

► 在线收听本套听力音频

录音原声不在纸面（本 PDF 仅含听力卷面题号与选项）。手机或电脑访问下方页面，即可在线播放完整听力原声：

<https://english-exam.lazynote.cn/cet6/paper/2024-06-2/?f=p>

六级 · 真题卷第2套 · 2024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 "Nowadays more and more college students have come to realize social practice and academic learning are equally important." 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. (You should copy the sentence given in quotes at the beginning of your essay.)

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) Read numerous comments users put online.
B) Blended all his food without using a machine.
C) Searched for the state-of-the-art models of blenders.
D) Did thorough research on the price of kitchen appliances.
2. A) Eating any blended food.
B) Buying a blender herself.
C) Using machines to do her cooking.
D) Making soups and juices for herself.
3. A) Cooking every meal creatively in the kitchen.
B) Paying due attention to his personal hygiene.
C) Eating breakfast punctually every morning.
D) Making his own fresh fruit juice regularly.
4. A) One-tenth of it is sugar.
B) It looks healthy and attractive.
C) One's fancy may be tickled by it.
D) It contains an assortment of nutrients.

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

5. A) How he has made himself popular as the mayor of Berkton.
B) How the residents will turn Berkton into a tourist attraction.
C) How charming he himself considers the village of Berkton to be.
D) How he has led people of Berkton to change the village radically.
6. A) It was developed only to a limited extent.
B) It was totally isolated as a sleepy village.
C) It was relatively unknown to the outside.
D) It was endowed with rare natural resources.
7. A) All the properties in Berkton were designed by the same architect.
B) The majority of residents lived in harmony with their neighbours.
C) The majority of residents enjoyed cosy housing conditions.
D) All the houses in Berkton looked aesthetically similar.
8. A) They have helped boost the local economy.
B) They have made the residents unusually proud.
C) They have contributed considerably to its popularity.
D) They have brought happiness to everyone in the village.

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 have created the smallest remote-controlled walking robot in the world.
B) They are going to publish their research findings in the journal Science Robotics.
C) They are the first to build a robot that can bend, crawl, walk, turn and even jump.
D) They are engaged in research on a remote-controlled robot which uses special power.
10. A) It changes its shape by complex hardware.
B) It is operated by a special type of tiny motor.
C) It moves from one place to another by memory.
D) It is powered by the elastic property of its body.
11. A) Replace humans in exploratory tasks.
B) Perform tasks in tightly confined spaces.
C) Explore the structure of clogged arteries.
D) Assist surgeons in highly complex surgery.

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

12. A) She threw up in the bathroom.
B) She slept during the entire ride.
C) She dozed off for a few minutes.
D) She boasted of her marathon race.
13. A) They are mostly immune to cognitive impairment.
B) They can sleep soundly during a rough ride at sea.
C) They are genetically determined to need less sleep.
D) They constitute about 13 percent of the population.
14. A) Whether there is a way to reach elite status.
B) Whether it is possible to modify one's genes.
C) Whether having a baby impacts one's passion.
D) Whether one can train themselves to sleep less.
15. A) It is in fact quite possible to nurture a passion for sleep.
B) Babies can severely disrupt their parents' sleep patterns.
C) Being forced to rise early differs from being an early bird.
D) New parents are forced to jump out of bed at the crack of dawn.

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) We have poor awareness of how many controversial issues are being debated.
B) No one knows better than yourself what you are thinking about at the moment.
C) No one can change your opinions more than those who speak in a convincing tone.
D) We are likely to underestimate how much we can be swayed by a convincing article.
17. A) Their belief about physical punishment changed.
B) Their memory pushed them toward a current belief.
C) The memory of their initial belief came back to them.
D) Their experiences of physical punishment haunted them.
18. A) They apparently have little to do with moderate beliefs.
B) They don't reflect the change of view on physical punishment.
C) They may not apply to changes to extreme or deeply held beliefs.
D) They are unlikely to alter people's position without more evidence.

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

19. A) American moms have been increasingly inclined to live alone.
B) The American population has been on the rise in the past 25 years.
C) American motherhood has actually been on the decline.
D) The fertility rates in America have in fact been falling sharply.
20. A) More new mothers tend to take greater care of their children.
B) More new mothers are economically able to raise children.
C) A larger proportion of women take pride in their children.
D) A larger proportion of women really enjoy motherhood.
21. A) The meaning of motherhood has changed considerably.
B) More and more mothers go shopping to treat themselves.
C) More mothers have adult children celebrating the holiday.
D) The number of American mothers has been growing steadily.

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

22. A) Add to indoor toxic pollutants.
B) Absorb poisonous chemicals.
C) Beautify the home environment.
D) Soak up surrounding moisture.
23. A) NASA did experiments in sealed containers resembling the super insulated offices of 1970s.
B) It was based on experiments under conditions unlike those in most homes or offices.
C) NASA conducted tests in outer space whose environment is different from ours.
D) It drew its conclusion without any contrastive data from other experiments.
24. A) Natural ventilation proves much more efficient for cleaning the air than houseplants.
B) Houseplants disperse chemical compounds more quickly with people moving around.
C) Natural ventilation turns out to be most effective with doors and windows wide open.
D) Houseplants in a normal environment rarely have any adverse impact on the air.
25. A) The root cause for misinterpretations of scientific findings.
B) The difficulty in understanding what's actually happening.
C) The steps to be taken in arriving at any conclusion with certainty.
D) The necessity of continually reexamining and challenging findings.

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.

The Sun Is Also a Star is a truly lovely story of love, romance, fate, and destiny.

Natasha is a Jamaican-born immigrant living 26 in America, not by choice exactly. Her parents brought her over and created the situation she 27 to be out of.

Daniel is an American born of Korean immigrants. He believes in true love, fate, and all that other nonsense that Natasha 28 through scientific reasoning.

Daniel and Natasha meet by 29 on the streets of New York on the day that she is to be 30 . She doesn't tell him that but does allow him to keep her company while he tries to get her to fall in love with him over the course of the day.

Natasha is me. I found her so similar to myself. She's scientifically-minded, practical, somewhat cynical, and always 31 . Her obsession with the universe through a scientific lens is infectious and I 32 Daniel seeing that too.

Daniel is charming and passionate and has a way with words that even 33 Natasha's tough outer shell. By the end of the book I fell in love with both of them.

I used to find romance stories to always be cheap or laughable. I think now I can see the value in escaping into a story of pure optimism. I got 34 in The Sun Is Also a Star and finished it cover to cover in a weekend. I couldn't wait to get to what I hoped would be a happy ending.

It's nice every once in a while to give in to magic. It doesn't have to be a hard fantasy novel with actual spells, it can be the magic found between two people who just have that special something. That 35 that causes them to react and spark when they're near each other.

- | | |
|----------------|----------------|
| A) adore | I) illegally |
| B) appraise | J) lost |
| C) assaults | K) perpetually |
| D) chemistry | L) prescribed |
| E) coincidence | M) shrewd |
| F) cracks | N) skeptical |
| G) deported | O) strives |
| H) dismisses | |

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**.

These are the habits to avoid if you want to make a behavior change

- A) According to recent research, behavioral change involves physical changes in the brain. In the past decade, researchers have shown that when it comes to the duration of making a new behavior a deep-rooted habit there is not a simple answer. Even for the most productive and disciplined among us, undoing something that has become an automatic part of who we are takes more than an overnight effort. Once we've successfully made that change, we then have to make other adjustments to our lives to ensure that we continue to maintain it, which is often a whole other challenge in itself.
- B) At its core, success in changing and maintaining a behavior rarely occurs without the introduction of some sort of system. When there isn't the right framework in place, we face a greater likelihood of derailing our hard-earned progress. To ensure success in changing and maintaining a behavior, we should stay away from some detrimental habits.
- C) The first one to avoid is relying on willpower. Think about the last time you vowed to resist a temptation. Perhaps you didn't want to check your phone every 15 minutes, or you were determined not to reach for a chocolate bar at 3 p. m. Think about how difficult it must have been not to glance at your phone when it was within reach, or not to walk to the vending machine when your afternoon slump hit.
- D) The research on whether we have finite or infinite willpower is inconclusive, but experts do generally agree that you can't change and sustain a habit if you rely on your willpower alone. The old military saying "You never rise to the occasion, you only sink to the level of training" also applies to behavior change. The idea is simple—you repeat something so many times that it becomes automatic.
- E) Think about what else you can change about your surrounding that makes it easier for you to perform this change on a daily basis. This is called your "cue." Basically, it's a trigger to perform that particular habit. If you don't want to reach for a sugary treat at 3 p. m. , have a box of herbal tea ready at your desk. When 3 p. m. comes around, that's your cue to pour yourself a cup of hot water and drink that tea, instead of walking to the vending machine.
- F) The second one to avoid is focusing on negative goals. Sometimes, it's not your process that lets you down, but the habit that you want to change in the first place. For starters, not eating chocolate to beat your afternoon slump is a harder goal than swapping chocolate for herbal tea when you reach the designated time. Your brain wants to find routines that have succeeded in the past and allow you to repeat those actions again in the future without having to think about them explicitly. However, this habit-learning system isn't so effective when it comes to learning not to do something. That's why rather than giving up something, think about introducing something in its place. Focus on actions you are going to take that will ultimately conflict with the behaviors you want to stop. When your attention is on doing something new, you give your habit system a chance to operate.
- G) The third one to avoid is using the same strategies in different circumstances. Because we are creatures of habit, it's natural to assume that when we do manage to adopt and sustain a desirable behavior, that same strategy will work when we want to make another behavior change. But that's not always the case. Sometimes, the system that got you to change one behavior might not work for another.
- H) Sometimes we become accustomed to relying on our guts when it comes to decision-making. This serves us well in certain situations, but can hinder us in others especially when we need to consider metrics and data, rather than letting our instinct override everything. For example, if you want to stop checking your email first thing in the morning, you might decide to substitute another activity in its place. But if you want to stop indulging in video games, simply deciding you will go for a run might not be as effective. You might need to introduce another reinforcement, such as meeting a friend and booking an exercise class together.

- I) The fourth one to avoid is not forgiving ourselves for slipping up. Of course, even the best-laid plans fail sometimes. You might have stuck to your screen-free nighttime routine for five days, and then a big project landed on your desk and you found yourself in bed with your laptop before you went to sleep. Or you prepared meals on Sunday and stuck to eating healthy dinners at home, but by Friday you found yourself so exhausted and opted to order greasy takeout. Life happens and even if your behavior change is small, every single day can prove pretty inflexible, and at some point your luck may run out, even if just for a day. The perfectionist in you might be screaming to abandon your goals altogether, but try to see it in the bigger picture. Just because you might have temporarily strayed off course doesn't mean you can't start afresh the next day.
- J) The final one to avoid is discounting small progress. There's a habit that many perfectionists tend to fall into when they try to establish a behavior change. They focus too much on the big goal and don't take the time to celebrate the small progress they make in the process. Your brain responds to rewards. The basal ganglia, the brain region linked to our performance of habits, is most active at the beginning of a behavior, when the habit is cued, and at the end, when it's rewarded. Say your goal is to run five miles three times a week, and this week you ran one mile on Monday, Wednesday, and Friday. Rather than focusing on how far you've gone toward your goal, think about how you can reward yourself for the progress you've made. It doesn't have to be big or expensive; it can be something as simple as making your favorite fruit juice after your run. Whatever your reward, it has to be more than just the activity itself to get you going.
- K) Initiating a new behavior usually seems like the hardest part of the process of change. However, people often fail to adequately prepare for maintaining it. One of the reasons for this is because we mistakenly believe the strategies we used to initiate the change will be equally effective in helping us continue the change. But they won't. Where changing a strongly deep-rooted habit requires changing our belief about that habit that penetrates deeply into our lives, continually manifesting that wisdom requires that we maintain a positive outlook. If our mood is low, the wisdom to behave differently seems to disappear and we go back to eating more and exercising less. The key, then, to maintaining new behaviors is to be happy! Which is why it's so hard to maintain new behaviors.
- L) Remember, overcoming the behavioral inertia that prevents us from implementing new changes, like eating a healthy diet or exercising, can benefit us in the long run and can improve our physical and mental health. No one was born with habits. They were all learned, and can all, therefore, be unlearned. The question is: how badly do you really want to change?
36. There is general consensus among experts that willpower alone cannot guarantee one's success in changing and maintaining a habit.
37. One need not abandon their goals completely just because they missed their target temporarily; they can start anew.
38. Research shows it is quite another challenge to maintain a behavioral change after you have initiated it.
39. It is wrong to assume the strategies we use to start a change of behavior will work equally well in helping maintain it.
40. Sometimes, it may not be successful to simply substitute one activity with another to effect a change of habit; you may need extra reinforcement.
41. One should introduce something new to replace an old habit instead of simply kicking it.

42. Perfectionists focus too much on their big target and neglect celebrating the small gains they make in the process.
43. It is of great benefit to us in the long term to conquer the inertia that stops us from making behavioral changes.
44. The strategy that successfully changed one of your behaviors may not work for some other behavior of yours.
45. Without a happy mood, it seems that our wisdom to adopt a different behavior vanishes.

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.

The "American Dream" promises that in the Land of Opportunity, any individual can climb the economic ladder and prosper through hard work and ambition alone. And yet, young Americans today are struggling to earn more than their parents did at the same age, and upward mobility in the US actually compares unfavourably to that of other industrialised nations.

So why does the idea of the American Dream persist? A new study in the American Journal of Political Science identifies one factor that has been overlooked: the influence of reality TV.

Reality shows have come to dominate US television over the past 20 years, notes Eunji Kim from Vanderbilt University. And the overwhelming majority of these have a "rags-to-riches" storyline: they feature ordinary Americans who work hard to achieve great economic success. And while these programmes are regularly among the most-watched shows, news broadcasts—which paint a more realistic view of the economic hardship faced by millions of Americans—get a much smaller proportion of the viewership.

Rags-to-riches stories are ubiquitous(无处不在的) on TV—but does watching these programmes actually convince people that economic mobility is easily attainable? To find out, Kim's team had participants watch a 5-minute clip from a reality show with a rags-to-riches storyline. Control participants watched a clip from a reality show that didn't have a rags-to-riches story. After watching the shows, participants rated how much they agreed with four statements relating to the American Dream.

The results showed that those who'd watched a rags-to-riches clip did indeed have a significantly greater belief in the American Dream. Interestingly, when participants were separated by party affiliation, this effect was significant among Republicans but not Democrats, suggesting that the kind of messages implicit in these TV shows may play into people's existing socioeconomic beliefs.

Kim also conducted a survey of 3,000 US residents. They also rated the extent to which they believed success in life is related to various internal factors (such as ambition) and external factors (such as family wealth). Finally, they read a list of TV programmes and indicated which they regularly watched.

Participants who were heavy viewers of rags-to-riches programmes or frequent viewers had a stronger belief in the American Dream than those who never watched such shows.

Kim concludes that "rags-to-riches entertainment media are an important cultural force that promotes and perpetuates beliefs in upward mobility". And here's the problem: if people mistakenly believe that hard work is all that is needed for individuals to make a better life for themselves, they may be less supportive of policies that could actually combat inequality.

"In this era of choice, entertainment media is what captures hearts and minds," Kim writes. "Its political consequences are anything but trivial".

46. What do we learn from the passage about young Americans of today?

- A) They have greater ambitions than their parents.
- B) They find it difficult to achieve upward mobility.
- C) They have overtaken their parents in terms of earnings.
- D) They envy the opportunities in other industrialised nations.

47. What does Kim's team find about reality TV shows in America?

- A) They reinterpret the essence of the popular rags-to-riches culture.
- B) They urge people to achieve economic success through hard work.
- C) They help strengthen people's conviction in the American Dream.
- D) They feature ordinary Americans striving for social recognition.

48. What does the author say about news broadcasts in America?

- A) They attract far fewer viewers than reality TV.
- B) They are bent on reporting the dark side of life.
- C) They stand in striking contrast with reality TV.
- D) They focus on Americans' economic hardships.

49. What can we infer from the passage about Republicans in general?

- A) They believe strongly in the American Dream.
- B) They strive to climb the socio-economic ladder.
- C) They have a very strong affiliation with their party.
- D) They tend to watch more rags-to-riches TV shows.

50. What is stated about people who believe in upward mobility?

- A) They are likely to blame the government for their plight.
- B) They regard political consequences as anything but trivial.
- C) They respect individuals striving to climb the social ladder.
- D) They are less likely to approve of policies to fight inequality.

Passage Two

Questions 51 to 55 are based on the following passage.

When someone asks us 'what do you do?' we nearly always reply with our occupation. Work, for many of us, is much more than a job. It is the defining aspect of our identity. For many of us it is through our job that we can define ourselves.

"Without my job I don't know who I am," is a sentence that has been uttered on more than a handful of occasions from my office chair. Indeed, it can be one of the most challenging aspects I work on with clients who have lost or been forced into changing their jobs. This loss provokes an identity crisis much greater than the loss of the job itself.

One of the things I have come to understand, however, is that our identity is much more complex than we recognise at first glance. If we take the time to reflect we might recognise that as well as our work we can also identify as a friend, a spouse, a son or daughter, a parent, a member of a sports team or religious community. We may recognise that we feel and act differently in these roles and relationships than we do at work. The passive daughter becomes an assertive leader at work. Furthermore, our identities at work are not static. They change over time. I myself have been a shop assistant, a waitress, a student, a graduate, and a clinical psychologist. At each stage my ability to adapt to and develop my career identity has been crucial to my wellbeing. Whilst we like to eliminate uncertainty in our lives at some level we have to manage uncertainty, especially in today's volatile and ever-shifting job market.

How we see ourselves is central to the issue of our identity. When we tell ourselves "I'm good at starting projects but not so great at seeing them through" it can become part of our belief system. But if you have the unfortunate experience of an enforced job change you will need to examine those beliefs to see how grounded in reality they are. You will be required to ask yourself how helpful these beliefs are and consider personal change. We can change our beliefs, behaviours and emotional experience at any time through experimentation, practice and conscious self-discipline. In an age where career progression may lead us into new sectors it is ever more important to challenge our sense of self and explore whether you can create a new experience of your identity by changing the beliefs you hold about yourself in order to expand your career options. Ultimately it is you who define who you are. You are only your job if you let it be so.

51. What do we learn from the passage about one's loss of a job?

- A) It compels them to visit a clinical psychologist.
- B) It offers them a chance to play different roles.
- C) It renders them puzzled about who they are.
- D) It forces them to redefine their life's goals.

52. What has the author come to understand about our identity?

- A) It is crucial to our emotional wellbeing.
- B) It plays a big role in many facets of life.
- C) It reflects our changing status in society.
- D) It is more complicated than it appears.

53. What does the passage say about our identities at work?

- A) They are essential to our self-esteem.
- B) They evolve with the passage of time.
- C) They overrule all other self-perceptions.
- D) They are key to understanding ourselves.

54. What do we have to do in today's ever-changing job market?

- A) Strive to develop our social identity.
- B) Prepare for different career paths.
- C) Try to be assertive at all times.
- D) Learn to manage uncertainty.

55. What should we do to expand our career options?

- A) Alter our perceptions of ourselves.
- B) Compare various job opportunities.
- C) Look into newly emerging sectors.
- D) Exercise self-discipline consciously.

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**.

中国盛产竹子，是最早开发利用竹资源的国家。竹子在中国分布广泛，品种丰富。竹子实用性强，用于生产和生活的许多方面，如筷子、桌椅的制作和桥梁、房屋的建造。中国人爱竹，自古以来就有无数文人以竹为主题，创作了绚丽多彩的文学和绘画作品。竹子主干(stem) 笔直，象征正直的品格。竹子具有强大的生命力和适应能力，无论环境多么恶劣，都能够顽强生存，因而寓意坚韧不拔的精神。几千年来，竹子一直被视为中华民族品格的象征。

2024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2024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(2024-06) • 英语六级

Part I

Directions: For this part, you are allowed 30 minutes to write an essay that begins with the sentence “Nowadays more and more college students have come to realize social practice and academic learning are equally important.” 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. (You should copy the sentence given in quotes at the beginning of your essay.)

【参考范文 • 174 词】 写作无唯一标准答案，以下为达标示范

Nowadays more and more college students have come to realize social practice and academic learning are equally important. Rather than treating them as rivals competing for limited time, an increasing number of us regard the two as partners that reinforce each other, and I firmly share this view.

Academic learning equips us with theories, while social practice tests and deepens them. Knowledge that never leaves the textbook easily fades, yet once applied, it truly takes root. Take my own experience as an example. After studying marketing principles for a whole semester, I joined a campus start-up and helped promote its products online. Only then did the abstract concepts suddenly make sense, and in return the real feedback from customers pushed me back to my books with sharper questions. Learning guided my practice, and practice enriched my learning.

Therefore, academic study and social practice are two wheels of the same cart, and neither can be spared. Only by letting them go hand in hand can college students grow into capable talents that society genuinely needs.

【参考译文】

如今越来越多的大学生已经意识到，社会实践与学术学习同等重要。与其把两者当成争抢有限时间的对手，越来越多的我们把它们看作互相促进的伙伴，我本人也坚定地认同这一看法。

学术学习为我们装备理论，而社会实践则检验并深化这些理论。从不走出书本的知识很容易被遗忘，可一旦付诸应用，它才真正扎根。以我自己的经历为例。学了整整一学期营销原理后，我加入了一个校园创业

项目，帮它在网上推广产品。直到那时，那些抽象的概念才突然变得清晰，而反过来，来自客户的真实反馈又把我推回书本，带着更尖锐的问题。学习指导了我的实践，实践又丰富了我的学习。

因此，学术学习与社会实践是同一辆车的两个轮子，缺一不可。唯有让两者并行不悖，大学生才能成长为社会真正需要的有用之才。

【第1段】抄句 + 一句表态。首句 Nowadays more and more college students... 逐字照抄，满足开头照抄要求；随后 Rather than treating them as rivals... and I firmly share this view 一句用"对举 + 表态"落实了"抄句再补立场"，第一段就把"并重"立场亮清楚。

【第2段】四步论证一气呵成。本段严格走"观点—理由—例子—回扣"：Academic learning equips us with theories, while social practice tests and deepens them 是对举主题句；Knowledge that never leaves the textbook... 给理由；Take my own experience... 引出营销创业的具体经历当证据；末句 Learning guided my practice, and practice enriched my learning 小结回扣中心，具体例子避免了空喊。

【第3段】比喻升华收束。two wheels of the same cart 用比喻重申"缺一不可"，Only by letting them go hand in hand can college students grow into capable talents 把话题拔高到成长与社会需要，落实"比喻收尾再升华"并呼应首句。

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

论证实践与学习同等重要

要求是 write an essay that begins with the sentence，即一篇由指定首句领起的议论文；核心任务是围绕首句里 social practice and academic learning are equally important 展开，论证社会实践与学术学习为何同等重要、如何相辅相成。关键在"同等"二字：只夸学习或只夸实践都算偏题，落点必须钉在"两者并重、互相成全"。

面向阅卷人的正式书面语

本题没有具体收信人，是纯议论文，故无需称呼与署名。写作身份是一名在校大学生，面向阅卷人使用正式、客观的书面语。要求给了展开方式 You can make comments, cite examples or use your personal experiences，说明允许夹叙夹议、可用第一人称讲个人经历，但语气仍要克制，避免口语化和情绪化表达。

二者相辅相成、缺一不可

中心论点：学术学习与社会实践并非二选一的对手，而是互相成全的伙伴——学习提供理论根基，实践检验并深化理论，正如首句所说 social practice and academic learning are equally important，缺了任何一方都长不成合格人才。

1. 学习给理论、实践来检验

第一个要点扣“为什么同等”：学术学习把系统的理论装进脑子，但只停在书本上的知识容易遗忘、也难判断真假；社会实践则把理论拉到真实场景里检验和打磨，让知识真正扎根。二者各管一段、缺一不可。

2. 个人经历见证互补

第二个要点用 use your personal experiences 落地：给一个能同时体现“学”与“用”的具体经历，比如先学某门课的理论，再在实习或社团里应用，结果理论让实践有章可循、实践又反过来加深对理论的理解，形成闭环。

3. 二者并重方能成才

第三个要点收束升华：把“同等重要”提升到成长层面——只有让学习与实践并行，大学生才能成长为社会真正需要的人才，呼应首句立场。

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 抄首句 + 亮立场

逐字照抄题目给定首句作为开头，紧接着补一两句，把“我认为二者不是对手而是伙伴”的立场亮出来，完成总起。

第 2 段 说理 + 个人经历论证

先用一句道理点明学习与实践各自的作用，再用一个具体的个人经历把两者如何互补演示出来，最后一句小结回扣中心。

第 3 段 重申立场再升华

用一个比喻或总括句重申“二者缺一不可”，并把话题拔高到大学生成长与社会需要，呼应首句收束。

第 1 段 抄句后表态：二者是伙伴

照抄首句后，补写：与其把实践和学习当成争抢时间的对手，越来越多的人视其为互相成全的伙伴，而我坚定认同这一看法。呼应 social practice and academic learning are equally important.

亮明立场 · Rather than treating them as rivals, an increasing number of us regard the two as ____, and I firmly share this view. (把 ____ 换成本题的“互相成全的伙伴”)

转折递进点关系 · Rather than ____, we should see them as _____. (前空填要否定的误解，后空填你主张的关系)

第 2 段 先学营销理论、再实践反哺

用一句道理起头——学习给理论、实践来检验；再讲个人经历：学完一学期营销理论后加入校园创业项目做线上推广，理论让实践有章可循，真实反馈又把自己推回书本、带着更尖锐的问题深挖。呼应 use your personal experiences 的展开方式。

对举亮点 · ____ equips us with theories, while ____ tests and deepens them. (两个空分别填"学习"与"实践", 用 while 把两者对举)

举例过渡 · Take my own experience as an example. After ____, I _____. (第一空填你做的准备/学习, 第二空填你随后的实践行动)

小结回扣 · ____ guided my practice, and practice enriched my _____. (用两个分句把"学"与"用"的互补关系收拢回中心)

第 3 段 两轮同车、并行方成才

用"同一辆车的两个轮子"作比重申二者缺一不可，再升华：唯有让学习与实践并行，大学生才能成长为社会真正需要的人才，呼应首句 social practice and academic learning are equally important 的立场。

比喻重申 · Therefore, ____ and ____ are two wheels of the same cart, and neither can be spared. (两个空填本题并重的两方)

升华收尾 · Only by letting them go hand in hand can college students _____. (空里填你要拔高到的结果，如"成长为社会需要的人才")

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“同等”、勿偏一方

本题的切题红线是 social practice and academic learning are equally important 里的“同等”：主体段必须让“学”与“用”同时在场并互相成全，若整段只在证明“实践重要”或“学习重要”，即使写得漂亮也判偏题。

结构连贯

三段各司其职、首尾呼应

本文用 while 对举、Take my own experience as an example 引例、Therefore 收束，三段功能分明；结尾 two wheels of the same cart 回扣首句立场，做到首尾呼应、不散。

语言准确

善用 reinforce / go hand in hand

本题适合用 equally important、reinforce each other、go hand in hand、apply theory to practice 等扣题短语；避免把“相辅相成”直译成 mutual help each other 这类中式搭配。

字数格式

卡死 150–200 的硬区间

要求是 at least 150 words but no more than 200 words，低于 150 或高于 200 都失分；三段议论文最稳的做法是主体段写足、首尾各两三句，既不注水也不欠账。

典型低分写法 · 反面示例与改法

擅自改写首句

反面：Nowadays college students realize practice and study are important. (漏词、改词、丢了“more and more”和“equally”，等于没照抄)。修正：原样照抄——Nowadays more and more college students have come to realize social practice and academic learning are equally important.

整段只夸实践

反面：整个主体段只讲“实习让我更成熟、更懂社会”，一句没提学术学习，丢了“同等”这个核心关系。修正：改成“学到的理论让我在实习中少走弯路，实习又让理论真正被我记住”，把两者绑在一起写。

通篇喊口号无例子

反面：Practice is very important. Learning is also very important. We should value both. 三句都是空断言、可套进任何题。修正：换成一个具体经历——学完营销理论后到校园创业项目做线上推广，理论指导了实践、实践又反哺了学习。

英语六级 2024年6月·第2套 · 全卷构成

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

2024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2024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(2024-06) • 英语六级

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: I've just bought a new blender.

M: 我刚买了一台新搅拌机。

2 W: What's that?

W: 那是什么?

3 M: A blender, you know, a machine that blends food.

M: 搅拌机, 你知道的, 就是把食物搅拌在一起的机器。

4 W: Uh, yes, of course, the electric kitchen appliance.

W: 哦, 是的, 当然了, 电动厨房用具。

5 M: Exactly, this one is state-of-the-art. I've been meaning to buy one for a while, and I did thorough research on which specific model to get. I read through maybe hundreds of online user reviews. Anyway, it's amazing.

M: 没错, 这台是最先进的。我一直想买一台, 而且我做了彻底的研究来决定买哪个型号。我可能看了几百条在线用户评价。总之, 它太棒了。

6 W: Really? What could be so special about it? I mean it's just a blender.

W: 真的吗? 它能有什么特别的? 我是说它只是个搅拌机而已。

7 M: Well, basically, it's just a very good one. It feels heavy and sturdy and well made. It also has lots of power and can easily cut and crush practically anything. This way, the soups and juices I make come out really fine and smooth, with no lumpy bits.

M: 嗯, 基本上就是它非常好用。摸起来很有分量、很结实、做工精良。它还有很强的动力, 几乎可以轻松切碎和粉碎任何东西。这样一来, 我做出来的汤和果汁就非常细腻顺滑, 没有结块。

8 W: Um, I see. I've never thought of getting one myself. It sounds like the kind of thing that, for me personally, I would rarely use.

W: 嗯, 我明白了。我自己从来没想过要买一台。听起来对我个人来说, 这种东西我很少会用到。

9 M: I've never had one before, and now that I do. I use it all the time. I make a fresh fruit juice in the morning, maybe not every morning, but three or four times a week, and it feels fantastic. It's a really healthy habit.

M: 我以前从来没有用过, 现在有了之后, 我一直在用。我早上会做新鲜果汁, 也许不是每天早上, 但一周有三四次, 感觉太棒了。这真是个很健康的习惯。

10 W: I can imagine that must feel quite satisfying. I can picture you getting all creative in the kitchen and trying out a multitude of different ingredient combinations, and it's obviously going to be healthier than buying packaged juice from a supermarket.

W: 我能想象那一定很有满足感。我可以想象你在厨房里充满创意, 尝试各种不同的食材组合, 而且这显然要比从超市买包装果汁更健康。

11 M: It's so much healthier. It's not even close. Did you know that store-bought juice is like 10% sugar?

M: 健康得多。根本没法比。你知道商店买的果汁含糖量有10%吗?

12 W: Right, so then you bought it for the health benefits?

W: 是啊, 所以你是为了健康益处才买的?

13 M: Mostly yes. Basically, it allows me to have a more varied diet with a far wider assortment of nutrients, because it's not only fruit in my morning juices you see. I can also throw in vegetables, nuts, yogurts, cereals, anything that tickles my fancy.

M: 主要是的。基本上它让我的饮食更加多样化, 摄入的营养种类也更广泛, 因为你看我早上的果汁里不仅有水果。我还可以加蔬菜、坚果、酸奶、谷物, 任何我想加的东西。

1. A) Read numerous comments users put online.

B) Blended all his food without using a machine.

C) Searched for the state-of-the-art models of blenders.

D) Did thorough research on the price of kitchen appliances.

【题目】 What does the man say he did before buying the blender?

【翻译】男士说他在购买搅拌机之前做了什么？

- A) 阅读了大量用户在网上发布的评论。 B) 不使用机器搅拌他所有的食物。
C) 搜索了最先进的搅拌机型号。 D) 对厨房电器的价格做了彻底的研究。

【答案】A (细节题) Read numerous comments users put online.

【定位】I did thorough research on which specific model to get. I read through maybe hundreds of online user reviews.

我对具体该买哪个型号做了彻底的研究。我大概读了几百条网上的用户评论。

【信号】男方自述买前动作。这题问"the man...did before buying", 信号就是男方在介绍这台机器时, 自己说出的那串"我做了....."。关键落点是 I read through maybe hundreds of online user reviews, "读了几百条网上用户评论"正是买前的准备动作。

【替换】read through maybe hundreds of online user reviews ↔

Read numerous comments users put online.

几百条=numerous, 评论=comments

【排除】C) 原词陷阱

录音里 state-of-the-art 是男方用来夸"这台机器很先进" (this one is state-of-the-art), 并不是说他"去搜寻顶配机型"。选项 Searched for the state-of-the-art models of blenders. 把这个原词搬过来拼成一个他没做的动作, 听到 state-of-the-art 就选就中招。

借用原文: this one is state-of-the-art

D) 偷换概念

男方确实说了 I did thorough research, 但研究的是 which specific model to get (该买哪个型号), 不是价格。选项 Did thorough research on the price of kitchen appliances. 偷偷把研究对象换成 price, 听到"thorough research"就选就被偷换。

借用原文: I did thorough research on which specific model to get

B) 与原文相反

选项 Blended all his food without using a machine. 说"不用机器就把食物搅了", 可整段重点恰恰是他买了一台机器 (blender 就是机器)。这和录音说的正相反, 属无中生有又反向的陷阱。

-
2. A) Eating any blended food.
B) Buying a blender herself.
C) Using machines to do her cooking.
D) Making soups and juices for herself.

【题目】What does the woman say she has never thought of doing?

【翻译】女士说她从未想过做什么？

- A) 吃任何搅拌食品。 B) 自己购买一台搅拌机。 C) 使用机器来做饭。
D) 自己制作汤和果汁。

【答案】 **B** (细节题) Buying a blender herself.

【定位】 I've never thought of getting one myself.

我自己从没想过要买一台。

【信号】 女方应答中的 **never thought** 原话。题干问 never thought of doing, 录音里女方原话就是 I've never thought of getting one myself, "never thought of" 与题干几乎一字不差, 这句被问者的直接应答就是答案句。one 指上文的 blender。

【替换】 never thought of getting one myself ↔ **Buying a blender herself.**

getting one=buying a blender, myself=herself

【排除】 **D) 张冠李戴**

soups and juices 是男方说的 (他做的汤和果汁 the soups and juices I make), 不是女方 "从没想过给自己做" 的事。选项 Making soups and juices for herself. 把男方做的事安到女方头上, 是张冠李戴。

借用原文: the soups and juices I make

C) 原词陷阱

录音里 machine 出现在介绍 blender 时 (a machine that blends food), 女方并没说自己 "从没想过用机器做饭"。选项 Using machines to do her cooking. 借 machine 这个原词编了个她没表过的态。

借用原文: a machine that blends food

A) 未提及

选项 Eating any blended food. 蹭了 blend 这个话题词, 但女方从没说 "从没想过吃任何搅拌食物", 她说的是没想过 "买机器"。属未提及。

3. A) Cooking every meal creatively in the kitchen.

B) Paying due attention to his personal hygiene.

C) Eating breakfast punctually every morning.

D) Making his own fresh fruit juice regularly.

【题目】 What does the man say is a really healthy habit?

【翻译】 男士说什么是真正健康的习惯?

A) 在厨房里创意性地烹饪每一餐。 B) 适当关注他的个人卫生。

C) 每天早上准时吃早餐。 D) 定期自制新鲜果汁。

【答案】 **D** (细节题) Making his own fresh fruit juice regularly.

【定位】 I make a fresh fruit juice in the morning, maybe not every morning, but three or four times a week, and it feels fantastic. It's a really healthy habit.

我早上会榨一杯鲜果汁, 也许不是每天早上, 而是一周三四次, 感觉棒极了。这是个真正健康的习惯。

【信号】 **healthy habit前紧挨的那件事**。答案信号是 It's a really healthy habit 里的 it——它回指紧挨着前面那件事 I make a fresh fruit juice in the morning...three or four times a week。男方把"经常自榨果汁"明确称作"真正健康的习惯"。

【替换】 I make a fresh fruit juice in the morning, maybe not every morning, but three or four times a week
↔ **Making his own fresh fruit juice regularly.**
一周三四次=regularly

【排除】 A) **与原文相反**

Cooking every meal creatively in the kitchen. 借的 creative in the kitchen 是女方的猜想 getting all creative in the kitchen, 不是男方说的健康习惯; 而且 every meal (每一餐) 比录音的"一周三四次"夸张得多, 频率过头。

借用原文: getting all creative in the kitchen

C) **原词陷阱**

录音男方只说早上榨果汁、还"不是每天早上", Eating breakfast punctually every morning. 借 morning 这个原词, 编出"每天准时吃早餐", 既无 breakfast 也无 punctually, 是原词陷阱。

借用原文: I make a fresh fruit juice in the morning, maybe not every morning

B) **未提及**

Paying due attention to his personal hygiene. 讲"个人卫生", 整段对话围绕果汁与营养, 从没谈卫生, 属未提及, 靠跑题词凑数。

-
4. A) One-tenth of it is sugar.
B) It looks healthy and attractive.
C) One's fancy may be tickled by it.
D) It contains an assortment of nutrients.

【题目】 **What do we learn about store-bought juice from the conversation?**

【翻译】 从对话中我们了解到关于商店购买的果汁的什么信息?

- A) 其中十分之一是糖。 B) 它看起来健康且有吸引力。 C) 它可能会引起人们的兴趣。
D) 它包含各种营养成分。

【答案】 **A** (细节题) One-tenth of it is sugar.

【定位】 Did you know that store-bought juice is like 10% sugar?

你知道店里买的果汁差不多有百分之十是糖吗?

【信号】 **对象store-bought juice配数字**。题干对象 store-bought juice 在录音里只在 store-bought juice is like 10% sugar 这一句被正面描述, 且带一个具体比例 10%。"对象点名 + 出现数字"双重信号, 这句就是答案句。

【替换】 store-bought juice is like 10% sugar ↔ **One-tenth of it is sugar.**
10%=One-tenth

【排除】 D) 偷换概念

It contains an assortment of nutrients. 借的 assortment of nutrients 是男方夸"自榨晨间果汁"的 (a far wider assortment of nutrients) , 对象是自榨果汁, 不是店买果汁。题干问的是 store-bought, 对象被偷换。

借用原文: a far wider assortment of nutrients

C) 原词陷阱

One's fancy may be tickled by it. 盗用 tickles my fancy, 但录音里这词形容的是男方往自榨果汁里加 anything that tickles my fancy, 和店买果汁无关, 是张冠李戴的原词陷阱。

借用原文: anything that tickles my fancy

B) 与原文相反

It looks healthy and attractive. 蹭了 healthy 一词, 但录音说"自榨"比店买更健康 (It's so much healthier) , 从没说"店买果汁看起来健康诱人", attractive 更是没提, 属未提及兼相反。

借用原文: It's so much healthier

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

1 W: Today we have a very interesting guest. Mr. Thomas Benjamin Grimm, the mayor of Berkton, is here to talk about his job and responsibilities overseeing this charming village. Mr. Grimm, thank you for being here.

W: 今天我们有一位非常有趣的嘉宾。Thomas Benjamin Grimm 先生, Berkton 的市长, 来这里谈谈他的工作以及管理这个迷人村庄的职责。Grimm 先生, 感谢您的到来。

2 M: Thank you for having me.

M: 感谢邀请我来。

3 W: I'd like to start by stating the obvious. Berkton has become one of the most popular tourist destinations in the country, and this has happened under your watch. Just how did you achieve this?

W: 我想先说一个显而易见的事实。Berkton 已经成为全国最受欢迎的旅游目的地之一, 而这是在您的任期内发生的。您究竟是如何做到这一点的?

4 M: The achievement belongs to all the residents of Berkton. It was a shared effort where everybody pitched in for the communal good.

M: 这个成就属于 Berkton 的全体居民。这是一个共同的努力, 每个人都为公共利益做出了贡献。

5 W: But how did this change happen? In about 10 years, Berkton has gone from a relatively unheard-of sleepy village to a must-see destination.

W: 但这种改变是如何发生的呢? 大约 10 年间, Berkton 从一个相对默默无闻的沉寂村庄变成了必看的旅游目的地。

6 M: Yes, the change has truly been remarkable. Berkton was always fortunate to be endowed with such a beautiful natural allure. The Ambury Hills above the village remain untouched by human development, and the Sonora Valley just below it is equally stunning. The transformation commenced in a town hall

meeting in spring 2008 over 10 years ago now, when an overwhelming majority of neighbors voted in favor of "Motion 836". This legislative proposal essentially set out to harmonize the aesthetic appearance of all the houses in Berkton. The idea was that if all the properties looked a certain way with shared design features, then a village as a whole would look more beautiful. And it worked.

M: 是的, 这种变化确实非常显著。Berkton 一直很幸运地拥有如此美丽的自然魅力。村庄上方的 Ambury Hills 至今未受人类开发的影响, 而就在其下方的 Sonora Valley 同样令人惊叹。这场转变始于 2008 年春天的一次市政厅会议, 距今已有 10 多年了, 当时绝大多数居民投票支持了"836 号动议"。这项立法提案本质上是要统一 Berkton 所有房屋的美学外观。这个想法是, 如果所有房产都以某种方式呈现共同的设计特征, 那么整个村庄看起来就会更美丽。而它奏效了。

7 W: It certainly did. I'm looking now at a before-and-after photo, and the change is truly remarkable. It's hard to believe it's the same place. And how do the neighbors feel now?

W: 确实如此。我现在正在看一张前后对比照片, 变化真的非常显著。很难相信这是同一个地方。那么现在居民们的感受如何?

8 M: Great pride, I would say.

M: 我想说是巨大的自豪感。

9 W: But what about the multitudes of visitors now crowding the streets? Is everyone happy about that?

W: 但现在大批游客涌入街道呢? 每个人都对此感到高兴吗?

10 M: The tourists we receive are a blessing, as they have completely revitalized our local economy. Every visitor is warmly welcome.

M: 我们接待的游客是一种福气, 因为他们彻底振兴了我们的本地经济。每一位游客都受到热烈欢迎。

5. A) How he has made himself popular as the mayor of Berkton.
B) How the residents will turn Berkton into a tourist attraction.
C) How charming he himself considers the village of Berkton to be.
D) How he has led people of Berkton to change the village radically.

【题目】 What is the question the woman asked Mr. Grimm after the introduction?

【翻译】 这位女士在介绍之后向Grimm先生提出了什么问题?

- A) 他如何使自己成为广受欢迎的Berkton市长。 B) 居民将如何把Berkton变成旅游胜地。
C) 他本人认为Berkton村有多迷人。 D) 他如何带领Berkton的人们彻底改变了这个村庄。

【答案】 D (细节题) How he has led people of Berkton to change the village radically.

【定位】 Berkton has become one of the most popular tourist destinations in the country, and this has happened under your watch. Just how did you achieve this?

Berkton 已成为全国最受欢迎的旅游目的地之一, 而这一切就发生在你的任期之内。你究竟是怎么做到这一点的呢?

【信号】主持人在介绍后抛出的直接提问句。答案句的信号是主持人(W)在开场介绍之后说出的那句直接发问 Just how did you achieve this?——"this" 回指上一句 "Berkton 变成热门旅游地", 所以她问的正是 "你如何促成了这场转变"。对话题里, 主持人 "介绍之后的第一个问句" 就是答案落点。

【替换】 how did you achieve this ↔ **How he has led people of Berkton to change the village radically**
this = 把村子变旅游地, 即 "彻底改变村庄"
this has happened under your watch ↔ **he has led people of Berkton**
"在你任期内发生" = 市长带领大家做成

【排除】 A) **原词陷阱**

A 用了原文反复出现的 popular as the mayor of Berkton 这些原词, 但主持人问的是 "如何改变村子", 不是 "市长本人如何变得受欢迎"; 原文 popular tourist destinations 说的是 "村子" 受欢迎, A 偷换成 "市长" 受欢迎, 听到 popular 就选会中招。

借用原文: Berkton has become one of the most popular tourist destinations in the country

B) **张冠李戴**

B 说的是 the residents will turn Berkton into a tourist attraction, 主语是居民、且是 "将要" 做的将来事; 可主持人问的是 "你(市长)如何做到了已经发生的转变", B 张冠李戴(把焦点从市长换成居民)又错了时态。

借用原文: The achievement belongs to all the residents of Berkton.

C) **原词陷阱**

C 说 How charming he himself considers the village of Berkton to be, 借用了原文 this charming village 里的 charming 一词; 但 charming 是主持人介绍时用的, 且主持人问的是 "如何做到转变", 不是 "市长觉得村子多迷人", C 把客观描述偷换成 "市长的主观评价"。

借用原文: overseeing this charming village

-
6. A) It was developed only to a limited extent.
B) It was totally isolated as a sleepy village.
C) It was relatively unknown to the outside.
D) It was endowed with rare natural resources.

【题目】 What do we learn about Berkton 10 years ago?

【翻译】 关于10年前的Berkton我们了解到什么?

- A) 它的开发程度很有限。 B) 它完全与世隔绝,是个沉睡的村庄。
C) 它在外界相对不为人知。 D) 它拥有稀有的自然资源。

【答案】 C (细节题) It was relatively unknown to the outside.

【定位】 In about 10 years, Berkton has gone from a relatively unheard-of sleepy village to a must-see destination.

大约 10 年间, Berkton 从一个相对默默无闻的沉睡小村, 变成了一个必看的旅游胜地。

【信号】 "from...to..." 中 from 后即 10 年前的状态。答案信号是主持人这句 gone from a relatively unheard-of sleepy village to a must-see destination 里的 "from...to..." 结构: from 后面 a relatively unheard-of sleepy village 正是 "10 年前" 的起点状态, to 后面才是现在。问 "10 年前", 答案就在 from 之后。

【替换】 a relatively unheard-of sleepy village ↔ It was relatively unknown to the outside
unheard-of = unknown, 同义替换

【排除】 A) 未提及

A 说 developed only to a limited extent(只在有限程度上被开发), 但原文只说村子 "没名气/沉睡", 从没说它 "被开发到有限程度"; 这是凭 "沉睡村" 的印象自行脑补的开发说法, 原文无据。

B) 原词陷阱

B 用了原文原词 sleepy village, 但把 relatively unheard-of(相对没名气)夸大成 totally isolated(完全孤立); relatively(相对)被偷换成 totally(完全), 程度被拔高, 与原文不符。

借用原文: a relatively unheard-of sleepy village

D) 原词陷阱

D 说 endowed with rare natural resources, 借用了原文 endowed with such a beautiful natural allure 的 endowed 与 natural; 但原文说的是 "自然之美(allure)" 而非 "罕见资源(resources)", 且这句讲的不是 "10 年前的状态", 与题问的时间也不对。

借用原文: Berkton was always fortunate to be endowed with such a beautiful natural allure.

7. A) All the properties in Berkton were designed by the same architect.

B) The majority of residents lived in harmony with their neighbours.

C) The majority of residents enjoyed cosy housing conditions.

D) All the houses in Berkton looked aesthetically similar.

【题目】 What resulted from the passing of the legislative proposal "Motion 836"?

【翻译】 立法提案"836号动议"的通过产生了什么结果?

A) Berkton的所有房产都由同一位建筑师设计。 B) 大多数居民与邻居和睦相处。

C) 大多数居民享有舒适的住房条件。 D) Berkton的所有房屋在美学上看起来相似。

【答案】 D (细节题) All the houses in Berkton looked aesthetically similar.

【定位】 This legislative proposal essentially set out to harmonize the aesthetic appearance of all the houses in Berkton. The idea was that if all the properties looked a certain way with shared design features, then a village as a whole would look more beautiful. And it worked.

这项立法提案本质上是要统一 Berkton 所有房屋的外观审美。其设想是: 如果所有房产都按某种方式、带着共同的设计特征呈现, 那么整个村庄看起来会更美。而它奏效了。

【信号】提案后紧跟的“统一外观”+“奏效了”。答案信号有两处：一是紧跟提案的目的句 harmonize the aesthetic appearance of all the houses(统一所有房子的外观)，二是收尾的 And it worked.(它奏效了)——“奏效”确认了这个“外观统一”的效果真的实现了，正是提案带来的结果。

【替换】harmonize the aesthetic appearance of all the houses in Berkton ↔

All the houses in Berkton looked aesthetically similar

“统一外观”=“外观看起来相似”

shared design features ↔ aesthetically similar

“共同设计特征”=外观相似

【排除】A) 原词陷阱

A 说 designed by the same architect，借用了原文 shared design features 里的 design；但原文说的是“共同的设计特征”，从没说“出自同一个建筑师”，A 把“设计相似”偷换成“同一人设计”，是听到 design 就选的陷阱。

借用原文：if all the properties looked a certain way with shared design features

B) 偷换概念

B 说 lived in harmony with their neighbours(邻里和睦相处)，疑似借了原文 harmonize(统一)与 an overwhelming majority of neighbors voted 里 neighbors 的影子；但原文是说邻居们“投票通过提案”，harmonize 指“统一房屋外观”而非“邻里关系和睦”，B 偷换了概念。

借用原文：an overwhelming majority of neighbors voted in favor of "Motion 836"

C) 未提及

C 说 enjoyed cosy housing conditions(享受舒适的居住条件)，但原文谈的是房子“外观是否统一、村子是否更美”，从没谈居民住得舒不舒服；cosy(舒适)是凭“漂亮房子”联想出来的，原文无据。

8. A) They have helped boost the local economy.

B) They have made the residents unusually proud.

C) They have contributed considerably to its popularity.

D) They have brought happiness to everyone in the village.

【题目】Why does the man say the tourists are a blessing to Berkton?

【翻译】为什么这位男士说游客是Berkton的福音？

A) 他们帮助促进了当地经济。 B) 他们使居民感到异常自豪。

C) 他们为其知名度做出了相当大的贡献。 D) 他们给村里的每个人都带来了快乐。

【答案】A (细节题) They have helped boost the local economy.

【定位】The tourists we receive are a blessing, as they have completely revitalized our local economy.

我们接待的游客是一种福气，因为他们彻底重振了我们当地的经济。

【信号】因果词 as 之后即原因。答案信号是因果连词 as：它前面是判断 The tourists we receive are a blessing，后面 they have completely revitalized our local economy 才是 "为什么是福气" 的真正原因。问 Why，答案就在 as 引出的从句里。

【替换】they have completely revitalized our local economy ↔

They have helped boost the local economy

revitalize = boost, 同义替换

【排除】B) **张冠李戴**

B 说 made the residents unusually proud，借用了原文前面 Great pride 的 pride；但那是回答 "邻居们现在感受如何" 时说的居民对 "村子变美" 的自豪，不是 "游客" 带来的、也不是 "游客是福气" 的原因，B 张冠李戴、错配了问题。

借用原文：Great pride, I would say.

C) **原词陷阱**

C 说 contributed considerably to its popularity，借了原文反复出现的 popular/popularity 影子；但说话人给出的 "福气" 原因是 "重振经济"，不是 "游客提升了知名度"，C 把答案换到了名气这条线，与 as 后的原因不符。

借用原文：Berkton has become one of the most popular tourist destinations in the country

D) **过度推断**

D 说 brought happiness to everyone in the village，疑似从 Every visitor is warmly welcome 的友好氛围里推出来；但原文只说 "重振经济/欢迎游客"，没说 "给村里每个人带来快乐"，everyone/happiness 都是脑补放大，过度推断。

借用原文：Every visitor is warmly welcome.

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 Researchers in the US have created a remote-controlled robot that is so small it can walk on the top of a US penny. In research published in the journal Science Robotics, a team at Northwestern University said the crab-like robot is 0.5mm wide. Researchers described it as the smallest-ever remote-controlled walking robot.

美国研究人员创造了一种遥控机器人，小到可以在美国一分硬币顶部行走。在发表于《科学机器人学》期刊的研究中，Northwestern University的一个团队表示，这种类似螃蟹的机器人宽0.5毫米。研究人员称其为有史以来最小的遥控行走机器人。

2 The tiny robot can bend, twist, crawl, walk, turn, and even jump without the use of complex hardware or special power. The engineers said this is because the robot is powered by the elastic property of its

body. To construct the robot, the researchers used a shape-memory alloy material that transforms to its remembered shape when heated.

这个微型机器人可以弯曲、扭转、爬行、行走、转向，甚至跳跃，而无需使用复杂的硬件或特殊电源。工程师们表示，这是因为机器人由其身体的弹性特性提供动力。为了构造这个机器人，研究人员使用了一种形状记忆合金材料，该材料在加热时会变回其记忆形状。

3 Using a laser, the team is able to heat the robot at specific parts of its body, causing it to change shape. As the robot deforms and goes back to its original shape, it creates movement from one place to another. "Because these structures are so tiny, the rate of cooling is very fast," project lead Professor John A. Rogers said. "In fact, reducing the sizes of these robots allows them to run faster."

通过使用激光，团队能够在机器人身体的特定部位加热，使其改变形状。当机器人变形并恢复到原始形状时，就产生了从一个地方到另一个地方的运动。项目负责人John A. Rogers教授说："因为这些结构非常微小，冷却速度非常快。事实上，缩小这些机器人的尺寸可以让它们运行得更快。"

4 While the research is still in the exploratory phase, the team believes that technology could lead to micro-sized robots that can perform practical tasks in tightly confined spaces. "You might imagine micro-robots as agents to repair or assemble small structures or machines in industry or as surgical assistants to clear clogged arteries, to stop internal bleeding, or to eliminate cancerous tumours—all in minimally invasive procedures," Rogers said.

虽然研究仍处于探索阶段，但团队相信这项技术可以催生出能够在狭小空间内执行实际任务的微型机器人。Rogers说："你可以想象微型机器人作为修复或组装工业中小型结构或机器的代理，或者作为外科助手清除阻塞的动脉、止住内出血或消除恶性肿瘤——所有这些都在微创手术中完成。"

9. A) They have created the smallest remote-controlled walking robot in the world.
B) They are going to publish their research findings in the journal Science Robotics.
C) They are the first to build a robot that can bend, crawl, walk, turn and even jump.
D) They are engaged in research on a remote-controlled robot which uses special power.

【题目】 What does the passage say about a team of researchers at Northwestern University?

【翻译】 文章关于Northwestern大学的一组研究人员说了什么？

- A) 他们创造了世界上最小的遥控行走机器人。
B) 他们将在《Science Robotics》期刊上发表他们的研究成果。
C) 他们是第一个制造出能够弯曲、爬行、行走、转弯甚至跳跃的机器人的团队。
D) 他们正从事一种使用特殊动力的遥控机器人的研究。

【答案】 A (细节题) They have created the smallest remote-controlled walking robot in the world.

【定位】 Researchers described it as the smallest-ever remote-controlled walking robot.

研究人员把它描述为有史以来最小的遥控步行机器人。

【信号】 最高级 **smallest-ever** 收尾定调。这句用最高级 the smallest-ever remote-controlled walking robot 给团队成就下定论，最高级是篇章里典型的答案信号，听到 the smallest-ever 就该锁定它为承载结论的那一句。

【替换】 the smallest-ever remote-controlled walking robot ↔
the smallest remote-controlled walking robot in the world
smallest-ever = smallest...in the world
created a remote-controlled robot ↔ They have created
动词 created 直接对应

【排除】 B) 原词陷阱

选项B盗用了录音里的期刊名 the journal Science Robotics, 但原文只是说"研究发表在该期刊", 并非"将要发表", 更不是问团队的核心成就; 它靠你听到 Science Robotics 就想选来设套。

借用原文: In research published in the journal Science Robotics

C) 原词陷阱

选项C搬来录音里整串动作 bend, crawl, walk, turn and even jump, 极易让人一听就选; 但原文从未说该团队是 first to build 会做这些动作的机器人, "第一个"是无中生有, 题干问的也是成就定性而非"是否首创动作"。

借用原文: The tiny robot can bend, twist, crawl, walk, turn, and even jump

D) 与原文相反

选项D说机器人 uses special power, 盗用了录音里的 special power 一词; 但原文明说机器人 without the use of complex hardware or special power, 是"不用"特殊能源, 选项把否定改成了肯定, 方向反了。

借用原文: without the use of complex hardware or special power

-
10. A) It changes its shape by complex hardware.
B) It is operated by a special type of tiny motor.
C) It moves from one place to another by memory.
D) It is powered by the elastic property of its body.

【题目】 What did the researchers say about the robot they created?

【翻译】 研究人员关于他们创造的机器人说了什么?

- A) 它通过复杂的硬件改变形状。 B) 它由一种特殊类型的微型马达操作。
C) 它通过记忆从一个地方移动到另一个地方。 D) 它由其身体的弹性特性提供动力。

【答案】 D (细节题) It is powered by the elastic property of its body.

【定位】 The engineers said this is because the robot is powered by the elastic property of its body.
工程师们说, 这是因为机器人由其身体的弹性属性提供动力。

【信号】 因果 because + powered by。这句以因果词 because 引出原因, 又用 powered by the elastic property of its body 点明供能来源, 因果信号 + 原理表述双重锁定它为答案句。

【替换】 powered by the elastic property of its body ↔ powered by the elastic property of its body
供能机制几乎原句对应

【排除】 A) 与原文相反

选项A说靠 complex hardware 变形，盗用了录音原词 complex hardware；但原文明说机器人做各种动作 without the use of complex hardware，是"不靠"复杂硬件，选项把否定说成了依靠，方向相反。

借用原文：without the use of complex hardware or special power

B) 未提及

选项B说靠 a special type of tiny motor 运转，但录音通篇没提任何 motor（马达），供能来源明确是身体弹性；这是凭"机器人=有马达"的常识硬编出来的无中生有项。

C) 原词陷阱

选项C把录音里 from one place to another 和 memory（来自 shape-memory）两处原词拼在一起，说机器人 moves...by memory；但原文是靠形状记忆合金"变形再复原"才产生移动，并非"靠记忆移动"，属偷换概念。

借用原文：As the robot deforms and goes back to its original shape, it creates movement from one place to another

-
11. A) Replace humans in exploratory tasks.
B) Perform tasks in tightly confined spaces.
C) Explore the structure of clogged arteries.
D) Assist surgeons in highly complex surgery.

【题目】 What do the researchers expect their robots to do in the future?

【翻译】 研究人员期望他们的机器人未来做什么？

- A) 在探索性任务中取代人类。 B) 在狭小密闭的空间中执行任务。
C) 探索堵塞动脉的结构。 D) 在高度复杂的手术中协助外科医生。

【答案】 B（细节题） Perform tasks in tightly confined spaces.

【定位】 While the research is still in the exploratory phase, the team believes that technology could lead to micro-sized robots that can perform practical tasks in tightly confined spaces.

尽管研究仍处于探索阶段，但团队相信，这项技术可能催生出能够在狭小空间内执行实际任务的微型机器人。

【信号】 believes + could 引出展望落点。 这句用 the team believes that technology could lead to 表团队对未来的预期，believe + could 是展望性信号，其后 perform practical tasks in tightly confined spaces 就是预期用途的落点。

【替换】 perform practical tasks in tightly confined spaces ↔ **Perform tasks in tightly confined spaces**
执行任务/狭小空间近乎同形

【排除】 A) 过度推断

选项A说 Replace humans in exploratory tasks, 借了录音里 in the exploratory phase 的 exploratory 一词; 但原文只说研究"尚处探索阶段", 从未说要"取代人类", replace humans 是凭空拔高的过度推断。

借用原文: While the research is still in the exploratory phase

C) 原词陷阱

选项C说 Explore the structure of clogged arteries, 盗用了录音举例里的 clogged arteries; 但 to clear clogged arteries 只是诸多设想用途中的一个例子, 且原文是"清理"血管不是"探查结构", 把举例之一冒充成总的未来预期, 以偏概全。

借用原文: as surgical assistants to clear clogged arteries

D) 原词陷阱

选项D说 Assist surgeons in highly complex surgery, 盗用录音 as surgical assistants 的医疗设想; 但原文设想的是充当外科助手做清血管/止血等"微创"操作, 并未说"辅助高度复杂的手术", highly complex 是被改大的程度词, 同样属举例被偷换。

借用原文: as surgical assistants to clear clogged arteries, to stop internal bleeding, or to eliminate cancerous tumours—all in minimally invasive procedures

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

1 I don't want to boast or anything, but I have always considered myself something of an elite sleeper. Given the opportunity, I will sleep for marathon stretches, and can doze through the most extreme situations. On one very rough ferry crossing, on the route to the Isles of Scilly, for example, my traveling companion spent the entire 3-hour-ride throwing up in the bathroom, while I dozed happily on a plastic chair.

我不想自夸什么的,但我一直认为自己算得上是睡眠精英。只要有机会,我能睡上马拉松式的长时间,而且可以在最极端的情况下打瞌睡。例如,在一次前往锡利群岛的非常颠簸的渡轮航行中,我的旅伴在整整3小时的航程中都在卫生间里呕吐,而我却在一把塑料椅子上愉快地打盹。

2 Unfortunately, it has come to my attention that I am not an elite sleeper after all. It seems I am just lazy, because elite sleepers are defined as the approximately 3 percent of the population who are biologically programmed to need less sleep than the rest of us. According to a study that came out in March, elite sleepers have rare genetic changes, which means they can sleep fewer hours than mere mortals, without any risk of cognitive decline.

不幸的是,我注意到自己毕竟不是睡眠精英。看来我只是懒惰而已,因为睡眠精英被定义为大约占人口3%的、在生物学上被编程为比我们其他人需要更少睡眠的人群。根据3月份发表的一项研究,睡眠精英拥有罕见的基因变异,这意味着他们可以比普通入睡更少的时间,而不会有任何认知能力下降的风险。

3 It may not be possible to change your own genes, but can you train yourself to need less sleep? Is there a non-biological way to reach elite sleeper status? I have spent the past year trying to answer that

question. Not for fun, I should add, but because having a baby has severely disrupted my sleep, for which I still have a great passion.

也许无法改变自己的基因,但你能否训练自己减少睡眠需求呢?有没有非生物学的方式来达到睡眠精英的地位?过去一年我一直在尝试回答这个问题。我要补充说明的是,这不是为了好玩,而是因为有了孩子严重打乱了我的睡眠,而我对睡眠仍然有极大的热情。

4 For a while, I assumed I'd be forced to become one of those people who jump out of bed at the crack of dawn. After a year of tough scientific study, however, I have discovered being forced to get up early in the morning is very different from being an early bird.

有一段时间,我以为自己会被迫成为那些在黎明时分就跳下床的人之一。然而,经过一年艰苦的科学研究,我发现被迫早起和成为早起的人是非常不同的。

12. A) She threw up in the bathroom.
B) She slept during the entire ride.
C) She dozed off for a few minutes.
D) She boasted of her marathon race.

【题目】 What does the speaker say she did on her ride to the Isles of Scilly?

【翻译】 说话者说她在前往锡利群岛的途中做了什么?

- A) 她在浴室里呕吐了。 B) 她在整个行程中都在睡觉。 C) 她打了几分钟瞌睡。
D) 她吹嘘自己的马拉松比赛。

【答案】 B (细节题) She slept during the entire ride.

【定位】 On one very rough ferry crossing, on the route to the Isles of Scilly, for example, my traveling companion spent the entire 3-hour-ride throwing up in the bathroom, while I dozed happily on a plastic chair.

比如有一次在去锡利群岛的航线上、那趟非常颠簸的渡轮航程里,我的旅伴整整三个小时都在卫生间呕吐,而我却在一把塑料椅上美美地睡着了。

【信号】 对比连词 **while** 分开「她」和「旅伴」。while I dozed happily on a plastic chair 里的 while 是答案信号: 它把两个人的行为对照开——while 前是旅伴 throwing up in the bathroom, while 后才是「我」做的事。听到 while、whereas 这类对比词, 要立刻分清前后各是谁。

【替换】 I dozed happily on a plastic chair ↔ She slept during the entire ride.

doze 等于睡着, 且时长沿用前文 entire 3-hour-ride

【排除】 A) 张冠李戴

She threw up in the bathroom. 盗用了录音原词 throwing up in the bathroom, 但那是 while 前「我的旅伴」做的事, 被安到了「她」头上, 典型听到原词就想选的陷阱。

借用原文: my traveling companion spent the entire 3-hour-ride throwing up in the bathroom

C) 原词陷阱

She dozed off for a few minutes. 借用了 doze 这个原词, 但把时长偷改成「几分钟」, 与原文 entire 3-hour-ride 的整程相反, 是在「睡多久」上做手脚。

借用原文: I dozed happily on a plastic chair

D) 原词陷阱

She boasted of her marathon race. 拼了两个扎眼原词: boast 来自开头 I don't want to boast、marathon 来自 sleep for marathon stretches (指「长时间地睡」, 非比赛)。它们都不在「乘船」场景里, 且 marathon stretches 根本不是「马拉松比赛」。

借用原文: I will sleep for marathon stretches

-
13. A) They are mostly immune to cognitive impairment.
B) They can sleep soundly during a rough ride at sea.
C) They are genetically determined to need less sleep.
D) They constitute about 13 percent of the population.

【题目】 What do we learn from the passage about elite sleepers?

【翻译】 我们从这段文字中了解到关于精英睡眠者的什么信息?

- A) 他们大多对认知障碍免疫。 B) 他们能在海上颠簸的行程中安然入睡。
C) 他们在基因上被决定需要更少的睡眠。 D) 他们约占人口的百分之十三。

【答案】 C (细节题) They are genetically determined to need less sleep.

【定位】 elite sleepers are defined as the approximately 3 percent of the population who are biologically programmed to need less sleep than the rest of us.

精英睡眠者被定义为大约占人口3%、在生物学上被设定为比我们其余人需要更少睡眠的那群人。

【信号】 下定义句式 are defined as。elite sleepers are defined as 是答案信号: are defined as 是典型的下定义句式, 问某类人特征时, 定义句就是答案句。定义里的核心是 biologically programmed to need less sleep。

【替换】 biologically programmed to need less sleep ↔

They are genetically determined to need less sleep.

biologically programmed 等于 genetically determined

【排除】 A) 原词陷阱

They are mostly immune to cognitive impairment. 借了 cognitive 一词（原文 cognitive decline），但原文只说他们少睡时 without any risk of cognitive decline——是「不因少睡而认知衰退」，并非泛泛地「对认知损害免疫」，把条件性表述夸大成绝对免疫。

借用原文：without any risk of cognitive decline

B) 张冠李戴

They can sleep soundly during a rough ride at sea. 把第1段讲者本人乘船 very rough ferry crossing 时睡着的事，安到了「精英睡眠者 They」这类人头上，主语张冠李戴；何况第2段恰恰说她其实不是精英睡眠者。

借用原文：On one very rough ferry crossing

D) 原词陷阱

They constitute about 13 percent of the population. 盗用了原文的「百分比加人口」结构 approximately 3 percent of the population，却把数字从3%偷改成13%，是典型数字陷阱。

借用原文：the approximately 3 percent of the population

-
14. A) Whether there is a way to reach elite status.
B) Whether it is possible to modify one's genes.
C) Whether having a baby impacts one's passion.
D) Whether one can train themselves to sleep less.

【题目】 What has the speaker been trying to find out over the past year?

【翻译】 说话者在过去一年里一直试图弄清楚什么？

- A) 是否有办法达到精英睡眠者的状态。 B) 是否有可能改变一个人的基因。
C) 生孩子是否会影响一个人的热情。 D) 一个人是否能训练自己少睡觉。

【答案】 D （细节题） Whether one can train themselves to sleep less.

【定位】 It may not be possible to change your own genes, but can you train yourself to need less sleep? Is there a non-biological way to reach elite sleeper status? I have spent the past year trying to answer that question.

改变自己的基因也许不可能，但你能训练自己变得需要更少睡眠吗？有没有一种非生物学的途径达到精英睡眠者的地位？我过去一年就一直在试图回答这个问题。

【信号】 讲者亲口发问加紧跟「我花一年回答这个问题」。答案信号有二：一是讲者自己抛出的问句 can you train yourself to need less sleep?；二是其后 I have spent the past year trying to answer that question 把「过去一年」与这个问句直接挂钩，明确指认它就是她要弄清的那个问题。

【替换】 can you train yourself to need less sleep? ↔ **Whether one can train themselves to sleep less.**
疑问句改写成 Whether 间接问句，you 变 one

【排除】 A) 原词陷阱

Whether there is a way to reach elite status. 借了原文问句里的 reach elite sleeper status, 但原文紧接着用 that question 回指的重点是「非生物途径即训练自己少睡」; D 才精确对上她真正探究的内容, A 停在表层措辞。

借用原文: Is there a non-biological way to reach elite sleeper status?

B) 与原文相反

Whether it is possible to modify one's genes. 盗用 change your own genes, 但原文是 It may not be possible to change your own genes, but——改基因被 but 否定掉、用来引出真正的问题, 选它正好取了被推翻的那半句。

借用原文: It may not be possible to change your own genes

C) 答非所问

Whether having a baby impacts one's passion. 用了原文的 having a baby 和 a great passion, 但原文这两词出现在解释「她为何研究」的背景里, 并非她要弄清的那个疑问句, 属答非所问。

借用原文: having a baby has severely disrupted my sleep, for which I still have a great passion

-
15. A) It is in fact quite possible to nurture a passion for sleep.
B) Babies can severely disrupt their parents' sleep patterns.
C) Being forced to rise early differs from being an early bird.
D) New parents are forced to jump out of bed at the crack of dawn.

【题目】 What has the speaker discovered after a year of tough scientific study?

【翻译】 说话者在经过一年艰苦的科学研究后发现了什么?

- A) 事实上完全有可能培养对睡眠的热情。 B) 婴儿会严重扰乱父母的睡眠模式。
C) 被迫早起不同于成为早起的人。 D) 新手父母被迫在破晓时分跳下床。

【答案】 C (细节题) Being forced to rise early differs from being an early bird.

【定位】 After a year of tough scientific study, however, I have discovered being forced to get up early in the morning is very different from being an early bird.

然而, 经过一年艰苦的科学研究, 我发现被迫早起和真正的早起者是非常不同的两回事。

【信号】 转折 however 加标记词 I have discovered. 答案信号有二: however 把前文「我以为我会被迫成为早起者」的旧假设推翻; 紧跟的 I have discovered 直接挂出结论。转折后加 discovered 标记的那句就是答案句。

【替换】 being forced to get up early in the morning is very different from being an early bird ↔
Being forced to rise early differs from being an early bird.

get up early 等于 rise early, is very different from 等于 differs from

【排除】 A) 未提及

It is in fact quite possible to nurture a passion for sleep. 拼用了原文的 passion (a great passion), 但原文 passion 指「她对睡眠本就有热情」, 从未说「可以去培养」, 更不是这次研究的发现, 属无中生有。

借用原文: for which I still have a great passion

B) 原词陷阱

Babies can severely disrupt their parents' sleep patterns. 几乎照搬原文 having a baby has severely disrupted my sleep (disrupt 原词复现), 但那是第3段交代的「为什么做研究」, 而题问「研究后发现了什么」, 时间、逻辑位置都错, 答非所问。

借用原文: having a baby has severely disrupted my sleep

D) 与原文相反

New parents are forced to jump out of bed at the crack of dawn. 盗用 jump out of bed at the crack of dawn, 但原文这是她 I assumed I'd be forced to become 的旧假设, 紧接着 however 就把它否定了, 取它等于选了被推翻的内容。

借用原文: I assumed I'd be forced to become one of those people who jump out of bed at the crack of dawn

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 If you read an article about a controversial issue, do you think you'd realise if it had changed your beliefs? No one knows your own mind like you do—it seems obvious that you would know if your beliefs had shifted. And yet a new paper in the Quarterly Journal of Experimental Psychology suggests that we actually have very poor awareness of our own belief change, meaning that we will tend to underestimate how much we've been swayed by a convincing article.

如果你读到一篇关于争议性问题的文章,你认为你会意识到它改变了你的信念吗?没有人比你更了解自己的想法——你会知道自己的信念是否发生了转变,这似乎是显而易见的。然而《实验心理学季刊》上的一篇新论文表明,我们实际上对自己信念的改变认知很差,这意味着我们往往会低估自己被一篇有说服力的文章影响的程度。

2 The researchers recruited over two hundred undergraduates across two studies and focused on their beliefs about whether physical punishment of kids is an effective form of discipline. The students reported their initial beliefs about whether physical punishment is an effective way to discipline a child on a scale from "1" completely disbelieve to "9" completely believe. Several weeks later they were given one of two research-based texts to read: each was several pages long and either presented the arguments and data in favour of physical punishment or against it. After this, the students answered some questions

to test their comprehension and memory of the text. Then, the students again scored their belief about whether physical punishment is effective or not. Finally, the researchers asked them to recall what their belief had been at the start of the study.

研究人员在两项研究中招募了两百多名本科生,重点关注他们对体罚儿童是否是一种有效管教形式的信念。学生们报告了他们最初关于体罚是否是管教儿童的有效方式的信念,评分范围从"1"完全不相信到"9"完全相信。几周后,他们被给予两篇基于研究的文本中的一篇来阅读:每篇都有几页长,要么呈现支持体罚的论据和数据,要么呈现反对体罚的论据和数据。此后,学生们回答了一些问题以测试他们对文本的理解和记忆。然后,学生们再次对他们关于体罚是否有效的信念进行评分。最后,研究人员要求他们回忆研究开始时他们的信念是什么。

3 The students' belief about physical punishment changed when they read a text that argued against their own initial position. Crucially, the memory of their initial belief was shifted in the direction of their new belief—in fact, their memory was closer to their current belief than their original belief. The more their belief had changed, the larger this memory bias tended to be, suggesting the students were relying on their current belief to deduce the initial belief. The memory bias was unrelated to the measures of how well they'd understood or recalled the text, suggesting these factors didn't play a role in memory of initial belief or awareness of belief change.

当学生们阅读与他们自己最初立场相反的文本时,他们对体罚的信念发生了改变。至关重要的是,他们对最初信念的记忆朝着新信念的方向发生了偏移——事实上,他们的记忆更接近他们当前的信念而不是最初的信念。他们的信念改变得越多,这种记忆偏差往往就越大,这表明学生们依靠当前的信念来推断最初的信念。记忆偏差与衡量他们对文本理解或回忆程度的指标无关,这表明这些因素在最初信念的记忆或对信念改变的认知中没有发挥作用。

4 The researchers concede that this research was about changes to mostly moderate beliefs—it's likely the findings would be different in the context of changes to extreme or deeply held beliefs. However, our beliefs on most topics are in the moderate range, and as we go about our daily lives reading informative material, these intriguing findings suggest we are mostly ignorant of how what we just read has updated and altered our own position.

研究人员承认,这项研究是关于大多数温和信念的改变——在极端或根深蒂固的信念改变的背景下,研究结果可能会有所不同。然而,我们对大多数话题的信念都处于温和范围内,当我们在日常生活中阅读信息性材料时,这些有趣的发现表明我们大多不知道刚刚读到的内容如何更新和改变了我们自己的立场。

16. A) We have poor awareness of how many controversial issues are being debated.
B) No one knows better than yourself what you are thinking about at the moment.
C) No one can change your opinions more than those who speak in a convincing tone.
D) We are likely to underestimate how much we can be swayed by a convincing article.

【题目】 What does a new paper in the *Quarterly Journal of Experimental Psychology* suggest?

【翻译】《实验心理学季刊》上的一篇新论文提出了什么？

- A) 我们对有多少争议性问题正在被讨论缺乏认识。
- B) 没有人比你更清楚此刻你在想什么。
- C) 没有人能比那些以令人信服的语气说话的人更能改变你的观点。
- D) 我们可能低估了自己会在多大程度上被一篇有说服力的文章所影响。

【答案】D (细节题)

We are likely to underestimate how much we can be swayed by a convincing article.

【定位】And yet a new paper in the Quarterly Journal of Experimental Psychology suggests that we actually have very poor awareness of our own belief change, meaning that we will tend to underestimate how much we've been swayed by a convincing article.

然而，《实验心理学季刊》上的一篇新论文表明，我们其实对自己信念的变化觉察得很差，这意味着我们往往会低估自己被一篇有说服力的文章左右的程度。

【信号】转折 And yet 后才是真意。前一句说"没人比你更了解自己的想法，你似乎该知道信念变没变"，紧接一个转折 And yet，研究真正的结论在转折之后；听到 And yet 就该锁定其后这句为答案句，而非顺着前面那句"你最懂自己"去选。

【替换】we will tend to underestimate how much we've been swayed by a convincing article ↔

We are likely to underestimate how much we can be swayed by a convincing article.

近乎同义改写、只换情态词

【排除】A) 原词陷阱

选项说我们对"有多少争议话题正在被讨论"觉察很差，盗用了录音 very poor awareness 这个原词，但录音说的是对"自己信念变化"觉察差，A 把觉察的对象偷换成了"有多少争议话题"，答非所问。

借用原文：we actually have very poor awareness of our own belief change

B) 与原文相反

选项"没人比你更了解你此刻在想什么"几乎照搬录音开头 No one knows your own mind like you do，但那是作者先立的"看似如此"的常识、随即被 And yet 推翻，并非论文的 suggest (结论)，拿被推翻的铺垫当答案。

借用原文：No one knows your own mind like you do

C) 偷换概念

选项说"用有说服力语气说话的人最能改变你的看法"，蹭了录音 a convincing article 里 convincing 一词，却把"有说服力的文章"换成了"有说服力的语气 (tone)"，且"没人比这更能改变你看法"录音从未说，属偷换加无中生有。

借用原文：swayed by a convincing article

17. A) Their belief about physical punishment changed.
B) Their memory pushed them toward a current belief.
C) The memory of their initial belief came back to them.
D) Their experiences of physical punishment haunted them.

【题目】 What happened when the students read a text that argued against their own initial position?

【翻译】 当学生们阅读一篇反对他们自己最初立场的文章时发生了什么？

- A) 他们对体罚的看法改变了。 B) 他们的记忆将他们推向了当前的信念。
C) 他们对最初信念的记忆回到了他们脑海中。 D) 他们遭受体罚的经历困扰着他们。

【答案】 A (细节题) Their belief about physical punishment changed.

【定位】 The students' belief about physical punishment changed when they read a text that argued against their own initial position.

当学生读到一篇与自己最初立场相反的文章时，他们对体罚的信念发生了改变。

【信号】 题干条件原话复现处即答案句。录音 when they read a text that argued against their own initial position 与题干条件几乎一字不差，这种“题干条件在录音里原话出现”的位置，紧挨着的主句就是答案句；本句主句正是 The students' belief about physical punishment changed。

【替换】 The students' belief about physical punishment changed ↔

Their belief about physical punishment changed.

几乎原句对应、仅换主语为代词

【排除】 B) 答非所问

选项“他们的记忆把他们推向当前信念”蹭了录音 the memory of their initial belief was shifted in the direction of their new belief，但那是“信念已改变”之后另起的现象（记忆偏移），不是题干问的“读到反对文章时直接发生了什么”；记忆偏移是次级结果，答非所问。

借用原文：the memory of their initial belief was shifted in the direction of their new belief

C) 与原文相反

选项说“他们最初信念的记忆回来了（came back）”，但录音明确说记忆 was shifted in the direction of their new belief、closer to their current belief than their original belief，即对原信念的记忆被改写、偏离了，而非“回来了”，方向恰好相反。

借用原文：their memory was closer to their current belief than their original belief

D) 未提及

选项说“他们受体罚的亲身经历困扰着他们”，录音通篇只讲对体罚“是否有效”的信念与记忆，从未提学生本人“受过体罚的经历（experiences of physical punishment）”，更没说被 haunted（困扰），属凭 physical punishment 这个话题词臆造。

18. A) They apparently have little to do with moderate beliefs.
B) They don't reflect the change of view on physical punishment.
C) They may not apply to changes to extreme or deeply held beliefs.
D) They are unlikely to alter people's position without more evidence.

【题目】 What did the researchers concede concerning their findings?

【翻译】 研究人员承认他们的研究结果存在什么问题？

- A) 这些结果显然与温和的信念关系不大。 B) 这些结果没有反映出对体罚看法的变化。
C) 这些结果可能不适用于极端或根深蒂固的信念的改变。
D) 如果没有更多证据,这些结果不太可能改变人们的立场。

【答案】 C (细节题) They may not apply to changes to extreme or deeply held beliefs.

【定位】 The researchers concede that this research was about changes to mostly moderate beliefs —it's likely the findings would be different in the context of changes to extreme or deeply held beliefs.

研究者承认, 这项研究针对的大多是温和信念的变化——很可能在极端或根深蒂固的信念发生变化时, 研究结论会有所不同。

【信号】 concede 后的让步句即答案。 题干里的 concede 在录音 The researchers concede that 原词出现, 其后破折号引出的 it's likely the findings would be different in the context of changes to extreme or deeply held beliefs 就是研究者承认的局限, 正是答案句。

【替换】 it's likely the findings would be different in the context of changes to extreme or deeply held beliefs
↔ They may not apply to changes to extreme or deeply held beliefs.
"结论会不同" = "可能不适用"

【排除】 A) 与原文相反

选项说结论"与温和信念几乎无关 (little to do with moderate beliefs) ", 蹭了录音 mostly moderate beliefs, 但录音恰恰说这项研究就是"关于温和信念"的, 结论正适用于温和信念, A 把适用对象说成了无关, 与原文相反。

借用原文: this research was about changes to mostly moderate beliefs

B) 未提及

选项说研究结论"没有反映对体罚看法的变化", 但录音第三段恰恰证明了看法会变 (The students' belief about physical punishment changed), 研究者承认的是"对极端信念可能不适用", 从没说"没反映看法变化", 属臆造。

D) 过度推断

选项说"没有更多证据, 结论难以改变人们立场", 听感上像研究的谨慎口吻, 但录音研究者承认的是适用范围 (极端信念可能不适用), 从未提"需要更多证据才能改变立场", evidence 的说法是凭学术语感臆造的。

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

1 As the American population grows, so does the number of American moms. But, more than a century after Mother's Day became an official holiday, even as that number increases, the share of the American population who are mothers is at the lowest point in a quarter century.

随着美国人口的增长,美国母亲的数量也在增加。但是,在母亲节成为正式节日一个多世纪后,即使这个数字在增加,美国人口中母亲所占的比例却处于四分之一一个世纪以来的最低点。

2 It's frequently noted that fertility rates are falling sharply in richer countries. But the less-observed consequence of this trend is that the decline in births can also mean a decline in motherhood in America. According to my analysis of data from the Census Bureau, the decline of American motherhood is real, occurring very quickly, and may continue for some time yet.

人们经常注意到,富裕国家的生育率正在急剧下降。但这一趋势较少被观察到的后果是,出生率的下降也可能意味着美国母亲身份的下降。根据我对人口普查局数据的分析,美国母亲身份的下降是真实存在的,发生得非常迅速,并且可能还会持续一段时间。

3 Not only are moms making up less of the population, but their characteristics are changing too, and in a way that might be linked to their proportional decline. Moms today tend to be older than in the past. Just looking at recent years, the change in age-specific birth rates has been drastic.

母亲不仅在人口中所占比例越来越小,而且她们的特征也在发生变化,这种变化可能与她们比例的下降有关。如今的母亲往往比过去年龄更大。仅看近年来,不同年龄段生育率的变化就非常剧烈。

4 In just the past few years, the peak childbearing age range for American women has advanced from that of 25-29 to that of 30-34. Meanwhile, childbearing among women under 20 has fallen by half or more, while childbearing among women 35 and older is rising.

仅在过去几年里,美国女性的生育高峰年龄段就从25至29岁推进到了30至34岁。与此同时,20岁以下女性的生育率下降了一半或更多,而35岁及以上女性的生育率则在上升。

5 One positive consequence of this age shift is that a larger proportion of new mothers are economically prepared to raise children. Less positively, however, many women find that, as they age, they can't have as many kids as they would like. Plus, having children later in life can increase the risk of health complications. These finer points aside, one major consequence of the older-moms trend is that fewer years of a woman's life are spent as a mother. This means that, at any given time, a larger share of women, and thus of the whole population, will report not having children in government surveys. In other words, later motherhood means less motherhood.

这种年龄转变的一个积极后果是,更大比例的新手母亲在经济上做好了抚养孩子的准备。然而,不那么积极的是,许多女性发现,随着年龄的增长,她们无法拥有她们想要的那么多孩子。此外,晚育会增加健康并发症的风险。撇开这些细节不谈,高龄母亲趋势的一个主要后果是,女性一生中作为母亲的年数减少了。这意味着,在任何给定时间,更大比例的女性,从而整个人口中更大的比例,在政府调查中会报告没有孩子。换句话说,更晚的母亲身份意味着更少的母亲身份。

6 Even as motherhood rates decline, Mother's Day, of course, will endure. In fact, despite the demographic shift, retail spending on the holiday appears to be rising. It is hard to say if Mother's Day spending is rising more than one would expect, given that the American population keeps growing, but one factor might be that the proportion of women who are the mothers of adult children is rising. And

those adult children may spend more generously when it comes to celebrating the moms they no longer live with.

即使母亲身份比例下降,母亲节当然会持续下去。事实上,尽管存在人口结构转变,这个节日的零售支出似乎还在上升。很难说母亲节支出的增长是否超过了人们的预期,考虑到美国人口持续增长,但一个因素可能是,拥有成年子女的母亲所占比例正在上升。而这些成年子女在庆祝不再与她们同住的母亲时可能会花费更加慷慨。

19. A) American moms have been increasingly inclined to live alone.
B) The American population has been on the rise in the past 25 years.
C) American motherhood has actually been on the decline.
D) The fertility rates in America have in fact been falling sharply.

【题目】 What does the speaker conclude from her analysis of the Census Bureau's data?

【翻译】 说话者从她对人口普查局数据的分析中得出了什么结论?

- A) 美国母亲越来越倾向于独自生活。 B) 过去25年美国人口一直在增长。
C) 美国母亲身份实际上一一直在减少。 D) 美国的生育率实际上一一直在急剧下降。

【答案】 C (细节题) American motherhood has actually been on the decline.

【定位】 According to my analysis of data from the Census Bureau, the decline of American motherhood is real, occurring very quickly, and may continue for some time yet.

根据我对普查局数据的分析,美国"当母亲"这件事的减少是真实存在的,正在迅速发生,而且可能还会持续一段时间。

【信号】 题干原话回扣 + 断言语气 "is real"。这句以 According to my analysis of data from the Census Bureau 直接回扣题干的 "analysis of the Census Bureau's data", 紧接着用断言语气 the decline of American motherhood is real, "is real (确实如此)" 这种作者明确下判断的口吻就是结论信号。

【替换】 the decline of American motherhood is real ↔

American motherhood has actually been on the decline

名词/动词换说法,意思同为"母亲减少"

【排除】 A) 未提及

American moms have been increasingly inclined to live alone 说母亲越来越爱独居，全文谈的是母亲数量/比例下降，从未提母亲的居住方式，属凭空添加的内容。

B) 原词陷阱

The American population has been on the rise 借用了原文 As the American population grows 的原词，人口确实在涨，但题干问的是作者从数据得出的 "结论"，作者的结论是母亲在减少，人口上涨只是铺垫前提，不是结论本身。

借用原文：As the American population grows

D) 原词陷阱

The fertility rates in America have in fact been falling sharply 用了原文 fertility rates are falling sharply 的原词，可作者的结论对象是 "motherhood (当母亲)" 而非 "fertility rates (生育率)"——原文里生育率下降是 "frequently noted (常被提到)" 的旧事，作者要讲的 "less-observed (少被注意)" 的新结论是母亲减少。

借用原文：fertility rates are falling sharply

20. A) More new mothers tend to take greater care of their children.

B) More new mothers are economically able to raise children.

C) A larger proportion of women take pride in their children.

D) A larger proportion of women really enjoy motherhood.

【题目】 What does the speaker say is a positive consequence of the age shift in childbearing?

【翻译】 说话者认为生育年龄推移带来的积极后果是什么？

A) 更多新手母亲倾向于更悉心照顾她们的孩子。

B) 更多新手母亲在经济上有能力抚养孩子。 c) 更大比例的女性为她们孩子感到自豪。

D) 更大比例的女性真正享受母亲身份。

【答案】 B (细节题) More new mothers are economically able to raise children.

【定位】 One positive consequence of this age shift is that a larger proportion of new mothers are economically prepared to raise children.

这一年龄变化带来的一个正面后果是：更大比例的新晋母亲在经济上已为养育孩子做好了准备。

【信号】 作者亲口贴的 "positive consequence" 标签。这句开头 One positive consequence of this age shift is that 与题干用词几乎一字不差，"positive consequence" 是作者明确贴上的 "好处" 标签，标签之后的内容就是要找的答案句。

【替换】 a larger proportion of new mothers are economically prepared to raise children ↔

More new mothers are economically able to raise children

"economically prepared" ≈ "economically able", 比例 ≈ more

【排除】 A) 未提及

More new mothers tend to take greater care of their children 说更多新母亲更用心照顾孩子，原文讲的好处是 "经济上准备好"，从没说她们更会/更用心照顾，属凭空添加。

C) 原词陷阱

A larger proportion of women take pride in their children 借用了原文 a larger proportion 的原词造出熟悉感，但作者说的是 "economically prepared"，根本没提 "take pride (自豪)"，比例的对象被悄悄换成了情感。

借用原文：a larger proportion of new mothers

D) 原词陷阱

A larger proportion of women really enjoy motherhood 说更大比例女性享受当母亲，同样套用了 "a larger proportion" 的措辞，但原文的好处是经济准备，没说享受，且全文未句 later motherhood means less motherhood 的基调也不是在讲享受。

借用原文：a larger proportion of new mothers

-
21. A) The meaning of motherhood has changed considerably.
B) More and more mothers go shopping to treat themselves.
C) More mothers have adult children celebrating the holiday.
D) The number of American mothers has been growing steadily.

【题目】 What might be one explanation for the rise in retail spending on Mother's Day?

【翻译】 母亲节零售消费增长的一个可能解释是什么？

- A) 母亲身份的含义已经发生了相当大的变化。 B) 越来越多的母亲去购物犒劳自己。
C) 更多母亲有成年子女庆祝这个节日。 D) 美国母亲的数量一直在稳步增长。

【答案】 C (细节题) More mothers have adult children celebrating the holiday.

【定位】 It is hard to say if Mother's Day spending is rising more than one would expect ... but one factor might be that the proportion of women who are the mothers of adult children is rising. And those adult children may spend more generously when it comes to celebrating the moms they no longer live with.

很难说母亲节开销是否涨得超出预期.....但一个因素可能是：身为成年子女之母亲的女性占比在上升。而这些成年子女在为已不同住的母亲庆祝时，可能花钱更大方。

【信号】 给原因的标记 "one factor might be"。这句用 one factor might be that 明确引出原因，与题干 "one explanation" 对应；后一句 those adult children may spend more generously 进一步点明是成年子女花钱多，原因信号清晰。

【替换】 those adult children may spend more generously when it comes to celebrating the moms ↔

More mothers have adult children celebrating the holiday

因果同一件事换主语视角表述

【排除】 A) 过度推断

The meaning of motherhood has changed considerably 说母亲节/母亲身份的含义大变, 原文只说开销上涨的一个具体原因是成年子女花钱, 并未上升到 "含义改变" 这种概括判断, 属过度拔高。

B) 张冠李戴

More and more mothers go shopping to treat themselves 借了原文 "spend/spending" 的花钱语境, 但原文是 those adult children may spend more generously——掏钱的是成年子女, 不是母亲自己购物犒劳自己, 主体张冠李戴。

借用原文: those adult children may spend more generously

D) 与原文相反

The number of American mothers has been growing steadily 说母亲数量稳步增长, 这与全文结论 the decline of American motherhood is real 正好相反; 况且作者还专门指出 given that the American population keeps growing 的是人口、不是母亲, 选项把对象与方向都弄反了。

借用原文: given that the American population keeps growing

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

1 Since NASA published a paper in 1989 claiming that houseplants can soak up pollution and toxic chemicals, businesses and homeowners have increasingly invested in greenery to help clean their air. But, a new analysis suggests it could actually take more than 1,000 plants per square meter to gain a benefit any greater than simply opening a couple of windows.

自从NASA在1989年发表一篇论文声称室内植物可以吸收污染物和有毒化学物质以来,企业和房主越来越多地投资于绿植以帮助净化空气。但是,一项新的分析表明,实际上可能需要每平方米超过1000株植物才能获得比简单地打开几扇窗户更大的益处。

2 The problem lies in the fact that NASA conducted their tests in sealed containers that do not simulate the conditions in most people's homes or offices. The space agency was primarily concerned about keeping the air fresh for astronauts cut off in biospheres or space stations and helping to combat "sick building syndrome", which had become a problem due to the super insulated and energy efficient offices of the late 1970s. By the early 1980s, workers regularly complained of skin rashes, sleeplessness, headaches, and allergies as they breathed in toxic chemicals from paints and plastics.

问题在于NASA是在密封容器中进行测试的,这些容器并不能模拟大多数人家中或办公室的条件。该航天局主要关注的是为被隔离在生物圈或空间站中的宇航员保持空气新鲜,并帮助对抗"病态建筑综合症",这在20世纪70年代后期由于超级隔热和节能的办公室而成为一个问题。到20世纪80年代初,工作人员经常抱怨皮疹、失眠、头痛和过敏,因为他们吸入了来自油漆和塑料的有毒化学物质。

3 NASA found that certain plants could remove chemicals from the air, and even today, garden centers recommend the plants for air cleaning properties. However, a new evaluation of dozens of studies spanning 30 years found that houseplants in a normal environment have little impact. In fact, natural ventilation is far better at cleaning the air. The researchers also calculated the clean air delivery rate for

plants in the studies they analyzed and found that the rate at which plants disperse the compounds was well below the usual rate of air exchange in a normal building, caused by the movement of people coming and going, opening doors and windows.

NASA发现某些植物可以去除空气中的化学物质,即使在今天,园艺中心也会推荐这些植物用于空气净化。然而,对跨越30年的数十项研究的新评估发现,正常环境中的室内植物影响甚微。事实上,自然通风在净化空气方面要好得多。研究人员还计算了他们分析的研究中植物的洁净空气输送率,发现植物分散化合物的速率远低于正常建筑物中通常的空气交换率,后者是由人员进出、开关门窗的移动引起的。

4 Many of the studies did show a reduction in the concentration of volatile organic compounds over time, which is likely why people have seized on them to praise the air purifying virtues of plants. But the researchers' calculation showed it would take 10 to 1,000 plants per square meter of floor space to compete with the air cleaning capacity of a building's air handling system or even just a couple of open windows in a house. In contrast, NASA's sealed experiment recommended one pot plant per 100 square feet.

许多研究确实显示随着时间的推移挥发性有机化合物的浓度有所下降,这可能就是人们抓住这些研究来赞扬植物空气净化功效的原因。但研究人员的计算表明,需要每平方米地面空间10到1000株植物才能与建筑物空气处理系统的空气净化能力相竞争,甚至只是与房屋中打开的几扇窗户相竞争。相比之下,NASA的密封实验建议每100平方英尺放置一盆植物。

5 This is certainly an example of how scientific findings can be misleading or misinterpreted over time. But it's also a great example of how scientific research should continually reexamine and question findings to get closer to the ground truth of understanding what's actually happening.

这无疑是一个科学发现如何随着时间的推移被误导或误解的例子。但这也是一个很好的例子,说明科学研究应该不断重新审查和质疑研究结果,以更接近理解实际发生情况的根本真相。

22. A) Add to indoor toxic pollutants.
B) Absorb poisonous chemicals.
C) Beautify the home environment.
D) Soak up surrounding moisture.

【题目】 What does NASA's 1989 paper claim houseplants can do?

【翻译】 NASA 1989年的论文声称室内植物能做什么?

- A) 增加室内有毒污染物。 B) 吸收有毒化学物质。 C) 美化家居环境。
D) 吸收周围湿气。

【答案】 B (细节题) Absorb poisonous chemicals.

【定位】 Since NASA published a paper in 1989 claiming that houseplants can soak up pollution and toxic chemicals, businesses and homeowners have increasingly invested in greenery to help clean their air.

自从 NASA 于 1989 年发表一篇论文, 宣称室内植物能吸走污染和有毒化学物质以来, 企业和房主便越来越多地投资绿植来帮助净化空气。

【信号】 **claiming 后接论文主张**。录音开头 claiming that houseplants can soak up pollution and toxic chemicals 中的 claiming 直接对应题干的 claim，是论文主张的落点，紧跟其后的内容就是答案句。

【替换】 soak up pollution and toxic chemicals ↔ **Absorb poisonous chemicals.**
soak up=Absorb, toxic=poisonous

【排除】 A) **与原文相反**

Add to indoor toxic pollutants. 盗用了录音里的 toxic chemicals（有毒化学物）一词，却把『吸走』反说成『增加』，与论文主张正好相反。

借用原文：houseplants can soak up pollution and toxic chemicals

C) **未提及**

Beautify the home environment. 是植物『好看』的生活常识，录音从头到尾只谈净化空气、从未提美化，属凭常识硬填。

D) **原词陷阱**

Soak up surrounding moisture. 借用了答案句 soak up 这个动词，却把吸收对象从『污染物』偷换成『水分 (moisture)』，录音并未说植物吸潮。

借用原文：houseplants can soak up pollution and toxic chemicals

-
23. A) NASA did experiments in sealed containers resembling the super insulated offices of 1970s.
B) It was based on experiments under conditions unlike those in most homes or offices.
C) NASA conducted tests in outer space whose environment is different from ours.
D) It drew its conclusion without any contrastive data from other experiments.

【题目】 **What is said to be the problem with NASA's study reported in its 1989 paper?**

【翻译】 NASA 1989年论文中报告的研究存在什么问题？

- A) NASA在类似1970年代超级隔热办公室的密封容器中进行了实验。
B) 该研究基于与大多数家庭或办公室条件不同的实验。
C) NASA在外太空进行了测试,其环境与我们的环境不同。
D) 该研究在没有其他实验对比数据的情况下得出了结论。

【答案】 **B** (细节题)

It was based on experiments under conditions unlike those in most homes or offices.

【定位】 The problem lies in the fact that NASA conducted their tests in sealed containers that do not simulate the conditions in most people's homes or offices.

问题在于，NASA 是在密封容器里做的实验，而这种容器并不能模拟大多数人家里或办公室的环境。

【信号】 **The problem lies in 明示缺陷**。The problem lies in the fact that 是直接点题的标志，问题就在这句之后——这正是题干 the problem 的对应落点。

【替换】 sealed containers that do not simulate the conditions in most people's homes or offices ↔

It was based on experiments under conditions unlike those in most homes or offices.

do not simulate=unlike

【排除】 A) 原词陷阱

NASA did experiments in sealed containers resembling the super insulated offices of 1970s. 把录音真出现的 sealed containers 和 super insulated 两处原词硬拼，还说密封舱『像 1970 年代办公室』——录音说密封舱『不模拟』普通环境，二者恰恰不像，属张冠李戴式拼接。

借用原文：sealed containers that do not simulate the conditions

C) 过度推断

NASA conducted tests in outer space whose environment is different from ours. 借了录音 space stations 的太空联想，但录音说实验是在 sealed containers 里做的，从没说在 outer space 做测试，属无中生有。

借用原文：keeping the air fresh for astronauts cut off in biospheres or space stations

D) 未提及

It drew its conclusion without any contrastive data from other experiments. 说该研究『缺对照数据』，录音指出的缺陷是『实验条件不真实』，从未提缺对照数据，属未提及。

-
24. A) Natural ventilation proves much more efficient for cleaning the air than houseplants.
B) Houseplants disperse chemical compounds more quickly with people moving around.
C) Natural ventilation turns out to be most effective with doors and windows wide open.
D) Houseplants in a normal environment rarely have any adverse impact on the air.

【题目】 What is the finding of a new evaluation of dozens of studies spanning 30 years?

【翻译】 对跨越30年的数十项研究进行的新评估有何发现？

- A) 自然通风在清洁空气方面比室内植物有效得多。
B) 随着人员走动,室内植物更快地散发化学化合物。 c) 自然通风在门窗大开时最为有效。
D) 正常环境中的室内植物很少对空气产生任何不良影响。

【答案】 A (细节题)

Natural ventilation proves much more efficient for cleaning the air than houseplants.

【定位】 However, a new evaluation of dozens of studies spanning 30 years found that houseplants in a normal environment have little impact. In fact, natural ventilation is far better at cleaning the air.

然而，一项跨越 30 年、对数十项研究的新评估发现，正常环境下的室内植物作用甚微。事实上，自然通风在净化空气方面要好得多。

【信号】 However 转折后是真结论。However, a new evaluation 用 However 把语气从『植物有用』扭向新结论，转折之后的两句才是答案落点，尤其 In fact, natural ventilation is far better 是核心。

【替换】 natural ventilation is far better at cleaning the air ↔

Natural ventilation proves much more efficient for cleaning the air than houseplants.

far better=much more efficient

【排除】 B) 原词陷阱

Houseplants disperse chemical compounds more quickly with people moving around. 盗用了录音 disperse the compounds 和 movement of people 两处原词，却说『植物因人走动散得更快』；录音的意思是建筑本身的换气率（人来人往开门窗）远高于植物的散播率，是在贬低植物，而非夸植物散得快，方向被偷换。

借用原文：the rate at which plants disperse the compounds was well below the usual rate of air exchange

C) 过度推断

Natural ventilation turns out to be most effective with doors and windows wide open. 借了录音 opening doors and windows 的原词，却加上『most effective / wide open』这种录音没说的最高级和条件；录音只说通风比植物好，没说门窗全开才最有效。

借用原文：opening doors and windows

D) 偷换概念

Houseplants in a normal environment rarely have any adverse impact on the air. 几乎照搬了录音 houseplants in a normal environment have little impact，但把 little impact（作用甚微）偷换成 rarely have any adverse impact（几乎无害）——录音说的是植物『没多大净化作用』，不是说植物『无害』，含义跑偏。

借用原文：houseplants in a normal environment have little impact

25. A) The root cause for misinterpretations of scientific findings.

B) The difficulty in understanding what's actually happening.

C) The steps to be taken in arriving at any conclusion with certainty.

D) The necessity of continually reexamining and challenging findings.

【题目】 What does NASA's sealed experiment recommendation exemplify in scientists' pursuit of truth?

【翻译】 NASA的密封实验建议在科学家追求真理的过程中体现了什么？

A) 科学发现被误读的根本原因。 B) 理解实际发生情况的难度。

C) 确定无疑地得出任何结论所需采取的步骤。

D) 不断重新审查和质疑研究发现的必要性。

【答案】 D （推断题） The necessity of continually reexamining and challenging findings.

【定位】 This is certainly an example of how scientific findings can be misleading or misinterpreted over time. But it's also a great example of how scientific research should continually reexamine and question findings to get closer to the ground truth of understanding what's actually happening.

这无疑是一个例子，说明科学发现如何会随时间被误导或误读。但它也是一个绝佳的例子，说明科学研究应当不断重新审视、质疑已有结论，以更接近事情真相的理解。

【信号】 But also 转向真正落点。 结尾两句用 But it's also a great example of 把重点从『发现会被误读』转到『科研应不断重审质疑』；题干问 pursuit of truth（追求真理），对应的正是 But 之后这句升华。

【替换】 scientific research should continually reexamine and question findings ↔
The necessity of continually reexamining and challenging findings.
should=necessity, question=challenging

【排除】 A) 与原文相反

The root cause for misinterpretations of scientific findings. 抓的是 But 之前那句 can be misleading or misinterpreted，且录音只说会被误读、从未分析『根本原因（root cause）』，既取错重心又无中生有。

借用原文：how scientific findings can be misleading or misinterpreted over time

B) 原词陷阱

The difficulty in understanding what's actually happening. 盗用了录音结尾 understanding what's actually happening 这串原词，却把它说成『理解之难（difficulty）』；录音说的是科研应不断质疑以『接近』真相，重点是方法而非『难』，属截取原词答非所问。

借用原文：to get closer to the ground truth of understanding what's actually happening

C) 未提及

The steps to be taken in arriving at any conclusion with certainty. 说『下确定结论的步骤』，录音强调的恰恰是『不断重审质疑、逼近真相』这种开放过程，并未给出『确定结论的步骤』，且 certainty 与录音口吻相反，属未提及兼相反。

SENTENCE INSIGHTS • 句子精讲

53 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。

This way, the soups and juices I make come out really fine and smooth, with no lumpy bits.

第7段，第4句

限制性定语从句修饰主语且省略关系代词，是四六级和考研阅读中高频出现的句式。系表结构加状语的组合也很常见。这种结构在真题中反复出现，掌握后可迁移到大量类似句子。

M: I've never had one before, and now that I do.

第9段，第1句

现在完成时的使用在四六级和考研中较为常见，原因状语从句 "now that" 也是典型的从句引导方式。主从句时间对比(过去完成时与一般现在时)体现了真题中常见的时态转换。从句中的承前省略在口语和书面语中都很典型。整体句式具有较好的代表性和迁移价值

I make a fresh fruit juice in the morning, maybe not every morning, but three or four times a week, and it feels fantastic.

第9段，第3句

涵盖了主谓宾、主系表两种基本句型，以及时间状语、宾语修饰(fresh fruit)、系表搭配等常规成分，但成分种类有限，无定语从句、宾补、双宾等易错结构，训练价值较为基础。

I can picture you getting all creative in the kitchen and trying out a multitude of different ingredient combinations, and it's obviously going to be healthier than buying packaged juice from a supermarket.

第10段，第2句

第一主句包含复合宾语(宾语+宾语补足语)，且宾补是并列的动名词短语，适合练习宾补识别。第二主句有表语+程度状语+比较从句，比较从句内有省略还原，覆盖主系表、状语、从句省略等多个考点。成分种类丰富，适合综合训练。

Mr. Grimm, thank you for being here.

第1段，第3句

祈使句在口语和应用文中常见，"thank you for + 动名词" 是典型的礼貌表达句式，有一定学习价值。但此句过于简短，缺少复杂结构，代表性不如包含从句或多重修饰的长句。

M: The achievement belongs to all the residents of Berkton.

第4段，第1句

主谓加介词短语的简单句结构在英语中非常常见，belong to 也是高频固定搭配，具有一定代表性。但四六级和考研真题更偏好复杂句式，纯简单句的典型性相对较低，学习迁移价值中等。

It was a shared effort where everybody pitched in for the communal good.

第4段，第2句

主系表结构加限制性定语从句是四六级和考研阅读中的常见句式，特别是关系副词引导的定语从句在真题中频繁出现。本句结构具有较好的代表性和迁移价值。

The transformation commenced in a town hall meeting in spring 2008 over 10 years ago now, when an overwhelming majority of neighbors voted in favor of "Motion 836".

第6段，第4句

主句加时间状语从句的结构在真题中较为常见，when 引导的时间从句是考试高频句式。主句中多个状语并列修饰谓语的用法也具有一定代表性。掌握后可应用于类似的时间背景叙述句型。

This legislative proposal essentially set out to harmonize the aesthetic appearance of all the houses in Berkton.

第6段，第5句

简单句中包含不定式作目的状语的结构较为常见，但整体句式相对基础，缺少复杂句式特征，作为考试句式的代表性一般。

The idea was that if all the properties looked a certain way with shared design features, then a village as a whole would look more beautiful.

第6段，第6句

本句展示了考试中常见的“主句 + 表语从句 + 嵌套条件句”结构，表语从句在四六级和考研阅读中频繁出现，而条件句的“if...then”搭配也是典型句式。这种将假设推论作为陈述内容的表达方式，在说明文和议论文中极为常见，掌握后可以迁移到大量类似句子的理解中，具有很强的代表性。

W: But what about the multitudes of visitors now crowding the streets?

第9段，第1句

本句作为成分划分练习具有中等价值。主要训练点包括:识别 "what about" 这类固定疑问结构作谓语,区分现在分词 "crowding" 作定语而非谓语,辨析介词短语和分词短语作后置定语的层次关系。这些都是实用的考点,但成分种类不算特别丰富

What resulted from the passing of the legislative proposal "Motion 836"?

第7题题干

特殊疑问句 + 不及物动词 + 介词短语状语是常见句式,在阅读理解中频繁出现。结构典型但不复杂,属于中等代表性的基础句型。

In research published in the journal Science Robotics, a team at Northwestern University said the crab-like robot is 0.5mm wide.

第1段，第2句

主句带宾语从句的结构是四六级和考研阅读中的高频句式,尤其 said 后接陈述内容的用法极为常见。句首介词短语作状语、过去分词作后置定语也是典型书面语结构。宾语从句省略 that 在真题中也频繁出现。整体结构代表性强,掌握后可大量迁移。

Researchers described it as the smallest-ever remote-controlled walking robot.

第1段，第3句

"describe...as..." 是四六级和考研阅读中常见的句型,主谓宾加宾语补足语的结构具有较高的代表性和复用价值,掌握后可用于理解大量类似表达。

The engineers said this is because the robot is powered by the elastic property of its body.

第2段，第2句

本句覆盖主谓宾、主系表、被动语态、状语等多种成分,且涉及从句充当句子成分(宾语从句、表语从句)的典型情况。特别是表语从句由 "because" 引导,易与状语从句混淆,是值得练习的易错点

To construct the robot, the researchers used a shape-memory alloy material that transforms to its remembered shape when heated.

第2段，第3句

"主句 + 限制性定语从句 + 嵌套状语从句" 是四六级和考研阅读中高频出现的句式,且状语从句的省略形式(when + 过去分词)也是常考点,句子结构具有很强的代表性和迁移价值。

Using a laser, the team is able to heat the robot at specific parts of its body, causing it to change shape.

第3段，第1句

本句成分丰富且布局典型：句首方式状语（分词短语）、主语、系表加不定式构成的谓语、宾语、地点状语（介词短语）、句尾结果状语（分词短语）。特别是两个分词短语的位置和作用（句首方式、句尾结果）是常见易错点，学习者容易误判为并列谓语或从句；"be able to" 结构的识别也是值得练习的考点。适合作为划分成分的综合练习句。

Given the opportunity, I will sleep for marathon stretches, and can doze through the most extreme situations.

第1段，第2句

本句涵盖了主语、并列谓语、条件状语（过去分词短语）、时间状语、方式状语等多种成分，结构相对丰富。句首的 "Given the opportunity" 作为过去分词短语状语，是易错点，学生常误判为从句。并列谓语的识别和两个状语的区别（"for marathon stretches" 作时间状语，"through the most extreme situations" 作方式状语）也有练习价值。但句子整体不算复杂，坑点密度中等。

On one very rough ferry crossing, on the route to the Isles of Scilly, for example, my traveling companion spent the entire 3-hour-ride throwing up in the bathroom, while I dozed happily on a plastic chair.

第1段，第3句

while 引导时间状语从句表对比是四六级和考研常考句式,spend time doing 结构也是高频考点。句首多状语的排列方式也符合真题中常见的复杂句式特征,迁移价值较高。

Unfortunately, it has come to my attention that I am not an elite sleeper after all.

第2段，第1句

形式主语 it + 主语从句后置是四六级和考研阅读中的高频句式，如 It is clear that、It has been reported that 等。本句是该句式的典型代表，掌握后可大量迁移。

It seems I am just lazy, because elite sleepers are defined as the approximately 3 percent of the population who are biologically programmed to need less sleep than the rest of us.

第2段，第2句

本句的核心结构——形式主语 + 宾语从句 + 原因状语从句 + 定语从句 + 比较从句——是四六级和考研英语阅读中的典型长难句模式。被动语态、定语从句修饰、比较结构省略都是真题中反复出现的句式特征，掌握后可大量迁移到其他科普类、学术类文本的理解中。

According to a study that came out in March, elite sleepers have rare genetic changes, which means they can sleep fewer hours than mere mortals, without any risk of cognitive decline.

第2段，第3句

句子结构高度典型:限制性与非限制性定语从句、宾语从句、比较结构、情态动词、介词短语状语,这些都是四六级和考研英语阅读的常见句式。特别是 which 引导非限制性从句补充说明前文,以及从句嵌套的多层结构,是长难句的标准模式,掌握后可广泛迁移。

It may not be possible to change your own genes, but can you train yourself to need less sleep?

第3段，第1句

第一句包含形式主语"It"与真正主语不定式,第二句包含宾语补足语不定式,覆盖了主系表结构、主谓宾宾补结构、疑问倒装等多种成分搭配,且形式主语与宾语补足语都是易错点,练习价值较高

Being forced to rise early differs from being an early bird.

第15题，C

本句结构非常典型，属于四六级和考研英语阅读中的高频句式：动名词短语作主语 + 不及物动词 + 介词短语作状语。这种“抽象概念作主语进行对比”的句式在议论文和说明文中大量出现，掌握后可直接迁移到大量真题句子的理解和分析中。

If you read an article about a controversial issue, do you think you'd realise if it had changed your beliefs?

第1段，第1句

覆盖主谓宾、条件状语、多层宾语从句、情态动词、虚拟语气等多个成分，且包含两个 "if" 的不同用法（条件状语 vs 宾语从句）这一易错点，适合综合训练成分划分能力

No one knows your own mind like you do—it seems obvious that you would know if your beliefs had shifted.

第1段，第2句

形式主语it加that从句、would与if虚拟条件搭配、比较状语从句都是四六级和考研常考句式,本句集中体现这些典型结构,学习后可在大量真题中复用

And yet a new paper in the Quarterly Journal of Experimental Psychology suggests that we actually have very poor awareness of our own belief change, meaning that we will tend to underestimate how much we've been swayed by a convincing article.

第1段，第3句

本句展示了学术写作和四六级、考研阅读中的典型句式：主句陈述研究发现 + 多层宾语从句层层展开论述。这种通过suggests、meaning等词引导嵌套从句的结构在学术文献和考试真题中频繁出现，掌握后可大量复用于理解类似长句。结构代表性强。

The students reported their initial beliefs about whether physical punishment is an effective way to discipline a child on a scale from "1" completely disbelieve to "9" completely believe.

第2段，第2句

主句 + 宾语从句（尤其是 whether 引导的宾语从句作介词宾语）是四六级和考研阅读中的高频句式，句末附加状语说明方式也很常见。本句结构具有很强的代表性，掌握后可迁移到大量类似句子。

Several weeks later they were given one of two research-based texts to read: each was several pages long and either presented the arguments and data in favour of physical punishment or against it.

第2段，第3句

本句涵盖了被动语态的主谓宾结构、主系表结构、并列谓语、后置定语（不定式、介词短语）、时间状语、以及'either...or'并列结构等多种成分，成分种类较为丰富。特别是第一句的被动语态和第二句的双谓语并列，对于理解句子成分的划分有较好的练习价值。

Then, the students again scored their belief about whether physical punishment is effective or not.

第2段，第5句

主句包含及物动词后接复杂宾语（名词加介词短语加从句）的结构，宾语从句由whether引导且以or not结尾，这种结构在四六级和考研阅读中较为常见，尤其在讨论观点、信念、判断等话题时频繁出现，具有较高的代表性和迁移价值

Finally, the researchers asked them to recall what their belief had been at the start of the study.

第2段，第6句

"ask + 宾语 + to do" 结构以及宾语从句的嵌套组合是四六级和考研阅读中的常见句式，过去完成时的时间先后关系也是高频考点，具有较高的典型性和迁移价值。

Crucially, the memory of their initial belief was shifted in the direction of their new belief—in fact, their memory was closer to their current belief than their original belief.

第3段，第2句

本句的结构在学术写作和考试文章中较为常见：两个主句并列、第二主句对第一主句进行补充说明的模式是典型的论证结构；被动语态在学术语境中高频出现；比较级表语结构也是常考句式。句中使用的"Crucially"和"in fact"等衔接词也是学术写作的常见标志。掌握本句的分析方法后，学习者可以迁移到大量类似的并列论证句和被动语态句上，具有较高的复用价值。

The more their belief had changed, the larger this memory bias tended to be, suggesting the students were relying on their current belief to deduce the initial belief.

第3段，第3句

"the more ... the larger ..." 比较结构是四六级和考研阅读中的高频句式，现在分词引导宾语从句表示结果或补充说明也是学术文本常见用法，整句结构具有很强的代表性，掌握后可在多种语境复用。

No one can change your opinions more than those who speak in a convincing tone.

第16题，C

比较结构 more than 结合限制性定语从句是四六级和考研阅读中的高频句式，who 引导定语从句修饰 those 也是经典搭配，掌握本句结构后可迁移到大量类似句型，具有较高的复用价值。

As the American population grows, so does the number of American moms.

第1段，第1句

"As...从句, so + 助动词 + 主语" 这种结构是英语中表达同步或呼应关系的经典句式，在四六级和考研阅读中频繁出现，学生掌握这个句式后可以迁移到大量类似表达，典型性很强。

Not only are moms making up less of the population, but their characteristics are changing too, and in a way that might be linked to their proportional decline.

第3段，第1句

本句覆盖了倒装结构中的主谓识别、并列分句的成分划分、定语从句内部的主谓宾、介词短语作状语、关系代词在从句中充当主语等多个知识点。倒装和并列的组合是易错点，定语从句的引导词和成分归属也是常见训练内容。对于练习成分划分和从句识别，本句具有较好的综合性。

Moms today tend to be older than in the past.

第3段，第2句

简单句配合比较级结构和 tend to 的固定搭配，是四六级、考研阅读中常见的句式。虽然不属于复杂长难句，但作为基础句型的代表具有一定典型性，掌握后可迁移到类似表达。

Meanwhile, childbearing among women under 20 has fallen by half or more, while childbearing among women 35 and older is rising.

第4段，第2句

while 引导的对比状语从句是四六级和考研阅读中的常见句式，用于对比两种现象或趋势。现在完成时和现在进行时的搭配也是常考时态组合，用于对比过去到现在的结果与当前的趋势。这种结构在真题中反复出现，具有较高的典型性和复用价值。

Less positively, however, many women find that, as they age, they can't have as many kids as they would like.

第5段，第2句

主句 + 宾语从句 + 状语从句嵌套是四六级和考研阅读中的高频句式，find that 结构和 as 引导的时间状语从句都是常见搭配。as...as 比较结构也是考试重点。本句结构典型，掌握后可广泛迁移到类似长难句的分析中。

Plus, having children later in life can increase the risk of health complications.

第5段，第3句

动名词短语作主语 + 情态动词谓语 + 名词短语宾语，是四六级和考研阅读中高频出现的句式。这种结构在议论文和说明文中常用于陈述抽象行为的可能后果，具有较强的代表性和可迁移性。

In other words, later motherhood means less motherhood.

第5段，第6句

主谓宾结构是最基础的句型，但本句"A means B"的对称结构在考试阅读中较为常见，用于表达等价或因果关系，有一定代表性。句首过渡短语"In other words"也是常见搭配，值得熟悉。

It is hard to say if Mother's Day spending is rising more than one would expect, given that the American population keeps growing, but one factor might be that the proportion of women who are the mothers of adult children is rising.

第6段，第3句

由于其结构的综合性和典型性，该句非常适合作为中高级语法进阶的重点练习题。

And those adult children may spend more generously when it comes to celebrating the moms they no longer live with.

第6段，第4句

本句涵盖主语、谓语、方式状语、时间状语从句、宾语（含动名词短语）、定语从句（省略关系代词）、形式主语等多种成分。特别是定语从句省略关系代词、状语从句中形式主语与真正主语的区分、以及多层修饰关系，都是易错且值得练习的点。成分种类丰富，训练价值较高。

A larger proportion of women take pride in their children.

第20题，C

简单的主谓宾陈述句在考试中常见，但本句结构过于基础，缺少复杂修饰、从句或特殊句式，作为典型句式的代表性一般。

More and more mothers go shopping to treat themselves.

第21题，B

涵盖主语、谓语和目的状语三种基本成分，其中 "go shopping" 固定搭配和不定式作目的状语有一定训练价值，但成分种类较单一，无宾语、表语、定语等其他成分，练习收益有限。

In fact, natural ventilation is far better at cleaning the air.

第3段，第3句

主系表结构加比较级 ("is far better") 在考试中较常见，属于表达观点或比较时的典型句式。但句子过于简短、修饰成分单一，缺少从句或复杂修饰，作为真题句式的代表性中等偏下。

The researchers also calculated the clean air delivery rate for plants in the studies they analyzed and found that the rate at which plants disperse the compounds was well below the usual rate of air exchange in a normal building, caused by the movement of people coming and going, opening doors and windows.

第3段，第4句

主句 + 定语从句 + 宾语从句 + 定语从句嵌套的组合，是学术英语和考试长难句的高频典型结构。并列谓语带各自宾语、宾语从句内部再嵌套从句的模式，在四六级和考研真题中反复出现，掌握后可大量迁移。

But the researchers' calculation showed it would take 10 to 1,000 plants per square meter of floor space to compete with the air cleaning capacity of a building's air handling system or even just a couple of open windows in a house.

第4段，第2句

这种“研究表明 + 宾语从句”的结构在学术英语和真题阅读中极高频，且 "It takes sth to do" 是必须掌握的经典句型。

In contrast, NASA's sealed experiment recommended one pot plant per 100 square feet.

第4段，第3句

标准的简单句主谓宾结构在真题中常见,句首对比状语 "In contrast" 也是典型的逻辑连接用法,具有一定代表性,但整体结构过于基础,缺少真题常考的从句嵌套或复杂修饰。

But it's also a great example of how scientific research should continually reexamine and question findings to get closer to the ground truth of understanding what's actually happening.

第5段，第2句

本句成分类型丰富：包含主系表结构、宾语从句（两个）、目的状语、程度状语、介词短语作定语等，并涉及连接副词 how 和连接代词 what 在从句中充当成分的辨析。适合训练从句识别、状语类型判断、连接词在从句中的成分归属等易混点。

NASA conducted tests in outer space whose environment is different from ours.

第23题，C

本句的结构（主句 + 限制性定语从句修饰名词）是四六级和考研阅读中的高频句式。关系词 whose 引导定语从句修饰名词的用法也是常考知识点。主句为一般过去时陈述事实、从句为一般现在时描述客观状态的时态搭配，符合真题中科技类、历史类文章的典型用法。学生掌握这类句式后，可以在大量阅读材料中复用识别方法。

Houseplants disperse chemical compounds more quickly with people moving around.

第24题，B

句中包含主语、谓语、宾语、方式状语（副词比较级和独立主格结构），成分种类较为丰富。独立主格结构 "with people moving around" 是易错点，需要学生区分其中的 "moving" 不是主句谓语，具有一定训练价值。

Natural ventilation turns out to be most effective with doors and windows wide open.

第24题，C

句中涵盖主语、系动词谓语、表语、状语四种核心成分，且状语部分是 "with + 宾语 + 宾补" 的复合结构，有一定辨识价值。但成分种类不算丰富（无宾语、定语从句、同位语等），也无典型易错点（如形式主语、双宾语、宾补与定语混淆等），训练收益中等。

本卷出现的 286 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。

belief B1

n. 相信

本卷24次 · 真题 85 句

researcher B2

n. 研究人员

本卷12次 · 真题 363 句

finding B2

n. 调查结果

本卷9次 · 真题 121 句

rate A2

n. 速度

本卷8次 · 真题 121 句

physical B1

adj. 身体的

本卷8次 · 真题 91 句

punishment B1

n. 惩罚

本卷8次 · 真题 11 句

decline B2

v. 下降

本卷7次 · 真题 88 句

elite C1

n. 精英

本卷7次 · 真题 37 句

initial B1

adj. 最初的

本卷7次 · 真题 26 句

motherhood B2

n. 母亲身份

本卷7次 · 真题 10 句

would A1

aux. (will 的过去式) 将要，会

本卷6次 · 真题 568 句

sleeper B1

n. 睡觉的人

本卷6次 · 真题 8 句

actually A2

adv. 实际上, 事实上 (用于纠正或补充信息)

本卷5次 · 真题 182 句

power A2

n. 权力

本卷5次 · 真题 128 句

scientific B1

adj. 科学的

本卷5次 · 真题 103 句

shift B1

v. 移动

本卷5次 · 真题 65 句

resident B2

n. 居民

本卷5次 · 真题 50 句

property B1

n. 财产

本卷5次 · 真题 28 句

mom A1

n. 妈妈

本卷5次 · 真题 18 句

data B1

n. 数据

本卷4次 · 真题 181 句

tend B1

v. 倾向于, 往往会

本卷4次 · 真题 170 句

effective B1

adj. 有效的, 起作用的

本卷4次 · 真题 94 句

consequence B2

n. 结果

本卷4次 · 真题 66 句

journal B1

n. 杂志

本卷4次 · 真题 66 句

chemical B1

adj. 化学的

本卷4次 · 真题 46 句

proportion B2

n. 部分

本卷4次 · 真题 30 句

likely A2

adj. 很可能的

本卷3次 · 真题 228 句

impact B2

n. 影响

本卷3次 · 真题 185 句

publish B1

v. 出版, 发行 (书籍、杂志等)

本卷3次·真题 94 句

current B1

adj. 现在的

本卷3次·真题 72 句

complex B2

adj. 复杂的, 难懂的

本卷3次·真题 61 句

extreme B2

adj. 极度的

本卷3次·真题 60 句

mostly B1

adv. 主要地

本卷3次·真题 59 句

per B1

prep. 每

本卷3次·真题 53 句

majority B2

n. 大多数, 大部分

本卷3次·真题 51 句

analysis B2

n. 分析

本卷3次·真题 49 句

completely B1

adv. 完全地

本卷3次·真题 43 句

passion B2

n. 强烈的情感

本卷3次·真题 43 句

spending A2

n. 开支

本卷3次·真题 41 句

structure B1

n. 结构

本卷3次·真题 35 句

awareness B2

n. 意识

本卷3次·真题 33 句

toxic B2

adj. 有毒的, 中毒性的

本卷3次·真题 24 句

compound B2

n. 化合物

本卷3次·真题 12 句

moderate B2

adj. 适度的

本卷3次·真题 11 句

less A1

det. 较少的

本卷2次·真题 273 句

benefit B1

n. 好处

本卷2次·真题 244 句

risk A2

n. 风险

本卷2次·真题 167 句

issue B1

n. 问题

本卷2次·真题 158 句

positive B1

adj. 积极的

本卷2次·真题 144 句

local A2

adj. 当地的

本卷2次·真题 143 句

online A2

adj. 在线的

本卷2次·真题 139 句

design B1

n. 设计

本卷2次·真题 119 句

claim B1

v. 声称

本卷2次·真题 111 句

factor B1

n. 因素

本卷2次·真题 108 句

argue B1

v. 争论

本卷2次·真题 106 句

economy B1

n. 经济

本卷2次·真题 102 句

according B1

prep. 根据

本卷2次·真题 96 句

cognitive C1

adj. 认知的

本卷2次·真题 85 句

increasingly B2

adv. 越来越;日益;不断增加地

本卷2次·真题 78 句

due B1

adj. 预期的

本卷2次·真题 70 句

material

B1

n. 材料

本卷2次·真题 66 句

creative

B1

adj. 有创造力的

本卷2次·真题 65 句

quickly

A2

adv. 快速地

本卷2次·真题 63 句

trend

B1

n. 趋势

本卷2次·真题 63 句

perform

B1

v. 执行

本卷2次·真题 61 句

conduct

B2

v. 组织并实施

本卷2次·真题 59 句

specific

B2

adj. 具体的

本卷2次·真题 59 句

psychology

B2

n. 心理学

本卷2次·真题 52 句

range

B1

n. 范围

本卷2次·真题 50 句

status

B2

n. 地位

本卷2次·真题 48 句

recommend

B1

v. 推荐

本卷2次·真题 47 句

gene

B2

n. 基因

本卷2次·真题 43 句

user

A2

n. 使用者

本卷2次·真题 42 句

relatively

B2

adv. 相对地

本卷2次·真题 37 句

retail

B2

n. 零售

本卷2次·真题 37 句

entire

B1

adj. 整个的

本卷2次·真题 34 句

proposal B2

n. 提议

本卷2次·真题 34 句

movement B1

n. 移动

本卷2次·真题 32 句

obvious B1

adj. 明显的

本卷2次·真题 31 句

rarely B1

adv. 很少，难得，不常

本卷2次·真题 30 句

bias B2

n. 偏见

本卷2次·真题 29 句

discipline B2

n. 纪律

本卷2次·真题 28 句

truly B1

adv. 真正地

本卷2次·真题 28 句

regularly A2

adv. 经常地

本卷2次·真题 27 句

destination B1

n. 目的地

本卷2次·真题 25 句

rare B1

adj. 稀有的

本卷2次·真题 25 句

alter B2

v. 改变，更改（使某物与之前不同）

本卷2次·真题 24 句

tough B1

adj. 困难的

本卷2次·真题 24 句

marathon B2

n. 马拉松赛跑（42.195公里）

本卷2次·真题 21 句

basically B1

adv. 基本上

本卷2次·真题 20 句

efficient B2

adj. 效率高的

本卷2次·真题 20 句

robotics B2

n. 机器人学

本卷2次·真题 20 句

convince B1

v. 说服, 使相信

本卷2次·真题 19句

deeply B1

adv. 深深地

本卷2次·真题 19句

crack B1

v. 破裂

本卷2次·真题 18句

given B1

prep. 考虑到

本卷2次·真题 18句

recall B2

v. 回忆起, 记起

本卷2次·真题 18句

underestimate B2

v. 低估

本卷2次·真题 18句

census B2

n. 人口普查

本卷2次·真题 16句

super B1

adj. 极好的, 超级棒的

本卷2次·真题 15句

bureau B2

n. 办事处

本卷2次·真题 14句

nutrient B2

n. 营养物质

本卷2次·真题 14句

remarkable B2

adj. 非凡的

本卷2次·真题 14句

concede C1

v. 承认 (某事属实、正确)

本卷2次·真题 13句

experimental B2

adj. 实验的

本卷2次·真题 13句

sharply B2

adv. 急剧地

本卷2次·真题 13句

disrupt C1

v. 扰乱; 中断

本卷2次·真题 12句

economically B2

adv. 在经济上

本卷2次·真题 12句

shared A2

adj. 共享的

本卷2次·真题12句

considerably B2

adv. 相当大地

本卷2次·真题11句

controversial B2

adj. 有争议的

本卷2次·真题11句

evaluation B2

n. 评估

本卷2次·真题11句

fancy B1

v. 想要

本卷2次·真题11句

appliance B1

n. 家用电器

本卷2次·真题10句

span B2

n. 时间段

本卷2次·真题10句

assortment B2

n. 各种各样的东西

本卷2次·真题9句

dawn B1

n. 黎明, 拂晓

本卷2次·真题9句

blessing B2

n. 幸事

本卷2次·真题8句

container B1

n. 容器

本卷2次·真题8句

continually B2

adv. 频繁地

本卷2次·真题8句

rough B1

adj. 粗糙的

本卷2次·真题8句

focus B1

n. 重点

本卷1次·真题200句

system A2

n. 系统

本卷1次·真题176句

reduce B1

v. 减少, 降低 (数量、大小、程度等)

本卷1次·真题138句

view A2

n. 观点, 看法

本卷1次·真题 134 句

base A2

n. 基础

本卷1次·真题 126 句

challenge B1

n. 挑战

本卷1次·真题 119 句

resource B1

n. 资源

本卷1次·真题 119 句

simply B1

adv. 仅仅, 只不过

本卷1次·真题 119 句

project A2

n. 项目

本卷1次·真题 116 句

opportunity B1

n. 机会

本卷1次·真题 115 句

professor B1

n. 教授 (大学教师的最高职称)

本卷1次·真题 112 句

major B1

adj. 主要的

本卷1次·真题 108 句

measure B1

v. 测量

本卷1次·真题 100 句

gain B1

v. 获得; 赢得

本卷1次·真题 96 句

evidence B1

n. 证据

本卷1次·真题 87 句

later A1

adv. 以后, later

本卷1次·真题 87 句

type A2

n. 类型

本卷1次·真题 84 句

understanding B1

n. 理解; 领悟

本卷1次·真题 84 句

diet A2

n. 日常饮食

本卷1次·真题 82 句

contribute B1

v. 捐献

本卷1次·真题 79 句

despite B1

prep. 尽管

本卷1次·真题 77 句

reflect B1

v. 反映, 显示

本卷1次·真题 71 句

responsibility B1

n. 责任

本卷1次·真题 69 句

engage B2

v. 参与;从事

本卷1次·真题 68 句

easily A2

adv. 容易地

本卷1次·真题 65 句

apply A2

v. 申请

本卷1次·真题 63 句

occur B1

v. 发生, 出现

本卷1次·真题 62 句

boost B2

v. 提高

本卷1次·真题 55 句

feature B1

n. 特征

本卷1次·真题 55 句

happiness A2

n. 幸福

本卷1次·真题 53 句

link A2

n. 联系

本卷1次·真题 53 句

contain B1

v. 包含, 含有

本卷1次·真题 52 句

debate B2

n. 辩论

本卷1次·真题 52 句

explore B1

v. 探索

本卷1次·真题 52 句

operate B1

v. 运转

本卷1次·真题 52 句

argument B1

n. 争论

本卷1次·真题 51 句

rely B1

v. 依赖;依靠

本卷1次·真题 51 句

advance B1

v. 前进

本卷1次·真题 48 句

thus B2

adv. 因此, 所以

本卷1次·真题 47 句

exactly B1

adv. 精确地

本卷1次·真题 46 句

pattern B1

n. 模式

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

achievement B1

n. 成就

本卷1次·真题 44 句

certainly A2

adv. 当然

本卷1次·真题 43 句

concerned B1

adj. 担心的

本卷1次·真题 43 句

agency B2

n. 代理机构

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

define B1

v. 给.....下定义

本卷1次·真题 39 句

genetic B2

adj. 遗传的

本卷1次·真题 38 句

organic B2

adj. 有机的 (不使用化学物质的)

本卷1次·真题 38 句

official B1

adj. 官方的

本卷1次·真题 37 句

opinion A2

n. 观点

本卷1次·真题 37 句

capacity B2

n. 容量

本卷1次·真题 36 句

characteristic B2

n. 特征

本卷1次·真题 36 句

compete B1

v. 竞争

本卷1次·真题 36 句

highly B1

adv. 非常

本卷1次·真题 34 句

housing B1

n. 住房

本卷1次·真题 34 句

pollution B1

n. 污染

本卷1次·真题 34 句

remove A2

v. 移开

本卷1次·真题 34 句

original B1

adj. 最初的, 原始的

本卷1次·真题 33 句

context B2

n. (事情发生的) 背景、环境

本卷1次·真题 32 句

handle A2

v. 处理

本卷1次·真题 32 句

scale B1

n. 规模

本卷1次·真题 32 句

assume B2

v. 假定

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

unlike B1

prep. 不像

本卷1次·真题 31 句

conclude B2

v. 断定;推断出

本卷1次·真题 30 句

eliminate B2

v. 消除

本卷1次·真题 30 句

transform B2

v. 使彻底改变;使转变

本卷1次·真题 30 句

finally A2

adv. 终于, 最终

本卷1次·真题 29 句

limited B1

adj. 有限的

本卷1次·真题 29 句

meanwhile B1

adv. 与此同时

本卷1次·真题 29 句

skin A2

n. 皮肤

本卷1次·真题 29 句

comment B1

n. 评论

本卷1次·真题 28 句

extent B2

n. 程度

本卷1次·真题 28 句

ingredient B1

n. (烹饪) 食材, 原料

本卷1次·真题 28 句

analyze B2

v. 分析

本卷1次·真题 27 句

favor B1

n. 帮忙

本卷1次·真题 25 句

numerous B2

adj. 众多的, 许多的

本卷1次·真题 25 句

pursuit B2

n. 追求

本卷1次·真题 25 句

recommendation B2

n. 推荐

本卷1次·真题 25 句

root A2

n. 根

本卷1次·真题 25 句

contrast B2

n. 对比

本卷1次·真题 24 句

differ B1

v. 不同, 有区别

本卷1次·真题 24 句

complain A2

v. 抱怨

本卷1次·真题 23 句

crowd A2

n. 人群

本卷1次·真题 23 句

prepared A2

adj. 准备好的

本卷1次·真题 23 句

route B1

n. 路线

本卷1次·真题 23 句

adverse C1

adj. 不利的

本卷1次·真题 21 句

exchange B1

n. 交换

本卷1次·真题 21 句

primarily B2

adv. 主要地

本卷1次·真题 21 句

aside B1

adv. 在旁边;到旁边

本卷1次·真题 20 句

concerning B2

prep. 关于

本卷1次·真题 20 句

popularity B2

n. 受欢迎

本卷1次·真题 20 句

immune B2

adj. 有免疫力的

本卷1次·真题 19 句

mere B2

adj. 仅仅的

本卷1次·真题 19 句

nut A2

n. 坚果

本卷1次·真题 19 句

obviously B1

adv. 显然,明显地

本卷1次·真题 19句

unfortunately B1

adv. 不幸地

本卷1次·真题 19句

apparently B2

adv. 显然,看来(根据外表或所见所闻判断)

本卷1次·真题 18句

attractive B1

adj. 有吸引力的

本卷1次·真题 18句

reduction B2

n. 减少

本卷1次·真题 18句

aesthetic C1

adj. 美的

本卷1次·真题 17句

combination B1

n. 结合

本卷1次·真题 17句

equally B1

adv. 同样地

本卷1次·真题 17句

essentially B2

adv. 本质上

本卷1次·真题 17句

internal B2

adj. 内部的

本卷1次·真题 17句

tone B1

n. 语气,口气

本卷1次·真题 17句

assistant A2

n. 助手

本卷1次·真题 16句

phase B2

n. 阶段

本卷1次·真题 16句

recruit B2

v. 招募

本卷1次·真题 16句

transformation B2

n. 彻底改变

本卷1次·真题 16句

update B1

v. 更新

本卷1次·真题 16句

valley A2

n. 山谷

本卷1次·真题 16 句

appearance B1

n. 外貌

本卷1次·真题 15 句

combat B2

n. 战斗

本卷1次·真题 15 句

peak B1

n. 山峰

本卷1次·真题 15 句

totally B1

adv. 完全地

本卷1次·真题 15 句

undergraduate B2

n. 大学本科生

本卷1次·真题 15 句

outer B1

adj. 外部的，外面的

本卷1次·真题 14 句

plus A2

prep. 加，加上

本卷1次·真题 14 句

syndrome C1

n. 综合征

本卷1次·真题 14 句

virtue B2

n. 美德

本卷1次·真题 14 句

belong A2

v. 属于（某人）

本卷1次·真题 13 句

calculate B1

v. 计算

本卷1次·真题 13 句

delivery B1

n. 递送

本卷1次·真题 13 句

procedure B2

n. 程序

本卷1次·真题 13 句

unrelated B2

adj. 无关的

本卷1次·真题 13 句

vote B1

n. 投票

本卷1次·真题 13 句

agent B2

n. 代理人

本卷1次·真题 12句

approximately B1

adv. 大约, 近似地

本卷1次·真题 12句

comprehension B2

n. 理解力

本卷1次·真题 12句

determined B1

adj. 坚决的

本卷1次·真题 12句

endure B2

v. 忍受

本卷1次·真题 12句

isolated B2

adj. 孤立的

本卷1次·真题 12句

motor B1

n. 发动机

本卷1次·真题 12句

positively B2

adv. 积极地

本卷1次·真题 12句

tumour C1

n. 肿瘤

本卷1次·真题 12句

unlikely B1

adj. 不太可能的

本卷1次·真题 12句

concentration B2

n. 专注

本卷1次·真题 11句

modify B2

v. 修改, 更改 (使局部变化)

本卷1次·真题 11句

neighbour A2

n. 邻居

本卷1次·真题 11句

stretch B1

v. 伸展

本卷1次·真题 11句

attraction B1

n. 吸引力

本卷1次·真题 10句

construct B2

v. 建造

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

overwhelming B2

adj. 压倒性的

本卷1次·真题 10句

pollutant B2

n. 污染物

本卷1次·真题 10句

companion B2

n. 同伴

本卷1次·真题 9句

constitute C1

v. 构成, 组成

本卷1次·真题 9句

nurture C1

v. 养育

本卷1次·真题 9句

stunning B2

adj. 极美的

本卷1次·真题 9句

unknown B1

adj. 未知的

本卷1次·真题 9句

varied B2

adj. 各种各样的

本卷1次·真题 9句

calculation B2

n. 计算

本卷1次·真题 8句

generous B1

adj. 慷慨的, 大方的

本卷1次·真题 8句

genetically B2

adv. 在基因上

本卷1次·真题 8句

invasive C1

adj. 侵入性的

本卷1次·真题 8句

necessity B2

n. 必需品

本卷1次·真题 8句

personally B1

adv. 就个人而言

本卷1次·真题 8句

practically B2

adv. 几乎, 差不多

本卷1次·真题 8句

radically

C1

adv. 根本地

本卷1次·真题8句

surgery

B1

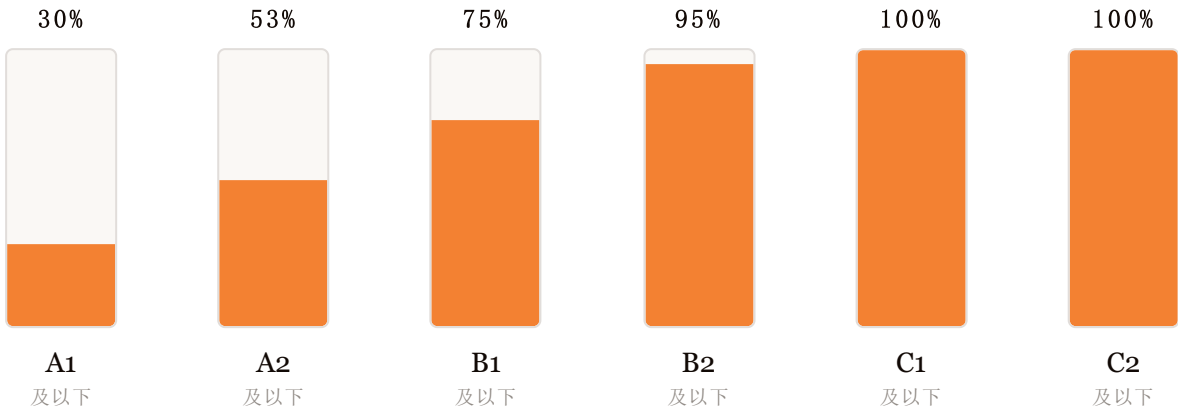
n. 外科手术

本卷1次·真题8句

VOCABULARY • 词汇难度分布

全卷录音原文 808 词按 CEFR 难度累积覆盖

全卷录音原文去重后共 **808** 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 5%。



每柱为「按 CEFR 等级及以下」的累积覆盖率（CDF）·数据为全卷录音原文去重词 808 个·末柱为 100%

去重总词数

808

B2 以上难词

5%

B1 及以下覆盖

75%

英语六级 2024年6月·第2套 · 全卷构成

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

2024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2024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、8 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(2024-06) · 英语六级

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.

The Sun Is Also a Star is a truly lovely story of love, romance, fate, and destiny.

《太阳也是一颗星》是一个关于爱情、浪漫、命运和宿命的真正动人的故事。

Natasha is a Jamaican-born immigrant living 26 in America, not by choice exactly. Her parents brought her over and created the situation she 27 to be out of.

Natasha是一位在牙买加出生的移民,非法居住在美国,这并非完全出于她的选择。是她的父母把她带来并造成了她努力想要摆脱的处境。

Daniel is an American born of Korean immigrants. He believes in true love, fate, and all that other nonsense that Natasha 28 through scientific reasoning.

Daniel是在美国出生的韩国移民后代。他相信真爱、命运以及所有那些被Natasha用科学推理驳斥的无稽之谈。

Daniel and Natasha meet by 29 on the streets of New York on the day that she is to be 30. She doesn't tell him that but does allow him to keep her company while he tries to get her to fall in love with him over the course of the day.

Daniel和Natasha在纽约街头偶然相遇,那天正是她将被驱逐出境的日子。她没有告诉他这件事,但确实允许他陪伴她,而他则试图在这一天的时间里让她爱上他。

Natasha is me. I found her so similar to myself. She's scientifically-minded, practical, somewhat cynical, and always 31 . Her obsession with the universe through a scientific lens is infectious and I 32 Daniel seeing that too.

Natasha就是我。我发现她和我自己非常相似。她具有科学头脑、务实、有些愤世嫉俗,而且总是持怀疑态度。她通过科学视角对宇宙的痴迷具有感染力,我也喜欢Daniel看到这一点。

Daniel is charming and passionate and has a way with words that even 33 Natasha's tough outer shell. By the end of the book I fell in love with both of them.

Daniel富有魅力和激情,他的言语方式甚至能打破Natasha坚硬的外壳。在书的结尾,我爱上了他们两个。

I used to find romance stories to always be cheap or laughable. I think now I can see the value in escaping into a story of pure optimism. I got 34 in The Sun Is Also a Star and finished it cover to cover in a weekend. I couldn't wait to get to what I hoped would be a happy ending.

我曾经总是觉得浪漫故事廉价或可笑。我想现在我能看到逃入一个纯粹乐观的故事中的价值。我沉浸在《太阳也是一颗星》中,并在一个周末就从头到尾读完了它。我迫不及待地想看到我所希望的美好结局。

It's nice every once in a while to give in to magic. It doesn't have to be a hard fantasy novel with actual spells, it can be the magic found between two people who just have that special something. That 35 that causes them to react and spark when they're near each other.

偶尔屈服于魔力是件好事。它不必是一部有真实咒语的硬幻想小说,它可以是两个人之间发现的魔力,他们就是有那种特别的东西。那种化学反应使他们在彼此靠近时产生反应和火花。

- | | |
|----------------|----------------|
| A) adore | I) illegally |
| B) appraise | J) lost |
| C) assaults | K) perpetually |
| D) chemistry | L) prescribed |
| E) coincidence | M) shrewd |
| F) cracks | N) skeptical |
| G) deported | O) strives |
| H) dismisses | |

26. Natasha is a Jamaican-born immigrant living (26) in America

【答案】 **I) illegally** (副词)

【词性槽】 living 后缺修饰语, 需副词

【依据】 与下句「想脱离的处境」呼应=非法滞留

紧接着的 Her parents brought her over and created the situation she (27) to be out of. 说明父母带她过来、造成了她想摆脱的「处境」——这种典型「移民却想脱身」的处境就是「非法居留」。illegally 修饰 living, 正好把这条暗线一句话点透。

【竞争词】 K) perpetually 语义不指向她想脱离的困境

perpetually=「永久地」只描述时间长度, 无法解释她「想 be out of」的那种处境, 与后文的脱身意愿不咬合。

27. the situation she __(27)__ to be out of

【答案】 **O) strives** (动词)

【词性槽】 she 后缺谓语 + to be 不定式

【依据】 **strive to be out of=努力摆脱**

Natasha 想摆脱「非法居留即将被遣返」的处境，strives to be out of 正好表达「她一直在努力跳出这处境」的奋斗感，与全文中她「practical、cynical、scientifically-minded」的人物形象一致。

28. all that other nonsense that Natasha __(28)__ through scientific reasoning

【答案】 **H) dismisses** (动词)

【词性槽】 定语从句中 Natasha 后缺谓语

【依据】 **dismiss=不予理会、驳回**

她对 Daniel 那些「真爱、命运」之类的「nonsense (胡说八道)」用「scientific reasoning (科学推理)」来对待——最贴的就是「dismiss=驳回 / 不予理会」。一个 skeptical 的人对超验信念的标准反应就是 dismiss。

【竞争词】 **C) assaults 攻击太过激烈，搭配也不自然**

assault 一般指人身/语言上的猛烈攻击，「用科学推理 assault 胡话」搭配生硬、语气也过激，不像理性书评的写法。

F) cracks crack 通常指「攻破壳/裂开」，留给 33 题

crack 的「击破外壳」义更贴合 33 题 that even __(33)__ Natasha's tough outer shell 那种「攻破她那层硬壳」的形象化表达，把它放在这里会和那条线抢词。

【易错】最具迷惑性的错误词是 **F)** —— cracks 极易被误填到 28。cracks 也是 -s 动词、也能搭「攻破 nonsense」，但它真正的家在 33 题的 outer shell；若 28 用了 cracks，33 题就只能勉强配 assaults，全篇逻辑塌方。防坑口诀：看到 outer shell/wall 这种 metaphor 宾语，先把 crack 留给它。

29. Daniel and Natasha meet by __(29)__ on the streets of New York

【答案】 E) coincidence (名词)

【词性槽】 介词 by 后接名词

【依据】 by coincidence=偶然地，固定搭配

by coincidence 是英语里非常稳定的方式状语短语，意为「偶然、巧合地」；正好对应 The Sun Is Also a Star is a truly lovely story of love, romance, fate, and destiny. 里反复出现的「命运」基调——两个陌生人街头偶遇、命中注定的故事开端。

【竞争词】 D) chemistry 搭配不立 + 语义留给最后一空

by chemistry 不是英语固定搭配；而且 chemistry 「人与人之间的默契火花」更适合留给 35 题里 That __(35)__ that causes them to react and spark when they're near each other. 那种「化学反应」语义。

30. she is to be __(30)___

【答案】 G) deported (动词)

【词性槽】 be to be __(30)___ 是被动不定式

【依据】 与 26 题非法居留对应=即将被驱逐

26 题已经定下 Natasha 是 Natasha is a Jamaican-born immigrant living __(26)___ in America 非法身份；那么「她今天即将 be __(30)___」最合逻辑的就是「被驱逐出境」(deported)，整本书最大的戏剧张力——一日相恋、当晚遣返——也由此而来。

【竞争词】 L) prescribed 语义指向开药/规定，不切人物处境

prescribed=「被规定 / 被开药」，与一个非法移民、纽约街头偶遇的剧情语境完全脱节，属于看着是过去分词却被语义淘汰。

31. She's scientifically-minded, practical, somewhat cynical, and always __(31)___.

【答案】 N) skeptical (形容词)

【词性槽】 she is 的并列表语

【依据】 与 scientifically-minded、cynical 同向

skeptical 「怀疑论的」与前面 scientifically-minded (科学头脑)、cynical (愤世) 属于同一族——理性、不轻信。下一段 He believes in true love, fate, and all that other nonsense that Natasha __(28)___ through scientific reasoning. 也再次印证她「凡事用科学理性质疑」。

【竞争词】 M) shrewd shrewd 是「精明」，与「不信」无关

shrewd 形容人「精明、商业上敏锐」，更偏褒义的判断力强，跟前文「scientifically-minded、cynical」的「怀疑、不轻信」语义族对不上。

32. and I __(32)__ Daniel seeing that too

【答案】 **A) adore** (动词)

【词性槽】 主语 | 后缺谓语

【依据】 **adore + sb. + doing=超爱看到某人做某事**

上一句 Her obsession with the universe through a scientific lens is infectious 说 Natasha 的科学痴迷有感染力，下半句作者把这种感染对象指向 Daniel——「我超爱看到 Daniel 也被感染到」，adore 的强烈正面色彩与「infectious」呼应。

33. Daniel is charming and passionate and has a way with words that even __(33)__ Natasha's tough outer shell.

【答案】 **F) cracks** (动词)

【词性槽】 even 后缺谓语动词

【依据】 **cracks + tough outer shell=攻破硬壳**

宾语是 Natasha's tough outer shell，「攻破/凿穿坚硬外壳」是 crack 最经典的形象化用法，整句意为「他的口才连 Natasha 那层硬壳都能凿开」，与后文 By the end of the book I fell in love with both of them. 「连读者都被打动」的渐入佳境呼应。

【竞争词】 **c) assaults assault 侧重粗暴攻击，色彩负面**

assault 带粗暴、敌意色彩，把魅力四射的 Daniel 描述成「攻击」Natasha，与下文「fell in love」的浪漫基调完全冲突。

34. I got __(34)__ in The Sun Is Also a Star

【答案】 **J) lost** (形容词)

【词性槽】 got + 空 + in 表「沉浸于」

【依据】 **get lost in=沉浸于一本书**

下文 and finished it cover to cover in a weekend. I couldn't wait to get to what I hoped would be a happy ending. 描写「一个周末从头读到尾、迫不及待想看结局」，正是沉浸阅读的典型表现，与 get lost in 的「沉浸」义完全合拍。

35. That __(35)__ that causes them to react and spark when they're near each other.

【答案】 **D) chemistry** (名词)

【词性槽】 That + 空 + that 定语从句

【依据】 **chemistry=人际默契、火花**

chemistry 在英语口语里专指「两个人之间那种说不清的化学反应、默契」，正好对应空后从句 that causes them to react and spark when they're near each other. 「让他们一靠近就互相反应、迸出火花」——「react/spark」本身就是化学动词族，互为线索。

【易错】 最具迷惑性的错误词是 **E)** —— coincidence 易被反误填到 35。若考生先做 35 题，看到「That __ that causes them to react and spark」可能因「巧合让他们相遇」就误填 coincidence；但 coincidence 与 react/spark 这条化学线索不搭，且 29 题 by + 名词更专属于它。防坑口诀：35 处的同族线索词 (react/spark) 只对应 chemistry。

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) **adore** (动词)

热爱、极喜欢 (及物动词)

用于第 32 空

B) **appraise** (动词)

评估、鉴定 (价值)

干扰词 · 未选用

C) **assaults** (动词) (名词)

动词第三人称单数：攻击；名词复数：袭击

干扰词 · 未选用

D) **chemistry** (名词)

化学；人与人之间的默契、火花

用于第 35 空

E) **coincidence** (名词)

巧合、偶然

用于第 29 空

F) **cracks** (动词) (名词)

动词第三人称单数：使破裂、攻破；名词复数：裂缝

用于第 33 空

G) **deported** 动词 形容词

驱逐出境（过去式/过去分词），可作被动结构中的过去分词

用于第 30 空

H) **dismisses** 动词

第三人称单数：不予理会、驳回、解雇

用于第 28 空

I) **illegally** 副词

非法地

用于第 26 空

J) **lost** 动词 形容词

lose 的过去式/过去分词；形容词：迷失的、沉浸的（get lost in 沉浸于）

用于第 34 空

K) **perpetually** 副词

永久地、不断地

干扰词 · 未选用

L) **prescribed** 动词 形容词

规定的、开（药）的（过去式/过去分词）

干扰词 · 未选用

M) **shrewd** 形容词

精明的、敏锐的

干扰词 · 未选用

N) **skeptical** 形容词

怀疑的、持怀疑态度的

用于第 31 空

O) **strives** 动词

第三人称单数：努力、奋斗（常与 to do 搭配）

用于第 27 空

全文主旨

一本浪漫小说《The Sun Is Also a Star》的读后感

全文是读者对 The Sun Is Also a Star is a truly lovely story of love, romance, fate, and destiny.

这本书的读后感：先介绍两位主角（Natasha 与 Daniel）的身份与性格冲突，再讲一天之内的相遇相爱，最后回到读者自己对浪漫小说态度的转变——从轻视到沉迷。把握住「人物对照 + 读者主观感受」这条主线，后面每个空的语义走向就有了基准。

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。

B) **appraise** 最像 28 题答案的「评估」类干扰

appraise 形似 appreciate，也是动词，且语义沾「评判」边，乍看会在 28 题 nonsense that Natasha __(28)__ through scientific reasoning 「用科学推理评估那些胡话」处诱人；但 appraise 偏褒义的「客观鉴定价值」，对「nonsense」这种已被定性贬义的对象用 appraise 不通——一句话识破：appraise 不带「驳回」之意，只有 dismisses 才有。

C) **assaults** 最像 28 / 33 题的暴力动词干扰

assaults 是第三人称单数动词，词性对得上 28、33 两空，而且「攻击 nonsense」「攻击 outer shell」乍看都说得过去；陷阱在它的负面攻击色彩——28 处理性反应不需要这么激烈，33 处浪漫语境根本不能用「攻击」。识破口诀：assault 带敌意，浪漫/理性语境一律不用。

K) **perpetually** 最像 26 题的副词干扰

perpetually 词性对（副词），位置也能塞进 living __(26)__ in America，但它只描述时间维度，无法解释下一句「her parents... created the situation she strives to be out of」的「想脱离」情境；识破口诀：副词二选一时，谁能解释下一句话，选谁。

L) **prescribed** 最像 30 题的过去分词干扰

prescribed 是过去分词，能塞进 she is to be __(30)__；但 prescribed 的「被规定 / 被开药」与一个非法移民的剧情完全错位。识破口诀：被动结构语义优先于词性——逻辑通才选。

M) **shrewd** 最像 31 题的形容词干扰

shrewd 是形容词，能塞进 always __(31)__，乍看「精明」也算正面性格；但它和 scientifically-minded/cynical 不同族——「精明」不等于「怀疑」。识破口诀：并列形容词必须同族，别拿同样褒义/词性硬塞。

SENTENCE INSIGHTS • 句子精讲

1 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。

Natasha is a Jamaican-born immigrant living illegally in America, not by choice exactly.

第2段，第1句

主系表结构配合后置定语和状语补充是常见句式，尤其是现在分词作后置定语的用法在阅读理解中频繁出现。虽不算高难句型，但具备一定代表性，适合作为基础句型练习材料。

HIGH-FREQUENCY · 真题高频词

本篇出现的 23 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。

scientific B1

adj. 科学的

本篇2次 · 真题 103 句

romance B1

n. 浪漫关系

本篇2次 · 真题 12 句

fate B2

n. 命运

本篇2次 · 真题 11 句

exactly B1

adv. 精确地

本篇1次 · 真题 46 句

novel B1

n. 小说

本篇1次 · 真题 43 句

practical B1

adj. 实际的

本篇1次 · 真题 42 句

truly B1

adv. 真正地

本篇1次 · 真题 28 句

strive B2

v. 努力，奋斗，力求

本篇1次 · 真题 27 句

escape A2

v. 逃跑;逃脱

本篇1次 · 真题 24 句

tough B1

adj. 困难的

本篇1次 · 真题 24 句

actual B1

adj. 真实的

本篇1次·真题 20 句

universe B2

n. 宇宙

本篇1次·真题 20 句

react B1

v. 作出反应

本篇1次·真题 19 句

crack B1

v. 破裂

本篇1次·真题 18 句

outer B1

adj. 外部的, 外面的

本篇1次·真题 14 句

passionate B2

adj. 热情的

本篇1次·真题 14 句

reasoning B2

n. 推理

本篇1次·真题 13 句

optimism B2

n. 乐观;乐观主义

本篇1次·真题 12 句

somewhat B2

adv. 有点

本篇1次·真题 12 句

obsession C1

n. 痴迷

本篇1次·真题 10 句

spark B1

n. 火花

本篇1次·真题 10 句

skeptical B2

adj. 怀疑的

本篇1次·真题 9 句

cynical C1

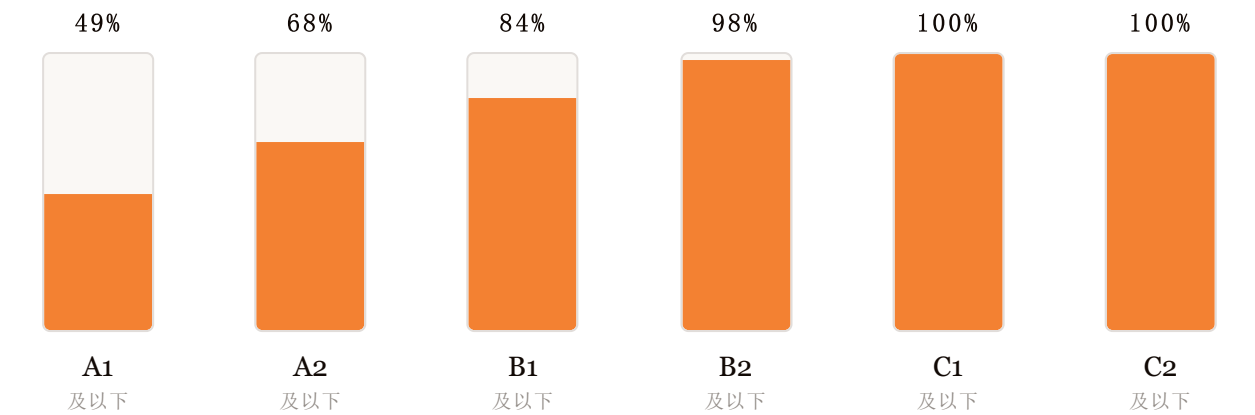
adj. 愤世嫉俗的

本篇1次·真题 8 句

VOCABULARY • 词汇难度分布

全文 116 词按 CEFR 难度累积覆盖

带空短文去重后共 116 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 2 个·约 2%。



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 116 个 · 末柱为 100%

去重总词数

116

B2 以上难词

2%

B1 及以下覆盖

84%

英语六级 2024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 →

2024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2024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 12 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(2024-06) · 英语六级

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**.

These are the habits to avoid if you want to make a behavior change

A) According to recent research, behavioral change involves physical changes in the brain. In the past decade, researchers have shown that when it comes to the duration of making a new behavior a deep-rooted habit there is not a simple answer. Even for the most productive and disciplined among us, undoing something that has become an automatic part of who we are takes more than an overnight effort. Once we've successfully made that change, we then have to make other adjustments to our lives to ensure that we continue to maintain it, which is often a whole other challenge in itself.

根据最近的研究,行为改变涉及大脑的物理变化。在过去十年中,研究人员已经表明,当涉及到将新行为转变为根深蒂固的习惯所需的时间时,并没有一个简单的答案。即使对于我们当中最高效和最自律的人来说,改掉已经成为我们自身自动组成部分的行为也需要付出不止一夜的努力。一旦我们成功做出了这种改变,我们还必须对生活进行其他调整,以确保我们继续保持这种改变,这本身往往是一个完全不同的挑战。

B) At its core, success in changing and maintaining a behavior rarely occurs without the introduction of some sort of system. When there isn't the right framework in place, we face a greater likelihood of derailing our hard-earned progress. To ensure success in changing and maintaining a behavior, we should stay away from some detrimental habits.

从本质上讲,改变和保持行为的成功很少在没有引入某种系统的情况下发生。当没有适当的框架时,我们面临更大的可能性使我们来之不易的进步脱轨。为了确保成功地改变和保持行为,我们应该远离一些有害的习惯。

- C) The first one to avoid is relying on willpower. Think about the last time you vowed to resist a temptation. Perhaps you didn't want to check your phone every 15 minutes, or you were determined not to reach for a chocolate bar at 3 p. m. Think about how difficult it must have been not to glance at your phone when it was within reach, or not to walk to the vending machine when your afternoon slump hit.

首先要避免的是依赖意志力。想想你上次发誓抵制诱惑的时候。也许你不想每15分钟查看一次手机,或者你下定决心不在下午3点伸手去拿巧克力棒。想想当手机触手可及时不瞥一眼它有多困难,或者当下午的疲惫期来临时不走到自动售货机前有多困难。

- D) The research on whether we have finite or infinite willpower is inconclusive, but experts do generally agree that you can't change and sustain a habit if you rely on your willpower alone. The old military saying "You never rise to the occasion, you only sink to the level of training" also applies to behavior change. The idea is simple—you repeat something so many times that it becomes automatic.

关于我们的意志力是有限还是无限的研究尚无定论,但专家普遍认为,如果你仅仅依靠意志力,就无法改变和维持一个习惯。古老的军事格言"你永远不会临场发挥超常,你只会沉到训练的水平"也适用于行为改变。这个想法很简单——你重复某件事很多次,直到它变得自动化。

- E) Think about what else you can change about your surrounding that makes it easier for you to perform this change on a daily basis. This is called your "cue." Basically, it's a trigger to perform that particular habit. If you don't want to reach for a sugary treat at 3 p. m. , have a box of herbal tea ready at your desk. When 3 p. m. comes around, that's your cue to pour yourself a cup of hot water and drink that tea, instead of walking to the vending machine.

想想你还可以改变周围环境的什么,使你更容易每天执行这种改变。这被称为你的"提示"。基本上,它是执行该特定习惯的触发器。如果你不想在下午3点伸手去拿含糖零食,就在你的桌子上准备好一盒花草茶。当下午3点到来时,那就是你给自己倒一杯热水喝茶的提示,而不是走到自动售货机前。

- F) The second one to avoid is focusing on negative goals. Sometimes, it's not your process that lets you down, but the habit that you want to change in the first place. For starters, not eating chocolate to beat your afternoon slump is a harder goal than swapping chocolate for herbal tea when you reach the designated time. Your brain wants to find routines that have succeeded in the past and allow you to repeat those actions again in the future without having to think about them explicitly. However, this habit-learning system isn't so effective when it comes to learning not to do something. That's why rather than giving up something, think about introducing something in its place. Focus on actions you are going to take that will ultimately conflict with the behaviors you want to stop. When your attention is on doing something new, you give your habit system a chance to operate.

第二个要避免的是关注消极目标。有时候,让你失望的不是你的过程,而是你首先想要改变的习惯。首先,不吃巧克力来战胜下午的疲惫期是一个比在到达指定时间时用花草茶替换巧克力更难的目标。你的大脑想要找到过去成功的例行程序,并允许你在未来再次重复这些行动,而不必明确地思考它们。然而,当涉及到学习不做某事时,这种习惯学习系统并不那么有效。这就是为什么与其放弃某件事,不如考虑引入某件事来取代它。专注于你将要采取的行动,这些行动最终会与你想要停止的行为相冲突。当你的注意力集中在做新事情上时,你给了你的习惯系统一个运作的机会。

- G) The third one to avoid is using the same strategies in different circumstances. Because we are creatures of habit, it's natural to assume that when we do manage to adopt and sustain a desirable behavior, that same strategy will work when we want to make another behavior change. But that's

not always the case. Sometimes, the system that got you to change one behavior might not work for another.

第三个要避免的是在不同情况下使用相同的策略。因为我们是习惯的生物,所以很自然地认为,当我们确实设法采纳和维持一种理想的行为时,同样的策略在我们想要做出另一个行为改变时也会奏效。但情况并非总是如此。有时候,让你改变一种行为的系统可能对另一种行为不起作用。

- H) Sometimes we become accustomed to relying on our guts when it comes to decision-making. This serves us well in certain situations, but can hinder us in others especially when we need to consider metrics and data, rather than letting our instinct override everything. For example, if you want to stop checking your email first thing in the morning, you might decide to substitute another activity in its place. But if you want to stop indulging in video games, simply deciding you will go for a run might not be as effective. You might need to introduce another reinforcement, such as meeting a friend and booking an exercise class together.

有时候,当涉及到决策时,我们习惯于依靠直觉。这在某些情况下对我们有好处,但在其他情况下可能会阻碍我们,特别是当我们需要考虑指标和数据,而不是让我们的本能凌驾于一切之上时。例如,如果你想停止在早上第一件事就是查看电子邮件,你可能会决定用另一项活动来替代它。但如果你想停止沉迷于电子游戏,仅仅决定你会去跑步可能不会那么有效。你可能需要引入另一种强化,比如约朋友一起预订健身课程。

- I) The fourth one to avoid is not forgiving ourselves for slipping up. Of course, even the best-laid plans fail sometimes. You might have stuck to your screen-free nighttime routine for five days, and then a big project landed on your desk and you found yourself in bed with your laptop before you went to sleep. Or you prepared meals on Sunday and stuck to eating healthy dinners at home, but by Friday you found yourself so exhausted and opted to order greasy takeout. Life happens and even if your behavior change is small, every single day can prove pretty inflexible, and at some point your luck may run out, even if just for a day. The perfectionist in you might be screaming to abandon your goals altogether, but try to see it in the bigger picture. Just because you might have temporarily strayed off course doesn't mean you can't start afresh the next day.

第四个要避免的是不原谅自己的失误。当然,即使是最好的计划有时也会失败。你可能已经坚持了五天无屏幕的夜间例行程序,然后一个大项目落在了你的桌子上,你发现自己在睡觉前躺在床上拿着笔记本电脑。或者你在星期天准备了饭菜,并坚持在家吃健康的晚餐,但到了星期五,你发现自己筋疲力尽,选择订购油腻的外卖。生活就是这样,即使你的行为改变很小,每一天都可能证明相当不灵活,在某个时候你的运气可能会用完,即使只是一天。你内心的完美主义者可能会尖叫着要完全放弃你的目标,但试着从更大的角度看待它。仅仅因为你可能暂时偏离了轨道,并不意味着你不能在第二天重新开始。

- J) The final one to avoid is discounting small progress. There's a habit that many perfectionists tend to fall into when they try to establish a behavior change. They focus too much on the big goal and don't take the time to celebrate the small progress they make in the process. Your brain responds to rewards. The basal ganglia, the brain region linked to our performance of habits, is most active at the beginning of a behavior, when the habit is cued, and at the end, when it's rewarded. Say your goal is to run five miles three times a week, and this week you ran one mile on Monday, Wednesday, and Friday. Rather than focusing on how far you've gone toward your goal, think about how you can reward yourself for the progress you've made. It doesn't have to be big or expensive; it can be

something as simple as making your favorite fruit juice after your run. Whatever your reward, it has to be more than just the activity itself to get you going.

最后一个要避免的是低估小进步。许多完美主义者在试图建立行为改变时往往会陷入一种习惯。他们过于关注大目标,而不花时间庆祝他们在过程中取得的小进步。你的大脑对奖励有反应。基底神经节是与我们的习惯表现相关的大脑区域,在行为开始时,当习惯被提示时,以及在结束时,当它被奖励时,是最活跃的。假设你的目标是每周跑三次五英里,而这周你在星期一、星期三和星期五各跑了一英里。与其关注你离目标有多远,不如想想你如何为你取得的进步奖励自己。它不必很大或很昂贵;它可以像跑步后制作你最喜欢的果汁一样简单。无论你的奖励是什么,它必须不仅仅是活动本身才能让你继续前进。

- K) Initiating a new behavior usually seems like the hardest part of the process of change. However, people often fail to adequately prepare for maintaining it. One of the reasons for this is because we mistakenly believe the strategies we used to initiate the change will be equally effective in helping us continue the change. But they won't. Where changing a strongly deep-rooted habit requires changing our belief about that habit that penetrates deeply into our lives, continually manifesting that wisdom requires that we maintain a positive outlook. If our mood is low, the wisdom to behave differently seems to disappear and we go back to eating more and exercising less. The key, then, to maintaining new behaviors is to be happy! Which is why it's so hard to maintain new behaviors.

启动新行为通常似乎是改变过程中最困难的部分。然而,人们往往未能充分准备好维持它。原因之一是因为我们错误地认为,我们用来启动改变的策略在帮助我们继续改变方面同样有效。但它们不会。改变一个根深蒂固的习惯需要改变我们对该习惯的信念,这种信念深入渗透到我们的生活中,而持续体现这种智慧需要我们保持积极的态度。如果我们的情绪低落,以不同方式行事的智慧似乎就会消失,我们又回到吃得更多、锻炼更少的状态。因此,保持新行为的关键是快乐!这就是为什么保持新行为如此困难的原因。

- L) Remember, overcoming the behavioral inertia that prevents us from implementing new changes, like eating a healthy diet or exercising, can benefit us in the long run and can improve our physical and mental health. No one was born with habits. They were all learned, and can all, therefore, be unlearned. The question is: how badly do you really want to change?

请记住,克服阻止我们实施新改变的行为惯性,比如吃健康饮食或锻炼,从长远来看可以使我们受益,并可以改善我们的身心健康。没有人生来就有习惯。它们都是习得的,因此都可以被取消学习。问题是:你到底有多想改变?

陈述句与逐句解析

36. There is general consensus among experts that willpower alone cannot guarantee one's success in changing and maintaining a habit.

专家们普遍认为,仅凭意志力无法保证一个人在改变和保持习惯方面取得成功。

【答案】 D 段 (强锚点)

【锚点】 experts/general consensus + willpower alone

【定位】 The research on whether we have finite or infinite willpower is inconclusive, but experts do generally agree that you can't change and sustain a habit if you rely on your willpower alone.
关于我们意志力是有限还是无限的研究尚无定论，但专家们普遍同意：单靠意志力，你无法改变并维持一个习惯。

【改写】 general consensus among experts ↔ **experts do generally agree**

名词化同义替换

willpower alone cannot guarantee one's success in changing and maintaining a habit ↔

you can't change and sustain a habit if you rely on your willpower alone

条件-结果句式重构

【辨邻】 **C** Think about the last time you vowed to resist a temptation只是描写场景，并没有出现题干所要求的general consensus among experts，因此不是答案段。

Think about how difficult it must have been not to glance at your phone when it was within reach

37. One need not abandon their goals completely just because they missed their target temporarily; they can start anew.

一个人不必仅仅因为暂时错过了目标就完全放弃自己的目标;他们可以重新开始。

【答案】 **I** 段（强锚点）

【锚点】 abandon goals temporarily + start anew

【定位】 Just because you might have temporarily strayed off course doesn't mean you can't start afresh the next day.

你也许只是暂时偏离了航线，但这并不意味着第二天你不能重新开始。

【改写】 One need not abandon their goals completely just because they missed their target temporarily ↔

Just because you might have temporarily strayed off course doesn't mean you can't start afresh the next day

Just because...doesn't mean...的等价改写

they can start anew ↔ **you can't start afresh the next day**

start anew = start afresh

【辨邻】 **B** we face a greater likelihood of derailing our hard-earned progress只描述"会脱轨"的风险，但不像题干那样指明"暂时失败后第二天可以重新开始"，因此不是源头段。

we face a greater likelihood of derailing our hard-earned progress

38. Research shows it is quite another challenge to maintain a behavioral change after you have initiated it.

研究表明,在启动行为改变之后,保持这种行为改变是一个完全不同的挑战。

【答案】 **A** 段（强锚点）

【锚点】 Research + another challenge to maintain

【定位】 Once we've successfully made that change, we then have to make other adjustments to our lives to ensure that we continue to maintain it, which is often a whole other challenge in itself.

一旦我们成功完成了改变，接下来还要对生活做出其他调整以确保能够继续维持，而这往往本身就是另一道难题。

【改写】 Research shows ↔ According to recent research

同义词替换

it is quite another challenge to maintain a behavioral change after you have initiated it ↔

we then have to make other adjustments to our lives to ensure that we continue to maintain it, which is often a whole other challenge in itself

短语同义 + 时序改写

【辨邻】 K K段以Initiating a new behavior usually seems like the hardest part of the process of change开场，谈维持难，但归因是策略与情绪，且不挂“研究”招牌，与题干Research shows不符。

Initiating a new behavior usually seems like the hardest part of the process of change. However, people often fail to adequately prepare for maintaining it.

39. It is wrong to assume the strategies we use to start a change of behavior will work equally well in helping maintain it.

假设我们用来启动行为改变的策略在帮助保持这种改变方面同样有效是错误的。

【答案】 K 段（强锚点）

【锚点】 strategies to start a change won't work for maintaining

【定位】 One of the reasons for this is because we mistakenly believe the strategies we used to initiate the change will be equally effective in helping us continue the change. But they won't.

原因之一是：我们错误地以为，启动改变时用的那些策略，对维持改变同样有效，但其实不会。

【改写】 It is wrong to assume the strategies we use to start a change of behavior will work equally well in helping maintain it

↔

we mistakenly believe the strategies we used to initiate the change will be equally effective in helping us continue the change

It is wrong to assume = mistakenly believe

【辨邻】 G G段说the system that got you to change one behavior might not work for another——“另一个行为”，而题干Q39说的是“helping maintain it”，对象是同一行为为的维持阶段。两者维度不同，G不是答案段。

Sometimes, the system that got you to change one behavior might not work for another

40. Sometimes, it may not be successful to simply substitute one activity with another to effect a change of habit; you may need extra reinforcement.

有时候,仅仅用一种活动替代另一种活动来实现习惯改变可能并不成功;你可能需要额外的强化。

【答案】 **H** 段 (强锚点)

【锚点】 substitute one activity with another + extra reinforcement

【定位】 But if you want to stop indulging in video games, simply deciding you will go for a run might not be as effective. You might need to introduce another reinforcement, such as meeting a friend and booking an exercise class together.

但如果你想戒掉沉迷电子游戏, 仅仅决定去跑步未必有效; 你可能需要引入另一种强化手段, 比如约朋友一起报一节锻炼课。

【改写】 it may not be successful to simply substitute one activity with another to effect a change of habit ↔ **simply deciding you will go for a run might not be as effective**

委婉否定同义

you may need extra reinforcement ↔ **You might need to introduce another reinforcement**

extra=another (同义替换)

【辨邻】 **F** F段说rather than giving up something, think about introducing something in its place——这是"替换有效"的主张, 但题干Q40在说"简单替换可能不够"+"还要额外强化", 需要的是H段的进一步推论。

rather than giving up something, think about introducing something in its place

G G段the system that got you to change one behavior might not work for another是策略不通用的总论, 没有another reinforcement这类具体强化手段, 因此不是源头段。

it's natural to assume that when we do manage to adopt and sustain a desirable behavior, that same strategy will work when we want to make another behavior change. But that's not always the case

41. One should introduce something new to replace an old habit instead of simply kicking it.

一个人应该引入新的东西来替代旧习惯,而不是简单地戒掉它。

【答案】 **F** 段 (强锚点)

【锚点】 introduce something new to replace an old habit

【定位】 That's why rather than giving up something, think about introducing something in its place.

这就是为什么与其放弃某个东西, 不如想想引入新东西去取代它。

【改写】 One should introduce something new to replace an old habit ↔

think about introducing something in its place

introduce+in its place=introduce+replace

instead of simply kicking it ↔ **rather than giving up something**

instead of=rather than, kick=give up

【辨邻】 **E** 段 This is called your "cue." 核心在解释"线索"概念，例子里虽然有"花草茶换售货机"，但段落主张是"设置触发线索"，不是Q41主张的"introduce instead of kicking"。

This is called your "cue." Basically, it's a trigger to perform that particular habit

42. Perfectionists focus too much on their big target and neglect celebrating the small gains they make in the process.

完美主义者过于关注他们的宏大目标,而忽视了庆祝他们在过程中取得的小进步。

【答案】 **J** 段 (强锚点)

【锚点】 Perfectionists + big target + small gains

【定位】 There's a habit that many perfectionists tend to fall into when they try to establish a behavior change. They focus too much on the big goal and don't take the time to celebrate the small progress they make in the process.

完美主义者在尝试建立行为改变时常陷入一个习惯：他们太专注于大目标，没有花时间庆祝过程中的小进步。

【改写】 Perfectionists focus too much on their big target ↔ **They focus too much on the big goal**
几乎同形

neglect celebrating the small gains they make in the process ↔

don't take the time to celebrate the small progress they make in the process

neglect=don't take the time to + gains=progress

【辨邻】 **I** 段 The perfectionist in you might be screaming to abandon your goals altogether 讲的是"失败后被劝放弃"，与Q42主张的"忽视小进步"不是一回事，因此不是答案段。

The perfectionist in you might be screaming to abandon your goals altogether

43. It is of great benefit to us in the long term to conquer the inertia that stops us from making behavioral changes.

从长远来看,克服阻止我们做出行为改变的惰性对我们大有裨益。

【答案】 **L** 段 (强锚点)

【锚点】 long term benefit + conquer the inertia

【定位】 Remember, overcoming the behavioral inertia that prevents us from implementing new changes, like eating a healthy diet or exercising, can benefit us in the long run and can improve our physical and mental health.

记住，克服阻碍我们实施新改变（如健康饮食或运动）的行为惯性，长期来看能让我们受益，并改善身心健康。

【改写】 to conquer the inertia that stops us from making behavioral changes ↔

overcoming the behavioral inertia that prevents us from implementing new changes

conquer=overcome, stops=prevents

It is of great benefit to us in the long term ↔ **can benefit us in the long run**

in the long term=in the long run

44. The strategy that successfully changed one of your behaviors may not work for some other behavior of yours.

成功改变你某一行为的策略可能对你的其他某些行为不起作用。

【答案】 G 段（强锚点）

【锚点】 strategy that changed one behavior may not work for another

【定位】 Sometimes, the system that got you to change one behavior might not work for another.

有时候，让你改变某种行为成功的那个系统，对另一种行为未必有效。

【改写】 The strategy that successfully changed one of your behaviors ↔

the system that got you to change one behavior

strategy=system, successfully changed=got you to change

may not work for some other behavior of yours ↔ **might not work for another**

几乎同形

【辨邻】 K 段 the strategies we used to initiate the change will be equally effective in

helping us continue the change 谈“启动到维持”的策略迁移，对象是同一个行为的两个阶段；Q44要的是“两个不同行为”。

the strategies we used to initiate the change will be equally effective in helping us continue the change

H 段 You might need to introduce another reinforcement 给的是替换之外强化的具体例子，没有像G段那样把“策略不通用”作为主张提出。

You might need to introduce another reinforcement, such as meeting a friend and booking an exercise class together

45. Without a happy mood, it seems that our wisdom to adopt a different behavior vanishes.

没有愉快的心情，我们采用不同行为的智慧似乎就会消失。

【答案】 K 段（强锚点）

【锚点】 without a happy mood + wisdom vanishes

【定位】 If our mood is low, the wisdom to behave differently seems to disappear and we go back to eating more and exercising less.

如果心情低落，那种采取另一种行为的智慧仿佛就消失了，我们又会回到多吃少动的状态。

【改写】 Without a happy mood ↔ If our mood is low

正反条件互换

our wisdom to adopt a different behavior vanishes ↔

the wisdom to behave differently seems to disappear

vanish=disappear, adopt a different behavior=behave differently

【辨邻】 I 段 by Friday you found yourself so exhausted and opted to order greasy takeout 描述疲惫导致失败，但没有像K段那样把"行为智慧"与"心情"挂钩。

by Friday you found yourself so exhausted and opted to order greasy takeout

PARAGRAPH MAP • 段落主旨图

12 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 引出研究：行为改变涉及大脑物理变化；把新行为变成深植习惯没有简单时间答案；改完之后还要再做调整来维持，维持本身又是另一道难关。

信息指纹 维持本身是另一道难关

B 总论：改变并维持行为很少离得开某种系统；缺乏框架就容易脱轨；要避免若干有害习惯。

信息指纹 靠系统而非裸意志

C 第一个要避免的：依赖意志力。用查手机、下午三点不吃巧克力为例，描述硬抗诱惑有多难。

信息指纹 靠意志力硬抗诱惑的场景

D 专家共识：单靠意志力无法形成并维持习惯；引用军队格言，强调把动作练到自动化。

信息指纹 专家共识：单靠意志力不行

E 提出"cue (线索)"概念: 改变环境, 让某个时间点自动触发你想做的新行为, 例如3点用花草茶替代去自动售货机。

信息指纹 线索cue的设置

F 第二个要避免的: 盯着"不要做"的负面目标。大脑的习惯系统擅长重复、不擅长"学会不做", 所以要用一个新动作去替代旧动作。

信息指纹 用新动作替代旧习惯

G 第三个要避免的: 在不同情境里复用同一策略。我们是习惯的生物, 会下意识以为旧办法到新场景一样好用, 其实未必。

信息指纹 旧策略未必通用于新行为

H 进一步说明G: 有时不能只凭直觉做"替换"决策; 停玩游戏只换成跑步可能不够, 需要追加强化 (如约朋友、报班)。

信息指纹 替换之外还要追加强化

I 第四个要避免的: 失误后不肯原谅自己。最完美的计划也会偶尔翻车, 不要因为一天没做到就全盘放弃, 第二天可以重新开始。

信息指纹 失败一天后可以重新开始

J 第五个要避免的: 低估小进步。完美主义者只盯大目标、不庆祝路上的小进展; 大脑对奖励有反应, 基底节在习惯被启动与被奖励时最活跃, 所以要给小进步配奖励。

信息指纹 完美主义只盯大目标、忽视小进展

K 维持比启动更难: 人们误以为启动用的策略对维持一样有效, 其实不然; 要维持就得保持积极情绪, 心情低落时"另一种行为的智慧"就消失了, 所以维持新行为这么难。

信息指纹 维持要靠好心情, 启动策略不通用

L 收尾呼吁: 克服阻碍新行为的"行为惯性"长期看对身心都有益; 没人天生带习惯, 习惯都是学来的, 因此也都能被卸掉。

信息指纹 克服行为惯性长期有益

16 句真题句逐层精讲

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

According to recent research, behavioral change involves physical changes in the brain.

A段，第1句

主谓宾结构配句首状语是常见句式，具有一定代表性。但本句过于简洁，未涉及四六级或考研真题中高频出现的从句嵌套、长定语修饰、被动结构等特征，作为典型句式的代表性中等偏下。

In the past decade, researchers have shown that when it comes to the duration of making a new behavior a deep-rooted habit there is not a simple answer.

A段，第2句

主句 + 宾语从句 + 嵌套状语从句的结构,以及 there be 句型、when it comes to 固定搭配、动名词复合结构,都是四六级和考研阅读中的高频句式。该句高度典型,掌握后可迁移到大量真题长难句的分析中,实用价值很高。

At its core, success in changing and maintaining a behavior rarely occurs without the introduction of some sort of system.

B段，第1句

本句体现了学术写作中常见的句式：抽象名词作主语 + 后置定语扩展 + 不及物动词 + 多个状语修饰。句首状语 At its core、频率副词 rarely、以及 without 引导的条件状语，都是四六级和考研阅读中的高频搭配。这类结构在论述性文本中反复出现，学习后迁移价值较高。

The first one to avoid is relying on willpower.

C段，第1句

主系表结构配合不定式定语和动名词表语是四六级和考研阅读中的常见句式，尤其在表达观点、定义概念时频繁出现，学生掌握后可大量复用于理解类似表达。

The research on whether we have finite or infinite willpower is inconclusive, but experts do generally agree that you can't change and sustain a habit if you rely on your willpower alone.

D段, 第1句

句子覆盖主语(含长修饰语)、系表结构、并列谓语、宾语从句、条件状语从句、介词短语作状语等多种成分,且包含典型易错点:主语内嵌套从句、并列谓语共用宾语、条件从句修饰宾语从句内部谓语,适合全面练习成分划分技能。

The idea is simple—you repeat something so many times that it becomes automatic.

D段, 第3句

破折号连接并列句的用法、"so...that..."引导结果状语从句的结构,都是四六级和考研阅读中高频出现的句式。掌握后可迁移到大量同类句子的分析中。

Sometimes, it's not your process that lets you down, but the habit that you want to change in the first place.

F段, 第2句

"not ... but ..." 对比结构和限制性定语从句都是四六级、考研阅读中的高频句式;尤其 "not A but B" 配合定语从句修饰的组合在议论文中极为常见,且关系代词在从句中充当不同成分的用法是必考知识点,本句结构具有很强的典型性和迁移价值

Because we are creatures of habit, it's natural to assume that when we do manage to adopt and sustain a desirable behavior, that same strategy will work when we want to make another behavior change.

G段, 第2句

本句成分种类丰富且包含多个训练价值高的易错点:主句使用 it 作形式主语结构,真正主语是不定式短语,这是学生常混淆的考点;宾语从句内部的主语 that same strategy 被时间状语从句插入分隔,考查识别主谓间隔的能力;句中有两个时间状语从句修饰同一个谓语 will work,练习识别平行修饰关系;do manage 的强调用法;不定式短语作宾语(to adopt and sustain、to make)。这些成分组合在一个句子中,可以同时练习形式主语、主谓分隔、状语从句嵌套、不定式宾语等多个知识点,训练价值较高

Sometimes we become accustomed to relying on our guts when it comes to decision-making.

H段，第1句

主句的 "become accustomed to + 动名词" 是四六级和考研常见的固定搭配结构，"when it comes to" 也是高频表达。这种主句 + 时间状语从句的组合在真题中经常出现，学习后可以复用到理解类似句型中。

This serves us well in certain situations, but can hinder us in others especially when we need to consider metrics and data, rather than letting our instinct override everything.

H段，第2句

并列主句加状语从句的结构在四六级和考研阅读中极为常见，是英语长难句的基本模式之一。句中涉及的 "not ... but ..." 对比逻辑、"when" 时间状语从句、"rather than" 对比短语等，都是高频考点。掌握本句的分析方法后，可以直接迁移到大量真题句型，典型性很强。

For example, if you want to stop checking your email first thing in the morning, you might decide to substitute another activity in its place.

H段，第3句

条件状语从句 + 主句含情态动词的结构在四六级和考研阅读中频繁出现，"if + 一般现在时，主句 + 情态动词" 是典型的条件句模式。此外，不定式和动名词的搭配 (decide to do、stop doing) 也是常考知识点。

Just because you might have temporarily strayed off course doesn't mean you can't start afresh the next day.

I段，第7句

本句包含主语从句、宾语从句两种名词性从句，覆盖主谓宾基本句型，还涉及多种状语成分。主语从句容易与状语从句混淆，是常见易错点。适合作为名词性从句和成分划分的综合练习

Rather than focusing on how far you've gone toward your goal, think about how you can reward yourself for the progress you've made.

J段，第7句

"Rather than A, B" 对比结构、宾语从句、定语从句省略关系代词，都是四六级和考研阅读中的常见句式。祈使句加复杂修饰的写法在议论文、建议类文本中频繁出现，典型性很高，掌握后可大量复用

Whatever your reward, it has to be more than just the activity itself to get you going.

J段，第9句

让步状语从句加主句的结构是考试常见句式，从句省略也是典型考点。主句中的情态结构、比较结构、不定式作状语都是高频语法现象，具有较强的代表性和迁移价值，掌握后可应用于类似句子。

One of the reasons for this is because we mistakenly believe the strategies we used to initiate the change will be equally effective in helping us continue the change.

K段，第3句

本句在结构复杂度、成分训练价值、句式典型性三方面都达到较高水平，适合作为从句嵌套与成分定位的综合练习材料。虽然主干定位和时态识别有一定难度，但不至于让初学者完全无从下手，整体推荐优先用于训练。

It is wrong to assume the strategies we use to start a change of behavior will work equally well in helping maintain it.

第39题题干

形式主语结构、宾语从句省略that、定语从句省略关系代词、多层从句嵌套,都是四六级和考研真题中的高频句式,本句综合了这些典型结构,是极具代表性的复杂句范例,掌握后可迁移到大量类似句型。

HIGH-FREQUENCY • 真题高频词

本篇出现的 109 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。

behavior

B1

n. 行为

本篇19次 · 真题 171 句

maintain

B1

v. 维持

本篇10次 · 真题 64 句

focus B1

n. 重点

本篇5次 · 真题 200 句

strategy B2

n. 策略

本篇5次 · 真题 63 句

system A2

n. 系统

本篇4次 · 真题 176 句

process B1

n. 过程

本篇4次 · 真题 126 句

reward B1

n. 报酬

本篇4次 · 真题 43 句

behavioral B2

adj. 行为的

本篇4次 · 真题 22 句

willpower B2

n. 意志力

本篇4次 · 真题 11 句

simply B1

adv. 仅仅, 只不过

本篇3次 · 真题 119 句

effective B1

adj. 有效的, 起作用的

本篇3次 · 真题 94 句

rely B1

v. 依赖; 依靠

本篇3次 · 真题 51 句

wisdom B2

n. 智慧

本篇3次 · 真题 20 句

cue B2

n. 提示

本篇3次 · 真题 12 句

initiate C1

v. 开始

本篇3次 · 真题 11 句

perfectionist C1

n. 完美主义者

本篇3次 · 真题 9 句

benefit B1

n. 好处

本篇2次 · 真题 244 句

challenge B1

n. 挑战

本篇2次 · 真题 119 句

expert B1

n. 专家

本篇2次 · 真题 114 句

physical B1

adj. 身体的

本篇2次 · 真题 91 句

perform B1

v. 执行

本篇2次 · 真题 61 句

ensure B2

v. 确保

本篇2次 · 真题 57 句

adopt B1

v. 采纳

本篇2次 · 真题 46 句

assume B2

v. 假定

本篇2次 · 真题 31 句

mood A2

n. 心情

本篇2次 · 真题 27 句

target B1

n. 目标, 靶子

本篇2次 · 真题 26 句

successfully B1

adv. 成功地

本篇2次 · 真题 24 句

routine B1

n. 常规

本篇2次 · 真题 23 句

abandon B2

v. 离弃

本篇2次 · 真题 22 句

equally B1

adv. 同样地

本篇2次 · 真题 17 句

substitute B2

n. 替代品

本篇2次 · 真题 14 句

sustain B2

v. 维持

本篇2次 · 真题 14 句

automatic B1

adj. 自动的

本篇2次 · 真题 10 句

researcher B2

n. 研究人员

本篇1次 · 真题 363 句

effect B2

n. 影响

本篇1次 · 真题 191 句

data B1

n. 数据

本篇1次 · 真题 181 句

tend B1

v. 倾向于, 往往会

本篇1次 · 真题 170 句

positive B1

adj. 积极的

本篇1次 · 真题 144 句

negative B1

adj. 否定的

本篇1次 · 真题 132 句

decade B1

n. 十年

本篇1次 · 真题 120 句

mental B1

adj. 精神的

本篇1次 · 真题 120 句

project A2

n. 项目

本篇1次 · 真题 116 句

performance B1

n. 表演

本篇1次 · 真题 98 句

case A2

n. 情况

本篇1次 · 真题 97 句

according B1

prep. 根据

本篇1次 · 真题 96 句

gain B1

v. 获得; 赢得

本篇1次 · 真题 96 句

belief B1

n. 相信

本篇1次 · 真题 85 句

diet A2

n. 日常饮食

本篇1次 · 真题 82 句

involve B1

v. 包含

本篇1次 · 真题 82 句

region B1

n. 地区

本篇1次 · 真题 78 句

conflict B2

n. 冲突

本篇1次·真题 66 句

wrong A2

adj. 错误的

本篇1次·真题 66 句

apply A2

v. 申请

本篇1次·真题 63 句

occur B1

v. 发生, 出现

本篇1次·真题 62 句

generally B1

adv. 通常, 一般地

本篇1次·真题 60 句

email A2

n. 电子邮件

本篇1次·真题 53 句

link A2

n. 联系

本篇1次·真题 53 句

operate B1

v. 运转

本篇1次·真题 52 句

particular B2

adj. 特定的

本篇1次·真题 52 句

respond B1

v. 回答, 答复

本篇1次·真题 52 句

completely B1

adv. 完全地

本篇1次·真题 43 句

establish B2

v. 建立, 创立 (组织、机构、关系等)

本篇1次·真题 42 句

replace A2

v. 替换, 更换 (用新的代替旧的)

本篇1次·真题 42 句

basis B2

n. 基础, 根据

本篇1次·真题 37 句

ultimately B2

adv. 最终, 终归

本篇1次·真题 34 句

extra A2

adj. 额外的

本篇1次·真题 33 句

rarely B1

adv. 很少, 难得, 不常

本篇1次·真题 30 句

implement B2

v. 实施

本篇1次·真题 28 句

therefore B1

adv. 因此, 所以

本篇1次·真题 28 句

beginning A1

n. 开始

本篇1次·真题 25 句

behave B1

v. 表现, 举止

本篇1次·真题 25 句

differently A2

adv. 不同地

本篇1次·真题 23 句

disappear A2

v. 消失; 不见

本篇1次·真题 23 句

productive B2

adj. 富有成效的

本篇1次·真题 23 句

strongly B1

adv. 强烈地

本篇1次·真题 23 句

core B1

n. 核心

本篇1次·真题 21 句

basically B1

adv. 基本上

本篇1次·真题 20 句

overcome B2

v. 克服

本篇1次·真题 20 句

trigger B2

v. 引发

本篇1次·真题 20 句

bar A2

n. 酒吧

本篇1次·真题 19 句

deeply B1

adv. 深深地

本篇1次·真题 19 句

detrimental C1

adj. 有害的

本篇1次·真题 19 句

stray B2

v. 走失

本篇1次·真题 19 句

opt B2

v. 选择

本篇1次·真题 18 句

resist B2

v. 抵抗

本篇1次·真题 18 句

consensus C1

n. (意见的) 一致

本篇1次·真题 17 句

guarantee B2

n. 保证

本篇1次·真题 17 句

neglect B2

v. 忽视;疏忽

本篇1次·真题 16 句

occasion B1

n. 场合

本篇1次·真题 16 句

laptop A2

n. 笔记本电脑

本篇1次·真题 15 句

circumstance B2

n. 情况

本篇1次·真题 14 句

creature B1

n. 生物

本篇1次·真题 13 句

forgive B1

v. 原谅

本篇1次·真题 13 句

military B2

adj. 军事的

本篇1次·真题 13 句

slip B1

v. 滑倒

本篇1次·真题 13 句

accustomed B2

adj. 习惯的;惯常的

本篇1次·真题 12 句

altogether B2

adv. 完全地

本篇1次·真题 12 句

determined B1

adj. 坚决的

本篇1次·真题 12 句

discount

B1

n. 折扣; 减价

本篇1次 · 真题 12 句

hinder

B2

v. 阻碍, 妨碍

本篇1次 · 真题 12 句

saying

B1

n. 谚语

本篇1次 · 真题 12 句

indulge

C1

v. 放纵 (自己享受某事物)

本篇1次 · 真题 11 句

adjustment

B2

n. 调整

本篇1次 · 真题 10 句

desirable

B2

adj. 令人向往的

本篇1次 · 真题 10 句

exhausted

B1

adj. 精疲力竭的

本篇1次 · 真题 9 句

pour

A2

v. 倒, 灌 (液体)

本篇1次 · 真题 9 句

continually

B2

adv. 频繁地

本篇1次 · 真题 8 句

glance

B2

v. 瞥

本篇1次 · 真题 8 句

sink

A2

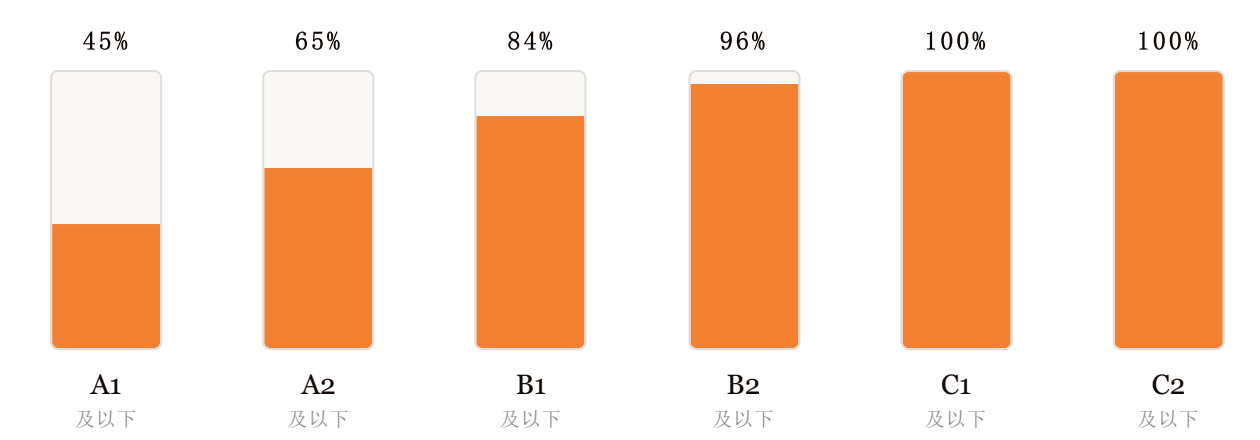
v. 下沉

本篇1次 · 真题 8 句

VOCABULARY • 词汇难度分布

全文 397 词按 CEFR 难度累积覆盖

全文去重后共 **397** 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 16 个 · 约 4%。



每柱为「按 CEFR 等级及以下」的累积覆盖率 (CDF) · 数据为全文去重词 397 个 · 末柱为 100%



英语六级 2024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 →

2024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2024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 9 段原文（段首标 P1–P9 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(2024-06) • 英语六级

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 The "American Dream" promises that in the Land of Opportunity, any individual can climb the economic ladder and prosper through hard work and ambition alone. And yet, young Americans today are struggling to earn more than their parents did at the same age, and upward mobility in the US actually compares unfavourably to that of other industrialised nations.

"美国梦"承诺，在这片机遇之地，任何个人都可以仅凭努力工作和雄心壮志攀登经济阶梯并获得成功。然而，今天的美国年轻人正努力挣得比他们父母在同龄时更多的收入，而美国的向上流动性实际上与其他工业化国家相比并不理想。

P2 So why does the idea of the American Dream persist? A new study in the American Journal of Political Science identifies one factor that has been overlooked: the influence of reality TV.

那么，为什么美国梦的理念依然存在？《美国政治科学杂志》上的一项新研究发现了一个被忽视的因素：真人秀电视节目的影响。

P3 Reality shows have come to dominate US television over the past 20 years, notes Eunji Kim from Vanderbilt University. And the overwhelming majority of these have a "rags-to-riches" storyline: they feature ordinary Americans who work hard to achieve great economic success. And while these programmes are regularly among the most-watched shows, news broadcasts—which paint a more realistic

view of the economic hardship faced by millions of Americans—get a much smaller proportion of the viewership.

Vanderbilt University 的 Eunji Kim 指出，真人秀节目在过去20年里已经占据了美国电视的主导地位。

这些节目中绝大多数都有“白手起家”的故事线：它们展示普通美国人通过努力工作实现巨大经济成功。虽然这些节目经常位列收视率最高的节目之列，但新闻广播——它们描绘了数百万美国人面临的经济困境的更真实景象——却只获得了少得多的收视率份额。

P4 Rags-to-riches stories are ubiquitous(无处不在的) on TV—but does watching these programmes actually convince people that economic mobility is easily attainable? To find out, Kim's team had participants watch a 5-minute clip from a reality show with a rags-to-riches storyline. Control participants watched a clip from a reality show that didn't have a rags-to-riches story. After watching the shows, participants rated how much they agreed with four statements relating to the American Dream.

白手起家的故事在电视上无处不在——但观看这些节目真的会让人们相信经济流动性很容易实现吗？为了找到答案，Kim 的团队让参与者观看一个5分钟的真人秀片段，该片段具有白手起家的故事线。对照组参与者观看的真人秀片段没有白手起家的故事。观看节目后，参与者对四个与美国梦相关的陈述的认同程度进行评分。

P5 The results showed that those who'd watched a rags-to-riches clip did indeed have a significantly greater belief in the American Dream. Interestingly, when participants were separated by party affiliation, this effect was significant among Republicans but not Democrats, suggesting that the kind of messages implicit in these TV shows may play into people's existing socioeconomic beliefs.

结果显示，那些观看了白手起家片段的人确实对美国梦有显著更强的信念。有趣的是，当参与者按党派归属分开时，这种效应在共和党人中显著，但在民主党人中不显著，这表明这些电视节目中隐含的信息可能会迎合人们现有的社会经济信念。

P6 Kim also conducted a survey of 3,000 US residents. They also rated the extent to which they believed success in life is related to various internal factors (such as ambition) and external factors (such as family wealth). Finally, they read a list of TV programmes and indicated which they regularly watched.

Kim 还对3000名美国居民进行了调查。他们还评估了自己在多大程度上相信生活中的成功与各种内在因素（如雄心）和外在因素（如家庭财富）相关。最后，他们阅读了一份电视节目清单，并指出他们经常观看哪些节目。

P7 Participants who were heavy viewers of rags-to-riches programmes or frequent viewers had a stronger belief in the American Dream than those who never watched such shows.

白手起家节目的重度观众或频繁观众比那些从不观看此类节目的人对美国梦有更强的信念。

P8 Kim concludes that "rags-to-riches entertainment media are an important cultural force that promotes and perpetuates beliefs in upward mobility". And here's the problem: if people mistakenly believe that hard work is all that is needed for individuals to make a better life for themselves, they may be less supportive of policies that could actually combat inequality.

Kim 总结说，“白手起家的娱乐媒体是一种重要的文化力量，它促进并延续了对向上流动性的信念”。问题就在这里：如果人们错误地认为努力工作就是个人改善生活所需的全部，他们可能就不太支持那些真正能够对抗不平等的政策。

P9 "In this era of choice, entertainment media is what captures hearts and minds," Kim writes. "Its political consequences are anything but trivial".

Kim 写道："在这个选择的时代，娱乐媒体才是真正抓住人心的东西。它的政治后果绝非微不足道。

题目与逐题解析

46. What do we learn from the passage about young Americans of today?

- A) They have greater ambitions than their parents.
- B) They find it difficult to achieve upward mobility.
- C) They have overtaken their parents in terms of earnings.
- D) They envy the opportunities in other industrialised nations.

从文章中我们了解到当今美国年轻人的什么情况？

- A) 他们比父母有更大的抱负。 B) 他们发现实现向上流动很困难。
- C) 他们在收入方面已经超过了父母。 D) 他们羡慕其他工业化国家的机会。

【答案】 B (细节题)

【判型】 What do we learn from the passage about young Americans of today 明确问的是关于某个具体群体的事实信息，没有出现 infer / imply / mainly about 等推断或主旨信号。

【拆句】 题干主干是 What do we learn from the passage about young Americans of today? about 引导的介宾短语限定 learn 的对象。介词 about 把『青年美国人』锁为定位词，结构平铺无陷阱。

【定位】 And yet, young Americans today are struggling to earn more than their parents did at the same age, and upward mobility in the US actually compares unfavourably to that of other industrialised nations.

然而，今天的美国年轻人正在艰难地试图挣得比父辈同龄时更多的收入，而且美国的向上流动性事实上比其他工业化国家逊色。

【选项】 A) 无中生有

原文只说他们在收入上难超父辈，从未比较两代人的『抱负』。

B) ✓ 正确

struggling to earn more than their parents did at the same age ↔

find it difficult to achieve upward mobility

upward mobility in the US actually compares unfavourably ↔ upward mobility

预判结论是『难以向上流动』，选项 B 几乎是这句话的字面化，二者构成最直接的同义替换。

C) 与原文相反

原文说青年正在 struggling to earn more than their parents，意即尚未超过；C 选项却说 overtaken their parents in terms of earnings，恰好相反。

D) 过度推断

原文只把美国向上流动与其他工业化国家比较得出『美国更差』，从未提及青年的情绪态度，更未说他们 envy。

47. What does Kim's team find about reality TV shows in America?

- A) They reinterpret the essence of the popular rags-to-riches culture.
- B) They urge people to achieve economic success through hard work.
- C) They help strengthen people's conviction in the American Dream.
- D) They feature ordinary Americans striving for social recognition.

Kim的团队对美国真人秀节目有什么发现？

- A) 它们重新诠释了流行的白手起家文化的本质。
- B) 它们敦促人们通过努力工作获得经济成功。
- C) 它们帮助增强人们对美国梦的信念。
- D) 它们以普通美国人争取社会认可为特色。

【答案】 C (细节题)

【判型】 What does Kim's team find about reality TV shows in America 问的是研究团队的具体发现，是对原文实验结论的事实性提问。

【拆句】 主干 What does Kim's team find about reality TV shows, about 引出研究对象。结构干净，无从句无陷阱。

【定位】 The results showed that those who'd watched a rags-to-riches clip did indeed have a significantly greater belief in the American Dream.

结果显示，那些看过『白手起家』短片的人确实显著加深了对美国梦的信仰。

【选项】 A) 无中生有

原文只说真人秀展示 rags-to-riches storyline 并验证其加深观众信仰，从未提到节目在『重新诠释』该文化的本质。

B) 偷换概念

they feature ordinary Americans who work hard to achieve great economic success 的主语是节目所呈现的人物在努力，而非节目敦促观众去努力。

C) ✓ 正确

significantly greater belief in the American Dream ↔

help strengthen people's conviction in the American Dream

预判为『真人秀加深美国梦信仰』，选项 C 把『加深』表达为 help strengthen，把『美国梦信仰』表达为 conviction in the American Dream，二者一一对应。

D) 偷换概念

原文明确写 great economic success，与选项的 social recognition 不是一回事。

48. What does the author say about news broadcasts in America?

- A) They attract far fewer viewers than reality TV.
- B) They are bent on reporting the dark side of life.
- C) They stand in striking contrast with reality TV.
- D) They focus on Americans' economic hardships.

作者对美国的新闻广播说了什么？

- A) 它们吸引的观众远少于真人秀节目。 B) 它们一心报道生活的阴暗面。
- C) 它们与真人秀节目形成鲜明对比。 D) 它们关注美国人的经济困境。

【答案】 A (细节题)

【判型】 What does the author say about news broadcasts in America 问对某具体对象的陈述，没有 infer / suggest，是事实型细节题。

【拆句】 主干 What does the author say about news broadcasts in America。结构平铺直叙，无陷阱。

【定位】 And while these programmes are regularly among the most-watched shows, news broadcasts—which paint a more realistic view of the economic hardship faced by millions of Americans—get a much smaller proportion of the viewership.

而尽管这些节目（真人秀）经常位列收视率最高的电视节目之列，新闻播报——它们描绘了数以百万计的美国人所面临的经济困境这一更现实的图景——只占据小得多的观众份额。

【选项】 A) ✓ 正确

get a much smaller proportion of the viewership ↔ attract far fewer viewers than reality TV
预判结论是『观众远少于真人秀』，选项 A 把 smaller proportion 改写为 far fewer viewers，把对照对象明示为 reality TV，与定位句的对比关系完全一致。

B) 过度推断

paint a more realistic view of the economic hardship 只描述了新闻所呈现的内容，并未对新闻的意图作 be bent on（一心要、决意）这种主观倾向判断。

C) 偷换概念

原文用 while 引出对比，但描述对象是『收视份额』，并未对新闻与真人秀做 striking contrast（鲜明反差）的整体定性评价。

D) 以偏概全

paint a more realistic view of the economic hardship 是把经济困境作为更真实图景的一部分来呈现，并未说新闻 focus on（聚焦于）经济困境；况且 Q48 问的是作者对新闻的总评，而 D 只是从句里附带说明的内容。

49. What can we infer from the passage about Republicans in general?

- A) They believe strongly in the American Dream.
- B) They strive to climb the socio-economic ladder.
- C) They have a very strong affiliation with their party.
- D) They tend to watch more rags-to-riches TV shows.

从文章中我们可以推断出共和党人总体上的什么情况？

- A) 他们坚信美国梦。 B) 他们努力攀登社会经济阶梯。 C) 他们对自己的党派有很强的归属感。
- D) 他们倾向于观看更多白手起家的电视节目。

【答案】 A （推断题）

【判型】 What can we infer from the passage about Republicans in general 中明确出现 infer，是典型推断信号。

【拆句】 主干 What can we infer from the passage about Republicans in general. in general 提示答案不应是局部小结论，而是适用于该群体的整体性推断。

【定位】 Interestingly, when participants were separated by party affiliation, this effect was significant among Republicans but not Democrats, suggesting that the kind of messages implicit in these TV shows may play into people's existing socioeconomic beliefs.

有趣的是，当按党派分组时，这种效应在共和党人中显著、而在民主党人中不显著，这意味着真人秀里隐含的信息可能契合了人们既有的社会经济观念。

【选项】 A) ✓ 正确

this effect was significant among Republicans but not Democrats ↔

believe strongly in the American Dream

play into people's existing socioeconomic beliefs ↔ **believe strongly in the American Dream**

预判结论是『共和党人本就更信美国梦』，选项 A 是这一推断的标准表达。

B) 无中生有

原文只比较了党派对美国梦的信念差异，从未提到任一党派的人在 socio-economic ladder 上的实际行动。

C) 偷换概念

when participants were separated by party affiliation 中 party affiliation 只是『按党派分组』的研究操作变量，并未评价共和党人对自己政党的归属感强弱。

D) 过度推断

原文只说看了 rags-to-riches 短片后，对美国梦信仰加深的效应在共和党人中显著；并未说共和党人比民主党人更常或更多地观看此类节目。

50. What is stated about people who believe in upward mobility?

- A) They are likely to blame the government for their plight.
- B) They regard political consequences as anything but trivial.
- C) They respect individuals striving to climb the social ladder.
- D) They are less likely to approve of policies to fight inequality.

关于相信向上流动的人,文中陈述了什么?

- A) 他们可能会因自己的困境而责怪政府。
- B) 他们认为政治后果绝非微不足道。
- C) 他们尊重努力攀登社会阶梯的个人。
- D) 他们不太可能赞成对抗不平等的政策。

【答案】 D (细节题)

【判型】 What is stated about people who believe in upward mobility 用 stated 询问对该人群所作的陈述，是细节题。

【拆句】 主干 What is stated about people...? 被动语态，who believe in upward mobility 是 people 的定语从句，提示要找作者直接说明这类人会怎样的句子。

【定位】 And here's the problem: if people mistakenly believe that hard work is all that is needed for individuals to make a better life for themselves, they may be less supportive of policies that could actually combat inequality.

问题就在这里：如果人们错误地以为只要努力工作就足以让个人过上更好的生活，他们就可能更不支持那些其实能对抗不平等的政策。

【选项】 A) 无中生有

P8 只说他们更不支持反不平等政策，从未提到他们指责政府或抱怨自身困境。

B) 张冠李戴

Its political consequences are anything but trivial 中代词 Its 指向 entertainment media；选项 B 把这一评价偷塞到『相信向上流动者』身上，属于张冠李戴。

C) 无中生有

原文只说他们因为相信努力万能而更不支持反不平等政策，从未提到他们对其他奋斗者的态度（如尊敬）。

D) ✓ 正确

they may be less supportive of policies that could actually combat inequality ↔

less likely to approve of policies to fight inequality

预判结论『更不支持反不平等政策』与选项 D 完全等义，combat 与 fight 是六级阅读高频可互换词。

SENTENCE INSIGHTS • 句子精讲

16 句真题句逐层精讲

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

And yet, young Americans today are struggling to earn more than their parents did at the same age, and upward mobility in the US actually compares unfavourably to that of other industrialised nations.

第1段，第2句

并列复合句 + 比较状语从句是四六级和考研阅读中的高频句式；现在进行时表示持续困境、一般过去时对比过去、一般现在时陈述客观事实的组合，是议论文中典型的时态搭配；比较结构"more than"和"compares to"都是常考表达；承前省略的助动词"did"也是真题中反复出现的语法点；整体结构代表性强，掌握后可大量复用于类似社会经济类阅读文本。

The results showed that those who'd watched a rags-to-riches clip did indeed have a significantly greater belief in the American Dream.

第5段，第1句

主句+宾语从句+限制性定语从句的三层嵌套结构，在四六级和考研阅读中非常常见。"showed that..."、"those who..."这类句式是学术和新闻文本的典型表达，掌握后可大量迁移到同类句子的理解和分析。

They also rated the extent to which they believed success in life is related to various internal factors (such as ambition) and external factors (such as family wealth).

第6段，第2句

本句成分丰富且层次分明：主句涵盖主谓宾，定语从句包含主谓宾及"to which"这种介词加关系代词的状态结构，宾语从句包含主系表及介词短语状语。尤其"to which"的前置用法和"the extent"作先行词的搭配，是学生常错的难点，练习价值高。

Finally, they read a list of TV programmes and indicated which they regularly watched.

第6段，第3句

并列谓语加宾语从句的结构在四六级和考研阅读中非常常见，属于高频句式。宾语从句由"which"引导且"which"在从句中充当宾语，也是典型的从句用法。掌握这种结构后，学生可以在大量真题中遇到类似句式并快速识别，迁移性强。

Participants who were heavy viewers of rags-to-riches programmes or frequent viewers had a stronger belief in the American Dream than those who never watched such shows.

第7段，第1句

主句带限制性定语从句修饰主语，末尾用than引出比较从句，这是四六级和考研阅读中极为常见的句式。掌握这种"主语带定语从句 + 比较结构"的模式，可迁移到大量真题句子，典型性很高。

And here's the problem: if people mistakenly believe that hard work is all that is needed for individuals to make a better life for themselves, they may be less supportive of policies that could actually combat inequality.

第8段，第2句

综合其复杂的嵌套结构和典型的逻辑表达，该句非常适合用于提升学生理清长难句层次的能力。

"Its political consequences are anything but trivial".

第9段，第2句

主系表结构是英语基本句型之一，在各类考试中常见。但本句结构过于简单，无从句、无修饰语复杂化，作为考试句式的代表性一般。表语中的"anything but"固定搭配具有一定实用性，提升了部分典型性。

They find it difficult to achieve upward mobility.

第46题，B

"find it + 形容词 + to do" 是四六级和考研英语阅读、翻译中的常见句式，真题中频繁出现类似结构（如 make it possible to、consider it necessary to 等），掌握本句结构后可直接迁移到大量同类句型，代表性强。

They have overtaken their parents in terms of earnings.

第46题，C

主谓宾加介词短语状语的结构是常见句式，现在完成时在真题中频繁出现，具有一定代表性，但整体句式过于简单，不足以代表四六级或考研英语阅读中的典型长难句。

They feature ordinary Americans striving for social recognition.

第47题，D

主谓宾 + 后置定语的结构在四六级和考研英语阅读中高频出现，是描述人或事物特征的常用句式。掌握这种结构后，可迁移到大量类似句子的分析中。

They are bent on reporting the dark side of life.

第48题，B

"be + 过去分词" 作表语的结构在四六级阅读中常见（如 be interested in、be worried about），且固定搭配 "be bent on" 本身也是常考词组，具有一定代表性。

They focus on Americans' economic hardships.

第48题，D

涵盖主谓宾基本成分且宾语含所有格修饰，对初学者有一定练习价值，但成分种类单一，缺少定语从句、状语等复杂成分，训练覆盖面有限。

They are likely to blame the government for their plight.

第50题，A

结构具有一定典型性。"be likely to do" 是四六级和考研英语阅读中常见的表可能性的固定搭配，"blame sb for sth" 的动宾结构配合介词短语表原因也是高频句式。虽然整体为简单句，但这两个结构的组合在真题中反复出现，掌握后可在阅读和写作中复用，有一定学习价值。

They regard political consequences as anything but trivial.

第50题, B

"regard...as" 是四六级和考研英语阅读中高频出现的动词搭配结构,掌握其成分划分规律后可直接迁移到 consider...as、view...as、see...as 等同类句型,典型性较强。

They respect individuals striving to climb the social ladder.

第50题, C

简单句加后置定语的结构在四六级和考研英语阅读中较为常见,尤其是用现在分词短语修饰名词的用法是标准句式。但由于整体结构过于简单,不涉及从句或复杂修饰,作为典型真题句式的代表性有限

They are less likely to approve of policies to fight inequality.

第50题, D

be likely to do 是四六级和考研英语阅读中常见的表达可能性的结构,具有一定代表性;句中还涉及不定式作后置定语(policies to fight inequality),也是典型用法;但整体句式较为简单,没有复杂从句或特殊句型,典型性中等偏上。

HIGH-FREQUENCY • 真题高频词

本篇出现的 81 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。

reality B1

n. 现实

本篇7次·真题 57 句

economic B2

adj. 经济的

本篇6次·真题 167 句

participant B2

n. 参与者

本篇5次·真题 91 句

mobility B2

n. 移动能力

本篇5次·真题 21 句

belief B1

n. 相信

本篇4次 · 真题 85 句

upward B2

adv. 向上地

本篇4次 · 真题 14 句

actually A2

adv. 实际上, 事实上 (用于纠正或补充信息)

本篇3次 · 真题 182 句

individual B2

adj. 单独的

本篇3次 · 真题 142 句

factor B1

n. 因素

本篇3次 · 真题 108 句

political B1

adj. 政治的

本篇3次 · 真题 59 句

strive B2

v. 努力, 奋斗, 力求

本篇3次 · 真题 27 句

viewer B1

n. 观众

本篇3次 · 真题 17 句

ladder A2

n. 梯子

本篇3次 · 真题 15 句

clip B1

v. 用夹子夹住

本篇3次 · 真题 9 句

ambition B2

n. 雄心

本篇3次 · 真题 8 句

likely A2

adj. 很可能的

本篇2次 · 真题 228 句

rate A2

n. 速度

本篇2次 · 真题 121 句

opportunity B1

n. 机会

本篇2次 · 真题 115 句

policy B1

n. 政策

本篇2次 · 真题 103 句

medium B1

adj. 中等的

本篇2次 · 真题 98 句

nation B1

n. 国家

本篇2次·真题 76 句

consequence B2

n. 结果

本篇2次·真题 66 句

significant B2

adj. 重要的

本篇2次·真题 65 句

feature B1

n. 特征

本篇2次·真题 55 句

inequality B2

n. 不平等

本篇2次·真题 50 句

regularly A2

adv. 经常地

本篇2次·真题 27 句

ordinary B1

adj. 普通的

本篇2次·真题 24 句

entertainment B1

n. 娱乐活动

本篇2次·真题 16 句

republican C1

adj. 共和政体的

本篇2次·真题 10 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

focus B1

n. 重点

本篇1次·真题 200 句

effect A2

n. 影响

本篇1次·真题 191 句

tend B1

v. 倾向于, 往往会

本篇1次·真题 170 句

view A2

n. 观点, 看法

本篇1次·真题 134 句

million A2

num. 一百万

本篇1次·真题 126 句

promote B2

v. 促进

本篇1次·真题 82 句

identify B1

v. 识别

本篇1次·真题 75 句

cultural B1

adj. 文化的

本篇1次·真题 68 句

attract B1

v. 吸引 (注意力、兴趣)

本篇1次·真题 67 句

journal B1

n. 杂志

本篇1次·真题 66 句

easily A2

adv. 容易地

本篇1次·真题 65 句

earn A2

v. 赚得, 挣得 (金钱)

本篇1次·真题 64 句

various B1

adj. 各种各样的

本篇1次·真题 63 句

conduct B2

v. 组织并实施

本篇1次·真题 59 句

struggle B1

v. 奋斗

本篇1次·真题 54 句

majority B2

n. 大多数, 大部分

本篇1次·真题 51 句

resident B2

n. 居民

本篇1次·真题 50 句

indicate B2

v. 表明

本篇1次·真题 46 句

related B1

adj. 相关的

本篇1次·真题 39 句

indeed B1

adv. 确实, 的确 (强调肯定)

本篇1次·真题 37 句

era B2

n. 时代

本篇1次·真题 31 句

recognition

B2

n. 认可

本篇1次 · 真题 31 句

conclude

B2

v. 断定;推断出

本篇1次 · 真题 30 句

proportion

B2

n. 部分

本篇1次 · 真题 30 句

statement

B1

n. 声明

本篇1次 · 真题 30 句

finally

A2

adv. 终于, 最终

本篇1次 · 真题 29 句

extent

B2

n. 程度

本篇1次 · 真题 28 句

strengthen

B2

v. 加强

本篇1次 · 真题 27 句

urge

B2

v. 敦促

本篇1次 · 真题 27 句

contrast

B2

n. 对比

本篇1次 · 真题 24 句

relate

B1

v. 使有联系, 把...联系起来

本篇1次 · 真题 23 句

strongly

B1

adv. 强烈地

本篇1次 · 真题 23 句

blame

B1

v. 责备

本篇1次 · 真题 22 句

capture

B1

v. 捕获

本篇1次 · 真题 19 句

convince

B1

v. 说服, 使相信

本篇1次 · 真题 19 句

external

B2

adj. 外部的;外面的

本篇1次 · 真题 18 句

dominate

B2

v. 控制

本篇1次 · 真题 17 句

internal B2

adj. 内部的

本篇1次 · 真题 17 句

existing B1

adj. 现有的

本篇1次 · 真题 16 句

frequent B1

adj. 频繁的

本篇1次 · 真题 16 句

combat B2

n. 战斗

本篇1次 · 真题 15 句

earning B1

n. 收入

本篇1次 · 真题 14 句

persist B2

v. 坚持

本篇1次 · 真题 13 句

socioeconomic C1

adj. 社会经济的

本篇1次 · 真题 13 句

realistic B2

adj. 现实的

本篇1次 · 真题 12 句

approve B1

v. 批准, 认可 (正式同意)

本篇1次 · 真题 10 句

overwhelming B2

adj. 压倒性的

本篇1次 · 真题 10 句

overlook B2

v. 忽略, 没注意到

本篇1次 · 真题 9 句

striking B2

adj. 引人注目的

本篇1次 · 真题 8 句

supportive B2

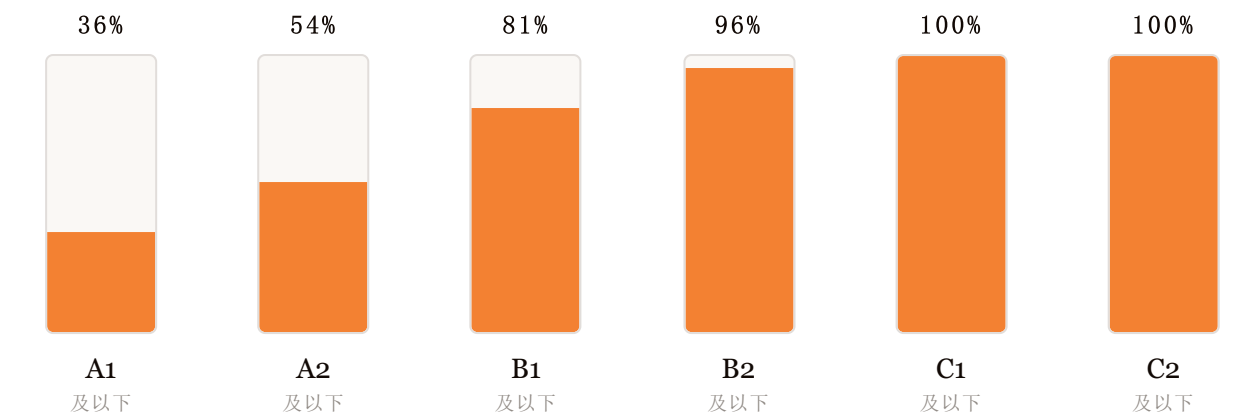
adj. 给予支持的

本篇1次 · 真题 8 句

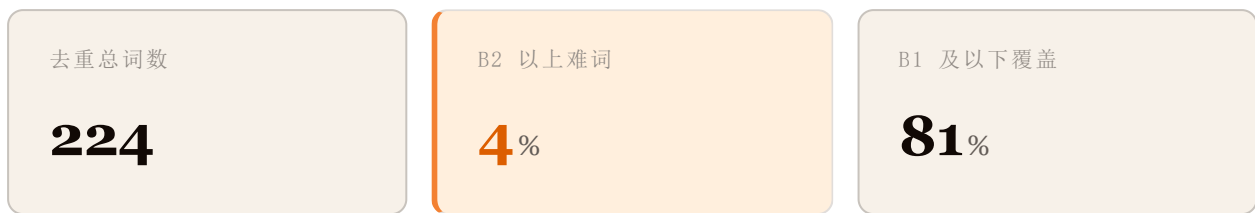
VOCABULARY · 词汇难度分布

全文 224 词按 CEFR 难度累积覆盖

全文去重后共 224 个单词, 按欧框 CEFR 等级统计。每根柱表示「该等级及以下」的累积占比 (CDF), 最右一柱为 100%。B2 以上 (C1/C2) 为高阶词, 本篇共 9 个 · 约 4%。



每柱为「按 CEFR 等级及以下」的累积覆盖率 (CDF) · 数据为全文去重词 224 个 · 末柱为 100%



英语六级 2024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 →

2024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2024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 4 段原文（段首标 P1-P4 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

真题卷第2套(2024-06) · 英语六级

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 When someone asks us 'what do you do?' we nearly always reply with our occupation. Work, for many of us, is much more than a job. It is the defining aspect of our identity. For many of us it is through our job that we can define ourselves.

当有人问我们“你是做什么的？”时，我们几乎总是用职业来回答。对我们许多人来说，工作远不止是一份职业。它是我们身份认同的决定性方面。对我们许多人而言，正是通过工作我们才能定义自己。

P2 "Without my job I don't know who I am," is a sentence that has been uttered on more than a handful of occasions from my office chair. Indeed, it can be one of the most challenging aspects I work on with clients who have lost or been forced into changing their jobs. This loss provokes an identity crisis much greater than the loss of the job itself.

“没有工作我不知道自己是谁”，这句话我在办公椅上已经听过不止几次了。事实上，对于那些失去工作或被迫改变工作的客户来说，这可能是我与他们一起处理的最具挑战性的方面之一。这种失落所引发的身份认同危机远比失去工作本身更为严重。

P3 One of the things I have come to understand, however, is that our identity is much more complex than we recognise at first glance. If we take the time to reflect we might recognise that as well as our work we can also identify as a friend, a spouse, a son or daughter, a parent, a member of a sports team or religious community. We may recognise that we feel and act differently in these roles and relationships than we do at work. The passive daughter becomes an assertive leader at work. Furthermore, our identities at work are not static. They change over time. I myself have been a shop

assistant, a waitress, a student, a graduate, and a clinical psychologist. At each stage my ability to adapt to and develop my career identity has been crucial to my wellbeing. Whilst we like to eliminate uncertainty in our lives at some level we have to manage uncertainty, especially in today's volatile and ever-shifting job market.

然而,我逐渐理解到的一点是,我们的身份认同远比我们乍看之下所认识到的要复杂得多。如果我们花时间反思,可能会意识到除了工作之外,我们还可以将自己视为朋友、配偶、儿子或女儿、父母、运动队成员或宗教团体成员。我们可能会意识到,在这些角色和关系中,我们的感受和行为方式与在工作中不同。被动的女儿在工作中变成了果断的领导者。此外,我们在工作中的身份认同也不是静态的。它们会随时间而变化。我自己曾经是店员、服务员、学生、毕业生和临床心理学家。在每个阶段,我适应和发展职业身份的能力对我的幸福感都至关重要。虽然我们希望在生活中消除不确定性,但在某种程度上我们必须管理不确定性,尤其是在当今动荡且不断变化的就业市场中。

P4 How we see ourselves is central to the issue of our identity. When we tell ourselves "I'm good at starting projects but not so great at seeing them through" it can become part of our belief system. But if you have the unfortunate experience of an enforced job change you will need to examine those beliefs to see how grounded in reality they are. You will be required to ask yourself how helpful these beliefs are and consider personal change. We can change our beliefs, behaviours and emotional experience at any time through experimentation, practice and conscious self-discipline. In an age where career progression may lead us into new sectors it is ever more important to challenge our sense of self and explore whether you can create a new experience of your identity by changing the beliefs you hold about yourself in order to expand your career options. Ultimately it is you who define who you are. You are only your job if you let it be so.

我们如何看待自己是身份认同问题的核心。当我们告诉自己“我擅长启动项目但不太擅长完成它们”时,这可能会成为我们信念系统的一部分。但是,如果你不幸经历了被迫的工作变动,你将需要审视这些信念,看看它们在多大程度上基于现实。你需要问自己这些信念有多大帮助,并考虑个人改变。我们可以随时通过实验、练习和有意识的自我约束来改变我们的信念、行为和情感体验。在一个职业发展可能将我们引向新领域的时代,挑战我们的自我意识并探索是否可以通过改变你对自己持有的信念来创造新的身份体验,从而拓展你的职业选择,变得越来越重要。归根结底,是你定义了你是谁。只有你允许,你才仅仅是你的工作。

题目与逐题解析

51. What do we learn from the passage about one's loss of a job?

- A) It compels them to visit a clinical psychologist.
- B) It offers them a chance to play different roles.
- C) It renders them puzzled about who they are.
- D) It forces them to redefine their life's goals.

从文章中我们了解到关于失业的什么信息?

- A) 它迫使他们去看临床心理医生。
- B) 它为他们提供了扮演不同角色的机会。
- C) 它使他们对自我是谁感到困惑。
- D) 它迫使他们重新定义人生目标。

【答案】 C (细节题)

【判型】 What do we learn from the passage about one's loss of a job? 指向一个具体事实——失业会带来什么——并未问推断或主旨。

【拆句】主干 What do we learn from the passage 中 we 是主语、learn 是谓语；about one's loss of a job 是 learn 的范围介词短语，指明问的对象是「失去工作这件事」。句式平铺直叙，无陷阱。

【定位】"Without my job I don't know who I am," is a sentence that has been uttered on more than a handful of occasions from my office chair. Indeed, it can be one of the most challenging aspects I work on with clients who have lost or been forced into changing their jobs. This loss provokes an identity crisis much greater than the loss of the job itself.

「没有了工作，我就不知道自己是谁」——这话在我办公室的椅子上不止一次被来访者说出。事实上，与那些失去或被迫更换工作的来访者一起处理这种感受，是我工作中最具挑战的部分之一。这种失落所引发的身份危机，要远远大于失业本身。

【选项】A) 偷换概念

原文只是说作者本人是 clinical psychologist 处理来访者的身份危机，并未要求 visit a clinical psychologist；A 把作者视角偷换成失业者的行为。

B) 张冠李戴

原文段 2 并未说失业「提供了扮演不同角色的机会」；段 3 才谈多重身份，但与「失业带来什么」是两个话题。

C) ✓ 正确

Without my job I don't know who I am ↔ **puzzled about who they are**

This loss provokes an identity crisis ↔ **It renders them puzzled**

预判的「不知道自己是谁」与 It renders them puzzled about who they are 在主语、谓语致使关系、宾语状态上完全对应，确定 C。

D) 过度推断

原文谈的是 identity crisis 与重新审视自我信念，并没有说失业必然要 redefine their life's goals，把身份层面的事推到了「人生目标」的宏大命题上。

52. What has the author come to understand about our identity?

- A) It is crucial to our emotional wellbeing.
- B) It plays a big role in many facets of life.
- C) It reflects our changing status in society.
- D) It is more complicated than it appears.

作者对我们的身份认同有了什么理解？

- A) 它对我们的情感健康至关重要。 B) 它在生活的许多方面发挥重要作用。
- C) 它反映了我们在社会中不断变化的地位。 D) 它比表面看起来更复杂。

【答案】D (细节题)

【判型】What has the author come to understand about our identity? 指向原文一句明确表述，不要求跨段推理。

【拆句】完成时 What has the author come to understand 用 has come to understand 强调认知过程已完成；about our identity 指明认知对象。结构简单。

【定位】 One of the things I have come to understand, however, is that our identity is much more complex than we recognise at first glance.

然而，我逐渐明白的一件事是：我们的身份远比乍看之下复杂得多。

【选项】 A) 偷换概念

原文段 3 后半句说 my ability to adapt to and develop my career identity has been crucial to my wellbeing, 主语是「适应身份的能力」，并非身份本身；A 把「能力对幸福重要」偷换成「身份对情绪幸福重要」。

B) 答非所问

原文确实列了多种身份角色，但作者「come to understand」的核心是「身份复杂」这一判断，而非「身份在生活方方面面起作用」；B 只描述现象，未答出认知本身。

C) 过度推断

原文 They change over time 谈的是「我们在不同时期的身份变化」（学生、毕业生、咨询师等），并非社会地位的变化；C 偷偷加上了 status in society。

D) ✓ 正确

much more complex than we recognise at first glance ↔ **more complicated than it appears**
预判要点「复杂」「超出表面认知」两块在 more complicated than it appears 里——落地，无遗漏，确定 D。

53. What does the passage say about our identities at work?

- A) They are essential to our self-esteem.
- B) They evolve with the passage of time.
- C) They overrule all other self-perceptions.
- D) They are key to understanding ourselves.

文章关于我们在工作中的身份认同说了什么？

- A) 它们对我们的自尊至关重要。 B) 它们随着时间的推移而演变。
- C) 它们凌驾于所有其他自我认知之上。 D) 它们是理解我们自己的关键。

【答案】 B (细节题)

【判型】 What does the passage say about our identities at work? 让考生回原文找关于「职场身份」的明示句。

【拆句】 What does the passage say about our identities at work: say 是谓语、about 引出宾语对象；our identities at work 中 at work 修饰 identities，限定「工作中的」身份。无难点。

【定位】 Furthermore, our identities at work are not static. They change over time.

此外，我们在工作中的身份并非一成不变。它们会随时间而变化。

【选项】 A) 无中生有

原文谈的是 wellbeing、identity crisis，没有 self-esteem（自尊）的概念，A 属于原文未提的新信息。

B) ✓ 正确

They change over time ↔ They evolve with the passage of time

预判「随时间而变」直接命中 They evolve with the passage of time，主谓宾全对应，定 B。

C) 与原文相反

段 3 强调的是身份的「多元」与「变化」，并未说工作身份压倒其他身份；恰相反，作者承认我们还可作为朋友、配偶等存在。

D) 答非所问

「身份是理解自己的关键」与 Q52 的「身份很复杂」更接近，但题问的是 our identities at work 的具体属性；D 没有答出「随时间而变」这一具体属性。

54. What do we have to do in today's ever-changing job market?

A) Strive to develop our social identity.

B) Prepare for different career paths.

C) Try to be assertive at all times.

D) Learn to manage uncertainty.

在当今不断变化的就业市场中我们必须做什么？

A) 努力发展我们的社会身份。 B) 为不同的职业道路做准备。 C) 始终努力保持自信果断。

D) 学会管理不确定性。

【答案】 D (细节题)

【判型】 What do we have to do in today's ever-changing job market? 指向原文一句给出具体动作的陈述。

【拆句】 What do we have to do in today's ever-changing job market?: do 是询问的动作；in 引导的状语 in today's ever-changing job market 限定背景。句式直白。

【定位】 Whilst we like to eliminate uncertainty in our lives at some level we have to manage uncertainty, especially in today's volatile and ever-shifting job market.

尽管我们倾向于消除生活中的不确定性，但在某种程度上我们必须学会管理不确定性，尤其是在如今这个动荡多变的就业市场中。

【选项】 A) 偷换概念

原文谈 career identity / our identities at work, 从未出现 social identity; A 凭空替换了限定语。

B) 张冠李戴

「为不同职业路径做准备」更接近段 4 的 career progression / new sectors, 但 Q54 问的是动荡市场下「必须做的事」, 原文给的明确答案是 manage uncertainty。

C) 以偏概全

原文只是举例说有人在职场会变得 assertive, 并未要求所有人 at all times 都要果断; C 把范围扩到全部场景, 与原文不符。

D) ✓ 正确

we have to manage uncertainty ↔ Learn to manage uncertainty

predict 的「学会管理不确定性」与 Learn to manage uncertainty 字面几乎一致, 确定 D。

55. What should we do to expand our career options?

A) Alter our perceptions of ourselves.

B) Compare various job opportunities.

C) Look into newly emerging sectors.

D) Exercise self-discipline consciously.

为了拓展职业选择我们应该做什么?

A) 改变我们对自己的认知。 B) 比较各种工作机会。 C) 关注新兴行业领域。

D) 有意识地进行自我约束。

【答案】 A (细节题)

【判型】 What should we do to expand our career options? 求一个明确的应对动作。

【拆句】 What should we do to expand our career options?: should we do 是主干, to expand our career options 是目的状语, 说明动作要服务的目标。结构平铺直叙。

【定位】 In an age where career progression may lead us into new sectors it is ever more important to challenge our sense of self and explore whether you can create a new experience of your identity by changing the beliefs you hold about yourself in order to expand your career options.

在一个职业发展可能把我们带入新行业的时代, 挑战我们对自我的认知、并探索是否能够通过改变你对自己持有的信念来创造一种新的身份体验、以拓宽你的职业选择, 变得越来越重要。

【选项】 A) ✓ 正确

changing the beliefs you hold about yourself ↔ **Alter our perceptions of ourselves**

challenge our sense of self ↔ **Alter our perceptions of ourselves**

预判要点「改变自我信念」在 **Alter our perceptions of ourselves** 中以同义改写完整呈现，确定 A。

B) 无中生有

原文谈的是「改变信念以扩展选择」，并非 Compare various job opportunities；B 把心理层面的动作偷换为外部信息搜集行为。

C) 答非所问

原文 career progression may lead us into new sectors 只是时代背景描述，作者并未让读者去 Look into newly emerging sectors。

D) 以偏概全

原文 through experimentation, practice and conscious self-discipline 只是改变信念的途径之一；题干问的是「为扩展职业选择」最直接该做的事，作者明确给出的是改变信念，而非单独突出自律。

SENTENCE INSIGHTS • 句子精讲

11 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。

Work, for many of us, is much more than a job.

第1段，第2句

主系表结构是四六级和考研中的常见句式，插入语的使用也较为典型。但整句过于简短且无复杂修饰，作为考试真题的代表性一般，学习者掌握后可迁移到类似插入语句式，但覆盖范围有限。

It is the defining aspect of our identity.

第1段，第3句

主系表结构是四六级和考研阅读中的常见句式，特别是用 "It is + 名词短语" 来陈述某事物的性质或身份这种表达方式在学术文本和议论文中频繁出现。掌握本句结构后可以迁移到大量类似句子的理解中。

For many of us it is through our job that we can define ourselves.

第1段，第4句

本句涵盖强调句结构识别、形式主语与真正主语的区分、方式状语的判断、情态动词谓语的确认等多个易错点，且强调句是考试高频句式，适合作为成分划分的综合练习句。

Indeed, it can be one of the most challenging aspects I work on with clients who have lost or been forced into changing their jobs.

第2段，第2句

主系表结构加多层定语从句修饰是四六级和考研阅读中的高频句式，现在完成时表示过去动作对现在的影响也是常考时态。省略关系代词的定语从句和情态动词表可能性的用法都是典型考点。掌握这个句子的分析方法可以迁移到大量类似长难句上，代表性很强。

One of the things I have come to understand, however, is that our identity is much more complex than we recognise at first glance.

第3段，第1句

本句结构层次清楚但不算过难，既能训练主干识别，又能顺带练从句和时态区分，适合作为结构与时态综合练习材料。对于需要提高长句拆解能力的学习者，优先度较高。

Furthermore, our identities at work are not static.

第3段，第5句

主系表结构是常见句式，但本句过于简短和直白，缺乏四六级或考研真题中常出现的复杂修饰或从句嵌套。真题更常见“主系表 + 定语从句”或“主系表 + 状语从句”的组合，而本句只是一个独立的简单句，代表性中等偏下。

When we tell ourselves "I'm good at starting projects but not so great at seeing them through" it can become part of our belief system.

第4段，第2句

"When 从句 + 主句" 是考试中常见的状语从句结构，tell sb sth 的双宾语用法和宾语从句充当宾语也是高频考点。整体句式在四六级和考研真题中有较高代表性，掌握后可复用到类似结构。

In an age where career progression may lead us into new sectors it is ever more important to challenge our sense of self and explore whether you can create a new experience of your identity by changing the beliefs you hold about yourself in order to expand your career options.

第4段，第6句

本句结构高度典型:形式主语「it is important to do」、定语从句修饰抽象名词、宾语从句作动词宾语、方式状语和目的状语的组合,这些都是四六级和考研阅读中的高频句式。句子长度、嵌套层级、成分配置都与真题长难句高度吻合,掌握这个句子的分析方法可以直接迁移到大量同类句子,代表性极强。

Ultimately it is you who define who you are.

第4段，第7句

强调句 "It is ... who/that" 是四六级和考研阅读写作中的高频句式，宾语从句也是常考结构。本句将两者结合，且强调句强调主语的用法极为典型，掌握后可直接迁移到大量真题句式中。

It plays a big role in many facets of life.

第52题，B

主谓宾加状语的简单句结构在真题中常见,但过于基础,缺少真题高频的复杂修饰、从句嵌套或特殊句式,代表性一般。

Look into newly emerging sectors.

第55题，C

祈使句在四六级写作建议类题型中常见(如 "Take action to...")，但本句过于简短、无复杂修饰，作为阅读理解或翻译考点的代表性较弱，迁移价值中等偏下。

HIGH-FREQUENCY • 真题高频词

本篇出现的 59 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。

identity B2

n. 身份

本篇10次 · 真题 39 句

career B1

n. 职业

本篇5次 · 真题 106 句

belief B1

n. 相信

本篇5次 · 真题 85 句

loss B1

n. 丧失

本篇3次 · 真题 56 句

define B1

v. 给.....下定义

本篇3次 · 真题 39 句

recognise B1

v. 认出,识别出

本篇3次 · 真题 15 句

reflect B1

v. 反映, 显示

本篇2次 · 真题 71 句

psychologist B2

n. 心理学家

本篇2次 · 真题 54 句

emotional B1

adj. 情绪的

本篇2次 · 真题 52 句

aspect B2

n. 方面

本篇2次 · 真题 50 句

option B1

n. 选择

本篇2次 · 真题 48 句

wellbeing B2

n. 幸福;安康

本篇2次 · 真题 43 句

expand B2

v. 扩大;扩展;增长

本篇2次 · 真题 40 句

sector B2

n. (经济或商业的) 部门, 行业

本篇2次 · 真题 33 句

crucial B2

adj. 至关重要的

本篇2次 · 真题 21 句

clinical B2

adj. 临床的

本篇2次 · 真题 15 句

uncertainty

B2

n. 不确定性

本篇2次 · 真题 8 句

author

A2

n. 作者

本篇1次 · 真题 264 句

system

A2

n. 系统

本篇1次 · 真题 176 句

relationship

B1

n. 关系

本篇1次 · 真题 168 句

community

B1

n. 社区

本篇1次 · 真题 163 句

issue

B1

n. 问题

本篇1次 · 真题 158 句

challenge

B1

n. 挑战

本篇1次 · 真题 119 句

project

A2

n. 项目

本篇1次 · 真题 116 句

graduate

B1

n. 毕业生

本篇1次 · 真题 82 句

identify

B1

v. 识别

本篇1次 · 真题 75 句

crisis

B2

n. 危机

本篇1次 · 真题 62 句

complex

B2

adj. 复杂的, 难懂的

本篇1次 · 真题 61 句

reality

B1

n. 现实

本篇1次 · 真题 57 句

essential

B1

adj. 必不可少的

本篇1次 · 真题 55 句

explore

B1

v. 探索

本篇1次 · 真题 52 句

status

B2

n. 地位

本篇1次 · 真题 48 句

adapt B2

v. 适应, 适合 (新环境、新情况)

本篇1次 · 真题 44 句

indeed B1

adv. 确实, 的确 (强调肯定)

本篇1次 · 真题 37 句

central B1

adj. 主要的

本篇1次 · 真题 36 句

client B1

n. 客户

本篇1次 · 真题 36 句

ultimately B2

adv. 最终; 终归

本篇1次 · 真题 34 句

emerge B2

v. 出现; 浮现

本篇1次 · 真题 32 句

stage A2

n. 阶段

本篇1次 · 真题 31 句

eliminate B2

v. 消除

本篇1次 · 真题 30 句

complicated B2

adj. 复杂的

本篇1次 · 真题 29 句

strive B2

v. 努力, 奋斗, 力求

本篇1次 · 真题 27 句

evolve B2

v. 逐渐发展; 进化

本篇1次 · 真题 26 句

alter B2

v. 改变, 更改 (使某物与之前不同)

本篇1次 · 真题 24 句

differently A2

adv. 不同地

本篇1次 · 真题 23 句

challenging B2

adj. 有挑战性的

本篇1次 · 真题 22 句

assistant A2

n. 助手

本篇1次 · 真题 16 句

occasion B1

n. 场合

本篇1次 · 真题 16 句

render

B2

v. 使成为

本篇1次 · 真题 16 句

compel

B2

v. 强迫;迫使

本篇1次 · 真题 15 句

perception

C1

n. 看法

本篇1次 · 真题 15 句

occupation

B1

n. 职业

本篇1次 · 真题 13 句

newly

B1

adv. 最近

本篇1次 · 真题 12 句

self

B1

n. 自我

本篇1次 · 真题 12 句

changing

A2

v. 改变

本篇1次 · 真题 11 句

handful

B1

n. 一把;少量

本篇1次 · 真题 11 句

spouse

B2

n. 配偶

本篇1次 · 真题 11 句

religious

B1

adj. 宗教的

本篇1次 · 真题 10 句

furthermore

B2

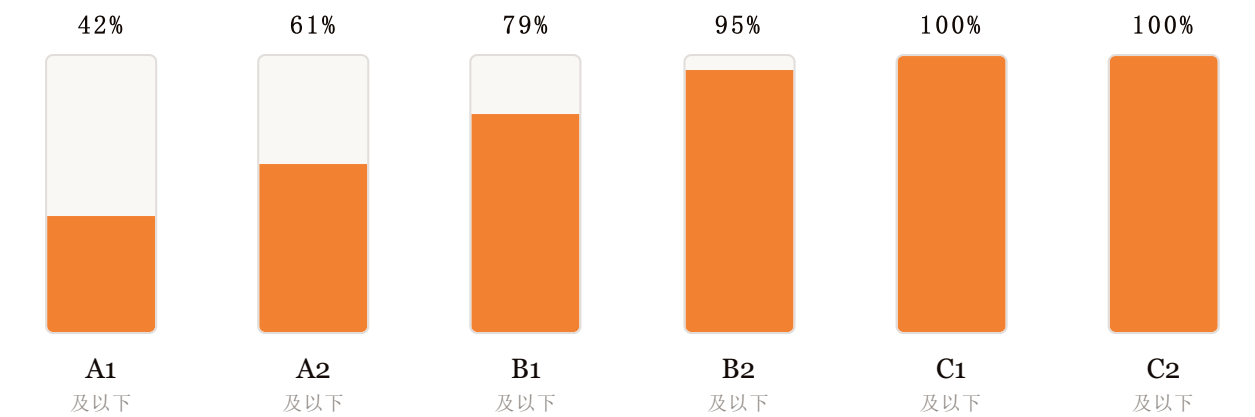
adv. 此外

本篇1次 · 真题 8 句

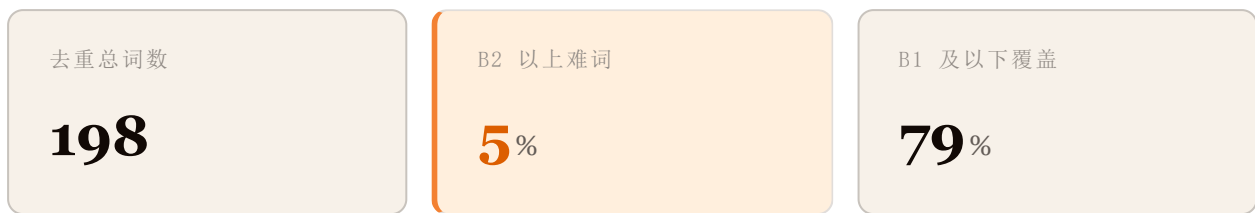
VOCABULARY · 词汇难度分布

全文 198 词按 CEFR 难度累积覆盖

全文去重后共 **198** 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 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 198 个 · 末柱为 100%



英语六级 2024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）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	本题
Part IV	汉译英（段落翻译）	题目解析 →

2024年6月·第2套英语六级汉译英（段落翻译）·客观介绍竹子在中国的分布、用途与文化象征 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2024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(2024-06) • 英语六级

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**.

中国盛产竹子，是最早开发利用竹资源的国家。竹子在中国分布广泛，品种丰富。竹子实用性强，用于生产和生活的许多方面，如筷子、桌椅的制作和桥梁、房屋的建造。中国人爱竹，自古以来就有无数文人以竹为主题，创作了绚丽多彩的文学和绘画作品。竹子主干(stem) 笔直，象征正直的品格。竹子具有强大的生命力和适应能力，无论环境多么恶劣，都能够顽强生存，因而寓意坚韧不拔的精神。几千年来，竹子一直被视为中华民族品格的象征。

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。

China abounds in bamboo and is among the first countries to develop and utilize bamboo resources. Bamboo is widely distributed across China and comes in a rich variety of species. It is also highly practical and is used in many aspects of production and daily life, such as making chopsticks, tables and chairs, and building bridges and houses. The Chinese people love bamboo, and since ancient times countless scholars have created splendid literary and artistic works with bamboo as their theme. The straight stem of bamboo symbolizes an upright character. Moreover, bamboo has strong vitality and adaptability; no matter how harsh the environment is, it can survive tenaciously, thus symbolizing the spirit of perseverance. For thousands of years, bamboo has been regarded as a symbol of the character of the Chinese nation.

【衔接】第2、3句同主语 bamboo，第3句改用代词或自然承接

第2句 Bamboo is widely distributed... 与第3句 Bamboo is highly practical... 连用同一主语 bamboo，整篇还会多次出现 bamboo。可在部分句改用 It 承接，如第3句写成 It is also highly practical...，并补 also 体现"在分布广之外，还很实用"的递进，避免每句都以 Bamboo 开头显得呆板。

第5、6句象征义之间补衔接，凸显并列

第5句讲"笔直象征正直"象征正直的品格、第6句讲"顽强象征坚韧"寓意坚韧不拔的精神，是竹子象征义的两个并列方面。第6句句首可补 Moreover / In addition，显出"除正直外，还象征坚韧"的递进关系，使象征义部分成块。

第7句作全篇收束，用时间状语自然收尾

末句 几千年来，竹子一直被视为中华民族品格的象征 是对全篇的总结升华，以 For thousands of years 开头本身就有收束感，无需额外关联词，让它自然作结即可。

逐句解析

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

【主旨】客观介绍竹子在中国的分布、用途与文化象征

全段是对中国竹文化的客观说明文：先讲资源与分布，再讲实用价值，最后落到象征意义。开篇 中国盛产竹子，是最早开发利用竹资源的国家 即一句客观陈述，属于典型的四六级"中国文化介绍"语体，不带个人叙事色彩，用词应朴实、书面、地道。

【时态】一般现在时

通篇在陈述竹子"长期成立的事实与特征"——分布广、用途多、象征坚韧，都是恒常状态而非某次过去事件，如 竹子在中国分布广泛，品种丰富、竹子实用性强，故全篇以一般现在时为基调；仅"自古创作了作品""几千年来一直被视为"这类跨越历史到今天的句子，才改用过去时或现在完成时。

【译法】竹子

全篇统一译作 bamboo。注意 bamboo 作"竹子"这一植物总称时为不可数名词，竹子在中国分布广泛 等处一律用单数 bamboo、不加 -s、谓语用单数；只有指"一根根竹竿"实体时才说 bamboo poles。

竹资源

统一译作 bamboo resources。最早开发利用竹资源的国家 中"资源"指可开发的多种资源，用复数 resources 更自然。

中华民族

统一译作 the Chinese nation。中华民族品格的象征 取约定俗成的官方译名，前面加定冠词 the。

1. 中国盛产竹子，是最早开发利用竹资源的国家。

【主干】China 作主语，abounds / is 作两个谓语（主语策略：原句主语）

中文 中国盛产竹子，是最早开发利用竹资源的国家 两个分句共用同一个主语"中国"，所以英文主语就用 China。前半句核心动词"盛产"译 abounds in / is rich in；后半句"是.....国家"用系动词 is + 表语 the country。

【降级】"最早开发利用竹资源的"降级成定语从句修饰 country

最早开发利用竹资源的国家 里"最早开发利用竹资源"是用来修饰"国家"的一长串定语，照中文塞在 country 前面会很别扭，应降级成后置定语从句 the first country to develop and utilize bamboo resources (用不定式作定语) 或 that was among the first to use bamboo resources, 挂到 country 后面。

【语法】时态

回指全篇基调，用一般现在时：China abounds in bamboo and is the first country..., 陈述长期事实。

搭配

"盛产"用 abound in 或 be rich in; abound 是不及物动词，必须接介词 in, 写成 China abounds in bamboo, 不能说 abounds bamboo。

单复数

bamboo 作植物总称不可数，用单数；"竹资源"含多种资源用复数 bamboo resources。

【译文】China abounds in bamboo and is among the first countries to develop and utilize bamboo resources.

2. 竹子在中国分布广泛，品种丰富。

【主干】Bamboo 作主语，is 系动词带两个并列表语 (主语策略：原句主语)

竹子在中国分布广泛，品种丰富 两个分句都在描述竹子的状态，主语都是"竹子"，用 Bamboo 作主语；"分布广泛"译 is widely distributed, "品种丰富"译 comes in rich varieties / has a great variety of species。

【降级】两个并列描述用 with 或 and 合成一句

"分布广泛"和"品种丰富"是对竹子的两点并列描述，可处理成 Bamboo is widely distributed in China and comes in a rich variety of species; 也可把后半句降级成 with 介词短语：Bamboo is widely distributed across China, with a rich variety of species, 避免两个短句平铺。

【语法】时态

长期事实，沿用一般现在时 is / comes。

语态

"分布"在英文里习惯用被动 is distributed (竹子是被分布的对象)，符合英语被动多于汉语的特点。

单复数

varieties / species 表"多个品种"用复数；bamboo 仍作不可数单数，谓语 is、comes 用第三人称单数。

【译文】Bamboo is widely distributed across China and comes in a rich variety of species.

3. 竹子实用性强，用于生产和生活的许多方面，如筷子、桌椅的制作和桥梁、房屋的建造。

【主干】Bamboo 作主语，is 系动词带 highly practical (主语策略：原句主语)

竹子实用性强 是全句主干，主语"竹子"译 Bamboo, "实用性强"用系表 is highly practical / is very useful。后面"用于....."如....."都是对实用性的展开说明。

【降级】 "用于"降级成被动分词, "如"举例用 such as 引出

用于生产和生活的许多方面 降级成过去分词短语 used in many aspects of production and daily life 作后置定语或状语; 如筷子、桌椅的制作和桥梁、房屋的建造 用 such as 引出并列名词短语: such as making chopsticks, tables and chairs, and building bridges and houses, 把中文".....的制作/建造"转成动名词 making / building。

【语法】 时态

沿用一般现在时 is、is used, 陈述竹子的常态用途。

语态

"用于"用被动 is used in (竹子被用于), 承受动作的竹子作主语, 符合英语习惯。

单复数

chopsticks 只有复数形式; tables and chairs、bridges and houses 泛指此类物品均用复数。

并列一致

such as 后并列的两组用 and 连接、结构对称: making chopsticks... and building bridges..., 动名词形式保持一致。

【译文】 Bamboo is highly practical and is used in many aspects of production and daily life, such as making chopsticks, tables and chairs, and building bridges and houses.

4. 中国人爱竹, 自古以来就有无数文人以竹为主题, 创作了绚丽多彩的文学和绘画作品。

【主干】 前半 The Chinese love bamboo; 后半 countless scholars 作主语带 have created (主谓省略: 原句主语)

本句含两套主语: 中国人爱竹 主语是"中国人"译 The Chinese, 谓语 love; 自古以来就有无数文人.....创作了.....作品 主语换成"无数文人"译 countless scholars / men of letters, 核心谓语"创作了"译 have created。两套主语分别立主干, 用分号或 and 连接。

【降级】 "以竹为主题"降级成介词短语, "自古以来"作时间状语

以竹为主题 降级成介词短语 with bamboo as their theme / on the theme of bamboo 作状语, 修饰"创作"; 自古以来 译时间状语 since ancient times, 因其表"从过去延续至今", 触发后半句用现在完成时 have created。

【语法】 时态

"中国人爱竹"是恒常事实用一般现在时 love; "自古以来.....创作了....."由 since ancient times 触发现在完成时 have created (动作从古延续到今、影响仍在), 这是本句对全篇基调的合理偏离。

主谓一致

The Chinese 表"中国人"这一群体作复数, 谓语用 love (非 loves); countless scholars 复数, 谓语 have created。

物主代词

"以竹为主题"中"主题"属文人, 用 their theme, 与主语 scholars 保持一致。

【译文】 The Chinese people love bamboo, and since ancient times countless scholars have created splendid literary and artistic works with bamboo as their theme.

5. 竹子主干(stem) 笔直，象征正直的品格。

【主干】 The stem of bamboo 作主语，is straight 作谓语 (主语策略：原句主语)

竹子主干(stem) 笔直 主语是"竹子主干"译 The stem of bamboo / Its straight stem, 谓语"笔直"用系表 is straight; 象征正直的品格 的"象征"译 symbolizes。原文已给提示词 stem, 直接采用。

【降级】 "笔直"与"象征"可合成主干+伴随，或并列两动作

两个分句可处理成 The stem of bamboo is straight, symbolizing an upright character (把"象征"降为 -ing 分词作结果状语)，或并列 The straight stem of bamboo symbolizes an upright character (把"笔直"提为定语、"象征"作谓语)。后者更凝练，避免两个短句。

【语法】 时态

沿用一般现在时 is / symbolizes, 陈述竹子的恒常象征义。

主谓一致

主语 The stem (单数) 或 The straight stem, 谓语用第三人称单数 is / symbolizes (带 -s)。

冠词与用词

"正直的品格"译 an upright character / integrity; character 表抽象品格时用单数，前加不定冠词 an upright character。"正直"用 upright / honest, 不宜用 straight (straight 指物理笔直)。

【译文】 The straight stem of bamboo symbolizes an upright character.

6. 竹子具有强大的生命力和适应能力，无论环境多么恶劣，都能够顽强生存，因而寓意坚韧不拔的精神。

【主干】 Bamboo 作主语，has 作核心谓语 (主语策略：原句主语)

竹子具有强大的生命力和适应能力 是主干，主语"竹子"译 Bamboo, 谓语"具有"译 has, 宾语 strong vitality and adaptability。后面"无论环境多么恶劣，都能顽强生存"因而寓意....."是让步与结果的展开。

【降级】 "无论.....恶劣"作让步状语，"因而寓意"用分词或 thus 引出结果

无论环境多么恶劣，都能够顽强生存 译成 no matter how harsh the environment is, it can survive tenaciously, 作让步状语从句；因而寓意坚韧不拔的精神 用 thus symbolizing the spirit of perseverance (-ing 分词作结果状语) 或 and therefore symbolizes..., 显出"因而"的因果。

【语法】时态

全句陈述竹子常态，沿用一般现在时 has、can survive、symbolizes。

让步从句语序

no matter how harsh the environment is 用陈述语序 (how + 形容词 + 主语 + is)，不要写成疑问语序 how harsh is the environment。

不可数名词

vitality (生命力)、adaptability (适应能力)、perseverance (坚韧不拔) 均为抽象不可数名词，不加复数、一般不加冠词。

用词

"恶劣"用 harsh / adverse 修饰 environment；"顽强"用 tenaciously / stubbornly。

【译文】Bamboo has strong vitality and adaptability; no matter how harsh the environment is, it can survive tenaciously, thus symbolizing the spirit of perseverance.

7. 几千年来，竹子一直被视为中华民族品格的象征。

【主干】Bamboo 作主语，has been regarded as 被动谓语 (主语策略：转被动)

竹子一直被视为中华民族品格的象征 中文已用"被"字，直接对应英文被动：主语 Bamboo (承受"视为"动作的对象)，谓语 has been regarded as / has been seen as，表语 a symbol of the character of the Chinese nation。

【降级】"几千年来"作时间状语前置，"中华民族品格的象征"作表语

几千年来 译 For thousands of years 作时间状语，置于句首；中华民族品格的象征 处理成 a symbol of the character of the Chinese nation 作 regarded as 的表语，用 of 短语层层修饰，避免照中文".....的.....的"硬堆。

【语法】时态

"几千年来一直"表从过去持续至今，触发现在完成时被动 has been regarded as，是对一般现在时基调的合理偏离，与第 4 句同理。

语态

"被视为"用被动 be regarded/seen as，符合原文"被"字。

冠词

regarded as a symbol 用不定冠词 a (泛指一种象征)；the Chinese nation 用定冠词 the (特指中华民族)。

【译文】For thousands of years, bamboo has been regarded as a symbol of the character of the Chinese nation.

英语六级 2024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）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	题目解析 →
Part IV	汉译英（段落翻译）	本题