2

n. 系统

本篇1次·真题 176 句

economic

B2

adj. 经济的

本篇1次·真题 167 句

risk

A2

n. 风险

本篇1次·真题 167 句

positive

B1

adj. 积极的

本篇1次·真题 144 句

local A2

adj. 当地的

本篇1次 · 真题 143 句

view A2

n. 观点, 看法

本篇1次 · 真题 134 句

stress B1

n. 压力

本篇1次 · 真题 126 句

simply B1

adv. 仅仅, 只不过

本篇1次 · 真题 119 句

expert B1

n. 专家

本篇1次 · 真题 114 句

environmental B1

adj. 环境的

本篇1次 · 真题 112 句

claim B1

v. 声称

本篇1次 · 真题 111 句

economy B1

n. 经济

本篇1次 · 真题 102 句

according B1

prep. 根据

本篇1次 · 真题 96 句

concern B1

v. 涉及

本篇1次 · 真题 88 句

cognitive C1

adj. 认知的

本篇1次 · 真题 85 句

further B1

adv. 更远地

本篇1次 · 真题 79 句

solution B1

n. 解决办法

本篇1次 · 真题 76 句

due B1

adj. 预期的

本篇1次 · 真题 70 句

shift B1

v. 移动

本篇1次 · 真题 65 句

protein B1

n. 蛋白质

本篇1次 · 真题 64 句

strategy B2

n. 策略

本篇1次·真题 63 句

generation B2

n. 一代人

本篇1次·真题 60 句

political B1

adj. 政治的

本篇1次·真题 59 句

gap B1

n. 间隙

本篇1次·真题 54 句

debate B2

n. 辩论

本篇1次·真题 52 句

respond B1

v. 回答, 答复

本篇1次·真题 52 句

growing A2

adj. 增长的

本篇1次·真题 47 句

expense B1

n. 花费

本篇1次·真题 46 句

ignore B1

v. 忽视;不理睬

本篇1次·真题 46 句

indicate B2

v. 表明

本篇1次·真题 46 句

absence B1

n. 缺席

本篇1次·真题 42 句

currently B1

adv. 目前, 当前

本篇1次·真题 42 句

recognize B1

v. 认出

本篇1次·真题 42 句

function B1

n. 功能

本篇1次·真题 40 句

dietary B2

adj. 饮食的

本篇1次·真题 39 句

release B1

v. 释放

本篇1次·真题 38 句

critic B2

n. 批评家

本篇1次·真题 34 句

remove A2

v. 移开

本篇1次·真题 34 句

infant B2

n. 婴儿

本篇1次·真题 31 句

vulnerable C1

adj. 易受伤害的

本篇1次·真题 30 句

preference B2

n. 偏爱

本篇1次·真题 29 句

ingredient B1

n. (烹饪) 食材, 原料

本篇1次·真题 28 句

regardless B2

adv. 不管

本篇1次·真题 27 句

vast B2

adj. 巨大的

本篇1次·真题 26 句

intend B1

v. 打算, 计划

本篇1次·真题 25 句

earlier A2

adv. 较早地

本篇1次·真题 22 句

eating A1

n. 吃

本篇1次·真题 22 句

politics B1

n. 政治

本篇1次·真题 21 句

popularity B2

n. 受欢迎

本篇1次·真题 20 句

narrow B1

adj. 狭窄的

本篇1次·真题 19 句

rank B2

n. 等级

本篇1次·真题 19 句

nutritional B2

adj. 营养的

本篇1次·真题 17 句

reverse B2

v. 颠倒

本篇1次·真题 17 句

occasion B1

n. 场合

本篇1次·真题 16 句

processing B1

n. 加工;处理

本篇1次·真题 14 句

worsen B2

v. (使)恶化;(使)变得更糟

本篇1次·真题 14 句

affluent C1

adj. 富裕的, 富足的

本篇1次·真题 12 句

aggressive B2

adj. 好斗的

本篇1次·真题 12 句

approval B2

n. 赞成

本篇1次·真题 12 句

developing B1

adj. 发展中的 (指国家或地区)

本篇1次·真题 12 句

opposition B2

n. 反对

本篇1次·真题 12 句

indigenous C1

adj. 本地的

本篇1次·真题 11 句

mortality C1

n. 死亡率

本篇1次·真题 10 句

disadvantaged B2

adj. 处于不利地位的;弱势的

本篇1次·真题 9 句

religion B1

n. 宗教

本篇1次·真题 9 句

representative B2

n. 代表

本篇1次·真题 9 句

vocal B2

adj. 直言不讳的, 大声表达的

本篇1次·真题 9 句

intention B1

n. 意图

本篇1次·真题 8 句

presume C1

v. 假定, 推测 (某事属实)

本篇1次 · 真题 8 句

radically C1

adv. 根本地

本篇1次 · 真题 8 句

traditionally B2

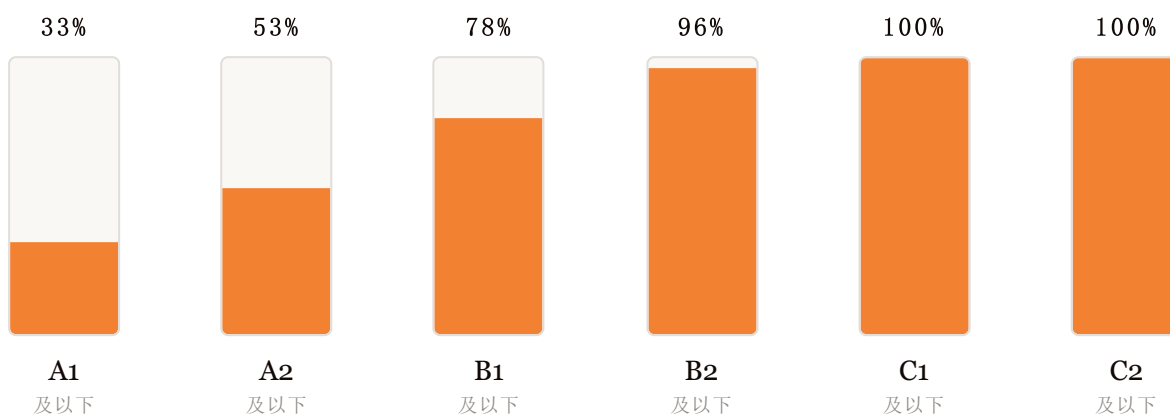
adv. 传统上;按照传统

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 242 词按 CEFR 难度累积覆盖

全文去重后共 **242** 个单词, 按欧框 CEFR 等级统计。每根柱表示「该等级及以下」的累积占比 (CDF), 最右一柱为 100%。B2 以上 (C1/C2) 为高阶词, 本篇共 9 个 · 约 4%。



每柱为「按 CEFR 等级及以下」的累积覆盖率 (CDF) · 数据为全文去重词 242 个 · 末柱为 100%

去重总词数

242

B2 以上难词

4%

B1 及以下覆盖

78%

英语六级 2020年12月·第2套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	题目解析 →
Part III Section A	完形填空（选词填空）	题目解析 →
Part III Section B	长篇阅读（信息匹配）	题目解析 →
Part III Section C (1)	阅读理解（四选一）	本题
Part III Section C (2)	阅读理解（四选一）	题目解析 →
Part IV	汉译英（段落翻译）	题目解析 →

2020年12月·第2套 英语六级阅读理解（四选一） 第2篇·51-55 题 答案与解析

QUESTIONS & ANALYSIS · 阅读理解题和解析

阅读理解题和解析 · 51-55 题

本页 51-55 题的答案与逐题解析由懒笔记基于2020年12月·第2套 英语六级阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 4 段原文（段首标 P1-P4 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

真题卷第2套(2020-12) · 六级

Part III Section C (2)

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

Passage Two

Questions 51 to 55 are based on the following passage.

P1 Back in 1964, in his book *Games People Play*, psychiatrist Eric Berne described a pattern of conversation he called "Why Don't You—Yes But", which remains one of the most irritating aspects of everyday social life. The person adopting the strategy is usually a chronic complainer. Something is terrible about their relationship, job, or other situation, and they moan about it ceaselessly, but find some excuse to dismiss any solution that's proposed. The reason, of course, is that on some level they don't want a solution; they want to be validated in their position that the world is out to get them. If they can "win" the game—dismissing every suggestion until their interlocutor(对话者) gives up in annoyance—they get to feel pleurably righteous(正当的) in their resentments and excused from any obligation to change.

早在1964年,精神病学家Eric Berne在其著作《人间游戏》中描述了一种他称之为"你为什么不——是的,但是"的对话模式,这种模式至今仍是日常社交生活中最令人恼火的方面之一。采用这种策略的人通常是习惯性抱怨者。他们的人际关系、工作或其他处境总有些糟糕之处,他们对此不停地抱怨,但对于任何提出的解决方案都能找到借口加以否定。原因当然是在某种程度上他们并不想要解决方案;他们想要的是在自己的立场上得到认可,认为这个世界就是在针对他们。如果他们能够"赢得"这场游戏——否定每一条建议直到对话者恼怒地放弃——他们就能在怨恨中获得一种令人愉悦的正当感,并免除任何改变的义务。

P2 Part of the trouble here is the so-called responsibility/fault fallacy(谬误). When you're feeling hard done by—taken for granted by your partner, say, or obliged to work for a half-witted boss—it's easy to become attached to the position that it's not your job to address the matter, and that doing so

would be an admission of fault. But there's a confusion here. For example, if I were to discover a newborn at my front door, it wouldn't be my fault, but it most certainly would be my responsibility. There would be choices to make, and no possibility of avoiding them, since trying to ignore the matter would be a choice. The point is that what goes for the baby on the doorstep is true in all cases: even if the other person is 100% in the wrong, there's nothing to be gained, long-term, from using this as a justification to evade responsibility.

这里的部分问题在于所谓的责任与过错谬误。当你感到受了委屈时——比如说被伴侣视作理所当然,或者不得不为一个愚蠢的老板工作——你很容易执着于这样的立场:解决这件事不是你的职责,而且这样做将是承认过错。但这里存在混淆。例如,如果我在自家门口发现一个新生儿,这不会是我的过错,但这无疑会是我的责任。将有一些选择需要做出,而且不可能逃避它们,因为试图忽视这件事本身就是一种选择。关键在于,门阶上婴儿的情况适用于所有情况:即使对方百分之百错了,从长远来看,把这作为逃避责任的理由也毫无益处。

P3 Should you find yourself on the receiving end of this kind of complaining, there's an ingenious way to shut it down—which is to agree with it, ardently. Psychotherapist Lori Gottlieb describes this as "over-validation". For one thing, you'll be spared further moaning, since the other person's motivation was to confirm her beliefs, and now you're confirming them. But for another, as Gottlieb notes, people confronted with over-validation often hear their complaints afresh and start arguing back. The notion that they're utterly powerless suddenly seems unrealistic—not to mention rather annoying—so they're prompted instead to generate ideas about how they might change things.

如果你发现自己处于这种抱怨的接收端,有一种巧妙的方法可以终止它——那就是热切地表示同意。心理治疗师Lori Gottlieb将此称为"过度认可"。首先,你将免于进一步的抱怨,因为对方的动机是确认她的信念,而现在你正在确认它们。但另一方面,正如Gottlieb所指出的,面对过度认可的人往往会重新听到自己的抱怨并开始反驳。他们完全无能为力的观念突然显得不现实——更不用说相当烦人——因此他们反而被促使产生关于如何改变现状的想法。

P4 "And then, sometimes, something magical might happen," Gottlieb writes. The other person "might realise she's not as trapped as you are saying she is, or as she feels." Which illustrates the irony of the responsibility/fault fallacy: evading responsibility feels comfortable, but turns out to be a prison; whereas assuming responsibility feels unpleasant, but ends up being freeing.

Gottlieb写道:"然后,有时候,可能会发生一些神奇的事情。"对方"可能会意识到她并不像你所说的或她所感觉的那样陷入困境。"这说明了责任与过错谬误的讽刺之处:逃避责任让人感到舒适,但结果却是一座牢笼;而承担责任让人感到不快,但最终却带来自由。

题目与逐题解析

51. What is characteristic of a chronic complainer, according to psychiatrist Eric Berne?

- A) They only feel angry about their ill treatment and resent whoever tries to help.
- B) They are chronically unhappy and ceaselessly find fault with people around them.
- C) They constantly dismiss others' proposals while taking no responsibility for tackling the problem.
- D) They lack the knowledge and basic skills required for successful conversations with their interlocutors.

根据精神病学家 **Eric Berne** 的观点,长期抱怨者有什么特征?

- A) 他们只对自己受到的不公平待遇感到愤怒,并且怨恨任何试图帮助他们的人。

- B) 他们长期不快乐,不断挑剔周围的人。 C) 他们不断否定他人的建议,同时不承担解决问题的任何责任。
D) 他们缺乏与对话者成功交流所需的知识和基本技能。

【答案】 C (细节题)

【判型】 What is characteristic of a chronic complainer, according to psychiatrist Eric Berne?
直接问某人观点下的某对象的特征, 答案应当在原文里有逐字或同义对应。

【拆句】 题干是一个 What 引导的特殊疑问句, 主干 What is characteristic of a chronic complainer 中 characteristic 作表语形容词, 意思是".....所特有的"; 尾部 according to psychiatrist Eric Berne 是状语, 限定"按照谁的说法", 结构平铺直叙, 无陷阱。

【定位】 The reason, of course, is that on some level they don't want a solution; they want to be validated in their position that the world is out to get them. If they can "win" the game—dismissing every suggestion until their interlocutor gives up in annoyance—they get to feel pleausrably righteous in their resentments and excused from any obligation to change.
原因当然是, 在某种程度上他们并不想要解决方案; 他们想要的是自己"世界与我作对"的立场被认可。如果他们能"赢"——通过驳回每一个建议直到对话者厌烦放弃——他们就能在怨恨中感到正当的快感, 并被免除任何改变的责任。

【选项】 A) 无中生有

原文只说对话者最终 gives up in annoyance (厌烦放弃), 并未说抱怨者对帮忙的人怀有怨恨; resent whoever tries to help 是无根据的扩展。

B) 偷换概念

原文中的抱怨指向情境本身 (their relationship, job, or other situation), 不是"挑周围人毛病"; ceaselessly find fault with people around them 把抱怨对象从"处境"偷换成了"周围人"。

C) ✓ 正确

dismissing every suggestion ↔ constantly dismiss others' proposals
excused from any obligation to change ↔ taking no responsibility for tackling the problem
预判要求同时含"驳回建议"与"不愿担责"两个语义; 只有 They constantly dismiss others' proposals while taking no responsibility for tackling the problem. 完整覆盖了这两个语义。

D) 无中生有

原文没有任何处提到抱怨者缺乏对话的知识或技能; 他们驳回建议是不愿改变, 不是不会对话。lack the knowledge and basic skills 在原文找不到出处。

52. What does the author try to illustrate with the example of the newborn on one's doorstep?

- A) People tend to think that one should not be held responsible for others' mistakes.
- B) It is easy to become attached to the position of overlooking one's own fault.
- C) People are often at a loss when confronted with a number of choices.
- D) A distinction should be drawn between responsibility and fault.

作者试图用门阶上的新生儿这个例子说明什么？

- A) 人们倾向于认为一个人不应该为他人的过错负责。 B) 人们很容易习惯于忽视自己过错的立场。
- C) 人们在面对多种选择时常常不知所措。 D) 应该区分责任和过错。

【答案】 D (例证目的题)

【判型】 What does the author try to illustrate with the example of the newborn on one's doorstep? 明确询问"作者用某例子要说明什么", 是典型例证目的题特征。

【拆句】 题干主干 What does the author try to illustrate, with 引出方式状语 with the example of the newborn on one's doorstep, 介词 of 后接同位语说明例子内容; 句子结构清晰, 无从句陷阱。

【定位】 For example, if I were to discover a newborn at my front door, it wouldn't be my fault, but it most certainly would be my responsibility.

举例来说, 如果我在门口发现一个新生儿, 这不会是我的过错, 但毫无疑问会是我的责任。

【选项】 A) 偷换概念

原文例子说的是"事情不是你的错"(自己没造成), 并非"别人犯了错"; not be held responsible for others' mistakes 把 fault 错绑到"他人"身上。

B) 偷换概念

原文谈的是"易倾向于以'非我之责'为由不作为", 并非"忽视自身过错"; B 把 attached to the position 的内容偷换为 overlooking one's own fault.

C) 以偏概全

原文提到 There would be choices to make 只是顺带说明"必须选择、无法回避", 并不是说"人面对多重选择会不知所措"; C 抓住 choices 一个词放大成完全不同的论点。

D) ✓ 正确

it wouldn't be my fault, but it most certainly would be my responsibility ↔

A distinction should be drawn between responsibility and fault.

responsibility/fault fallacy ↔ **between responsibility and fault**

例子要说明的不是"门口婴儿怎么处理", 而是"过错≠责任"这一概念区分; 只有 A distinction should be drawn between responsibility and fault. 直接表达了这一区分。

53. What does the author advise people to do to chronic complainers?

- A) Stop them from going further by agreeing with them.
- B) Listen to their complaints ardently and sympathetically.
- C) Ask them to validate their beliefs with further evidence.
- D) Persuade them to clarify the confusion they have caused.

作者建议人们如何对待长期抱怨者？

- A) 通过同意他们的观点来阻止他们继续抱怨。 B) 热切地、同情地倾听他们的抱怨。
C) 要求他们用进一步的证据来证实自己的看法。 D) 说服他们澄清自己造成的混乱。

【答案】 A (细节题)

【判型】 What does the author advise people to do to chronic complainers? 问的是一个具体可操作的动作建议，答案在原文里必有直接出处。

【拆句】 题干 advise sb. to do sth. 的句型变体；advise people to do 是 What 提出的疑问中心，to chronic complainers 是介词短语作动作对象状语，结构直白。

【定位】 Should you find yourself on the receiving end of this kind of complaining, there's an ingenious way to shut it down—which is to agree with it, ardently.

如果你发现自己正承受这种抱怨，有一个巧妙的办法可以让它停下来——那就是热烈地表示同意。

【选项】 A) ✓ 正确

agree with it, ardently ↔ **agreeing with them**

shut it down ↔ **Stop them from going further**

预判要求同时含“阻止抱怨”和“通过附和的方式”两层语义；只有 Stop them from going further by agreeing with them. 同时覆盖了这两层。

B) 偷换概念

原文方法是“赞同”，不是“倾听+同情”；Listen to their complaints ardently and sympathetically 把 agree 偷换为 listen，把 ardently 这一描述“赞同强度”的副词错配到“倾听”上。

C) 与原文相反

原文的策略是替对方做 validation (you're confirming them)，让他自己听腻；C 反过来要求对方自己 validate，方向与作者建议相反。

D) 张冠李戴

原文没有出现“让抱怨者澄清他们造成的混乱”这一建议；confusion 一词来自 P2 But there's a confusion here，指作者自己点出的概念混淆，不是抱怨者制造的。

54. What happens when chronic complainers receive over-validation?

- A) They are motivated to find ingenious ways to persuade their interlocutor.
- B) They are prompted to come up with ideas for making possible changes.
- C) They are stimulated to make more complaints.
- D) They are encouraged to start arguing back.

当长期抱怨者得到过度认同时会发生什么？

- A) 他们被激励去寻找巧妙的方法来说服对话者。 B) 他们被促使提出做出可能改变的想法。
- C) 他们被刺激进行更多的抱怨。 D) 他们被鼓励开始反驳。

【答案】 **B** (细节题)

【判型】 What happens when chronic complainers receive over-validation? 问的是某条件下出现的具体结果，答案必有原文出处。

【拆句】 题干主句 What happens, when 引导时间状语从句 when chronic complainers receive over-validation, 从句主谓宾完整；结构简单。

【定位】 But for another, as Gottlieb notes, people confronted with over-validation often hear their complaints afresh and start arguing back. The notion that they're utterly powerless suddenly seems unrealistic—not to mention rather annoying—so they're prompted instead to generate ideas about how they might change things.

另一方面，正如 Gottlieb 所指出的那样，被过度赞同的人往往会重新听到自己的抱怨并开始反驳。“自己完全无能为力”的念头突然变得不切实际——而且相当令人烦躁——于是他们反而被促使去想出可以怎样改变现状的办法。

【选项】 A) **张冠李戴**

原文 ingenious way 是用来形容“应对抱怨者的方法”（Q53 答案的策略），是 listener 的策略，不是抱怨者自己的动作；A 把 ingenious 嫁接到抱怨者身上，方向错位。

B) **✓ 正确**

prompted instead to generate ideas about how they might change things ↔

prompted to come up with ideas for making possible changes

prompted instead ↔ **prompted**

预判要求答案是“想出改变现状的办法”，They are prompted to come up with ideas for making possible changes. 与原文 prompted to generate ideas 几乎逐对应——动词、宾语、目的状语全部对位。

C) **与原文相反**

原文恰恰说被过度赞同后“省下了进一步的抱怨”（spared further moaning）；C 反其道而行，方向相反。

D) **以偏概全**

原文 start arguing back 确实出现，但它只是因果链的中间步骤；后接 so they're prompted... 才是最终结果。D 截取中间环节作答，属于答非所问/以偏概全。

55. How can one stop being a chronic complainer according to the author?

- A) Analysing the so-called responsibility/fault fallacy.
- B) Avoiding hazardous traps in everyday social life.
- C) Assuming responsibility to free oneself.
- D) Awaiting something magical to happen.

根据作者的观点,一个人如何才能停止成为长期抱怨者?

- A) 分析所谓的责任/过错谬误。
- B) 避免日常社交生活中的危险陷阱。
- C) 承担责任以解放自己。
- D) 等待神奇的事情发生。

【答案】 C (主旨题)

【判型】 How can one stop being a chronic complainer according to the author? 问"如何停止成为本文话题角色", 覆盖全文方法论, 是主旨升华型问法。

【拆句】 题干 How can one stop doing sth., 主干 How can one stop being a chronic complainer, according to the author 是评注性状语; 句式直白。

【选项】 A) 以偏概全

responsibility/fault fallacy 是文中提出的一个概念框架, 作者用它来"诊断"问题; 停止抱怨的方法不是"分析这个谬误本身", 而是基于它去承担责任。A 把分析工具当成停止抱怨的办法, 停在前期分析阶段、未触及方案。

B) 无中生有

原文从未出现 hazardous traps 这一表述; 末段提到 prison/freeing 是比喻"逃避责任的状态", 并不要求"避开陷阱"。B 用一个貌似学术的措辞掩盖与原文的脱节。

C) ✓ 正确

assuming responsibility feels unpleasant, but ends up being freeing ↔

Assuming responsibility to free oneself.

even if the other person is 100% in the wrong, there's nothing to be gained, long-term, from using this as a justification to evade responsibility

↔ **Assuming responsibility**

预判要求答案同时含"承担责任"和"获得解脱"两个语义; 只有 Assuming responsibility to free oneself. 同时覆盖这两个语义, 并与末段升华句构成精确等值。

D) 与原文相反

原文 something magical might happen 是描述对方(抱怨者)可能出现的转变, 而不是建议你被动等待; 停止抱怨需要主动承担责任, 不是 Awaiting。D 把主动方案换成被动等待, 方向完全相反。

SENTENCE INSIGHTS • 句子精讲

16 句真题句逐层精讲

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

The reason, of course, is that on some level they don't want a solution; they want to be validated in their position that the world is out to get them.

第1段，第4句

本句涵盖主系表结构、并列表语从句、同位语从句、不定式作宾语、程度状语、固定短语谓语等多种成分和结构，尤其是表语从句的并列和同位语从句的嵌套识别，对学生划分成分和理解从句归属有较高训练价值，适合作为综合练习句。

If they can "win" the game—dismissing every suggestion until their interlocutor(对话者) gives up in annoyance—they get to feel pleurably righteous(正当的) in their resentments and excused from any obligation to change.

第1段，第5句

本句的“条件从句 + 主句”框架、从句内嵌套时间状语从句、破折号插入解释性内容、并列表语等结构，都是四六级和考研阅读中高频出现的典型句式。掌握这类条件假设句的分析方法可以直接迁移到大量真题句子中，具有很强的代表性。

When you're feeling hard done by—taken for granted by your partner, say, or obliged to work for a half-witted boss—it's easy to become attached to the position that it's not your job to address the matter, and that doing so would be an admission of fault.

第2段，第2句

涵盖形式主语、同位语从句、时间状语从句、主系表结构等多种成分，且两个并列同位语从句提供了同类结构的对比练习机会；时间状语从句中包含插入成分（破折号内的并列结构），可训练对复杂修饰成分的识别；成分种类丰富且含实用易错点，训练价值较高。

For example, if I were to discover a newborn at my front door, it wouldn't be my fault, but it most certainly would be my responsibility.

第2段，第4句

虚拟语气的条件句是四六级和考研常考句式，if I were to 结构以及主句使用 would 表示假设结果都是典型用法。主句中的并列转折结构 but 也常见于真题。掌握本句结构后，可迁移到其他虚拟条件句和并列转折句的理解中。

There would be choices to make, and no possibility of avoiding them, since trying to ignore the matter would be a choice.

第2段，第5句

"主句 + since 引导的原因状语从句" 是四六级、考研阅读中的高频句式。"There be" 结构、并列表语、后置定语、动名词作主语都是典型考点，学习者掌握后可在大量真题中复用。

The point is that what goes for the baby on the doorstep is true in all cases: even if the other person is 100% in the wrong, there's nothing to be gained, long-term, from using this as a justification to evade responsibility.

第2段，第6句

本句成分丰富:主句包含主语、系动词、表语从句;表语从句内部有主语从句、系动词、表语、状语;主语从句内部有主语、谓语、状语;让步状语从句包含主语、系动词、程度状语、表语。涵盖了主系表结构、名词性从句(表语从句、主语从句)、状语从句、各类状语等多种成分,且存在"what"既作引导词又作主语、冒号连接同一从句前后两部分等易错点,训练价值极高。

Should you find yourself on the receiving end of this kind of complaining, there's an ingenious way to shut it down—which is to agree with it, ardently.

第3段，第1句

本句结构不算特别绕，但包含几个高频易错点：条件倒装、存在句主干、名词后不定式和后置说明分句。对于结构与时态训练来说，难度适中且收获明显，值得优先练习。

For one thing, you'll be spared further moaning, since the other person's motivation was to confirm her beliefs, and now you're confirming them.

第3段，第3句

并列复合句中包含原因状语从句,这是四六级和考研阅读中的典型句式。被动语态、since 引导的原因从句、并列连词连接主句等结构,都是真题中高频出现的模式。句子结构具有较强的代表性,掌握后可以应用于大量类似句型的分析。

The notion that they're utterly powerless suddenly seems unrealistic—not to mention rather annoying—so they're prompted instead to generate ideas about how they might change things.

第3段，第5句

覆盖主语、谓语、表语、宾语补足语、状语等多种成分,包含同位语从句、宾语从句、被动结构、不定式短语等值得练习的结构。主语后嵌套同位语从句、被动后接不定式补足语都是易错点,适合作为成分划分练习。

Which illustrates the irony of the responsibility/fault fallacy: evading responsibility feels comfortable, but turns out to be a prison; whereas assuming responsibility feels unpleasant, but ends up being freeing.

第4段，第3句

动名词短语作主语、系动词后接形容词或不定式作表语、并列谓语共用主语、并列连词的层级区分 ("whereas" 连主句、"but" 连谓语)，这些都是值得训练的成分识别点

What is characteristic of a chronic complainer, according to psychiatrist Eric Berne?

第51题 题干

特殊疑问句的主系表结构在考试阅读中较为常见,according to引出来源也是典型用法,但整体句式相对简单,代表性中等

People tend to think that one should not be held responsible for others' mistakes.

第52题，A

主句 + 宾语从句是四六级和考研阅读中的高频句式,tend to think that 这种表达观点的结构在议论文中常见。从句中情态动词 should 加被动语态也是常考组合,句式具有较强的代表性和可迁移性。

People are often at a loss when confronted with a number of choices.

第52题，C

本句 "主句 + when 引导的时间状语从句" 是四六级和考研阅读中的高频句式。时间状语从句中的省略结构 (省略主语和 be 动词) 也是真题常见考点。句子结构典型且实用，学生掌握后可迁移至大量类似句子。

Stop them from going further by agreeing with them.

第53题, A

祈使句在四六级、考研阅读中出现频率较低,更多见于口语或应用文写作。但本句 "动词 + 宾语 + from doing + by doing" 这种结构(通过某方式阻止某人做某事)在书面语中也会出现,具有一定迁移价值。整体而言,属于中等典型性的句式。

They are prompted to come up with ideas for making possible changes.

第54题, B

被动语态搭配不定式补语 (prompt sb to do sth 的被动形式) 是四六级和考研阅读中的高频句式, 典型性强。掌握此结构后可迁移到其他类似动词 (encourage、allow、require 等) 的被动用法, 复用价值高。

How can one stop being a chronic complainer according to the author?

第55题 题干

疑问句结构在考试中常见,特别是"How can..."开头的询问方法类问句;动名词作宾语(stop doing)是典型搭配;介词短语作状语也是高频结构;掌握后可迁移到大量类似句式

HIGH-FREQUENCY • 真题高频词

本篇出现的 58 个英语六级真题高频词

下列单词既在本篇真题中出现, 又是 **英语六级** 历年真题的高频词 (在该考试真题中出现的句子数均不少于 8)。每个词标注本篇 出现次数与该考试真题句频, 点击可查看该词的释义、音标、词形与真题例句。

responsibility

B1

n. 责任

本篇9次 · 真题 69 句

fault

B1

n. 过错

本篇7次 · 真题 26 句

chronic

B2

adj. (疾病) 慢性的, 长期的

本篇5次 · 真题 27 句

would

A1

aux. (will 的过去式) 将要, 会

本篇4次 · 真题 568 句

author A2

n. 作者

本篇3次·真题 264 句

further B1

adv. 更远地

本篇3次·真题 79 句

complaint B1

n. 抱怨

本篇3次·真题 23 句

accord C1

n. (国家、团体间的) 协议

本篇2次·真题 167 句

argue B1

v. 争论

本篇2次·真题 106 句

belief B1

n. 相信

本篇2次·真题 85 句

solution B1

n. 解决办法

本篇2次·真题 76 句

assume B2

v. 假定

本篇2次·真题 31 句

persuade B1

v. 说服

本篇2次·真题 26 句

prompt B2

v. 促使

本篇2次·真题 19 句

confront B2

v. 面对, 面临 (困难、危险等)

本篇2次·真题 18 句

illustrate B2

v. 说明

本篇2次·真题 15 句

confirm B1

v. 证实

本篇2次·真题 14 句

confusion B2

n. 困惑

本篇2次·真题 13 句

newborn B1

adj. 新生的

本篇2次·真题 9 句

validate C1

v. 证实

本篇2次·真题 8 句

tend B1

v. 倾向于, 往往会

本篇1次·真题 170 句

relationship B1

n. 关系

本篇1次·真题 168 句

case A2

n. 情况

本篇1次·真题 97 句

gain B1

v. 获得;赢得

本篇1次·真题 96 句

lack B1

v. 缺少

本篇1次·真题 89 句

evidence B1

n. 证据

本篇1次·真题 87 句

wrong A2

adj. 错误的

本篇1次·真题 66 句

strategy B2

n. 策略

本篇1次·真题 63 句

loss B1

n. 丧失

本篇1次·真题 56 句

aspect B2

n. 方面

本篇1次·真题 50 句

adopt B1

v. 采纳

本篇1次·真题 46 句

ignore B1

v. 忽视;不理睬

本篇1次·真题 46 句

pattern B1

n. 模式

本篇1次·真题 46 句

certainly A2

adv. 当然

本篇1次·真题 43 句

responsible B1

adj. 负责的

本篇1次·真题 40 句

generate B2

v. 产生, 引起 (结果、反应等)

本篇1次·真题 39 句

partner B1

n. 伴侣

本篇1次·真题 39 句

characteristic B2

n. 特征

本篇1次·真题 36 句

possibility B1

n. 可能性

本篇1次·真题 35 句

proposal B2

n. 提议

本篇1次·真题 34 句

constantly B1

adv. 不断地, 持续地

本篇1次·真题 31 句

propose B1

v. 提议

本篇1次·真题 28 句

motivation B2

n. 动力

本篇1次·真题 23 句

trap B1

n. 陷阱

本篇1次·真题 20 句

tackle B2

v. 处理

本篇1次·真题 18 句

distinction B2

n. 区别

本篇1次·真题 16 句

stimulate B2

v. 刺激

本篇1次·真题 16 句

whereas B2

sc. 然而

本篇1次·真题 15 句

notion B2

n. 观念

本篇1次·真题 12 句

suddenly A2

adv. 突然地

本篇1次·真题 12 句

admission B2

n. 承认 (错误、罪行等)

本篇1次·真题 11 句

motivated B1

adj. 有积极性的

本篇1次·真题 11 句

granted

B2

v. 授予

本篇1次 · 真题 10 句

resentment

C1

n. 愤恨

本篇1次 · 真题 10 句

obligation

B2

n. 义务

本篇1次 · 真题 9 句

overlook

B2

v. 忽略, 没注意到

本篇1次 · 真题 9 句

unhappy

A2

adj. 不快乐的

本篇1次 · 真题 9 句

unrealistic

B2

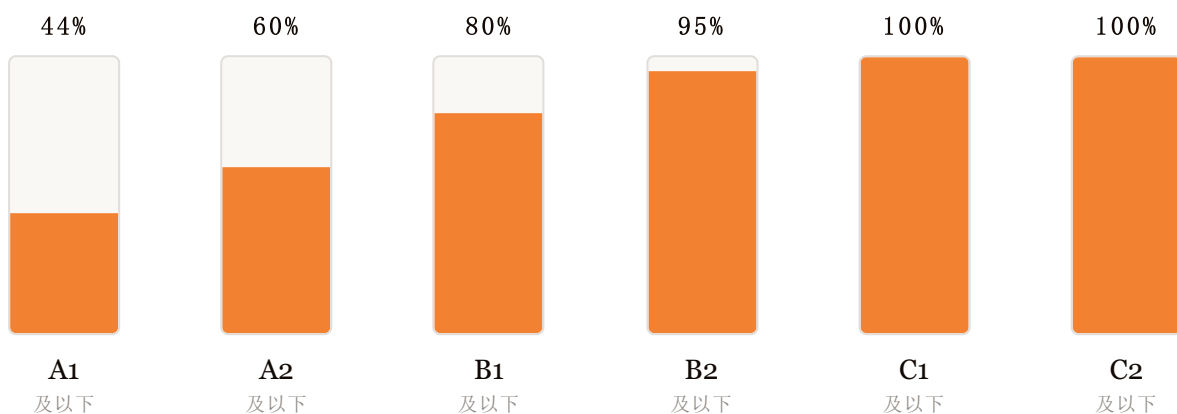
adj. 不切实际的

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 239 词按 CEFR 难度累积覆盖

全文去重后共 **239** 个单词, 按欧框 CEFR 等级统计。每根柱表示「该等级及以下」的累积占比 (CDF), 最右一柱为 100%。B2 以上 (C1/C2) 为高阶词, 本篇共 13 个 · 约 5%。



每柱为「按 CEFR 等级及以下」的累积覆盖率 (CDF) · 数据为全文去重词 239 个 · 末柱为 100%

去重总词数

239

B2 以上难词

5%

B1 及以下覆盖

80%

英语六级 2020年12月·第2套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	题目解析 →
Part III Section A	完形填空（选词填空）	题目解析 →
Part III Section B	长篇阅读（信息匹配）	题目解析 →
Part III Section C (1)	阅读理解（四选一）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	本题
Part IV	汉译英（段落翻译）	题目解析 →

2020年12月·第2套英语六级汉译英（段落翻译）·客观介绍港珠澳大桥的工程成就与意义 参考译文与解析

PASSAGE & TRANSLATION • 题和解析

汉译英真题、参考译文与逐句解析

本页整篇参考英译与逐句解析由懒笔记基于2020年12月·第2套 英语六级汉译英（段落翻译）原卷题干译审整理。与试卷排版同一卷面：Directions 与一整段中文原文连续排印——整段连排、无段落标记无题号，把它切成一句句翻译单元本身就是解题动作。卷面之后先给整篇参考英译定稿，再按自切句序逐句拆分：定英文主干、降级修饰成分、逐项落实语法点、句内定稿英译，答案直显。

真题卷第2套(2020-12) • 六级

Part IV

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

港珠澳大桥(Hong Kong-Zhuhai-Macau Bridge)全长55公里，是我国一项不同寻常的工程壮举。大桥将三个城市连接起来，是世界上最长的跨海桥梁和隧道系统。大桥将三个城市之间的旅行时间从3小时缩短到30分钟。这座跨度巨大的钢筋混凝土大桥充分证明中国有能力建造创纪录的巨型建筑。它将助推区域一体化，促进经济增长。大桥是中国发展自己的大湾区总体规划的关键。中国希望将大湾区建成在技术创新和经济繁荣上能与旧金山、纽约和东京的湾区相媲美的地区。

参考译文

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

The Hong Kong-Zhuhai-Macau Bridge, with a total length of 55 kilometers, is an extraordinary engineering feat in China. It is the longest sea-crossing bridge-and-tunnel system in the world, connecting the three cities. It cuts the travel time between the three cities from three hours to 30 minutes. This massive reinforced concrete bridge fully proves that China is capable of building record-breaking mega-structures. It will boost regional integration and promote economic growth. The bridge is key to China's master plan to develop its own Greater Bay Area. China hopes to turn the Greater Bay Area into a region that rivals the bay areas of San Francisco, New York and Tokyo in technological innovation and economic prosperity.

【衔接】第1→第2句：复指「大桥」改用 It 承接

第1句已点出并定义 The Hong Kong-Zhuhai-Macau Bridge，第2句若再写全名或 The bridge 会重复啰嗦，改用 It 承接 (It is the longest...)，既简洁又自然地把两句黏住。对应 大桥将三个城市连接起来 这一句的主语。

第3→第4句：用近指限定 This bridge 收回话题

第4句中文重提「这座...大桥」，对应 这座跨度巨大的钢筋混凝土大桥，英文用 This massive reinforced concrete bridge 把焦点从「旅行时间」拉回到桥本身，近指词 This 起承接与强调作用，比再用 It 更贴合中文「这座」的语气。

第4→第5句：意义层面递进，It 承接顺势展开作用

第5句「它将助推...」对应 它将助推区域一体化，促进经济增长，是在第4句「证明中国实力」之后进一步讲它的现实作用，用 It will... 顺承，语义上由「能力证明」递进到「实际效益」，无需额外关联词即连贯。

第6→第7句：由「关键」自然引出「希望」，专名统一 Greater Bay Area

第6句末尾落到 Greater Bay Area，第7句开头中国对大湾区的愿景顺势展开，两句靠同一专名 the Greater Bay Area 串接，对应 大湾区总体规划 与 将大湾区建成...；务必两处都用同一译名，读者才知是同一对象。

逐句解析

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

【主旨】客观介绍港珠澳大桥的工程成就与意义

全段是一篇典型的中国工程 / 社会成就介绍文：先报数据与定位 港珠澳大桥(Hong Kong-Zhuhai-Macau Bridge)全长55公里，是我国一项不同寻常的工程壮举，再讲它的功能、意义与国家规划。语体属客观陈述，讲的是这座桥「现在是什么、能做什么」，不是讲一段已经过去的历史，所以全篇基调应锁在一般现在时、用词偏正式书面。

【时态】一般现在时

通篇在客观介绍这座桥的现状特征与作用——它「是」最长系统、「将」旅行时间缩短、「是」总体规划的关键，都是当下成立的事实陈述，如 是世界上最长的跨海桥梁和隧道系统，因此默认用一般现在时；只有讲对未来的助推作用（助推、促进）时可酌情用一般将来时 will。

【译法】港珠澳大桥

用官方约定俗成的英文专名 the Hong Kong-Zhuhai-Macau Bridge——输入已给出 港珠澳大桥 (Hong Kong-Zhuhai-Macau Bridge)，直接照搬这个权威译名，全篇统一首字母大写、后文复指改用 the bridge / it，切勿一会儿 bridge 一会儿自造拼写。

大湾区

译为 the Greater Bay Area（约定俗成的官方译名），对应 大湾区总体规划 中的「大湾区」；全篇两处「大湾区」必须同一译法，首字母大写。

钢筋混凝土

意译为 reinforced concrete（固定术语，不可逐字拆成 steel and concrete），对应 钢筋混凝土大桥，作定语修饰 bridge。

区域一体化

译为 regional integration（固定搭配），对应 它将助推区域一体化，integration 此处为不可数、不加冠词。

1. 港珠澳大桥(Hong Kong-Zhuhai-Macau Bridge)全长55公里，是我国一项不同寻常的工程壮举。

【主干】桥作主语，串两个表语（主语策略：原句主语）

中文主语明确就是「大桥」，对应 港珠澳大桥(Hong Kong-Zhuhai-Macau Bridge)全长55公里。可把主谓宾定为 The Hong Kong-Zhuhai-Macau Bridge is an extraordinary engineering feat（主语 The bridge + 系动词 is + 表语 feat），把「全长55公里」当成主语的修饰信息先放一边。

【降级】「全长55公里」降级成定语

「全长55公里」不必单独成句，可处理成同位语 a 55-kilometer-long sea crossing 或后置定语 with a total length of 55 kilometers 挂到主干上，对应 全长55公里；「我国一项」译成 in China / China's 即可，无须把「我国」拗成独立分句。整句重构为 The Hong Kong-Zhuhai-Macau Bridge, with a total length of 55 kilometers, is an extraordinary engineering feat in China.

【语法】时态

回指全篇基调，用一般现在时 is——陈述这座桥现在就是一项工程壮举。

冠词

feat 是可数单数、表「一项」，前面要加不定冠词 an (an extraordinary..., 注意 extraordinary 读音以元音开头用 an)。

复合形容词单复数

作前置定语的 55-kilometer-long 里 kilometer 用单数（连字符复合形容词中名词不加 s）；若用 with a total length of 55 kilometers 作后置，则 kilometers 用复数。

【译文】 The Hong Kong-Zhuhai-Macau Bridge, with a total length of 55 kilometers, is an extraordinary engineering feat in China.

2. 大桥将三个城市连接起来，是世界上最长的跨海桥梁和隧道系统。

【主干】 桥作主语，两个动作取一为主干（主语策略：原句主语）

主语仍是大桥，对应 大桥将三个城市连接起来。中文有「连接」「是...系统」两个谓语，可取「是世界上最长的...系统」作主干 It is the longest sea-crossing bridge-and-tunnel system in the world, 把「连接三个城市」降级处理。

【降级】 「连接三城」降级成现在分词定语

把「将三个城市连接起来」改写成现在分词短语 connecting the three cities 作后置定语或伴随状语，挂到主干上，对应 大桥将三个城市连接起来：It is the longest sea-crossing bridge-and-tunnel system in the world, connecting the three cities. 避免写成 The bridge connects... and is... 的双谓语流水句。

【语法】 时态

用一般现在时 is / connecting，回指全篇基调，陈述客观事实。

最高级冠词

「最长的」用最高级 the longest，最高级前必须加定冠词 the。

单复数

「三个城市」是复数，译 the three cities，cities 加 s；特指这三座具体城市，用定冠词 the。

【译文】 It is the longest sea-crossing bridge-and-tunnel system in the world, connecting the three cities.

3. 大桥将三个城市之间的旅行时间从3小时缩短到30分钟。

【主干】 桥作主语，缩短作谓语（主语策略：原句主语）

主语仍是大桥（用 It 承接），核心动词是「缩短」，宾语是「旅行时间」，对应 大桥将三个城市之间的旅行时间从3小时缩短到30分钟。主干定为 It cuts the travel time... from... to...。

【降级】 「从...到...」降级成 from...to... 状语

「从3小时缩短到30分钟」用 from three hours to 30 minutes 作状语挂在动词后，对应 从3小时缩短到30分钟；「三个城市之间的」用介词短语 between the three cities 作 travel time 的后置定语：It cuts the travel time between the three cities from three hours to 30 minutes.

【语法】 时态

用一般现在时 cuts / reduces，陈述这座桥现在就具备的功效；主语 It 单数第三人称，谓语加 s。

主谓一致

主语 It 是第三人称单数，动词须用 cuts / reduces（带 s），这是主体考生最易漏的三单。

用词搭配

「缩短（时间）」用 cut / reduce / shorten 均可，搭配 time 自然；数字 3 小时可写 three hours（小数字宜用英文单词），30 分钟写 30 minutes，复数加 s。

【译文】 It cuts the travel time between the three cities from three hours to 30 minutes.

4. 这座跨度巨大的钢筋混凝土大桥充分证明中国有能力建造创纪录的巨型建筑。

【主干】 桥作主语，证明作谓语带宾语从句（主语策略：原句主语）

主语是「这座...大桥」，核心动词「证明」，宾语是「中国有能力建造...」这一整件事，对应 充分证明中国有能力建造创纪录的巨型建筑。主干定为 This... bridge fully proves that China is capable of..., 宾语用 that 从句承载。

【降级】 「跨度巨大的钢筋混凝土」作前置定语，「有能力做」用 be capable of doing

「跨度巨大的」「钢筋混凝土」都作 bridge 的前置定语：This massive reinforced concrete bridge, 对应 这座跨度巨大的钢筋混凝土大桥；「有能力建造」用 be capable of building 或 has the ability to build, 「创纪录的巨型建筑」译 record-breaking mega-structures 作宾语。

【语法】 时态

主句 proves 用一般现在时（回指基调）；that 从句 is capable 也用现在时，陈述当下事实。

介词搭配

be capable of 后接动名词 building (of + doing), 不可接动词原形；若改用 the ability to build 则接动词原形。

单复数

「巨型建筑」泛指一类、非特指某一座，用复数 mega-structures / giant structures, 不加 the。

【译文】 This massive reinforced concrete bridge fully proves that China is capable of building record-breaking mega-structures.

5. 它将助推区域一体化，促进经济增长。

【主干】 它作主语，两个动作并列（主语策略：原句主语）

主语「它」承上指大桥，用 It；「助推」「促进」是两个并列动作，宾语分别是「区域一体化」「经济增长」，对应 它将助推区域一体化，促进经济增长。主干 It will boost... and promote..., 两动词共用主语、用 and 并列。

【降级】 本句结构简单，两宾语用固定搭配译出即可

无需深度降级。「区域一体化」译 regional integration, 「经济增长」译 economic growth, 对应 助推区域一体化，促进经济增长，两个动宾用 and 连成 boost regional integration and promote economic growth 即可。

【语法】 时态

中文「将」表对未来的推动作用，用一般将来时 will boost... and promote...（这是允许偏离现在时基调的一处：明确指向未来效应）。

并列动词形式一致

and 连接的两个动词须同形：will boost 后省略 will, 接动词原形 promote (will boost... and promote...), 不可写成 promotes。

单复数与冠词

integration、growth 均为不可数抽象名词，不加冠词、不加复数。

【译文】 It will boost regional integration and promote economic growth.

6. 大桥是中国发展自己的大湾区总体规划的关键。

【主干】 桥作主语，是...关键作主干（主语策略：原句主语）

主语是大桥（用 The bridge 或 It），核心是判断句「是...的关键」，对应 大桥是中国发展自己的大湾区总体规划的关键。主干 The bridge is key to... / is the key to....

【降级】 「中国发展自己的大湾区总体规划」整体作 to 的宾语

把「中国发展自己的大湾区的总体规划」处理成名词短语 China's master plan to develop its own Greater Bay Area，作 key to 的宾语，对应 中国发展自己的大湾区总体规划；「发展...」用不定式 to develop 作 plan 的后置定语。

【语法】 时态

用一般现在时 is，回指基调，陈述当下事实。

搭配与冠词

be key to 中 key 作形容词时可不加冠词 (is key to)；若 key 作名词则用 the key to。to 是介词，后接名词短语 China's master plan，不接动词。

物主代词

「自己的」译 its own——指代中国（国家用 its），呼应主语 China，别误用 his / their。

【译文】 The bridge is key to China's master plan to develop its own Greater Bay Area.

7. 中国希望将大湾区建成在技术创新和经济繁荣上能与旧金山、纽约和东京的湾区相媲美的地区。

【主干】 中国作主语，希望作谓语带不定式（主语策略：原句主语）

主语是中国，核心动词「希望」，对应 中国希望将大湾区建成...地区。主干 China hopes to turn the Greater Bay Area into a region...，用 hope to do + turn... into... 搭骨架，后面那一串「能与...相媲美的」是修饰 region 的定语，留到下一步降级。

【降级】 「能与...相媲美的」降级成定语从句

把「在技术创新和经济繁荣上能与旧金山、纽约和东京的湾区相媲美的」改写成定语从句 that rivals / can rival the bay areas of San Francisco, New York and Tokyo in technological innovation and economic prosperity，修饰 a region，对应 在技术创新和经济繁荣上能与旧金山、纽约和东京的湾区相媲美的地区；「在...上」用介词 in 引出比较的方面。

【语法】时态

China hopes 用一般现在时（回指基调，陈述中国当前的愿望）；定语从句 rivals / can rival 也用现在时。

主谓一致

主语 China 第三人称单数，谓语 hopes 加 s；定语从句先行词是单数 a region，关系代词 that 作主语时动词用 rivals（加 s）。

并列名词与介词

「旧金山、纽约和东京」三个并列专名 San Francisco, New York and Tokyo，最后两项间用 and；「在...方面」用 in (in technological innovation and economic prosperity)，别误用 on。

用词

「相媲美」用 rival / be comparable to / match；「技术创新」technological innovation，「经济繁荣」economic prosperity，均为抽象不可数名词，不加冠词。

【译文】 China hopes to turn the Greater Bay Area into a region that rivals the bay areas of San Francisco, New York and Tokyo in technological innovation and economic prosperity.

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Part I	写作	题目解析 →
Part II	听力	题目解析 →
Part III Section A	完形填空（选词填空）	题目解析 →
Part III Section B	长篇阅读（信息匹配）	题目解析 →
Part III Section C (1)	阅读理解（四选一）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	题目解析 →
Part IV	汉译英（段落翻译）	本题