

2024年6月·第3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3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 14 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3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**.

Blame your worthless workdays on meeting recovery syndrome

A) Phyllis Hartman knows what it's like to make one's way through the depths of office meeting hell. Managers at one of her former human resources jobs arranged so many meetings that attendees would fall asleep at the table or intentionally arrive late. With hours of her day blocked up with unnecessary meetings, she was often forced to make up her work during overtime. "I was actually working more hours than I probably would have needed to get the work done," says Hartman, who is founder and president of PGHR Consulting in Pittsburgh, Pennsylvania.

Phyllis Hartman深知在办公室会议地狱的深渊中艰难前行是什么滋味。她曾任职的一家人力资源公司的管理者安排了如此多的会议,以至于与会者会在会议桌旁睡着或故意迟到。由于每天有数小时被不必要的会议占据,她经常被迫在加班时间补做工作。"实际上,我工作的时间比完成工作所需的时间还要多,"这位Pennsylvania州Pittsburgh市PGHR Consulting公司的创始人兼总裁Hartman说。

B) She isn't alone in her frustration. Between 11 million and 55 million meetings are held each day in the United States, costing most organisations between 7% and 15% of their personnel budgets. Every week, employees spend about six hours in meetings, while the average manager meets for a staggering 23 hours.

她并非唯一感到沮丧的人。美国每天要举行1100万至5500万场会议,大多数组织为此支付的费用占其人事预算的7%至15%。员工每周要在会议上花费约6小时,而普通管理者的会议时间则高达惊人的23小时。

C) And though experts agree that traditional meetings are essential for making certain decisions and developing strategy, some employees view them as one of the most unnecessary parts of the

workday. The result is not only hundreds of billions of wasted dollars, but an annoyance of what organisational psychologists call "meeting recovery syndrome (MRS)": time spent cooling off and regaining focus after a useless meeting. If you run to the office kitchen to get some relief with colleagues after a frustrating meeting, you're likely experiencing meeting recovery syndrome.

尽管专家们一致认为传统会议对于做出某些决策和制定战略至关重要,但一些员工将其视为工作日中最不必要的部分之一。其结果不仅是数千亿美元的浪费,还造成了组织心理学家所称的"会议恢复综合征 (MRS)":在一场无用的会议后用于平复心情和重新集中注意力的时间。如果你在一场令人沮丧的会议后跑到办公室茶水间与同事们寻求宽慰,你很可能正在经历会议恢复综合征。

- D) Meeting recovery syndrome is a concept that should be familiar to almost anyone who has held a formal job. It isn't ground-breaking to say workers feel fatigued after a meeting, but only in recent decades have scientists deemed the condition worthy of further investigation. With its links to organisational efficiency and employee wellbeing, MRS has attracted the attention of psychologists aware of the need to understand its precise causes and cures.

会议恢复综合征对于几乎所有从事正式工作的人来说都应该是一个熟悉的概念。说员工在会议后感到疲惫并非什么突破性发现,但直到最近几十年,科学家们才认为这种状况值得进一步研究。由于与组织效率和员工幸福感相关,MRS引起了心理学家的关注,他们意识到有必要了解其确切的成因和治疗方法。

- E) Today, in so far as researchers can hypothesise, MRS is most easily understood as a slow renewal of finite mental and physical resources. When an employee sits through an ineffective meeting their brain power is essentially being drained away. Meetings drain vitality if they last too long, fail to engage employees or turn into one-sided lectures. The conservation of resources theory, originally proposed in 1989 by Dr Stevan Hobfoll, states that psychological stress occurs when a person's resources are threatened or lost. When resources are low, a person will shift into defence to conserve their remaining supply. In the case of office meetings, where some of employees' most valuable resources are their focus, alertness and motivation, this can mean an abrupt halt in productivity as they take time to recover.

如今,就研究人员所能假设的而言,MRS最容易被理解为有限的精神和身体资源的缓慢恢复。当员工参加一场无效的会议时,他们的脑力实质上正在被消耗殆尽。如果会议持续时间过长、未能让员工参与其中或变成单方面的说教,会议就会消耗活力。资源保存理论最初由Stevan Hobfoll博士于1989年提出,该理论指出,当一个人的资源受到威胁或丧失时,就会产生心理压力。当资源不足时,人会转入防御状态以保存剩余储备。在办公室会议的情况下,员工最宝贵的资源是他们的专注力、警觉性和积极性,这可能意味着在他们花时间恢复时生产力会突然停滞。

- F) As humans, when we transition from one task to another on the job—say from sitting in a meeting to doing normal work—it takes an effortful cognitive switch. We must detach ourselves from the previous task and expend significant mental energy to move on. If we are already drained to dangerous levels, then making the mental switch to the next thing is extra tough. It's common to see people cyber-loafing after a frustrating meeting, going and getting coffee, interrupting a colleague and telling them about the meeting, and so on.

作为人类,当我们在工作中从一项任务过渡到另一项任务时——比如从参加会议到做正常工作——这需要费力的认知转换。我们必须将自己从之前的任务中抽离出来,并消耗大量精神能量才能继续前进。如果我们已经被消耗到危险水平,那么在精神上转换到下一件事就会格外困难。人们在一场令人沮丧的会议后在网上闲逛、去喝咖啡、打断同事并向他们讲述会议情况等等,这都是很常见的。

- G) Each person's ability to recover from horrible meetings is different. Some can bounce back quickly, while others carry their fatigue until the end of the workday. Yet while no formal MRS studies are currently underway, one can loosely speculate on the length of an average employee's lag time. Switching tasks in a non-MRS condition takes about 10 to 15 minutes. With MRS, it may take as long as 45 minutes on average. It's even worse when a worker has several meetings that are separated by 30 minutes. "Not enough time to transition in a non-MRS situation to get anything done, and in an MRS situation, not quite enough time to recover for the next meeting," says researcher Joseph Allen. "Then, add the compounding of back-to-back bad meetings and we may have an epidemic on our hands."

每个人从糟糕会议中恢复的能力各不相同。有些人可以快速恢复,而另一些人则会将疲惫感一直带到工作日结束。然而,虽然目前尚未开展正式的MRS研究,但人们可以粗略推测普通员工滞后时间的长度。在非MRS状态下切换任务大约需要10到15分钟。在MRS状态下,平均可能需要长达45分钟。当员工有几场相隔30分钟的会议时,情况会更糟。研究员Joseph Allen说:"在非MRS情况下,这点时间不足以完成任务转换并完成任何事情,而在MRS情况下,这点时间还不够为下一场会议做好恢复准备。然后,再加上连续糟糕会议的叠加效应,我们可能面临一场流行病。"

- H) In an effort to combat the side effects of MRS, Allen, along with researcher Joseph Mroz and colleagues at the University of Nebraska-Omaha, published a study detailing the best ways to avoid common traps, including a concise checklist of do's and don'ts applicable to any workplace. Drawing from around 200 papers to compile their comprehensive list, Mroz and his team may now hold a remedy to the largely undefined problem of MRS.

为了对抗MRS的副作用,Allen与研究员Joseph Mroz以及Nebraska-Omaha大学的同事们发表了一项研究,详细介绍了避免常见陷阱的最佳方法,包括一份适用于任何工作场所的简明注意事项清单。Mroz和他的团队从约200篇论文中汇编了他们的综合清单,现在可能掌握了解决MRS这一很大程度上尚未明确界定的问题的方法。

- I) Mroz says a good place to start is asking ourselves if our meetings are even necessary in the first place. If all that's on the agenda is a quick catch-up, or some non-urgent information sharing, it may better suit the group to send around an email instead. "The second thing I would always recommend is keep the meeting as small as possible," says Mroz. "If they don't actually have some kind of immediate input, then they can follow up later. They don't need to be sitting in this hour-long meeting." Less time in meetings would ultimately lead to more employee engagement in the meetings they do attend, which experts agree is a proven remedy for MRS.

Mroz说,一个好的起点是问问自己我们的会议是否首先有必要举行。如果议程上只是快速沟通或一些不紧急的信息共享,那么发送电子邮件可能更适合这个群体。Mroz说:"我总是会推荐的第二件事是尽可能缩小会议规模。如果他们实际上没有某种即时输入,那么他们可以稍后跟进。他们不需要坐在这场长达一小时的会议中。"减少会议时间最终将使员工在他们确实参加的会议中有更高的参与度,专家们一致认为这是治疗MRS的有效方法。

- J) Employees also feel taxed when they are invited together to meetings that don't inspire participation, says Cliff Scott, professor of organisational science. It takes precious time for them to vent their emotions, complain and try to regain focus after a pointless meeting—one of the main traps of MRS.

Over time as employees find themselves tied up in more and more unnecessary meetings—and thus dealing with increasing lag times from MRS—the waste of workday hours can feel insulting.

组织科学教授Cliff Scott说,当员工被邀请参加不能激发参与的会议时,他们也会感到负担沉重。在一场毫无意义的会议后,他们需要宝贵的时间来发泄情绪、抱怨并试图重新集中注意力——这是MRS的主要陷阱之一。随着时间的推移,当员工发现自己被越来越多的不必要会议束缚——从而因MRS造成越来越长的滞后时间——工作日时间的浪费会让人感到受到侮辱。

- K) Despite the relative scarcity of research behind the subject, Hartman has taught herself many of the same tricks suggested in Mroz's study, and has come a long way since her days of being stuck with unnecessary meetings. The people she invites to meetings today include not just the essential employees, but also representatives from every department that might have a stake in the issue at hand. Managers like her, who seek input even from non-experts to shape their decisions, can find greater support and cooperation from their workforce, she says.

尽管该主题背后的研究相对稀缺,但Hartman自学了Mroz研究中建议的许多相同技巧,自从她被不必要会议困扰的日子以来已经取得了长足进步。她今天邀请参加会议的人不仅包括必要的员工,还包括可能对手头问题有利害关系的每个部门的代表。她说,像她这样寻求非专家意见来塑造决策的管理者,可以从员工队伍中获得更大的支持和合作。

- L) If an organisation were to apply all 22 suggestions from Mroz and Allen's findings, the most noticeable difference would be a stark decrease in the total number of meetings on the schedule, Mroz says. Less time in meetings would ultimately lead to increased productivity, which is the ultimate objective of convening a meeting. While none of the counter-MRS ideas have been tested empirically yet, Allen says one trick with promise is for employees to identify things that quickly change their mood from negative to positive. As simple as it sounds, finding a personal happy place, going there and then coming straight back to work might be key to facilitating recovery.

Mroz说,如果一个组织应用Mroz和Allen研究结果中所有22条建议,最明显的区别将是日程表上会议总数大幅减少。减少会议时间最终将提高生产力,这正是召开会议的最终目标。虽然尚未对任何反MRS想法进行实证检验,但Allen说,一个有希望的技巧是让员工识别能够迅速将他们的情绪从消极转变为积极的事物。尽管听起来很简单,但找到个人的快乐之地,去那里然后直接回来工作,可能是促进恢复的关键。

- M) Leaders should also see themselves as "stewards of everyone else's valuable time", adds Steven Rogelberg, author of *The Surprising Science of Meetings*. Having the skills to foresee potential traps and treat employees' endurance with care allows leaders to provide effective short-term deterrents to MRS.

《会议的惊人科学》一书的作者Steven Rogelberg补充说,领导者还应该将自己视为"其他所有人宝贵时间的管家"。拥有预见潜在陷阱和谨慎对待员工耐力的技能,使领导者能够为MRS提供有效的短期威慑。

- N) Most important, however, is for organisations to awaken to the concept of meetings being flexible, says Allen. By reshaping the way they prioritise employees' time, companies can eliminate the very sources of MRS in their tracks.

然而,Allen说,最重要的是组织要认识到会议是灵活的这一概念。通过重塑他们优先考虑员工时间的方式,公司可以从源头上消除MRS的根源。

陈述句与逐句解析

36. Although employees are said to be fatigued by meetings, the condition has not been considered worthy of further research until recently.

尽管据说员工对会议感到疲惫,但直到最近这种状况才被认为值得进一步研究。

【答案】 **D** 段 (强锚点)

【锚点】 近期才被认为值得深入研究

【定位】 It isn't ground-breaking to say workers feel fatigued after a meeting, but only in recent decades have scientists deemed the condition worthy of further investigation.

说员工开完会感到疲惫并不是什么新鲜事,但只有在最近几十年里,科学家才认为这一状况值得进一步研究。

【改写】 employees are said to be fatigued by meetings ↔

It isn't ground-breaking to say workers feel fatigued after a meeting

员工开会感到疲惫的同义改写

the condition has not been considered worthy of further research until recently ↔

only in recent decades have scientists deemed the condition worthy of further investigation

时间副词与同根词等值替换

37. Mroz and his team compiled a list of what to do and what not to do to remedy the problem of MRS.

Mroz和他的团队编制了一份应该做什么和不应该做什么的清单,以解决会议恢复综合征的问题。

【答案】 **H** 段 (强锚点)

【锚点】 Mroz 团队编「该做与不该做」清单

【定位】 In an effort to combat the side effects of MRS, Allen, along with researcher Joseph Mroz and colleagues at the University of Nebraska-Omaha, published a study detailing the best ways to avoid common traps, including a concise checklist of do's and don'ts applicable to any workplace.

为了对抗 MRS 的副作用, Allen 与研究者 Joseph Mroz 及内布拉斯加大学奥马哈分校的同事们发表了一项研究,详述躲开常见陷阱的最佳做法,并附上一份适用于任何工作场所的「该做与不该做」简明清单。

【改写】 compiled a list of what to do and what not to do ↔ **a concise checklist of do's and don'ts**

习语展开与名词同义替换

to remedy the problem of MRS ↔

may now hold a remedy to the largely undefined problem of MRS

remedy 加 MRS 同根词原样复现

【辨邻】 I I 段虽提到 Mroz 与具体建议，但讲的是 asking ourselves if our meetings are even necessary 与 keep the meeting as small as possible 等内容，并未承载题干所问的「编了一份 do's and don'ts 清单」这一编纂动作，故不是源头段。

Mroz says a good place to start is asking ourselves if our meetings are even necessary in the first place

38. Companies can get rid of the root cause of MRS if they give priority to workers' time.

如果公司优先考虑员工的时间,就能消除会议恢复综合征的根本原因。

【答案】 N 段 (强锚点)

【锚点】 把员工时间放在优先位，根除 MRS

【定位】 By reshaping the way they prioritise employees' time, companies can eliminate the very sources of MRS in their tracks.

通过重塑公司对员工时间的优先排序方式，企业可以在源头就消除 MRS 的根因。

【改写】 get rid of the root cause of MRS ↔ **eliminate the very sources of MRS in their tracks**

动词同义加名词同义双替换

give priority to workers' time ↔ **prioritise employees' time**

动词短语与同义单词

【辨邻】 L the most noticeable difference would be a stark decrease in the total number of meetings on the schedule 表达的是「会议数量下降」这一可观察结果，并未涉及「根源」或「优先员工时间」，与 Q38 问的「根除」不是同一指向。

the most noticeable difference would be a stark decrease in the total number of meetings on the schedule

39. If workers are exhausted to a dangerous degree, it is extremely hard for them to transition to the next task.

如果员工疲惫到危险的程度,他们就极难过渡到下一项任务。

【答案】 F 段 (强锚点)

【锚点】 危险疲惫程度下切换任务极其困难

【定位】 If we are already drained to dangerous levels, then making the mental switch to the next thing is extra tough.

如果我们已经被消耗到危险的程度，那么把心思切换到下一件事就格外吃力。

【改写】 If workers are exhausted to a dangerous degree ↔ **If we are already drained to dangerous levels**

条件句的同义词逐对替换

it is extremely hard for them to transition to the next task ↔

making the mental switch to the next thing is extra tough

形容词与动名词的同义改写

【辨邻】 E 段虽强调 Meetings drain vitality 与 shift into defence, 但讨论的是 Hobfoll 资源保存理论及生产力骤停的整体机制, 并未承载「已经被耗到危险程度时切换格外艰难」这一具体论断。

Meetings drain vitality if they last too long, fail to engage employees or turn into one-sided lectures

40. Employees in America spend a lot of time attending meetings while the number of hours managers meet is several times more.

美国员工花费大量时间参加会议,而管理人员开会的小时数则是其数倍。

【答案】 B 段 (强锚点)

【锚点】 美国员工开会时长与经理时长数倍对比

【定位】 Every week, employees spend about six hours in meetings, while the average manager meets for a staggering 23 hours.

每周, 员工大约花六小时在会议上, 而经理们平均开会的时长达到惊人的 23 小时。

【改写】 Employees in America spend a lot of time attending meetings ↔

Every week, employees spend about six hours in meetings

地理背景加模糊量化的同义对应

the number of hours managers meet is several times more ↔

the average manager meets for a staggering 23 hours

倍数关系与具体数字比较

41. Phyllis Hartman has learned by herself many of the ways Mroz suggested in his study and made remarkable success in freeing herself from unnecessary meetings.

Phyllis Hartman 自己学会了 Mroz 在其研究中建议的许多方法,并在使自己摆脱不必要的会议方面取得了显著成功。

【答案】 K 段 (强锚点)

【锚点】 Phyllis Hartman 自学 Mroz 招数

【定位】 Despite the relative scarcity of research behind the subject, Hartman has taught herself many of the same tricks suggested in Mroz's study, and has come a long way since her days of being stuck with unnecessary meetings.

尽管这一主题的研究相对匮乏, Hartman 还是自学了 Mroz 研究中所建议的许多招式, 并且从当年被无谓会议困住的日子算起, 已经取得了相当大的进步。

【改写】 Phyllis Hartman has learned by herself many of the ways Mroz suggested in his study ↔

Hartman has taught herself many of the same tricks suggested in Mroz's study

反身动词与名词同义替换

made remarkable success in freeing herself from unnecessary meetings ↔

has come a long way since her days of being stuck with unnecessary meetings

习语与同义解释

【辨邻】 A A 段虽然出现 Phyllis Hartman，但讲的是她当年在前一份人力资源工作中被会议困扰、需要 make up her work during overtime 的早期经历，并未涉及「自学 Mroz 研究中的招数」这一进步过程，故不能作答。

I was actually working more hours than I probably would have needed to get the work done

42. When meetings continue too long or don't engage employees, they deplete vitality.

当会议持续时间过长或无法吸引员工参与时，会议会消耗活力。

【答案】 E 段（强锚点）

【锚点】 会议太长或不能让员工投入会耗尽 vitality

【定位】 Meetings drain vitality if they last too long, fail to engage employees or turn into one-sided lectures.

如果会议太久、无法吸引员工参与，或变成单方面讲座，就会耗尽员工的活力。

【改写】 When meetings continue too long or don't engage employees ↔

if they last too long, fail to engage employees

条件从句各分支的同义对应

they deplete vitality ↔ **Meetings drain vitality**

罕见动词宾语搭配的同义替换

【辨邻】 F F 段确实在讨论被 drained 后的状态，但承载的是 making the mental switch to the next thing is extra tough 这一切换难度，并未列出「会议太长或不能吸引员工」这一耗尽的条件，故不是 Q42 的源头段。

If we are already drained to dangerous levels, then making the mental switch to the next thing is extra tough

43. When the time of meetings is reduced, employees will be more engaged in the meetings they do participate in.

当会议时间减少时，员工会更积极地参与他们确实参加的会议。

【答案】 I 段（强锚点）

【锚点】 会议时间减少，员工在所开会议中更投入

【定位】 Less time in meetings would ultimately lead to more employee engagement in the meetings they do attend, which experts agree is a proven remedy for MRS.

在会议上花的时间更少，最终会让员工在他们真正参加的那些会议中更投入，专家们认为这是 MRS 已被证实的解药。

【改写】 When the time of meetings is reduced ↔ **Less time in meetings**

被动与名词短语的等值

employees will be more engaged in the meetings they do participate in ↔

more employee engagement in the meetings they do attend

名词化与动词被动加同义动词

【辨邻】 **L** Less time in meetings would ultimately lead to increased productivity 在 L 段也出现，但 L 段的中心论断是 a stark decrease in the total number of meetings on the schedule，强调「数量」变化，并未明确承载「在所参加会议中更投入」这一表述。

Less time in meetings would ultimately lead to increased productivity, which is the ultimate objective of convening a meeting

44. Some employees consider meetings one of the most dispensable parts of the workday.

一些员工认为会议是工作日中最可有可无的部分之一。

【答案】 **C** 段（强锚点）

【锚点】 员工视会议为工作日最可有可无的环节之一

【定位】 And though experts agree that traditional meetings are essential for making certain decisions and developing strategy, some employees view them as one of the most unnecessary parts of the workday.

尽管专家们一致认为传统会议对某些决策和战略制定是必不可少的，但仍有一些员工把会议视为工作日中最不必要的环节之一。

【改写】 Some employees consider meetings one of the most dispensable parts of the workday ↔

some employees view them as one of the most unnecessary parts of the workday

形容词同义加整句平移

45. According to Mroz, if all his suggestions were applied, a very obvious change would be a steep decrease in the number of meetings scheduled.

根据 Mroz 的说法，如果他的所有建议都得到应用，一个非常明显的变化将是安排的会议数量急剧下降。

【答案】 **L** 段（强锚点）

【锚点】 若 Mroz 全部建议落地，会议数会陡降

【定位】 If an organisation were to apply all 22 suggestions from Mroz and Allen's findings, the most noticeable difference would be a stark decrease in the total number of meetings on the schedule, Mroz says.

Mroz 说，假如一个组织把 Mroz 与 Allen 研究中的所有 22 条建议都落实，最显著的变化会是日程表上会议总数的大幅下降。

【改写】 if all his suggestions were applied ↔

If an organisation were to apply all 22 suggestions from Mroz and Allen's findings

虚拟假设的主被动改写

a very obvious change would be a steep decrease in the number of meetings scheduled ↔

the most noticeable difference would be a stark decrease in the total number of meetings on the schedule

形容词同义加介词短语与分词

【辨邻】 N companies can eliminate the very sources of MRS in their tracks 谈的是根除 MRS，并未提及「会议日程表上数量的陡降」，与 Q45 的中心结果不匹配，故不是源头段。

By reshaping the way they prioritise employees' time, companies can eliminate the very sources of MRS in their tracks

PARAGRAPH MAP • 段落主旨图

14 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 用 Phyllis Hartman 在前一份人力资源工作中的亲身经历开篇：上司排太多会议，参会者要么 fall asleep at the table、要么 intentionally arrive late，她本人则被迫加班补本职工作。

信息指纹 Hartman 早年加班补活的开篇故事

B 给出全美会议数量与成本的硬数据：每天 Between 11 million and 55 million meetings are held each day in the United States，员工每周开会约 about six hours，经理则高达 23 hours。

信息指纹 美国会议数量与时长的硬数字

C 在承认传统会议必要性的同时指出员工把它视为最无用的工作环节之一，并首次给出 meeting recovery syndrome (MRS) 的定义——开完无用会议后用来 cooling off and regaining focus 的时间。

信息指纹 MRS 概念首次定义与员工视角

D 指出 MRS 这一现象大家都熟，但科学界 only in recent decades have scientists deemed the condition worthy of further investigation，并说明心理学家已经开始关注其成因与治法。

信息指纹 近几十年学界才开始研究 MRS

E 用 Hobfoll 的资源保存理论解释 MRS 的机制：会议如果 last too long, fail to engage employees or turn into one-sided lectures 就会耗尽精力，资源被威胁时人会 shift into defence，从而出现生产力骤停。

信息指纹 Hobfoll 资源保存理论解释精力被耗

F 讲任务切换的认知成本：人在不同任务之间转换需要 an effortful cognitive switch，若 already drained to dangerous levels 再切换就尤其困难，于是出现摸鱼、找同事吐槽等行为。

信息指纹 任务切换的认知成本与「危险耗竭」难切

G 讨论恢复时长的个体差异：常规切换 about 10 to 15 minutes，MRS 状态下可能 as long as 45 minutes on average，而背靠背的烂会议会形成 an epidemic。

信息指纹 恢复时长的具体分钟数据

H 介绍 Allen 与 Joseph Mroz 团队的研究：综合约 around 200 papers 编出一份 concise checklist of do's and don'ts，给 MRS 提供解药。

信息指纹 Mroz 团队的「该做与不该做」清单

I 讲 Mroz 给的具体建议：先问会议是否必要，能用邮件就别开会；并且 keep the meeting as small as possible；减少会议时长能 lead to more employee engagement in the meetings they do attend。

信息指纹 减少开会到在场会议参与度更高

J Cliff Scott 指出，员工被叫去 meetings that don't inspire participation 会感到 taxed，他们要花时间发泄情绪、抱怨、找回专注，这正是 MRS 的主要陷阱之一。

信息指纹 Cliff Scott 谈「不能激发参与」的会议代价

K 回到 Hartman：尽管研究稀缺，她 has taught herself many of the same tricks suggested in Mroz's study，并 has come a long way since her days of being stuck with unnecessary meetings，做法是把利益相关方都请进来。

信息指纹 Hartman 自学 Mroz 招数并取得明显进步

L 若把 Mroz 与 Allen 的 22 条建议全套上线，最显眼的变化是 a stark decrease in the total number of meetings on the schedule；并提到找个「快乐角落」快速调节情绪。

信息指纹 全套建议落地后会议总数大幅下降

M Steven Rogelberg 建议领导者把自己看作 stewards of everyone else's valuable time，靠预判陷阱与体谅员工耐力来短期缓解 MRS。

信息指纹 领导者作为「他人时间的管家」

N Allen 总结：最重要的是组织要意识到 meetings being flexible，通过 reshaping the way they prioritise employees' time 才能 eliminate the very sources of MRS in their tracks。

信息指纹 把员工时间放在第一位以从源头消除 MRS

SENTENCE INSIGHTS • 句子精讲

20 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。

Managers at one of her former human resources jobs arranged so many meetings that attendees would fall asleep at the table or intentionally arrive late.

A段，第2句

"so ... that ..." 引导结果状语从句是四六级和考研阅读中的常见句式，表达因果关系的句型在真题中频繁出现。主句带介词短语修饰、从句内有并列成分也是典型结构，掌握后可以迁移到大量类似句子。

With hours of her day blocked up with unnecessary meetings, she was often forced to make up her work during overtime.

A段，第3句

被动语态 + 不定式补足语 (be forced to do) 是四六级和考研阅读中的高频结构，句首介词短语作状语也是常见句式，本句结构具有较强的代表性和复用价值。

Between 11 million and 55 million meetings are held each day in the United States, costing most organisations between 7% and 15% of their personnel budgets.

B段，第2句

被动语态 + 时间/地点状语 + 伴随状语的组合是学术文本和新闻报道中的典型句式，在四六级和考研阅读中频繁出现，掌握此结构可复用于大量类似句型，典型性较高。

It isn't ground-breaking to say workers feel fatigued after a meeting, but only in recent decades have scientists deemed the condition worthy of further investigation.

D段，第2句

句中包含 "It is + 形容词 + to do" 的形式主语结构、宾语从句、并列转折结构、强调副词引起的倒装，这些都是四六级和考研真题中的高频句式，典型性强，掌握后可迁移到大量类似句子的分析。

Meetings drain vitality if they last too long, fail to engage employees or turn into one-sided lectures.

E段，第3句

主句加多个并列条件状语从句的结构，在学术写作和考试阅读中较为常见，尤其是后续从句承前省略的用法是典型的句式压缩手段，掌握后可迁移到大量类似句型。

In the case of office meetings, where some of employees' most valuable resources are their focus, alertness and motivation, this can mean an abrupt halt in productivity as they take time to recover.

E段，第6句

主句 + 非限制性定语从句 + 状语从句的组合，是四六级和考研阅读中的高频句式。插入式定语从句分隔主干、状语从句修饰主句，这种结构在真题长难句中反复出现。掌握本句的拆解方法可直接迁移到大量同类句子，典型性很高。

If we are already drained to dangerous levels, then making the mental switch to the next thing is extra tough.

F段，第3句

"If + 从句, then + 主句"的条件复合句是四六级和考研阅读中的高频句式。动名词短语作主语、被动语态的使用也都是典型的考试常见结构，掌握后可以迁移到大量类似句子。

With MRS, it may take as long as 45 minutes on average.

G段，第5句

情态动词 + 动词原形 以及 "it takes + 时间" 的结构在四六级和考研阅读中较为常见，句首介词短语作状语的安排也是典型句式，具有一定代表性，掌握后可迁移到类似句型。

"Not enough time to transition in a non-MRS situation to get anything done, and in an MRS situation, not quite enough time to recover for the next meeting," says researcher Joseph Allen.

G段，第7句

成分划分训练价值较高。本句涵盖倒装结构下的主谓宾识别、直接引语作宾语、不定式短语作定语和状语、介词短语作状语等多种成分类型，且引号内的省略式并列结构可训练学生补全省略成分的能力。特别是倒装导致的主语后置，是常见易错点，值得练习。

Mroz says a good place to start is asking ourselves if our meetings are even necessary in the first place.

I段，第1句

本句的'says + 宾语从句(省略 that)'以及'系动词 + 动名词表语 + 宾语从句'结构，在四六级和考研真题中高频出现，是典型的观点陈述句式。学习者掌握后可迁移至大量类似的引述句和建议句，实用性强。

If all that's on the agenda is a quick catch-up, or some non-urgent information sharing, it may better suit the group to send around an email instead.

I段，第2句

这句时态本身不难，但结构训练价值高，既有主从关系又有内部嵌套，还能练形式主语的识别。对句子结构和时态基础结合训练来说，值得优先学习。

"The second thing I would always recommend is keep the meeting as small as possible," says Mroz.

I段，第3句

覆盖了倒装主谓、省略关系代词的定语从句、省略 that 的表语从句、情态动词谓语、频率状语等多种成分；定语从句嵌在主语内部、表语从句以动词原形开头，都是学生易混淆的点，作为划分练习句收益高。

It takes precious time for them to vent their emotions, complain and try to regain focus after a pointless meeting—one of the main traps of MRS.

J段，第2句

"It takes time for sb to do sth" 是四六级和考研阅读中高频出现的句型，用于表达做某事需要花费时间或精力，该结构典型且实用，掌握后可迁移到大量类似句子

Managers like her, who seek input even from non-experts to shape their decisions, can find greater support and cooperation from their workforce, she says.

K段，第3句

引述结构嵌套宾语从句,宾语从句内含非限制性定语从句插入主语与谓语之间,这是四六级和考研阅读中常见的句式,掌握后可迁移到大量类似长难句,具有很高的代表性

If an organisation were to apply all 22 suggestions from Mroz and Allen's findings, the most noticeable difference would be a stark decrease in the total number of meetings on the schedule, Mroz says.

L段，第1句

If 引导的条件状语从句配合主句表达假设及其结果,是四六级和考研阅读中极为常见的句式,虚拟语气 were to 结构也是常考语法点,这种条件-结果的表达方式在学术和正式文体中频繁出现,掌握后可大量复用。

Leaders should also see themselves as "stewards of everyone else's valuable time", adds Steven Rogelberg, author of The Surprising Science of Meetings.

M段，第1句

涵盖主谓宾、宾语从句、宾语补足语、同位语、倒装结构等多种成分，且 see...as 结构、反身代词 themselves、引述动词倒装均为常考点，适合训练成分识别和结构分析能力。

Although employees are said to be fatigued by meetings, the condition has not been considered worthy of further research until recently.

第36题题干

"Although 从句, 主句" 的让步状语结构和 "be said to be" 的被动表达都是四六级、考研真题的高频句式,主句的现在完成时被动语态 "has not been considered" 也是典型的学术或新闻语体用法,结构代表性强,掌握后可广泛迁移。

Companies can get rid of the root cause of MRS if they give priority to workers' time.

第38题题干

本句结构高度典型:主句加条件状语从句是四六级和考研阅读中的常见句式,"情态动词+动词原形"和 "if 引导的真实条件句" 都是必考语法点。"give priority to" 和 "get rid of" 也是高频短语搭配。掌握本句结构后,可直接迁移到大量类似句型的理解和分析中,实用性强。

If workers are exhausted to a dangerous degree, it is extremely hard for them to transition to the next task.

第39题题干

本句结构高度典型:条件状语从句 + 主句的组合是四六级和考研真题中的常见句式,"it is + 形容词 + for sb + to do" 也是高频考点结构。掌握本句的分析方法后,可以直接迁移到大量类似句子的理解中,实用性和代表性都很强。

According to Mroz, if all his suggestions were applied, a very obvious change would be a steep decrease in the number of meetings scheduled.

第45题题干

覆盖主系表结构、条件状语从句、介词短语作状语、过去分词作后置定语等多种成分,且主句表语是含有介词短语修饰的复杂名词短语,适合练习识别系表结构和状语从句,成分种类较丰富。

本篇出现的 159 个英语六级真题高频词

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

employee A2

n. 雇员，员工

本篇19次 · 真题 190 句

resource B1

n. 资源

本篇6次 · 真题 119 句

recovery B2

n. 恢复

本篇5次 · 真题 35 句

unnecessary B1

adj. 不必要的;多余的

本篇5次 · 真题 28 句

workday B1

n. 工作日

本篇5次 · 真题 10 句

syndrome C1

n. 综合征

本篇4次 · 真题 14 句

researcher B2

n. 研究人员

本篇3次 · 真题 363 句

focus B1

n. 重点

本篇3次 · 真题 200 句

mental B1

adj. 精神的

本篇3次 · 真题 120 句

average A2

adj. 平均的

本篇3次 · 真题 112 句

colleague B1

n. 同事

本篇3次 · 真题 84 句

recover B1

v. 恢复健康

本篇3次 · 真题 35 句

switch A2

v. 转换

本篇3次 · 真题 31 句

transition B2

n. 过渡

本篇3次 · 真题 25 句

trap B1

n. 陷阱

本篇3次·真题20句

remedy B2

n. 治疗方法

本篇3次·真题15句

organisation B1

n. 组织;机构

本篇3次·真题11句

less A1

det. 较少的

本篇2次·真题273句

actually A2

adv. 实际上, 事实上 (用于纠正或补充信息)

本篇2次·真题182句

million A2

num. 一百万

本篇2次·真题126句

expert B1

n. 专家

本篇2次·真题114句

further B1

adv. 更远地

本篇2次·真题79句

engage B2

v. 参与;从事

本篇2次·真题68句

apply A2

v. 申请

本篇2次·真题63句

quickly A2

adv. 快速地

本篇2次·真题63句

concept B2

n. 概念

本篇2次·真题59句

productivity B2

n. 生产率

本篇2次·真题58句

essential B1

adj. 必不可少的

本篇2次·真题55句

psychologist B2

n. 心理学家

本篇2次·真题54句

attend A2

v. 出席, 参加 (会议、活动等)

本篇2次·真题46句

schedule A2

n. 时间表

本篇2次·真题 41 句

ultimately B2

adv. 最终·终归

本篇2次·真题 34 句

valuable B1

adj. 贵重的

本篇2次·真题 32 句

decrease B1

v. 减少, 降低

本篇2次·真题 28 句

trick B1

n. 诡计

本篇2次·真题 18 句

input B1

n. 输入的信息、数据

本篇2次·真题 15 句

lag B2

v. 落后

本篇2次·真题 13 句

worthy B2

adj. 值得的

本篇2次·真题 11 句

formal B1

adj. 正式的

本篇2次·真题 9 句

would A1

aux. (will 的过去式) 将要, 会

本篇1次·真题 568 句

author A2

n. 作者

本篇1次·真题 264 句

likely A2

adj. 很可能的

本篇1次·真题 228 句

effect A2

n. 影响

本篇1次·真题 191 句

issue B1

n. 问题

本篇1次·真题 158 句

positive B1

adj. 积极的

本篇1次·真题 144 句

reduce B1

v. 减少, 降低 (数量、大小、程度等)

本篇1次·真题 138 句

view A2

n. 观点, 看法

本篇1次 · 真题 134 句

negative B1

adj. 否定的

本篇1次 · 真题 132 句

power A2

n. 权力

本篇1次 · 真题 128 句

stress B1

n. 压力

本篇1次 · 真题 126 句

finding B2

n. 调查结果

本篇1次 · 真题 121 句

decade B1

n. 十年

本篇1次 · 真题 120 句

professor B1

n. 教授 (大学教师的最高职称)

本篇1次 · 真题 112 句

support A2

v. 支持

本篇1次 · 真题 103 句

case A2

n. 情况

本篇1次 · 真题 97 句

united B1

adj. 联合的

本篇1次 · 真题 97 句

according B1

prep. 根据

本篇1次 · 真题 96 句

effective B1

adj. 有效的, 起作用的

本篇1次 · 真题 94 句

publish B1

v. 出版, 发行 (书籍、杂志等)

本篇1次 · 真题 94 句

potential B2

adj. 潜在的

本篇1次 · 真题 92 句

physical B1

adj. 身体的

本篇1次 · 真题 91 句

later A1

adv. 以后, later

本篇1次 · 真题 87 句

cognitive C1

adj. 认知的

本篇1次·真题 85 句

traditional B1

adj. 传统的

本篇1次·真题 84 句

states A1

n. 国家

本篇1次·真题 80 句

despite B1

prep. 尽管

本篇1次·真题 77 句

recently A2

adv. 最近

本篇1次·真题 76 句

identify B1

v. 识别

本篇1次·真题 75 句

source B1

n. 来源

本篇1次·真题 75 句

billion B1

num. 十亿 (1,000,000,000)

本篇1次·真题 74 句

seek B1

v. 寻找

本篇1次·真题 70 句

workplace B1

n. 工作场所

本篇1次·真题 70 句

attract B1

v. 吸引 (注意力、兴趣)

本篇1次·真题 67 句

easily A2

adv. 容易地

本篇1次·真题 65 句

shift B1

v. 移动

本篇1次·真题 65 句

significant B2

adj. 重要的

本篇1次·真题 65 句

strategy B2

n. 策略

本篇1次·真题 63 句

tax A2

n. 税

本篇1次·真题 63 句

occur B1

v. 发生, 出现

本篇1次·真题 62 句

theory B1

n. 理论

本篇1次·真题 55 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

track A2

n. 小路

本篇1次·真题 48 句

recommend B1

v. 推荐

本篇1次·真题 47 句

thus B2

adv. 因此, 所以

本篇1次·真题 47 句

detail B1

n. 细节

本篇1次·真题 46 句

previous B1

adj. 先前的

本篇1次·真题 44 句

wellbeing B2

n. 幸福;安康

本篇1次·真题 43 句

currently B1

adv. 目前, 当前

本篇1次·真题 42 句

department A2

n. 部门

本篇1次·真题 41 句

priority B2

n. 优先事项

本篇1次·真题 39 句

psychological B2

adj. 心理的

本篇1次·真题 39 句

budget B1

n. 预算

本篇1次·真题 37 句

lecture B1

n. 讲座

本篇1次·真题 35 句

aware A2

adj. 知道的

本篇1次·真题 34 句

efficiency B2

n. 效率

本篇1次·真题 33 句

extra A2

adj. 额外的

本篇1次·真题 33 句

obvious B1

adj. 明显的

本篇1次·真题 31 句

participate B1

v. 参加

本篇1次·真题 31 句

eliminate B2

v. 消除

本篇1次·真题 30 句

extremely B1

adv. 极其

本篇1次·真题 29 句

immediate B2

adj. 立即的, 即刻的

本篇1次·真题 29 句

familiar B1

adj. 熟悉的

本篇1次·真题 28 句

increased A2

v. 增加了

本篇1次·真题 28 句

largely B2

adv. 主要地

本篇1次·真题 28 句

propose B1

v. 提议

本篇1次·真题 28 句

sharing A2

n. 分享

本篇1次·真题 28 句

mood A2

n. 心情

本篇1次·真题 27 句

cooperation B2

n. 合作

本篇1次·真题 26 句

increasing B1

adj. 越来越多的

本篇1次·真题 26 句

relative B1

n. 亲戚, 亲属

本篇1次 · 真题 26 句

root A2

n. 根

本篇1次 · 真题 25 句

conservation B2

n. 保护

本篇1次 · 真题 24 句

tough B1

adj. 困难的

本篇1次 · 真题 24 句

complain A2

v. 抱怨

本篇1次 · 真题 23 句

motivation B2

n. 动力

本篇1次 · 真题 23 句

blame B1

v. 责备

本篇1次 · 真题 22 句

inspire B2

v. 激励

本篇1次 · 真题 20 句

surprising A2

adj. 令人惊讶的

本篇1次 · 真题 20 句

threaten B1

v. 威胁; 恐吓

本篇1次 · 真题 20 句

objective B2

n. 目标

本篇1次 · 真题 19 句

ultimate B2

adj. 最终的

本篇1次 · 真题 19 句

workforce B2

n. (一国或一地区的) 劳动力, 劳动人口

本篇1次 · 真题 19 句

facilitate C1

v. 促进

本篇1次 · 真题 18 句

founder B2

n. 创始人

本篇1次 · 真题 18 句

essentially B2

adv. 本质上

本篇1次 · 真题 17 句

deem C1

v. 认为, 视为 (正式用语)

本篇1次 · 真题 16 句

originally B1

adv. 起初

本篇1次 · 真题 16 句

combat B2

n. 战斗

本篇1次 · 真题 15 句

engagement B2

n. 约定

本篇1次 · 真题 15 句

flexible B2

adj. 灵活的

本篇1次 · 真题 15 句

suit A2

n. 套装

本篇1次 · 真题 15 句

engaged B1

adj. 忙碌的

本篇1次 · 真题 14 句

epidemic C1

n. 流行病

本篇1次 · 真题 14 句

fatigue B2

n. 疲劳

本篇1次 · 真题 14 句

precious B2

adj. 珍贵的

本篇1次 · 真题 14 句

remarkable B2

adj. 非凡的

本篇1次 · 真题 14 句

comprehensive B2

adj. 全面的

本篇1次 · 真题 13 句

cure B1

v. 治愈 (疾病)

本篇1次 · 真题 13 句

deplete C1

v. 大量减少

本篇1次 · 真题 13 句

participation B2

n. 参与

本篇1次 · 真题 13 句

foresee B2

v. 预见

本篇1次 · 真题 12 句

former B1

adj. 以前的, 从前的

本篇1次·真题12句

frustration B2

n. 挫败感

本篇1次·真题12句

halt B2

v. 停止

本篇1次·真题12句

block A2

n. 街区

本篇1次·真题11句

conserve B2

v. 保护

本篇1次·真题11句

length A2

n. 长度

本篇1次·真题11句

relief B1

n. 宽慰

本篇1次·真题10句

arrange B1

v. 安排, 筹备 (活动、会议等)

本篇1次·真题9句

exhausted B1

adj. 精疲力竭的

本篇1次·真题9句

representative B2

n. 代表

本篇1次·真题9句

agenda B2

n. 议程

本篇1次·真题8句

ineffective B2

adj. 无效的

本篇1次·真题8句

investigation B2

n. 调查; 侦查

本篇1次·真题8句

personnel B2

n. 全体员工

本篇1次·真题8句

scarcity C1

n. 缺乏

本篇1次·真题8句

speculate C1

v. 推测, 猜测

本篇1次·真题8句

stake

B2

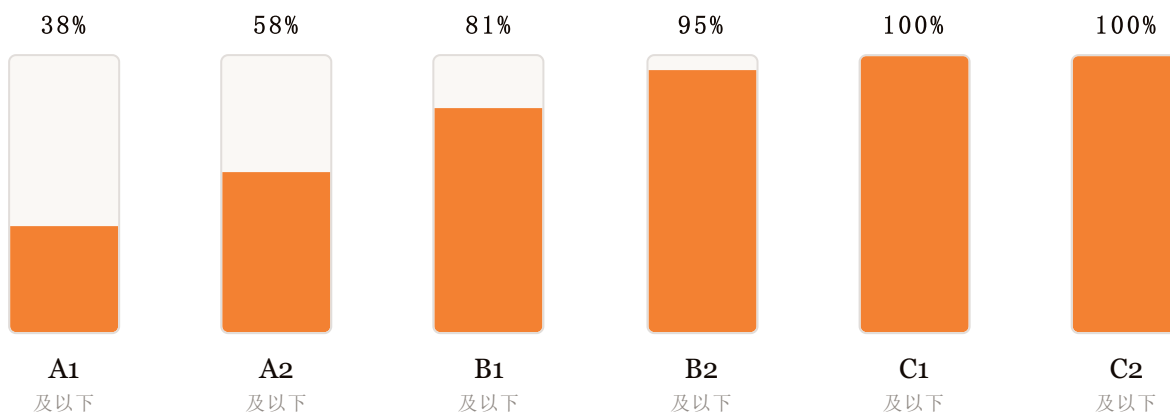
n. 股份

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 449 词按 CEFR 难度累积覆盖

全文去重后共 **449** 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 21 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 449 个 · 末柱为 100%

去重总词数

449

B2 以上难词

5%

B1 及以下覆盖

81%

英语六级 2024年6月·第3套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	与2024年6月第2套共用 · 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 →