

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

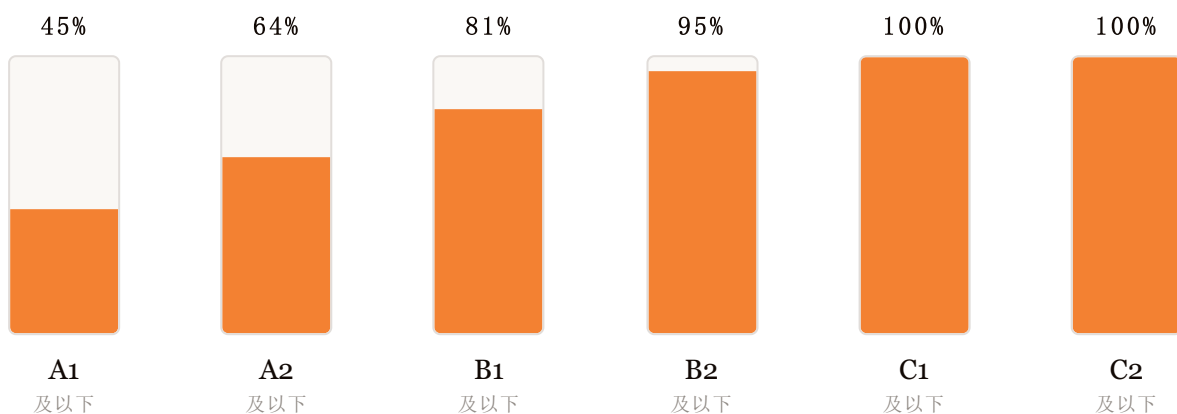
wrap B1

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 →