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六级 · 真题卷第2套 · 2023年6月

Part I

Writing

(30 minutes)

Directions: For this part, you are allowed 30 minutes to write an essay that begins with the sentence “*When faced with differing opinions, we should try to reach agreement through friendly discussion and reasonable argument.*” You can make comments, cite examples or use your personal experiences to develop your essay. You should write at least 150 words but no more than 200 words(not including the sentence given).

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) She is attracted to the beauty of modern buildings.
B) She is preoccupied with her dream to be an architect.
C) She is influenced by her father who teaches architecture.
D) She is drawn to its integration of design and engineering.
2. A) Through hard work.
B) With the professor's help.
C) By studying the subject online.
D) By taking prerequisite courses.
3. A) It is groundbreaking.
B) It is long-lasting.
C) It is immaterial.
D) It is immortal.
4. A) Economics.
B) Philosophy.
C) Computer science.
D) Western art.

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

5. A) He has occasionally been harassed by his fans.
B) He has been guarded by a discreet assistant.
C) He is well known to the public.
D) He is a famous football coach.
6. A) Serve as a personal assistant.
B) Play a key role in Real Madrid.
C) Run common daily chores for the woman.
D) Help promote Mr. Sanchez's public profile.
7. A) He is honest and always tells the truth.
B) He once worked part-time in university.
C) He cares little about his working hours.
D) He has little previous work experience.
8. A) He has a strong ability to connect with people.
B) He has a high proficiency in several languages.
C) He has a sound knowledge of sports consultancy.
D) He has a natural capacity to cooperate with others.

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) They bring more benefits to young people.
B) They require less supervision and training.
C) They are more suitable to young people.
D) They have fewer rules and pressures.
10. A) They prevent kids from enjoying adventure sports.
B) They help kids guard against any possible injuries.
C) They rob kids of the chance to cultivate their courage.
D) They deprive kids of the opportunity to develop team spirit.
11. A) Help them take up these sports when they are more mature.
B) Let them participate in some less risky outdoor activities.
C) Ask them to try some forms of indoor sports.
D) Introduce them to these sports step by step.

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

12. A) Consumers often have a craving for the latest model.
B) Such products tend to comprise parts that are irreplaceable.
C) Tech firms intentionally design products to have short lifespans.
D) Manufacturers use effective strategies to promote fancier products.
13. A) Indicate the competitiveness of their products.
B) List a repairability score of their products.
C) Specify the major parts of their products.
D) Detail the lifecycle of their products.
14. A) Take the initiative to reduce electronic waste.
B) Take due caution in upgrading their products.
C) Invest in constructing more recycling facilities.
D) Substitute all toxic substances with non-toxic ones.
15. A) It can be solved.
B) It is certain to worsen.
C) It will be fixed by tech companies.
D) It is unavoidable in the long run.

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) How internet monitoring can be implemented.
B) How to encourage productive internet surfing.
C) How cyberloafing affects overall productivity.
D) How to prevent employees from cyberloafing.
17. A) Cyberloafing is a sign of workers' laziness.
B) Cyberloafing may relieve employees of stress.
C) Employee engagement is closely related to job satisfaction.
D) Overuse of social media may lead to decline in productivity.
18. A) Taking mini-breaks means better job performance.
B) Cyberloafing generally does more harm than good.
C) Worker turnover is linked to the time allowed for cyberloafing.
D) Employees who indulge in internet surfing are most likely to quit.

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

19. A) There were no wooden buildings.
B) There were environmental problems.
C) There were no trees.
D) There were few settlers.
20. A) He served as chairman of the Nebraska State Board of Agriculture.
B) He urged the state to start the Nebraska State Gardening Society.
C) He engaged himself in a large number of aesthetic projects.
D) He founded a newspaper and used it to promote his ideas.
21. A) A special prize was awarded to Julius Morton.
B) One million trees were planted throughout Nebraska.
C) The state government declared it the official Arbor Day.
D) Nebraska earned the nickname "the Tree Planters State".

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

22. A) They spread across Europe and Asia in a few decades.
B) They lived mostly in Africa for about 200,000 years.
C) They preferred to live in Europe rather than in Asia.
D) They moved out of Africa about 60,000 years ago.
23. A) The discovery of two modern human teeth in China.
B) The traces of human migration out of Africa to Asia.
C) The human fossils discovered most recently in Africa.
D) The Luna cave in Guangxi Zhuang Autonomous Region.
24. A) There must have been some reason for human migration.
B) There have been changes in animals' living conditions.
C) Humans adapted themselves to the environment there.
D) Humans had access to abundant food sources there.
25. A) How humans settled down on the Arabian Peninsula.
B) When modern humans started to disperse out of Africa.
C) What path modern humans took to migrate out of Africa.
D) Why fresh water is so important for human survival.

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.

Imagine sitting down to a big dinner: a massive steak, a large portion of fried potatoes, and cake for dessert. After eating so much, you should be too full to eat another bite. But some people experience a powerful urge to keep eating, even after 26 in a huge meal, a behavior that makes little sense, as most adults are well-versed in the dangers of obesity, which researchers have shown correlates with 27 health issues and is even linked to increased 28 risk. But some people still keep eating long after they should stop, a phenomenon Dr. Susan Thompson calls "insatiable(永不满足的) hunger." It is characterized by two main 29 : not being satisfied by eating, and having a desire to stay sedentary(久坐不动的).

This is at 30 with how humans are biologically programmed. When there was a great deal of food available, ancient people would gorge on calories; this massive calorie intake was accompanied by an urge to get active. Humans were also programmed for something called "compensation," which is the brain's 31 mechanism for preventing the accumulation of excess weight. With compensation, if you eat one large meal in the morning, you are naturally 32 to eat less for the rest of the day.

But recent studies show that 70% of American adults have lost the ability to naturally compensate for the calories they consume; worse 33 , a significant number of them report 34 hunger halfway through an eating session, but, by the end of the meal, they feel the same or higher levels of hunger than when they sat down. Dr. Thompson argues that the main cause of this phenomenon is the modern diet, which is 35 of food high in sugar, carbohydrates and calories.

- | | |
|-----------------|----------------|
| A) attributes | I) innumerable |
| B) comprised | J) mortality |
| C) conceded | K) odds |
| D) conservation | L) plights |
| E) diminishing | M) regulatory |
| F) far | N) still |
| G) inclined | O) unmatchable |
| H) indulging | |

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**.

The problem with being perfect

A) When psychologist Jessica Pryor lived near an internationally renowned university, she once saw a student walking into a library holding a sleeping bag and a coffee maker. She has heard of graduate students spending 12 to 18 hours at a time in the lab. Their schedules are meant to be literally punishing: If they are scientists-in-training, they won't allow themselves to watch Netflix until their experiments start generating results. "Relationships become estranged(疏远的)—people stop inviting them to social gatherings or dinner parties, which leads them to spend even more time in the lab," Pryor told me.

- B) Along with other therapists, Pryor, who is now with the Family Institute at Northwestern University, is trying to sound the alarm about a tendency among young adults and college students to strive for perfection in their work—sometimes at any cost. Though it is often portrayed as a positive trait, Pryor and others say extreme perfectionism can lead to depression, anxiety, and even suicide.
- C) What's more, perfectionism seems to be on the rise. In a study of thousands of American, Canadian, and British college students published earlier this year, Thomas Curran of the University of Bath and Andrew Hill of York St. John University found that today's college students report higher levels of perfectionism than college students did during the 1990s or early 2000s. They measured three types of perfectionism: self-oriented, or a desire to be perfect; socially prescribed, or a desire to live up to others' expectations; and other-oriented, or holding others to unrealistic standards. From 1989 to 2016, they found, self-oriented perfectionism scores increased by 10 percent, socially prescribed scores rose by 33 percent, and other-oriented perfectionism increased by 16 percent.
- D) A person living with an other-oriented perfectionist might feel criticized by the perfectionist spouse for not doing household chores exactly the "right" way. "One of the most common things couples argue about is the proper way of loading the dishwasher," says Amy Bach, a psychologist in Providence, Rhode Island.
- E) Curran describes socially prescribed perfectionism as "My self-esteem is contingent on what other people think." His study didn't examine the causal reasons for its rise, but he assumes that the rise of both standardized testing and social media might play a role. These days, LinkedIn alerts us when our rival gets a new job, and Instagram can let us know how well "liked" our lives are compared with a friend's. In an opinion piece earlier this year, Curran and Hill argue that society has also become more dog-eat-dog. "Over the last 50 years, public interest and civic responsibility have been progressively eroded," they write, "replaced by a focus on self-interest and competition in a supposedly free and open marketplace." We strive for perfection, it seems, because we feel we must in order to get ahead. Michael Brustein, a clinical psychologist in Manhattan, says when he first began practicing in 2007, he was surprised by how prevalent perfectionism was among his clients, despite how little his graduate training had focused on the phenomenon. He sees perfectionism in, among others, clients who are entrepreneurs, artists, and tech employees. "You're in New York because you're ambitious, you have this need to strive," he says. "But then your whole identity gets wrapped into a goal."
- F) Perfectionism can, of course, be a positive force. Think of professional athletes, who train aggressively for ever-higher levels of competition. In well-adjusted perfectionism, someone who doesn't get the gold is able to forget the setback and move on. In maladaptive(不当的) perfectionism, meanwhile, people make an archive of all their failures. They revisit these archives constantly, thinking, as Pryor puts it, "I need to make myself feel terrible so I don't do this again." Then they double down, "raising the expectation bar even higher, which increases the likelihood of defeat, which makes you self-critical, so you raise the bar higher, work even harder," she says. Next comes failure, shame, and pushing yourself even harder toward even higher and more impossible goals. Meeting them becomes an "all or nothing" premise. Pryor offered this example: "Even if I'm an incredible attorney, if I don't make partner in the same pacing as one of my colleagues, clearly that means I'm a failure."
- G) Brustein says his perfectionist clients tend to devalue their accomplishments, so that every time a goal is achieved, the high lasts only a short time, like "a gas tank with a hole in it." If the boss says you did a great job, it's because he doesn't know anything. If the audience likes your work, that's because it's too stupid to know what good art actually is. But, therapists say, there are also different ways perfectionism manifests. Some perfectionists are always pushing themselves forward. But others actually fall behind on work, unable

to complete assignments unless they are, well, perfect. Or they might handicap their performance ahead of time. They're the ones partying until 2 a.m. the night before the final, so that when the grade C rolls in, there's a ready excuse.

- H) While educators and parents have successfully convinced students of the need to be high performing and diligent, the experts told me, they haven't adequately prepared them for the inevitability of failure. Instead of praises like "You're so smart," parents and educators should say things like "You really stuck with it," Pryor says, to emphasize the value of perseverance over intrinsic talent. Pryor notes that many of her clients are wary she'll "turn them into some degenerate couch potato and teach them to be okay with it." Instead, she tries to help them think through the parts of their perfectionism they'd like to keep, and to lose the parts that are ruining their lives.
- I) Bach, who sees many students from Brown University, says some of them don't even go out on weekends, let alone weekdays. She tells them, "Aim high, but get comfortable with good enough." When they don't get some award, she encourages them to remember that "one outcome is not a basis for a broad conclusion about the person's intelligence, qualifications, or potential for the future."
- J) The treatment for perfectionism might be as simple as having patients keep logs of things they can be proud of, or having them behave imperfectly in small ways, just to see how it feels. "We might have them hang the towels crooked(不正的) or wear some clothing inside out," says Martin Antony, a professor in the department of psychology at Ryerson University in Toronto.
- K) Brustein likes to get his perfectionist clients to create values that are important to them, then try to shift their focus to living according to those values rather than achieving specific goals. It's a play on the "You really stuck with it" message for kids. In other words, it isn't about doing a headstand in yoga class; it's about going to yoga class in the first place, because you like to be the kind of person who takes care of herself. But he warns that some people go into therapy expecting too much—an instant transformation of themselves from a pathological(病态的) perfectionist to a (still high-achieving) non-perfectionist. They try to be perfect, in other words, at no longer being perfect.
36. Socially prescribed perfectionism is described as one's self-esteem depending on other people's opinion.
37. Jessica Pryor has learned that some graduate students work such long hours in the lab that they have little time for entertainment or socializing.
38. The author believes perfectionism may sometimes be constructive.
39. It is found that perfectionism is getting more and more prevalent among college students.
40. Some experts suggest parents and educators should prepare students for failures.
41. Some therapists warn that young adults tend to pursue perfection in their work.
42. Psychologist Amy Bach encourages her students to aim high but be content with something less than perfect.
43. A clinical psychologist finds perfectionism is widespread among his clients.
44. In trying to overcome perfectionism, some people are still pursuing perfection.
45. In pursuing perfection, some perfectionists fail to complete their tasks on time.

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.

How on earth did we come to this? We protect our children obsessively from every harm; we scrutinize every carer, teacher or doctor with whom they come into contact. Yet despite all this, one group, which in no way has their best interests at heart, has almost unconstrained access.

We seem to take it for granted that advertisers and marketers are allowed to condition even the youngest children. Before children have even developed a proper sense of their own identity, or learned to handle money, they're encouraged to associate status and self-worth with stuff, and to look to external things such as fame and wealth for validation. We're turning out little consumers rather than young citizens who will value themselves for what they contribute to the society in which they live.

We've reached this point so gradually that many of us have never questioned it. It's crept up on us in the 60 years since advertisers started to target the young and found that they could recruit them to a commercial assault on their parents. We've come to know it as "pester power" or the ability of children to pressure parents to make certain purchases.

Many psychologists, child development experts and educators point to research suggesting that this emerging cradle-to-grave consumerism is contributing to growing rates of low self-esteem, depression and other forms of mental illness.

Not all psychologists agree. There're plenty working hand in glove with a £12bn-a-year industry that has turned the manipulation of adult emotions and desires into an art form—often literally. It's also one that's forever developing new ways to persuade our children to desire material possessions, and because of advertisements' viral effect they only need to infect a few to reach the many. Advertising and marketing can serve a useful purpose for children. Marketing may help socialize children as consumers, inform them about products, and help them carve out unique identities as they reach adulthood.

Then, should we ban all advertising aimed at young children? I say yes.

Of course there'll be plenty of objections to an outright ban on advertising to the under-11s. There'll be those who argue that would be a breach of freedom of speech and infringe the rights of corporations to brainwash little children into demanding their products.

Most parents hate what advertising does to their children, but we do have the power to end it and let our children grow up free from many of the pressures of consumerism until they're old enough to make their own decisions. And though advertising is only part of an all-pervasive(无处不在的) marketing culture we need to make a start somewhere. Let's ban all advertising targeting children of primary school age and younger now.

46. Which group of people does the author say has almost unrestricted access to children?
- A) Advertisers.
 - B) Carers.
 - C) Teachers.
 - D) Doctors.
47. What kind of people should we enable children to become according to the author?
- A) Those who look to fame and wealth for external and ultimate validation.
 - B) Those who value themselves because of their contribution to society.
 - C) Those who associate self-worth with the ability to handle money.
 - D) Those who have developed a proper sense of their own identity.
48. Many child development experts and educators call attention to research that suggests ____.
- A) life-long consumerism is causing more and more cases of psychological problems.
 - B) increasing commercialization of education is eroding many children's self-esteem.
 - C) the growing desire for wealth is contributing to a rising rate of depression.
 - D) the craving for purchasing material things is nurtured throughout one's life.
49. What does the author imply about the impact of advertising?
- A) It is actually infectious to many rather than a few.
 - B) It is rooted in our desire for material possessions.
 - C) It is comparable to that of virus.
 - D) It is literally limited to children.
50. What is the opponents' argument against a complete ban on advertising to young children?
- A) It would deprive them of the chance to learn about products.
 - B) It would render them unable to carve out unique identities.
 - C) It would breach their freedom as would-be consumers.
 - D) It would violate the rights endowed upon advertisers.

Passage Two

Questions 51 to 55 are based on the following passage.

Many oppose workplace surveillance, because of the inherent dehumanizing effect it has and the relentless pressure it brings. But it's on the rise around the world as firms look to become more efficient by squeezing more productivity from their workers. More than half of companies with over \$750m in annual revenue used "non-traditional" monitoring techniques on staff last year.

Monitoring employee performance gives firms the ability to assess how their staff are performing and interacting, which can be good for both the firm and employees themselves. A growing number of analytics companies offer this service. They gather "data exhaust" left by employees' email and instant messaging apps, and use name badges equipped with radio-frequency identification devices and microphones. These can check how much time you spend talking, your volume and tone of voice, even if you do not dominate conversations. While this may sound intrusive, exponents argue that it can also protect employees against bullying and sexual harassment.

Some of this data analysis can produce unexpected results. For example, it was found that people who sat at 12-person lunch tables tended to interact, share ideas more and outperform those who regularly sat at four-person tables, a fact that would probably have gone undetected without such data analysis.

Over the last few years a Stockholm co-working space called Epicenter has gone much further and holds popular "chipping parties", where people can have microchips implanted in their hands. They can use the implants to access electronically-controlled doors, or monitor how typing speed correlates with heart rate. Implanted chips may seem extreme, but it is a relatively small step from ID cards and biometrics to such devices.

As long as such schemes are voluntary, there will probably be a growing number of convenience-oriented uses so that a substantial number of workers would opt to have a chip inserted. But if implanted chips are used to reduce slack time or rest breaks, that could prove to be detrimental. And if surveillance tools take away autonomy, that's when they prove most unpopular. A lot depends on how such monitoring initiatives are communicated and this could prevent possible revolts being staged.

If bosses don't communicate effectively, employees assume the worst. But if they're open about the information they're collecting and what they're doing with it, research suggests 46% of employees are generally okay with it. Although many such monitoring schemes use anonymised data and participation is voluntary, many staffers remain sceptical and fear an erosion of their civil liberties.

So workplace surveillance could be empowering for staff and useful for companies looking to become more efficient and profitable. But implemented in the wrong way, it could also become an unpopular tool of oppression that proves counterproductive.

51. Why are many people opposed to monitoring employee performance?

- A) It puts workers under constant pressure.
- B) It is universally deemed anti-human by nature.
- C) It does both mental and physical harm to employees monitored.
- D) It enables firms to squeeze maximal productivity from employees.

52. What is the supporters' argument for workplace surveillance?

- A) It enables employees to refrain from dominating conversations.
- B) It enhances employees' identification with firms they work in.
- C) It can alert employees to intrusion into their privacy.
- D) It can protect employees against aggressive behavior.

53. What does the author want to show by the example of different numbers of people interacting at lunch tables?

- A) Data analysis is key to the successful implementation of workplace surveillance.
- B) Analyzing data gathered from workers can yield something unexpected.
- C) More workmates sitting at a lunch table tend to facilitate interaction and idea sharing.
- D) It is hard to decide on how many people to sit at a lunch table without data analysis.

54. What does much of the positive effect of monitoring initiatives depend on?

- A) How frequently employees are to be monitored.
- B) What specific personal information is being excluded.
- C) What steps are taken to minimize their detrimental impact.
- D) How well bosses make known their purpose of monitoring.

55. What concern do monitoring initiatives cause among many staffers?

- A) They may empower employers excessively.
- B) They may erode the workplace environment.
- C) They may infringe upon staffers' entitled freedom.
- D) They may become counterproductive in the long run.

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**.

随着中国经济的快速发展和人们生活水平的稳步提高,城市居民对环境和生活品质的要求越来越高。中国地方政府更加注重公共设施的建设和改进,以更好地满足人们的需求。通过兴建新的广场、公园和公共绿地或对原有公共场地重新加以规划改造,许多城市为市民提供了更多休闲和社交的场所。如今,政府出资购置的健身器械和铺设的健身步道在不少城市随处可见,既明显改善了市民户外活动的条件,又使城市更加美丽。

2023年6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2023年6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(2023-06) • 六级

Part I

Directions: For this part, you are allowed 30 minutes to write an essay that begins with the sentence **“When faced with differing opinions, we should try to reach agreement through friendly discussion and reasonable argument.”** You can make comments, cite examples or use your personal experiences to develop your essay. You should write at least 150 words but no more than 200 words(not including the sentence given).

【参考范文·186词】 写作无唯一标准答案，以下为达标示范

When faced with differing opinions, we should try to reach agreement through friendly discussion and reasonable argument. In a world where people come from diverse backgrounds, disagreements are inevitable; yet how we handle them reveals our maturity. Rather than shouting others down or stubbornly clinging to our own views, seeking common ground through calm reasoning is always the wiser choice.

The reason is simple: friendly discussion invites cooperation, while quarrels only deepen the divide. Take the famous debates in scientific communities. When Darwin proposed his theory of evolution, opponents raised sharp objections, but progress was made not by insults but by patient argument and shared evidence. Similarly, in my own study group, a heated dispute over a project was resolved only after we sat down, listened to one another, and combined our ideas. Mutual respect turned rivals into partners.

In conclusion, differing opinions need not lead to conflict. If we approach them with an open mind, sound logic, and genuine respect, we can transform disagreement into understanding and reach a consensus that benefits everyone. This is not only a skill but a mark of a civilized society.

【参考译文】

面对不同的意见时，我们应当努力通过友好的讨论和合理的论证来达成一致。在一个人们来自不同背景的世界里，分歧不可避免；然而我们如何处理分歧，恰恰显露出我们的成熟。与其压制他人或固执己见，不如通过冷静的说理去寻求共识，这永远是更明智的选择。

道理很简单：友好的讨论邀来合作，而争吵只会加深隔阂。以科学界那些著名的争论为例。当达尔文提出进化论时，反对者提出了尖锐的质疑，但真正推动进步的不是谩骂，而是耐心的论证与共享的证据。同样，在我自己的学习小组里，一场因项目而起的激烈争执，只有在我们坐下来、互相倾听、把彼此的想法结合起来之后才得以化解。相互尊重把对手变成了伙伴。

总而言之，不同的意见不必导致冲突。如果我们以开放的心态、严谨的逻辑和真诚的尊重去面对它们，就能把分歧转化为理解，达成惠及每个人的共识。这不仅是一种能力，更是一个文明社会的标志。

【第1段】照抄首句加背景态度双句。开头逐字照抄给定首句 When faced with differing opinions... reasonable argument., 随即用 In a world where people come from diverse backgrounds, disagreements are inevitable 补背景、用 Rather than shouting others down... is always the wiser choice 亮态度，落实第一段‘照抄首句并亮明立场’的功能。

【第2段】理由加达尔文例加小组亲历。先用 The reason is simple: friendly discussion invites cooperation, while quarrels only deepen the divide 给理由，再以 When Darwin proposed his theory of evolution... 上名人例，用 Similarly, in my own study group 接亲身经历，末句 Mutual respect turned rivals into partners 小结回扣中心，兑现‘论证 + 举例’的主体段功能。

【第3段】重申加条件句加点睛升华。以 In conclusion, differing opinions need not lead to conflict 重申，用 If we approach them with an open mind, sound logic, and genuine respect, we can transform disagreement into understanding 条件句复用首句关键词回扣，末句升华到 a mark of a civilized society，形成首尾闭环。

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

论证遇分歧应友好讨论理性求共识

本题要写的是：围绕给定首句 begins with the sentence 展开，论证面对不同意见时，应通过友好讨论与讲道理来达成一致。中心不是‘观点为什么会不同’，也不是‘如何坚持自己’，而是紧扣‘用友好讨论 + 理性论证去求得共识’这一态度。任务要求明确允许 make comments, cite examples or use your personal experiences to develop your essay，即靠评论、举例、亲身经历把这个态度撑起来。

面向阅卷人的正式书面语

本题是纯议论短文，没有具体收信人，读者就是阅卷老师，因此用正式书面语即可，不需要称呼语、落款或口语化表达。语域上避免 gonna、a lot of 这类口语词，多用书面连接词与完整句式，让文章显得有分量。

中心立意

友好讨论与讲理优于争吵与固执

全篇中心：面对分歧，与其争吵或固执己见，不如以友好讨论和理性论证寻求共识，这既高效又体现修养。这一句直接承接给定首句 When faced with differing opinions, we should try to reach agreement through friendly discussion and reasonable argument., 全文所有段落都为它服务。

要展开的要点

1. 讲理：友好讨论促合作争吵加深对立

第一个分论点讲道理：友好讨论邀请对方合作，而争吵只会加深隔阂、把分歧变成对立。这是回答‘为什么这样做更好’，对应任务里的 make comments。

2. 举例：以科学论争或亲身经历佐证

第二个分论点用事例佐证：可援引科学界靠理性辩论而非谩骂推动进步的历史，或一段自己在小组讨论里靠倾听化解争执的经历，正好落实 cite examples or use your personal experiences。

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 照抄首句并亮明立场

开头段：逐字照抄给定首句 begins with the sentence, 再用两三句把它扩展成明确态度——分歧难免，但处理方式见修养，理性求共识优于争吵固执。

第 2 段 论证加举例的主体段

主体段：先讲道理（友好讨论促合作、争吵加深对立），再用一个名人事例 + 一段亲身经历佐证，落实 cite examples or use your personal experiences。

第 3 段 重申态度并升华收束

结尾段：回扣首句，重申以开放心态、理性逻辑与相互尊重把分歧转化为理解，升华到文明社会层面，形成结构闭环。

第 1 段 分歧难免但理性处理见修养

本段落点：抄下首句后，指出人来自不同背景、分歧不可避免，但处理方式反映成熟度；与其压制别人或固执己见，不如以冷静说理寻求共识。紧扣 reach agreement through friendly discussion and reasonable argument。

补背景句 · In a world where ____, ____ are inevitable; yet how we handle them reveals our _____. (填‘人来自不同背景’‘分歧’‘成熟/修养’)

亮态度取舍 · Rather than ____, ____ is always the wiser choice. (前空填要否定的做法如争吵固执，后空填你主张的做法如冷静说理)

第 2 段 科学论争与小组经历双例佐证

本段落点：理由是友好讨论邀请合作、争吵加深隔阂；名人例可用达尔文进化论遭遇尖锐反对却靠耐心论证与共享证据取得进步；亲身经历可写小组因项目起争执，坐下来互相倾听、整合想法后化解，让 Mutual respect turned rivals into partners，落实 cite examples or use your personal experiences to develop your essay。

给理由 · The reason is simple: ____ invites cooperation, while ____ only deepen the divide. (填‘友好讨论’与‘争吵’)

举例过渡 · Take _____. When _____, _____ was made not by insults but by _____. (引出名人/历史事例并点出靠理性而非谩骂取胜)

接亲历并小结 · Similarly, in my own _____, _____ was resolved only after we _____. (用相似结构把个人经历接上并回扣中心)

第 3 段 以开放理性尊重把分歧化为共识

本段落点：重申分歧无需酿成冲突，若以开放心态、严谨逻辑与真诚尊重相待，就能把分歧转化为理解、达成惠及各方的共识，并升华为文明社会的标志，回扣首句 reach agreement through friendly discussion and reasonable argument。

总结重申 · In conclusion, _____ need not lead to _____. (填‘不同意见’与‘冲突’，呼应首句主题)

条件绑定升华 · If we approach them with _____, we can transform _____ into _____. (前空填开放心态/理性/尊重，后两空填分歧→理解)

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

紧扣友好讨论求共识不写成坚持己见

本题达标要点：全篇必须服务于 reach agreement through friendly discussion and reasonable argument；最易失分是跑去写分歧成因或如何固执己见，与核心态度背道而驰。

结构连贯

首尾呼应且例子有过渡不堆砌

本题达标要点：结尾用 In conclusion 与条件句回扣首句形成闭环；两个例子间用 Similarly 过渡，避免并列硬堆而无衔接。

语言准确

贴题词组用准且高级句型无错

本题达标要点：用好 differing opinions、reach a consensus、reasonable argument、mutual respect 等贴题词组；举例的过去时（Darwin proposed、was resolved）与主张的一般现在时不要混用。

字数格式

正文达标且首句照抄不计数

本题达标要点：给定首句须原样照抄且 not including the sentence given，因此正文要单独凑够 at least 150 words but no more than 200 words 的下限，切勿把首句算进去导致正文实际不足。

典型低分写法 · 反面示例与改法

空喊应该友好讨论无据

反面示例：‘We should have friendly discussion. Friendly discussion is good. We should not quarrel. Quarrel is bad.’ 通篇重复口号、零论证。改为：‘Friendly discussion is better because it invites cooperation; when Darwin faced fierce objections, progress came from patient argument rather than insults.’ 用理由 + 事例把口号坐实。

误把首句算进导致正文缩水

反面示例：考生抄完 17 词的首句后只续写了约 135 词就收尾，自以为‘一百五十多词达标’。实则正文不足下限。修正：续写部分单独写满至少 150 词，首句只作篇首、不计入。

跑题去写观点为何不同

反面示例：主体段大篇幅分析‘人们观点为什么会不同——因为文化、教育、性格差异’，全然不提如何通过讨论求共识，偏离核心。修正：把落点从‘为何不同’转到‘遇到不同该如何友好讨论、理性论证以达成一致’。

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 →

2023年6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2023年6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(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: Have you decided what you wish to study?

M: 你决定好想学什么了吗?

2 W: Yes, professor. I wish to study architecture.

W: 是的, 教授。我想学建筑学。

3 M: Ah, that's a wonderful profession. Why did you choose it?

M: 啊, 那是个很好的专业。你为什么选择它?

4 W: I gave a lot of thought to things you said during our last discussion, and I decided architecture made the most sense for me. In particular, I'm attracted to the marriage of design and engineering.

W: 我仔细考虑了您上次讨论时说的那些话, 我觉得建筑学对我来说最合适。特别是, 我被设计和工程的结合所吸引。

5 M: That's great, but I seem to remember you were preoccupied with all the lofty mathematics. You no longer think this aspect will be too hard for you?

M: 很好, 但我记得你当时很担心那些高深的数学。你现在不再觉得这方面对你来说太难了吗?

6 W: No. I was doing some online research and I think I should be able to manage. Math might be the toughest subject I encounter in the curriculum, but I'll simply put in the work required. I'm certain the fruits of my labor will pay off.

W: 不会了。我做了一些网上调查, 我觉得我应该能应付得来。数学可能是我在课程中遇到的最难的科目, 但我会付出所需的努力。我确信我的辛勤付出会有回报的。

7 M: I'm sure that's true. Due to its material nature, architecture is one field where you will be able to clearly witness the contribution you make to a city. And the legacies you build will last much longer than any of us mortals.

M: 我相信确实如此。由于建筑的物质性, 建筑学是一个能让你清楚地看到自己对一座城市所做贡献的领域。而且你建造的遗产会比我们任何凡人都存在得更久。

8 W: Yeah, I guess that's true too. So what subjects do you think I should start brushing up on in preparation? I have the whole summer.

W: 是啊, 我想这也是真的。那您觉得我应该开始温习哪些科目来做准备呢? 我有整个夏天的时间。

9 M: These days, architecture is a very diverse and dynamic degree. Most universities will encourage you to learn different things from fields as wide-ranging as philosophy and economics. Nevertheless, I would suggest you start with computer science because there will be many intricate visuals you will have to produce as part of your projects.

M: 如今, 建筑学是一个非常多元和充满活力的学位。大多数大学会鼓励你学习不同领域的东西, 范围广泛, 从哲学到经济学都有。不过, 我建议你从计算机科学开始, 因为作为项目的一部分, 你需要制作很多复杂的视觉图像。

10 W: Any software in particular you think I should start with?

W: 您觉得我应该从哪个软件开始学起呢?

11 M: Photoshop is a good place. If you aren't yet, try to become as proficient as you can with it. And another thing that I would recommend you learn as much as you can is fine arts, in particular, the history of Western art.

M: Photoshop是个好起点。如果你还不熟练的话, 尽量让自己变得越熟练越好。另外我建议你尽可能多学的一个东西是美术, 特别是西方艺术史。

1. A) She is attracted to the beauty of modern buildings.
B) She is preoccupied with her dream to be an architect.
C) She is influenced by her father who teaches architecture.
D) She is drawn to its integration of design and engineering.

【题目】 Why does the woman wish to study architecture?

【翻译】 这位女士为什么希望学习建筑学?

- A) 她被现代建筑的美感所吸引。 B) 她一心想着成为建筑师梦想。
C) 她受到教授建筑学的父亲的影响。 D) 她被建筑学中设计与工程的结合所吸引。

【答案】 D (细节题) She is drawn to its integration of design and engineering.

【定位】 In particular, I'm attracted to the marriage of design and engineering.

尤其是，我被设计与工程的结合所吸引。

【信号】 被问者直接应答动机。教授先问 Why did you choose it?, 她的回答里用 I'm attracted to 直接给出动机，且以 In particular 加重强调——"问因 + 被问者亲口应答 + 加重语气"三重信号锁定此句。

【替换】 the marriage of design and engineering ↔ its integration of design and engineering
marriage=integration同义改写

【排除】 A) 原词陷阱

录音确有 I'm attracted to, A 项 She is attracted to the beauty of modern buildings. 借用了 attracted 这个原词，但她被吸引的是"设计与工程的结合"，不是"现代建筑的美"——美这一点录音从未说，属听到 attracted 就想选的陷阱。

借用原文：I'm attracted to the marriage of design and engineering

B) 原词陷阱

preoccupied 一词录音里出现在教授口中 you were preoccupied with all the lofty mathematics, 指她曾为数学发愁，根本不是"痴迷当建筑师的梦想"。B 项 She is preoccupied with her dream to be an architect. 盗了 preoccupied 又改了对象，与问"动机"无关。

借用原文：you were preoccupied with all the lofty mathematics

C) 未提及

C 项 She is influenced by her father who teaches architecture. 牵出一个"教建筑的父亲"，但整段录音从未提到她父亲，更没说受其影响——是预读时就警惕的"凭空多出一个人物"的诱选。

2. A) Through hard work.

B) With the professor's help.

C) By studying the subject online.

D) By taking prerequisite courses.

【题目】 How does the woman say she will overcome the difficulty in learning mathematics?

【翻译】 这位女士说她如何将克服学习数学的困难？

A) 通过刻苦学习。 B) 在教授的帮助下。 C) 通过在线学习该科目。

D) 通过修读先修课程。

【答案】 A (细节题) Through hard work.

【定位】 Math might be the toughest subject I encounter in the curriculum, but I'll simply put in the work required.

数学可能是在课程里遇到的最难的科目，但我会直接付出所需的努力。

【信号】转折 but 后才是真应对。她先承认 Math might be the toughest subject, 紧接 but I'll simply put in the work required——转折词 but 之后才是她真正给出的克服办法, 前半只是铺垫难处。"but 后是落点"是听力定位的硬信号。

【替换】put in the work required ↔ **Through hard work**
put in work=hard work同义概括

【排除】B) 未提及

对话里确有 professor 这个人, B 项 With the professor's help. 借"现场有教授"诱你选, 但她讲克服数学的办法时只字未提靠教授, 靠的是自己出力——属"同场有这人就误以为靠他"的陷阱。

C) 原词陷阱

录音里 I was doing some online research 确实出现 online, C 项 By studying the subject online. 盗了 online。但她上网只是"做了点调研"判断自己应付得来, 并非"靠网上学数学"来克服难点——原词在、用途被偷换。

借用原文: I was doing some online research

D) 未提及

D 项 By taking prerequisite courses. 说靠"修先修课"克服, 但录音从未提到 prerequisite 或先修课程这回事——是凭空安上的办法。

-
3. A) It is groundbreaking.
B) It is long-lasting.
C) It is immaterial.
D) It is immortal.

【题目】What does the man say about architects' contribution to a city?

【翻译】这位男士对建筑师对城市的贡献有何看法?

A) 它是开创性的。 B) 它是持久的。 C) 它是无关紧要的。 D) 它是不朽的。

【答案】B (细节题) It is long-lasting.

【定位】And the legacies you build will last much longer than any of us mortals.

而且你所建造的那些遗产, 会比我们这些凡人存续得久得多。

【信号】男士对城市贡献的直接断言。男士谈到 the contribution you make to a city 后, 紧接断言 the legacies you build will last much longer——这句直接定性"建筑师留下的东西能存续很久", 是他对该话题的正面陈述句, 定位于此。

【替换】will last much longer than any of us mortals ↔ **It is long-lasting**
last much longer=long-lasting同义

【排除】 A) 未提及

A 项 It is groundbreaking."具开创性"在录音里毫无对应——男士谈的是贡献能"长久存续", 不是"开天辟地", 属凭空贴标签。

C) 与原文相反

录音里 Due to its material nature 出现 material (实体的), C 项 It is immaterial. 恰好取了它的反义 immaterial (非物质/无关紧要)。建筑明明是"实体", 选项却说"无形", 是"盗原词又反极性"的诱选。

借用原文: Due to its material nature

D) 原词陷阱

录音 longer than any of us mortals 用 mortals (凡人) 作对比, D 项 It is immortal. 盗这个词根改成 immortal (不朽)。原文只说贡献"比凡人活得久", 是相对的"更久", 并非"永不灭"——把相对的久夸成绝对不朽, 程度过头。

借用原文: will last much longer than any of us mortals

4. A) Economics.

B) Philosophy.

C) Computer science.

D) Western art.

【题目】 What subject does the man suggest the woman start with?

【翻译】 这位男士建议这位女士从什么科目开始学习?

A) 经济学。 B) 哲学。 C) 计算机科学。 D) 西方艺术。

【答案】 C (细节题) Computer science.

【定位】 Nevertheless, I would suggest you start with computer science because there will be many intricate visuals you will have to produce as part of your projects.

不过, 我建议你从计算机科学开始, 因为你的项目里会有很多复杂的图像需要你来制作。

【信号】 Nevertheless 转折 + suggest start with. 前句先泛举 philosophy and economics 等领域, 再用 Nevertheless 一转, 紧跟 I would suggest you start with computer science ——转折后的"建议 + start with"双信号, 直指真正要先学的那门。

【替换】 I would suggest you start with computer science ↔ **Computer science**

原句点名即选项学科

【排除】 A) 原词陷阱

philosophy and economics 里 economics 被念到，但那是男士泛举"大学会鼓励你学的各类领域"，A 项 Economics. 盗这个原词冒充答案；题问的是 start with (先学)，经济学并非他建议起步的那门。

借用原文：fields as wide-ranging as philosophy and economics

B) 原词陷阱

B 项 Philosophy. 同样来自 philosophy and economics 的泛举，philosophy 被念到却不是"建议先学"的那门——与 A 一样是"听到学科名就想划"的原词诱选。

借用原文：fields as wide-ranging as philosophy and economics

D) 答非所问

录音末尾 the history of Western art 确出现"西方艺术"，D 项 Western art. 盗了它。但那是男士另起一句"还建议你尽量多学美术"，与本题问的 start with (最先入手) 不是同一件事——位置和性质都对不上。

借用原文：another thing that I would recommend you learn as much as you can is fine arts, in particular, the history of Western art

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

1 W: So as I mentioned over the phone, we are looking for someone who is very discreet, I can't stress this enough.

W: 就像我在电话里提到的，我们在找一个非常谨慎的人，这点我怎么强调都不为过。

2 M: I fully understand.

M: 我完全理解。

3 W: As we all know, being such a famous football player at Real Madrid, Mr. Sanchez has a very high public profile. This means he cannot leave the house without being recognized and harassed.

W: 众所周知，作为Real Madrid这么有名的足球运动员，Sanchez先生的公众知名度非常高。这意味着他一出门就会被认出来，被骚扰。

4 M: Yes, I completely understand how imperative it would be to respect Mr. Sanchez's private life.

M: 是的，我完全明白尊重Sanchez先生的私人生活有多重要。

5 W: Good. As his personal assistant, you would be required to run common everyday chores for Mr. Sanchez, things he cannot do himself due to his fame, like going to the supermarket or post office. So, well, at first sight it may appear that working for a celebrity is very glamorous. Nothing could be further from the truth. I'm telling you this so that you don't get any false expectations of what the job has to offer you.

W: 很好。作为他的私人助理，你需要为Sanchez先生处理一些日常琐事，那些他因为名气而没法亲自做的事，比如去超市或邮局。所以，嗯，乍一看为名人工作可能显得很光鲜亮丽。但事实恰恰相反。我告诉你这些是为了让你对这份工作能给你带来什么不要有错误的期待。

6 M: Thanks. I understand this too. This is my first job after graduating from university. So frankly, I don't have much prior working experience. I am, however, very excited about the prospect of joining this

company and very keen to start from the bottom in whatever capacity I may be of use.

M: 谢谢。我也明白这点。这是我大学毕业后的第一份工作。所以坦白说, 我之前没什么工作经验。不过, 我对加入这家公司的前景非常兴奋, 也非常渴望从基层做起, 无论我能在什么岗位上发挥作用。

7 W: That's good to hear. You sound very energetic. Tell me why you think you are well suited for this job?

W: 很高兴听到这个。你听起来很有活力。跟我说说你为什么觉得自己很适合这份工作?

8 M: Well, firstly, I love football. I'm a lifelong Real Madrid supporter and go to their games every weekend I can. I would simply love to have a job where I'm involved in some capacity with Real Madrid, regardless of the position and salary. And secondly, I think what this company does in sports consultancy is very cool. And I think my language skills could prove very useful down the road.

M: 嗯, 首先, 我热爱足球。我是Real Madrid的终身球迷, 每个周末只要有空就去看他们的比赛。我真的很想有一份工作能让我以某种方式参与到Real Madrid中, 不管是什么职位和薪水。其次, 我觉得贵公司在体育咨询方面做的事情非常酷。而且我觉得我的语言技能将来可能会很有用。

9 W: Please tell me more about your language skills.

W: 请多说说你的语言技能。

10 M: I am fully fluent in English and Spanish and have a working proficiency in French.

M: 我的英语和西班牙语都很流利, 法语也有工作水平。

5. A) He has occasionally been harassed by his fans.

B) He has been guarded by a discreet assistant.

C) He is well known to the public.

D) He is a famous football coach.

【题目】 What do we learn from the conversation about Mr. Sanchez?

【翻译】 从对话中我们了解到关于桑切斯先生的什么信息?

A) 他偶尔会被粉丝骚扰。 B) 他一直由一位谨慎的助理保护着。 C) 他为公众所熟知。

D) 他是一位著名的足球教练。

【答案】 C (细节题) He is well known to the public.

【定位】 As we all know, being such a famous football player at Real Madrid, Mr. Sanchez has a very high public profile. This means he cannot leave the house without being recognized and harassed.

众所周知, 作为皇马一名如此有名的足球运动员, 桑切斯先生有着很高的公众知名度。这意味着他一出门就会被认出、被骚扰。

【信号】 直接的身份介绍句。 女士用 being such a famous football player at Real Madrid 一句话给桑切斯定了身份, 再用 has a very high public profile 说明其名气之大——这种“客观介绍人物”的陈述句就是身份细节题的答案句。

【替换】 has a very high public profile ↔ well known to the public

「高公众知名度」= 「被公众熟知」

【排除】 A) 原词陷阱

He has occasionally been harassed by his fans. 借了录音 recognized and harassed 里的 harassed 一词，但录音说的是"一出门就"被骚扰、且并未限定"被粉丝"，更没说"偶尔"。题问的是"我们了解到什么"，最核心是他名气大，A把附带后果当主答案、还加了 occasionally,fans 这些原文没有的限定。

借用原文：recognized and harassed

B) 张冠李戴

He has been guarded by a discreet assistant. 把开头 we are looking for someone who is very discreet 里的 discreet 拿来，安成"他被一位谨慎的助理护卫"。但 discreet 是对应聘者（男方）的要求，不是说桑切斯有这样一个助理——人物对应被搬错，且题问的是桑切斯本人，不是他的助理。

借用原文：someone who is very discreet

D) 偷换概念

He is a famous football coach. 借用了录音 famous football player 里的 famous football，却把 player（球员）偷换成 coach（教练）。一字之差、身份全错，这正是预读时圈出"coach 是差异点"要防的偷换。

借用原文：famous football player

-
6. A) Serve as a personal assistant.
B) Play a key role in Real Madrid.
C) Run common daily chores for the woman.
D) Help promote Mr. Sanchez's public profile.

【题目】 What will the man do if he gets the job?

【翻译】 如果男士得到这份工作,他会做什么?

- A) 担任私人助理。 B) 在皇家马德里扮演关键角色。 C) 为女士处理日常琐事。
D) 帮助提升桑切斯先生的公众形象。

【答案】 A (细节题) Serve as a personal assistant.

【定位】 As his personal assistant, you would be required to run common everyday chores for Mr. Sanchez, things he cannot do himself due to his fame, like going to the supermarket or post office.

作为他的私人助理，你将被要求为桑切斯先生跑日常琐事，那些他因名气太大而无法自己做的事，比如去超市或邮局。

【信号】 招聘者直接交代岗位。 女方用 As his personal assistant 一句明确点出岗位名，这种由招聘方直接交代"你将担任什么"的句子，就是"他将做什么"的答案句。

【替换】 As his personal assistant ↔ **Serve as a personal assistant.**

「作为私人助理」=「担任私人助理」

【排除】 B) 过度推断

Play a key role in Real Madrid. 借了第7、8段反复出现的 Real Madrid, 把"跑腿助理"夸成"在皇马担任关键角色"。录音清楚说他要做的是 run common everyday chores (跑日常琐事), 与"key role"完全相反, 是过度拔高。

借用原文: run common everyday chores for Mr. Sanchez

C) 张冠李戴

Run common daily chores for the woman. 几乎照搬录音 run common everyday chores, 只把"for Mr. Sanchez"换成"for the woman"。跑腿是为桑切斯、不是为这位招聘的女士, 服务对象被掉包——正是预读时圈 for the woman 要防的张冠李戴。

借用原文: run common everyday chores for Mr. Sanchez

D) 与原文相反

Help promote Mr. Sanchez's public profile. 拿了 high public profile 里的 public profile, 编成"帮桑切斯提升公众形象"。但录音说的是因他名气太大、助理替他做他没法做的事 (things he cannot do himself due to his fame), 是"避开曝光", 绝非"提升曝光", 方向相反。

借用原文: has a very high public profile

-
7. A) He is honest and always tells the truth.
B) He once worked part-time in university.
C) He cares little about his working hours.
D) He has little previous work experience.

【题目】 What does the man say about himself?

【翻译】 男士如何评价自己?

- A) 他诚实且总是说真话。 B) 他曾在大学期间做过兼职工作。
C) 他不太在意自己的工作时间。 D) 他几乎没有以前的工作经验。

【答案】 D (细节题) He has little previous work experience.

【定位】 This is my first job after graduating from university. So frankly, I don't have much prior working experience.

这是我大学毕业后的第一份工作。所以坦白说, 我没有多少之前的工作经验。

【信号】 第一人称的自我坦白。男方用 This is my first job after graduating from university 加 I don't have much prior working experience 直陈自身处境, 这种"I/my"领起的自述句即本题答案落点。

【替换】 I don't have much prior working experience ↔ **He has little previous work experience.**

「没多少经验」=「几乎没经验」

【排除】 A) 过度推断

He is honest and always tells the truth. 大概由录音里 frankly (坦白说) 联想而来, 但 frankly 只是说话的语气词, 男方并未谈自己"诚实、总说真话"。把一个口头副词夸成性格优点, 属无中生有的推断。

借用原文: So frankly, I don't have much prior working experience

B) 未提及

He once worked part-time in university. 用了 university 这个录音确实出现的词 (after graduating from university), 但男方只说"大学毕业", 从未提"在校期间打过工"。借眼熟的 university 编出一段没说过的经历, 属未提及。

借用原文: after graduating from university

C) 未提及

He cares little about his working hours. 听起来像呼应他"愿从底层做起" (keen to start from the bottom) 的谦逊, 但他谈的是不计职位与薪水, 从没说"不在乎工作时长 (working hours)"。working hours 是录音里完全没出现的话题。

-
8. A) He has a strong ability to connect with people.
B) He has a high proficiency in several languages.
C) He has a sound knowledge of sports consultancy.
D) He has a natural capacity to cooperate with others.

【题目】 Why does the man think he is a very competitive candidate?

【翻译】 男士为什么认为自己是一位非常有竞争力的候选人?

- A) 他有很强的与人交往的能力。 B) 他精通多种语言。 C) 他对体育咨询有扎实的知识。
D) 他有与他人合作的天生能力。

【答案】 B (细节题) He has a high proficiency in several languages.

【定位】 And I think my language skills could prove very useful down the road.

而且我觉得我的语言能力日后会很有用。

【信号】 他自陈的优势落点。在列举理由的段落里, 男方以 I think my language skills could prove very useful 把"语言能力"点为自己的可用之长——这种"I think my ... useful"的自夸句就是优势题的答案句。第10段又用 fully fluent in English and Spanish 坐实他确有多语言能力。

【替换】 my language skills could prove very useful ↔ He has a high proficiency in several languages.

「语言能力有用」=「精通几门语言」

【排除】 A) 未提及

He has a strong ability to connect with people. 描述的人际沟通能力，录音通篇没有提及。他列的是爱足球、觉得公司酷、语言能力，没有任何一句谈"与人连接"，属凭"助理该会沟通"的常识脑补。

C) 张冠李戴

He has a sound knowledge of sports consultancy. 盗用了录音 what this company does in sports consultancy 里的 sports consultancy。但这是他在夸"公司做的体育咨询很酷"，说的是公司的业务，不是他本人懂体育咨询——把公司的事安成了他的能力。

借用原文：what this company does in sports consultancy is very cool

D) 未提及

He has a natural capacity to cooperate with others. 和A一样属人际类能力，与他亲口列的"语言能力"无关，录音没说他"善于与人协作"。它和A刻意做得相像 (connect with people/cooperate with others)，用来分散对正确项B的注意。

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 Adventure sports are undeniably attractive to many energetic and thrill-seeking kids. Sports like rock climbing, surfing, skiing, and mountain biking, thus have lots of appeal. They don't have many of the rules and pressures of traditional team sports, but they still have all the benefits of outdoor physical activity.

冒险运动对许多精力充沛、寻求刺激的孩子来说无疑具有吸引力。因此，攀岩、冲浪、滑雪和山地自行车等运动颇具魅力。它们没有传统团队运动的诸多规则和压力，但仍然具备户外体育活动的所有益处。

2 When properly supervised, extreme sports can be a part of a healthy, balanced life. Some adventure sports may be associated with high risks of injury, so it's important for kids to figure out when to take risks, and when not to. Risk-free activities deprive kids of the opportunity to test themselves and overcome their fears. But to some, these very risks are what makes these sports a bad choice. They say that extreme sports can often lead to devastating injuries, especially as young thrill-seekers may attempt feats that are too advanced for them.

在适当监督下,极限运动可以成为健康、平衡生活的一部分。一些冒险运动可能伴随着较高的受伤风险,因此孩子们必须学会判断何时该冒险、何时不该冒险。没有风险的活动会剥夺孩子测试自己和克服恐惧的机会。但对某些人来说,正是这些风险使得这些运动成为糟糕的选择。他们认为极限运动往往会导致毁灭性的伤害,尤其是年轻的寻求刺激者可能会尝试对他们来说过于高难度的技巧。

3 But let's be real. Most kids do all kinds of dangerous stuff whether you want them to or not. Adventure sports have many of the same risks and dangers, but they have an additional sense of adventure, courage and autonomy that is important to foster in young children. As always, it's up to parents to decide what's best for their kids. But if you do decide that adventure sports are a bit too much, do try to introduce other forms of outdoor adventures into their lives. Camping under the stars, fishing, stargazing or even just playing in the woods can help a lot in building the same sense of self-confidence and risk-taking as in adventure sports.

但我们要面对现实。大多数孩子无论你是否愿意，都会做各种危险的事情。冒险运动具有许多相同的风险和危险，但它们还有一种额外的冒险感、勇气和自主性，这些对于培养幼儿非常重要。一如既往，父母有责任决定什么对他们的孩子最好。但如果你确实认为冒险运动有点过头，那就尽量在他们的生活中引入其他形式的户外探险。在星空下露营、钓鱼、观星，甚至只是在树林里玩耍，都能在很大程度上帮助建立与冒险运动相同的自信心和冒险精神。

9. A) They bring more benefits to young people.
B) They require less supervision and training.
C) They are more suitable to young people.
D) They have fewer rules and pressures.

【题目】 Why do extreme sports appeal to many kids?

【翻译】 为什么极限运动对许多孩子有吸引力？

- A) 它们给年轻人带来更多益处。 B) 它们需要更少的监督和训练。
C) 它们更适合年轻人。 D) 它们有更少的规则和压力。

【答案】 D (细节题) They have fewer rules and pressures.

【定位】 They don't have many of the rules and pressures of traditional team sports, but they still have all the benefits of outdoor physical activity.

它们没有传统团队运动那么多的规则和压力，但仍然具备户外体育活动的全部益处。

【信号】 对照句“没有.....但仍有.....”。这句用 They don't have many of the rules and pressures of traditional team sports 与后面 but they still have all the benefits 做对照，前半把“规则和压力少”点了出来——这正是这类运动区别于传统运动、吸引孩子的卖点，是承载答案的句子。

【替换】 don't have many of the rules and pressures ↔ have fewer rules and pressures
don't have many = fewer

【排除】 A) 原词陷阱

A 用了录音同句里的原词 benefits, 但录音说的是"仍具备户外活动的全部益处", 并非"带来更多益处"; more 是选项硬加的, 题目问的是"吸引力来自哪", benefits 只是顺带提及, 不是吸引点。

借用原文: they still have all the benefits of outdoor physical activity

B) 原词陷阱

B 的 less supervision and training 借用了第二段的 When properly supervised 制造熟耳感, 但录音从没说这类运动"需要的监管和训练更少"; 相反第二段强调"需要妥善监管", 与 B 相反。

借用原文: When properly supervised, extreme sports can be a part of a healthy, balanced life.

C) 未提及

C 说这类运动"更适合"年轻人, 录音只说它们对孩子"有吸引力 (attractive/appeal)", 从未做"更适合/更不适合"的比较判断, 属于原文未提及的拔高。

-
10. A) They prevent kids from enjoying adventure sports.
B) They help kids guard against any possible injuries.
C) They rob kids of the chance to cultivate their courage.
D) They deprive kids of the opportunity to develop team spirit.

【题目】 What does the speaker say about risk-free activities?

【翻译】 说话者对无风险活动有何看法?

- A) 它们阻止孩子享受冒险运动。 B) 它们帮助孩子防范任何可能的伤害。
C) 它们剥夺了孩子培养勇气的机会。 D) 它们剥夺了孩子发展团队精神的机会。

【答案】 C (细节题) They rob kids of the chance to cultivate their courage.

【定位】 Risk-free activities deprive kids of the opportunity to test themselves and overcome their fears.

无风险的活动剥夺了孩子自我考验、克服恐惧的机会。

【信号】 对象词 risk-free 直接现身。 录音里 Risk-free activities deprive kids of the opportunity to test themselves and overcome their fears 正面点出题干对象 risk-free activities, 并紧跟一个负面动词 deprive, 这一句就是对该对象的直接评价, 是答案句。

【替换】 deprive kids of the opportunity to test themselves and overcome their fears ↔

rob kids of the chance to cultivate their courage

deprive=rob、克服恐惧=培养勇气

【排除】 A) 原词陷阱

A 的 prevent kids from enjoying adventure sports 借了录音常出现的 adventure sports, 但录音说"剥夺机会"的是 risk-free activities 对"自我考验", 并非"阻止孩子享受冒险运动", 把对象和内容都换了。

借用原文: Adventure sports have many of the same risks and dangers

B) 与原文相反

B 说无风险活动"帮孩子防受伤", 听上去像好事, 但录音对 risk-free activities 的态度是负面的 (deprive 剥夺机会), B 把贬义说成了褒义, 方向相反; injuries 一词来自录音第二段对 devastating injuries 的描述。

借用原文: extreme sports can often lead to devastating injuries

D) 偷换概念

D 把录音"克服恐惧"偷换成 develop team spirit (团队精神)。录音里"团队"概念只与 traditional team sports 沾边, 从没说无风险活动剥夺了"团队精神", 是把尾词悄悄换掉。

借用原文: traditional team sports

11. A) Help them take up these sports when they are more mature.

B) Let them participate in some less risky outdoor activities.

C) Ask them to try some forms of indoor sports.

D) Introduce them to these sports step by step.

【题目】 What should parents do if they decide adventure sports are a bit too much for their kids?

【翻译】 如果父母认为冒险运动对他们的孩子来说有点过于激烈, 他们应该怎么做?

A) 在孩子更成熟时帮助他们从事这些运动。 B) 让他们参与一些风险较小的户外活动。

C) 让他们尝试某些形式的室内运动。 D) 循序渐进地向他们介绍这些运动。

【答案】 B (细节题) Let them participate in some less risky outdoor activities.

【定位】 But if you do decide that adventure sports are a bit too much, do try to introduce other forms of outdoor adventures into their lives.

但如果你确实觉得冒险运动有点过头, 那就一定要试着把其他形式的户外探险引入他们的生活。

【信号】 建议句 "do try to..." 加重语气。 这句用 do try to introduce other forms of outdoor adventures, do 加在动词前是强调语气的建议, 且与题干条件 adventure sports are a bit too much 逐字对上, 是承载答案的建议句。

【替换】 introduce other forms of outdoor adventures ↔ participate in some less risky outdoor activities
其他户外探险 = 风险更低的户外活动

【排除】 A) 未提及

A 说"等孩子更成熟再让他们玩这些运动", 录音从没建议"等长大再玩", only 提到引入别的户外活动; mature 一词录音也未出现, 属凭空添加的方案。

C) 与原文相反

C 让孩子"试室内运动", 但录音建议的是 outdoor adventures (户外探险), 并举露营、观星等户外例子, 方向与"室内"相反。

借用原文: introduce other forms of outdoor adventures into their lives

D) 原词陷阱

D 的"step by step / 循序渐进地把这些运动介绍给孩子"盗用了录音原词 introduce, 但录音的 introduce 接的是 other forms of outdoor adventures (别的户外活动), 不是"循序渐进地引入冒险运动本身"; step by step 是选项硬加, 且与"觉得太过头就别玩"的前提矛盾。

借用原文: do try to introduce other forms of outdoor adventures into their lives

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

1 The shiny gadgets of today will be waste tomorrow. Manufacturers don't talk much about this when they announce the big new thing that will replace your mostly just as good old thing. In fact, technology firms often purposely design devices that will not last long and cannot be repaired so that consumers will have to spend their money on a new one.

今天闪亮的小玩意明天就会变成废物。制造商在宣布将取代你那几乎同样好用的旧物的重大新产品时, 对此却不怎么提及。事实上, 科技公司常常故意设计那些不会持久且无法维修的设备, 以便消费者不得不花钱购买新的。

2 This year, the French government began requiring tech manufacturers to list a repairability score. If a device can be repaired, then its life can be extended, saving consumers money and the planet the burden of so many trashed gadgets. Equipped with this knowledge, consumers can make better choices about which products to buy.

今年, 法国政府开始要求科技制造商标注可维修性评分。如果设备可以维修, 那么它的使用寿命就能延长, 既为消费者省钱, 也减轻了地球承受如此多废弃电子产品的负担。有了这些知识, 消费者可以更好地选择购买哪些产品。

3 Some 59 million tons of old TVs, computers, screens, smartphones, washers and other electronics are discarded every year. This waste is dangerous. Batteries explode in recycling facilities. Toxic substances like mercury leak into soil and groundwater and disperse in the air. Manufacturing flat screens adds greenhouse gases to the atmosphere. We need tech companies to take the lead to solve this problem. If they won't, governments must make them do so.

每年有约5900万吨旧电视、电脑、屏幕、智能手机、洗衣机和其他电子产品被丢弃。这些废物是危险的。电池在回收设施中爆炸。汞等有毒物质渗入土壤和地下水, 并扩散到空气中。制造平板屏幕会向大气中排放温室气体。我们需要科技公司带头解决这个问题。如果它们不愿意, 政府必须强制它们这样做。

4 Although tech companies will often speak of environmental sustainability, many lobby against repair legislation, fearful it will eat into their profits. Sustainability matters, but marketable design appears to matter more to these companies. Consumers should support right-to-repair legislation. In this world, damage is a certainty. But we cannot leave things broken: A problem of our creation is a problem that can be fixed.

尽管科技公司经常谈论环境可持续性,但许多公司游说反对维修立法,担心这会侵蚀它们的利润。可持续性固然重要,但对这些公司来说,可销售的设计似乎更重要。消费者应该支持维修权立法。在这个世界上,损坏是必然的。但我们不能让东西就这样坏着:我们造成的问题是可以修复的问题。

12. A) Consumers often have a craving for the latest model.
B) Such products tend to comprise parts that are irreplaceable.
C) Tech firms intentionally design products to have short lifespans.
D) Manufacturers use effective strategies to promote fancier products.

【题目】 Why do new tech products soon become waste?

【翻译】 为什么新科技产品很快就会变成废弃物?

- A) 消费者往往渴望拥有最新款式。 B) 此类产品往往包含无法更换的部件。
C) 科技公司有意将产品设计成使用寿命短的。
D) 制造商使用有效的策略来推广更华丽的产品。

【答案】 C (细节题) Tech firms intentionally design products to have short lifespans.

【定位】 In fact, technology firms often purposely design devices that will not last long and cannot be repaired so that consumers will have to spend their money on a new one.

事实上, 科技公司常常故意把设备设计成用不长久、又无法维修, 好让消费者不得不掏钱买新的。

【信号】 强调词 In fact + 因果连词 so that. In fact 把语气加重、引出真意, 紧接的 so that consumers will have to spend their money on a new one 是明确因果, 正是 Why 题要锁定的那一句。

【替换】 purposely design devices that will not last long ↔
intentionally design products to have short lifespans
purposely=intentionally, 短命换说法

【排除】 A) 原词陷阱

录音确实提到 spend their money on a new one 里有 "买新" 的影子, 但那是厂商设计造成的结果, 不是说消费者主动 "渴望新款"; A 盗用 "new" 的语感把原因偷换到消费者欲望上。

借用原文: consumers will have to spend their money on a new one

B) 答非所问

录音说 cannot be repaired, B 据此说零件 irreplaceable, 但题问的是 "为何变废" 的根因——厂商故意, 而非单纯零件不可换; B 抓了枝节当主因。

借用原文: cannot be repaired

D) 偷换概念

录音批评厂商 purposely design devices that will not last long, D 却说厂商用有效策略推广更高端产品, 语气由贬转中、且 "fancier products" 录音根本没说, 是改了立场的无中生有。

借用原文: purposely design devices that will not last long and cannot be repaired

13. A) Indicate the competitiveness of their products.

B) List a repairability score of their products.

C) Specify the major parts of their products.

D) Detail the lifecycle of their products.

【题目】 What did the French government require tech companies to do to help consumers make better choices?

【翻译】 法国政府要求科技公司做什么来帮助消费者做出更好的选择?

A) 标明其产品的竞争力。 B) 列出其产品的可维修性评分。

C) 详细说明其产品的主要部件。 D) 详细说明其产品的生命周期。

【答案】 B (细节题) List a repairability score of their products.

【定位】 This year, the French government began requiring tech manufacturers to list a repairability score.

今年, 法国政府开始要求科技制造商列出一个可维修性评分。

【信号】 题干主体 **French government** 在原文复现, 紧跟其后动作即答案。录音 the French government began requiring tech manufacturers to list a repairability score 与题干主体逐字对上, requiring 后的动作就是要求内容, 是顺序定位的标准信号。

【替换】 list a repairability score ↔ **List a repairability score of their products**

近乎原句对应, list 与评分逐词吻合

【排除】 A) 未提及

录音通篇没说标 "竞争力", A 的 competitiveness of their products 是凭 "产品" 话题臆造出的方向, 与政府要求无关。

C) 张冠李戴

录音第一段说设备 cannot be repaired 时隐含零件问题, C 借 major parts 之名说政府要求 "列出主要零件", 但政府要求的是评分不是列零件, 把别处的词安到这道题上。

借用原文: cannot be repaired

D) 原词陷阱

录音后句提到 its life can be extended, D 的 lifecycle of their products 借这点说要求 "详述生命周期", 但那是评分带来的好处, 不是政府要求标注的内容, 方向被带偏。

借用原文: its life can be extended

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14. A) Take the initiative to reduce electronic waste.
B) Take due caution in upgrading their products.
C) Invest in constructing more recycling facilities.
D) Substitute all toxic substances with non-toxic ones.

【题目】 What should tech companies do to help ensure environmental sustainability?

【翻译】 科技公司应该做什么来帮助确保环境可持续性?

- A) 主动减少电子废弃物。 B) 在升级其产品时采取适当的谨慎措施。
C) 投资建设更多回收设施。 D) 用无毒物质替代所有有毒物质。

【答案】 A (细节题) Take the initiative to reduce electronic waste.

【定位】 We need tech companies to take the lead to solve this problem.

我们需要科技公司带头来解决这个问题。

【信号】 主张句信号 We need...to take the lead. We need tech companies to take the lead to solve this problem 用 We need...to 直陈主张, take the lead 是 "应做" 动作的核心, 正是 should 题要锁的句。

【替换】 take the lead to solve this problem ↔ **Take the initiative to reduce electronic waste**

take the lead=take the initiative; this problem=electronic waste

【排除】 B) 未提及

Take due caution in upgrading their products 谈升级要谨慎，录音只在第一段批评厂商频出新品，从未要求厂商 "升级时谨慎"，是顺着话题臆造的对策。

C) 原词陷阱

录音 Batteries explode in recycling facilities 是在讲危害，C 借 recycling facilities 这个原词说应 "投资建更多回收设施"，但录音没把建设施当对策，把危害描述里的词挪来当答案。

借用原文：Batteries explode in recycling facilities

D) 过度推断

录音 Toxic substances like mercury leak into soil 只在说毒物危害，D 借 toxic substances 拔高成 "用无毒物替换全部毒物"，substitute all 录音根本没主张，绝对词 all 更是过满。

借用原文：Toxic substances like mercury leak into soil and groundwater

15. A) It can be solved.

B) It is certain to worsen.

C) It will be fixed by tech companies.

D) It is unavoidable in the long run.

【题目】 What does the speaker think of the problem of waste?

【翻译】 说话者对废弃物问题有什么看法？

A) 它可以被解决。 B) 它肯定会恶化。 C) 它将由科技公司解决。

D) 从长远来看它是不可避免的。

【答案】 A (态度观点题) It can be solved.

【定位】 But we cannot leave things broken: A problem of our creation is a problem that can be fixed.

但我们不能让问题就这么烂着：我们自己造成的问题，是能够被解决的。

【信号】 转折 But + 末句定调 can be fixed. But we cannot leave things broken 的 But 是态度反转信号，前句 damage is a certainty 是铺垫，转折后的 a problem that can be fixed 才是说话人真正的乐观结论。

【替换】 a problem that can be fixed ↔ **It can be solved.**

can be fixed=can be solved, 主被动同形

【排除】 B) 与原文相反

录音 damage is a certainty 只说损害必定存在，B 借 certainty 这个词头偷换成 certain to worsen (必然变糟)，把 "必定有损害" 曲解为 "必定恶化"，与说话人乐观结论相反。

借用原文：damage is a certainty

C) 张冠李戴

录音说问题 can be fixed 是 "我们" 共同的事，C 却说 fixed by tech companies，把解决主体单独安到科技公司头上；录音前文还说很多厂商 lobby against repair，正说明不能指望它们独力解决。

借用原文：many lobby against repair legislation

D) 与原文相反

unavoidable in the long run 借的是 damage is a certainty 的悲观语气，但说话人紧接 But 就反转为问题能解决，D 取了被否定掉的那一半，与最终乐观态度相反。

借用原文：damage is a certainty

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 On average, US workers spend about 10% of their workday surfing the internet, emailing friends or shopping online. This behavior, called cyberloafing, is believed to cost employers up to \$85 billion a year in lost productivity.

平均而言,美国工人每天约有10%的工作时间用于上网冲浪、给朋友发电子邮件或网上购物。这种被称为网络闲逛的行为据信每年给雇主造成高达850亿美元的生产力损失。

2 The majority of cyberloafing research focuses on ways to prevent employees from engaging in this behavior through interventions such as internet monitoring and computer use policies. But it turns out, such behaviors may not be a sign that a worker is lazy or just wasting time. Social media use at work has been linked to higher levels of employee engagement and job satisfaction. New research suggests cyberloafing can help workers cope with an exceptionally stressful work environment.

大多数关于网络闲逛的研究都侧重于通过网络监控和计算机使用政策等干预措施来防止员工从事这种行为。但事实证明,这类行为可能并不意味着员工懒惰或只是在浪费时间。工作中使用社交媒体与员工敬业度和工作满意度的提高有关。新研究表明,网络闲逛可以帮助员工应对压力极大的工作环境。

3 But is cyberloafing actually effective at reducing employee stress levels? That's the question my research team wanted to answer in our new study. Our hypothesis was that cyberloafing may serve as a mini-break, giving employees an opportunity to recover from stressful work situations. To test this, we asked workers to complete an online survey and rank how much time they spent cyberloafing, checking

non-work emails and shopping. We also asked them to rank job satisfaction, their desire to quit, and how often they've experienced mistreatment at work, such as being bullied, threatened or yelled at. As you might expect, we found that overall, more mistreatment at work was correlated with lower levels of job satisfaction and a greater desire to quit. More interestingly, we found that cyberloafing effectively buffered this connection. That is, mistreated workers who spent more time surfing the web and checking emails reported higher job satisfaction and were less likely to want to quit than similar participants who didn't cyberloaf as much. This suggests that cyberloafing acts as a sort of relief valve for workers, helping them recover from stressful experiences.

但网络闲逛真的能有效降低员工的压力水平吗?这正是我的研究团队想在我们的新研究中回答的问题。我们的假设是,网络闲逛可能起到小憩的作用,让员工有机会从压力大的工作情境中恢复过来。为了验证这一点,我们要求员工完成一项在线调查,并对他们花在网络闲逛、查看非工作邮件和购物上的时间进行排序。我们还要求他们对工作满意度、离职意愿以及在工作中遭受不当对待的频率进行排序,比如被欺凌、威胁或吼叫。正如你可能预料的那样,我们发现总体而言,工作中遭受的不当对待越多,工作满意度就越低,离职意愿就越强。更有趣的是,我们发现网络闲逛有效缓冲了这种关联。也就是说,花更多时间上网和查看邮件的受虐待员工报告的工作满意度更高,离职意愿也低于网络闲逛时间较少的类似参与者。这表明网络闲逛对员工来说起到了某种减压阀的作用,帮助他们从压力性经历中恢复过来。

4 While we did not directly assess how cyberloafing affects worker performance, we believe by relieving stress it may not only reduce worker turnover, but also ultimately bolster productivity. This fits with other recent research that suggests taking short breaks is associated with higher levels of daily job performance. That isn't to say cyberloafing is always good. Too much time spent on non-work activities likely causes performance to suffer. All in all, managers should be more lenient with employees. We believe a bit of online shopping or surfing the internet at work could make workers more productive in the long run.

虽然我们没有直接评估网络闲逛如何影响员工绩效,但我们相信通过缓解压力,它不仅可以降低员工流失率,而且最终可能提高生产力。这与其他近期研究相符,这些研究表明短暂休息与更高水平的日常工作表现相关。这并不是说网络闲逛总是好的。花太多时间在非工作活动上可能会导致绩效下降。总而言之,管理者应该对员工更加宽容。我们认为,从长远来看,在工作中稍微网上购物或上网冲浪可能会让员工更有生产力。

16. A) How internet monitoring can be implemented.
B) How to encourage productive internet surfing.
C) How cyberloafing affects overall productivity.
D) How to prevent employees from cyberloafing.

【题目】 What does most cyberloafing research focus on?

【翻译】 大多数网络闲逛研究关注什么?

- A) 如何实施互联网监控。 B) 如何鼓励富有成效的网络浏览。
C) 网络闲逛如何影响整体生产力。 D) 如何防止员工网络闲逛。

【答案】 D (细节题) How to prevent employees from cyberloafing.

【定位】 The majority of cyberloafing research focuses on ways to prevent employees from engaging in this behavior through interventions such as internet monitoring and computer use policies.
大多数关于摸鱼上网的研究关注的是如何通过网络监控、电脑使用规定等干预手段来防止员工从事这种行为。

【信号】 原话直述 **research focuses on**。录音直接说 The majority of cyberloafing research focuses on ways to prevent employees from engaging in this behavior, 与题干 research focus on 几乎同词, 是直述型答案句, 听到 research focuses on 立刻锁定其后的宾语。

【替换】 ways to prevent employees from engaging in this behavior ↔

How to prevent employees from cyberloafing

this behavior 即 cyberloafing, prevent 原词对应

【排除】 A) **原词陷阱**

录音确实念了 internet monitoring, 但它是研究焦点(防止摸鱼)下面举的干预手段之一, 不是研究本身关注的对象; A 把举例升格成焦点, 且原文没说研究关注它如何被 implemented。

借用原文: internet monitoring and computer use policies

B) **与原文相反**

原文研究关注的是防止摸鱼, B 却说成鼓励高效上网(encourage productive internet surfing), 方向相反, 录音从未说大多数研究关注怎么鼓励上网。

借用原文: prevent employees from engaging in this behavior

C) **张冠李戴**

cyberloafing 对效率的影响是讲者自己团队后续探讨的内容, 而本题问的是大多数已有研究关注什么——答案句明说那聚焦于 prevent; C 张冠李戴, 把后文结论安到大多数研究头上。

借用原文: is cyberloafing actually effective at reducing employee stress levels?

17. A) Cyberloafing is a sign of workers' laziness.

B) Cyberloafing may relieve employees of stress.

C) Employee engagement is closely related to job satisfaction.

D) Overuse of social media may lead to decline in productivity.

【题目】 What was the hypothesis of the speaker's research team?

【翻译】 研究团队的假设是什么?

A) 网络闲逛是员工懒惰的标志。 B) 网络闲逛可能缓解员工的压力。

C) 员工敬业度与工作满意度密切相关。 D) 过度使用社交媒体可能导致生产力下降。

【答案】 B (细节题) Cyberloafing may relieve employees of stress.

【定位】 Our hypothesis was that cyberloafing may serve as a mini-break, giving employees an opportunity to recover from stressful work situations.

我们的假设是：摸鱼上网或许能充当一次短暂的休息，给员工一个从高压工作处境中恢复过来的机会。

【信号】 标志词 **Our hypothesis was that** 引出答案。录音用 Our hypothesis was that cyberloafing may serve as a mini-break 直接点出假设，hypothesis 与题干同词，是标志词引导的答案句，听到 hypothesis was that 后面那句就是答案。

【替换】 recover from stressful work situations ↔ **relieve employees of stress**

从压力中恢复 = 缓解压力，同义改写

serve as a mini-break ↔ **may relieve employees of stress**

充当短歇 = 起到减压作用，功能等值

【排除】 A) **与原文相反**

录音确实念了 a sign that a worker is lazy，但前面有 may not be，是讲者要否定的旧观念，不是其团队的假设；A 取了被否定的那一极，正话反取。

借用原文：such behaviors may not be a sign that a worker is lazy

C) **张冠李戴**

higher levels of employee engagement and job satisfaction 是录音引用的他人研究背景，且原文是说社媒使用与二者相关，并未说 engagement 与 job satisfaction 互相关联；C 既错置主体又乱搭关系。

借用原文：Social media use at work has been linked to higher levels of employee engagement and job satisfaction

D) **原词陷阱**

录音多处提到 productivity，但本团队的假设是摸鱼减压，而非过度用社媒会降低效率；D 取了一个原文别处的话题词拼成假设，答非所问。

借用原文：cost employers up to \$85 billion a year in lost productivity

18. A) Taking mini-breaks means better job performance.

B) Cyberloafing generally does more harm than good.

C) Worker turnover is linked to the time allowed for cyberloafing.

D) Employees who indulge in internet surfing are most likely to quit.

【题目】 On what point do the results of the speaker's study agree with other recent research?

【翻译】 研究结果在哪一点上与其他近期研究一致？

A) 短暂休息意味着更好的工作表现。 B) 网络闲逛总体上弊大于利。

C) 员工流动率与允许网络闲逛的时间有关。 D) 沉溺于网络浏览的员工最有可能辞职。

【答案】 **A** (细节题) Taking mini-breaks means better job performance.

【定位】 This fits with other recent research that suggests taking short breaks is associated with higher levels of daily job performance.

这与其他近期研究相吻合——那些研究表明，进行短暂的休息与更高水平的日常工作表现相关联。

【信号】 **fits with other recent research 直接挂钩**。录音用 This fits with other recent research that suggests taking short breaks is associated with higher levels of daily job performance, fits with other recent research 与题干 agree with other recent research 直接呼应，that 从句即两方一致之处。

【替换】 taking short breaks is associated with higher levels of daily job performance ↔

Taking mini-breaks means better job performance

short breaks = mini-breaks, associated with = means, higher = better

【排除】 B) **与原文相反**

录音虽说 cyberloafing is always good 也非绝对，但整体结论是摸鱼适度有益、能提效；B 说弊大于利，与讲者立场相反，更非两研究的吻合点。

借用原文：we believe a bit of online shopping or surfing the internet at work could make workers more productive

C) **原词陷阱**

录音确有 reduce worker turnover，但说的是减压可降低离职，并未说离职与允许摸鱼的时间长短相关联；C 拼出一个原文没有的因果，且不是与他研究的吻合点。

借用原文：it may not only reduce worker turnover

D) **与原文相反**

原文说常上网的受虐员工 less likely to want to quit，D 却说爱上网的最想辞职，方向正好反；且离职话题也不是与他研究的吻合点。

借用原文：were less likely to want to quit than similar participants who didn't cyberloaf as much

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

1 When Julius Morton moved to Nebraska City in 1854, he faced a problem shared by many settlers in the territory: It was a treeless plain. That meant no trees for building materials, or for fuel. But Morton was one of the world's first conservationists, stating, "For prosperity, we ought to plant as many forests as we have exhausted and consumed". So he started planting trees, beginning with his own land. By 1860 Morton possessed a forest of more than 300 trees. A few years later, he had more than 1,000.

1854年，当Julius Morton搬到Nebraska City时，他面临着这片领地上许多定居者共同的问题：这是一片没有树木的平原。这意味着没有树木作为建筑材料，也没有燃料。但Morton是世界上最早的环保主义者之一，他说：“为了繁荣，我们应该种植与我们消耗和耗尽的一样多的森林”。于是他开始种树，从自己的土地开始。到1860年，Morton拥有了一片超过300棵树的森林。几年后，他拥有了1000多棵树。

2 As the forest grew, so did Morton's influence in Nebraska. This was largely because Morton founded the Nebraska City News, the state's first newspaper, in which he frequently wrote editorials about the practical and aesthetic benefits of tree planting. He also organized the Nebraska State Gardening Society

and served on the Nebraska State Board of Agriculture. While serving on the Board, Morton came up with an idea to spread his belief in tree planting statewide.

随着森林的增长，Morton在Nebraska的影响力也在增长。这主要是因为Morton创办了该州第一份报纸 Nebraska City News，他经常在报纸上撰写社论，阐述植树的实用和美学益处。他还组织了Nebraska州园艺协会，并在Nebraska州农业委员会任职。在委员会任职期间，Morton想出了一个主意，将他对植树的信念推广到全州。

3 On January 4, 1872, Morton drafted a resolution that April 10 be designated day for the planting of trees in the State of Nebraska and urged people to go out and plant trees themselves. Morton called the special event Arbor Day as "arbor" is Latin for "tree". The state government agreed. And on April 10, 1872, the first unofficial Arbor Day was celebrated throughout Nebraska. Prizes were awarded to counties, cities, and individuals who planted the largest number of trees. That day, an astounding one million trees were planted in Nebraska—an average of more than six for every man, woman and child in the state. Since 1885, Nebraska has planted more than 700,000 acres of trees, earning it the nickname "the Tree Planters State".

1872年1月4日，Morton起草了一项决议，将4月10日定为Nebraska州的植树日，并敦促人们亲自出去种树。Morton将这个特殊活动称为Arbor Day，因为"arbor"在拉丁语中是"树"的意思。州政府同意了。1872年4月10日，第一个非正式的Arbor Day在整个Nebraska庆祝。种植树木数量最多的县、市和个人获得了奖励。那一天，Nebraska种植了惊人的100万棵树——平均每个州内的男人、女人和孩子种了6棵多。自1885年以来，Nebraska已经种植了超过70万英亩的树木，赢得了"植树者之州"的称号。

4 Arbor Day became a legal, civic holiday in the state in 1885. It was held on April 22—Julius Morton's birthday. In addition to a parade in Nebraska City, Morton introduced what has since become a long-standing Arbor Day tradition: School children went outside and planted trees together.

1885年，Arbor Day成为该州的法定公民假日。它定在4月22日——Julius Morton的生日。除了在Nebraska City举行游行外，Morton还引入了一项后来成为Arbor Day长期传统的活动：学校的孩子们走到户外一起种树。

5 In 1970, nearly a century after Arbor Day was first celebrated, President Richard Nixon declared the last Friday of every April to be observed as National Arbor Day. All 50 states recognize the April observance, although many hold an additional state Arbor Day in a month more suited to local tree planting.

1970年，在Arbor Day首次庆祝近一个世纪后，Richard Nixon总统宣布每年4月的最后一个星期五为全国Arbor Day。所有50个州都承认4月的纪念活动，尽管许多州在更适合当地植树的月份还会举行额外的州Arbor Day。

19. A) There were no wooden buildings.
B) There were environmental problems.
C) There were no trees.
D) There were few settlers.

【题目】 What does the speaker say about Nebraska City in 1854 when Julius Morton moved there?

【翻译】说话者关于1854年Julius Morton搬到那里时的Nebraska City说了什么？

A) 没有木制建筑。 B) 存在环境问题。 C) 没有树木。 D) 几乎没有定居者。

【答案】C (细节题) There were no trees.

【定位】When Julius Morton moved to Nebraska City in 1854, he faced a problem shared by many settlers in the territory: It was a treeless plain. That meant no trees for building materials, or for fuel.

当朱利叶斯·莫顿于1854年迁居内布拉斯加城时，他面临着该地区许多移民共有的一个问题：这是一片没有树的平原。这意味着没有树木可作建筑材料，也没有树木可作燃料。

【信号】时间词后的状况交代。录音开头复述了题干同样的时间地点 When Julius Morton moved to Nebraska City in 1854, 紧跟着的 It was a treeless plain 就是对当地状况的直接交代，这种"时间地点重现+随即说明情况"是答案句的信号。

【替换】It was a treeless plain ↔ There were no trees.

treeless = no trees

【排除】A) 原词陷阱

录音确实念到 no trees for building materials (没有树作建筑材料)，A 把它偷换成 There were no wooden buildings. (没有木建筑)。原文说的是缺"建材来源"而非"已无木建筑"，听到 building 这个原词就选会上当。

借用原文：no trees for building materials

B) 过度推断

录音只说当地是没树的平原、缺建材和燃料，并未泛泛地说 There were environmental problems. B 把"无树"这一具体事实拔高成"环境问题"这种概括大词，属过度推断。

D) 原词陷阱

录音念到 a problem shared by many settlers (许多移民共有的问题)，D 盗用 settlers 这个原词编出 There were few settlers. (移民很少)。原文是说移民"多"且共有难题，并未说移民少，方向正相反。

借用原文：a problem shared by many settlers

20. A) He served as chairman of the Nebraska State Board of Agriculture.

B) He urged the state to start the Nebraska State Gardening Society.

C) He engaged himself in a large number of aesthetic projects.

D) He founded a newspaper and used it to promote his ideas.

【题目】What did Julius Morton do that increased his influence in Nebraska City?

【翻译】Julius Morton做了什么增加了他在Nebraska City的影响力？

A) 他担任Nebraska州农业委员会主席。 B) 他敦促该州成立Nebraska州园艺协会。

C) 他参与了大量美化项目。 D) 他创办了一份报纸并用它来宣传他的理念。

【答案】D (细节题) He founded a newspaper and used it to promote his ideas.

【定位】 As the forest grew, so did Morton's influence in Nebraska. This was largely because Morton founded the Nebraska City News, the state's first newspaper, in which he frequently wrote editorials about the practical and aesthetic benefits of tree planting.

随着森林的成长，莫顿在内布拉斯加的影响力也随之增长。这在很大程度上是因为莫顿创办了内布拉斯加城新闻报——该州第一份报纸，他常在报上撰写社论，论述植树在实用与审美两方面的益处。

【信号】 **because 引出的因果落点**。录音先说影响力增长，紧接 This was largely because Morton founded the Nebraska City News，因果连词 because 直接把"影响力增大"的原因锁定到"创办报纸"这件事上，因果信号即答案信号。

【替换】 Morton founded the Nebraska City News, the state's first newspaper ↔ **He founded a newspaper**
专名概括成普通名词
he frequently wrote editorials about the practical and aesthetic benefits of tree planting ↔
used it to promote his ideas
撰文宣传=推广理念

【排除】 A) **原词陷阱**

录音说他 served on the Nebraska State Board of Agriculture（在董事会任职），A 改成 served as chairman of the Nebraska State Board of Agriculture（任董事会主席）。原文只说"任职"未说"任主席"，且这件事并非影响力增大的原因，既偷换身份又答非所问。

借用原文：served on the Nebraska State Board of Agriculture

B) **原词陷阱**

录音说他 organized the Nebraska State Gardening Society（组织了园艺学会），B 盗用该机构名却把动作换成 urged the state to start the Nebraska State Gardening Society（敦促州里去创办）。原文是他亲自组织、并非"敦促州政府创办"，且此事也非影响力之源，答非所问。

借用原文：organized the Nebraska State Gardening Society

C) **原词陷阱**

录音里 aesthetic 只是修饰社论内容（讲植树的实用与审美益处），C 把它拼成 engaged himself in a large number of aesthetic projects（投身大量审美项目）。原文根本没说他搞了一堆审美项目，属盗用原词后无中生有。

借用原文：the practical and aesthetic benefits of tree planting

21. A) A special prize was awarded to Julius Morton.

B) One million trees were planted throughout Nebraska.

C) The state government declared it the official Arbor Day.

D) Nebraska earned the nickname "the Tree Planters State".

【题目】 What does the speaker say happened on April 10, 1872?

【翻译】说话者说1872年4月10日发生了什么？

- A) Julius Morton获得了一项特别奖励。 B) 整个Nebraska州种植了一百万棵树。
C) 州政府宣布这一天为正式的植树节。 D) Nebraska获得了"植树者之州"的昵称。

【答案】B (细节题) One million trees were planted throughout Nebraska.

【定位】And on April 10, 1872, the first unofficial Arbor Day was celebrated throughout Nebraska. Prizes were awarded to counties, cities, and individuals who planted the largest number of trees. That day, an astounding one million trees were planted in Nebraska—an average of more than six for every man, woman and child in the state.

于是在1872年4月10日，第一个非官方的植树节在内布拉斯加全境举行。奖项颁给了种树最多的县、市和个人。那一天，内布拉斯加种下了惊人的一百万棵树——平均每个男女老少每人种了六棵多。

【信号】日期后"That day"复指。录音念出题干同一日期 on April 10, 1872, 随后用 That day, an astounding one million trees were planted 复指该日并给出当天的核心数字，这种"日期重现+That day 复指"是答案句信号，把当天发生的关键事件标了出来。

【替换】an astounding one million trees were planted in Nebraska ↔

One million trees were planted throughout Nebraska.

去掉修饰即等值

【排除】A) 原词陷阱

录音那天确有颁奖 Prizes were awarded to counties, cities, and individuals, 但发给的是种树最多的县市和个人，A 却说 A special prize was awarded to Julius Morton. (颁给莫顿一个特别奖)。原文没说奖给莫顿，盗用 prize 原词后偷换了获奖对象。

借用原文：Prizes were awarded to counties, cities, and individuals

C) 与原文相反

录音明说那天是 the first unofficial Arbor Day (第一个非官方植树节)，C 却说州政府 declared it the official Arbor Day (宣布为官方植树节)。原文在 official 前有否定前缀 un-, C 恰好把极性反了，与原文相反。

借用原文：the first unofficial Arbor Day

D) 张冠李戴

录音确实念到 earning it the nickname "the Tree Planters State", 但那是 Since 1885, Nebraska has planted more than 700,000 acres 之后才赢得的，并非 1872 年4月10日当天事。D 盗用醒目专名却安错了时间，张冠李戴。

借用原文：Since 1885, Nebraska has planted more than 700,000 acres of trees, earning it the nickname "the Tree Planters State"

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

1 Modern humans arose in Africa about 200,000 years ago. They then spread across Europe and Asia sometime after 60,000 years ago. This is the "Out of Africa" model, as it's commonly known. In the

1990s, the hypothesis found widespread acceptance. But this popular idea is in need of revision, particularly given the number of important findings across Asia over the past few decades.

现代人类约在20万年前起源于非洲。随后在6万年前的某个时候扩散到欧洲和亚洲。这就是通常所说的“走出非洲”模型。在20世纪90年代,这一假说得到了广泛认可。但这一流行观点需要修正,特别是考虑到过去几十年在亚洲发现的大量重要发现。

2 For instance, many new human fossils found, particularly in China, are now dated as older than 60,000 years. This calls into question the idea that modern humans migrated out of Africa only 60,000 years ago. Take the recent discovery of two modern human teeth found in the Luna cave in China's Guangxi Zhuang Autonomous Region. When my research team and I dated these teeth, we found they were more than 70,000 years old—a situation clearly impossible if modern humans moved out of Africa only 60,000 years ago.

例如,许多新发现的人类化石,特别是在中国发现的,现在被测定为早于6万年前。这对现代人类仅在6万年前走出非洲的观点提出了质疑。以最近在中国广西壮族自治区崧山洞穴中发现的两颗现代人类牙齿为例。当我和我的研究团队对这些牙齿进行测定时,我们发现它们超过7万年的历史——如果现代人类仅在6万年前走出非洲,这种情况显然是不可能的。

3 So with such findings, what happened exactly? Where does the most current data suggest we came from?

那么有了这些发现,究竟发生了什么?最新的数据表明我们来自哪里?

4 The first question we should ask is why did modern humans leave Africa to begin with? If a population is perfectly adapted to a particular environment and has access to an abundance of resources, then there really is no reason to move or change. For instance, some monkeys in Africa have a set of teeth that has hardly changed over the course of millions of years, indicating that they found a place that has worked for them.

我们首先应该问的问题是,现代人类为什么要离开非洲?如果一个种群完全适应某个特定环境并能获得丰富的资源,那么就真的没有理由迁移或改变。例如,非洲的一些猴子有一套牙齿,在数百万年的时间里几乎没有变化,这表明它们找到了适合自己的地方。

5 So what happened with humans? Some researchers have suggested that population density increased to the point where smaller human groups were forced to explore new lands. Other researchers have suggested that due to major environmental events in East Africa, humans were prompted to find greener pastures. Yet another explanation could simply be that early modern human hunters were following the large animals that they relied on, and so they moved out of Africa without realizing that they were actually moving from one continent to another.

那么人类发生了什么?一些研究人员认为,人口密度增加到了迫使较小的人类群体去探索新土地的程度。其他研究人员认为,由于东非的重大环境事件,人类被促使去寻找更好的牧场。还有一种解释可能仅仅是,早期现代人类猎人追随他们所依赖的大型动物,因此他们在没有意识到自己实际上正在从一个大陆迁移到另一个大陆的情况下离开了非洲。

6 Humans need daily access to reliable fresh water, which appears to be absent from many coastal areas. This brings us to another question: by which route did modern humans move out of Africa? No clear

route across the Mediterranean from North Africa appears to be present, so the earlier dispersals out of Africa and into Europe and Asia might have been across the Arabian Peninsula.

人类需要每天获得可靠的淡水,而许多沿海地区似乎缺乏淡水。这给我们带来了另一个问题:现代人类通过哪条路线走出非洲?从北非穿越地中海的明确路线似乎并不存在,因此早期走出非洲进入欧洲和亚洲的扩散可能是穿越阿拉伯半岛。

22. A) They spread across Europe and Asia in a few decades.
B) They lived mostly in Africa for about 200,000 years.
C) They preferred to live in Europe rather than in Asia.
D) They moved out of Africa about 60,000 years ago.

【题目】 What do we learn about modern humans according to the hypothesis commonly accepted in the 1990s?

【翻译】 根据20世纪90年代普遍接受的假说,我们对现代人类有何了解?

- A) 他们在几十年内遍布欧洲和亚洲。 B) 他们在非洲生活了大约20万年。
C) 他们更喜欢生活在欧洲而不是亚洲。 D) 他们大约在6万年前走出非洲。

【答案】 D (细节题) They moved out of Africa about 60,000 years ago.

【定位】 Modern humans arose in Africa about 200,000 years ago. They then spread across Europe and Asia sometime after 60,000 years ago. This is the "Out of Africa" model, as it's commonly known. In the 1990s, the hypothesis found widespread acceptance.

现代人大约在二十万年前起源于非洲。随后在距今约六万年后的某个时期扩散到欧洲和亚洲。这就是众所周知的『走出非洲』模型。上世纪九十年代,这一假说获得了广泛接受。

【信号】 时间状语锁定旧假说内容。题干限定 in the 1990s 的旧假说,录音里 In the 1990s, the hypothesis found widespread acceptance. 把前文 spread across Europe and Asia sometime after 60,000 years ago 这段表述归到了那个旧假说名下,因此前面讲迁徙时间的那几句就是答案句。

【替换】 spread across Europe and Asia sometime after 60,000 years ago ↔

They moved out of Africa about 60,000 years ago.

扩散到欧亚=走出非洲

【排除】 A) 原词陷阱

选项 They spread across Europe and Asia in a few decades. 直接搬用录音原词 spread across Europe and Asia, 听到就想选; 但 in a few decades (几十年内) 是录音根本没说的速度, 讲者只说在六万年后扩散、并未说扩散只花几十年。

借用原文: spread across Europe and Asia sometime after 60,000 years ago

B) 偷换概念

选项 They lived mostly in Africa for about 200,000 years. 偷换了 arose in Africa about 200,000 years ago 里的 200,000: 录音说的是『二十万年前起源于非洲』这个时间点, 不是『在非洲住了二十万年』这个时长, 听到 200,000 + Africa 就选会落坑。

借用原文: Modern humans arose in Africa about 200,000 years ago.

C) 未提及

选项 They preferred to live in Europe rather than in Asia. 借用了原词 Europe 和 Asia, 但录音只把欧洲与亚洲并列为扩散去向 (Europe and Asia), 从未比较二者、更没说『偏好欧洲胜过亚洲』, 属凭空添加的偏好。

借用原文: spread across Europe and Asia sometime after 60,000 years ago

-
23. A) The discovery of two modern human teeth in China.
B) The traces of human migration out of Africa to Asia.
C) The human fossils discovered most recently in Africa.
D) The Luna cave in Guangxi Zhuang Autonomous Region.

【题目】 What has called into question the "Out of Africa" model?

【翻译】 什么对"走出非洲"模型提出了质疑?

- A) 在中国发现的两颗现代人类牙齿。 B) 人类从非洲迁徙到亚洲的痕迹。
C) 最近在非洲发现的人类化石。 D) 广西壮族自治区的Luna洞穴。

【答案】 A (细节题) The discovery of two modern human teeth in China.

【定位】 Take the recent discovery of two modern human teeth found in the Luna cave in China's Guangxi Zhuang Autonomous Region. When my research team and I dated these teeth, we found they were more than 70,000 years old—a situation clearly impossible if modern humans moved out of Africa only 60,000 years ago.

以最近在中国广西壮族自治区娄洞发现的两颗现代人牙齿为例。当我和我的研究团队给这些牙齿测年时, 我们发现它们已有七万多年的历史——如果现代人直到六万年前才走出非洲, 这种情况显然是不可能出现的。

【信号】 Take...例子+测年结果证伪旧说。 讲者用 Take the recent discovery of two modern human teeth 引出一个具体例子, 并以 more than 70,000 years old 这个测年结果说明它与旧模型矛盾, 正是这个『两颗牙齿』的发现 called into question 了该模型, 故定位到这例子。

【替换】 the recent discovery of two modern human teeth found in the Luna cave in China ↔

The discovery of two modern human teeth in China.

近乎原句的浓缩

【排除】 B) 答非所问

选项 The traces of human migration out of Africa to Asia. 用的是全篇大主题词 migration out of Africa, 听起来很对题; 但题目问的是『具体什么动摇了模型』, 动摇模型的是那个测年超七万年的牙齿发现, 而非泛泛的『迁徙痕迹』, B 笼统得答非所问。

借用原文: the idea that modern humans migrated out of Africa only 60,000 years ago

C) 原词陷阱

选项 The human fossils discovered most recently in Africa. 借了录音的 recent / discovery 和 fossils 等原词, 但把地点改成了 in Africa; 动摇模型的发现明明在中国 (Luna cave in China), 不在非洲, 听到 recent + discovered 就选会被骗。

借用原文: many new human fossils found, particularly in China

D) 原词陷阱

选项 The Luna cave in Guangxi Zhuang Autonomous Region. 把录音里原样念出的专有地名整段照搬, 最易『听到原词就想选』; 但动摇模型的是『在该洞发现的牙齿超七万年』这一发现, 洞穴本身只是地点, 并非动摇模型的证据, D 偷换了概念。

借用原文: found in the Luna cave in China's Guangxi Zhuang Autonomous Region

24. A) There must have been some reason for human migration.

B) There have been changes in animals' living conditions.

C) Humans adapted themselves to the environment there.

D) Humans had access to abundant food sources there.

【题目】 What does the speaker want to show with the example of some monkeys in Africa?

【翻译】 讲话者想通过非洲某些猴子的例子说明什么?

A) 人类迁徙一定有某种原因。 B) 动物的生存条件发生了变化。

C) 人类在那里适应了环境。 D) 人类在那里能获得丰富的食物来源。

【答案】 A (细节题) There must have been some reason for human migration.

【定位】 The first question we should ask is why did modern humans leave Africa to begin with? If a population is perfectly adapted to a particular environment and has access to an abundance of resources, then there really is no reason to move or change. For instance, some monkeys in Africa have a set of teeth that has hardly changed over the course of millions of years, indicating that they found a place that has worked for them.

我们首先该问的是: 现代人当初究竟为什么要离开非洲? 如果一个种群完美适应了某个特定环境、又能获得充足的资源, 那就真的没有理由迁移或改变了。比如, 非洲的一些猴子, 其牙齿在数百万年里几乎没有变化, 这表明它们找到了一处适合自己的栖身之地。

【信号】例子前的论点句+indicating回扣。猴子例子由 For instance 引出，它服务的论点写在前一句 then there really is no reason to move or change，又被例子末尾 indicating that they found a place that has worked for them 回扣——合起来说明：环境好就没理由迁，反过来人类迁徙必有原因，故答案句锁定这组论点而非猴子牙齿细节。

【替换】there really is no reason to move or change ↔

There must have been some reason for human migration.

正话反说的等值推论

【排除】B) 与原文相反

选项 There have been changes in animals' living conditions. 蹭了 animals (猴子是动物) 这一关联，但录音说猴子牙齿 hardly changed、环境一直 worked for them，恰恰是『没变化』，B 把『没变』说成『有变』，与原文相反。

借用原文：some monkeys in Africa have a set of teeth that has hardly changed

C) 原词陷阱

选项 Humans adapted themselves to the environment there. 借了原文 adapted、environment 等原词，但 perfectly adapted 在录音里说的是『假设种群（以猴子为例）适应了就不会迁』，是用来反衬人类要迁的前提，并非讲者想证明『人类适应了那里』，C 张冠李戴又答非所问。

借用原文：If a population is perfectly adapted to a particular environment

D) 原词陷阱

选项 Humans had access to abundant food sources there. 盗用原文 access to an abundance of resources 的近义词，但原文说的是『若有充足资源就没理由迁』这一假设前提，讲者举猴子恰是要说明人类迁了说明并非如此，D 把反衬前提错当成结论，且把 resources 窄化成 food sources。

借用原文：has access to an abundance of resources, then there really is no reason to move

-
25. A) How humans settled down on the Arabian Peninsula.
B) When modern humans started to disperse out of Africa.
C) What path modern humans took to migrate out of Africa.
D) Why fresh water is so important for human survival.

【题目】What question does the speaker raise close to the end of the talk?

【翻译】讲话者在讲话接近尾声时提出了什么问题？

- A) 人类如何在阿拉伯半岛定居。 B) 现代人类何时开始走出非洲。
C) 现代人类走出非洲采取了什么路径。 D) 淡水对人类生存为何如此重要。

【答案】C (细节题) What path modern humans took to migrate out of Africa.

【定位】This brings us to another question: by which route did modern humans move out of Africa?
这就把我们引向另一个问题：现代人究竟是沿哪条路线走出非洲的？

【信号】 **another question**引出的自问句。结尾段用 This brings us to another question 明确抛出讲者临近结尾的那个问题，冒号后的 by which route did modern humans move out of Africa 就是该问题本体，by which route 即问『路线』，故答案锁定此句。

【替换】 by which route did modern humans move out of Africa ↔

What path modern humans took to migrate out of Africa.

by which route=what path

【排除】 A) **原词陷阱**

选项 How humans settled down on the Arabian Peninsula. 借了结尾出现的地名 Arabian Peninsula，听到就想选；但讲者只是把阿拉伯半岛作为可能路线的推测，并没有把『如何在阿拉伯半岛定居』当作他提出的那个问题，A 答非所问。

借用原文：the earlier dispersals out of Africa and into Europe and Asia might have been across the Arabian Peninsula

B) **偷换概念**

选项 When modern humans started to disperse out of Africa. 用了 disperse out of Africa 等原词，问的是『何时』；但『何时走出非洲』是前文（第二段牙齿测年）已讨论的旧问题，结尾真正抛出的是 by which route（哪条路线），B 把疑问词从 route 偷换成 when。

借用原文：by which route did modern humans move out of Africa

D) **原词陷阱**

选项 Why fresh water is so important for human survival. 盗用结尾出现的 fresh water 原词；但讲者提 Humans need daily access to reliable fresh water 只是引出路线问题的铺垫，并未把『为何淡水重要』作为他提出的问题，D 把铺垫句错当成所提问题。

借用原文：Humans need daily access to reliable fresh water

SENTENCE INSIGHTS • 句子精讲

44 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 gave a lot of thought to things you said during our last discussion, and I decided architecture made the most sense for me.

第4段，第1句

并列句加嵌套从句的组合是四六级听力和阅读中的常见句式，尤其是省略引导词的定语从句和宾语从句在口语化的听力原文中高频出现。这个句子的结构具有较强的代表性，掌握后可迁移到大量类似句子

M: That's great, but I seem to remember you were preoccupied with all the lofty mathematics.

第5段，第1句

本句的结构在四六级和考研真题中具有较高的典型性。并列句通过 but 连接、宾语从句省略引导词 that、seem to do 表示不确定的推测、be preoccupied with 表示专注状态，这些都是真题中的常见句式和搭配。学生掌握本句的分析方法后，可以迁移到大量类似结构的句子中，代表性较强。

Due to its material nature, architecture is one field where you will be able to clearly witness the contribution you make to a city.

第7段，第2句

主干清晰但嵌套层次分明,时态难度适中,成分种类丰富且包含多个易错点,句式结构具有高度典型性;整体作为定语从句嵌套与成分划分的训练材料,性价比较高,适合中等偏上水平学生巩固复杂句分析能力

Nevertheless, I would suggest you start with computer science because there will be many intricate visuals you will have to produce as part of your projects.

第9段，第3句

suggest 后接省略 that 的宾语从句（虚拟语气）、because 引导原因状语从句、省略关系代词的定语从句，均为四六级和考研真题中的高频句式，典型性强，掌握后可大量复用。

She is preoccupied with her dream to be an architect.

第1题，B

系表结构加介词短语是常见句式，"be + 形容词 + with" 的搭配在考试阅读中经常出现，不定式作后置定语也是常考点，具有一定的代表性，但句子整体较短、结构简单，不如复杂句式那样高频出现在难题中。

W: As we all know, being such a famous football player at Real Madrid, Mr. Sanchez has a very high public profile.

第3段，第1句

"As we all know" 引导的非限制性从句和现在分词短语作状语都是四六级和考研阅读中的高频句式，主句前插入修饰成分的结构也很常见，掌握后可迁移到大量类似句子的分析中。

This means he cannot leave the house without being recognized and harassed.

第3段，第2句

"主句 + 宾语从句" 是四六级和考研阅读中的高频句式，means 后接省略 that 的宾语从句、情态动词否定结构、without 加动名词表伴随或条件，都是典型考点。本句结构代表性强，掌握后可迁移到大量类似句子，实用性高。

Nothing could be further from the truth.

第5段，第4句

"Nothing could be + 比较级" 是英语中常见的强调否定句式，在四六级和考研阅读中经常出现类似表达。掌握这一句式后，学生可以迁移到其他 "否定词 + 情态动词 + 比较级" 的结构，实用性和典型性较高

I'm telling you this so that you don't get any false expectations of what the job has to offer you.

第5段，第5句

本句成分丰富：双宾语结构、目的状语从句、后置定语、宾语从句，且宾语从句中 "what" 在从句内充当宾语这一用法是常见易错点。句子覆盖了多种成分类型，且涉及从句内部成分分析，适合作为划分练习材料帮助学生掌握复杂结构中的成分识别。

I am, however, very excited about the prospect of joining this company and very keen to start from the bottom in whatever capacity I may be of use.

第6段，第5句

本句涵盖主系表结构、并列表语、介词短语作定语和状语、动名词短语、不定式短语、状语从句等多种成分，成分种类较丰富。特别是状语从句的识别和并列表语的划分，对基础学习者有一定训练价值。但句子相对规整，缺少容易混淆的坑点。

M: Well, firstly, I love football.

第8段，第1句

主谓宾结构虽是英语基本句型,但过于简单,缺少四六级或考研真题中常见的从句、修饰语、复杂时态等特征,代表性较低。

And secondly, I think what this company does in sports consultancy is very cool.

第8段，第4句

I think+宾语从句,以及宾语从句主语由what引导的主语从句,这种双层嵌套结构在四六级和考研阅读中极为常见,掌握后可大量复用

He cares little about his working hours.

第7题，C

主谓加状语的简单句是考试中最常见的基础句式之一；care about这类不及物动词加介词短语的结构在阅读中频繁出现，掌握后可迁移到worry about、think about等类似搭配

Some adventure sports may be associated with high risks of injury, so it's important for kids to figure out when to take risks, and when not to.

第2段，第2句

"It is + 形容词 + for sb + to do" 句型、"so" 连接的因果并列句、宾语从句、情态动词加被动语态、并列结构中的省略，都是四六级和考研真题中的高频句式；本句同时包含多个常考结构且组合自然，掌握后可大量迁移到其他阅读和写作场景，代表性强。

Risk-free activities deprive kids of the opportunity to test themselves and overcome their fears.

第2段，第3句

主谓宾加介词短语状语的结构在考试阅读中高频出现，'deprive sb of sth' 的固定搭配也是常考点。不定式作后置定语修饰名词是典型句式。掌握本句结构后可迁移到大量类似表达，具有较强的代表性。

But if you do decide that adventure sports are a bit too much, do try to introduce other forms of outdoor adventures into their lives.

第3段，第5句

条件状语从句 + 祈使主句的结构在四六级和考研阅读中频繁出现，常用于提建议、给方案类语篇。宾语从句嵌套在条件从句中也是典型用法。But 引导的转折 + 祈使建议句式具有较高复用性，掌握后可迁移到大量类似句型。

Camping under the stars, fishing, stargazing or even just playing in the woods can help a lot in building the same sense of self-confidence and risk-taking as in adventure sports.

第3段，第6句

本句主语为四个动名词短语并列，可练习动名词作主语及并列结构的识别；谓语后有程度状语"a lot"和介词短语状语"in building..."，可练习状语的定位；介词短语内部包含动名词 building 带宾语，以及比较结构"the same... as..."。成分种类较丰富，涵盖主语、谓语、状语及内部修饰关系，适合作为成分划分练习句，但无宾语、表语、定语从句等其他常见成分，覆盖面不够全。

They prevent kids from enjoying adventure sports.

第10题，A

"prevent sb from doing sth" 是四六级和考研中常见的动词搭配句式，具有一定代表性，但句子本身过于简单，不涉及复杂结构，典型性中等。

They rob kids of the chance to cultivate their courage.

第10题，C

"动词 + 宾语 + of + 名词" 结构（如 rob/deprive/inform somebody of something）在四六级和考研阅读中频繁出现，且不定式作定语也是常考句式。掌握后可迁移到大量类似结构，典型性较高。

They deprive kids of the opportunity to develop team spirit.

第10题，D

主谓宾加介词短语状语是常见句式，deprive sb of sth 这类动词搭配在四六级和考研阅读中经常出现，具有一定代表性，掌握后可迁移到类似结构的句子，但不算最高频的核心句式。

What should parents do if they decide adventure sports are a bit too much for their kids?

第11题 题干

特殊疑问句搭配条件状语从句是四六级和考研阅读中的常见结构,宾语从句省略 that 也是高频现象,整体句式具有较强的代表性和可迁移性

Help them take up these sports when they are more mature.

第11题, A

覆盖祈使句主谓宾补结构和时间状语从句, 能练习 help sb do sth 句型识别和状语从句定位。但成分种类有限(无定语、同位语等), 缺少易混淆的干扰成分, 训练价值中等。

Let them participate in some less risky outdoor activities.

第11题, B

祈使句是四六级和考研常考句式, let 使役结构频繁出现在建议类、措施类语境中, 掌握后可直接迁移到大量真题句

In fact, technology firms often purposely design devices that will not last long and cannot be repaired so that consumers will have to spend their money on a new one.

第1段, 第3句

本句结构高度典型:主句 + 限制性定语从句修饰宾语 + 目的状语从句修饰主句,是四六级和考研阅读中频繁出现的句式模式。定语从句用 that 引导、目的状语从句用 so that 引导,都是标准用法。并列谓语和多种状语的组合也是真题常见特征。掌握本句的分析方法可直接迁移到大量类似长难句。

If a device can be repaired, then its life can be extended, saving consumers money and the planet the burden of so many trashed gadgets.

第2段, 第2句

if...then... 条件句是四六级和考研阅读中极为常见的句式,主句后附带现在分词短语作状语也是典型的书面语结构。本句结构清晰规范,兼具条件推理和结果延伸,代表了学术和应用文写作中的标准复合句模式,迁移性强,掌握后可大量复用。

Equipped with this knowledge, consumers can make better choices about which products to buy.

第2段，第3句

本句体现了两个典型句式:一是情态动词加动词原形作谓语,二是宾语后带介词短语作后置定语,其中嵌套疑问词引导的不定式结构。这两种结构在四六级和考研阅读中频繁出现,掌握后可以迁移到大量类似句子,具有较高的代表性和实用性。

Although tech companies will often speak of environmental sustainability, many lobby against repair legislation, fearful it will eat into their profits.

第4段，第1句

让步状语从句 + 主句 + 宾语从句的组合，以及 Although 引导的让步与主句构成转折对比的逻辑，是四六级和考研阅读中的常见句式。形容词后接宾语从句（that 省略）也是典型考点，学习后可迁移到类似结构。

This behavior, called cyberloafing, is believed to cost employers up to \$85 billion a year in lost productivity.

第1段，第2句

本句成分丰富且含多个易混淆点：后置定语 "called cyberloafing" 与谓语的区分、被动语态后的不定式补足语 "to cost..." 的识别、不定式内部双宾语结构 "cost employers \$85 billion" 的划分。这些都是学习者常犯错的地方，作为练习句收益较高。

But it turns out, such behaviors may not be a sign that a worker is lazy or just wasting time.

第2段，第2句

本句使用了情态动词 "may" 表推测、同位语从句解释抽象名词的内容,这两种结构在四六级和考研阅读中非常常见。特别是 "名词 + that 同位语从句" 的模式(如 the fact that, the idea that, the sign that 等)属于高频句式,掌握后可迁移到大量类似句子。结构具有较强的代表性和实用性。

To test this, we asked workers to complete an online survey and rank how much time they spent cyberloafing, checking non-work emails and shopping.

第3段，第4句

ask sb to do sth 结构是四六级和考研常考句型,宾语从句和疑问词从句也是高频考点。句中还包括不定式并列、动名词并列和目的状语等多种典型结构,学习者掌握本句后可将这些句式迁移到大量类似句子中,复用性很强。

This fits with other recent research that suggests taking short breaks is associated with higher levels of daily job performance.

第4段，第2句

本句结构高度典型：主句 + 限制性定语从句 + 宾语从句的三层嵌套，以及 "be associated with" 这类学术表达，是四六级和考研阅读中的常见句式。掌握后可广泛迁移到类似复杂句的理解。

Too much time spent on non-work activities likely causes performance to suffer.

第4段，第4句

本句覆盖了主语、谓语、宾语、宾语补足语、状语、定语六种成分，成分种类较为丰富。特别是后置定语 "spent on non-work activities" 和宾语补足语 "to suffer" 都是学生容易混淆的考点：前者易被误判为谓语，后者需要理解使役动词的复合宾语结构。作为成分划分练习句，有较好的训练价值。

All in all, managers should be more lenient with employees.

第4段，第5句

"情态动词 + 系动词 + 形容词" 的主系表结构是常见句式，在议论文和建议类表达中频繁出现，具有一定代表性，但句子过于简短、无从句修饰，不如复杂句式更能体现考试真题的典型特征

But Morton was one of the world's first conservationists, stating, "For prosperity, we ought to plant as many forests as we have exhausted and consumed".

第1段，第3句

句子体现了并列连词引导转折、非谓语结构作状语、引述动词后跟宾语从句、"as...as..." 比较结构等多个四六级和考研常考句式。这些结构在真题中频繁出现，掌握后迁移性强，具有较高的典型性和复用价值。

By 1860 Morton possessed a forest of more than 300 trees.

第1段，第5句

本句覆盖了主语、谓语、宾语、时间状语、定语五种基本成分，结构虽简单但较为完整。宾语 "a forest of more than 300 trees" 中包含介词短语作后置定语，可以练习识别定语的位置和作用，但整体难度较低，坑点不多。

A few years later, he had more than 1,000.

第1段，第6句

包含主谓宾和时间状语四种基本成分，适合初学者练习成分识别的入门句。但成分种类较少，缺少定语、表语、宾补等其他常考成分，也没有易混淆的坑点，训练价值有限。

As the forest grew, so did Morton's influence in Nebraska.

第2段，第1句

主句的倒装结构对成分划分训练很有价值，学生需要识别倒装后主语和谓语的实际位置，以及助动词 "did" 的替代作用。状语从句作为整体充当主句状语，也是典型的成分识别点。句中涵盖主语、谓语、状语等核心成分，且有一定辨识难度。

This was largely because Morton founded the Nebraska City News, the state's first newspaper, in which he frequently wrote editorials about the practical and aesthetic benefits of tree planting.

第2段，第2句

本句结构高度典型：主句引出because原因状语从句，状语从句中包含同位语和非限制性定语从句，这种多层嵌套的因果解释句式在四六级和考研阅读理解中极为常见。掌握此类句型后可以大量复用到说明文、议论文等真题文本的分析中。

While serving on the Board, Morton came up with an idea to spread his belief in tree planting statewide.

第2段，第4句

"While + 分词短语" 引导时间状语从句是四六级和考研阅读中的高频结构，主句中不定式作后置定语修饰抽象名词(idea、plan、ability 等)也是常考句式。整句结构在真题中有很强的代表性，掌握后可迁移到大量类似句子。

In addition to a parade in Nebraska City, Morton introduced what has since become a long-standing Arbor Day tradition: School children went outside and planted trees together.

第4段，第3句

覆盖了主语、谓语、宾语从句、状语、表语等多种成分，宾语从句内部又包含主语 (what 兼做)、系动词谓语、表语、时间状语，成分种类丰富。what 引导的宾语从句以及 what 在从句中充当主语的双重作用是较好的练习点。

For instance, many new human fossils found, particularly in China, are now dated as older than 60,000 years.

第2段，第1句

被动语态 + 后置定语的组合在学术英语和考试阅读中非常常见，掌握后可迁移到大量科研论述类句子。

For instance, some monkeys in Africa have a set of teeth that has hardly changed over the course of millions of years, indicating that they found a place that has worked for them.

第4段，第3句

覆盖主谓宾基本结构、定语从句(两个)、宾语从句、分词作状语、时间状语、程度状语等多种成分;包含关系代词that在从句中作主语的用法,以及分词indicating易被误判为谓语的坑点;句型丰富,适合练习从句识别与成分划分。

Some researchers have suggested that population density increased to the point where smaller human groups were forced to explore new lands.

第5段，第2句

本句的结构高度典型:及物动词加 that 宾语从句、关系副词 where 引导定语从句修饰抽象地点名词、被动语态表达被迫行为,这些都是四六级和考研阅读中的高频句式。掌握本句的分析方法可直接迁移到大量类似真题句。

They preferred to live in Europe rather than in Asia.

第22题，C

prefer to do 结构和 rather than 比较结构在四六级和考研阅读中较为常见，学生掌握后可应用于表达偏好和对比的场景，具有一定代表性，但不如复合句或特殊句式那样典型高频。

HIGH-FREQUENCY • 真题高频词

本卷出现的 282 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。

cyberloafing

C1

n. 上班时上网做私事

本卷17次·真题 17句

product

A2

n. 产品

本卷10次·真题 271句

employee

A2

n. 雇员, 员工

本卷9次·真题 190句

adventure

B1

n. 冒险经历

本卷9次·真题 17句

tech

B1

n. 技术

本卷8次·真题 73句

consumer

B1

n. 消费者

本卷6次·真题 165句

internet

A2

n. 互联网

本卷6次·真题 63句

architecture

B2

n. 建筑学;建筑设计

本卷6次·真题 17句

would

A1

aux. (will 的过去式) 将要, 会

本卷5次·真题 568句

online

A2

adj. 在线的

本卷5次·真题 139句

design

B1

n. 设计

本卷5次·真题 119句

satisfaction

B2

n. 满意

本卷5次·真题 28句

risk

A2

n. 风险

本卷4次·真题 167句

million

A2

num. 一百万

本卷4次·真题 126句

stress

B1

n. 压力

本卷4次·真题 126句

environmental

B1

adj. 环境的

本卷4次·真题 112句

performance

B1

n. 表演

本卷4次·真题 98 句

due

B1

adj. 预期的

本卷4次·真题 70 句

productivity

B2

n. 生产率

本卷4次·真题 58 句

particular

B2

adj. 特定的

本卷4次·真题 52 句

quit

B1

v. 离开 (工作、学校等)

本卷4次·真题 24 句

hypothesis

C1

n. 假设

本卷4次·真题 18 句

less

A1

det. 较少的

本卷3次·真题 273 句

benefit

B1

n. 好处

本卷3次·真题 244 句

likely

A2

adj. 很可能的

本卷3次·真题 228 句

better

A1

adj. 更好的 (good 的比较级)

本卷3次·真题 205 句

behavior

B1

n. 行为

本卷3次·真题 171 句

reduce

B1

v. 减少, 降低 (数量、大小、程度等)

本卷3次·真题 138 句

simply

B1

adv. 仅仅, 只不过

本卷3次·真题 119 句

opportunity

B1

n. 机会

本卷3次·真题 115 句

access

B1

n. 进入

本卷3次·真题 101 句

promote

B2

v. 促进

本卷3次·真题 82 句

extreme B2

adj. 极度的

本卷3次·真题 60 句

email A2

n. 电子邮件

本卷3次·真题 53 句

capacity B2

n. 容量

本卷3次·真题 36 句

manufacturer B2

n. 制造商

本卷3次·真题 33 句

working A2

adj. 有工作的

本卷3次·真题 29 句

injury B1

n. (身体) 伤害, 损伤

本卷3次·真题 21 句

sustainability C1

n. 可持续性

本卷3次·真题 17 句

assistant A2

n. 助手

本卷3次·真题 16 句

stressful B1

adj. 压力大的

本卷3次·真题 13 句

outdoor A2

adj. 户外的, 室外的

本卷3次·真题 12 句

researcher B2

n. 研究人员

本卷2次·真题 363 句

focus B1

n. 重点

本卷2次·真题 200 句

actually A2

adv. 实际上, 事实上 (用于纠正或补充信息)

本卷2次·真题 182 句

finding B2

n. 调查结果

本卷2次·真题 121 句

decade B1

n. 十年

本卷2次·真题 120 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

average A2

adj. 平均的

本卷2次·真题 112 句

major B1

adj. 主要的

本卷2次·真题 108 句

event A2

n. 事件

本卷2次·真题 99 句

effective B1

adj. 有效的，起作用的

本卷2次·真题 94 句

region B1

n. 地区

本卷2次·真题 78 句

agriculture B2

n. 农业

本卷2次·真题 70 句

engage B2

v. 参与;从事

本卷2次·真题 68 句

attract B1

v. 吸引 (注意力、兴趣)

本卷2次·真题 67 句

material B1

n. 材料

本卷2次·真题 66 句

earn A2

v. 赚得，挣得 (金钱)

本卷2次·真题 64 句

mostly B1

adv. 主要地

本卷2次·真题 59 句

overall B1

adj. 总体的

本卷2次·真题 58 句

particularly B2

adv. 尤其，特别 (强调某事物)

本卷2次·真题 57 句

pressure B1

n. 心理压力

本卷2次·真题 57 句

associate B2

v. 联系

本卷2次·真题 54 句

device B1

n. 设备

本卷2次·真题 54 句

solve A2

v. 解决 (问题、困难)

本卷2次·真题 54 句

link A2

n. 联系

本卷2次·真题 53 句

sign A1

n. 标志

本卷2次·真题 49 句

appeal B2

v. 呼吁

本卷2次·真题 48 句

indicate B2

v. 表明

本卷2次·真题 46 句

desire B2

n. 愿望

本卷2次·真题 44 句

recognize B1

v. 认出

本卷2次·真题 42 句

fossil B2

n. 化石

本卷2次·真题 39 句

instance B2

n. 例子

本卷2次·真题 35 句

recover B1

v. 恢复健康

本卷2次·真题 35 句

clearly A2

adv. 清楚地, 明白地

本卷2次·真题 32 句

firm B1

adj. 坚固的

本卷2次·真题 32 句

facility B2

n. 设施

本卷2次·真题 27 句

urge B2

v. 敦促

本卷2次·真题 27 句

additional B1

adj. 额外的

本卷2次·真题 24 句

toxic B2

adj. 有毒的, 中毒性的

本卷2次·真题 24 句

productive B2

adj. 富有成效的

本卷2次·真题 23 句

route B1

n. 路线

本卷2次·真题 23 句

contribution B2

n. 贡献

本卷2次·真题 21 句

overcome B2

v. 克服

本卷2次·真题 20 句

rank B2

n. 等级

本卷2次·真题 19 句

declare B2

v. 宣布

本卷2次·真题 18 句

engineering B1

n. 工程学

本卷2次·真题 18 句

aesthetic C1

adj. 美的

本卷2次·真题 17 句

autonomous C1

adj. 自主的

本卷2次·真题 17 句

found A1

v. find 的过去式和过去分词

本卷2次·真题 17 句

deprive B2

v. 剥夺

本卷2次·真题 16 句

gadget B2

n. 小装置

本卷2次·真题 16 句

migrate B2

v. (动物) 迁徙

本卷2次·真题 16 句

engagement B2

n. 约定

本卷2次·真题 15 句

recycling B1

n. 回收利用

本卷2次·真题 15 句

substance B2

n. 物质

本卷2次·真题 14 句

award B1

n. 奖

本卷2次·真题 13 句

monitoring B2

n. 监控

本卷2次·真题 13 句

commonly B1

adv. 通常，常常

本卷2次·真题 11 句

migration B2

n. 迁移

本卷2次·真题 11 句

profile B2

n. 简介

本卷2次·真题 8 句

relieve B2

v. 减轻、缓解（疼痛、焦虑等不适）

本卷2次·真题 8 句

turnover B2

n. 营业额

本卷2次·真题 8 句

tend B1

v. 倾向于，往往会

本卷1次·真题 170 句

accord C1

n. （国家、团体间的）协议

本卷1次·真题 167 句

local A2

adj. 当地的

本卷1次·真题 143 句

individual B2

adj. 单独的

本卷1次·真题 142 句

resource B1

n. 资源

本卷1次·真题 119 句

professor B1

n. 教授（大学教师的最高职称）

本卷1次·真题 112 句

policy B1

n. 政策

本卷1次·真题 103 句

support A2

v. 支持

本卷1次·真题 103 句

medium B1

adj. 中等的

本卷1次·真题 98 句

participant B2

n. 参与者

本卷1次·真题 91 句

physical B1

adj. 身体的

本卷1次·真题 91 句

decline B2

v. 下降

本卷1次·真题 88 句

later A1

adv. 以后, later

本卷1次·真题 87 句

belief B1

n. 相信

本卷1次·真题 85 句

traditional B1

adj. 传统的

本卷1次·真题 84 句

graduate B1

n. 毕业生

本卷1次·真题 82 句

involve B1

v. 包含

本卷1次·真题 82 句

further B1

adv. 更远地

本卷1次·真题 79 句

gas A2

n. 气体

本卷1次·真题 77 句

recently A2

adv. 最近

本卷1次·真题 76 句

source B1

n. 来源

本卷1次·真题 75 句

billion B1

num. 十亿 (1,000,000,000)

本卷1次·真题 74 句

current B1

adj. 现在的

本卷1次·真题 72 句

realize B1

v. 意识到, 认识到

本卷1次·真题 64 句

strategy B2

n. 策略

本卷1次·真题 63 句

fuel B1

n. 燃料

本卷1次·真题 60 句

generally B1

adv. 通常，一般地

本卷1次·真题 60 句

suffer B1

v. 遭受（痛苦、疾病、损失等）

本卷1次·真题 59 句

figure A2

n. 数字

本卷1次·真题 58 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

employer B1

n. 雇主

本卷1次·真题 56 句

greenhouse B1

n. 温室

本卷1次·真题 56 句

beauty A2

n. 美

本卷1次·真题 53 句

explore B1

v. 探索

本卷1次·真题 52 句

majority B2

n. 大多数，大部分

本卷1次·真题 51 句

rely B1

v. 依赖;依靠

本卷1次·真题 51 句

aspect B2

n. 方面

本卷1次·真题 50 句

connection B1

n. 联系

本卷1次·真题 50 句

candidate B1

n. 候选人

本卷1次·真题 48 句

observe B2

v. 观察;注意到

本卷1次·真题 48 句

recommend B1

v. 推荐

本卷1次·真题 47 句

thus B2

adv. 因此, 所以

本卷1次·真题 47 句

damage B1

n. 损害

本卷1次·真题 46 句

detail B1

n. 细节

本卷1次·真题 46 句

exactly B1

adv. 精确地

本卷1次·真题 46 句

harm B1

n. 伤害

本卷1次·真题 46 句

invest B2

v. 投资 (金钱、时间等以期获得回报)

本卷1次·真题 45 句

adapt B2

v. 适应, 适合 (新环境、新情况)

本卷1次·真题 44 句

previous B1

adj. 先前的

本卷1次·真题 44 句

smartphone B1

n. 智能手机

本卷1次·真题 44 句

completely B1

adv. 完全地

本卷1次·真题 43 句

effectively B2

adv. 有效地

本卷1次·真题 43 句

electronic B1

adj. 电子的

本卷1次·真题 43 句

fully B1

adv. 完全地

本卷1次·真题 43 句

labor B1

n. 劳动

本卷1次·真题 42 句

practical B1

adj. 实际的

本卷1次·真题 42 句

replace A2

v. 替换, 更换 (用新的代替旧的)

本卷1次·真题 42 句

addition A2

n. 增加

本卷1次·真题 41 句

player A2

n. 运动员

本卷1次·真题 41 句

attempt B1

v. 试图

本卷1次·真题 39 句

related B1

adj. 相关的

本卷1次·真题 39 句

official B1

adj. 官方的

本卷1次·真题 37 句

celebrity B2

n. 名人, 名流

本卷1次·真题 35 句

datum C1

n. 数据 (单数形式, 复数为 data)

本卷1次·真题 34 句

ultimately B2

adv. 最终; 终归

本卷1次·真题 34 句

profit B1

n. 利润, 盈利

本卷1次·真题 33 句

expectation B2

n. 期待; 预期

本卷1次·真题 32 句

intervention C1

n. 干预

本卷1次·真题 32 句

advanced B2

adj. 先进的

本卷1次·真题 31 句

consume B2

v. 消耗, 耗费 (燃料、能源、时间等)

本卷1次·真题 31 句

cultivate B2

v. 培养, 发展 (技能、态度、关系等)

本卷1次·真题 31 句

explanation B1

n. 解释

本卷1次·真题 31 句

frequently B1

adv. 频繁地

本卷1次·真题 31 句

participate B1

v. 参加

本卷1次·真题 31 句

assess B2

v. 评估

本卷1次·真题 30 句

tradition B1

n. 传统

本卷1次·真题 30 句

directly B1

adv. 直接地

本卷1次·真题 29 句

closely B1

adv. 紧密地

本卷1次·真题 28 句

competitive B2

adj. 竞争的

本卷1次·真题 28 句

extend B1

v. 延伸;延长

本卷1次·真题 28 句

implement B2

v. 实施

本卷1次·真题 28 句

largely B2

adv. 主要地

本卷1次·真题 28 句

curriculum B2

n. 课程

本卷1次·真题 27 句

regardless B2

adv. 不管

本卷1次·真题 27 句

salary B1

n. 薪水, 工资 (通常指按月发放的固定报酬)

本卷1次·真题 27 句

survival B2

n. 幸存

本卷1次·真题 27 句

visual B2

adj. 视觉的

本卷1次·真题 26 句

web A2

n. 网站

本卷1次·真题 26 句

initiative B2

n. 主动性

本卷1次·真题 25 句

diverse B2

adj. 多种多样的

本卷1次·真题 24 句

software B1

n. 软件 (计算机程序)

本卷1次·真题 24 句

tough B1

adj. 困难的

本卷1次·真题 24 句

legal B1

adj. 法律的

本卷1次·真题 23 句

widespread B2

adj. 广泛的

本卷1次·真题 23 句

continent A2

n. 大陆

本卷1次·真题 22 句

foster B2

v. 培养

本卷1次·真题 22 句

prior B2

adj. 先前的, 之前的

本卷1次·真题 22 句

properly B1

adv. 正确地

本卷1次·真题 22 句

encounter B2

v. 遇到

本卷1次·真题 21 句

lifelong B2

adj. 终身的

本卷1次·真题 21 句

preparation B1

n. 准备

本卷1次·真题 21 句

creation B2

n. 创造

本卷1次·真题 20 句

latest B1

adj. 最新的

本卷1次·真题 20 句

profession B2

n. 职业 (尤指需要专门技能和培训的)

本卷1次·真题 20 句

reliable B1

adj. 可靠的

本卷1次·真题 20 句

stuff A2

n. 东西

本卷1次·真题 20 句

threaten B1

v. 威胁; 恐吓

本卷1次·真题 20 句

battery A2

n. 电池

本卷1次·真题 19 句

burden B2

n. 负担

本卷1次·真题 19 句

economics B2

n. 经济学

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

prompt B2

v. 促使

本卷1次·真题 19 句

prospect B2

n. 可能性

本卷1次·真题 19 句

witness B2

n. 目击者

本卷1次·真题 19 句

wooden A2

adj. 木制的, 木头的

本卷1次·真题 19 句

attractive B1

adj. 有吸引力的

本卷1次·真题 18 句

cope B2

v. 应对

本卷1次·真题 18 句

correlate C1

v. 相关联

本卷1次·真题 18 句

false A2

adj. 错误的

本卷1次·真题 18 句

given B1

prep. 考虑到

本卷1次·真题 18句

hunter B1

n. 猎人

本卷1次·真题 18句

perfectly B1

adv. 完美地

本卷1次·真题 18句

arise B2

v. 出现;产生;发生

本卷1次·真题 17句

autonomy C1

n. 自主权

本卷1次·真题 17句

cooperate B2

v. 合作

本卷1次·真题 17句

announce B1

v. 宣布

本卷1次·真题 16句

atmosphere B2

n. 气氛

本卷1次·真题 16句

caution B2

n. 小心;谨慎

本卷1次·真题 16句

plain A2

adj. 清楚的

本卷1次·真题 16句

possess B2

v. 拥有, 持有 (财产、特质等)

本卷1次·真题 16句

prosperity C1

n. 繁荣

本卷1次·真题 16句

bolster C1

v. 支持

本卷1次·真题 15句

mature B2

adj. 成熟的

本卷1次·真题 15句

occasionally B1

adv. 偶尔

本卷1次·真题 15句

suitable B1

adj. 合适的

本卷1次·真题 15句

editorial

C1

adj. 编辑的

本卷1次·真题 14句

keen

B2

adj. 热衷的

本卷1次·真题 14句

risky

B2

adj. 有风险的

本卷1次·真题 14句

substitute

B2

n. 替代品

本卷1次·真题 14句

upgrade

B2

v. 升级

本卷1次·真题 14句

worsen

B2

v. (使)恶化;(使)变得更糟

本卷1次·真题 14句

acre

B2

n. 英亩 (土地面积单位)

本卷1次·真题 13句

equip

B1

v. 装备

本卷1次·真题 13句

manufacture

B2

v. (大规模) 制造, 生产

本卷1次·真题 13句

yeah

A1

intj. 是的

本卷1次·真题 13句

abundant

B2

adj. 大量的

本卷1次·真题 12句

acceptance

B2

n. 接受

本卷1次·真题 12句

balanced

B1

adj. 平衡的

本卷1次·真题 12句

philosophy

B2

n. 哲学

本卷1次·真题 12句

supporter

B1

n. 支持者

本卷1次·真题 12句

fancy

B1

v. 想要

本卷1次·真题 11句

indulge C1

v. 放纵 (自己享受某事物)

本卷1次·真题 11句

intricate C1

adj. 错综复杂的

本卷1次·真题 11句

nevertheless B2

adv. 然而

本卷1次·真题 11句

construct B2

v. 建造

本卷1次·真题 10句

draft B2

n. 草稿

本卷1次·真题 10句

exhaust B2

v. 使筋疲力尽

本卷1次·真题 10句

fame B2

n. 名声

本卷1次·真题 10句

glamorous B2

adj. 有魅力的

本卷1次·真题 10句

imperative C1

adj. 极其重要的

本卷1次·真题 10句

indoor A2

adj. 室内的, 户内的

本卷1次·真题 10句

known A2

v. 知道, 了解 (know 的过去分词)

本卷1次·真题 10句

ought B1

aux. 应该

本卷1次·真题 10句

relief B1

n. 宽慰

本卷1次·真题 10句

workday B1

n. 工作日

本卷1次·真题 10句

civic B2

adj. 公民的

本卷1次·真题 9句

density B2

n. 密度

本卷1次·真题 9句

devastating

C1

adj. 毁灭性的

本卷1次·真题9句

feat

B2

n. 功绩

本卷1次·真题9句

abundance

C1

n. 大量

本卷1次·真题8句

dynamic

B2

adj. 充满活力的

本卷1次·真题8句

legacy

C1

n. 遗产

本卷1次·真题8句

lifespan

B2

n. 寿命

本卷1次·真题8句

pasture

B2

n. 牧场, 牧草地

本卷1次·真题8句

rob

B1

v. 抢劫

本卷1次·真题8句

territory

B2

n. 领土

本卷1次·真题8句

trace

B2

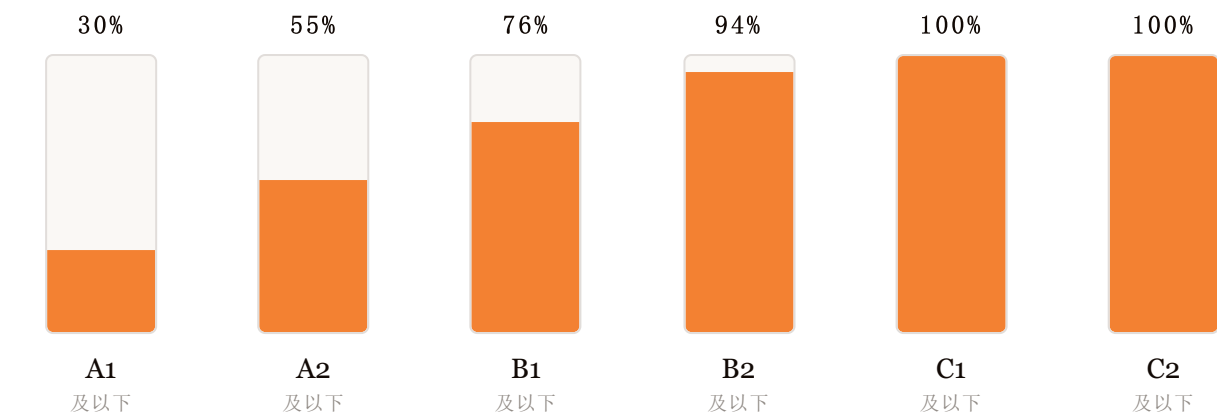
v. 追踪, 查找

本卷1次·真题8句

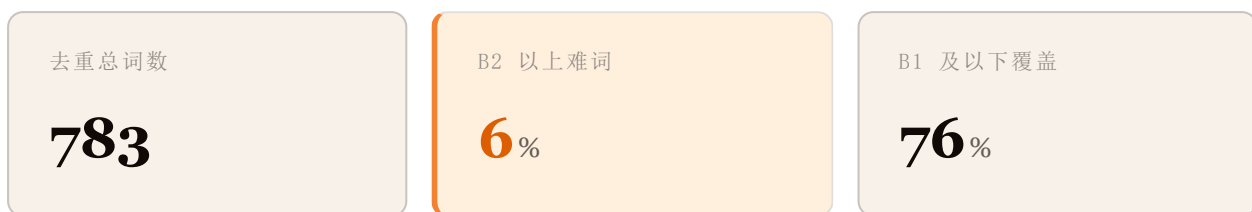
VOCABULARY • 词汇难度分布

全卷录音原文 783 词按 CEFR 难度累积覆盖

全卷录音原文去重后共 **783** 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 783 个 · 末柱为 100%



英语六级 2023年6月·第2套 · 全卷构成

Part I	写作	题目解析 →
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Part III Section A	完形填空（选词填空）	题目解析 →
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2023年6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2023年6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、3 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(2023-06) · 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.

Imagine sitting down to a big dinner: a massive steak, a large portion of fried potatoes, and cake for dessert. After eating so much, you should be too full to eat another bite. But some people experience a powerful urge to keep eating, even after 26 in a huge meal, a behavior that makes little sense, as most adults are well-versed in the dangers of obesity, which researchers have shown correlates with 27 health issues and is even linked to increased 28 risk. But some people still keep eating long after they should stop, a phenomenon Dr. Susan Thompson calls "insatiable(永不满足的) hunger." It is characterized by two main 29 : not being satisfied by eating, and having a desire to stay sedentary(久坐不动的).

想象一下坐下来享用一顿丰盛的晚餐：一块巨大的牛排、一大份炸土豆，还有蛋糕作为甜点。吃了这么多之后，你应该饱得吃不下任何东西了。但有些人会体验到一种强烈的冲动，想要继续吃，即使在大吃一顿之后也是如此，这种行为毫无道理，因为大多数成年人都非常清楚肥胖的危险，研究人员已经表明肥胖与无数健康问题相关，甚至与死亡风险增加有关。但有些人仍然在应该停止进食很久之后继续吃，Susan Thompson博士将这种现象称为“永不满足的饥饿”。它有两个主要特征：吃东西无法获得满足感，以及有久坐不动的欲望。

This is at 30 with how humans are biologically programmed. When there was a great deal of food available, ancient people would gorge on calories; this massive calorie intake was accompanied by an urge to get active. Humans were also programmed for something called "compensation," which is the brain's 31 mechanism for preventing the accumulation of excess weight. With compensation, if you eat one large meal in the morning, you are naturally 32 to eat less for the rest of the day.

这与人类的生物学编程相矛盾。当有大量食物可供获取时，古代人会大量摄入卡路里；这种大量的卡路里摄入会伴随着想要活动的冲动。人类还被编程了一种叫做“补偿”的机制，这是大脑防止积累过多体重的调

节机制。有了补偿机制，如果你早上吃了一顿大餐，你自然会倾向于在这一天剩余的时间里少吃一些。

But recent studies show that 70% of American adults have lost the ability to naturally compensate for the calories they consume; worse 33 , a significant number of them report 34 hunger halfway through an eating session, but, by the end of the meal, they feel the same or higher levels of hunger than when they sat down. Dr. Thompson argues that the main cause of this phenomenon is the modern diet, which is 35 of food high in sugar, carbohydrates and calories.

但最近的研究表明，70%的美国成年人已经失去了自然补偿所摄入卡路里的能力；更糟糕的是，他们中的很大一部分人报告说在进食过程中饥饿感会减弱一半，但到用餐结束时，他们感到的饥饿程度与坐下来时相同甚至更高。Thompson博士认为，这种现象的主要原因是现代饮食，其由高糖、高碳水化合物和高卡路里的食物组成。

- | | |
|-----------------|----------------|
| A) attributes | I) innumerable |
| B) comprised | J) mortality |
| C) conceded | K) odds |
| D) conservation | L) plights |
| E) diminishing | M) regulatory |
| F) far | N) still |
| G) inclined | O) unmatchable |
| H) indulging | |

26. even after (26) in a huge meal

【答案】 **H) indulging** 动词

【词性槽】 介词 after 后必跟动名词

【依据】 **indulge in=纵情大吃，与“吃完一顿大餐”语义一致**

句意是“即使在 indulging in a huge meal（沉溺/纵享一顿大餐）之后还想继续吃”，indulge in 是固定搭配，且语义恰是“尽情享用一顿大餐”，与开篇 Imagine sitting down to a big dinner: a massive steak, a large portion of fried potatoes, and cake for dessert. 的“暴饮暴食”场景严丝合缝。

【竞争词】 **B) comprised 搭配是 be comprised of，不接 in**

comprised 的固定搭配是 be comprised of（由.....组成），不与 in 连用，且这里没有 be 动词；语义“一顿大餐由.....组成”也与“吃完后还想吃”的语境无关。

E) diminishing 义为“递减”，与“暴饮暴食”反向

diminish in 表示“在.....方面减少”，可这里要表达的是“纵享了一顿大餐”，diminishing in a huge meal（在一顿大餐中递减？）语义讲不通，方向恰好相反。

27. which researchers have shown correlates with __(27)__ health issues

【答案】 **I) innumerable** (形容词)

【词性槽】 correlates with __ health issues, 名词前作定语

【依据】 “无数的”健康问题，与肥胖危害的客观表述匹配

原文是说肥胖 correlates with __(27)__ health issues——医学常识告诉我们肥胖会引发“多到数不清”的健康问题（心血管、糖尿病、关节、肿瘤……），innumerable 是常见且中性的描述。

【竞争词】 **O) unmatched** 感情色彩偏褒，且语义不通

unmatched 表“无与伦比”，是积极/褒义评价词，用来形容“健康问题”从感情色彩到搭配都明显错位——说“无与伦比的健康问题”更像是把“好”和“坏”拼接起来，逻辑不通。

28. is even linked to increased __(28)__ risk.

【答案】 **J) mortality** (名词)

【词性槽】 increased __ risk, 名词前作定语

【依据】 **mortality risk=死亡风险**，肥胖危害的高频搭配

is even linked to increased __(28)__ risk. 上承“肥胖关联无数健康问题”，再用 even 递进，意指“甚至与死亡风险升高相关”——mortality risk 是医学英语里极常见的固定搭配，且 even 的递进语气也只有“死亡”这级别的代价能配得上。

【竞争词】 **A) attributes** attribute risk 搭配不存在

attributes 是“属性”，与 risk 不能复合构成“属性风险”这种意义，且语义也不递进。

D) conservation 话题错位

conservation 是“资源保护”，conservation risk 偏环保领域，与肥胖语境完全不接轨。

L) plights 复数名词无法作单数前置定语，且无此搭配

plights 用复数，且 plights risk 不是固定搭配，无法表达“困境风险”这种意思。

29. It is characterized by two main __(29)__: not being satisfied by eating, and having a desire to stay sedentary(久坐不动的).

【答案】 **A) attributes** (名词)

【词性槽】 two main __ + 冒号后两项并列，需复数名词

【依据】 **attributes=特征，正好对应冒号后并列的两件特征**

It is characterized by two main attributes: 两个主要特征——一是“吃不饱”，二是“想久坐不动”，正好两条；attributes 在描写“现象/事物的标志性特征”时最常用，与 characterized by 形成 collocation 闭环。

【竞争词】 **D) conservation 单数不可数，不能跟在 two main 后，且话题不对**

conservation 一般不可数，前面带 two main 直接不合语法；语义“两个保护”也与“吃不饱+久坐”毫无关联。

L) plights 感情色彩太重，且 characterized by plights 不自然

plights 强调“悲惨困境”，是悲剧色彩词；这里只是中性描述现象的两个特征，用“两大困境”过于戏剧化，且 be characterized by two main plights 不是地道搭配。

【易错】 最具迷惑性的错误词是 **L)** —— plights 像“健康困境”，但搭配与色彩都不对。在 It is characterized by two main __(29)__ 处，plights (困境) 看似贴“insatiable hunger 是种烦恼”，但 characterized by 后用 attributes/features 等中性词才地道；选 plights 既不搭配，也戏剧化。

30. This is at __(30)__ with how humans are biologically programmed.

【答案】 **K) odds** (名词)

【词性槽】 at__with 是介词框架，中间只能是名词

【依据】 **at odds with=与.....相矛盾**

段首正在做对比——“永不满足的饥饿”这件事 This is at __(30)__ with how humans are biologically programmed. 与人类生物程序“相矛盾”，at odds with 是这一意思的固定搭配，且段后描述古人“一吃多就想动”，正与“久坐不动”相反，逻辑闭环。

【竞争词】 **A) attributes 无 at attributes with 搭配**

attributes 作名词指“特征、属性”，没有 at attributes with 的固定结构，硬塞语义也不通。

D) conservation 话题不对

conservation 指“资源保护”，与人体饮食机制毫无关联，且无 at conservation with 搭配。

J) mortality 另有归宿，且无此搭配

mortality 是“死亡率”，要留给 28 空的 increased __ risk；且无 at mortality with 搭配。

L) plights 无搭配，语义也不对

plight 是“困境”，没有 at plights with；说“这与生物程序处于困境”也不通顺。

31. "compensation," which is the brain's __(31)__ mechanism for preventing the accumulation of excess weight.

【答案】 **M) regulatory** (形容词)

【词性槽】 the brain's __ mechanism, 名词前作定语

【依据】 “调节性的”机制，与“防止体重过量积累”一一对应

compensation 被定义为 the brain's __(31)__ mechanism for preventing the accumulation of excess weight.——“防止过量体重堆积”正是一种“调节、调控”的功能，regulatory mechanism (调节机制) 是生理学常见搭配，语义贴合。

【竞争词】 I) innumerable “无数的”修饰不可数的 mechanism 不通

innumerable 强调数量上无穷多，通常修饰复数可数名词；说“大脑无数的机制”既不贴合 a mechanism 的单数定指，也无法解释它“防止体重堆积”的具体功能。

O) unmatchable 感情色彩偏褒，且不是科学常用搭配

unmatchable 意为“无与伦比”，是评价色彩词；下文是中性、客观的生理机制描述，且 unmatchable mechanism 几乎不出现于科学语篇。

32. you are naturally __(32)__ to eat less for the rest of the day.

【答案】 **G) inclined** (形容词)

【词性槽】 naturally __ to do, be __ to do 表语结构

【依据】 be inclined to do=倾向做某事，唯一能接 to do

be inclined to do 是固定搭配，意为“倾向于……”，正好对应“早上吃多了，剩下时间自然就少吃”的补偿逻辑：if you eat one large meal in the morning, you are naturally __(32)__ to eat less for the rest of the day.

【竞争词】 I) innumerable 不接 to do

innumerable 是“数不清的”，不与不定式连用，语法上直接不通；且语义“你是数不清的”更是荒谬。

O) unmatchable 不接 to do, 语义也不对

unmatchable 强调“无与伦比”，既无 be unmatchable to do 的常规结构，也与“倾向少吃”的中性补偿描述毫无关系。

33. worse __ (33) __, a significant number of them report

【答案】 **N) still** (副词)

【词性槽】 worse __, 修饰比较级

【依据】 **worse still=更糟的是, 固定插入语**

六级里 worse still 是常用插入语, 等同于 even worse / what's worse, 专门承接更严重的事实——本句正是承接前文“补偿机制失灵”再升级, 说“更糟的是相当多人吃到一半饥饿减弱、吃完反弹”, worse __ (33) __, a significant number of them report __ (34) __ hunger halfway through an eating session 语义一致。

【竞争词】 **F) far far** 修饰比较级须前置

far 强化比较级时位置是 far worse (远远更糟), 不能写成 worse far; 且 far 作插入语没有 worse far 这种习惯用法, 结构不通。

【易错】 最具迷惑性的错误词是 **F)** —— far 与 still 都能强化比较级, 位置才是关键。看到 worse __ (33) __ 极易选 far (far worse 在阅读里太常见), 但本题空在 worse 之后, far 不能后置——记住 worse still 是固定插入语, far 必须前置。

34. a significant number of them report __ (34) __ hunger halfway through an eating session

【答案】 **E) diminishing** (动词)

【词性槽】 report __ hunger, report 后接动名词或宾语

【依据】 “饥饿感正在减弱”, 与 halfway through 时点契合

句意是“相当多人报告吃到一半时 __ 饥饿感”——结合“饥饿感本应随进食而下降”的生理常识, diminishing hunger (正在减弱的饥饿感) 正合理; 后文 but, by the end of the meal, they feel the same or higher levels of hunger than when they sat down. 用 but 转折, 对照出“吃到一半饥饿在减弱, 吃完反而又回来或更甚”, 逻辑闭环。

35. the modern diet, which is __ (35) __ of food high in sugar, carbohydrates and calories.

【答案】 **B) comprised** (动词)

【词性槽】 be __ of 被动/分词结构

【依据】 **be comprised of=由.....组成**

the modern diet, which is __ (35) __ of food high in sugar, carbohydrates and calories. 句意为“现代饮食由高糖、高碳水、高热量的食物组成”, be comprised of 是该意的固定搭配, 与全文“现代饮食是元凶”的结论严丝合缝。

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) **attributes** 名词 动词

属性、特征 (n.) ; 把.....归因于 (v.)

用于第 29 空

B) **comprised** 动词 形容词

构成; be comprised of=由.....组成 (过去分词作形容词)

用于第 35 空

C) **conceded** 动词

承认 (不情愿地) ; 让步

干扰词 · 未选用

D) **conservation** 名词

保护、保存 (尤指自然资源)

干扰词 · 未选用

E) **diminishing** 动词 形容词

正在减少的; 逐渐递减 (现在分词/动名词)

用于第 34 空

F) **far** 副词 形容词

远; (程度) 远远地

干扰词 · 未选用

G) **inclined** 形容词 动词

倾向于.....的; be inclined to do=倾向做某事

用于第 32 空

H) **indulging** 动词

沉溺、放纵; indulge in=纵情享受、大吃大喝 (动名词/现在分词)

用于第 26 空

I) **innumerable** 形容词

数不清的、无数的

用于第 27 空

J) **mortality** 名词

死亡率; 必死性

用于第 28 空

K) **odds** 名词

几率; at odds with=与.....不一致/相矛盾

用于第 30 空

L) **plights** 名词

困境、苦难 (常用复数)

干扰词 · 未选用

M) **regulatory** 形容词

调节的、监管的

用于第 31 空

N) **still** 副词 形容词

仍然; 更 (用于比较级前加强语气)

用于第 33 空

0) **unmatchable** 形容词

无与伦比的、无法匹敌的

干扰词 · 未选用

全文主旨

现代饮食催生“永不满足的饥饿”

文章围绕一种叫 "insatiable(永不满足的) hunger." 的现象展开：一些人吃完大餐仍想继续吃，背后既与人类古老的“补偿”机制 ("compensation," which is the brain's __(31)__ mechanism for preventing the accumulation of excess weight.) 失灵有关，也与 the modern diet, which is __(35)__ of food high in sugar, carbohydrates and calories. 直接相关。

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，却不该填进任何一个空。下面逐个剖析它们最像哪个空的答案、为什么是陷阱。

C) **conceded** 形似 comprised, 最容易抢 35 题

conceded 与 comprised 同为 -ed 结尾、长得像，最像 the modern diet, which is __(35)__ of food high in sugar, carbohydrates and calories. 的答案；但 concede 是“承认/让步”，无 be conceded of 搭配，识破靠“of 必须配 comprise/compose”。

D) **conservation** 名词卡里的话题陷阱

conservation 在 28 increased __(28)__ risk 和 30 This is at __(30)__ with how humans are biologically programmed. 都看着像名词位的备胎；但它的主战场是环保资源语境，与饮食/肥胖话题彻底无关，识破靠“话题一不对就排除”。

F) **far** 副词位与 still 抢 33

far 同为副词，且能修饰比较级，看着像 worse __(33)__ a significant number of them report 的答案；但 far 必须前置成 far worse，不能后置成 worse far，位置一对就识破。

L) **plights** 复数名词陷阱, 抢 29

plights 与 attributes 同为复数名词, 又有“困境/麻烦”这层贴近“健康问题”的味道, 最容易在 It is characterized by two main __(29)__ 处冒充答案; 但它感情色彩太重 (悲剧化), 且 characterized by plights 不是地道搭配, 识破靠“色彩+搭配”。

O) **unmatchable** 形容词位的褒义伪装

unmatchable 在 27 correlates with __(27)__ health issues、31 the brain's __(31)__ mechanism、32 you are naturally __(32)__ to eat less 三处都可能伪装成形容词答案; 但它是褒义评价词 (“无与伦比”), 与中性/客观语域不合, 且不接 to do, 识破靠“色彩+句型”。

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。

Imagine sitting down to a big dinner: a massive steak, a large portion of fried potatoes, and cake for dessert.

第1段, 第1句

祈使句在四六级和考研阅读中偶有出现, 但不是高频句式。动名词作宾语是常考点, 冒号后列举也是实用结构, 但整体而言本句作为考试句式的代表性中等, 掌握后可部分迁移但不属于核心必练句型。

After eating so much, you should be too full to eat another bite.

第1段, 第2句

句首介词短语作状语, 加上情态动词引导的主句, 是四六级和考研常见句式。“too...to...”结构频繁出现在考试中, 掌握后可应用于多种表达。本句结构具有较高的迁移价值。

But some people experience a powerful urge to keep eating, even after indulging in a huge meal, a behavior that makes little sense, as most adults are well-versed in the dangers of obesity, which researchers have shown correlates with innumerable health issues and is even linked to increased mortality risk.

第1段，第3句

句子包含五层分句：主句内嵌同位语的限制性定语从句，主句后接原因状语从句，原因状语从句内嵌非限制性定语从句，非限制性定语从句内又嵌宾语从句，且宾语从句有并列谓语。多层咬合嵌套，需反复回读才能理清各从句的归属关系和逻辑。

With compensation, if you eat one large meal in the morning, you are naturally inclined to eat less for the rest of the day.

第2段，第4句

条件状语从句加主句的结构在四六级和考研真题中非常常见，是典型的逻辑关系句式。系表结构搭配不定式补足成分也是高频考点。掌握后可直接迁移到大量类似句子。

But recent studies show that 70% of American adults have lost the ability to naturally compensate for the calories they consume; worse still, a significant number of them report diminishing hunger halfway through an eating session, but, by the end of the meal, they feel the same or higher levels of hunger than when they sat down.

第3段，第1句

全句成分丰富且分布均衡：主语、谓语、宾语、时间状语、定语从句、宾语从句、比较从句、并列谓语、谓语省略等均有涉及。特别是第二个主句中的并列谓语、比较从句中的谓语省略、以及多处时间状语的定位，都是常见易错点，适合作为成分划分的综合练习句。

HIGH-FREQUENCY · 真题高频词

本篇出现的 37 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。

calorie B1

n. 卡路里, 热量单位

本篇4次·真题 24 句

hunger B1

n. 饥饿

本篇3次·真题 9 句

massive B2

adj. 巨大的, 大量的

本篇2次·真题 31 句

phenomenon B2

n. 现象

本篇2次·真题 28 句

urge B2

v. 敦促

本篇2次·真题 27 句

eating A1

n. 吃

本篇2次·真题 22 句

naturally B1

adv. 自然地

本篇2次·真题 22 句

compensation B2

n. 报酬

本篇2次·真题 11 句

would A1

aux. (will 的过去式) 将要, 会

本篇1次·真题 568 句

researcher B2

n. 研究人员

本篇1次·真题 363 句

less A1

det. 较少的

本篇1次·真题 273 句

behavior B1

n. 行为

本篇1次·真题 171 句

risk A2

n. 风险

本篇1次·真题 167 句

issue B1

n. 问题

本篇1次·真题 158 句

argue B1

v. 争论

本篇1次·真题 106 句

diet A2

n. 日常饮食

本篇1次·真题 82 句

significant B2

adj. 重要的

本篇1次·真题 65 句

available A2

adj. 可获得的

本篇1次·真题 63 句

link A2

n. 联系

本篇1次·真题 53 句

powerful B1

adj. 强大的

本篇1次·真题 50 句

desire B2

n. 愿望

本篇1次·真题 44 句

obesity B2

n. 肥胖 (症)

本篇1次·真题 34 句

consume B2

v. 消耗, 耗费 (燃料、能源、时间等)

本篇1次·真题 31 句

attribute B2

n. 属性

本篇1次·真题 23 句

diminish C1

v. 减少

本篇1次·真题 21 句

correlate C1

v. 相关联

本篇1次·真题 18 句

characterize C1

v. 是...的特征

本篇1次·真题 14 句

odd B1

adj. 奇怪的

本篇1次·真题 13 句

mechanism B2

n. 机制

本篇1次·真题 12 句

accompany B2

v. 陪同; 陪伴

本篇1次·真题 11 句

indulge C1

v. 放纵 (自己享受某事物)

本篇1次·真题 11 句

bite A2

v. 咬

本篇1次·真题 10 句

mortality C1

n. 死亡率

本篇1次 · 真题 10 句

portion B1

n. 部分

本篇1次 · 真题 10 句

compensate C1

v. 补偿; 赔偿

本篇1次 · 真题 9 句

carbohydrate B2

n. 碳水化合物

本篇1次 · 真题 8 句

intake B2

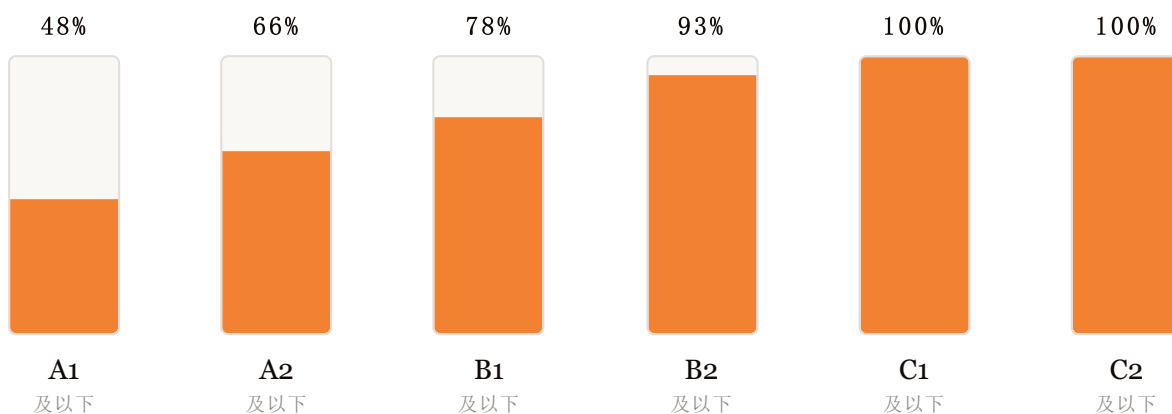
n. 摄入量

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 128 词按 CEFR 难度累积覆盖

带空短文去重后共 **128** 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 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 128 个 · 末柱为 100%

去重总词数

128

B2 以上难词

7%

B1 及以下覆盖

78%

英语六级 2023年6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 →

2023年6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2023年6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(2023-06) · 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**.

The problem with being perfect

A) When psychologist Jessica Pryor lived near an internationally renowned university, she once saw a student walking into a library holding a sleeping bag and a coffee maker. She has heard of graduate students spending 12 to 18 hours at a time in the lab. Their schedules are meant to be literally punishing: If they are scientists-in-training, they won't allow themselves to watch Netflix until their experiments start generating results. "Relationships become estranged(疏远的)—people stop inviting them to social gatherings or dinner parties, which leads them to spend even more time in the lab," Pryor told me.

当心理学家Jessica Pryor住在一所国际知名大学附近时,她曾看到一名学生拿着睡袋和咖啡机走进图书馆。她听说过研究生一次在实验室待12到18个小时。他们的日程安排本意就是要惩罚自己:如果他们是科学家培训生,他们不会允许自己看Netflix,除非他们的实验开始产生结果。"人际关系变得疏远——人们不再邀请他们参加社交聚会或晚宴,这导致他们在实验室花费更多时间,"Pryor告诉我。

B) Along with other therapists, Pryor, who is now with the Family Institute at Northwestern University, is trying to sound the alarm about a tendency among young adults and college students to strive for perfection in their work—sometimes at any cost. Though it is often portrayed as a positive trait, Pryor and others say extreme perfectionism can lead to depression, anxiety, and even suicide.

与其他治疗师一起,现在在Northwestern University家庭研究所工作的Pryor正试图就年轻人和大学生在工作中追求完美的倾向发出警报——有时不惜任何代价。尽管完美主义常被描绘为一种积极特质,但Pryor和其他人表示,极端完美主义可能导致抑郁、焦虑,甚至自杀。

- C) What's more, perfectionism seems to be on the rise. In a study of thousands of American, Canadian, and British college students published earlier this year, Thomas Curran of the University of Bath and Andrew Hill of York St. John University found that today's college students report higher levels of perfectionism than college students did during the 1990s or early 2000s. They measured three types of perfectionism: self-oriented, or a desire to be perfect; socially prescribed, or a desire to live up to others' expectations; and other-oriented, or holding others to unrealistic standards. From 1989 to 2016, they found, self-oriented perfectionism scores increased by 10 percent, socially prescribed scores rose by 33 percent, and other-oriented perfectionism increased by 16 percent.

而且,完美主义似乎正在上升。在今年早些时候发表的一项对数千名美国、加拿大和英国大学生的研究中,University of Bath的Thomas Curran和York St. John University的Andrew Hill发现,今天的大学生报告的完美主义水平高于1990年代或2000年代初的大学生。他们测量了三种类型的完美主义:自我导向型,即渴望自己完美;社会规定型,即渴望达到他人的期望;以及他人导向型,即对他人抱有不切实际的标准。他们发现,从1989年到2016年,自我导向型完美主义得分增加了10%,社会规定型得分上升了33%,他人导向型完美主义增加了16%。

- D) A person living with an other-oriented perfectionist might feel criticized by the perfectionist spouse for not doing household chores exactly the "right" way. "One of the most common things couples argue about is the proper way of loading the dishwasher," says Amy Bach, a psychologist in Providence, Rhode Island.

与他人导向型完美主义者生活在一起的人可能会因为没有按照"正确"的方式做家务而感到受到完美主义配偶的批评。"夫妻争吵最常见的事情之一就是装洗碗机的正确方法,"Rhode Island普罗维登斯的心理学家Amy Bach说。

- E) Curran describes socially prescribed perfectionism as "My self-esteem is contingent on what other people think." His study didn't examine the causal reasons for its rise, but he assumes that the rise of both standardized testing and social media might play a role. These days, LinkedIn alerts us when our rival gets a new job, and Instagram can let us know how well "liked" our lives are compared with a friend's. In an opinion piece earlier this year, Curran and Hill argue that society has also become more dog-eat-dog. "Over the last 50 years, public interest and civic responsibility have been progressively eroded," they write, "replaced by a focus on self-interest and competition in a supposedly free and open marketplace." We strive for perfection, it seems, because we feel we must in order to get ahead. Michael Brustein, a clinical psychologist in Manhattan, says when he first began practicing in 2007, he was surprised by how prevalent perfectionism was among his clients, despite how little his graduate training had focused on the phenomenon. He sees perfectionism in, among others, clients who are entrepreneurs, artists, and tech employees. "You're in New York because you're ambitious, you have this need to strive," he says. "But then your whole identity gets wrapped into a goal."

Curran将社会规定型完美主义描述为"我的自尊取决于他人的看法"。他的研究没有考察其上升的因果原因,但他认为标准化测试和社交媒体的兴起可能起了作用。如今,LinkedIn会在我们的竞争对手找到新工作时通知我们,Instagram可以让我们知道与朋友相比,我们的生活被"点赞"的程度如何。在今年早些时候的一篇评论文章中,Curran和Hill认为社会也变得更加弱肉强食。"在过去50年里,公共利益和公民责任逐渐被侵蚀,"他们写道,"取而代之的是在所谓自由开放的市场中对自我利益和竞争的关注"。我们追求完美,似乎是因为我们觉得必须这样做才能取得成功。曼哈顿的临床心理学家Michael Brustein说,当他2007年刚开始执业时,他对完美主义在他的客户中如此普遍感到惊讶,尽管他的研究生培训很少关

注这一现象。他在创业者、艺术家和科技公司员工等客户中看到了完美主义。"你在纽约是因为你有抱负,你有这种奋斗的需要,"他说。"但随后你的整个身份都被包裹进一个目标中"。

- F) Perfectionism can, of course, be a positive force. Think of professional athletes, who train aggressively for ever-higher levels of competition. In well-adjusted perfectionism, someone who doesn't get the gold is able to forget the setback and move on. In maladaptive(不当的) perfectionism, meanwhile, people make an archive of all their failures. They revisit these archives constantly, thinking, as Pryor puts it, "I need to make myself feel terrible so I don't do this again." Then they double down, "raising the expectation bar even higher, which increases the likelihood of defeat, which makes you self-critical, so you raise the bar higher, work even harder," she says. Next comes failure, shame, and pushing yourself even harder toward even higher and more impossible goals. Meeting them becomes an "all or nothing" premise. Pryor offered this example: "Even if I'm an incredible attorney, if I don't make partner in the same pacing as one of my colleagues, clearly that means I'm a failure."

当然,完美主义可以是一种积极的力量。想想职业运动员,他们为不断提高的竞技水平而积极训练。在适应良好的完美主义中,没有获得金牌的人能够忘记挫折并继续前进。而在不当完美主义中,人们会为所有失败建立档案。他们不断重温这些档案,正如Pryor所说,想着"我需要让自己感觉糟糕,这样我就不会再这样做了"。然后他们加倍努力,"把期望标准提得更高,这增加了失败的可能性,这让你自我批评,所以你把标准提得更高,工作得更努力,"她说。接下来是失败、羞耻,以及推动自己更加努力地追求更高、更不可能实现的目标。实现目标成为一个"要么全有要么全无"的前提。Pryor举了这个例子:"即使我是一名出色的律师,如果我没有以与同事相同的速度成为合伙人,显然这意味着我是个失败者"。

- G) Brustein says his perfectionist clients tend to devalue their accomplishments, so that every time a goal is achieved, the high lasts only a short time, like "a gas tank with a hole in it." If the boss says you did a great job, it's because he doesn't know anything. If the audience likes your work, that's because it's too stupid to know what good art actually is. But, therapists say, there are also different ways perfectionism manifests. Some perfectionists are always pushing themselves forward. But others actually fall behind on work, unable to complete assignments unless they are, well, perfect. Or they might handicap their performance ahead of time. They're the ones partying until 2 a.m. the night before the final, so that when the grade C rolls in, there's a ready excuse.

Brustein说,他的完美主义客户倾向于贬低自己的成就,因此每次实现目标时,那种兴奋只持续很短时间,就像"一个有洞的油箱"。如果老板说你做得很好,那是因为他什么都不懂。如果观众喜欢你的作品,那是因为他们太愚蠢,不知道什么才是真正的好艺术。但是,治疗师说,完美主义的表现方式也各不相同。一些完美主义者总是推动自己前进。但其他人实际上在工作上落后了,除非工作完美,否则无法完成任务。或者他们可能会提前削弱自己的表现。他们是那些在期末考试前一晚狂欢到凌晨2点的人,这样当C等成绩出来时,就有了现成的借口。

- H) While educators and parents have successfully convinced students of the need to be high performing and diligent, the experts told me, they haven't adequately prepared them for the inevitability of failure. Instead of praises like "You're so smart," parents and educators should say things like "You really stuck with it," Pryor says, to emphasize the value of perseverance over intrinsic talent. Pryor notes that many of her clients are wary she'll "turn them into some degenerate couch potato and

teach them to be okay with it." Instead, she tries to help them think through the parts of their perfectionism they'd like to keep, and to lose the parts that are ruining their lives.

专家们告诉我,虽然教育工作者和家长成功地让学生相信需要高绩效和勤奋,但他们没有充分让他们为失败的必然性做好准备。Pryor说,家长和教育工作者应该说"你真的坚持下来了"这样的话,而不是"你真聪明"这样的赞美,以强调坚持不懈的价值而非内在天赋。Pryor指出,她的许多客户担心她会"把他们变成某种堕落的沙发土豆,并教他们接受这一点"。相反,她试图帮助他们思考完美主义中他们想保留的部分,以及失去那些正在毁掉他们生活的部分。

- I) Bach, who sees many students from Brown University, says some of them don't even go out on weekends, let alone weekdays. She tells them, "Aim high, but get comfortable with good enough." When they don't get some award, she encourages them to remember that "one outcome is not a basis for a broad conclusion about the person's intelligence, qualifications, or potential for the future."

Bach看到许多来自Brown University的学生,她说他们中的一些人甚至周末都不出去,更不用说工作日了。她告诉他们,"目标要高,但要对足够好感到舒适"。当他们没有获得某个奖项时,她鼓励他们记住"一个结果不是对一个人的智力、资格或未来潜力做出广泛结论的基础"。

- J) The treatment for perfectionism might be as simple as having patients keep logs of things they can be proud of, or having them behave imperfectly in small ways, just to see how it feels. "We might have them hang the towels crooked(不正的) or wear some clothing inside out," says Martin Antony, a professor in the department of psychology at Ryerson University in Toronto.

完美主义的治疗可能很简单,比如让患者记录他们可以引以为豪的事情,或者让他们以小的方式表现得不完美,只是看看感觉如何。"我们可能会让他们把毛巾挂歪或把某些衣服穿反,"多伦多Ryerson University心理学系教授Martin Antony说。

- K) Brustein likes to get his perfectionist clients to create values that are important to them, then try to shift their focus to living according to those values rather than achieving specific goals. It's a play on the "You really stuck with it" message for kids. In other words, it isn't about doing a headstand in yoga class; it's about going to yoga class in the first place, because you like to be the kind of person who takes care of herself. But he warns that some people go into therapy expecting too much—an instant transformation of themselves from a pathological(病态的) perfectionist to a (still high-achieving) non-perfectionist. They try to be perfect, in other words, at no longer being perfect.

Brustein喜欢让他的完美主义客户创建对他们重要的价值观,然后尝试将注意力转移到按照这些价值观生活,而不是实现特定目标。这是对孩子"你真的坚持下来了"这一信息的演绎。换句话说,重要的不是在瑜伽课上做倒立;而是首先去上瑜伽课,因为你喜欢成为那种照顾自己的人。但他警告说,有些人接受治疗时期望过高——期待自己立即从病态完美主义者转变为(仍然高成就的)非完美主义者。换句话说,他们试图在不再完美这件事上做到完美。

陈述句与逐句解析

36. Socially prescribed perfectionism is described as one's self-esteem depending on other people's opinion.

社会规定型完美主义被描述为一个人的自尊取决于他人的看法。

【答案】 E 段 (强锚点)

【锚点】 Socially prescribed 三个字加自尊取决于他人看法

【定位】 Curran describes socially prescribed perfectionism as "My self-esteem is contingent on what other people think."

Curran 把社会规定型完美主义描述为：我的自尊取决于别人怎么想。

【改写】 Socially prescribed perfectionism ↔ **socially prescribed perfectionism**

术语原样复现

one's self-esteem depending on other people's opinion ↔

My self-esteem is contingent on what other people think

depending on 等于 is contingent on, other people's opinion 等于 what other people think

【辨邻】 **C** socially prescribed, or a desire to live up to others' expectations 给的是另一个角度的简短解释，且整段重心是 three types of perfectionism 的清单与上升百分比，不是题干要求的 self-esteem 定义。

socially prescribed, or a desire to live up to others' expectations

37. Jessica Pryor has learned that some graduate students work such long hours in the lab that they have little time for entertainment or socializing.

Jessica Pryor了解到一些研究生在实验室工作时间过长,以至于几乎没有时间娱乐或社交。

【答案】 **A** 段 (强锚点)

【锚点】 Jessica Pryor 加 12 到 18 小时实验室

【定位】 She has heard of graduate students spending 12 to 18 hours at a time in the lab.

她听说有研究生一次性在实验室待 12 到 18 个小时。

【改写】 Jessica Pryor has learned that some graduate students work such long hours in the lab ↔

She has heard of graduate students spending 12 to 18 hours at a time in the lab

has heard of 等于 has learned, spending 12 to 18 hours 上位为 such long hours

they have little time for entertainment or socializing ↔

people stop inviting them to social gatherings or dinner parties

把社交场景概括为 entertainment or socializing

【辨邻】 **B** Pryor, who is now with the Family Institute at Northwestern University, is trying to sound the alarm 是讲她的角色与态度，没有讲研究生在实验室待多少小时。

Along with other therapists, Pryor, who is now with the Family Institute at Northwestern University, is trying to sound the alarm

38. The author believes perfectionism may sometimes be constructive.

作者认为完美主义有时可能是建设性的。

【答案】 **F** 段 (弱锚点)

【锚点】 the author believes 加 constructive

【定位】 Perfectionism can, of course, be a positive force.

完美主义当然也可以是一种正向力量。

【改写】 perfectionism may sometimes be constructive ↔

Perfectionism can, of course, be a positive force

may sometimes 等于 can of course, constructive 等于 a positive force

【辨邻】 **B** Though it is often portrayed as a positive trait, Pryor and others say extreme perfectionism can lead to depression, anxiety, and even suicide——一个
Though 让步从句之后立刻反转，全段立场是警告，而非赞成完美主义可以是建设性的。

Though it is often portrayed as a positive trait, Pryor and others say extreme perfectionism can lead to depression, anxiety, and even suicide

39. It is found that perfectionism is getting more and more prevalent among college students.

研究发现完美主义在大学生中越来越普遍。

【答案】 **C** 段（强锚点）

【锚点】 more and more prevalent among college students

【定位】 What's more, perfectionism seems to be on the rise. In a study of thousands of American, Canadian, and British college students published earlier this year, Thomas Curran of the University of Bath and Andrew Hill of York St. John University found that today's college students report higher levels of perfectionism than college students did during the 1990s or early 2000s.

更进一步，完美主义似乎在上升。今年早些时候发表的一项针对美国、加拿大和英国数千名大学生的研究中，Curran 和 Hill 发现：今天的大学生报告的完美主义水平高于 1990 年代或 2000 年代初的大学生。

【改写】 perfectionism is getting more and more prevalent among college students ↔

perfectionism seems to be on the rise

on the rise 等于 getting more and more prevalent，且 C 段全段以 college students 为研究对象

【辨邻】 **B** a tendency among young adults and college students to strive for perfection 描述的是当下倾向，并没有比较过去与现在的水平。

a tendency among young adults and college students to strive for perfection in their work

40. Some experts suggest parents and educators should prepare students for failures.

一些专家建议家长和教育工作者应该让学生为失败做好准备。

【答案】 **H** 段（强锚点）

【锚点】 parents and educators 加 prepare students for failures

【定位】 While educators and parents have successfully convinced students of the need to be high performing and diligent, the experts told me, they haven't adequately prepared them for the inevitability of failure.

尽管教育者和家长成功地让学生相信要做到高产高勤的必要性，但专家告诉我，他们并没有让学生为不可避免的失败做好充分准备。

【改写】 parents and educators should prepare students for failures ↔ **educators and parents**

双主体原样复现，仅顺序对调

should prepare students for failures ↔

they haven't adequately prepared them for the inevitability of failure

把段内的现状否定转写为题干的应然建议

【辨邻】 I she encourages them to remember that one outcome is not a basis for a broad conclusion 主体是心理学家 Bach 对她的学生，跟 parents and educators 的应然建议不在同一层。

When they don't get some award, she encourages them to remember that one outcome is not a basis for a broad conclusion about the person's intelligence, qualifications, or potential for the future

41. Some therapists warn that young adults tend to pursue perfection in their work.

一些治疗师警告说年轻人倾向于在工作中追求完美。

【答案】 B 段（弱锚点）

【锚点】 Some therapists warn 加 young adults

【定位】 Along with other therapists, Pryor, who is now with the Family Institute at Northwestern University, is trying to sound the alarm about a tendency among young adults and college students to strive for perfection in their work—sometimes at any cost.

和其他治疗师一起，Pryor 正在为一种倾向敲响警钟：年轻人和大学生都倾向于在工作中追求完美，有时候不惜任何代价。

【改写】 Some therapists warn ↔ **Along with other therapists, Pryor**
Some therapists 等于 Pryor 与 other therapists 这一组主体
warn that young adults tend to pursue perfection in their work ↔

is trying to sound the alarm about a tendency among young adults and college students to strive for perfection in their work

sound the alarm 等于 warn, strive for 等于 pursue

【辨邻】 A Pryor told me 只是引述她讲的故事，画面里有研究生通宵实验室的细节，但没有警告 a tendency 这一动作。

Pryor told me

C Thomas Curran of the University of Bath and Andrew Hill of York St. John University found 的主体是研究人员的统计发现，不是治疗师发警告。

Thomas Curran of the University of Bath and Andrew Hill of York St. John University found that today's college students report higher levels of perfectionism

42. Psychologist Amy Bach encourages her students to aim high but be content with something less than perfect.

心理学家 Amy Bach 鼓励她的学生志存高远，但要满足于不那么完美的结果。

【答案】 I 段（强锚点）

【锚点】 Amy Bach 加 aim high but be content

【定位】 She tells them, "Aim high, but get comfortable with good enough."

她对学生们说：把目标定高，但要学会接受够好就行。

【改写】 Psychologist Amy Bach encourages her students ↔

Bach, who sees many students from Brown University

Bach 的身份与受众一致

to aim high but be content with something less than perfect ↔

Aim high, but get comfortable with good enough

金句原样 + good enough 等于 something less than perfect

【辨邻】 K Brustein likes to get his perfectionist clients to create values that are important to them 主体是 Brustein，且策略不同。

Brustein likes to get his perfectionist clients to create values that are important to them

43. A clinical psychologist finds perfectionism is widespread among his clients.

一位临床心理学家发现完美主义在他的客户中很普遍。

【答案】 E 段（强锚点）

【锚点】 A clinical psychologist 加 widespread among his clients

【定位】 Michael Brustein, a clinical psychologist in Manhattan, says when he first began practicing in 2007, he was surprised by how prevalent perfectionism was among his clients, despite how little his graduate training had focused on the phenomenon.

曼哈顿临床心理学家 Michael Brustein 说，他 2007 年刚开始执业时，对完美主义在客户中的普遍程度感到意外，而他研究生阶段的训练几乎没有涉及这种现象。

【改写】 A clinical psychologist ↔ **Michael Brustein, a clinical psychologist in Manhattan**
身份标签原样命中

perfectionism is widespread among his clients ↔

how prevalent perfectionism was among his clients

widespread 等于 prevalent, his clients 原样

【辨邻】 **G** Brustein says his perfectionist clients tend to devalue their accomplishments 是描述客户行为模式，不是讲完美主义在客户中普遍出现这一发现。

Brustein says his perfectionist clients tend to devalue their accomplishments

B a tendency among young adults and college students to strive for perfection 的主体是 therapists 集体，并未点名 clinical psychologist 与他的 clients。

Along with other therapists, Pryor, who is now with the Family Institute at Northwestern University, is trying to sound the alarm

44. In trying to overcome perfectionism, some people are still pursuing perfection.

在试图克服完美主义时,有些人仍在追求完美。

【答案】 **K** 段 (强锚点)

【锚点】 trying to overcome perfectionism 时仍在追求完美

【定位】 They try to be perfect, in other words, at no longer being perfect.

换句话说，他们想在不再当完美主义者这件事上也做到完美。

【改写】 In trying to overcome perfectionism ↔ **at no longer being perfect**

把不再完美 与 战胜完美主义 视作同义

some people are still pursuing perfection ↔ **They try to be perfect**

try to be perfect 等于 pursuing perfection

【辨邻】 **J** hang the towels crooked or wear some clothing inside out 是治疗手段的具体例子，与题干悖论不在同一层。

We might have them hang the towels crooked or wear some clothing inside out

45. In pursuing perfection, some perfectionists fail to complete their tasks on time.

在追求完美的过程中,一些完美主义者未能按时完成任务。

【答案】 **G** 段 (强锚点)

【锚点】 fail to complete their tasks on time

【定位】 But others actually fall behind on work, unable to complete assignments unless they are, well, perfect.

但另一些人反而拖延工作，除非达到完美否则交不出作业。

【改写】 some perfectionists fail to complete their tasks on time ↔

others actually fall behind on work, unable to complete assignments unless they are, well, perfect

fall behind 加 unable to complete 等于 fail to complete on time

【辨邻】 F Meeting them becomes an all or nothing premise 描述心理层的恶性循环，没有 fail to complete on time 这一具体行为。

make an archive of all their failures

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 心理学家 Jessica Pryor 用一个学生抱睡袋和咖啡机进图书馆的画面、以及研究生在实验室一坐 12 到 18 小时的细节，引出年轻人求完美几乎不再社交的现象。

信息指纹 睡袋咖啡机进馆 + 12 到 18 小时实验室

B Pryor 等治疗师在敲警钟：年轻人和大学生中流行不惜代价追求工作完美的倾向，而极端完美主义会带来抑郁、焦虑甚至自杀。

信息指纹 治疗师拉警报 + 完美主义的负面后果清单

C Curran 和 Hill 的研究用数据指出：今天的大学生完美主义水平比 1990 年代或 2000 年代初的大学生更高，且把完美主义分成三种类型并给出各自上升百分比。

信息指纹 三种完美主义类型 + 具体上升百分比

D 举家居场景说明 other-oriented 完美主义：与之共同生活的人会因没按完美方的标准做家务而被挑剔，例子是装洗碗机的方式。

信息指纹 洗碗机装载方式之争

E Curran 把 socially prescribed 完美主义定义为自尊取决于他人看法，并谈到标准化考试与社交媒体可能助推；随后引出 Michael Brustein 这位临床心理学家，说他发现客户中完美主义之普遍出乎意料。

信息指纹 自尊取决于他人看法的定义 + Brustein 发现客户中完美主义普遍

F 辨析良性完美主义与适应不良完美主义：以职业运动员说明前者可以正向；后者会把失败归档、不断抬高门槛、陷入全或无思维，并用律师未与同事同步升合伙人的例子收尾。

信息指纹 完美主义也可能是正向力量 + 全或无的律师例子

G Brustein 指出完美主义者贬低自己的成就；并区分不同表现：有的人一路向前推，有的人反而拖延、不到完美交不出作业，或者考前通宵开派对给自己留好失败借口。

信息指纹 成就感像漏底油箱 + 完美主义者反而拖延、考前通宵

H 教育者和家长教会学生高产高勤，却没让他们为不可避免的失败做好准备；建议把表扬从夸聪明改为夸坚持，并说明 Pryor 不是要把人变沙发土豆，而是帮他们保留有益部分、丢掉毁生活的部分。

信息指纹 未为失败做好准备 + 夸坚持而非夸聪明

I 心理学家 Amy Bach 面对布朗大学学生时，主张志存高远但能接受够好就行；没拿奖时提醒他们一次结果不能作为对整个人能力或潜力的概括判断。

信息指纹 Aim high 但 get comfortable with good enough

J 介绍治疗完美主义的具体小练习：让患者记录值得自豪的事，或刻意在小事上不完美，比如把毛巾挂歪、衣服反穿。

信息指纹 毛巾挂歪、衣服反穿的小练习

K Brustein 让完美主义客户先确立自己看重的价值，再按价值生活而非死盯目标；并提醒有人对治疗期待过高，结果是连不当完美主义者这件事也想做到完美。

信息指纹 在不再完美这件事上又想做到完美

SENTENCE INSIGHTS • 句子精讲

17 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。

Their schedules are meant to be literally punishing: If they are scientists-in-training, they won't allow themselves to watch Netflix until their experiments start generating results.

A段，第3句

覆盖主语、谓语、宾语、宾补、表语、状语等多种成分,尤其 "allow sb to do" 的宾补结构、"are meant to be" 的被动 + 不定式、时间状语从句的嵌套,以及 "start doing" 中动名词作宾语,都是常见易错点,训练价值较高

Along with other therapists, Pryor, who is now with the Family Institute at Northwestern University, is trying to sound the alarm about a tendency among young adults and college students to strive for perfection in their work—sometimes at any cost.

B段，第1句

本句结构高度典型，符合四六级和考研阅读中常见的复杂句式特征：一个主句嵌套一个非限制性定语从句，主句主语与谓语被从句分隔，宾语部分包含多层修饰成分。非限制性定语从句用逗号隔开补充说明主语身份，这是学术类和新闻类文章中的常见模式。主句表达 "尝试做某事" 的结构 (try to do) 以及宾语中的 "tendency to do" 搭配也是高频句式。掌握本句的结构特征后，学习者可将这些模式迁移到大量类似句子的理解中，实用性很强。

What's more, perfectionism seems to be on the rise.

C段，第1句

"seem to do" 结构在四六级和考研阅读中较为常见，用于表达推测或趋势判断，具有一定代表性；但简单句本身结构过于基础，不如复合句式典型。

They measured three types of perfectionism: self-oriented, or a desire to be perfect; socially prescribed, or a desire to live up to others' expectations; and other-oriented, or holding others to unrealistic standards.

C段，第3句

本句涵盖主语、谓语、宾语、同位语四种核心成分，同位语部分结构丰富（包含并列、不定式、现在分词等多种形式），适合练习如何识别同位语及其内部的修饰层次，训练价值较高。

Curran describes socially prescribed perfectionism as "My self-esteem is contingent on what other people think."

E段，第1句

describe A as B结构和what引导的名词性从句均为四六级及考研高频句式，引号内系表结构后接介词短语嵌套从句的层级关系也常见于学术或说明性文本，具有较强的代表性和迁移性。

These days, LinkedIn alerts us when our rival gets a new job, and Instagram can let us know how well "liked" our lives are compared with a friend's.

E段，第3句

并列句加从属从句的组合是四六级和考研阅读中的常见句式，let sb do sth 和 how 引导的宾语从句也都是高频结构，掌握后可以迁移到大量类似句子

Perfectionism can, of course, be a positive force.

F段，第1句

情态动词 + 系动词 + 表语的结构在四六级和考研阅读中较为常见，尤其在议论文中用来表达可能性或推测。插入语 "of course" 的使用也是真题中频繁出现的语气调节手段。虽然本句整体偏简单，但这一句式具有一定代表性，学生掌握后可在阅读中快速识别类似结构。

Think of professional athletes, who train aggressively for ever-higher levels of competition.

F段，第2句

祈使句 + 非限制性定语从句的组合在书面语和考试阅读中较为常见，尤其是用于引出观点或举例时。这种结构的识别和理解（特别是非限制性定语从句与限制性定语从句的区分）是考试中的常考点，具有较高的迁移价值。

In maladaptive(不当的) perfectionism, meanwhile, people make an archive of all their failures.

F段，第4句

简单句的主谓宾结构在四六级和考研阅读中非常常见，句首状语的使用也是典型搭配。但本句的简单程度使其代表性略显不足，因为考试中更常出现带有从句或更复杂修饰成分的句子。作为简单句的范例有一定代表性，但作为考试典型句式则略显基础。

Brustein says his perfectionist clients tend to devalue their accomplishments, so that every time a goal is achieved, the high lasts only a short time, like "a gas tank with a hole in it."

G段，第1句

“某人 says + 内容”以及“so that ...”结果说明、“every time ...”时间条件，都是阅读里很常见的组织方式。掌握这种先抓外层谓语、再分层处理内部结构的方法，迁移性较强。

But others actually fall behind on work, unable to complete assignments unless they are, well, perfect.

G段，第6句

“主句 + unless 条件状语从句”是四六级和考研阅读中的高频结构,形容词短语作伴随状语补充说明主句动作也是常见用法。本句结构代表了英语复合句的典型模式之一,掌握后可迁移到大量类似句型,典型性较高。

Bach, who sees many students from Brown University, says some of them don't even go out on weekends, let alone weekdays.

I段，第1句

主句加非限制性定语从句和宾语从句的组合，在四六级和考研阅读中频繁出现。插入性定语从句和省略 that 的宾语从句都是常考句式，掌握后迁移性强，结构具有较高典型性。

"We might have them hang the towels crooked(不正的) or wear some clothing inside out," says Martin Antony, a professor in the department of psychology at Ryerson University in Toronto.

J段，第2句

覆盖多种句子成分:主句含倒装结构、同位语;宾语从句含使役动词"have"加宾语补足语,且补足语内部有宾语、补语和方式状语,还有并列结构("or"连接两个宾补);典型易错点包括倒装句主语识别、宾语与宾补的区分、省略to的不定式识别;适合作为综合划分练习,收益较高

In other words, it isn't about doing a headstand in yoga class; it's about going to yoga class in the first place, because you like to be the kind of person who takes care of herself.

K段，第3句

本句展示了常见的并列主句对比(用分号连接)、原因状语从句以及定语从句修饰抽象名词的典型用法,这些结构在四六级和考研阅读中频繁出现,学习后可迁移性强。

They try to be perfect, in other words, at no longer being perfect.

K段，第5句

“动词 + 不定式”是很常见、可迁移性很强的英语句型，“try to do”尤其典型。掌握这种识别方法后，可以迁移到很多类似结构。

Jessica Pryor has learned that some graduate students work such long hours in the lab that they have little time for entertainment or socializing.

第37题题干

句子涵盖主谓宾结构、宾语从句、结果状语从句、时间状语、地点状语、定语等多种成分，成分种类丰富。such ... that 结构是典型的易错点，两个 that 的区分是很好的训练点。从句嵌套的成分划分对基础较弱的学生有较高的练习价值。

Some experts suggest parents and educators should prepare students for failures.

第40题题干

suggest 加宾语从句是四六级和考研阅读中的常见结构，从句中使用情态动词 should 表达建议也是典型用法。句式代表性强，学生掌握后可迁移到大量类似句子（如 recommend、advise 等动词的宾语从句）。

HIGH-FREQUENCY • 真题高频词

本篇出现的 117 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。

perfectionism C1

n. 完美主义 (追求完美的态度或行为)

本篇20次 · 真题 19句

perfectionist C1

n. 完美主义者

本篇7次 · 真题 9句

client B1

n. 客户

本篇6次 · 真题 36句

psychologist B2

n. 心理学家

本篇5次 · 真题 54句

failure B1

n. 失败

本篇5次 · 真题 47句

perfection B2

n. 完美

本篇5次 · 真题 10句

socially B1

adv. 在社交方面

本篇4次 · 真题 29句

prescribe B2

v. 开 (药)

本篇4次 · 真题 13句

focus B1

n. 重点

本篇3次 · 真题 200句

graduate B1

n. 毕业生

本篇3次 · 真题 82句

pursue B2

v. 追求

本篇3次 · 真题 43句

strive B2

v. 努力, 奋斗, 力求

本篇3次 · 真题 27句

educator B2

n. 教育工作者

本篇3次 · 真题 23句

actually A2

adv. 实际上, 事实上 (用于纠正或补充信息)

本篇2次 · 真题 182句

tend B1

v. 倾向于, 往往会

本篇2次 · 真题 170句

positive B1

adj. 积极的

本篇2次 · 真题 144句

expert B1

n. 专家

本篇2次·真题 114 句

argue B1

v. 争论

本篇2次·真题 106 句

aim B1

v. 瞄准

本篇2次·真题 57 句

desire B2

n. 愿望

本篇2次·真题 44 句

opinion A2

n. 观点

本篇2次·真题 37 句

expectation B2

n. 期待,预期

本篇2次·真题 32 句

ahead A2

adv. 在前面

本篇2次·真题 29 句

earlier A2

adv. 较早地

本篇2次·真题 22 句

bar A2

n. 酒吧

本篇2次·真题 19 句

clinical B2

adj. 临床的

本篇2次·真题 15 句

prevalent C1

adj. 普遍的

本篇2次·真题 12 句

archive B2

n. 档案馆

本篇2次·真题 8 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

author A2

n. 作者

本篇1次·真题 264 句

employee A2

n. 雇员, 员工

本篇1次·真题 190 句

relationship

B1

n. 关系

本篇1次 · 真题 168 句

professor

B1

n. 教授（大学教师的最高职称）

本篇1次 · 真题 112 句

measure

B1

v. 测量

本篇1次 · 真题 100 句

medium

B1

adj. 中等的

本篇1次 · 真题 98 句

performance

B1

n. 表演

本篇1次 · 真题 98 句

according

B1

prep. 根据

本篇1次 · 真题 96 句

publish

B1

v. 出版，发行（书籍、杂志等）

本篇1次 · 真题 94 句

potential

B2

adj. 潜在的

本篇1次 · 真题 92 句

colleague

B1

n. 同事

本篇1次 · 真题 84 句

type

A2

n. 类型

本篇1次 · 真题 84 句

professional

B1

adj. 专业的

本篇1次 · 真题 82 句

despite

B1

prep. 尽管

本篇1次 · 真题 77 句

gas

A2

n. 气体

本篇1次 · 真题 77 句

tech

B1

n. 技术

本篇1次 · 真题 73 句

responsibility

B1

n. 责任

本篇1次 · 真题 69 句

shift

B1

v. 移动

本篇1次 · 真题 65 句

intelligence B2

n. 智力

本篇1次·真题 64 句

extreme B2

adj. 极度的

本篇1次·真题 60 句

specific B2

adj. 具体的

本篇1次·真题 59 句

audience A2

n. 观众

本篇1次·真题 52 句

psychology B2

n. 心理学

本篇1次·真题 52 句

athlete B1

n. 运动员

本篇1次·真题 49 句

exactly B1

adv. 精确地

本篇1次·真题 46 句

anxiety B2

n. 焦虑

本篇1次·真题 44 句

replace A2

v. 替换, 更换 (用新的代替旧的)

本篇1次·真题 42 句

department A2

n. 部门

本篇1次·真题 41 句

schedule A2

n. 时间表

本篇1次·真题 41 句

outcome B2

n. 结果

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

identity B2

n. 身份

本篇1次·真题 39 句

partner B1

n. 伴侣

本篇1次·真题 39 句

trait B2

n. 特征

本篇1次·真题 39 句

basis B2

n. 基础;根据

本篇1次·真题 37 句

institute B2

n. 学院

本篇1次·真题 35 句

talent B1

n. 天赋

本篇1次·真题 35 句

clearly A2

adv. 清楚地, 明白地

本篇1次·真题 32 句

assume B2

v. 假定

本篇1次·真题 31 句

constantly B1

adv. 不断地, 持续地

本篇1次·真题 31 句

content B1

n. 内容

本篇1次·真题 31 句

depression B2

n. 抑郁症

本篇1次·真题 31 句

household B1

n. 家庭

本篇1次·真题 30 句

therapy B2

n. 治疗

本篇1次·真题 30 句

broad B1

adj. 宽阔的

本篇1次·真题 29 句

meanwhile B1

adv. 与此同时

本篇1次·真题 29 句

phenomenon B2

n. 现象

本篇1次·真题 28 句

entrepreneur C1

n. 企业家;创业者

本篇1次·真题 27 句

clothing A2

n. 衣服

本篇1次·真题 26 句

behave B1

v. 表现, 举止

本篇1次·真题 25 句

successfully B1

adv. 成功地

本篇1次·真题 24 句

tendency B2

n. 倾向

本篇1次·真题 24 句

unable A2

adj. 不能的

本篇1次·真题 24 句

widespread B2

adj. 广泛的

本篇1次·真题 23 句

emphasize B2

v. 强调

本篇1次·真题 21 句

overcome B2

v. 克服

本篇1次·真题 20 句

portray B2

v. 描绘

本篇1次·真题 20 句

convince B1

v. 说服, 使相信

本篇1次·真题 19 句

bath A2

n. 洗澡

本篇1次·真题 18 句

literally B2

adv. 真正地

本篇1次·真题 18 句

ruin B2

v. 毁坏

本篇1次·真题 17 句

alert B2

adj. 警觉的

本篇1次·真题 16 句

entertainment B1

n. 娱乐活动

本篇1次·真题 16 句

transformation B2

n. 彻底改变

本篇1次·真题 16 句

criticize B2

v. 批评

本篇1次·真题 14 句

tank B1

n. 坦克

本篇1次·真题 14 句

award B1

n. 奖

本篇1次·真题 13 句

instant B1

n. 瞬间, 刹那

本篇1次·真题 13 句

maker A2

n. 制造者

本篇1次·真题 13 句

surprised A2

adj. 感到惊讶的

本篇1次·真题 13 句

accomplishment B2

n. 成就

本篇1次·真题 12 句

alarm A2

n. 警报器

本篇1次·真题 12 句

ambitious B2

adj. 有雄心的

本篇1次·真题 12 句

erode C1

v. 侵蚀, 腐蚀 (土壤、岩石等)

本篇1次·真题 12 句

okay A2

adj. 可以的

本篇1次·真题 12 句

roll A2

v. 滚动

本篇1次·真题 12 句

rival B2

n. 竞争对手

本篇1次·真题 11 句

setback B2

n. 挫折

本篇1次·真题 11 句

sleeping A1

v. 睡觉 (sleep 的现在分词)

本篇1次·真题 11 句

spouse B2

n. 配偶

本篇1次·真题 11 句

load B1

n. 负载

本篇1次·真题 10 句

log B1

n. 原木, 木材

本篇1次·真题 10 句

causal C1

adj. 因果关系的
本篇1次·真题9句

civic B2

adj. 公民的
本篇1次·真题9句

assignment B1

n. (学校的) 作业、任务
本篇1次·真题8句

unrealistic B2

adj. 不切实际的
本篇1次·真题8句

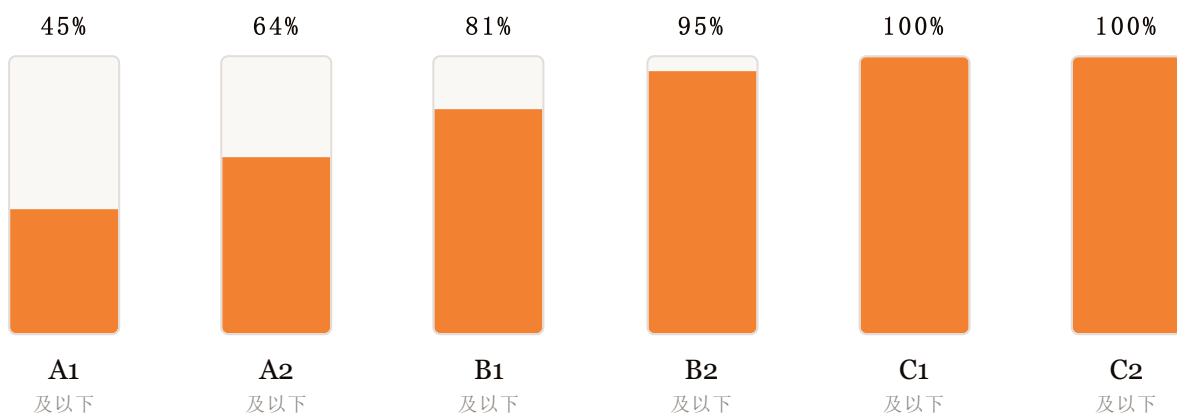
wrap B1

v. 包
本篇1次·真题8句

VOCABULARY · 词汇难度分布

全文 420 词按 CEFR 难度累积覆盖

全文去重后共 **420** 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 23 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 420 个·末柱为 100%

去重总词数

420

B2 以上难词

5%

B1 及以下覆盖

81%

英语六级 2023年6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 →

2023年6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2023年6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 8 段原文（段首标 P1–P8 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(2023-06) · 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 How on earth did we come to this? We protect our children obsessively from every harm; we scrutinize every carer, teacher or doctor with whom they come into contact. Yet despite all this, one group, which in no way has their best interests at heart, has almost unconstrained access.

我们究竟是怎么走到这一步的？我们过度保护孩子免受一切伤害；我们仔细审查每一位与他们接触的看护者、教师或医生。然而尽管如此，有一个群体几乎可以不受约束地接触孩子，而这个群体绝不是为了孩子的最大利益着想。

P2 We seem to take it for granted that advertisers and marketers are allowed to condition even the youngest children. Before children have even developed a proper sense of their own identity, or learned to handle money, they're encouraged to associate status and self-worth with stuff, and to look to external things such as fame and wealth for validation. We're turning out little consumers rather than young citizens who will value themselves for what they contribute to the society in which they live.

我们似乎理所当然地认为广告商和营销人员可以影响甚至最年幼的儿童。在孩子们还没有形成对自己身份的正确认识，或学会如何处理金钱之前，他们就被鼓励将地位和自我价值与物品联系起来，并从名望和财富等外在事物中寻求认可。我们正在培养小消费者，而不是培养会因自己对所生活的社会做出贡献而重视自己的年轻公民。

P3 We've reached this point so gradually that many of us have never questioned it. It's crept up on us in the 60 years since advertisers started to target the young and found that they could recruit them to

a commercial assault on their parents. We've come to know it as "pester power" or the ability of children to pressure parents to make certain purchases.

我们如此渐进地走到这一步,以至于我们中的许多人从未质疑过它。自从60年前广告商开始瞄准年轻人,并发现他们可以招募年轻人对其父母发动商业攻势以来,这种现象就悄悄向我们袭来。我们已经将其称为"纠缠力量",即儿童迫使父母进行特定购买的能力。

P4 Many psychologists, child development experts and educators point to research suggesting that this emerging cradle-to-grave consumerism is contributing to growing rates of low self-esteem, depression and other forms of mental illness.

许多心理学家、儿童发展专家和教育工作者指出,研究表明这种新兴的从摇篮到坟墓的消费主义正在导致自卑、抑郁和其他形式的心理疾病发病率上升。

P5 Not all psychologists agree. There're plenty working hand in glove with a £12bn-a-year industry that has turned the manipulation of adult emotions and desires into an art form—often literally. It's also one that's forever developing new ways to persuade our children to desire material possessions, and because of advertisements' viral effect they only need to infect a few to reach the many. Advertising and marketing can serve a useful purpose for children. Marketing may help socialize children as consumers, inform them about products, and help them carve out unique identities as they reach adulthood.

并非所有心理学家都同意这一观点。有许多心理学家与这个年产值120亿英镑的产业密切合作,该产业已经将操纵成年人的情感和欲望变成了一种艺术形式——往往是字面意义上的艺术形式。这也是一个永远在开发新方法来说服我们的孩子渴望物质财产的产业,而且由于广告的病毒式传播效应,他们只需要感染少数人就能影响多数人。广告和营销可以为儿童服务于有益的目的。营销可能有助于将儿童社会化为消费者,向他们介绍产品信息,并帮助他们在成年时塑造独特的身份。

P6 Then, should we ban all advertising aimed at young children? I say yes.

那么,我们应该禁止所有针对幼儿的广告吗?我的答案是肯定的。

P7 Of course there'll be plenty of objections to an outright ban on advertising to the under-11s. There'll be those who argue that would be a breach of freedom of speech and infringe the rights of corporations to brainwash little children into demanding their products.

当然,对于全面禁止针对11岁以下儿童的广告,会有很多反对意见。会有人认为这将侵犯言论自由,侵犯企业对幼儿进行洗脑使其要求购买其产品的权利。

P8 Most parents hate what advertising does to their children, but we do have the power to end it and let our children grow up free from many of the pressures of consumerism until they're old enough to make their own decisions. And though advertising is only part of an all-pervasive(无处不在的) marketing culture we need to make a start somewhere. Let's ban all advertising targeting children of primary school age and younger now.

大多数父母讨厌广告对孩子的影响,但我们确实有能力终止它,让我们的孩子在成长过程中免受消费主义的许多压力,直到他们足够大能够自己做决定。尽管广告只是无处不在的营销文化的一部分,但我们需要从某个地方开始。现在就让我们禁止所有针对小学学龄及更小儿童的广告吧。

题目与逐题解析

46. Which group of people does the author say has almost unrestricted access to children?

- A) Advertisers.
- B) Carers.
- C) Teachers.
- D) Doctors.

作者说哪一群体几乎可以不受限制地接触儿童？

A) 广告商。 B) 看护者。 C) 教师。 D) 医生。

【答案】 **A** (细节题)

【判型】 Which group of people does the author say has almost unrestricted access to children? 直接询问「哪一群人」，要求在原文里找出对应群体，是典型的事实细节追问。

【拆句】 主干为 Which group of people ... has almost unrestricted access to children, does the author say 是插入语，去掉后剩「哪一群体对孩子有几乎不受限制的接触权」，结构平铺直叙，无陷阱。

【定位】 Yet despite all this, one group, which in no way has their best interests at heart, has almost unconstrained access.

然而尽管如此，有一个群体，他们丝毫不把孩子的最大利益放在心上，却几乎不受限制地接触着孩子。

【选项】 **A) ✓ 正确**

advertisers and marketers are allowed to condition even the youngest children ↔ **Advertisers**
预判的「对孩子不友好却不受限制的群体」在 P2 被明示为广告商和营销者，与选项 Advertisers 直接对应。

B) 与原文相反

Carers 属于 every carer, teacher or doctor with whom they come into contact 中被严格审查的一方，是「保护孩子」的角色，与「几乎不受限制地接触孩子」的群体相反。

C) 与原文相反

Teachers 同样位于 every carer, teacher or doctor 列表中，是被审查的对象，不是「几乎不受限制地接触孩子」的群体。

D) 与原文相反

Doctors 也是 every carer, teacher or doctor 列表中的被审查对象，原文未把医生列为「几乎不受限制地接触孩子」的群体。

47. What kind of people should we enable children to become according to the author?

- A) Those who look to fame and wealth for external and ultimate validation.
- B) Those who value themselves because of their contribution to society.
- C) Those who associate self-worth with the ability to handle money.
- D) Those who have developed a proper sense of their own identity.

根据作者的观点,我们应该让儿童成为什么样的人?

- A) 那些寻求名利以获得外在和终极认可的人。
- B) 那些因为对社会的贡献而重视自己的人。
- C) 那些将自我价值与处理金钱的能力联系起来的人。
- D) 那些已经形成了对自身身份认同的恰当意识的人。

【答案】 B (细节题)

【判型】 What kind of people should we enable children to become according to the author?
含 according to the author, 要求复述原文已写明的内容, 不要求跨段综合, 仍是细节题。

【拆句】 主干为 What kind of people should we enable children to become, become 后省略表语补足语, 由四个选项的 Those who... 补齐; 结构清楚, 唯一要注意的是 enable children to become = 「让孩子成长为」, 主语是 we 不是 children。

【定位】 We're turning out little consumers rather than young citizens who will value themselves for what they contribute to the society in which they live.

我们正在培养小消费者, 而不是会因自己对所在社会的贡献而看重自身价值的年轻公民。

【选项】 A) 与原文相反

Those who look to fame and wealth for external and ultimate validation 对应 to look to external things such as fame and wealth for validation, 是作者批判而非倡导的形象。

B) ✓ 正确

young citizens who will value themselves for what they contribute to the society in which they live

↔ **Those who value themselves because of their contribution to society**

选项 B 在主语「Those who」、动词「value themselves」、原因状语三处与定位句逐项对应, 是作者正向倡导项的同义改写。

C) 偷换概念

Those who associate self-worth with the ability to handle money 把 learned to handle money 这个被作者列出的「尚未具备」的前提, 偷换成孩子应该成为的目标。

D) 偷换概念

Those who have developed a proper sense of their own identity 同样取自 Before children have even developed a proper sense of their own identity, 仅是作者列出的孩子尚未具备的前提, 并非最终倡导项。

48. Many child development experts and educators call attention to research that suggests _____.
A) life-long consumerism is causing more and more cases of psychological problems.
B) increasing commercialization of education is eroding many children's self-esteem.
C) the growing desire for wealth is contributing to a rising rate of depression.
D) the craving for purchasing material things is nurtured throughout one's life.

许多儿童发展专家和教育工作者呼吁关注研究,这些研究表明_____。

- A) 终身消费主义正在导致越来越多的心理问题病例。 B) 教育日益商业化正在侵蚀许多儿童的自尊。
C) 对财富日益增长的渴望正在导致抑郁症发病率上升。
D) 对购买物质产品的渴望在人的一生中被培养起来。

【答案】 A (细节题)

【判型】 Many child development experts and educators call attention to research that suggests _____. 是不完整陈述句, 要求选项填入研究的内容, 等同于追问该研究的结论事实, 归为细节题。

【拆句】 主句 Many child development experts and educators call attention to research, that suggests 后续宾语从句由选项补齐; call attention to = 呼吁关注, 是熟词僻义提醒, 主语动作就是「指出研究表明.....」。

【定位】 Many psychologists, child development experts and educators point to research suggesting that this emerging cradle-to-grave consumerism is contributing to growing rates of low self-esteem, depression and other forms of mental illness.

许多心理学家、儿童发展专家和教育者援引研究指出: 这种正在出现的「从摇篮到坟墓」的消费主义, 正在导致低自尊、抑郁和其他形式心理疾病的发生率不断上升。

【选项】 A) ✓ 正确

this emerging cradle-to-grave consumerism ↔ **life-long consumerism**

growing rates of low self-esteem, depression and other forms of mental illness ↔

more and more cases of psychological problems

is contributing to ↔ **is causing**

选项 A 的主语「终生消费主义」、谓语「正在导致」、宾语「越来越多心理问题」与定位句三项要点逐一同义对应，是最精确的复述。

B) 无中生有

increasing commercialization of education 在原文中完全没有提及，作者批评的是面向孩子的广告与营销，不是教育自身的商业化。

C) 以偏概全

the growing desire for wealth 只是原文 fame and wealth 的一半；a rising rate of depression 也只是 low self-esteem, depression and other forms of mental illness 的一项。两处都只取了原文的局部。

D) 答非所问

the craving for purchasing material things is nurtured throughout one's life 说的是「物欲是如何被培养起来的」，而题干要求复述「研究表明的因果结论」——D 项把因果关系换成了「物欲是如何形成」，与题干追问方向不一致。

49. What does the author imply about the impact of advertising?

- A) It is actually infectious to many rather than a few.
- B) It is rooted in our desire for material possessions.
- C) It is comparable to that of virus.
- D) It is literally limited to children.

关于广告的影响,作者暗示了什么?

- A) 它实际上会传染给许多人而不是少数人。 B) 它植根于我们对物质财产的欲望。
- C) 它可与病毒的影响相比。 D) 它实际上仅限于儿童。

【答案】 A (推断题)

【判型】 What does the author imply about the impact of advertising? 中的 imply 表明本题要求基于原文作推断，而非复述事实。

【拆句】 What does the author imply about the impact of advertising? 主干是 What ... the author imply, about the impact of advertising 限定推断对象；句子简洁，需注意 imply 是「暗示」而非「明示」。

【定位】 It's also one that's forever developing new ways to persuade our children to desire material possessions, and because of advertisements' viral effect they only need to infect a few to reach the many.

它（广告业）也是这样一个行业：不断开发新方法来诱使我们的孩子渴望物质；而由于广告的病毒式效应，他们只需感染少数即可触及多数。

【选项】 A) ✓ 正确

they only need to infect a few to reach the many ↔

It is actually infectious to many rather than a few

they only need to infect a few to reach the many ↔ **rather than a few**

由 infect a few to reach the many 一步推出「广告其实波及多数而非少数」，正好是 imply 题所要的「一步推断」型答案。

B) 与原文相反

rooted in our desire for material possessions 把因果反过来——原文是「广告诱使孩子产生物欲」(persuade our children to desire material possessions)，不是「广告源于物欲」。

C) 过度推断

comparable to that of virus 已经超出原文 viral effect 的比喻：原文只说「影响具有病毒式扩散效应」，并没断言「广告影响可与病毒影响相提并论」。两者程度差异明显。

D) 与原文相反

literally limited to children 把广告影响范围缩限到「仅限于儿童」，而原文 infect a few to reach the many 恰恰强调影响会扩散到「多数」，并非「仅限于儿童」。

50. What is the opponents' argument against a complete ban on advertising to young children?

- A) It would deprive them of the chance to learn about products.
- B) It would render them unable to carve out unique identities.
- C) It would breach their freedom as would-be consumers.
- D) It would violate the rights endowed upon advertisers.

反对者针对完全禁止向幼儿做广告提出了什么论点？

- A) 这会剥夺他们了解产品的机会。
- B) 这会使他们无法塑造独特的身份认同。
- C) 这会侵犯他们作为潜在消费者的自由。
- D) 这会侵犯赋予广告商的权利。

【答案】 D (细节题)

【判型】 What is the opponents' argument against a complete ban on advertising to young children? 直接问反对者给出的具体论据，对应原文中已写明的让步句，属细节题。

【拆句】 主干 What is the opponents' argument, against a complete ban on advertising to young children 是后置修饰，整体含义是「反对者反对彻底禁广告时给出的理由」；注意 against 修饰的是 argument，而非整个句子的否定。

【定位】 There'll be those who argue that would be a breach of freedom of speech and infringe the rights of corporations to brainwash little children into demanding their products.

会有人辩称（禁止广告）将构成对言论自由的侵犯，并损害企业「向幼儿洗脑、让他们索要产品」的权利。

【选项】 A) 张冠李戴

deprive them of the chance to learn about products 取自 Marketing may help socialize children as consumers, inform them about products, 是作者描述广告「益处」的内容，并非 P7 中的反方论据。

B) 张冠李戴

render them unable to carve out unique identities 同样取自 help them carve out unique identities as they reach adulthood, 是广告作为「益处」的功能描述，非 P7 中反方对禁令的反对理由。

C) 偷换概念

breach their freedom as would-be consumers 中 their 指 young children; 但 a breach of freedom of speech 中被侵犯的是「言论自由」，主语暗指「企业表达自由」，不是「孩子作为准消费者的自由」。

D) ✓ 正确

infringe the rights of corporations to brainwash little children into demanding their products ↔

violate the rights endowed upon advertisers

the rights of corporations to brainwash little children into demanding their products ↔

the rights endowed upon advertisers

反方第二条论据「损害企业的权利」被选项 D 完整同义改写为「侵犯广告商被赋予的权利」，且两条论据中只有该条被选项明确复述。

SENTENCE INSIGHTS • 句子精讲

10 句真题句逐层精讲

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

We protect our children obsessively from every harm; we scrutinize every carer, teacher or doctor with whom they come into contact.

第1段，第2句

句子结构具有较高的典型性：分号连接并列句是书面语常见句式，定语从句修饰宾语也是四六级和考研阅读中的高频结构，特别是“介词 + 关系代词”的形式在正式文体中经常出现。掌握本句的结构模式后，学习者可以将其迁移到大量类似句子的理解中。虽然句子整体难度不算特别高，但其结构组合方式非常具有代表性。

Before children have even developed a proper sense of their own identity, or learned to handle money, they're encouraged to associate status and self-worth with stuff, and to look to external things such as fame and wealth for validation.

第2段，第2句

"Before" 引导的时间状语从句配合主句被动语态是四六级和考研阅读中的高频句式，被动语态后接不定式作补语的结构也常见于学术和议论文体，主句中并列不定式的用法同样典型，掌握本句结构后可迁移到大量类似句子的理解中。

We're turning out little consumers rather than young citizens who will value themselves for what they contribute to the society in which they live.

第2段，第3句

rather than 对比结构、who 引导的限制性定语从句、what 引导的名词性从句、介词加关系代词的定语从句，都是四六级和考研阅读中的高频句式；整句体现了学术写作中常见的“提出观点 + 对比理想状态 + 逐层限定”的论证模式，掌握后可大量复用

It's crept up on us in the 60 years since advertisers started to target the young and found that they could recruit them to a commercial assault on their parents.

第3段，第2句

since引导时间状语从句、that引导宾语从句、并列谓语结构，都是四六级和考研阅读中的高频句式。主句用现在完成时描述延续到现在的状态、状语从句交代历史背景，这种时态搭配和逻辑层次在真题长难句中非常典型，掌握后可大量复用。

Not all psychologists agree.

第5段，第1句

本句覆盖主语和谓语两个基本成分，适合入门级成分划分练习，但成分种类单一（无宾语、表语、状语、定语等），且无易错点，训练收益有限。

It's also one that's forever developing new ways to persuade our children to desire material possessions, and because of advertisements' viral effect they only need to infect a few to reach the many.

第5段，第3句

包含限制性定语从句修饰先行词、并列主句、不定式作宾语等四六级和考研常考结构。“one that...”和“need to do”是高频句式，并列主句也是真题常见类型。结构典型，掌握后可迁移到大量类似句子

Of course there'll be plenty of objections to an outright ban on advertising to the under-11s.

第7段，第1句

there be 句型是四六级和考研阅读中的常见结构,表达 "存在" 概念时频繁出现。本句的 "there will be + 名词短语 + 多层介词短语修饰" 也是典型用法,学习者掌握后可迁移到大量类似句子。不过本句整体结构较简单,没有展现更复杂的句式变化,典型性中等偏上。

There'll be those who argue that would be a breach of freedom of speech and infringe the rights of corporations to brainwash little children into demanding their products.

第7段，第2句

成分丰富且含多个练习要点：存现句的主语识别、定语从句中关系代词作主语、宾语从句中并列谓语的共用主语、系表结构与及物动词并列、多层定语（介词短语和不定式短语）的识别。覆盖的成分种类多，适合作为综合划分练习。

And though advertising is only part of an all-pervasive(无处不在的) marketing culture we need to make a start somewhere.

第8段，第2句

"though" 引导的让步状语从句是四六级和考研阅读中的高频句式，且该从句出现在主句之前的位置也很典型。主句使用 "need to do" 结构表达观点或建议，同样常见于议论文写作和阅读理解。整体结构代表性较强，掌握后可在多种语境中复用。

It would deprive them of the chance to learn about products.

第50题，A

情态动词 + 动词原形 + 固定搭配 (deprive sb of sth) + 不定式作定语，这些都是四六级和考研中高频出现的句式要素，具有较好的代表性和迁移价值，但整体结构偏简单，不如复合句或长难句典型。

HIGH-FREQUENCY • 真题高频词

本篇出现的 75 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。

advertising B1

n. 广告业

本篇8次·真题 72 句

would A1

aux. (will 的过去式) 将要, 会

本篇5次·真题 568 句

desire B2

n. 愿望

本篇4次·真题 44 句

identity B2

n. 身份

本篇4次·真题 39 句

ban B2

v. 禁止

本篇4次·真题 21 句

product A2

n. 产品

本篇3次·真题 271 句

author A2

n. 作者

本篇3次·真题 264 句

consumer B1

n. 消费者

本篇3次·真题 165 句

contribute B1

v. 捐献

本篇3次·真题 79 句

material B1

n. 材料

本篇3次·真题 66 句

marketing B1

n. 营销

本篇3次·真题 45 句

advertiser B2

n. 广告商

本篇3次·真题 8 句

power A2

n. 权力

本篇2次·真题 128 句

rate A2

n. 速度

本篇2次·真题 121 句

expert B1

n. 专家

本篇2次·真题 114 句

access B1

n. 进入

本篇2次·真题 101 句

pressure B1

n. 心理压力

本篇2次·真题 57 句

purchase B1

v. 购买

本篇2次·真题 55 句

associate B2

v. 联系

本篇2次·真题 54 句

psychologist B2

n. 心理学家

本篇2次·真题 54 句

unique B2

adj. 独特的

本篇2次·真题 54 句

handle A2

v. 处理

本篇2次·真题 32 句

depression B2

n. 抑郁症

本篇2次·真题 31 句

freedom B1

n. 自由

本篇2次·真题 26 句

target B1

n. 目标;靶子

本篇2次·真题 26 句

educator B2

n. 教育工作者

本篇2次·真题 23 句

external B2

adj. 外部的;外面的

本篇2次·真题 18 句

literally B2

adv. 真正地

本篇2次·真题 18 句

fame B2

n. 名声

本篇2次·真题 10 句

possession B2

n. 拥有

本篇2次·真题 9 句

effect A2

n. 影响

本篇1次·真题 191 句

impact B2

n. 影响

本篇1次·真题 185 句

actually A2

adv. 实际上, 事实上 (用于纠正或补充信息)

本篇1次 · 真题 182 句

accord C1

n. (国家、团体间的) 协议

本篇1次 · 真题 167 句

mental B1

adj. 精神的

本篇1次 · 真题 120 句

argue B1

v. 争论

本篇1次 · 真题 106 句

case A2

n. 情况

本篇1次 · 真题 97 句

demand B1

v. 坚决要求

本篇1次 · 真题 92 句

despite B1

prep. 尽管

本篇1次 · 真题 77 句

enable B1

v. 使能够

本篇1次 · 真题 68 句

aim B1

v. 瞄准

本篇1次 · 真题 57 句

argument B1

n. 争论

本篇1次 · 真题 51 句

limit B1

n. 限度

本篇1次 · 真题 51 句

status B2

n. 地位

本篇1次 · 真题 48 句

growing A2

adj. 增长的

本篇1次 · 真题 47 句

harm B1

n. 伤害

本篇1次 · 真题 46 句

commercial B2

adj. 商业的

本篇1次 · 真题 43 句

citizen B1

n. 公民

本篇1次 · 真题 41 句

psychological

B2

adj. 心理的

本篇1次·真题 39 句

contact

B1

n. 联系

本篇1次·真题 34 句

emerge

B2

v. 出现;浮现

本篇1次·真题 32 句

increasing

B1

adj. 越来越多的

本篇1次·真题 26 句

persuade

B1

v. 说服

本篇1次·真题 26 句

root

A2

n. 根

本篇1次·真题 25 句

unable

A2

adj. 不能的

本篇1次·真题 24 句

contribution

B2

n. 贡献

本篇1次·真题 21 句

virus

B1

n. 病毒 (引起疾病的微生物)

本篇1次·真题 21 句

corporation

B2

n. 公司, 企业 (尤指大型的、有限责任的)

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

stuff

A2

n. 东西

本篇1次·真题 20 句

ultimate

B2

adj. 最终的

本篇1次·真题 19 句

deprive

B2

v. 剥夺

本篇1次·真题 16 句

imply

B2

v. 暗示, 暗指

本篇1次·真题 16 句

recruit

B2

v. 招募

本篇1次·真题 16 句

render

B2

v. 使成为

本篇1次·真题 16 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

erode

C1

v. 侵蚀，腐蚀（土壤、岩石等）

本篇1次·真题 12 句

forever

A2

adv. 永远

本篇1次·真题 12 句

adulthood

B2

n. 成年期

本篇1次·真题 11 句

comparable

B2

adj. 可比较的

本篇1次·真题 11 句

opponent

B2

n. 对手

本篇1次·真题 11 句

granted

B2

v. 授予

本篇1次·真题 10 句

marketer

B2

n. 营销人员

本篇1次·真题 10 句

socialize

B2

v. 社交

本篇1次·真题 10 句

nurture

C1

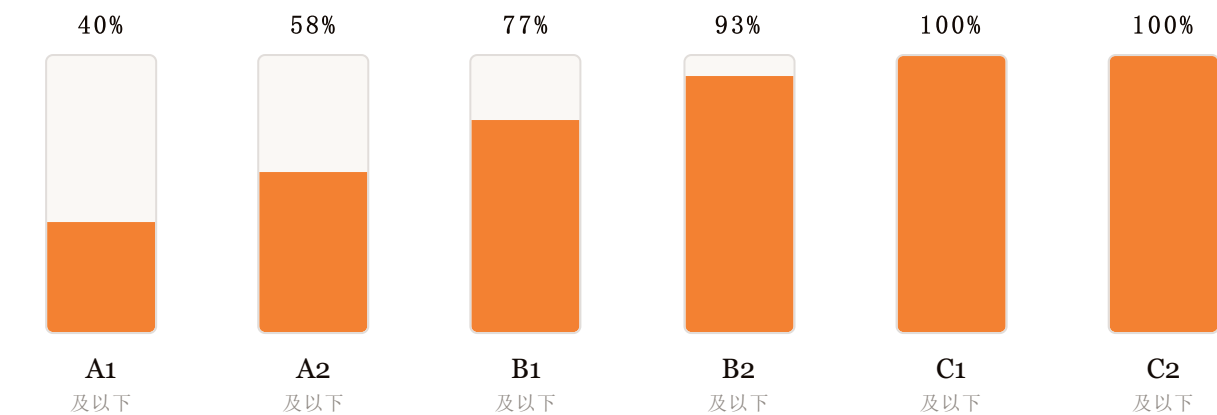
v. 养育

本篇1次·真题 9 句

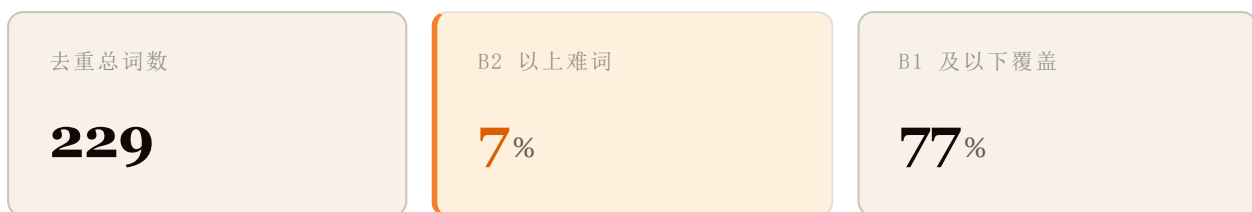
VOCABULARY • 词汇难度分布

全文 229 词按 CEFR 难度累积覆盖

全文去重后共 **229** 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 17 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 229 个 · 末柱为 100%



英语六级 2023年6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 →

2023年6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2023年6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 7 段原文（段首标 P1-P7 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(2023-06) · 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 Many oppose workplace surveillance, because of the inherent dehumanizing effect it has and the relentless pressure it brings. But it's on the rise around the world as firms look to become more efficient by squeezing more productivity from their workers. More than half of companies with over \$750m in annual revenue used "non-traditional" monitoring techniques on staff last year.

许多人反对工作场所监控，因为它具有内在的去人性化效应，并带来无情的压力。但随着企业寻求通过压榨员工更多生产力来提高效率，这种做法在全球范围内呈上升趋势。去年，年收入超过7.5亿美元的公司中，超过半数对员工使用了“非传统”监控技术。

P2 Monitoring employee performance gives firms the ability to assess how their staff are performing and interacting, which can be good for both the firm and employees themselves. A growing number of analytics companies offer this service. They gather "data exhaust" left by employees' email and instant messaging apps, and use name badges equipped with radio-frequency identification devices and microphones. These can check how much time you spend talking, your volume and tone of voice, even if you do not dominate conversations. While this may sound intrusive, exponents argue that it can also protect employees against bullying and sexual harassment.

监控员工绩效使企业能够评估员工的表现和互动方式，这对企业和员工本身都有好处。越来越多的分析公司提供这项服务。它们收集员工电子邮件和即时通讯应用留下的“数据尾气”，并使用配备射频识别设备和麦克风的名牌。这些设备可以检查你说话的时长、音量和语调，甚至检查你是否主导对话。虽然这听起来可能具有侵扰性，但支持者认为它也可以保护员工免受欺凌和性骚扰。

P3 Some of this data analysis can produce unexpected results. For example, it was found that people who sat at 12-person lunch tables tended to interact, share ideas more and outperform those who regularly sat at four-person tables, a fact that would probably have gone undetected without such data analysis.

其中一些数据分析可以产生意想不到的结果。例如，研究发现，坐在12人午餐桌旁的人往往更多地互动、分享想法，并且表现优于那些经常坐在4人餐桌旁的人，而这一事实如果没有这样的数据分析可能不会被发现。

P4 Over the last few years a Stockholm co-working space called Epicenter has gone much further and holds popular "chipping parties", where people can have microchips implanted in their hands. They can use the implants to access electronically-controlled doors, or monitor how typing speed correlates with heart rate. Implanted chips may seem extreme, but it is a relatively small step from ID cards and biometrics to such devices.

在过去几年里，斯德哥尔摩一个名为Epicenter的联合办公空间走得更远，举办了受欢迎的"植入芯片派对"，人们可以在手中植入微芯片。他们可以使用植入物访问电子控制门，或监测打字速度与心率的相关性。植入芯片可能看起来很极端，但从身份证和生物识别技术到这类设备只是相对较小的一步。

P5 As long as such schemes are voluntary, there will probably be a growing number of convenience-oriented uses so that a substantial number of workers would opt to have a chip inserted. But if implanted chips are used to reduce slack time or rest breaks, that could prove to be detrimental. And if surveillance tools take away autonomy, that's when they prove most unpopular. A lot depends on how such monitoring initiatives are communicated and this could prevent possible revolts being staged.

只要这些计划是自愿的，可能会有越来越多以便利为导向的用途，以至于相当数量的员工会选择植入芯片。但如果植入芯片被用来减少空闲时间或休息时间，这可能会产生有害影响。如果监控工具剥夺了自主权，那就是它们最不受欢迎的时候。很大程度上取决于如何传达这类监控举措，这可能防止可能发生的反抗。

P6 If bosses don't communicate effectively, employees assume the worst. But if they're open about the information they're collecting and what they're doing with it, research suggests 46% of employees are generally okay with it. Although many such monitoring schemes use anonymised data and participation is voluntary, many staffers remain sceptical and fear an erosion of their civil liberties.

如果老板们不进行有效沟通，员工就会往最坏的方面想。但如果他们对所收集的信息以及如何使用这些信息持开放态度，研究表明46%的员工通常对此表示接受。尽管许多此类监控计划使用匿名数据且参与是自愿的，但许多员工仍持怀疑态度，担心其公民自由受到侵蚀。

P7 So workplace surveillance could be empowering for staff and useful for companies looking to become more efficient and profitable. But implemented in the wrong way, it could also become an unpopular tool of oppression that proves counterproductive.

因此，工作场所监控可以增强员工能力，对寻求提高效率和盈利能力的公司也很有用。但如果实施方式不当，它也可能成为一种不受欢迎的压迫工具，结果适得其反。

题目与逐题解析

51. Why are many people opposed to monitoring employee performance?

- A) It puts workers under constant pressure.
- B) It is universally deemed anti-human by nature.
- C) It does both mental and physical harm to employees monitored.
- D) It enables firms to squeeze maximal productivity from employees.

为什么许多人反对监控员工绩效?

- A) 它使员工处于持续的压力之下。 B) 它被普遍认为本质上是反人性的。
- C) 它对被监控的员工造成精神和身体上的伤害。 D) 它使企业能够从员工身上榨取最大的生产力。

【答案】 A (细节题)

【判型】 题干Why are many people opposed to monitoring employee performance?直接索取一个被作者写在文中的客观原因,而非作者本人的推断或态度。

【拆句】 题干主干为被动语态are...opposed to,opposed to后接动名词短语monitoring employee performance作介词宾语;句首Why仅起询问原因作用,无陷阱结构。

【定位】 Many oppose workplace surveillance, because of the inherent dehumanizing effect it has and the relentless pressure it brings.

许多人反对工作场所监控,因为它本身具有非人化的效果,并且带来持续不断的压力。

【选项】 A) ✓ 正确

the relentless pressure it brings ↔ puts workers under constant pressure

预判中"持续压力"一条被A项constant pressure逐词同义对应,A为定位句两项理由之一的精确改写,在四个选项中是唯一与原文有同义映射的项。

B) 过度推断

原文说监控具有inherent dehumanizing effect,只是描述其内在属性,并未声称这一点被普遍认同;B项把它升级为universally deemed anti-human,把"内在属性"偷换为"举世公认"。

C) 无中生有

原文只提及dehumanizing effect与relentless pressure,均偏心理与人格层面;C项添加physical harm,原文无任何关于身体伤害的表述。

D) 答非所问

squeeze maximal productivity复述的是企业立场——原文firms look to become more efficient by squeezing more productivity from their workers是企业实施监控的动机,而非员工反对的理由,角色彻底错位。

52. What is the supporters' argument for workplace surveillance?

- A) It enables employees to refrain from dominating conversations.
- B) It enhances employees' identification with firms they work in.
- C) It can alert employees to intrusion into their privacy.
- D) It can protect employees against aggressive behavior.

支持者对工作场所监控的论据是什么？

- A) 它使员工能够避免主导谈话。 B) 它增强员工对其所在企业的认同感。
C) 它可以提醒员工注意对其隐私的侵犯。 D) 它可以保护员工免受攻击性行为的伤害。

【答案】 D (细节题)

【判型】 题干What is the supporters' argument直接索取支持方在文中明说的一项主张,不要求读者推断弦外之音。

【拆句】 题干为What引导的特殊疑问句,系动词is后接名词短语the supporters' argument for workplace surveillance,for短语作定语限定argument的对象,结构平直无陷阱。

【定位】 While this may sound intrusive, exponents argue that it can also protect employees against bullying and sexual harassment.

尽管这听起来具有侵扰性,支持者主张监控也可以保护员工免受欺凌和性骚扰。

【选项】 A) 偷换概念

原文These can check how much time you spend talking, your volume and tone of voice, even if you do not dominate conversations.是描述"监控能检测谈话占比"的功能,而非支持方提出的argument;A项enables employees to refrain from dominating conversations把"检测是否dominate"扭曲为"使员工避免dominate"。

B) 无中生有

B项enhances employees' identification with firms谈的是员工对公司的认同感,原文整段无任何提及"员工认同公司"的语义。

C) 与原文相反

原文While this may sound intrusive承认监控"听起来侵犯隐私",但支持者的argument是against bullying而非against intrusion;C项alert employees to intrusion into their privacy反而把"监控可警示员工隐私被侵犯"作为主张,与支持方立场相反。

D) ✓ 正确

protect employees against bullying and sexual harassment ↔

protect employees against aggressive behavior

预判中的"保护员工免受bullying与sexual harassment"被D项以aggressive behavior一词概括,protect...against结构原样保留,是定位句的标准同义替换。

53. What does the author want to show by the example of different numbers of people interacting at lunch tables?

- A) Data analysis is key to the successful implementation of workplace surveillance.
- B) Analyzing data gathered from workers can yield something unexpected.
- C) More workmates sitting at a lunch table tend to facilitate interaction and idea sharing.
- D) It is hard to decide on how many people to sit at a lunch table without data analysis.

作者想通过午餐桌上不同人数互动的例子说明什么？

- A) 数据分析是成功实施工作场所监控的关键。
- B) 分析从员工那里收集的数据可以产生意想不到的结果。
- C) 更多同事坐在一张午餐桌旁往往有助于互动和想法分享。
- D) 没有数据分析,很难决定一张午餐桌应该坐多少人。

【答案】 B (例证目的题)

【判型】 What does the author want to show by the example...中by the example明示题干在追问例子的论证目的而非例子的字面内容。

【拆句】 题干主干What...want to show中by the example为方式状语,后接of介词短语different numbers of people interacting at lunch tables修饰example;considering动名词成分较长,但句意线性无歧义。

【定位】 Some of this data analysis can produce unexpected results. For example, it was found that people who sat at 12-person lunch tables tended to interact, share ideas more and outperform those who regularly sat at four-person tables, a fact that would probably have gone undetected without such data analysis.

这种数据分析有时会产生出人意料的结果。例如,研究发现坐12人餐桌的人比坐4人餐桌的人更倾向于互动、分享想法,表现也更好,而这一事实如果没有这种数据分析很可能会被忽略。

【选项】 A) 过度推断

原文从未声称数据分析是监控成功实施的key;论点只是说"数据分析能产生意外结果",而非"数据分析是监控成功的关键";key一词无原文支撑。

B) ✓ 正确

Some of this data analysis can produce unexpected results. ↔

Analyzing data gathered from workers can yield something unexpected.

B项主谓宾三段(Analyzing data/can yield/something unexpected)与原文(this data analysis/can produce/unexpected results)逐成分对应,是论点句的标准同义重写。

C) 答非所问

C项More workmates sitting at a lunch table tend to facilitate interaction and idea sharing字面复述了例子内容,但题干问的是例子要说明的论点,不是例子本身,答非所问。

D) 偷换概念

原文末尾a fact that would probably have gone undetected without such data analysis强调的是"数据分析揭示了这一事实",而非"数据分析帮助决定餐桌人数";D项把焦点偏到"决定餐桌坐几人"上。

54. What does much of the positive effect of monitoring initiatives depend on?

- A) How frequently employees are to be monitored.
- B) What specific personal information is being excluded.
- C) What steps are taken to minimize their detrimental impact.
- D) How well bosses make known their purpose of monitoring.

监控措施的大部分积极效果取决于什么?

- A) 员工被监控的频率。 B) 哪些具体的个人信息被排除在外。
- C) 采取了哪些措施来最大限度地减少其有害影响。 D) 老板们如何充分说明其监控目的。

【答案】 D (细节题)

【判型】 What does much of the positive effect of monitoring initiatives depend on?问的是文中明确写出的依赖条件,不需推断。

【拆句】 题干主干What does...depend on?中谓语动词是depend on,主语是较长的名词短语much of the positive effect of monitoring initiatives;of短语层层修饰,但语义线性,认出动词短语depend on即可。

【定位】 A lot depends on how such monitoring initiatives are communicated and this could prevent possible revolts being staged.

很多事情取决于这些监控举措是如何被传达的,这种沟通可能阻止潜在的抵制行动发生。

【选项】 A) 无中生有

原文从未提到监控的frequency(频率),只谈how communicated;A项把"如何沟通"偷换为"多频繁地监控",原文无任何对应。

B) 偷换概念

原文many such monitoring schemes use anonymised data谈匿名化处理,但语境是"虽然匿名,员工仍恐惧";B项specific personal information is being excluded把焦点偏到"排除哪些信息",且与题干"positive effect depend on"无对应。

C) 过度推断

原文确实提到detrimental一词,但句子是"如果用监控减少休息,可能detrimental";题干问的是"positive effect depend on",答案应回到A lot depends on的主句而非detrimental前的条件句;C项把"减少不利影响的步骤"作为positive effect的依赖,属过度推断。

D) ✓ 正确

how such monitoring initiatives are communicated ↔

How well bosses make known their purpose of monitoring

D项核心动词make known精确对应原文communicated,主语bosses合理补出施动者,purpose of monitoring为补全语境的合理增添,语义聚焦于"沟通"这一关键变量。

55. What concern do monitoring initiatives cause among many staffers?

- A) They may empower employers excessively.
- B) They may erode the workplace environment.
- C) They may infringe upon staffers' entitled freedom.
- D) They may become counterproductive in the long run.

监控措施在许多员工中引起了什么担忧?

- A) 它们可能过度赋权雇主。 B) 它们可能侵蚀工作场所环境。 C) 它们可能侵犯员工应有的自由。
- D) 从长远来看,它们可能会产生适得其反的效果。

【答案】 C (细节题)

【判型】 What concern do monitoring initiatives cause among many staffers?问的是员工在原文中明确表达的某项顾虑,不是作者推断。

【拆句】 题干主干What concern do monitoring initiatives cause中concern作cause的宾语前置,among many staffers为范围状语;倒装并未改变句意,主语是monitoring initiatives。

【定位】 Although many such monitoring schemes use anonymised data and participation is voluntary, many staffers remain sceptical and fear an erosion of their civil liberties.

尽管许多此类监控方案使用匿名数据且参与是自愿的,许多员工仍持怀疑态度,担心他们的公民自由被侵蚀。

【选项】 A) 与原文相反

原文workplace surveillance could be empowering for staff中的empower指的是"赋权员工",而非"赋权雇主";A项empower employers excessively反转了方向,且excessively无原文支撑。

B) 偷换概念

原文用an erosion of their civil liberties,erosion的对象是公民自由,而非workplace environment;B项保留了erosion的同根词erode,但把宾语偷换为"工作环境",熟词陷阱。

C) ✓ 正确

an erosion of their civil liberties ↔ **infringe upon staffers' entitled freedom**

预判的"公民自由被侵蚀"被C项以infringe upon...entitled freedom精确改写,主谓宾结构对应,语义内核完整保留。

D) 张冠李戴

an unpopular tool of oppression that proves counterproductive是作者在末段的两面性总评,主体是作者而非many staffers;D项把作者的总评搬来作员工的顾虑,主体错位。

SENTENCE INSIGHTS • 句子精讲

17 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。

Many oppose workplace surveillance, because of the inherent dehumanizing effect it has and the relentless pressure it brings.

第1段, 第1句

主句 + because of 原因状语 + 定语从句修饰状语内部名词的结构,在四六级和考研阅读中非常典型,关系代词省略也是高频考点,学习后可大量迁移到类似句式。

More than half of companies with over \$750m in annual revenue used "non-traditional" monitoring techniques on staff last year.

第1段, 第3句

主谓宾加介词短语修饰的简单句是新闻报道和学术文献的常见句式,介词短语作后置定语(with引导)与作状语(on引导)的组合在真题阅读中频繁出现,结构典型性较高,掌握后可迁移到大量同类长句。

They gather "data exhaust" left by employees' email and instant messaging apps, and use name badges equipped with radio-frequency identification devices and microphones.

第2段，第3句

简单句中的并列谓语结构以及过去分词短语作后置定语修饰名词，都是四六级和考研阅读中的高频句式。这类结构在真题长难句的某些片段中反复出现，掌握后可迁移到大量类似句子的分析中，具有较强的典型性。

These can check how much time you spend talking, your volume and tone of voice, even if you do not dominate conversations.

第2段，第4句

本句包含多种成分：主句有主语、谓语、两个并列宾语（一个是从句，一个是名词短语）、一个让步状语从句；宾语从句内部有主语、谓语、前置宾语和状语；状语从句内部有主语、谓语和宾语。成分种类较为丰富，适合练习宾语从句、并列宾语和让步状语从句的划分，以及疑问词前置结构的识别。

While this may sound intrusive, exponents argue that it can also protect employees against bullying and sexual harassment.

第2段，第5句

"While" 引导的让步状语从句 + 主句 + "that" 宾语从句，是四六级和考研阅读中高频出现的典型句式。让步转折逻辑和宾语从句的使用都是常考结构，学习后可迁移到大量类似句子。

For example, it was found that people who sat at 12-person lunch tables tended to interact, share ideas more and outperform those who regularly sat at four-person tables, a fact that would probably have gone undetected without such data analysis.

第3段，第2句

涵盖了形式主语、主语从句、限定性/非限定性定语从句、同位语、并列谓语、虚拟语气等多个核心考点，练习价值极高。

Over the last few years a Stockholm co-working space called Epicenter has gone much further and holds popular "chipping parties", where people can have microchips implanted in their hands.

第4段，第1句

句子结构高度典型:现在完成时与时间状语搭配、并列谓语、非限制性定语从句、使役动词 have 的宾补结构,都是四六级和考研真题中的常见句式,掌握后可大量复用于阅读和写作。

Implanted chips may seem extreme, but it is a relatively small step from ID cards and biometrics to such devices.

第4段，第3句

并列转折句是四六级和考研阅读中的高频句式,用于对比或修正观点。形式主语 "it is + 名词短语" 结构也是常考句型。"may seem" 表推测的情态动词用法同样典型。本句虽不涉及复杂从句,但其转折对比的论证框架和形式主语结构具有较强的代表性和复用价值。

As long as such schemes are voluntary, there will probably be a growing number of convenience-oriented uses so that a substantial number of workers would opt to have a chip inserted.

第5段，第1句

本句涵盖多种成分: there be 句型的主谓结构、主系表结构、条件状语从句、结果状语从句、不定式作宾语、使役动词结构。特别是主句内嵌套状语从句的结构,以及 "opt to have a chip inserted" 中不定式和使役动词的层级关系,都是实用的划分练习点。成分种类丰富,适合训练从句与主句成分的区分。

But if implanted chips are used to reduce slack time or rest breaks, that could prove to be detrimental.

第5段，第2句

条件状语从句加主句是四六级和考研阅读中的高频结构,主句使用情态动词表推测也是常考句式。被动语态和不定式短语作目的状语同样是典型语法点。掌握本句结构可以迁移到大量类似的条件推测句型中。

Although many such monitoring schemes use anonymised data and participation is voluntary, many staffers remain sceptical and fear an erosion of their civil liberties.

第6段，第3句

让步状语从句 + 主句的转折结构在四六级和考研阅读中高频出现，"Although..." 引导让步、主句表达相反结果的模式是典型的议论文逻辑，学习后可迁移到大量类似句式

So workplace surveillance could be empowering for staff and useful for companies looking to become more efficient and profitable.

第7段，第1句

本句涵盖了主语、系动词谓语、并列表语、后置定语等成分，能让学生练习识别系表结构、并列成分以及现在分词作定语的用法。并列表语的划分和后置定语的识别都是常见考点，具有一定训练价值。但句子整体较为平直，缺少易混淆的成分（如宾补、同位语、状语从句等），训练覆盖面有限。

Why are many people opposed to monitoring employee performance?

第51题 题干

特殊疑问句中包含 "be opposed to" 固定搭配和动名词宾语，这种结构在四六级和考研阅读中频繁出现，具备较高的典型性和迁移价值，掌握后可应用于同类句型。

It does both mental and physical harm to employees monitored.

第51题，C

涵盖主谓宾基本成分，另有状语和后置定语（过去分词作定语），成分种类较基础但有一定覆盖面。"does" 作实义动词和 "monitored" 作后置定语可作为小的训练点，但整体缺乏易错的复杂成分。

It enables employees to refrain from dominating conversations.

第52题，A

结构具有较强代表性。"enable + 宾语 + 不定式" 是四六级和考研阅读中的高频句型，且本句的不定式短语内部包含介词短语和动名词，体现了典型的复杂宾补结构，掌握后可迁移到大量类似句子。

Analyzing data gathered from workers can yield something unexpected.

第53题，B

结构具有较高的典型性。动名词短语作主语、情态动词作谓语、以及过去分词短语作后置定语，都是四六级和考研英语中的常见句式。尤其是动名词短语作主语和后置定语修饰名词这两个结构，在真题中出现频率很高。掌握本句的分析方法后，学生可以迁移到大量类似句子的理解中。

It is hard to decide on how many people to sit at a lunch table without data analysis.

第53题，D

"It is + 形容词 + to do" 句型是四六级和考研英语中非常典型且高频的结构，用于表达对某事的评价或判断。掌握这一句型后，学生可以迁移应用到大量类似句子中（如 It is important to..., It is necessary to... 等）。本句还包含不定式短语作真正主语、介词短语作条件状语等常考结构，具有较强的代表性和复用价值。

HIGH-FREQUENCY • 真题高频词

本篇出现的 94 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。

employee A2

n. 雇员，员工
本篇14次 · 真题 190 句

data B1

n. 数据
本篇7次 · 真题 181 句

workplace B1

n. 工作场所
本篇5次 · 真题 70 句

firm B1

adj. 坚固的
本篇5次 · 真题 32 句

analysis B2

n. 分析
本篇4次 · 真题 49 句

monitoring B2

n. 监控
本篇4次 · 真题 13 句

staff B1

n. 全体员工

本篇3次·真题44句

interact B2

v. 相互作用

本篇3次·真题37句

initiative B2

n. 主动性

本篇3次·真题25句

chip A2

n. 炸薯条

本篇3次·真题17句

would A1

aux. (will 的过去式) 将要, 会

本篇2次·真题568句

effect A2

n. 影响

本篇2次·真题191句

tend B1

v. 倾向于, 往往会

本篇2次·真题170句

performance B1

n. 表演

本篇2次·真题98句

enable B1

v. 使能够

本篇2次·真题68句

productivity B2

n. 生产率

本篇2次·真题58句

pressure B1

n. 心理压力

本篇2次·真题57句

device B1

n. 设备

本篇2次·真题54句

growing A2

adj. 增长的

本篇2次·真题47句

gather B1

v. 聚集, 集合

本篇2次·真题31句

efficient B2

adj. 效率高的

本篇2次·真题20句

detrimental C1

adj. 有害的

本篇2次·真题19句

unexpected

B1

adj. 意外的

本篇2次 · 真题 18 句

dominate

B2

v. 控制

本篇2次 · 真题 17 句

scheme

B2

n. 计划

本篇2次 · 真题 13 句

author

A2

n. 作者

本篇1次 · 真题 264 句

impact

B2

n. 影响

本篇1次 · 真题 185 句

behavior

B1

n. 行为

本篇1次 · 真题 171 句

positive

B1

adj. 积极的

本篇1次 · 真题 144 句

reduce

B1

v. 减少, 降低 (数量、大小、程度等)

本篇1次 · 真题 138 句

rate

A2

n. 速度

本篇1次 · 真题 121 句

mental

B1

adj. 精神的

本篇1次 · 真题 120 句

argue

B1

v. 争论

本篇1次 · 真题 106 句

access

B1

n. 进入

本篇1次 · 真题 101 句

physical

B1

adj. 身体的

本篇1次 · 真题 91 句

concern

B1

v. 涉及

本篇1次 · 真题 88 句

further

B1

adv. 更远处

本篇1次 · 真题 79 句

wrong

A2

adj. 错误的

本篇1次 · 真题 66 句

perform B1

v. 执行

本篇1次·真题 61 句

extreme B2

adj. 极度的

本篇1次·真题 60 句

generally B1

adv. 通常, 一般地

本篇1次·真题 60 句

specific B2

adj. 具体的

本篇1次·真题 59 句

employer B1

n. 雇主

本篇1次·真题 56 句

email A2

n. 电子邮件

本篇1次·真题 53 句

interaction B2

n. 相互作用

本篇1次·真题 53 句

argument B1

n. 争论

本篇1次·真题 51 句

harm B1

n. 伤害

本篇1次·真题 46 句

yield B2

v. 产生

本篇1次·真题 45 句

effectively B2

adv. 有效地

本篇1次·真题 43 句

relatively B2

adv. 相对地

本篇1次·真题 37 句

app B1

n. 应用程序

本篇1次·真题 36 句

enhance B2

v. 提高

本篇1次·真题 32 句

assume B2

v. 假定

本篇1次·真题 31 句

frequently B1

adv. 频繁地

本篇1次·真题 31 句

stage A2

n. 阶段

本篇1次·真题 31 句

assess B2

v. 评估

本篇1次·真题 30 句

implement B2

v. 实施

本篇1次·真题 28 句

sharing A2

n. 分享

本篇1次·真题 28 句

analyze B2

v. 分析

本篇1次·真题 27 句

regularly A2

adv. 经常地

本篇1次·真题 27 句

freedom B1

n. 自由

本篇1次·真题 26 句

annual B1

adj. 每年的, 年度的

本篇1次·真题 25 句

revenue B2

n. (公司、组织的) 收入, 收益

本篇1次·真题 25 句

technique B1

n. 技术

本篇1次·真题 24 句

oppose B2

v. 反对

本篇1次·真题 21 句

volume B1

n. 音量

本篇1次·真题 21 句

profitable B2

adj. 盈利的, 有利可图的

本篇1次·真题 20 句

correlate C1

v. 相关联

本篇1次·真题 18 句

facilitate C1

v. 促进

本篇1次·真题 18 句

opt B2

v. 选择

本篇1次·真题 18 句

privacy B2

n. 隐私

本篇1次·真题 18 句

autonomy C1

n. 自主权

本篇1次·真题 17 句

tone B1

n. 语气, 口气

本篇1次·真题 17 句

alert B2

adj. 警觉的

本篇1次·真题 16 句

constant B2

adj. 持续不断的

本篇1次·真题 16 句

deem C1

v. 认为, 视为 (正式用语)

本篇1次·真题 16 句

refrain C1

v. 克制

本篇1次·真题 16 句

exclude B2

v. 排除

本篇1次·真题 15 句

minimize B2

v. 使减少到最低限度

本篇1次·真题 15 句

worst A2

adj. 最坏的

本篇1次·真题 15 句

civil B2

adj. 公民的

本篇1次·真题 14 句

equip B1

v. 装备

本篇1次·真题 13 句

instant B1

n. 瞬间, 刹那

本篇1次·真题 13 句

participation B2

n. 参与

本篇1次·真题 13 句

substantial B2

adj. 大量的

本篇1次·真题 13 句

aggressive B2

adj. 好斗的

本篇1次·真题 12 句

erode C1

v. 侵蚀，腐蚀（土壤、岩石等）

本篇1次 · 真题 12 句

okay A2

adj. 可以的

本篇1次 · 真题 12 句

supporter B1

n. 支持者

本篇1次 · 真题 12 句

exhaust B2

v. 使筋疲力尽

本篇1次 · 真题 10 句

known A2

v. 知道，了解 (know 的过去分词)

本篇1次 · 真题 10 句

opposed B2

adj. 反对的

本篇1次 · 真题 10 句

outperform C1

v. 表现优于，胜过

本篇1次 · 真题 10 句

erosion B2

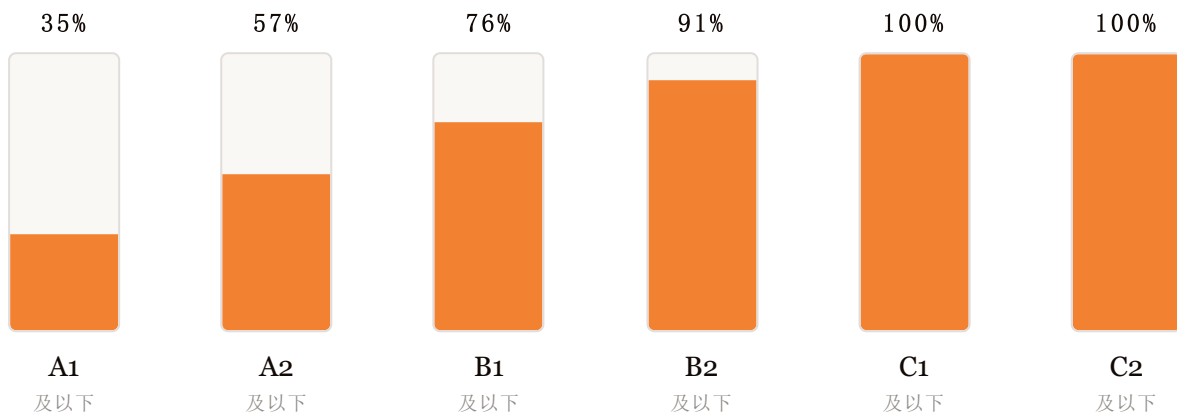
n. 侵蚀，腐蚀（土壤、岩石等被自然力量逐...

本篇1次 · 真题 9 句

VOCABULARY · 词汇难度分布

全文 262 词按 CEFR 难度累积覆盖

全文去重后共 **262** 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 23 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 262 个 · 末柱为 100%

去重总词数

262

B2 以上难词

9%

B1 及以下覆盖

76%



英语六级 2023年6月·第2套 · 全卷构成

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2023年6月·第2套英语六级汉译英（段落翻译）·城市公共设施改善的社会现象介绍 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2023年6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(2023-06) • 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**.

随着中国经济的快速发展和人们生活水平的稳步提高,城市居民对环境和生活品质的要求越来越高。中国地方政府更加注重公共设施的建设和改进,以更好地满足人们的需求。通过兴建新的广场、公园和公共绿地或对原有公共场地重新加以规划改造,许多城市为市民提供了更多休闲和社交的场所。如今,政府出资购置的健身器械和铺设的健身步道在不少城市随处可见,既明显改善了市民户外活动的条件,又使城市更加美丽。

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。

With the rapid development of China's economy and the steady improvement of people's living standards, urban residents are placing increasingly high demands on the environment and the quality of life. To meet these rising demands, Chinese local governments are attaching greater importance to the construction and improvement of public facilities. By building new squares, parks and public green spaces, or redesigning and renovating existing public areas, many cities have provided their citizens with more places for leisure and social activities. Today, government-funded fitness equipment and newly paved fitness trails can be seen everywhere in many cities, which has not only markedly improved the conditions for residents' outdoor activities but also made the cities more beautiful.

【衔接】句1→句2:补'因此/响应需求'的因果承接

句1说居民要求越来越高 城市居民对环境和生活品质的要求越来越高,句2说政府更加注重建设 中国地方政府更加注重公共设施的建设和改进,二者是'需求上升→政府回应'的因果。句2句首可补 In response 或 To meet these rising demands 承上,让逻辑显形,而非两句干放。

句2→句3:用具体举措承接抽象做法

句2讲政府'注重建设和改进'(抽象),句3 通过兴建新的广场、公园和公共绿地 是这一做法的具体落地。可在句3前用 For example 或直接以 By building... 的方式状语自然衔接,体现'总一分'关系。

句4:用 Today 标出时间、与全篇现状呼应

句4以 如今→Today 开头,标明这是当下可见的结果,呼应全篇'现状'基调,作为收束句把前文举措落到'市民已能享受到的实效'。

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】城市公共设施改善的社会现象介绍

这段属于社会现象/民生类客观介绍。开篇 随着中国经济的快速发展和人们生活水平的稳步提高,城市居民对环境和生活品质的要求越来越高 摆出背景与现状,随后讲政府如何回应需求、改善公共设施,通篇是对当下普遍事实的客观陈述,语体平实、不带主观抒情。这决定了全篇以现在时为主、用词偏正式书面。

【时态】一般现在时

通篇在陈述当下普遍存在的事实与趋势——居民要求越来越高、政府更加注重建设、设施随处可见,都是现在的状态而非已结束的往事,故全篇以一般现在时为基调。如 城市居民对环境和生活品质的要求越来越高、在不少城市随处可见 都是现在的现状。仅个别表'已完成动作'处(如'改善了')可酌用现在完成时,但默认回此基调。

【译法】公共设施

统一译为 public facilities。公共设施的建设和改进 中的核心词, facilities 此处指公共配套设备/场所,惯用复数;全篇凡指此概念只用这一译法,不要一会儿 public utilities 一会儿 public infrastructure 来回换。

公共绿地

统一译为 public green spaces(或 green areas)。公园和公共绿地 中的文化/民生负载词,指城市里的成片绿化用地,用 green spaces 比直译 green land 地道;green 为可数搭配,用复数 spaces。

健身步道

统一译为 fitness trails。铺设的健身步道 是较新的本土设施名, trail 指供步行/锻炼的小径,配 fitness 表健身用途;与前文 fitness equipment(健身器材)成对,全篇一致用 fitness 这一限定词。

1. 随着中国经济的快速发展和人们生活水平的稳步提高,城市居民对环境和生活品质的要求越来越高。

【主干】 主语=城市居民,谓语=要求越来越高 (主语策略: 原句主语)

中文已给出明确主语 城市居民对环境和生活品质的要求越来越高,直接用它作英文主语:urban residents. 主干立为 urban residents have increasingly high expectations / demand more and more,宾语是 for the environment and quality of life. 句首 随着中国经济的快速发展和人们生活水平的稳步提高 是背景,不进主干。

【降级】 随着...→With 引导的伴随状语

随着中国经济的快速发展和人们生活水平的稳步提高 不是主干,降级成 With 引导的介词短语作状语:With the rapid development of China's economy and the steady improvement of people's living standards,置于句首,后接主句。两个并列的'发展/提高'用 and 连接两个名词短语,而非各起一个分句,避免拖成流水句。

【语法】 时态

回指全篇基调用一般现在时:demand / have expectations,陈述当下普遍现状。

单复数

城市居民不止一人→urban residents 用复数;相应谓语用复数 have / demand。

程度词

'越来越高'是递增,用 increasingly high 或 more and more,别只译成 high 丢掉'越来越'的递增义。

搭配

'对...的要求'用 demand for sth 或 expectations for / of sth,介词搭配固定,别用 require to。

【译文】 With the rapid development of China's economy and the steady improvement of people's living standards, urban residents are placing increasingly high demands on the environment and the quality of life.

2. 中国地方政府更加注重公共设施的建设和改进,以更好地满足人们的需求。

【主干】 主语=地方政府,谓语=注重建设和改进 (主语策略: 原句主语)

中国地方政府更加注重公共设施的建设和改进 主语明确是'地方政府',直接作英文主语 local governments;谓语 pay more attention to / attach greater importance to;宾语是'公共设施的建设和改进'。句末 以更好地满足人们的需求 是目的,不进主干。

【降级】 以...→to do 目的状语

以更好地满足人们的需求 表目的,降级成不定式 to better meet people's needs 作目的状语,接在主句后。'建设和改进'两个并列名词作 to 的宾语:the construction and improvement of public facilities,不必拆成两个分句。

【语法】时态

回指基调用一般现在时: local governments pay / attach, 陈述当前做法。

单复数

'地方政府'指各地多个政府→local governments 用复数, 谓语随之用复数 pay / attach。

搭配

'注重'用 attach (greater) importance to / pay more attention to, 后接名词; '满足需求'用 meet/satisfy one's needs, needs 用复数。

【译文】 Chinese local governments are attaching greater importance to the construction and improvement of public facilities in order to better meet people's needs.

3. 通过兴建新的广场、公园和公共绿地或对原有公共场地重新加以规划改造, 许多城市为市民提供了更多休闲和社交的场所。

【主干】 主语=许多城市, 谓语=提供了场所 (主语策略: 原句主语)

许多城市为市民提供了更多休闲和社交的场所 主语是'许多城市'→many cities, 谓语 provide / offer, 宾语 more places for leisure and social activities。句首一大串 通过兴建新的广场、公园和公共绿地或对原有公共场地重新加以规划改造 是方式, 不进主干。

【降级】 通过...→By doing 方式状语

通过兴建新的广场、公园和公共绿地或对原有公共场地重新加以规划改造 译成 By 引导的动名词方式状语: By building new squares, parks and public green spaces, or redesigning and renovating existing public areas。其中'兴建.....'与'重新规划改造.....'是两种并列方式, 用 or 连接两个 doing 结构; '广场、公园和公共绿地'是三个并列宾语, A, B and C 列举。

【语法】时态

'提供了'带完成义, 可用现在完成时 have provided 强调已带来的结果; 若与全篇统一也可用一般现在时 provide。本句宜用 have provided, 既不悖基调又点出'已经提供'的完成感。

单复数

广场/公园/绿地都不止一处→squares, parks, public green spaces 全用复数; '许多城市'→many cities; '场所'→places 复数。

结构平行

or 连接的两个方式须同形: building... 对 redesigning and renovating..., 都用 -ing 动名词, 别一个 -ing 一个 to do。

搭配

'为...提供...'用 provide sb with sth 或 provide sth for sb; '休闲和社交的场所'→places for leisure and social activities。

【译文】 By building new squares, parks and public green spaces, or redesigning and renovating existing public areas, many cities have provided their citizens with more places for leisure and social activities.

4. 如今,政府出资购置的健身器械和铺设的健身步道在不少城市随处可见,既明显改善了市民户外活动的条件,又使城市更加美丽。

【主干】 主语=健身器械和健身步道,谓语=随处可见 (主语策略: 原句主语)

政府出资购置的健身器械和铺设的健身步道在不少城市随处可见 的主语是'健身器械和健身步道'→fitness equipment and fitness trails,谓语'随处可见'→can be seen everywhere / are commonly seen。'政府出资购置的''铺设的'是修饰主语定语,不进主干;句末 既明显改善了市民户外活动的条件,又使城市更加美丽 是补充结果。

【降级】 定语→过去分词;既...又...→并列谓语

'政府出资购置的''铺设的'两个定语用过去分词降级:fitness equipment funded by the government and fitness trails it has paved(或合并为 government-funded fitness equipment and paved trails)。句末 既明显改善了市民户外活动的条件,又使城市更加美丽 是'随处可见'带来的双重效果,用 which 引导的非限定定语从句 + 并列谓语收尾:which not only ... but also ...,避免另起流水句。

【语法】 时态

'随处可见'是现状→现在时 can be seen / are commonly seen;'改善了'带完成义可用现在完成时 have improved,与基调不冲突。

语态

'随处可见''出资购置的''铺设的'都隐含被动(被看见/被购置/被铺设),英文用被动 can be seen / funded by / paved,符合英文被动多于汉语的习惯。

单复数

fitness equipment 是不可数名词,作主语时谓语单复数取决于并列:equipment and trails 两者并列→谓语用复数 are / can be seen;trails 用复数。

关联词

'既...又...'用 not only ... but also ...;若 not only 提到句首需部分倒装,放从句中部则不倒装,本句用 which not only improves ... but also makes ... 不倒装更稳。

【译文】 Today, government-funded fitness equipment and newly paved fitness trails can be seen everywhere in many cities, which has not only markedly improved the conditions for residents' outdoor activities but also made cities more beautiful.

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