

2023年6月·第1套 英语六级听力真题原文与答案解析

PAPER & KEY • 听力题和解析

听力题和解析

本卷全部 25 题的标准答案与完整录音文字稿由懒笔记基于2023年6月·第1套 英语六级听力原卷逐题核对整理。与试卷排版同一卷面层级：Part/Section 标题与各节 Directions 照原卷排印——真实听力考卷只印选项，题干由录音念出。其下按录音篇目逐篇排印：每篇先给完整录音文字稿（逐段中译），再逐题给出卷面题目与该题解析（题目、翻译、答案、定位、信号、替换与排除）。

真题卷第1套(2023-06) • 六级

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

Part II

Listening Comprehension

(30 minutes)

Section A

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

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

1 M: Hi, Lily, how's the new apartment?

M: 嗨, Lily, 新公寓怎么样?

2 W: It's okay.

W: 还行吧。

3 M: What? How can it be just okay when last week you were thrilled about the place and kept posting photos of it online?

M: 什么? 怎么会只是还行? 上周你还对那地方兴奋得不行, 一直在网上发照片呢。

4 W: Well, last week when I moved in, the apartment seemed cozy, just the right size for one person. But now it just seems tiny, shabby and solitary.

W: 嗯, 上周我刚搬进去的时候, 公寓感觉很温馨, 大小正好适合一个人住。但现在就觉得又小又破又孤单。

5 M: Ah, that's the problem. You miss your roommates from university, don't you?

M: 啊, 问题就在这儿。你想念大学室友了, 对吧?

6 W: I'm going to sound like an idiot, because I used to complain to you all the time about how crowded our dormitory room was, and about all the things they did to irritate me, like watching movies late at night without headphones, or talking loudly early in the morning. But now I miss them terribly.

W: 我这么说可能听起来很傻，因为我以前总跟你抱怨我们宿舍有多挤，还有她们做的那些让我烦的事，比如深夜看电影不戴耳机，或者一大早就大声说话。但现在我特别想念她们。

7 M: Of course you do. That's perfectly normal. When I got my first place I remember thinking I couldn't wait to live by myself and get away from my juvenile roommates and all their annoying habits. But then I began missing them and feeling lonely and thinking that our dormitory was like paradise, even though there were six of us guys in one small room.

M: 你当然会想念她们。这完全正常。我刚有自己住处的时候，记得我当时想着迫不及待要一个人住，摆脱那些幼稚的室友和他们所有烦人的习惯。但后来我开始想念他们，感到孤独，觉得我们的宿舍简直像天堂一样，尽管我们六个男生挤在一个小房间里。

8 W: I thought it was just me who felt like that.

W: 我还以为只有我有这种感觉。

9 M: Look, you lived at home with us, and then you had three roommates, and this is your first time living alone. So it's hard. But your first apartment is a milestone in your life, and you should celebrate it. Tell me about the apartment.

M: 听着，你先是和我们住在家里，然后有三个室友，这是你第一次独自生活。所以会很难适应。但你的第一套公寓是你人生中的一个里程碑，你应该庆祝一下。跟我说说这公寓吧。

10 W: Actually, it's not bad. In fact, it's pretty adorable, now that I have decorated it and it has everything I need. I have a kitchen to cook in and a bathroom all to myself, and then another room with my bed at one end, and a sofa, a small table and chairs at the other end.

W: 其实还不错。事实上，挺可爱的，我把它装饰好了，需要的东西都有。我有厨房可以做饭，还有专属的卫生间，然后另一个房间一头是我的床，另一头是沙发、小桌子和椅子。

11 M: That does sound adorable and I can't wait to see it, and neither can mom and dad.

M: 听起来确实很可爱，我等不及想看看了，爸妈也是。

1. A) It was spacious and tranquil.

B) It was warm and comfortable.

C) It was shabby and solitary.

D) It was tiny and noisy.

【题目】 What was the woman's first impression of the apartment?

【翻译】 这位女士对这套公寓的第一印象是什么？

A) 宽敞而安静。 B) 温暖而舒适。 C) 破旧而孤独。 D) 狭小而嘈杂。

【答案】 B (细节题) It was warm and comfortable.

【定位】 Well, last week when I moved in, the apartment seemed cozy, just the right size for one person. But now it just seems tiny, shabby and solitary.

嗯，上周我刚搬进来时，公寓显得很温馨，对一个人来说大小正合适。但现在它只让人觉得又小、又破、又孤单。

【信号】 时间对照 last week...But now 切出'第一印象'。 答案句靠 last week when I moved in 与 But now 形成前后对照：转折前讲的是刚搬进来时（即第一印象），转折后才是现在的感受。题问 first impression，要取转折前那半句 the apartment seemed cozy, just the right size，别被 But now 后面的负面词带走。

【替换】 the apartment seemed cozy, just the right size for one person ↔ **It was warm and comfortable.**
cozy=warm and comfortable 的同义概括

【排除】 A) 偷换概念

It was spacious and tranquil. 说'宽敞安静'，但录音只说 just the right size for one person（一人正合适），并非宽敞，tranquil 安静也无对应，属偷换概念。

借用原文：just the right size for one person

C) 原词陷阱

shabby and solitary 两词录音确实念到，但出现在 But now it just seems tiny, shabby and solitary——是'现在'的感受，不是题问的'第一印象'，盗用原词答非所问。

借用原文：But now it just seems tiny, shabby and solitary

D) 原词陷阱

It was tiny and noisy. 中 tiny 是转折后'现在'的词（now it just seems tiny），noisy 录音根本没提；既错时间点又有未提及成分。

借用原文：now it just seems tiny

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2. A) She no longer hates people talking loudly in the dorm.
B) She misses her roommates she used to complain about.
C) She begins to enjoy the movies she once found irritating.
D) She finds the crowded dorm as cozy as her new apartment.

【题目】 Why does the woman say she is going to sound like an idiot?

【翻译】 为什么这位女士说她听起来会像个傻瓜？

- A) 她不再讨厌人们在宿舍里大声说话。 B) 她怀念她曾经抱怨过的室友。
C) 她开始喜欢她曾经觉得烦人的电影。 D) 她觉得拥挤的宿舍和她的新公寓一样舒适。

【答案】 B（细节题） She misses her roommates she used to complain about.

【定位】 I'm going to sound like an idiot, because I used to complain to you all the time about how crowded our dormitory room was, and about all the things they did to irritate me... But now I miss them terribly.

我接下来说的会显得很傻，因为我以前老是跟你抱怨宿舍多么拥挤、室友们做的种种让我心烦的事.....可现在我却特别想念他们。

【信号】 **because** 引出原因 + **But now** 给出反转落点。答案句由 because 直接引出'为何像傻瓜'的原因，又用 But now I miss them terribly 把态度反转到落点：以前抱怨、现在却想念，这一反差正是她说自己像傻瓜的缘由。because 与 But now 两个信号叠加锁定此句。

【替换】 I used to complain to you all the time about how crowded our dormitory room was ↔

she used to complain about

used to complain 原义保留、对象概括为 roommates

But now I miss them terribly ↔ **She misses her roommates**

miss them=misses her roommates, 代词还原

【排除】 A) **与原文相反**

She no longer hates people talking loudly in the dorm. 盗用录音 talking loudly early in the morning 这个原词，但录音说的是'这曾让我心烦'，并没说'不再讨厌'，no longer 是凭空加的极性反转。

借用原文：talking loudly early in the morning

C) **原词陷阱**

She begins to enjoy the movies she once found irritating. 把录音 watching movies late at night without headphones 和 irritate 拼起来，但录音只说这些事曾让她心烦，从未说她现在'开始享受电影'，属答非所问。

借用原文：watching movies late at night without headphones

D) **原词陷阱**

She finds the crowded dorm as cozy as her new apartment. 借用 crowded、cozy 等词，但录音只说想念室友，从未把'拥挤的宿舍'与'新公寓'做'一样温馨'的比较，属无中生有。

借用原文：how crowded our dormitory room was

3. A) He found the apartment perfectly furnished.

B) He had a feeling of despair and frustration.

C) He had a similar feeling to the woman's.

D) He felt the new place was like paradise.

【题目】 **What do we learn about the man when he left the dormitory to live on his own?**

【翻译】 当这位男士离开宿舍独自生活时,我们了解到关于他的什么情况?

A) 他发现这套公寓家具齐全。 B) 他有一种绝望和沮丧的感觉。

c) 他有与这位女士相似的感觉。 D) 他觉得新地方就像天堂一样。

【答案】 **C** (细节题) He had a similar feeling to the woman's.

【定位】 When I got my first place I remember thinking I couldn't wait to live by myself... But then I began missing them and feeling lonely and thinking that our dormitory was like paradise, even though there were six of us guys in one small room.

我有了自己第一个住处时，记得当时心想终于可以一个人住了.....可后来我开始想念他们、感到孤单，觉得我们的宿舍简直像天堂，哪怕当时我们六个大男生挤在一间小屋里。

【信号】 But then 后的'想念、孤单'与女方感受平行。男方先说当初迫不及待独居，But then I began missing them and feeling lonely 转折后才是真实感受：想念室友、感到孤单。这与女方'now I miss them terribly'完全平行，正应了选项'与女方感受相似'。But then 是锁定真实感受的信号。

【替换】 But then I began missing them and feeling lonely ↔ **He had a similar feeling to the woman's.**
男方'想念+孤单'平行于女方同款感受=similar feeling

【排除】 A) **未提及**

He found the apartment perfectly furnished. 录音里男方谈的是情绪（想念、孤单），从未说他的住处家具完美齐备，属未提及。

B) **过度推断**

He had a feeling of despair and frustration. 把男方的 feeling lonely（孤单）夸大成 despair（绝望）、frustration（沮丧），情绪程度被大幅拔高，属过度推断。

借用原文：feeling lonely

D) **张冠李戴**

He felt the new place was like paradise. 盗用原词 paradise，但录音 thinking that our dormitory was like paradise 说的是'宿舍像天堂'，绝非'新住处像天堂'，把对象张冠李戴了。

借用原文：thinking that our dormitory was like paradise

4. A) Go to see the woman's apartment.

B) Make a phone call to his parents.

C) Buy some furniture for the woman.

D) Decorate the woman's apartment.

【题目】 What does the man say he can't wait to do?

【翻译】 这位男士说他迫不及待想做什么？

A) 去看这位女士的公寓。 B) 给他的父母打个电话。 C) 给这位女士买些家具。

D) 装修这位女士的公寓。

【答案】 A (细节题) Go to see the woman's apartment.

【定位】 That does sound adorable and I can't wait to see it, and neither can mom and dad.

那听起来确实很可爱，我都等不及要去看看了，爸妈也一样等不及呢。

【信号】 意愿标志 I can't wait to see it 直接给出动作。答案句的信号就是 I can't wait to see it, can't wait to 后面的 see it 即男方迫不及待要做的事; it 指上文女方的公寓。题干问 can't wait to do, 顺着这个词在原文里一找即得。

【替换】 I can't wait to see it ↔ Go to see the woman's apartment.

see it→go to see the apartment, 代词还原

【排除】 B) **原词陷阱**

Make a phone call to his parents. 借用录音 neither can mom and dad 里的父母, 但男方说的是'爸妈也等不及(想看公寓)', 并非'要打电话给父母', 属答非所问。

借用原文: neither can mom and dad

C) **未提及**

Buy some furniture for the woman. 中 furniture 与女方描述公寓时提到的 sofa、table 沾边, 但男方从未说要买家具, 属未提及。

D) **张冠李戴**

Decorate the woman's apartment. 盗用原词 decorate, 但录音 now that I have decorated it 说的是女方已经装饰好了, 并非男方迫不及待要去装饰, 张冠李戴。

借用原文: now that I have decorated it

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

1 W: Welcome to our program Book Talk. Our guest today is Frank Jones, a critic of our education system, and the author of a new book, How to Reform Our Universities.

W: 欢迎来到我们的节目《书籍对话》。今天的嘉宾是Frank Jones, 他是我们教育系统的批评家, 也是新书《如何改革我们的大学》的作者。

2 M: Hello, Susan.

M: 你好, Susan。

3 W: Frank, you support radically changing universities in America?

W: Frank, 你支持从根本上改变美国的大学吗?

4 M: Yes, I believe that the purpose of higher education is to prepare young people to enter the workforce, and that our current system fails to do this. We're allocating too many resources to disciplines that don't match the needs of employers.

M: 是的, 我认为高等教育的目的是为年轻人进入职场做准备, 而我们现行的系统未能做到这一点。我们给那些不符合雇主需求的学科分配了太多资源。

5 W: I think your attitude to education is a bit cynical, Frank. Surely the purpose of university is to prepare young people to participate fully in civic life, rather than just to find well-paid jobs.

W: 我觉得你对教育的态度有点愤世嫉俗, Frank。大学的目的是让年轻人充分参与公民生活做准备, 而不仅仅是找到高薪工作。

6 M: Susan, many young graduates struggle to find any job, let alone a good one. The job market is grim, particularly for students who study the arts.

M: Susan, 许多年轻毕业生连找份工作都很困难, 更别说找份好工作了。就业市场很严峻, 特别是对学习艺术的学生来说。

7 W: I agree that it isn't easy for young people to find work, but you propose closing down all departments that aren't directly related to science and technology. Is that really the solution?

W: 我同意年轻人找工作不容易, 但你提议关闭所有与科学技术没有直接关系的院系。这真的是解决办法吗?

8 M: You're overstating my point. My argument is that we need to use more of our budget on areas like science and engineering. To do that, we need to take money from subjects like literature and music.

M: 你夸大了我的观点。我的论点是我们需要把更多预算用在科学和工程这类领域。为了做到这一点, 我们需要从文学和音乐这类学科拿钱。

9 W: But the arts have value. They're an important part of our culture. Studying literature or music or sculpture might not result in a job in that area, but it helps young people to think about the world in a deeper way, which makes them better citizens and makes for a better society.

W: 但艺术是有价值的。它们是我们文化的重要组成部分。学习文学、音乐或雕塑可能不会在那个领域找到工作, 但它帮助年轻人以更深刻的方式思考世界, 这让他们成为更好的公民, 也造就更好的社会。

10 M: I agree that the arts are valuable to society, but it's naive to think that not only the most talented, but all students should study them at university level. The arts are very competitive, and most graduates will end up with a great deal of debt, obtaining a degree that has little value on the job market.

M: 我同意艺术对社会有价值, 但认为不仅最有天赋的学生, 而且所有学生都应该在大学层面学习艺术, 这种想法很天真。艺术竞争非常激烈, 大多数毕业生最终会背负大笔债务, 获得一个在就业市场上价值不大的学位。

5. A) He works as a literary critic.

B) He hosts an educational program.

C) He has initiated a university reform.

D) He has published a book recently.

【题目】 What do we learn from the conversation about the man?

【翻译】 从对话中我们了解到这位男士什么信息?

A) 他从事文学评论工作。 B) 他主持一档教育节目。 C) 他发起了一项大学改革。

D) 他最近出版了一本书。

【答案】 D (细节题) He has published a book recently.

【定位】 Our guest today is Frank Jones, a critic of our education system, and the author of a new book, How to Reform Our Universities.

我们今天的嘉宾是 Frank Jones, 他是我国教育体制的一位批评者, 也是一本新书《如何改革我们的大学》的作者。

【信号】 开场介绍嘉宾句。答案信号是主持人开篇介绍嘉宾的固定句式 Our guest today is Frank Jones, 这类“今天的嘉宾是……, 他是……的作者”的引荐句, 必然交代人物身份, 是细节题的天然落点。

【替换】 the author of a new book, How to Reform Our Universities ↔ **He has published a book recently.**
“新书作者”=“最近出书”

【排除】 A) 原词陷阱

录音确说他是 a critic of our education system (教育体制的批评者), A 盗这个 critic 改成 a literary critic. (文学评论家) ——把“批评教育”偷换成“文学评论”, 是听到 critic 就想选的原词陷阱。

借用原文: a critic of our education system

B) 张冠李戴

He hosts an educational program. (他主持一档教育节目) 说反了人物: 主持节目的是女方 Susan (Welcome to our program Book Talk), 男方只是受访嘉宾, 把主持人的身份安到嘉宾头上。

借用原文: Welcome to our program Book Talk

C) 过度推断

He has initiated a university reform. (他已发起一场大学改革) 盗用了书名里的 reform (How to Reform Our Universities)。他只是写书“主张”改革, 并未真的发起改革, 把“写书谈改革”夸成“已发起改革”, 属过度推断。

借用原文: How to Reform Our Universities

6. A) It fails to keep up with the radical changes of society.

B) It fails to ensure universities get sufficient resources.

C) It has not prepared young people for the job market.

D) It has not fostered the growth of the arts disciplines.

【题目】 What does the man believe is the problem with the current American system of higher education?

【翻译】 这位男士认为当前美国高等教育体系存在什么问题?

A) 它未能跟上社会的剧烈变革。 B) 它未能确保大学获得充足的资源。

C) 它没有为年轻人进入就业市场做好准备。 D) 它没有促进人文艺术学科的发展。

【答案】 C (细节题) It has not prepared young people for the job market.

【定位】 I believe that the purpose of higher education is to prepare young people to enter the workforce, and that our current system fails to do this.

我认为高等教育的目的是让年轻人进入职场做好准备, 而我们现行的体制没能做到这一点。

【信号】被问者应答 + fails 否定。答案信号有二：一是这是男方对“你支持激进改革大学吗”的直接应答（被问者的回答处），二是句中 our current system fails to do this 的否定动词 fails，正点出“制度没做到的事”——即他眼中的问题。

【替换】prepare young people to enter the workforce ↔

It has not prepared young people for the job market.

workforce=job market

【排除】A) 原词陷阱

It fails to keep up with the radical changes of society. 借用了原文 radically changing (radically changing universities) 的 radical，但男方批的是“没对接就业”，并未说制度“跟不上社会的剧变”，把原词拼到一个原文没说的归因上。

借用原文：radically changing universities

B) 与原文相反

It fails to ensure universities get sufficient resources. 盗用原文 resources (allocating too many resources)。男方说的是资源“分配错地方（过多给了不匹配需求的学科）”，不是大学“拿不到足够资源”，方向正相反。

借用原文：allocating too many resources to disciplines that don't match the needs of employers

D) 与原文相反

It has not fostered the growth of the arts disciplines. (没扶持文科) 与男方立场完全相反：他主张少投文科、多投理工 (take money from subjects like literature and music)，怎会嫌文科扶持不够。这是把他的对立面安到他头上。

借用原文：take money from subjects like literature and music

7. A) More of the budget should go to science and technology.

B) The underfunded music discipline should be prioritized.

C) Subdisciplines like sculpture should get more funding.

D) Literature should get as much funding as engineering.

【题目】How should the education budget be allocated according to the man?

【翻译】根据这位男士的观点,教育预算应该如何分配?

A) 更多预算应该投向科学与技术。 B) 资金不足的音乐学科应该被优先考虑。

C) 像雕塑这样的分支学科应该获得更多资金。 D) 文学应该获得与工程学同等的资金。

【答案】A (细节题) More of the budget should go to science and technology.

【定位】My argument is that we need to use more of our budget on areas like science and engineering. To do that, we need to take money from subjects like literature and music.

我的主张是，我们需要把更多预算用在科学和工程这类领域。要做到这一点，我们就得从文学、音乐这类科目那里抽走经费。

【信号】立论句 **My argument is**。答案信号是男方亮明主张的标志句 **My argument is that we need to use more of our budget on areas like science and engineering——My argument is / we need to** 是典型的“建议 / 主张”信号，其后内容即他的真实立场。

【替换】use more of our budget on areas like science and engineering ↔

More of the budget should go to science and technology.

“多用预算于”=“更多预算应给”

【排除】B) **与原文相反**

The underfunded music discipline should be prioritized. 盗用原文 music (literature and music)。男方恰恰主张从 music 抽钱 (take money from)，而非优先扶持 music，方向完全相反。

借用原文：take money from subjects like literature and music

C) **张冠李戴**

Subdisciplines like sculpture should get more funding. 借用女方后文提到的 sculpture (literature or music or sculpture)。但这是女方为艺术辩护时举的例，男方的主张是给理工加钱、从文科抽钱，绝不会主张给雕塑这类细分文科加经费，既张冠李戴又方向相反。

借用原文：Studying literature or music or sculpture

D) **偷换概念**

Literature should get as much funding as engineering. 盗用 literature、engineering 两个原词，却把男方“偏向理工、从文学抽钱”的不均等主张，偷换成“文学与工程经费同等”。男方要的是倾斜，不是均分。

借用原文：take money from subjects like literature and music

-
8. A) Build a prosperous nation.
B) Make skilled professionals.
C) Create ingenious artists.
D) Cultivate better citizens.

【题目】What does the woman say the arts can do?

【翻译】这位女士认为人文艺术能够做什么？

- A) 建设繁荣的国家。 B) 培养技术熟练的专业人才。 C) 造就才华横溢的艺术家。
D) 培养更好的公民。

【答案】D (细节题) Cultivate better citizens.

【定位】Studying literature or music or sculpture might not result in a job in that area, but it helps young people to think about the world in a deeper way, which makes them better citizens and makes for a better society.

学习文学、音乐或雕塑，也许不会带来该领域的工作，但它能帮助年轻人更深入地思考世界，从而让他们成为更好的公民、造就更好的社会。

【信号】转折 but 后才是真意。答案信号是转折词 but——but it helps young people to think about the world in a deeper way, which makes them better citizens。but 之前的 might not result in a job 是让步铺垫，but 之后才是女方真正要强调的艺术功效。

【替换】which makes them better citizens ↔ Cultivate better citizens.

“使其成为更好公民”=“培养更好公民”

【排除】A) 偷换概念

Build a prosperous nation. 听上去接近原文 makes for a better society, 但 prosperous nation (繁荣国家) 与 better society (更好的社会) 并不等同，且题问“艺术能做什么”的核心落点是 better citizens; 把“更好的社会”拔成“建设繁荣国家”是偷换加拔高。

借用原文：makes for a better society

B) 未提及

Make skilled professionals. (培养技术能手) 原文从未出现。女方讲的是艺术让人“更深入地思考、成为更好公民”，与“培养职业技能人才”无关，属凭空添加。

C) 原词陷阱

Create ingenious artists. 紧贴 arts 话题，最像“学艺术就是培养艺术家”。但女方明说学艺术 might not result in a job in that area (未必能从事该行)，其价值在育人而非造艺术家，恰与“培养艺术家”相左。

借用原文：might not result in a job in that area

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 Do you ever have the annoying feeling that you don't have time to really think anymore? You are not alone. A variety of factors have conspired to rob us of time for reflection about ourselves and our lives. Today, our preoccupied minds are rarely silent. The average person receives hundreds of texts and voice messages a day, and holidays for many of us are action-packed weeks more likely full of family activities than opportunities for tranquility and contemplation.

你是否曾有过这种恼人的感觉，觉得自己再也没有时间真正思考了？你并不孤单。各种因素共同剥夺了我们反思自己和生活的时间。如今，我们忙碌的头脑难得安静。普通人每天会收到数百条短信和语音消息，对许多人来说，假期是充满家庭活动的忙碌一周，而不是获得宁静和沉思的机会。

2 Regular reflection, however, underlies all great professionals. It's a prerequisite for you to recharge your mental batteries, see things in a new light and tap into your creativity. Almost all of the great advisors that I have studied have found ways to get away from it all and contemplate their life and

work. Some researchers in the field of creativity, in fact, believe that insight occurs during the reflection and relaxation that follows a period of intense activity.

然而,定期反思是所有伟大专业人士的基础。这是你为精神电池充电、以新的眼光看待事物并激发创造力的先决条件。我研究过的几乎所有伟大的顾问都找到了远离一切、沉思生活和工作的方法。事实上,创造力领域的一些研究人员认为,顿悟发生在一段高强度活动之后的反思和放松期间。

3 Schedule time for reflection about your work or a particular project you're engaged in. I usually block out half an hour. Don't answer the phone. Push your papers to the side. Sketch, make lists, draw "mind maps" of ideas that come to you. At the end, write down any emerging ideas.

为反思你的工作或正在进行的特定项目安排时间。我通常会留出半小时。不要接电话。把文件推到一边。勾画草图、列清单、绘制脑海中浮现的想法的"思维导图"。最后,写下任何新出现的想法。

4 When you're alone, stop worrying and think. A lot of our down time is spent worrying about troublesome things in our lives or fantasizing about how we'd like our lives to be. Revisit things during moments of relaxation after a period of intense work. This is when we are the most creative.

当你独处时,停止担忧并思考。我们的大量空闲时间都花在担心生活中的麻烦事或幻想我们希望过上的生活上。在一段高强度工作后的放松时刻重新审视事情。这是我们最具创造力的时候。

9. A) It is quite common.
B) It is rarely noticed.
C) It seldom annoys people.
D) It occurs when one is alone.

【题目】 What do we learn about the feeling that one doesn't have time to think anymore?

【翻译】 关于人们不再有时间思考的感觉,我们了解到什么?

- A) 这种感觉相当普遍。 B) 这种感觉很少被注意到。 C) 这种感觉很少使人烦恼。
D) 这种感觉在独处时发生。

【答案】 A (细节题) It is quite common.

【定位】 Do you ever have the annoying feeling that you don't have time to really think anymore? You are not alone.

你是否曾有那种烦人的感觉——觉得自己再也没时间好好思考了?你并不是一个人(很多人都这样)。

【信号】 应答式呼应 **You are not alone**。录音先抛出"没时间思考"的感受,紧接一句 You are not alone。——"你不是一个人"是对前面感受的直接回应与定性,等于说"这事很多人都有",这种自问自答后的定性句就是答案信号。

【替换】 You are not alone. ↔ **It is quite common.**

换说法表"普遍"

【排除】 B) 与原文相反

录音说这是 the annoying feeling (烦人的感觉), 明明是 "会让人烦", 选项 It is rarely noticed. 却说 "很少被注意到", 与录音强调它令人困扰相反——听到 annoying 就该排除 "没人注意"。

借用原文: the annoying feeling

C) 原词陷阱

选项 It seldom annoys people. 抠了录音原词 annoying 来骗 "听到就想选", 却把意思反过来说成 "很少惹人烦"; 录音的 the annoying feeling 恰恰说它烦人, 故 C 与原文相反。

借用原文: the annoying feeling

D) 张冠李戴

选项 It occurs when one is alone. 的 "独处时才发生" 在第 1 段并无依据; alone 一词是录音末段 When you're alone, stop worrying and think. 才出现、且讲的是 "独处时该怎么做", 与第 9 题这种感受何时发生无关, 属张冠李戴。

借用原文: When you're alone, stop worrying and think.

-
10. A) Seeing things in black and white.
B) Engaging in regular contemplation.
C) Having a special understanding of creativity.
D) Knowing how to make their mental batteries work.

【题目】 What trait do all great professionals share?

【翻译】 所有伟大的专业人士有什么共同特质?

- A) 以非黑即白的方式看待事物。 B) 定期进行沉思。 C) 对创造力有特殊的理解。
D) 懂得如何让他们的精神电池运转。

【答案】 B (细节题) Engaging in regular contemplation.

【定位】 Regular reflection, however, underlies all great professionals.

然而, 定期的反思是所有伟大专业人士的根基 (共同特质)。

【信号】 转折 however + 全称 all。句首 however 的转折把语气拉回正题, 紧跟 underlies all great professionals 用全称 all 概括所有专业人士的共同点——转折后 + 全称主语, 正是答案句的双重信号。

【替换】 Regular reflection ↔ Engaging in regular contemplation.

reflection=contemplation 同义替换

underlies all great professionals ↔ Engaging in regular contemplation.

"是根基" ↔ "从事此事"

【排除】 A) 偷换概念

录音说反思能让人 see things in a new light (以新眼光看事物)，选项 Seeing things in black and white. 抠 "seeing things" 半句，却篡改成 "非黑即白地看"，与 "用新视角" 含义相反，是偷换。

借用原文：see things in a new light

C) 过度推断

录音只说反思能 tap into your creativity (激发你的创造力)，并没说专业人士对创造力有 "特殊理解"；选项 Having a special understanding of creativity. 借原词 creativity，把 "激发创造力" 过度引申成 "特殊理解"，无中生有。

借用原文：tap into your creativity

D) 原词陷阱

录音说反思是 "recharge your mental batteries (给心理电池充电)" 的前提，选项 Knowing how to make their mental batteries work. 抠原词 mental batteries，却把意思偷换成 "懂得怎么让电池运转"——录音讲的是 "靠反思来充电"，不是 "懂得让电池工作" 这种能力，答非所问。

借用原文：recharge your mental batteries

-
11. A) Engaging in intense activity.
B) Fantasizing in one's downtime.
C) Working on a particular project.
D) Reflecting during one's relaxation.

【题目】 What do some researchers believe is conducive to creative ideas?

【翻译】 一些研究人员认为什么有助于产生创造性想法？

- A) 从事高强度活动。 B) 在停工期进行幻想。 C) 致力于某个特定项目。
D) 在放松期间进行反思。

【答案】 D (细节题) Reflecting during one's relaxation.

【定位】 Some researchers in the field of creativity, in fact, believe that insight occurs during the reflection and relaxation that follows a period of intense activity.

事实上，创造力领域的一些研究者认为，灵感出现在一段高强度活动之后的反思与放松期间。

【信号】 观点归属 believe that 引出落点。句子用 Some researchers...believe that 把观点归到研究者名下，正对题干所问；其后 insight occurs during the reflection and relaxation 才是真正回答 "什么利于创意" 的落点，须听到 believe that 后那整段才算抓全。

【替换】 insight occurs during the reflection and relaxation ↔ Reflecting during one's relaxation.

灵感发生于反思放松时 ↔ 放松时反思

insight ↔ conducive to creative ideas

insight=creative ideas

【排除】 A) 原词陷阱

录音说灵感发生在 "高强度活动之后" 的反思放松期, 选项 Engaging in intense activity. 却把原词 intense activity 拎出来, 说成 "灵感来自从事高强度活动本身"——录音明明讲的是 "活动之后" 而非 "活动之中", 时点被偷换。

借用原文: a period of intense activity

B) 张冠李戴

选项 Fantasizing in one's downtime. 的 fantasizing、downtime 来自末段 fantasizing about how we'd like our lives to be, 而那里恰恰说幻想是浪费 down time、要被纠正的, 并非利于创意; 既张冠李戴又取反义。

借用原文: fantasizing about how we'd like our lives to be

C) 答非所问

选项 Working on a particular project. 的 particular project 来自第 3 段 a particular project you're engaged in, 那是讲 "为某个项目安排反思时间" 的操作建议, 并非研究者所说的 "创意来源"; 本题问的是 conducive to creative ideas, 与做项目无关。

借用原文: a particular project you're engaged in

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

1 Even before Colorado was a state, it had post offices. The first opened in 1859, in a settlement founded by migrants searching for gold. Life could be unpredictable out west—gold failed to appear, drought ruined farmers and settlers clashed with Native Americans. On the settlement's location now stands a sprawling university campus. Amid all the changes, one feature remained constant—the postal service.

甚至在科罗拉多成为一个州之前, 它就有了邮局。第一家邮局于1859年开设, 位于一个由寻找黄金的移民建立的定居点。西部的生活可能难以预测——黄金未能出现, 干旱毁掉了农民, 定居者与美洲原住民发生冲突。如今在该定居点的位置上矗立着一座庞大的大学校园。在所有这些变化中, 有一个特征始终保持不变——邮政服务。

2 The maps tracing America's westward expansion are telling. In 1864, there were few postal branches on land controlled by Native Americans, which still accounted for most of the West. Over the next 25 years, post offices grew quickly. Colonization of the West could be regarded as a result of big government rather than pioneers. As federal subsidies and land grants tempted people into the deserts and plains, the post kept them connected.

追踪美国西进扩张的地图很能说明问题。1864年, 在美洲原住民控制的土地上只有少数邮政分支机构, 而这些土地仍占西部的大部分。在接下来的25年里, 邮局迅速增长。西部的殖民可以被视为大政府而非拓荒者的成果。随着联邦补贴和土地赠予吸引人们进入沙漠和平原, 邮政使他们保持联系。

3 In the mid-19th century, the Post Office Department was far from a centralized bureaucracy. To keep up with migration patterns, postal services were added to existing businesses. The federal government commissioned private wagons to carry the mail. Short-term contracts were granted to local businessmen

to act as postmasters. These partnerships enabled the mail to quickly follow migrants, helping knit together remote parts of the country.

在19世纪中叶,邮政部门远非一个集中化的官僚机构。为了跟上移民模式,邮政服务被添加到现有企业中。联邦政府委托私人马车运送邮件。短期合同被授予当地商人担任邮政局长。这些合作伙伴关系使邮件能够快速跟随移民,帮助将国家偏远地区编织在一起。

4 Mr. Blevins, a digital historian, wrote a book on the history of the US postal service. He used data science to analyze historical trends. Most strikingly, he built an accompanying website, complete with interactive maps. They show readers how, within a generation, the postal service helped colonize a continent. These online interactive maps illustrate the formative power of snail mail.

数字历史学家Blevins先生撰写了一本关于美国邮政服务历史的书。他使用数据科学来分析历史趋势。最引人注目的是,他建立了一个配套网站,配有交互式地图。它们向读者展示了在一代人的时间内,邮政服务如何帮助殖民了一个大陆。这些在线交互式地图说明了传统邮件的塑造力量。

12. A) Farmers helped Native Americans grow crops.

B) There were expansive university campuses.

C) There existed post offices.

D) Migrants found gold there.

【题目】 What does the passage say about Colorado before it became a state?

【翻译】 文章关于Colorado成为州之前说了什么?

A) 农民帮助美洲原住民种植农作物。 B) 那里有广阔的大学校园。 C) 那里存在邮局。

D) 移民在那里发现了黄金。

【答案】 C (细节题) There existed post offices.

【定位】 Even before Colorado was a state, it had post offices. The first opened in 1859, in a settlement founded by migrants searching for gold.

甚至在科罗拉多成为一个州之前,它就已经有了邮局。第一家邮局于1859年在一个由寻金移民建立的定居点开张。

【信号】 开篇 before...was a state 直接点题。录音开篇即用 Even before Colorado was a state, it had post offices, before...a state 与题干完全对应,是直接给出事实的点题句,无需转折即可锁定。

【替换】 it had post offices ↔ There existed post offices.

had 与 There existed 同义换说

【排除】 A) 原词陷阱

Farmers helped Native Americans grow crops. 借用了录音里的 Native Americans, 但原文是 settlers clashed with Native Americans, 讲的是定居者与原住民发生冲突, 根本没有农民帮原住民种地这回事。

借用原文: settlers clashed with Native Americans

B) 原词陷阱

There were expansive university campuses. 借了录音的 university campus, 但原文是 On the settlement's location now stands a sprawling university campus, 明说大学校园是如今才矗立在那里的, 不是建州前就有, 时间被偷换。

借用原文: now stands a sprawling university campus

D) 与原文相反

Migrants found gold there. 借了录音的 gold 和 migrants, 但原文是 gold failed to appear, 明说金子并未出现, 移民是去找金而没找到, 与选项说的找到金正好相反。

借用原文: gold failed to appear

13. A) It helped to boost the economy in the American West.

B) It provided job opportunities for many gold seekers.

C) It extended the influence of the federal government.

D) It kept people in the deserts and plains connected.

【题目】 How did the postal service contribute to America's westward expansion?

【翻译】 邮政服务如何促进了美国的西进运动?

A) 它帮助推动了美国西部的经济发展。 B) 它为许多淘金者提供了就业机会。

C) 它扩大了联邦政府的影响力。 D) 它使沙漠和平原地区的人们保持联系。

【答案】 D (细节题) It kept people in the deserts and plains connected.

【定位】 As federal subsidies and land grants tempted people into the deserts and plains, the post kept them connected.

当联邦补贴和土地授予吸引人们进入沙漠和平原时, 邮政把他们连接在了一起。

【信号】 the post kept them connected 直陈作用。 the post kept them connected 直接陈述邮政起的作用是把进入沙漠平原的人连接起来, 是本段讲贡献的落点句, 主语 the post 与题干主体对应, 无需转折即可锁定。

【替换】 the post kept them connected ↔ **It kept people in the deserts and plains connected.**
them 还原为 the deserts and plains 里的 people

【排除】 A) 未提及

It helped to boost the economy in the American West. 听上去合理，但录音从未说邮政提振了西部经济，本段只讲邮政把人连接起来，提振经济属于录音没说的内容。

B) 未提及

It provided job opportunities for many gold seekers. 蹭了前文寻金移民的话题，但录音讲邮政的作用是连接，从未说它给寻金者提供了就业机会，是把没说的就业作用安到邮政头上。

C) 原词陷阱

It extended the influence of the federal government. 借了录音的 federal，原文确有 big government 和 federal subsidies，但那是说西部开拓靠大政府，并非说邮政扩大了政府影响力，邮政被原文定的作用是连接而非扩张政府影响。

借用原文：Colonization of the West could be regarded as a result of big government

14. A) It employed Native Americans to work as postmen.

B) It commissioned private wagons to carry the mail.

C) It subsidized the locals who acted as postmasters.

D) It centralized postal services in its remote areas.

【题目】 What did the federal government do to meet the increasing demand for the postal service in the West?

【翻译】 联邦政府做了什么来满足西部对邮政服务日益增长的需求？

A) 它雇用美洲原住民担任邮递员。 B) 它委托私人马车运送邮件。

C) 它资助担任邮政局长的当地人。 D) 它在偏远地区集中邮政服务。

【答案】 B (细节题) It commissioned private wagons to carry the mail.

【定位】 The federal government commissioned private wagons to carry the mail.

联邦政府委托私人马车来运送邮件。

【信号】 主语 federal government 加动作 commissioned 直陈做法。 The federal government commissioned private wagons to carry the mail 以题干主体 federal government 作主语、紧跟动作 commissioned，直接陈述政府的做法，是讲政府措施那段的落点句。

【替换】 commissioned private wagons to carry the mail ↔

It commissioned private wagons to carry the mail.

几乎原句搬用，仅主语换为 It

【排除】 A) 张冠李戴

It employed Native Americans to work as postmen. 借了全篇出现的 Native Americans, 但录音从未说政府雇原住民当邮差, 本段讲的是委托私人马车和聘当地商人, 把没说的对象安进了动作里。

借用原文: settlers clashed with Native Americans

C) 原词陷阱

It subsidized the locals who acted as postmasters. 借了录音的 postmasters 和 locals, 但原文是 Short-term contracts were granted to local businessmen to act as postmasters, 讲的是把短期合同授予当地商人, 是 granted contracts 而非 subsidized, 动作被偷换。

借用原文: Short-term contracts were granted to local businessmen to act as postmasters

D) 与原文相反

It centralized postal services in its remote areas. 与原文相反, 原文明说 the Post Office Department was far from a centralized bureaucracy, 即邮政部门远非集中化机构, 选项却说政府把偏远地区邮政集中化, 极性相反。

借用原文: the Post Office Department was far from a centralized bureaucracy

-
15. A) He analyzed interactive maps of mail routes.
B) He read a large collection of books on the topic.
C) He examined its historical trends with data science.
D) He collected data about its impact on local business.

【题目】 What did Mr. Blevins do to study the history of the US postal service?

【翻译】 Blevins先生做了什么来研究美国邮政服务的历史?

- A) 他分析了邮路的交互式地图。 B) 他阅读了大量关于该主题的书籍。
C) 他用数据科学检验了其历史趋势。 D) 他收集了关于其对当地商业影响的数据。

【答案】 C (细节题) He examined its historical trends with data science.

【定位】 He used data science to analyze historical trends.

他运用数据科学来分析历史趋势。

【信号】 used...to 方法句直陈研究手段。 He used data science to analyze historical trends 用 used...to 句式直接陈述他用数据科学分析历史趋势, 是讲研究方法的核心句, 主语 He 与题干 Mr. Blevins 对应。

【替换】 used data science to analyze historical trends ↔

He examined its historical trends with data science.

used...to analyze 与 examined...with 同义换说

【排除】 A) 原词陷阱

He analyzed interactive maps of mail routes. 借了录音的 interactive maps, 但原文是 he built an accompanying website, complete with interactive maps, 地图是他做出来的成果, 不是他用来研究的方法, 方向被偷换。

借用原文: he built an accompanying website, complete with interactive maps

B) 与原文相反

He read a large collection of books on the topic. 借了录音的 book, 但原文是 wrote a book on the history of the US postal service, 他是写了一本书, 不是读了大量书, 动作正好相反。

借用原文: wrote a book on the history of the US postal service

D) 原词陷阱

He collected data about its impact on local business. 借了 data 一词, 但录音只说他用数据科学分析趋势, 从未说他收集关于对本地商业影响的数据, impact on local business 是录音没有的内容。

借用原文: He used data science to analyze historical trends

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 In last week's lecture, we discussed reasons why people forget things. This week, we will discuss a surprising reason why we might remember some things—anxiety.

在上周的讲座中,我们讨论了人们忘记事情的原因。本周,我们将讨论一个令人惊讶的原因,即为什么我们可能会记住某些事情——焦虑。

2 Think about something as simple as buying a coffee. That may not seem like an experience that would make a deep impression on your memory, but anxiety could change that. In fact, a new study suggests that people with higher anxiety levels might remember certain information better than people with lower anxiety levels. That's because higher levels of anxiety may make people more susceptible to negative feelings, putting them in a more negative state of mind. That in turn may make them able to better remember some events.

想想买咖啡这样简单的事情。这似乎不像是一种会给你的记忆留下深刻印象的经历,但焦虑可能会改变这一点。事实上,一项新研究表明,焦虑水平较高的人可能比焦虑水平较低的人更能记住某些信息。这是因为较高的焦虑水平可能使人们更容易产生负面情绪,使他们处于更消极的心理状态。这反过来可能使他们能够更好地记住某些事件。

3 Let's take a closer look at that new study now. In the study, the researchers started by giving 80 undergraduate students an anxiety test. The test measured the participants' anxiety levels over the

preceding two weeks. Then, to test memory, the participants were shown a series of neutral words, one at a time. Some of the words were printed on to photos of negative scenes, meaning images that could affect their emotions negatively, such as a photo of a car accident or a cemetery. The rest of the words were printed on to photos of neutral scenes, such as a photo of a lake or trees. Neutral words included words like "table" or "desk" that don't elicit emotion. Later, the participants were asked to think back to the words they were shown earlier, which caused them to reenter either a negative or a neutral mindset. The participants were then presented with another set of neutral words, and their memory of these new words was tested.

现在让我们更仔细地看看这项新研究。在研究中,研究人员首先对80名本科生进行了焦虑测试。该测试测量了参与者在两周的焦虑水平。然后,为了测试记忆,参与者被展示了一系列中性词汇,一次一个。其中一些词汇被印在负面场景的照片上,即可能对他们的情绪产生负面影响的图像,例如车祸或墓地的照片。其余的词汇被印在中性场景的照片上,例如湖泊或树木的照片。中性词汇包括像"桌子"或"书桌"这样不引发情绪的词汇。随后,参与者被要求回想他们之前看到的词汇,这使他们重新进入负面或中性的心理状态。然后向参与者展示另一组中性词汇,并测试他们对这些新词汇的记忆。

4 The researchers found that the new words presented to people in a negative mindset were better remembered by people with higher levels of anxiety than those with lower levels of anxiety. In other words, when highly anxious individuals took in otherwise emotionally neutral information that was presented to them, it became colored by their negative mindset, making them remember the information better. But these same effects were not seen in people with low levels of anxiety.

研究人员发现,呈现给处于负面心理状态的人的新词汇,焦虑水平较高的人比焦虑水平较低的人记得更好。换句话说,当高度焦虑的个体接收到呈现给他们的原本情感中性的信息时,这些信息被他们的负面心态所影响,使他们更好地记住了这些信息。但这些相同的效应在低焦虑水平的人身上没有被观察到。

5 Previous studies have found that extreme levels of anxiety, such as those experienced by people diagnosed with an anxiety disorder, can be quite detrimental to memory and cognitive performance. But the highly anxious people in this study represent individuals who are managing their anxiety and for whom anxiety is not a serious problem.

以前的研究发现,极端的焦虑水平,例如被诊断患有焦虑症的人所经历的焦虑,可能对记忆和认知表现相当有害。但本研究中的高度焦虑者代表的是那些正在控制自己的焦虑且焦虑对他们来说不是严重问题的个体。

16. A) Higher levels of anxiety may improve people's memory.

B) Some experiences are easier to remember than others.

C) Most people tend to remember things selectively.

D) Simple things may leave a deep impression on one's memory.

【题目】 What does the speaker say the new study suggests?

【翻译】 说话者说新研究表明了什么?

A) 较高水平的焦虑可能会改善人们的记忆。 B) 某些经历比其他经历更容易记住。

C) 大多数人倾向于选择性地记住事情。

D) 简单的事情可能会在人的记忆中留下深刻印象。

【答案】 **A** (细节题) Higher levels of anxiety may improve people's memory.

【定位】 In fact, a new study suggests that people with higher anxiety levels might remember certain information better than people with lower anxiety levels.

事实上，一项新研究表明，焦虑水平较高的人，可能比焦虑水平较低的人更能记住某些信息。

【信号】 提示词 **a new study suggests** 后即结论。录音里 a new study suggests that 是明确的结论引出语，凡听到“研究表明”这类话，紧跟其后的整句就是答案句，本句把 higher anxiety 与 remember...better 直接挂钩，正是研究结论。

【替换】 people with higher anxiety levels might remember certain information better ↔

Higher levels of anxiety may improve people's memory

"记得更好"改写成"提升记忆"

people with higher anxiety levels ↔ **Higher levels of anxiety**

名词化平移

【排除】 **D) 原词陷阱**

Simple things may leave a deep impression 盗用了录音 make a deep impression on your memory 里的 deep impression，但原文说的是“买咖啡这种简单事本来不会留下深刻印象”，是用来引出焦虑可改变这一点的铺垫反例，并非研究结论，听到 deep impression 就选会中招。

借用原文：make a deep impression on your memory

C) 未提及

Most people tend to remember things selectively 说“多数人有选择地记忆”，但录音只说高焦虑者“记得更好”(remember...better)，从没说“有选择地”(selectively)，也没说 most people，范围和限定词都是凭空加的。

B) 答非所问

Some experiences are easier to remember than others (有些经历比另一些更易记) 听上去对，但它只说“经历有难易之分”，完全没提研究的关键——是 anxiety 在起作用，把研究最核心的变量丢了，等于答非所问。

17. A) They classified the participants' mindset.

B) They showed some photos to the participants.

C) They measured the participants' anxiety levels.

D) They tested the size of the participants' vocabulary.

【题目】 **What did researchers do first in the new study?**

【翻译】 研究人员在新研究中首先做了什么？

A) 他们对参与者的心态进行了分类。 B) 他们向参与者展示了一些照片。

C) 他们测量了参与者的焦虑水平。 D) 他们测试了参与者的词汇量大小。

【答案】 C (细节题) They measured the participants' anxiety levels.

【定位】 In the study, the researchers started by giving 80 undergraduate students an anxiety test. The test measured the participants' anxiety levels over the preceding two weeks.

在这项研究中，研究者首先给 80 名本科生做了一个焦虑测试。该测试测量了被试在此前两周里的焦虑水平。

【信号】 顺序信号 **started by** 标出第一步。录音 the researchers started by giving 80 undergraduate students an anxiety test 用 started by (一开始就...) 明确标出研究的第一步，这是顺序题的定位灵魂，听到 started by 就锁定其后那个动作为"第一步"。

【替换】 giving 80 undergraduate students an anxiety test ↔ **measured the participants' anxiety levels**

做焦虑测试=测焦虑水平

80 undergraduate students ↔ **the participants**

上位词替换

【排除】 B) **原词陷阱**

showed some photos to the participants 盗用了录音 Some of the words were printed on to photos 里的 photos，看照片确实是研究的一步，但它发生在测焦虑之后（原文 Then...the participants were shown...），把它当成 first 就掉进了顺序陷阱。

借用原文：Some of the words were printed on to photos of negative scenes

D) **原词陷阱**

tested the size of the participants' vocabulary 借了录音反复出现的 words (词)，让人误以为在测词汇，但原文用词只是给被试看 a series of neutral words 作记忆材料，从没测过"词汇量大小"，testing vocabulary 纯属无中生有。

借用原文：the participants were shown a series of neutral words

A) **张冠李戴**

classified the participants' mindset 说给被试的心态分类，录音里确有 negative/neutral mindset (消极/中性心态) 的说法，但那是描述被试回想词语后进入的状态，研究者并没有"对被试心态做分类"这一操作步骤，属张冠李戴。

借用原文：caused them to reenter either a negative or a neutral mindset

18. A) Anxiety has become a serious problem for an increasing number of people.

B) Extreme levels of anxiety can adversely affect cognitive performance.

C) People diagnosed with anxiety disorder may forget things selectively.

D) There is no direct correlation between memory and levels of anxiety.

【题目】 What do we learn from previous studies about anxiety?

【翻译】我们从以往关于焦虑的研究中了解到什么？

- A) 焦虑已经成为越来越多人面临的严重问题。
- B) 极端水平的焦虑会对认知表现产生不利影响。
- C) 被诊断患有焦虑症的人可能会选择性地忘记事情。
- D) 记忆与焦虑水平之间没有直接关联。

【答案】 **B** (细节题) Extreme levels of anxiety can adversely affect cognitive performance.

【定位】 Previous studies have found that extreme levels of anxiety, such as those experienced by people diagnosed with an anxiety disorder, can be quite detrimental to memory and cognitive performance.

以往的研究发现，极端水平的焦虑——比如被诊断患有焦虑症的人所经历的那种——可能对记忆和认知表现相当有害。

【信号】 **来源词 Previous studies 引出答案句。** 录音 Previous studies have found that 直接对应题干的 previous studies，凡题干限定的来源词在原文原样出现，那一句就是答案句，本句给出极端焦虑"有害于记忆和认知"的发现。

【替换】 extreme levels of anxiety ↔ **Extreme levels of anxiety**

程度词原样保留

can be quite detrimental to memory and cognitive performance ↔

can adversely affect cognitive performance

detrimental=adversely affect

【排除】 C) **原词陷阱**

People diagnosed with anxiety disorder may forget things selectively 盗用了录音 people diagnosed with an anxiety disorder 这个原词组，但原文说焦虑症患者的极端焦虑"有害于记忆和认知"，从没说他们"有选择地遗忘(forget...selectively)"，selectively 是凭空加的。

借用原文：those experienced by people diagnosed with an anxiety disorder

D) **与原文相反**

There is no direct correlation between memory and levels of anxiety 说焦虑与记忆"无直接关联"，可录音 previous studies 明说极端焦虑 detrimental to memory，本研究又说高焦虑者"记得更好"，处处都在讲二者有关联，D 把结论说反了。

借用原文：can be quite detrimental to memory and cognitive performance

A) **与原文相反**

Anxiety has become a serious problem for an increasing number of people 说焦虑成了越来越多人的严重问题，但原文末句恰恰说本研究里的高焦虑者 anxiety is not a serious problem (焦虑对他们不是严重问题)，且全文谈的是"以往研究"而非"人数增多"，A 既偏题又与原文相反。

借用原文：anxiety is not a serious problem

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

1 Over the past 20 years, the internet has gradually become a dominant feature of our lives. It has changed how we communicate with each other, and it has definitely transformed the way we do business with each other. Marketing has also changed in a number of ways. For instance, in the past, consumers had to call a phone number and patiently wait on hold, in order to get the information they wanted. Today, they want the information immediately. They'll go to the company's social media page and post comments and questions, expecting to receive an immediate response. If they don't get their questions answered soon, they'll move on to another company that will answer them quickly.

在过去20年里,互联网逐渐成为我们生活中的主导特征。它改变了我们彼此沟通的方式,也彻底改变了我们彼此做生意的方式。营销也在许多方面发生了变化。例如,过去消费者必须拨打电话号码并耐心等待,才能获得他们想要的信息。如今,他们希望立即获得信息。他们会访问公司的社交媒体页面发表评论和提问,期望立即得到回复。如果他们的问题不能很快得到解答,他们就会转向另一家能够快速回答问题的公司。

2 Marketing departments today need to follow technological development. For example, this year's smartphone is smarter than last year's; self-driving cars are now on the road. Marketers have to do research on which technologies are coming into being. Otherwise, they risk being left behind in the virtual dust. Marketing has also changed due to the importance of video. People don't just want to read text; they want to watch things happening. Companies now have to explore how they can use video on a consistent basis to share information about their businesses. Fortunately, it's extremely easy to shoot something these days. All you need is a smartphone.

如今的营销部门需要跟上技术发展的步伐。例如,今年的智能手机比去年的更智能;自动驾驶汽车现在已经上路了。营销人员必须研究哪些技术正在兴起。否则,他们就有被抛在虚拟尘埃中的风险。营销也因视频的重要性而发生了变化。人们不只是想阅读文字;他们想看到事情的发生。公司现在必须探索如何持续使用视频来分享关于其业务的信息。幸运的是,如今拍摄视频极其容易。你所需要的只是一部智能手机。

3 But what's the result of all this? Shorter attention spans. We aren't the same people that we were 20 years ago. Not only have we grown accustomed to getting the information we want instantaneously, our attention spans are much shorter. If something doesn't capture our attention within a few seconds, we're on to the next piece of content. Marketers need to figure out ways to speak directly to the customers' emotions, and they need to figure out how to do that as quickly as possible. Once people are emotionally engaged, they'll stick with you.

但这一切的结果是什么呢?注意力持续时间更短了。我们已经不再是20年前的那些人。我们不仅习惯了即时获取想要的信息,我们的注意力持续时间也变得更短了。如果某样东西不能在几秒钟内吸引我们的注意力,我们就会转向下一条内容。营销人员需要找出直接触动客户情感的方法,而且他们需要尽可能快地找出如何做到这一点。一旦人们在情感上被吸引,他们就会持续关注你。

4 If marketing has changed this much in the past 20 years, imagine what the next 20 years will bring. In a recent survey, only 9% of marketers could say with confidence that their marketing efforts were actually working. Their confidence is being shaken, because the rules of the game change every year. That's why it's important for marketers to pay attention to the latest technological developments and

consider collaborating with technological innovators. That way, they'll be moving at the same pace as the tech industry.

如果营销在过去20年里已经发生了如此大的变化,想象一下未来20年将会带来什么。在最近的一项调查中,只有9%的营销人员能够自信地说他们的营销努力确实有效。他们的信心正在动摇,因为游戏规则每年都在变化。这就是为什么营销人员关注最新技术发展并考虑与技术创新者合作很重要。这样,他们就能与科技行业保持同步。

19. A) They compare products from different companies before making a choice.
B) They get information from other consumers' postings and comments.
C) They lose patience when their phone call is not promptly answered.
D) They expect to get instantaneous responses to their inquiry.

【题目】 What does the speaker say about today's consumers?

【翻译】 说话者对当今消费者有何评价?

- A) 他们在做出选择之前会比较不同公司的产品。
B) 他们从其他消费者的发帖和评论中获取信息。
C) 当他们的电话没有得到及时接听时,他们会失去耐心。
D) 他们期望对自己的询问得到即时回复。

【答案】 D (细节题) They expect to get instantaneous responses to their inquiry.

【定位】 Today, they want the information immediately. They'll go to the company's social media page and post comments and questions, expecting to receive an immediate response.

今天, 他们想要立刻得到信息。他们会跑到公司的社交媒体页面发评论、提问题, 期待立刻收到回应。

【信号】 对比信号 Today 后的真意。 前文用 in the past 讲过去打电话耐心等待, Today, they want the information immediately 用 Today 一转, 今昔对比里 Today 之后才是讲"今天的消费者", 正是题干所问, 这就是答案句。

【替换】 expecting to receive an immediate response ↔

expect to get instantaneous responses to their inquiry

immediate=instantaneous 同义替换

post comments and questions ↔ **to their inquiry**

提问=inquiry 概括替换

【排除】 C) 原词陷阱

lose patience when their phone call is not promptly answered 借了录音 call a phone number and patiently wait on hold 的"打电话/等待"原词，但那是 in the past 描述过去的做法，且录音说的是"耐心等待"，并非"失去耐心"，时间和意思双错。

借用原文：call a phone number and patiently wait on hold

B) 原词陷阱

get information from other consumers' postings and comments 借了录音 post comments and questions 的"发帖/评论"原词，但录音说的是消费者自己去公司页面发问以求快速回应，并没有说他们"从其他消费者"那里获取信息，多塞了 other consumers 这一层。

借用原文：post comments and questions

A) 未提及

compare products from different companies before making a choice 说的是"比较不同公司的产品再选"，录音通篇没讲消费者比价，只讲他们求快、求即时回应，属凭常识臆造。

-
20. A) Giving them rewards on the spot.
B) Broadening their scope of interest.
C) Speaking directly to their emotions.
D) Focusing on the details of the product.

【题目】 How do marketers capture consumers' attention as quickly as possible?

【翻译】 营销人员如何尽快吸引消费者的注意力？

- A) 当场给予他们奖励。 B) 拓宽他们的兴趣范围。 C) 直接诉诸他们的情感。
D) 关注产品的细节。

【答案】 C (细节题) Speaking directly to their emotions.

【定位】 Marketers need to figure out ways to speak directly to the customers' emotions, and they need to figure out how to do that as quickly as possible.

营销者需要想办法直接打动顾客的情感，而且要想办法尽可能快地做到这一点。

【信号】 建议信号 need to + 题干同词。Marketers need to figure out ways to 用 need to 给出明确做法，而且原句紧跟 as quickly as possible，和题干 as quickly as possible 逐字呼应，正是答案句。

【替换】 speak directly to the customers' emotions ↔ Speaking directly to their emotions

几乎原句重述

【排除】 D) 未提及

Focusing on the details of the product 听起来像营销常识，但录音讲的是打动情感、是"人们想看视频而非读文字"，反而暗示不要堆细节文字，原文并未让营销者聚焦产品细节。

B) 未提及

Broadening their scope of interest 录音从未提及"拓宽消费者兴趣范围"，全篇讲的是注意力变短、要快速打动情感，方向不搭。

A) 未提及

Giving them rewards on the spot 的"当场给奖励"录音通篇未提，与"打动情感、抓住短暂注意力"的主线无关。

21. A) Change the rules of the game in the market every year.

B) Keep up with the latest technological developments.

C) Learn from technological innovators to do business.

D) Make greater efforts to build up consumers' confidence.

【题目】 What does the speaker suggest marketers do to meet future challenges?

【翻译】 说话者建议营销人员做什么来应对未来的挑战？

A) 每年改变市场上的游戏规则。 B) 跟上最新的技术发展。

C) 向技术创新者学习如何做生意。 D) 加大努力建立消费者的信心。

【答案】 B (细节题) Keep up with the latest technological developments.

【定位】 That's why it's important for marketers to pay attention to the latest technological developments and consider collaborating with technological innovators.

这就是为什么营销者关注最新的技术发展、并考虑与技术创新者合作很重要。

【信号】 结论信号 That's why + it's important. 末段先讲未来挑战(信心被动摇、规则年年变)，再用 That's why it's important for marketers to 引出建议，That's why 加 it's important 是双重结论信号，这句即答案句。

【替换】 pay attention to the latest technological developments ↔

Keep up with the latest technological developments

pay attention to=keep up with 同义

【排除】 A) 原词陷阱

Change the rules of the game in the market every year 借了录音 the rules of the game change every year 的原话，但录音说的是"规则每年在变"(这是营销者面临的客观挑战/原因)，绝不是建议营销者"去改变规则"，把客观处境偷换成了主观建议。

借用原文：the rules of the game change every year

C) 原词陷阱

Learn from technological innovators to do business 借了录音 collaborating with technological innovators 的"科技创新者"原词，但录音说的是"与之合作"(collaborating with)，不是"向其学习做生意"(learn from...to do business)，动作被偷换。

借用原文：collaborating with technological innovators

D) 原词陷阱

Make greater efforts to build up consumers' confidence 借了录音 Their confidence is being shaken 的 confidence 原词，但原文说的是"营销者自己的信心被动摇"，根本不是"消费者的信心"，且讲者没建议去"建立消费者信心"，对象和建议双错。

借用原文：Their confidence is being shaken

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

1 You might be surprised to learn that the benefits of friendships extend beyond people's social life and into their work, which is interesting when considering the extent to which people sacrifice friendships, or at least the time they spend with friends, because of the extended hours they're devoting to work. Just last week, I was remarking to a colleague that I'm content with only one social engagement per week. But according to recent research, that's evidently not enough.

你可能会惊讶地发现，友谊的益处不仅延伸到人们的社交生活，还延伸到他们的工作中。考虑到人们因为投入到工作的时间延长而牺牲友谊，或者至少是牺牲与朋友相处的时间的程度，这一点很有趣。就在上周，我还向一位同事说，我对每周只有一次社交活动感到满足。但根据最近的研究，这显然是不够的。

2 In an initial study of more than 700 respondents, scholars from an American university analyzed the impact that friends, as opposed to family, have on self-esteem and well-being. Friends came out substantially on top. That's because to be someone's mate is a voluntary act, unlike family who people rarely get to choose. The researchers found that when people choose to cultivate and maintain supportive friendships with an individual, it means that the person is valued and worthy of their limited time. Such sentiments of value and worthiness boost our self-esteem.

在一项对700多名受访者的初步研究中，来自一所美国大学的学者分析了朋友(而非家人)对自尊和幸福感的影 响。朋友的影响远远超过家人。这是因为成为某人的朋友是一种自愿行为，不像家人，人们很少能够选择。研究人员发现，当人们选择与某个人培养和维持支持性的友谊时，这意味着这个人是有价值的，值得他们有限的时间。这种价值感和价值感会提升我们的自尊。

3 The second study comprised more than 300 participants. It proved that the better we feel about ourselves, the more likely we'll perform our job confidently and competently. This follow-up study found that non-work friends even improve people's job satisfaction. They have as much of an impact on how much they love their jobs as do the friends they have at work, despite not actually being at our place of

work. These types of friends tend to be our preferred outlet for venting about work-related matters. This is an avenue that may not be available at the office.

第二项研究包括300多名参与者。它证明了我们对自己的感觉越好,就越有可能自信而称职地完成工作。这项后续研究发现,非工作朋友甚至能提高人们的工作满意度。他们对人们热爱工作的程度的影响与工作朋友一样大,尽管他们实际上并不在我们的工作场所。这些类型的朋友往往是我们发泄与工作相关事务的首选渠道。这是一种在办公室可能无法获得的途径。

4 So even though friendships can be easy to neglect when confronted by pressures at work, or even pressures at home, neglecting our friends can turn out to be harmful and counterproductive. That's why, when determining how to create a better work-life balance, we need to consider not only how to balance work and family demands, but also how to cultivate and sustain supportive friendships. It's for this reason that managers should never discriminate when it comes to requests from employees for flexible work arrangements. It's irrelevant whether their need for a desired schedule is due to, say, parenting responsibilities, or a craving to hang out with a best mate. What matters is the opportunity to engage in a nourishing activity outside of work. That will definitely have a follow-on effect at work.

因此,尽管在面对工作压力甚至家庭压力时,友谊很容易被忽视,但忽视我们的朋友可能会产生有害和适得其反的结果。这就是为什么在决定如何创造更好的工作与生活平衡时,我们不仅需要考虑如何平衡工作和家庭需求,还需要考虑如何培养和维持支持性的友谊。正因为如此,管理者在处理员工的弹性工作安排请求时,绝不应该有任何歧视。他们对理想时间表的需求是由于育儿责任,还是渴望与最好的朋友相处,这无关紧要。重要的是有机会参与工作之外的滋养性活动。这肯定会对工作产生连锁效应。

22. A) People have only one social engagement per week.

B) Working together enhances friendship.

C) Few people have devoted friends.

D) Friendships benefit work.

【题目】 What does the speaker say is interesting?

【翻译】 说话者认为什么是有趣的?

A) 人们每周只有一次社交活动。 B) 一起工作能增进友谊。

C) 很少有人拥有忠诚的朋友。 D) 友谊有益于工作。

【答案】 D (细节题) Friendships benefit work.

【定位】 You might be surprised to learn that the benefits of friendships extend beyond people's social life and into their work, which is interesting when considering the extent to which people sacrifice friendships ... because of the extended hours they're devoting to work.

你或许会惊讶地发现,友谊的好处不止于社交生活,还延伸进了工作之中;考虑到人们为了延长工作时间而牺牲友谊,这一点尤其有意思。

【信号】 interesting 一词所在句,即题干所指那句。录音里 which is interesting 的 interesting 与题干 interesting 完全对应,它前面那句 the benefits of friendships extend beyond people's social life and into their work 就是讲者说『有意思』的内容,这是直接的词面信号,听到 interesting 即锁定。

【替换】 the benefits of friendships extend beyond people's social life and into their work ↔

Friendships benefit work.

『友谊好处延伸进工作』概括为『友谊有益工作』

【排除】 A) 原词陷阱

A: People have only one social engagement per week. 里的 one social engagement per week 是讲者后面 I'm content with only one social engagement per week 自述的个人情况，被搬来当选项，但题干问的是『什么有意思』，这只是讲者举的自身例子，答非所问。

借用原文：I'm content with only one social engagement per week

B) 与原文相反

B: Working together enhances friendship. 说『一起工作增进友谊』，箭头是工作→友谊；而录音 the benefits of friendships ... into their work 说的是友谊→工作。方向正好掉头，是预读时就提防的反向陷阱。

借用原文：the benefits of friendships extend beyond people's social life and into their work

C) 未提及

C: Few people have devoted friends. 断言『很少有人有忠实朋友』，录音通篇在讲友谊的益处，从没下过这个数量上的极端论断，属凭空捏造。

-
23. A) The impact of friends on people's self-esteem.
B) How supportive friends can be in the workplace.
C) How to boost one's sense of value and worthiness.
D) The role of family ties in people's mental well-being.

【题目】 What did researchers from an American university analyze in their initial study?

【翻译】 一所美国大学的研究人员在他们的初步研究中分析了什么？

- A) 朋友对人们自尊的影响。 B) 朋友在职场中能提供多大支持。
C) 如何提升一个人的价值感和自我价值。 D) 家庭关系在人们心理健康中的作用。

【答案】 A (细节题) The impact of friends on people's self-esteem.

【定位】 In an initial study of more than 700 respondents, scholars from an American university analyzed the impact that friends, as opposed to family, have on self-esteem and well-being.

在一项有 700 多名受访者的初步研究中，一所美国大学的学者分析了朋友（相对于家人）对自尊与幸福感的影响。

【信号】 initial study + analyzed, 题干用词逐字对应。录音 In an initial study ... analyzed the impact that friends ... have on self-esteem 把题干的 initial study、analyze 原样念出，这句就是首个研究的定义句；analyzed 后面跟的宾语即题干所问『分析了什么』，是直接的词面对应信号。

【替换】 the impact that friends, as opposed to family, have on self-esteem and well-being ↔

The impact of friends on people's self-esteem.

原话与选项几乎同构，仅剪掉 well-being

【排除】 B) **原词陷阱**

B:How supportive friends can be in the workplace. 里的 supportive、workplace 是录音别处出现过的词（如 supportive friendships），但首个研究分析的是 friends 对 self-esteem 的影响，不是『朋友在职场多支持』，张冠李戴。

借用原文：supportive friendships

C) **原词陷阱**

C:How to boost one's sense of value and worthiness. 用了录音 sentiments of value and worthiness boost our self-esteem 里的 value、worthiness，但那是研究推出的结论，不是研究『分析了什么』；且 C 把它说成『如何提升』，偷换成了方法问题，答非所问。

借用原文：Such sentiments of value and worthiness boost our self-esteem

D) **张冠李戴**

D:The role of family ties in people's mental well-being. 把 family 当成研究核心，但录音 friends, as opposed to family 里 family 只是用来反衬朋友的对照物，研究真正聚焦的是 friends，选 D 等于把配角当主角。

借用原文：friends, as opposed to family

24. A) They show little interest in their friends' work.

B) They tend to be much more difficult to make.

C) They are more trustworthy and reliable.

D) They increase people's job satisfaction.

【题目】 **What did the second study find about non-work friends?**

【翻译】 第二项研究对非工作朋友有什么发现？

A) 他们对朋友的工作兴趣不大。 B) 他们往往更难建立。 C) 他们更值得信赖和可靠。

D) 他们能提高人们的工作满意度。

【答案】 **D**（细节题） They increase people's job satisfaction.

【定位】 This follow-up study found that non-work friends even improve people's job satisfaction.

这项后续研究发现，非工作场合的朋友甚至能提升人们的工作满意度。

【信号】 **found that non-work friends... 直陈发现，即答案句。** 录音 This follow-up study found that non-work friends even improve people's job satisfaction 用 found that 直接引出现，主语正是题干的 non-work friends, even 还加重了语气，是把发现直接说出来的强信号句，听到即锁定。

【替换】 non-work friends even improve people's job satisfaction ↔

They increase people's job satisfaction.

improve = increase, job satisfaction 原样保留

【排除】 A) 与原文相反

A: They show little interest in their friends' work. 说非工作朋友几乎不关心朋友的工作，可录音 our preferred outlet for venting about work-related matters 恰说他们是吐槽工作的首选对象、很关心工作话题，意思正好相反。

借用原文：These types of friends tend to be our preferred outlet for venting about work-related matters

B) 未提及

B: They tend to be much more difficult to make. 称这类朋友更难结交，录音从头到尾没谈过交友难易，纯属添加。

C) 未提及

C: They are more trustworthy and reliable. 听上去顺着全文夸朋友，但录音对 non-work friends 的发现是提升工作满意度，从没说他们『更值得信赖、更可靠』，more 这个比较也无出处。

-
25. A) Allow employees to have a flexible work schedule.
B) Encourage employees to be friends with colleagues.
C) Help employees balance work and family responsibilities.
D) Organize activities to nourish friendships outside of work.

【题目】 What does the speaker suggest managers do?

【翻译】 说话者建议管理者做什么？

- A) 允许员工有灵活的工作时间安排。 B) 鼓励员工与同事成为朋友。
C) 帮助员工平衡工作和家庭责任。 D) 组织活动以培养工作之外的友谊。

【答案】 A (细节题) Allow employees to have a flexible work schedule.

【定位】 It's for this reason that managers should never discriminate when it comes to requests from employees for flexible work arrangements.

正因如此，管理者在面对员工提出的弹性工作安排请求时，绝不应区别对待。

【信号】 managers should never... 直接的建议句。录音 managers should never discriminate when it comes to requests from employees for flexible work arrangements 用 managers should never 直陈对管理者的建议，并落到 flexible work arrangements，正是题干 suggest managers do 所要的那句，建议句信号明确。

【替换】 managers should never discriminate when it comes to requests from employees for flexible work arrangements

↔ Allow employees to have a flexible work schedule.

『绝不区别对待弹性请求』正面化为『允许弹性安排』

【排除】B) 答非所问

B: Encourage employees to be friends with colleagues. 把建议窄化成『鼓励和同事交朋友』，但录音 non-work friends even improve people's job satisfaction 一直强调非工作朋友的价值，讲者给管理者的建议是弹性安排，从没让管理者撮合同事交友，答非所问。

借用原文：non-work friends even improve people's job satisfaction

C) 原词陷阱

C: Help employees balance work and family responsibilities. 搬用录音 how to balance work and family demands 的原词，但那是讲者谈 work-life balance 时的铺垫；他给管理者的落地建议是别歧视弹性安排请求，C 把铺垫当成了建议本身。

借用原文：how to balance work and family demands

D) 原词陷阱

D: Organize activities to nourish friendships outside of work. 把录音 the opportunity to engage in a nourishing activity outside of work 的 nourishing、outside of work 原词搬来，听上去最耳熟，但录音说的是『员工有机会参与工作外的滋养性活动』，并没让管理者去『组织活动』；管理者要做的是别歧视弹性请求，张冠李戴又偷换了动作。

借用原文：What matters is the opportunity to engage in a nourishing activity outside of work

SENTENCE INSIGHTS • 句子精讲

51 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。

W: I'm going to sound like an idiot, because I used to complain to you all the time about how crowded our dormitory room was, and about all the things they did to irritate me, like watching movies late at night without headphones, or talking loudly early in the morning.

第6段，第1句

句子覆盖主语、谓语、表语、宾语、状语(包括原因、目的、方式等多种类型)、定语等多种成分；原因状语从句内部结构复杂，包含并列介词短语、嵌套从句，且定语从句省略关系代词，适合训练成分划分和从句识别能力。

In fact, it's pretty adorable, now that I have decorated it and it has everything I need.

第10段，第2句

"now that" 引导的状语从句和定语从句中关系代词省略都是四六级和考研真题中的常见结构，主系表句型也是基础句式，学习后可广泛迁移。

M: That does sound adorable and I can't wait to see it, and neither can mom and dad.

第11段，第1句

本句涵盖主系表结构、情态动词谓语、不定式状语、倒装结构、承前省略等多种成分现象,尤其第三分句的否定词倒装和省略是常见易错点,适合作为成分划分练习

She misses her roommates she used to complain about.

第2题，B

主句加限制性定语从句的结构在四六级和考研阅读中极为常见,省略关系代词的现象也是高频考点。本句结构简洁典型,掌握后可直接迁移到大量同类句型,实用性强。

She finds the crowded dorm as cozy as her new apartment.

第2题，D

「感官动词 + 宾语 + 宾补」是考试中常考的基础句型，且 "as...as" 比较结构也频繁出现在真题中，掌握后可迁移到 find/consider/think 等动词的类似用法，具有较好的代表性。

M: Susan, many young graduates struggle to find any job, let alone a good one.

第6段，第1句

"struggle to do" 结构和 "let alone" 插入语在考试中偶有出现，但不算高频句式。作为简单句代表性一般。

Studying literature or music or sculpture might not result in a job in that area, but it helps young people to think about the world in a deeper way, which makes them better citizens and makes for a better society.

第9段，第3句

本句的结构高度典型：让步转折的并列主句 + 非限制性定语从句补充说明，是四六级和考研英语阅读中常见的议论文句式。动名词短语作主语、help sb to do sth 结构、make sb sth 结构、which 引导的非限制性定语从句，都是高频考点。掌握本句的拆解方法后，可以直接迁移到大量类似的长难句中。

What does the man believe is the problem with the current American system of higher education?

第6题 题干

本句是"特殊疑问句+宾语从句"的组合,且宾语从句省略了引导词"that",同时从句主语因疑问结构被提前,这种句式在四六级和考研听力、阅读中非常常见,掌握这类结构后可以直接应用于大量类似题目,具有很高的迁移价值。

It fails to keep up with the radical changes of society.

第6题，A

涉及 "fail to do" 固定搭配中不定式作宾语这一易混淆点，可用于练习区分不定式作宾语与作目的状语；但成分种类较单一，缺少定语从句、状语从句等丰富结构

It fails to ensure universities get sufficient resources.

第6题，B

"fail to do" 结构和 "ensure + 宾语从句" 都是四六级和考研中的高频句式。省略 that 的宾语从句也是常考点,本句作为这类结构的代表性例句,掌握后可广泛迁移

Literature should get as much funding as engineering.

第7题，D

"as ... as" 比较结构是四六级和考研英语阅读写作中的高频句式,且从句承前省略谓语的现象也十分常见。掌握本句结构后,学生可迁移至大量含比较结构或省略结构的句子,实用性较强。

The average person receives hundreds of texts and voice messages a day, and holidays for many of us are action-packed weeks more likely full of family activities than opportunities for tranquility and contemplation.

第1段，第5句

本句的并列主句 + 嵌套比较结构是四六级和考研阅读中的高频句式。并列句用于对比或递进论证，比较结构 more...than 常见于议论文和说明文，且本句的比较对象（充满活动 vs 宁静机会）属于抽象概念对比，与考试真题中常见的观点对比、利弊权衡类表达高度契合。此外，表语后置较长修饰成分的主系表结构、介词短语作定语、承前省略谓语等都是考试常考点。掌握本句结构后，学生可直接迁移至大量真题长句的分析，实用性和典型性都很强。

It's a prerequisite for you to recharge your mental batteries, see things in a new light and tap into your creativity.

第2段，第2句

"It is + 名词 + for sb to do" 是四六级和考研阅读中的高频句式，形式主语后置结构极具代表性，掌握后可大量迁移到类似句型。

On the settlement's location now stands a sprawling university campus.

第1段，第4句

本句虽结构简单，但完全倒装是高频易错点：地点状语前置引发主谓倒装，学生需练习在倒装句中准确定位主语和谓语的位置；此外还涉及地点状语、时间状语的识别，成分种类覆盖较全面，作为划分成分的练习句收益高。

The maps tracing America's westward expansion are telling.

第2段，第1句

本句使用"名词 + 现在分词短语作后置定语"加"系表结构"的组合，这是四六级和考研阅读中非常常见的句式，尤其是现在分词短语后置定语和系动词加形容词表语的结构在真题中频繁出现，掌握后可应用于大量类似句子的分析。

In 1864, there were few postal branches on land controlled by Native Americans, which still accounted for most of the West.

第2段，第2句

there be 存在句 + 非限制性定语从句的组合在四六级和考研阅读中频繁出现，句式结构具有很强的代表性和可迁移性，掌握后能快速识别同类句型

Colonization of the West could be regarded as a result of big government rather than pioneers.

第2段，第4句

"情态动词 + 被动语态"结构在四六级和考研阅读中高频出现,常用于表达观点、可能性或客观陈述,属于学术写作和正式表达的典型句式。"regard... as..."和"rather than"的搭配也是常见的比较和评价句型。掌握本句结构后,学生可以迁移到大量类似的"could/can/may be + 过去分词 + as..."句式,实用性较强。

As federal subsidies and land grants tempted people into the deserts and plains, the post kept them connected.

第2段，第5句

句首时间或原因状语从句 + 主句的结构在四六级和考研阅读中高频出现,属于典型的复合句式。主句的宾补结构也是常考点。掌握本句的分析方法可以迁移到大量类似句子。

In the mid-19th century, the Post Office Department was far from a centralized bureaucracy.

第3段，第1句

主系表结构搭配时间状语在四六级和考研阅读中较为常见，具有一定代表性，但本句过于简单，缺少从句、非谓语等常考复杂结构，典型性一般。

To keep up with migration patterns, postal services were added to existing businesses.

第3段，第2句

本句的结构在考试中较为典型：被动语态 "were added" 和句首不定式作目的状语 "To keep up with..." 都是四六级和考研中常见的句式；这种简单句加状语的组合在阅读和写作中频繁出现。掌握本句的分析方法后，学习者可以迁移到大量类似句型中，实用性较高。

What does the passage say about Colorado before it became a state?

第12题题干

特殊疑问句配合时间状语从句是考试阅读理解中的典型题干句式，常见于四六级和考研真题的提问部分。疑问词前置、助动词构成疑问语序、时间状语从句修饰主句动作，这些都是高频句式特征。掌握本句结构后，可以迁移到大量类似的题干句和长难句分析中。

There existed post offices.

第12题，C

there be/exist 句型是四六级和考研英语阅读写作中的高频句式,用于引出存在或出现的事物,本句是该句型的标准实例。这种倒装结构在学术文本和正式写作中大量出现,典型性较强,学习后可广泛应用。

How did the postal service contribute to America's westward expansion?

第13题 题干

特殊疑问句是四六级和考研英语阅读、听力中常见的句式,尤其在历史、社会话题的讨论中经常出现询问原因、方式的疑问结构。本句 How did 开头的句式具有一定代表性,掌握后可迁移到类似疑问句的理解。

In last week's lecture, we discussed reasons why people forget things.

第1段, 第1句

主句加限制性定语从句的结构在四六级和考研真题中频繁出现, "reasons why..." 这种名词加关系副词引导定语从句的搭配是典型的学术和说明性文体句式。掌握这种结构对阅读理解和写作都有较高的迁移价值。

This week, we will discuss a surprising reason why we might remember some things—anxiety.

第1段, 第2句

"主句 + 抽象名词 + 后置从句修饰"是阅读里很常见的句式, 像 "reason why ..." 这样的搭配也很典型。掌握这种识别路径, 能迁移到大量说明类和议论类句子。

That in turn may make them able to better remember some events.

第2段, 第5句

使役动词"make"加宾语加宾语补足语的结构是四六级和考研英语阅读中的高频句式, 考生需要熟练掌握这种结构以快速理解句意。情态动词"may"表达推测的用法也非常典型, 常出现在学术或说明性文本中。状语"in turn"用于承上启下的逻辑连接, 也是常见的衔接手段。整体而言, 本句的结构具有较强的代表性, 掌握后可迁移到大量类似句子的理解中。

The participants were then presented with another set of neutral words, and their memory of these new words was tested.

第3段，第9句

本句是学术写作中典型的实验流程描述句式:用并列句陈述先后步骤,用被动语态突出实验对象而非操作者。这种"A was done, and B was done"的并列被动结构在四六级和考研阅读的科技、实验类文章中非常常见。掌握这种句式后,学习者可以快速识别和理解类似的实验描述段落,迁移价值较高

In other words, when highly anxious individuals took in otherwise emotionally neutral information that was presented to them, it became colored by their negative mindset, making them remember the information better.

第4段，第2句

本句成分丰富且含多个易错点:主句有主语、系动词、表语、两个状语(时间状语从句、结果状语分词短语),状语从句有主语、谓语、宾语,定语从句有关系代词作主语、被动谓语、状语。学习者可练习区分表结构与被动语态、识别关系代词在从句中充当成分、定位被长状语从句分隔的主句主干,训练价值较高。

But the highly anxious people in this study represent individuals who are managing their anxiety and for whom anxiety is not a serious problem.

第5段，第2句

本句的"主句 + 并列限制性定语从句修饰宾语"结构在四六级和考研阅读中较为常见,尤其是用并列定语从句对某一名词进行多维度刻画的写法,是学术文本和说明文的典型句式。句首转折连词"But"引出对比观点,也是议论文常见的逻辑展开方式。掌握本句结构后,考生可将其迁移到类似的"定义+限定"型长句中,实用性较高。

People diagnosed with anxiety disorder may forget things selectively.

第18题，C

简单句含后置定语和情态动词结构，这种组合在四六级和考研阅读中频繁出现，是典型的基础句式，掌握后可广泛迁移。

For instance, in the past, consumers had to call a phone number and patiently wait on hold, in order to get the information they wanted.

第1段，第4句

并列谓语、目的状语、限制性定语从句（尤其省略关系代词）都是四六级和考研阅读中的高频句式。主句结构 "主语 + 情态结构 + 并列谓语 + 目的状语" 以及定语从句后置修饰名词的模式，在真题中反复出现，掌握后迁移价值高。

If they don't get their questions answered soon, they'll move on to another company that will answer them quickly.

第1段，第7句

"if 条件从句 + 主句(含定语从句)" 的结构在四六级和考研阅读中高频出现,且条件从句搭配一般现在时、主句搭配一般将来时是条件句的标准句式。定语从句修饰宾语中的名词也是常考结构,整体句式具有较强的代表性和可迁移性。

For example, this year's smartphone is smarter than last year's; self-driving cars are now on the road.

第2段，第2句

分号连接并列句是四六级和考研阅读中的常见句式,比较级结构也属于高频考点。但本句的比较结构较简单(只涉及所有格省略),没有更复杂的比较从句或多重修饰,典型性中等偏上。

Otherwise, they risk being left behind in the virtual dust.

第2段，第4句

"动词 + 动名词作宾语" 是四六级和考研阅读中的高频结构（如 avoid doing、risk doing），且本句中动名词采用被动式，进一步体现了真题中常考的非谓语被动用法。句首状语 "Otherwise" 引出条件转折也是典型的逻辑连接方式。

Marketing has also changed due to the importance of video.

第2段，第5句

"主语 + 现在完成时谓语 + 原因状语" 是很常见的说明类句式，像 "due to ..." 这样的原因表达也非常常见，掌握后容易迁移。

Fortunately, it's extremely easy to shoot something these days.

第2段，第8句

it 作形式主语、真正主语后置的结构在四六级和考研阅读中高频出现，是典型的避免头重脚轻的常用句式，掌握后可广泛迁移。

All you need is a smartphone.

第2段，第9句

本句包含主语从句充当主句主语这一重要语法点，对理解从句作主语的功能有训练价值。同时涉及系动词 + 表语的基本结构，以及主语从句内部的主谓宾划分。成分种类虽不算丰富，但主语从句这一知识点对初学者而言值得练习。

Not only have we grown accustomed to getting the information we want instantaneously, our attention spans are much shorter.

第3段，第4句

第一主句涵盖倒装后的主谓结构、系表结构、介词短语作表语补足成分、动名词短语作介词宾语、嵌套定语从句（关系代词省略）等多种成分；第二主句虽简单但提供主系表对比练习；整体成分种类丰富，倒装和从句嵌套是常见易错点，训练价值高。

Marketers need to figure out ways to speak directly to the customers' emotions, and they need to figure out how to do that as quickly as possible.

第3段，第6句

并列主句 + 嵌套宾语从句的结构在四六级和考研阅读中非常常见，"need to do"搭配和疑问词 + 不定式结构也是高频句式。掌握本句的分析方法可以迁移到大量类似句子上，具有较高的代表性和复用价值。

That's why it's important for marketers to pay attention to the latest technological developments and consider collaborating with technological innovators.

第4段，第4句

That's why引出表语从句，以及it is important for sb to do sth句式，都是四六级和考研阅读中的高频结构，具有较强的典型性和迁移价值。学生掌握该句式后，可应用于大量类似的因果说明和重要性评价句型。

That way, they'll be moving at the same pace as the tech industry.

第4段，第5句

将来进行时结构和比较结构 ("at the same pace as") 在四六级和考研阅读中较常出现，句首状语的用法也典型，具有一定代表性，但整体结构偏简单，难以覆盖更复杂的常考句式。

How do marketers capture consumers' attention as quickly as possible?

第20题题干

疑问词引导的特殊疑问句是考试常见句式，"as ... as possible" 结构和 "capture attention" 搭配在真题阅读中频繁出现，具有较好的迁移价值。

Keep up with the latest technological developments.

第21题，B

祈使句在口语和应用文中常见，短语动词搭配也是常考点，但该句型本身过于简单，在四六级或考研阅读长难句中出现频率不高，代表性一般。

You might be surprised to learn that the benefits of friendships extend beyond people's social life and into their work, which is interesting when considering the extent to which people sacrifice friendships, or at least the time they spend with friends, because of the extended hours they're devoting to work.

第1段，第1句

综合了结构复杂度和典型性，适合作为进阶语法练习，帮助学生攻克长难句的层级分析。

The researchers found that when people choose to cultivate and maintain supportive friendships with an individual, it means that the person is valued and worthy of their limited time.

第2段，第4句

句子结构高度典型：主句 + 宾语从句、宾语从句内嵌套时间状语从句和主语从句、it 作形式主语、不定式作宾语、被动语态表达评价等，都是四六级和考研阅读中的常见句式。掌握后可复用于大量类似结构的句子分析。

It proved that the better we feel about ourselves, the more likely we'll perform our job confidently and competently.

第3段，第2句

"the + 比较级..., the + 比较级..." 是四六级和考研阅读中的高频句式，表示两个变量的正相关关系。形式主语加宾语从句的结构也是常考句型。掌握此句后，可迁移到大量类似结构的句子，实用性强

They have as much of an impact on how much they love their jobs as do the friends they have at work, despite not actually being at our place of work.

第3段，第4句

涵盖主谓宾、介词短语、宾语从句、定语从句(带关系代词省略)、比较结构、倒装、让步状语等多种成分和结构,成分种类丰富。比较结构中的倒装("as do the friends")、定语从句中关系代词省略、介词宾语从句的识别,都是易错点,适合作为成分划分的综合练习句,训练价值较高。

That's why, when determining how to create a better work-life balance, we need to consider not only how to balance work and family demands, but also how to cultivate and sustain supportive friendships.

第4段，第2句

本句结构在四六级和考研阅读中高度典型。时间状语从句插入主句、主句宾语使用并列连接复杂的间接疑问结构、从句省略主语和 be 动词，这些都是真题中频繁出现的句式特征。"not only... but also" 并列连接复杂成分的用法尤其常见。句首 "That's why" 承上启下的表达也是学术和说明文体的常见衔接方式。掌握本句结构后，学习者可以直接复用到大量真题长难句的分析中。

It's for this reason that managers should never discriminate when it comes to requests from employees for flexible work arrangements.

第4段，第3句

本句涵盖了强调句型中的形式主语 It 与真正主语的区分、情态动词谓语结构、原因状语的识别、状语从句的定位和修饰关系判断，以及固定搭配 when it comes to 的分析。这些成分类型丰富且包含易错点，尤其是强调句型和形式主语的识别，是练习句子成分划分的优质材料，具有较高的训练价值。

What matters is the opportunity to engage in a nourishing activity outside of work.

第4段，第5句

"What matters is..." 句式在四六级和考研阅读中频繁出现,是典型的判断句式,用于强调重要性或核心内容。主语从句 + 系表结构的组合也是常考句型,掌握后可迁移到大量类似句子,典型性较高。

Allow employees to have a flexible work schedule.

第25题, A

涉及宾语和宾语补足语（不定式短语）的识别，属于及物动词后常见搭配，可作为“动词 + 宾语 + 不定式”句型的入门练习，但成分种类不够丰富，缺少定语、状语等其他成分。

HIGH-FREQUENCY • 真题高频词

本卷出现的 275 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。

anxiety B2

n. 焦虑

本卷21次 · 真题 44 句

participant B2

n. 参与者

本卷9次 · 真题 91 句

apartment A2

n. 公寓

本卷9次 · 真题 16 句

postal B1

adj. 邮政的

本卷9次 · 真题 9 句

researcher B2

n. 研究人员

本卷7次 · 真题 363 句

negative B1

adj. 否定的

本卷6次 · 真题 132 句

marketer B2

n. 营销人员

本卷6次 · 真题 10 句

neutral B2

adj. 中立的

本卷6次 · 真题 10 句

consumer B1

n. 消费者

本卷5次 · 真题 165 句

quickly A2

adv. 快速地

本卷5次 · 真题 63 句

marketing B1

n. 营销

本卷5次·真题 45 句

technological B2

adj. 技术的

本卷5次·真题 45 句

better A1

adj. 更好的 (good 的比较级)

本卷4次·真题 205 句

employee A2

n. 雇员, 员工

本卷4次·真题 190 句

impact B2

n. 影响

本卷4次·真题 185 句

engage B2

v. 参与;从事

本卷4次·真题 68 句

native B1

adj. 本国的

本卷4次·真题 45 句

federal B2

adj. 联邦(制)的

本卷4次·真题 29 句

analyze B2

v. 分析

本卷4次·真题 27 句

reflection B2

n. 深思

本卷4次·真题 19 句

roommate B1

n. 室友

本卷4次·真题 17 句

mindset B2

n. 思维模式

本卷4次·真题 12 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

data B1

n. 数据

本卷3次·真题 181 句

system A2

n. 系统

本卷3次·真题 176 句

tend B1

v. 倾向于, 往往会

本卷3次·真题 170 句

local A2

adj. 当地的

本卷3次·真题 143 句

individual B2

adj. 单独的

本卷3次·真题 142 句

mental B1

adj. 精神的

本卷3次·真题 120 句

opportunity B1

n. 机会

本卷3次·真题 115 句

boost B2

v. 提高

本卷3次·真题 55 句

balance B1

n. 平衡

本卷3次·真题 49 句

creativity B2

n. 创造力

本卷3次·真题 45 句

department A2

n. 部门

本卷3次·真题 41 句

schedule A2

n. 时间表

本卷3次·真题 41 句

budget B1

n. 预算

本卷3次·真题 37 句

rarely B1

adv. 很少，难得，不常

本卷3次·真题 30 句

directly B1

adv. 直接地

本卷3次·真题 29 句

confidence B1

n. 信心

本卷3次·真题 28 句

discipline B2

n. 纪律

本卷3次·真题 28 句

interactive B2

adj. 交互式的

本卷3次·真题 27 句

impression B1

n. 印象

本卷3次·真题 20 句

literature

B2

n. 文学

本卷3次·真题 19 句

intense

B2

adj. 强烈的

本卷3次·真题 18 句

supportive

B2

adj. 给予支持的

本卷3次·真题 8 句

would

A1

aux. (will 的过去式) 将要, 会

本卷2次·真题 568 句

product

A2

n. 产品

本卷2次·真题 271 句

likely

A2

adj. 很可能的

本卷2次·真题 228 句

effect

A2

n. 影响

本卷2次·真题 191 句

accord

C1

n. (国家、团体间的) 协议

本卷2次·真题 167 句

online

A2

adj. 在线的

本卷2次·真题 139 句

resource

B1

n. 资源

本卷2次·真题 119 句

affect

B1

v. 影响

本卷2次·真题 116 句

project

A2

n. 项目

本卷2次·真题 116 句

measure

B1

v. 测量

本卷2次·真题 100 句

performance

B1

n. 表演

本卷2次·真题 98 句

demand

B1

v. 坚决要求

本卷2次·真题 92 句

cognitive

C1

adj. 认知的

本卷2次·真题 85 句

colleague B1

n. 同事

本卷2次·真题 84 句

graduate B1

n. 毕业生

本卷2次·真题 82 句

professional B1

adj. 专业的

本卷2次·真题 82 句

exist A2

v. 存在;实际上有

本卷2次·真题 77 句

current B1

adj. 现在的

本卷2次·真题 72 句

due B1

adj. 预期的

本卷2次·真题 70 句

responsibility B1

n. 责任

本卷2次·真题 69 句

creative B1

adj. 有创造力的

本卷2次·真题 65 句

trend B1

n. 趋势

本卷2次·真题 63 句

occur B1

v. 发生, 出现

本卷2次·真题 62 句

extreme B2

adj. 极度的

本卷2次·真题 60 句

figure A2

n. 数字

本卷2次·真题 58 句

pressure B1

n. 心理压力

本卷2次·真题 57 句

feature B1

n. 特征

本卷2次·真题 55 句

per B1

prep. 每

本卷2次·真题 53 句

particular B2

adj. 特定的

本卷2次·真题 52 句

response B1

n. 回答

本卷2次·真题 52 句

previous B1

adj. 先前的

本卷2次·真题 44 句

smartphone B1

n. 智能手机

本卷2次·真题 44 句

campus B1

n. (大学或学院的) 校园

本卷2次·真题 40 句

critic B2

n. 批评家

本卷2次·真题 34 句

highly B1

adv. 非常

本卷2次·真题 34 句

otherwise B2

adv. 否则, 不然

本卷2次·真题 33 句

regular B1

adj. 经常的

本卷2次·真题 33 句

funding B2

n. 资金

本卷2次·真题 32 句

historical B2

adj. 历史的

本卷2次·真题 32 句

content B1

n. 内容

本卷2次·真题 31 句

cultivate B2

v. 培养, 发展 (技能、态度、关系等)

本卷2次·真题 31 句

comment B1

n. 评论

本卷2次·真题 28 句

extend B1

v. 延伸, 延长

本卷2次·真题 28 句

satisfaction B2

n. 满意

本卷2次·真题 28 句

initial B1

adj. 最初的

本卷2次·真题 26 句

remote B1

adj. 遥远的

本卷2次·真题 26 句

scene A2

n. 场景

本卷2次·真题 25 句

complain A2

v. 抱怨

本卷2次·真题 23 句

connected B1

adj. 连接的

本卷2次·真题 22 句

latest B1

adj. 最新的

本卷2次·真题 20 句

reform B2

v. 改革

本卷2次·真题 20 句

battery A2

n. 电池

本卷2次·真题 19 句

capture B1

v. 捕获

本卷2次·真题 19 句

engineering B1

n. 工程学

本卷2次·真题 18 句

expansion B2

n. 扩张

本卷2次·真题 18 句

desert A2

n. 沙漠

本卷2次·真题 17 句

definitely B1

adv. 肯定地

本卷2次·真题 16 句

neglect B2

v. 忽视;疏忽

本卷2次·真题 16 句

plain A2

adj. 清楚的

本卷2次·真题 16 句

commission B2

n. 佣金

本卷2次·真题 15 句

engagement B2

n. 约定

本卷2次·真题 15 句

flexible

B2

adj. 灵活的

本卷2次·真题 15 句

crowded

A2

adj. 拥挤的, 挤满人的

本卷2次·真题 14 句

grant

B2

v. 授予

本卷2次·真题 14 句

emotionally

B2

adv. 在情感上

本卷2次·真题 13 句

anxious

B1

adj. 焦虑的

本卷2次·真题 10 句

allocate

B2

v. 分配

本卷2次·真题 9 句

diagnose

B2

v. 诊断 (疾病)

本卷2次·真题 9 句

disorder

B2

n. 疾病

本卷2次·真题 9 句

author

A2

n. 作者

本卷1次·真题 264 句

benefit

B1

n. 好处

本卷1次·真题 244 句

focus

B1

n. 重点

本卷1次·真题 200 句

risk

A2

n. 风险

本卷1次·真题 167 句

power

A2

n. 权力

本卷1次·真题 128 句

challenge

B1

n. 挑战

本卷1次·真题 119 句

average

A2

adj. 平均的

本卷1次·真题 112 句

factor

B1

n. 因素

本卷1次·真题 108 句

growth B1

n. 增长

本卷1次·真题 104 句

support A2

v. 支持

本卷1次·真题 103 句

economy B1

n. 经济

本卷1次·真题 102 句

event A2

n. 事件

本卷1次·真题 99 句

least A2

det. 最少的

本卷1次·真题 98 句

crop B1

n. 农作物

本卷1次·真题 95 句

publish B1

v. 出版, 发行 (书籍、杂志等)

本卷1次·真题 94 句

account A2

n. 账户

本卷1次·真题 93 句

customer A2

n. 顾客, 客户

本卷1次·真题 87 句

later A1

adv. 以后, later

本卷1次·真题 87 句

type A2

n. 类型

本卷1次·真题 84 句

understanding B1

n. 理解; 领悟

本卷1次·真题 84 句

contribute B1

v. 捐献

本卷1次·真题 79 句

despite B1

prep. 尽管

本卷1次·真题 77 句

nation B1

n. 国家

本卷1次·真题 76 句

recently A2

adv. 最近

本卷1次·真题 76 句

solution B1

n. 解决办法

本卷1次·真题 76 句

tech B1

n. 技术

本卷1次·真题 73 句

digital B1

adj. 数字的

本卷1次·真题 72 句

reflect B1

v. 反映, 显示

本卷1次·真题 71 句

workplace B1

n. 工作场所

本卷1次·真题 70 句

enable B1

v. 使能够

本卷1次·真题 68 句

variety B1

n. 多样化

本卷1次·真题 66 句

maintain B1

v. 维持

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

determine B2

v. 决定

本卷1次·真题 62 句

perform B1

v. 执行

本卷1次·真题 61 句

generation B2

n. 一代人

本卷1次·真题 60 句

importance B1

n. 重要性

本卷1次·真题 60 句

media B1

n. 大众传播媒介 (报刊、电视、广播、互联...

本卷1次·真题 58 句

ensure B2

v. 确保

本卷1次·真题 57 句

image A2

n. 形象, 印象

本卷1次·真题 57 句

particularly B2

adv. 尤其, 特别 (强调某事物)

本卷1次·真题 57 句

employer B1

n. 雇主

本卷1次·真题 56 句

struggle B1

v. 奋斗

本卷1次·真题 54 句

explore B1

v. 探索

本卷1次·真题 52 句

argument B1

n. 争论

本卷1次·真题 51 句

limit B1

n. 限度

本卷1次·真题 51 句

being B1

n. 存在

本卷1次·真题 46 句

detail B1

n. 细节

本卷1次·真题 46 句

pattern B1

n. 模式

本卷1次·真题 46 句

represent B1

v. 代表

本卷1次·真题 45 句

debt B1

n. 欠款

本卷1次·真题 44 句

educational B1

adj. 教育的

本卷1次·真题 44 句

fully B1

adv. 完全地

本卷1次·真题 43 句

reward B1

n. 报酬

本卷1次·真题 43 句

citizen B1

n. 公民

本卷1次·真题 41 句

related B1

adj. 相关的

本卷1次·真题 39 句

trait B2

n. 特征

本卷1次·真题 39 句

basis B2

n. 基础;根据

本卷1次·真题 37 句

instance B2

n. 例子

本卷1次·真题 35 句

lecture B1

n. 讲座

本卷1次·真题 35 句

series B1

n. 系列

本卷1次·真题 33 句

emerge B2

v. 出现;浮现

本卷1次·真题 32 句

enhance B2

v. 提高

本卷1次·真题 32 句

harmful B1

adj. 有害的

本卷1次·真题 32 句

valuable B1

adj. 贵重的

本卷1次·真题 32 句

participate B1

v. 参加

本卷1次·真题 31 句

unlike B1

prep. 不像

本卷1次·真题 31 句

contract B2

n. 合同

本卷1次·真题 30 句

employ B1

v. 雇用

本卷1次·真题 30 句

reader A2

n. 读者

本卷1次·真题 30 句

spot A2

n. 地点

本卷1次·真题 30 句

sufficient B2

adj. 足够的

本卷1次·真题 30 句

transform B2

v. 使彻底改变;使转变

本卷1次·真题 30 句

extremely B1

adv. 极其

本卷1次·真题 29 句

immediate B2

adj. 立即的, 即刻的

本卷1次·真题 29 句

obtain B2

v. 获得

本卷1次·真题 29 句

radical B2

adj. 根本的

本卷1次·真题 29 句

collection B1

n. 收集物

本卷1次·真题 28 句

competitive B2

adj. 竞争的

本卷1次·真题 28 句

extent B2

n. 程度

本卷1次·真题 28 句

propose B1

v. 提议

本卷1次·真题 28 句

sacrifice B2

n. 牺牲

本卷1次·真题 27 句

conductive C1

adj. 有助于的

本卷1次·真题 26 句

increasing B1

adj. 越来越多的

本卷1次·真题 26 句

scholar B2

n. 学者

本卷1次·真题 26 句

pace B1

n. 速度

本卷1次·真题 23 句

route B1

n. 路线

本卷1次·真题 23 句

continent A2

n. 大陆

本卷1次·真题 22 句

earlier A2

adv. 较早地

本卷1次·真题 22 句

foster B2

v. 培养

本卷1次·真题 22 句

location B1

n. 地点, 位置

本卷1次·真题 22 句

tap B1

v. 轻敲、轻拍

本卷1次·真题 22 句

consistent B2

adj. 一致的

本卷1次·真题 21 句

correlation C1

n. 相关性

本卷1次·真题 21 句

oppose B2

v. 反对

本卷1次·真题 21 句

gradually B1

adv. 逐渐地, 逐步地

本卷1次·真题 20 句

reliable B1

adj. 可靠的

本卷1次·真题 20 句

surprising A2

adj. 令人惊讶的

本卷1次·真题 20 句

detrimental C1

adj. 有害的

本卷1次·真题 19 句

host B1

n. 主人

本卷1次·真题 19 句

insight B2

n. 洞察力

本卷1次·真题 19 句

organize B1

v. 组织, 安排 (活动、会议等)

本卷1次·真题 19 句

prioritize B2

v. 优先处理

本卷1次·真题 19 句

respondent

C1

n. 被告

本卷1次·真题 19句

virtual

B2

adj. 虚拟的 (计算机生成的)

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

confront

B2

v. 面对, 面临 (困难、危险等)

本卷1次·真题 18句

devote

B2

v. 把...奉献给

本卷1次·真题 18句

mom

A1

n. 妈妈

本卷1次·真题 18句

perfectly

B1

adv. 完美地

本卷1次·真题 18句

found

A1

v. find 的过去式和过去分词

本卷1次·真题 17句

ruin

B2

v. 毁坏

本卷1次·真题 17句

constant

B2

adj. 持续不断的

本卷1次·真题 16句

guy

A2

n. 男人

本卷1次·真题 16句

illustrate

B2

v. 说明

本卷1次·真题 15句

undergraduate

B2

n. 大学本科生

本卷1次·真题 15句

engaged

B1

adj. 忙碌的

本卷1次·真题 14句

sustain

B2

v. 维持

本卷1次·真题 14句

branch

A2

n. 树枝

本卷1次·真题 13句

request B1

n. 请求

本卷1次·真题 13 句

surprised A2

adj. 感到惊讶的

本卷1次·真题 13 句

susceptible C1

adj. 易受影响的

本卷1次·真题 13 句

underlie C1

v. 是.....的根本原因

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

dominant C1

adj. 占主导地位的

本卷1次·真题 12 句

frustration B2

n. 挫败感

本卷1次·真题 12 句

okay A2

adj. 可以的

本卷1次·真题 12 句

outlet B2

n. 商店

本卷1次·真题 12 句

block A2

n. 街区

本卷1次·真题 11 句

drought B2

n. 干旱

本卷1次·真题 11 句

initiate C1

v. 开始

本卷1次·真题 11 句

inquiry B2

n. 询问

本卷1次·真题 11 句

irrelevant B2

adj. 无关紧要的

本卷1次·真题 11 句

migration B2

n. 迁移

本卷1次·真题 11 句

parenting B1

n. 养育子女

本卷1次·真题 11 句

partnership

B2

n. 合伙关系

本卷1次·真题 11句

seeker

B2

n. 寻求者

本卷1次·真题 11句

surely

B1

adv. 肯定地

本卷1次·真题 11句

worthy

B2

adj. 值得的

本卷1次·真题 11句

historian

B2

n. 历史学家

本卷1次·真题 10句

milestone

B2

n. 里程碑

本卷1次·真题 10句

patience

B1

n. 耐心

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

broaden

B2

v. 扩大

本卷1次·真题 9句

civic

B2

adj. 公民的

本卷1次·真题 9句

desired

B1

adj. 期望的

本卷1次·真题 9句

snail

A2

n. 蜗牛

本卷1次·真题 9句

unpredictable

B2

adj. 无法预测的

本卷1次·真题 9句

collaborate

B2

v. 合作

本卷1次·真题 8句

cynical

C1

adj. 愤世嫉俗的

本卷1次·真题 8句

hi

A1

intj. 嗨

本卷1次·真题8句

literary

B2

adj. 文学的

本卷1次·真题8句

overstate

C1

v. 夸大

本卷1次·真题8句

radically

C1

adv. 根本地

本卷1次·真题8句

rob

B1

v. 抢劫

本卷1次·真题8句

shoot

A2

v. 射击

本卷1次·真题8句

subsidy

C1

n. 补贴

本卷1次·真题8句

trace

B2

v. 追踪, 查找

本卷1次·真题8句

vocabulary

B1

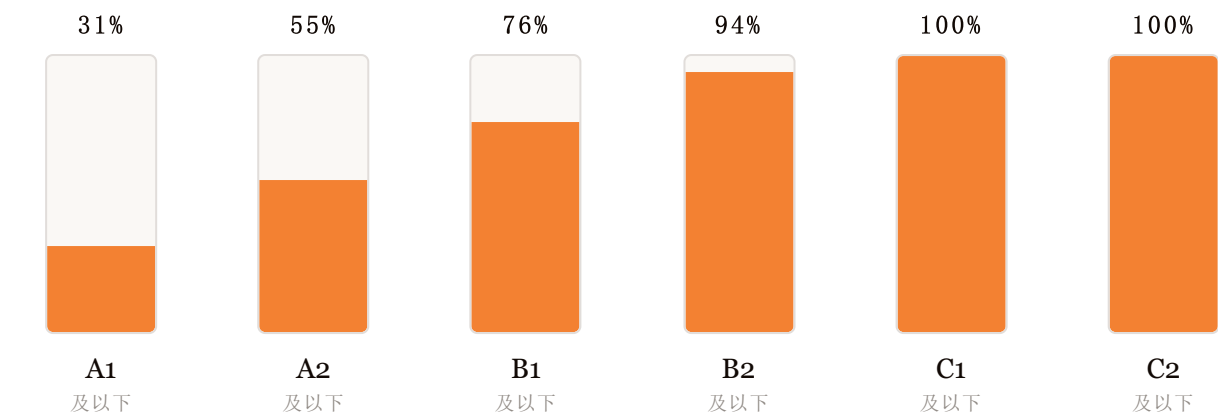
n. 词汇量

本卷1次·真题8句

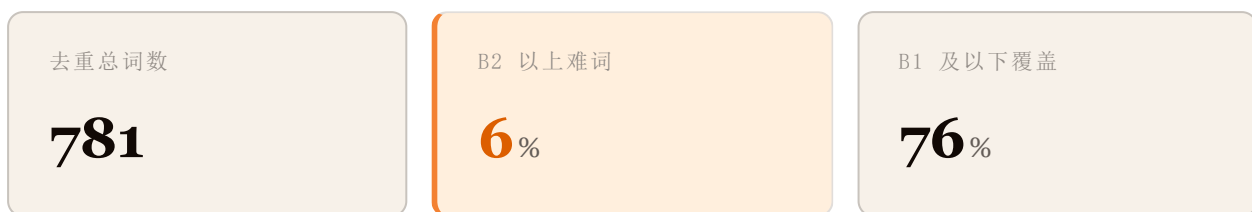
VOCABULARY • 词汇难度分布

全卷录音原文 781 词按 CEFR 难度累积覆盖

全卷录音原文去重后共 **781** 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 44 个·约 6%。



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 781 个 · 末柱为 100%



英语六级 2023年6月·第1套 · 全卷构成

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Part II	听力	本页
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