

六级·真题卷第3套·2025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 "With the increasing application of AI technology, there is a growing concern that it may negatively impact human creativity." 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

本部分与 [2025年6月第2套](#) 共用，[点此查看](#)

Section B

本部分与 [2025年6月第2套](#) 共用，[点此查看](#)

Section C

本部分与 [2025年6月第2套](#) 共用，[点此查看](#)

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 slow progress of women in elective office is frustrating for some political observers and experts—including myself. Achieving gender equality in Congress is an important goal. This is because the number of women involved in legislative decisions has significant 26 for all the policies that governments 27. Female legislators are more likely than men to introduce, speak about and work to pass policies that disproportionately affect women and girls, such as paid family leave, pay 28 and gender-based violence.

Having more women in Congress also fosters a greater sense of connection between female voters and government. In addition, it 29 women's sense that government cares about their concerns and inspires young women to become more politically engaged.

While women are underrepresented in governments around the globe, it is a particularly 30 problem in the United States. Currently, the U.S. ranks 73rd in the world when it comes to female representation in government.

But the reason women are so 31 underrepresented in U.S. government is not because they face resistance from voters or struggle to raise money. On the contrary, decades of research shows that female candidates raise as much money and win as often as male politicians with similar 32 .

Rather, the slow progress of women in politics is a tale of two political parties.

In the next Congress, there will be 107 female Democratic lawmakers and 42 female Republican lawmakers in the Senate and House combined.

In order for women to gain half of the seats in Congress, more women need to run, 33 on Republican tickets. This will require the Republican Party as a whole to 34 recruiting women—and not just for one election cycle, but in a 35 way.

- | | |
|-----------------|---------------|
| A) bolsters | I) formidable |
| B) consequences | J) impetus |
| C) credentials | K) lavish |
| D) dramatically | L) prioritize |
| E) enact | M) suffices |
| F) equity | N) sustained |
| G) especially | O) tenured |
| H) evasively | |

Section B

Directions: In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter on **Answer Sheet 2**.

The Benefits of Solitude

- A) I can be a reluctant socialiser. I'm sometimes secretly pleased when social plans are called off. I get restless a few hours into a hangout. I even once went on a free 10-day silent meditation(冥想) retreat—not for the meditation, but for the silence.
- B) So I can relate to author Anneli Rufus, who wrote in *Party of One: The Loners' Manifesto*: "When parents on TV shows punished their kids by ordering them to go to their rooms, I was confused. I loved my room. Being there behind a locked door was a treat. To me a punishment was being ordered to play games with my cousin Louis."
- C) Unsocial tendencies like these are often far from ideal. Abundant research shows the harms of social isolation, considered a serious public health problem in countries that have rapidly ageing populations (though talk of a 'loneliness epidemic' may be exaggerated). In the UK, the Royal College of General Practitioners says that loneliness has the same risk level for premature death as diabetes. Strong social connections are important for cognitive functioning, motor function and a smoothly running immune system.
- D) This is especially clear from cases of extreme social isolation. Examples of people kept in captivity, children kept isolated in abusive orphanages, and prisoners kept in solitary confinement all show how prolonged solitude can lead to hallucinations(幻觉) and other forms of mental instability.

- E) But these are severe and involuntary cases of aloneness. For those of us who just prefer plenty of alone time, emerging research suggests some good news: there are upsides to being alone—for both our work lives and our emotional well-being.
- F) Solitude is a time for reflection, for thinking about things more deeply. In a world increasingly focused on speed and competitiveness, solitude is precious and something to be treasured. And there are benefits in learning to love your solitude.
- G) One key benefit of solitude is improved creativity. Gregory Feist, who focuses on the psychology of creativity at California's San Jose State University, has defined creativity as thinking or activity with two key elements: originality and usefulness. He has found that personality traits commonly associated with creativity are openness (receptiveness to new thoughts and experiences), self-confidence, and autonomy—which may include "a lack of concern for social norms" and "a preference for being alone". In fact, Feist's research on both artists and scientists shows that one of the most prominent features of creative folks is their lesser interest in socialising.
- H) One reason for this is that such people are likely to spend sustained time alone working on their craft. Plus, Feist says, many artists "are trying to make sense of their internal world and a lot of internal personal experiences that they're trying to give expression and meaning to through their art." Solitude allows for the reflection and observation necessary for that creative process.
- I) A recent justification of these ideas came from University at Buffalo psychologist Julie Bowker, who researches social withdrawal. Social withdrawal is usually categorised into three types: shyness caused by fear or anxiety; avoidance, from a dislike of socialising; and unsociability, from a preference for solitude. A paper by Bowker and her colleagues was the first to show that a type of social withdrawal could have a positive effect—they found that creativity was linked specifically to unsociability. They also found that unsociability had no correlation with aggression (shyness and avoidance did). This was significant because while previous research had suggested that unsociability might be harmless, Bowker and colleagues' paper showed that it could actually be beneficial. Unsociable people are likely to be "having just enough interaction," Bowker says. "They have a preference for being alone, but they also don't mind being with others."
- J) Still, it turns out that solitude is important for more than creativity. It's commonly believed that leaders need to be sociable. But this depends, among other things, on the personalities of their employees. One 2011 study showed that in branches of a pizza chain where employees were more passive, outgoing bosses were associated with higher profits. But in branches where employees were more active, introverted(内向的) leaders were more effective. One reason for this is that introverted people are less likely to feel threatened by strong personalities and suggestions. They're also more likely to listen.
- K) Since ancient times, meanwhile, people have been aware of a link between isolation and mental focus. After all, cultures with traditions of religious hermits(隐士) believe that solitude is important for enlightenment. Recent research has given us a better understanding of why. One benefit of unsociability is the brain's state of active mental rest, which goes hand-in-hand with the stillness of being alone. When another person is present, your brain can't help but pay some attention. This can be a positive distraction. But it's still a distraction.
- L) Daydreaming in the absence of such distractions activates the brain's default-mode network. Among other functions, this network helps to consolidate memory and understand others' emotions. Giving free rein to a wandering mind not only helps with focus in the long term but strengthens your sense of both yourself and

others. Paradoxically, therefore, periods of solitude actually help when it comes time to socialise once more. And the occasional absence of focus ultimately helps concentration in the long run.

- M) A more recent advocate of thoughtful and productive solitude is Susan Cain, author of **Quiet: The Power of Introverts in a World That Can't Stop Talking** and founder of Quiet Revolution, a company that promotes quiet and introvert-friendly workplaces. "These days, we tend to believe that creativity emerges from a decidedly unreserved socialising process, but in fact it requires sustained attention and deep focus," she says. "Also, humans are such absorbent social beings that when we surround ourselves with others, we automatically take in their opinions and aesthetics. To truly chart our own path or vision, we have to be willing to isolate ourselves, at least for some period of time."
- N) Still, the line between useful solitude and dangerous isolation can be blurry. "Almost anything can be adaptive and maladaptive, depending on how extreme they get," Feist says. A disorder has to do with dysfunction. If someone stops caring about people and cuts off all contact, this could point to an irrational neglect of social relations. But creative unsociability is a far cry from this. In fact, Feist says, "there's a real danger with people who are never alone." It's hard to examine one's own thoughts, feelings and motives, to be self-aware, and fully relaxed unless you have occasional solitude. In addition, introverts tend to have fewer but stronger friendships—which has been linked to greater happiness.
- O) As with many things, quality reigns over quantity. Nurturing a few solid relationships without feeling the need to constantly populate your life with endless chatting ultimately may be better for you.
- P) Thus, if your personality tends toward unsociability, you shouldn't feel the need to change. Of course, that comes with qualifications. But as long as you have regular social contact, you are choosing solitude rather than being forced into it, you have at least a few good friends and your solitude is good for your well-being or productivity, there's no point agonising over how to fit a square personality into a round hole.
36. Lots of research demonstrates that being socially isolated is harmful to the elderly.
37. Being alone enables artists to think and observe, which is a must for their creation.
38. To one writer, being forced to play with others was a penalty while being kept alone in a room was quite a pleasure.
39. Recent research shows for the first time that there is a specific link between being creative and being unsociable.
40. We must be willing to stay alone at least for some time in order to plot our own course.
41. According to new research, for people who prefer being alone, solitude can be beneficial to their work lives and emotional health.
42. It may turn out to be better for one to cultivate a few steady relationships than to busy themselves socialising.
43. Allowing your mind to wander freely is conducive to sharpening your focus in the long run.
44. Research conducted on artists and scientists indicates that creative people are less interested in hanging out with others.
45. According to Feist, you will have difficulty knowing yourself if you do not stay alone occasionally.

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.

Simulators are most often utilized within industries such as nuclear power, aviation and surgery where failure results in disastrous consequences. To maximize the value from a simulation learning experience, participants should immediately and directly apply their learning to a specific intervention within their organization.

Most organizations aspire to deploy significant change programs, only to find them nearly impossible to implement. That is largely because successful change requires more than a vision, it requires a workforce that not only doesn't resist change, but embraces it.

To achieve success, an organization must build a transformation program that will allow change to be rapidly pulled across its departments and throughout its layers. Regardless of the level of senior management commitment, unless key thought leaders at all levels embrace the change, the initiative will wither and die. To create this kind of widespread passion, learning leaders must expose the workforce to what could be, which will enable them to rethink their mental models, enable them to break free from their deep-rooted paradigms and embrace the opportunity to learn.

Allowing participants to enter a simulated environment provides them with the opportunity to experience alternative realities which can prompt them to rethink their current beliefs.

Behavioral change is not easy for most adults. Lectures, training programs and workshops can explain the intellectual elements of transformation, but they are seldom effective at getting to the behavioral aspects that lie at the heart of a significant change initiative. Further, under normal working conditions, managers rarely see the full effect of their employee development efforts. As such, an intervention like a simulation can provide the stimulus for change.

An effective simulation can be better than experience as a learning tool because it accelerates time, compresses space, and unlike reality, is specifically designed to maximize participant learning. Simulations provide an immersive learning experience where skills, processes and knowledge all can be highlighted in a way reality cannot. The ability to explore, experiment and repeatedly apply new knowledge in unlimited, risk-free models is what makes simulation one of the most productive forms of learning.

Well-designed simulations can enable individuals and groups to develop a deep level of understanding about how their decisions and intuitive responses to business stimuli affect their fellow participants and the organization as a whole. To reap the benefits, however, simulations must feel like reality. At the end of the successful simulation, participants must declare "this is us." If they don't, they will view the experience as a game, which can be difficult to apply on the job, or worse, irrelevant to everyday work tasks. To maximize benefits from simulation, participants should immediately apply the learning from the experience to forge a smooth link between learning and doing.

46. What do we learn about successful changes in organizations?
- A) They can be immediately implemented with great ease.
 - B) They are usually led by organization leaders of vision.
 - C) They call for enthusiastic support from the workforce.
 - D) They often result from simulation learning experiences.
47. What should learning leaders do to arouse learners' passion for change?
- A) Allow them to see what could possibly be achieved.
 - B) Help them break free from their old paradigms.
 - C) Encourage them to rethink their thought models.
 - D) Stimulate them to embrace fresh opportunities.
48. What does the passage say about lectures, training programs and workshops?
- A) They are generally incapable of changing workers' behaviors on the job.
 - B) They are interventions different from simulations in creating stimuli for change.
 - C) They aim at transforming the behaviors of the workers in an organization.
 - D) They help managers achieve the full effect of employee development efforts.
49. What makes simulation one of the most fruitful forms of learning?
- A) Its capability of saving time by accelerating the immersive learning experience.
 - B) Its potential for learners to examine their skills, knowledge and learning process.
 - C) Its capability of providing all participants with a practical learning experience.
 - D) Its potential for learners to explore, experiment and practice without any risk.
50. What should participants do in a simulation to reap the greatest benefits possible?
- A) Take the experience as a mere game.
 - B) Apply promptly what they learn to their jobs.
 - C) Develop a deep level of understanding.
 - D) Strive to connect closely with their leaders.

Passage Two

Questions 51 to 55 are based on the following passage.

GDP growth is not a good indicator of how well a country is performing, and should not be the primary goal of governments. Unlimited growth is not sustainable, and economic thinking is moving toward the idea that we should aim for sustainability in our economic models. But while a sustainable economy is vital to our future, it is a means to an end, not an end in itself.

The idea that governments should focus on happiness has its critics. There are concerns about how happiness can be measured. Is happiness not a fleeting and subjective psychological state? Don't different people experience different levels of happiness? Even on the broadest interpretation of 'happiness' as prosperity or 'life satisfaction', people want different things.

Of course, governments cannot impose life satisfaction on citizens. But our happiness relies on collaborative efforts as a society. A government's obligation lies in creating conditions that promote prosperity. And there is good reason to suppose that such conditions exist, are globally applicable, and are discoverable through research.

In a recently published article, philosopher Julian Baggini suggests we should focus on 'real wealth' for citizens, which does not depend on GDP growth. Access is key: people do not need to own, but rather access things that enable them to live well. Technological advances and changes in social behavior enable us to make more efficient use of the assets that we already have. And focusing on access to the resources people need to live better lives could help reduce inequality.

As far as it goes, this has much in common with proposals tabled by 'happiness' advocates. But it sets the bar far too low for what governments can and should be doing for their citizens.

For example, it's not clear how a 'real wealth' economy would remedy the epidemic of mental ill-health that plagues our society. In Western countries, at least—poor mental health is more detrimental to wellbeing than poverty. Over and above a vastly improved provision of therapeutic mental healthcare, there are preventative measures for improving mental health that governments could and should adopt. The WHO recommends establishing institutions that facilitate community participation—educational programs and interventions that provide skills for promoting mental wellbeing. It says a lot, however, that the WHO feels the need to appeal to the economic benefits of improving mental health to persuade governments that the cost of taking proposed measures is justified. As long as the economy is their priority, governments need go no further than ensuring citizens' continued productivity.

To demand that governments set the 'happiness' of citizens as their highest priority is to demand that they view citizens as ends in themselves.

51. What does the passage say is the more recent thinking of economic growth?

- A) It should be made sustainable.
- B) It is vital to the future of humanity.
- C) It should be governments' chief concern.
- D) It is an indicator of government performance.

52. Why are some people opposed to the idea that governments should focus on happiness?

- A) Governments cannot impose happiness on citizens.
- B) People's happiness is built upon their own endeavor.
- C) Happiness means different things to different people.
- D) Happiness depends on sustainable economic growth.

53. What does philosopher Julian Baggini suggest governments do in a recently published article?

- A) Try to reduce inequality between the rich and the poor.
- B) Provide people with access to resources for a better life.
- C) Change people's behaviors to put social wealth to better use.
- D) Make use of advanced technologies to improve people's lives.

54. Why does the WHO feel the need to appeal to the economic benefits of improving mental health to justify its recommendations?

- A) Mental health programs cannot be executed without GDP growth.
- B) Psychological interventions are conducive to people's wellbeing.
- C) Poor mental health is detrimental to a nation's economic system.
- D) Governments still take economic development as their priority.

55. What message does the author try to convey at the end of the passage?

- A) Governments' goal should be prosperity-driven.
- B) Governments' goal should be people-oriented.
- C) Governments should consider citizens' views in decision-making.
- D) Governments should set sustained productivity as their top priority.

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**.*

自古以来,中国的水资源北缺南丰,分布极不均衡。为了有效解决北方严重缺水问题,中国政府实施了南水北调工程(the South-to-North Water Diversion Project)。这是一项跨区域配置水资源的宏大水利工程。历经数十年的规划与筹备,工程于2002年开工建设,分为东、中、西三条线路,总长4350公里,惠及人口将超过4亿。自2014年通水以来,工程向北方调水累计已超500亿立方米,为北方地区的人民提供了可靠的水资源,同时也极大地改善了这一地区的生态环境,促进了经济的可持续健康发展。

2025年6月·第3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2025年6月·第3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3套(2025-06) • 英语六级

Part I

Directions: *For this part, you are allowed 30 minutes to write an essay that begins with the sentence "With the increasing application of AI technology, there is a growing concern that it may negatively impact human creativity." 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 • 166 词】 写作无唯一标准答案，以下为达标示范

With the increasing application of AI technology, there is a growing concern that it may negatively impact human creativity. In my view, this worry is well-grounded, for excessive reliance on AI can gradually dull our capacity to think and create independently.

The reason is straightforward. Creativity is a muscle that strengthens only through active practice. When we ask AI to generate essays, ideas, or solutions at the click of a button, we skip the very struggle that sparks original thinking. Take my own experience as an example. Last semester, I turned to an AI tool whenever an assignment felt difficult. Although the drafts came quickly, I soon realized that my mind had grown lazy: I could no longer brainstorm freely, and my writing lost its personal voice.

Therefore, the concern deserves our serious attention. AI should serve as a helpful assistant rather than a replacement for our own minds. Only by keeping our thinking active can we ensure that technology enriches, rather than erodes, human creativity.

【参考译文】

随着人工智能技术应用的日益普及，人们越来越担忧它可能会对人类的创造力产生负面影响。在我看来，这种担忧不无道理，因为过度依赖人工智能会逐渐削弱我们独立思考和创造的能力。

原因很简单。创造力就像一块肌肉，只有通过主动练习才会变强。当我们一键让人工智能生成文章、点子或解决方案时，我们恰恰跳过了那段激发原创思维的艰难摸索。以我自己的经历为例。上学期，每当作业

感到棘手，我就求助于一款人工智能工具。虽然草稿来得很快，但我很快意识到自己的头脑变懒了：我再也无法自由地进行头脑风暴，我的文字也失去了个人风格。

因此，这种担忧值得我们认真对待。人工智能应当充当有益的助手，而不是取代我们自己的头脑。唯有保持思考的活跃，我们才能确保技术滋养而非侵蚀人类的创造力。

【第 1 段】抄首句后即刻亮立场。本段先逐字照抄了首句 (With the increasing application ... human creativity.)，兑现照抄硬约束；紧接 In my view, this worry is well-grounded, for excessive reliance on AI can gradually dull our capacity to think and create independently 一句表态并带出总理由，正是'抄首句后一句话亮立场'方法的落地。

【第 2 段】主题句—理由—例子—回扣完整落地。本段依次用 Creativity is a muscle that strengthens only through active practice 立主题句、When we ask AI to generate ... 给理由、Take my own experience as an example 引出亲身经历、最后 my writing lost its personal voice 收束，四步齐全，把抽象担忧落到具体场景。

【第 3 段】重申加对策升华收口。本段用 Therefore, the concern deserves our serious attention 重申立场，AI should serve as a helpful assistant rather than a replacement 给出对策，末句 Only by keeping our thinking active can we ensure that technology enriches, rather than erodes, human creativity 用倒装句升华并呼应首句，兑现'重申立场加对策升华'。

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

顺着首句续写一篇 AI 削弱创造力的议论文

本题是首句续写型议论文：开头必须一字不差抄下 With the increasing application of AI technology, there is a growing concern that it may negatively impact human creativity，随后就这个'AI 应用可能损害人类创造力'的判断亮出并论证你的看法，用 make comments, cite examples or use your personal experiences 中的方式把它写透。核心交际目的：让阅卷人在 150 到 200 词里看到你对这一担忧有清晰立场且论证成立。

面向阅卷人的正式书面语

本题无具体收信人，题目只要求 write an essay，因此读者就是阅卷老师，语域取正式书面语：用完整句、逻辑连接词，避免 gonna、stuff 这类口语缩写和随意表达，也不用加称呼与落款——它是议论文不是应用文。

中心立意

认同担忧：过度依赖 AI 会钝化创造力

本篇立场是认同首句的担忧——it may negatively impact human creativity 不是空穴来风，因为创造力靠主动练习维持，一旦事事交给 AI 代劳，独立构思与原创表达的能力就会退化。全篇所有论证都服务于这一句中心，绝不摇摆到'AI 全是好处'去。

要展开的要点

1. 原理：创造力靠主动挣扎才生长

第一个要点讲清机制：创造力像肌肉，只在主动思考的'挣扎'中变强；而 AI 让你一键得到成品，恰恰跳过了这段孕育原创想法的过程，久而久之思维变懒。这一点回答'为什么 AI 会 negatively impact human creativity'。

2. 例证：亲身依赖 AI 后构思力下降

第二个要点用 personal experiences 落地：写一段自己因遇难题就求助 AI、结果发现无法再自由头脑风暴、文字失去个人风格的经历，把抽象的'创造力受损'变成看得见的具体场景，让论证有说服力。

3. 对策：把 AI 当助手而非替身

结尾要点收束升华：担忧值得重视，但出路不是拒用 AI，而是让它当辅助工具、别取代自己的大脑，保持思考活跃，技术才会滋养而非侵蚀创造力。

STRUCTURE · 谋篇与逐段

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一一对应。

第 1 段 抄首句 + 亮立场

逐字照抄 With the increasing application of AI technology, there is a growing concern that it may negatively impact human creativity, 紧接一句表明我认同这一担忧并预告理由。

第 2 段 主体论证：原理 + 亲身例证

先讲清创造力靠主动练习的原理，再用一段亲身经历证明过度依赖 AI 会让构思力退化，兑现 cite examples or use your personal experiences.

第 3 段 重申立场 + 对策升华

重申担忧值得重视，给出‘把 AI 当助手而非替身’的对策，以技术应滋养而非侵蚀创造力收束。

第 1 段 首句 + 我认同担忧且创造力靠独立思考

照抄首句后表态：这一担忧站得住，因为过度依赖 AI 会逐渐钝化我们独立思考与创造的能力，呼应 it may negatively impact human creativity.

承接首句亮立场 · In my view, this concern is ____ (well-grounded / far from groundless), for _____. (空位填你的判断词和一句总理由)

点明理由方向 · Excessive reliance on ____ can gradually ____ our ability to _____. (填技术对象、负面动词、被削弱的能力)

第 2 段 原理句 + 亲身依赖 AI 致构思力退化的例子

主题句讲创造力像肌肉、靠练习变强；理由讲一键生成跳过了孕育原创的挣扎；例子用 personal experiences 写自己遇难题就求助 AI、结果无法自由头脑风暴、文字失去个人声音；小结回扣‘这正说明担忧成立’。

举例过渡 · Take my own experience as an example. _____. (其后接一句具体情境的时间/背景)

让步转折点出代价 · Although _____ came quickly, I soon realized that _____. (前半承认 AI 的便利，后半转出它带来的损失)

第 3 段 担忧值得重视 + AI 当助手 + 保持思考活跃

重申这一担忧值得我们重视；给对策：AI 应作辅助而非替代大脑；升华：唯有保持思考活跃，技术才能滋养而非侵蚀创造力，呼应首句的 human creativity。

重申收束 · Therefore, _____ deserves our serious attention. (填前文论证的对象/担忧)

对策升华 · Only by _____ can we ensure that _____ enriches, rather than erodes, _____. (填做法、技术、被保护的對象)

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

全篇紧扣创造力、立场不摇摆

本题最易失分在离开 human creativity 去泛谈 AI 利弊。达标要点：三段都指向‘依赖 AI 削弱创造力’这一条主线，认同的立场贯穿始终，不中途倒向‘AI 全是好处’。

结构连贯

三段式清晰、过渡自然

达标要点：立场段—论证段—结论段分工清楚，段内用 The reason is / Although / Only by 等衔接。易失分处是通篇一段到底或例子与观点之间无过渡，读起来像流水账。

语言准确

简单句为主、点缀高级句式

达标要点：主谓一致、时态统一，围绕 creativity、reliance、independently、original thinking 等主题词表达。本范文用 Although 让步和 Only by 倒装制造句式变化，主体考生可先保证这两处写对再谈其它。

字数格式

首句照抄且严守词数区间

本题硬约束 You should write at least 150 words but no more than 200 words 是上下限双闸门，少于下限或超过上限都扣分；同时 copy the sentence given in quotes at the beginning of your essay 要求首句逐字照抄。控篇幅的关键是压缩例证，别让亲身经历写成长故事。

典型低分写法 · 反面示例与改法

把首句改写成自己的话

反面示例（错）：Nowadays AI is more and more common, and many people worry it hurts our creativity. —— 这是改写，违反 copy the sentence given in quotes。修正：开头原样写 With the increasing application of AI technology, there is a growing concern that it may negatively impact human creativity.

亲身经历写成流水账不点题

反面示例（错）：Last week I used an AI app. It was fast. Then I played games and slept. —— 只叙事、与创造力无关。修正：写完经历补一句点题——After relying on it, I found I could no longer brainstorm ideas on my own, which shows how AI can weaken our creativity.

同义句反复堆叠凑字数

反面示例（错）：AI is bad for creativity. AI harms our creativity. AI makes creativity worse. —— 三句一个意思，纯注水。修正：合并并补理由——AI can weaken our creativity because it lets us skip the effort that original thinking requires.

结尾倒戈变成夸 AI

反面示例（错）：In short, AI is so powerful that we should use it for everything and stop worrying. —— 与认同担忧的立场自相矛盾。修正：In short, we should treat AI as an assistant rather than a substitute, so that it supports rather than replaces our own creativity.

英语六级 2025年6月·第3套 · 全卷构成

Part I	写作	本题
Part II	听力	与2025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）	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 →

2025年6月·第3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2025年6月·第3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、7 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3套(2025-06) • 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 slow progress of women in elective office is frustrating for some political observers and experts—including myself. Achieving gender equality in Congress is an important goal. This is because the number of women involved in legislative decisions has significant 26 for all the policies that governments 27. Female legislators are more likely than men to introduce, speak about and work to pass policies that disproportionately affect women and girls, such as paid family leave, pay 28 and gender-based violence.

女性在民选职位上的缓慢进步令一些政治观察家和专家——包括我自己——感到沮丧。在国会中实现性别平等是一个重要目标。这是因为参与立法决策的女性人数对政府制定的所有政策都有重大影响。女性立法者比男性更有可能提出、讨论并致力于通过那些对女性和女孩产生不成比例影响的政策，例如带薪家庭假、同工同酬和基于性别的暴力问题。

Having more women in Congress also fosters a greater sense of connection between female voters and government. In addition, it 29 women's sense that government cares about their concerns and inspires young women to become more politically engaged.

国会中有更多女性还能培养女性选民与政府之间更强的联系感。此外，这还能增强女性对政府关心她们关切的认知，并激励年轻女性更积极地参与政治。

While women are underrepresented in governments around the globe, it is a particularly 30 problem in the United States. Currently, the U.S. ranks 73rd in the world when it comes to female representation in government.

虽然女性在全球各国政府中代表性不足，但这在美国是一个尤其严峻的问题。目前，美国在女性政府代表性方面排名世界第73位。

But the reason women are so 31 underrepresented in U.S. government is not because they face resistance from voters or struggle to raise money. On the contrary, decades of research shows that female candidates raise as much money and win as often as male politicians with similar 32 .

但女性在美国政府中代表性如此严重不足的原因,并非她们面临选民的抵制或难以筹集资金。恰恰相反,数十年的研究表明,女性候选人筹集的资金与具有相似资历的男性政治家一样多,获胜率也与他们相当。

Rather, the slow progress of women in politics is a tale of two political parties.
相反,女性在政治领域进步缓慢是一个关于两个政党的故事。

In the next Congress, there will be 107 female Democratic lawmakers and 42 female Republican lawmakers in the Senate and House combined.

在下届国会中,参议院和众议院合计将有107名民主党女性立法者和42名共和党女性立法者。

In order for women to gain half of the seats in Congress, more women need to run, 33 on Republican tickets. This will require the Republican Party as a whole to 34 recruiting women—and not just for one election cycle, but in a 35 way.

为了让女性获得国会半数席位,需要有更多女性参选,尤其是在共和党选票上。这将要求共和党作为一个整体优先考虑招募女性——而且不仅仅是一个选举周期,而是要持续进行。

- | | |
|-----------------|---------------|
| A) bolsters | I) formidable |
| B) consequences | J) impetus |
| C) credentials | K) lavish |
| D) dramatically | L) prioritize |
| E) enact | M) suffices |
| F) equity | N) sustained |
| G) especially | O) tenured |
| H) evasively | |

26. the number of women involved in legislative decisions has significant __(26)__ for all the policies that governments __(27)___

【答案】 **B) consequences** (名词)

【词性槽】 形容词 significant + __ + for 介词短语

【依据】 **have consequences for 是高频固定搭配，意为'对...产生影响'**

本句解释'女性议员数量对所有政策都有重要影响'，与 Female legislators are more likely than men to introduce, speak about and work to pass policies 一脉相承，consequences for policies 完全贴合。

【竞争词】 **C) credentials '资历'与 for policies 搭配不成立**

credentials 指个人证书、资格，对应的是 candidate 本身，不能说'议员数量对政策有 credentials'。

F) equity 义为'公平'，与 have ... for 搭不成立

have significant equity for policies 既不成搭配，也不通逻辑。

J) impetus '推动力'常用 give/provide impetus to，不用 have impetus for

impetus 与 for 共现表'对...的推动'虽可，但句意偏'对政策有影响'而非'推动'，consequences 更贴。

【易错】 最具迷惑性的错误词是 **J) —— impetus** 看似也能与 for 搭，'对...的推动'，词性也对。考生易被 has significant impetus for policies 的字面看似通顺骗到；防坑点是 have consequences for 才是英语里'对...有影响'的固定搭配，且本段紧接的例证 Female legislators are more likely than men to introduce, speak about and work to pass policies 说的是'影响政策内容'而非'推动政策出现'。

27. all the policies that governments __(27)___

【答案】 **E) enact** (动词)

【词性槽】 定语从句 that governments + __，缺谓语动词

【依据】 **enact policies 是固定搭配'颁布/制定政策'**

上文谈'女性议员推动政策通过' work to pass policies that disproportionately affect women and girls, governments enact policies 与之同义，且 enact 与 policies/laws 是公认搭配。

【竞争词】 **L) prioritize '优先处理'语义偏'排序'，且要被 34 题占用**

prioritize policies 也能说，但语义在'优先排序'而非'制定'；而且 34 题需要 prioritize 与 recruiting 搭配，词只能用一次。

28. such as paid family leave, pay __(28)__ and gender-based violence.

【答案】 **F) equity** (名词)

【词性槽】 并列名词项 paid family leave, pay ___ and gender-based violence

【依据】 **pay equity = 同工同酬，影响女性的典型议题**

本段例证 policies that disproportionately affect women and girls 列举与女性相关的政策议题，pay equity (同工同酬) 与 paid family leave、gender-based violence 同属'女性权益'范畴，是英语世界讨论性别平等的高频术语。

【竞争词】 J) impetus **pay impetus 不成搭配，且与女性议题无关**

impetus 是'推动力'，不与 pay 构成复合名词，也无法作为'议题'与 paid family leave 并列。

29. it __(29)__ women's sense that government cares about their concerns

【答案】 **A) bolsters** (动词)

【词性槽】 主语 it + ___ + 宾语 women's sense

【依据】 **bolster one's sense 是'增强某人的...感'的常见搭配**

上文 Having more women in Congress also fosters a greater sense of connection 已用 foster；本句用并列动词继续推进同向语义，bolsters women's sense that government cares 自然衔接。

【竞争词】 M) suffices **suffices 是不及物动词，不能带宾语**

suffice 表'足够'，常说 it suffices to do/that...，后面跟从句或不定式；不能直接接 women's sense 作宾语，语法不通。

30. it is a particularly __(30)__ problem in the United States

【答案】 **I) formidable** (形容词)

【词性槽】 不定冠词 a + 副词 particularly + ___ + 名词 problem

【依据】 **与 problem 构成常见搭配'棘手的问题'**

上下文交代美国排名第 73 the U.S. ranks 73rd in the world，说明这一问题在美国'尤其棘手'；formidable problem 是英语高频搭配，与 particularly 程度副词自然衔接。

【竞争词】 K) lavish 词义指向'奢华、铺张'，与 problem 不搭

lavish 多形容花费、款待，无法描述社会问题的严重程度。

O) tenured 义为'终身聘任的'，专用于职位

tenured 常见搭配是 tenured professor/position，修饰 problem 完全不通。

31. But the reason women are so __(31)__ underrepresented in U.S. government

【答案】 **D) dramatically** (副词)

【词性槽】 be 动词 are + __ + 过去分词 underrepresented

【依据】 强调'代表性偏低'的程度，呼应美国排第 73

上文已用 particularly formidable 渲染问题严重，本句继续追问'为何如此严重地代表不足'；dramatically underrepresented 是英文报道里固定的'程度极大'表达。

【竞争词】 G) especially 意为'尤其'，常引出比较或例子

especially 通常需要一个比较对象或后接具体范畴（especially on Republican tickets 那种），单独修饰 underrepresented 表程度则不自然，且 G 已被 33 题强需占用。

H) evasively 义为'回避地、含糊地'，与 underrepresented 逻辑不通

evasively 多修饰 answer/respond 等言语动词，描述'代表性不足'毫无语义关联。

32. female candidates raise as much money and win as often as male politicians with similar __(32)__.

【答案】 **C) credentials** (名词)

【词性槽】 介词 with + 形容词 similar + __

【依据】 candidates with similar credentials = '资历相当的候选人'

本段反驳一种误解 not because they face resistance from voters or struggle to raise money，再以研究为据 female candidates raise as much money and win as often as male politicians with similar __(32)__. 进行同等条件下的对比，credentials（资历）正是这种'公平比较'的基准。

【竞争词】 J) impetus '推动力'不可用 similar 衡量，且与候选人能力比较无关

similar impetus 在政客比较语境下毫无意义，无法构成对照基准。

33. more women need to run, __(33)__ on Republican tickets.

【答案】 **G) especially** (副词)

【词性槽】 逗号后 + __ + 介词短语 on Republican tickets

【依据】 聚焦到共和党票上，呼应'两党之别'主旨

上文 there will be 107 female Democratic lawmakers and 42 female Republican lawmakers 表明共和党女议员人数远少；本句强调 more women need to run, especially on Republican tickets，正是把'更多女性参选'的火力点向共和党聚焦。

【竞争词】 H) evasively 义不搭

evasively 描述'回避地、含糊地'参选毫无意义，逻辑指向反。

34. This will require the Republican Party as a whole to __(34)__ recruiting women

【答案】 **L) prioritize** (动词)

【词性槽】 情态动词 to + ___ + 动名词 recruiting

【依据】 **prioritize doing** 是'优先去做某事'的固定搭配

上文已点出共和党女议员稀少 42 female Republican lawmakers, 本句号召共和党把'招募女性'放到优先级首位, prioritize recruiting women 既合搭配也合语义。

35. not just for one election cycle, but in a __(35)__ way.

【答案】 **N) sustained** (形容词)

【词性槽】 介词 in + 限定词 a + ___ + 名词 way

【依据】 与 **not just for one election cycle** 形成时间维度的对照——'持续的'

本句要点 not just for one election cycle, but in a __(35)__ way: not just one cycle 暗含'不止一次性', 与之对照的正是'持续地、长期地', in a sustained way 是英文里强调长期坚持的固定写法。

【竞争词】 **K) lavish** 义为'奢华的', 与时间维度无关

in a lavish way 形容方式'铺张奢侈', 与'不止一次选举周期'的对照无任何逻辑联系。

【易错】 最具迷惑性的错误词是 **K)** —— lavish 与 way 搭配看似通顺。in a lavish way 字面读起来似乎成立, 考生不细看上下文易误选; 防坑点是利用 not just A, but B 的对照结构——A 是 one election cycle (短期), B 必为'长期持续', sustained 才合方向。

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) **bolsters** (动词)

增强、支持 (第三人称单数)

用于第 29 空

B) **consequences** (名词)

影响、后果 (复数)

用于第 26 空

C) **credentials** (名词)

资历、资格证书 (复数)

用于第 32 空

D) **dramatically** (副词)

显著地、极大地

用于第 31 空

E) **enact** 动词

颁布、制定 (法律/政策)

用于第 27 空

F) **equity** 名词

公平、公正

用于第 28 空

G) **especially** 副词

尤其、特别是

用于第 33 空

H) **evasively** 副词

回避地、含糊其辞地

干扰词 · 未选用

I) **formidable** 形容词

棘手的、令人生畏的

用于第 30 空

J) **impetus** 名词

推动力、动力

干扰词 · 未选用

K) **lavish** 形容词 动词

奢华的; 挥霍

干扰词 · 未选用

L) **prioritize** 动词

优先考虑、优先处理

用于第 34 空

M) **suffices** 动词

足够 (第三人称单数)

干扰词 · 未选用

N) **sustained** 形容词 动词

持续的; 维持 (过去式/过去分词)

用于第 35 空

O) **tenured** 形容词

终身 (聘任) 的

干扰词 · 未选用

全文主旨

美国女性在国会代表性偏低，根源在政党

全文聚焦美国女性在国会任职比例偏低的问题：作者先指出 Achieving gender equality in Congress is an important goal., 再点明 it is a particularly __(30)__ problem in the United States, 最后把症结归结到两党之别——the slow progress of women in politics is a tale of two political parties.

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。

H) **evasively** 副词位置最像 31 或 33 题的答案

evasively 词性是副词，理论上能填进 women are so __(31)__ underrepresented 与 more women need to run, __(33)__ on Republican tickets. 任意一空；识破点是 evasively 表'回避地'，与'代表性极低'或'特别是共和党票'毫无逻辑关联。

J) **impetus** 名词位置在 26/28/32 题都像得过去

impetus 是名词，初看 has significant __(26)__ for ... policies 似乎可填'对政策的推动力'；但精准对应该是 consequences for；同理在 with similar __(32)__ 中 impetus 也无法承担'可比较的基准属性'。识破点是看搭配：have consequences for / similar credentials 是固定搭配。

K) **lavish** 形容词位置在 30/35 都形似

lavish 是形容词，能进 a particularly __(30)__ problem 与 in a __(35)__ way；识破点是 lavish 意为'奢华、铺张'，既不修饰 problem 也不与 not just for one cycle 形成时间对照。

M) **suffices** 单三动词形态像 29 题

suffices 是单三动词，与 it __(29)__ women's sense 的语法槽吻合；识破点是 suffice 不及物，不能带宾语 women's sense，语法直接判错。

O) **tenured** 形容词位置在 30 像得过去

tenured 是形容词，可填 a particularly __(30)__ problem；识破点是 tenured 专指'终身聘任的'，常修饰 professor/position，修饰 problem 完全不搭。

SENTENCE INSIGHTS • 句子精讲

3 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 is because the number of women involved in legislative decisions has significant consequences for all the policies that governments enact.

第1段，第3句

This is because...句式在学术写作和考试阅读中高频出现,用于解释原因;表语从句嵌套定语从句的组合也是常见长难句结构。掌握本句结构后可迁移到大量同类句子,典型性很强

In addition, it bolsters women's sense that government cares about their concerns and inspires young women to become more politically engaged.

第2段，第2句

本句包含并列谓语、同位语从句、双宾语结构(bolsters 的宾语 + 同位语从句)、宾语补足语(不定式短语 to become more politically engaged),成分种类较为丰富,且同位语从句与定语从句的辨析、并列谓语的识别、宾语补足语与状语的区分都是常见易错点,适合作为成分划分练习。

On the contrary, decades of research shows that female candidates raise as much money and win as often as male politicians with similar credentials.

第4段，第2句

主句 + 宾语从句是四六级和考研阅读中高频出现的句式,宾语从句内部包含并列谓语和比较结构也很常见。这种"研究表明 + 具体发现"的学术陈述句型在真题中反复出现,掌握后可大量迁移到类似语境。结构代表性较强。

HIGH-FREQUENCY • 真题高频词

本篇出现的 41 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。

female

A2

adj. 女性的

本篇6次 · 真题 42 句

congress

B2

n. 国会

本篇4次 · 真题 17 句

republican C1

adj. 共和政体的

本篇3次·真题10句

policy B1

n. 政策

本篇2次·真题103句

political B1

adj. 政治的

本篇2次·真题59句

likely A2

adj. 很可能的

本篇1次·真题228句

decade B1

n. 十年

本篇1次·真题120句

affect B1

v. 影响

本篇1次·真题116句

expert B1

n. 专家

本篇1次·真题114句

united B1

adj. 联合的

本篇1次·真题97句

gain B1

v. 获得;赢得

本篇1次·真题96句

concern B1

v. 涉及

本篇1次·真题88句

involve B1

v. 包含

本篇1次·真题82句

states A1

n. 国家

本篇1次·真题80句

consequence B2

n. 结果

本篇1次·真题66句

significant B2

adj. 重要的

本篇1次·真题65句

particularly B2

adv. 尤其, 特别 (强调某事物)

本篇1次·真题57句

struggle B1

v. 奋斗

本篇1次·真题54句

connection

B1

n. 联系

本篇1次·真题 50 句

candidate

B1

n. 候选人

本篇1次·真题 48 句

currently

B1

adv. 目前, 当前

本篇1次·真题 42 句

addition

A2

n. 增加

本篇1次·真题 41 句

male

A2

adj. 男性的

本篇1次·真题 34 句

politician

B2

n. 政治家

本篇1次·真题 34 句

gender

B1

n. 性别 (社会文化意义上的)

本篇1次·真题 28 句

foster

B2

v. 培养

本篇1次·真题 22 句

politics

B1

n. 政治

本篇1次·真题 21 句

inspire

B2

v. 激励

本篇1次·真题 20 句

prioritize

B2

v. 优先处理

本篇1次·真题 19 句

rank

B2

n. 等级

本篇1次·真题 19 句

globe

B1

n. 地球

本篇1次·真题 18 句

contrary

B2

adj. 相反的

本篇1次·真题 17 句

cycle

B1

n. 循环

本篇1次·真题 16 句

dramatically

B2

adv. 显著地

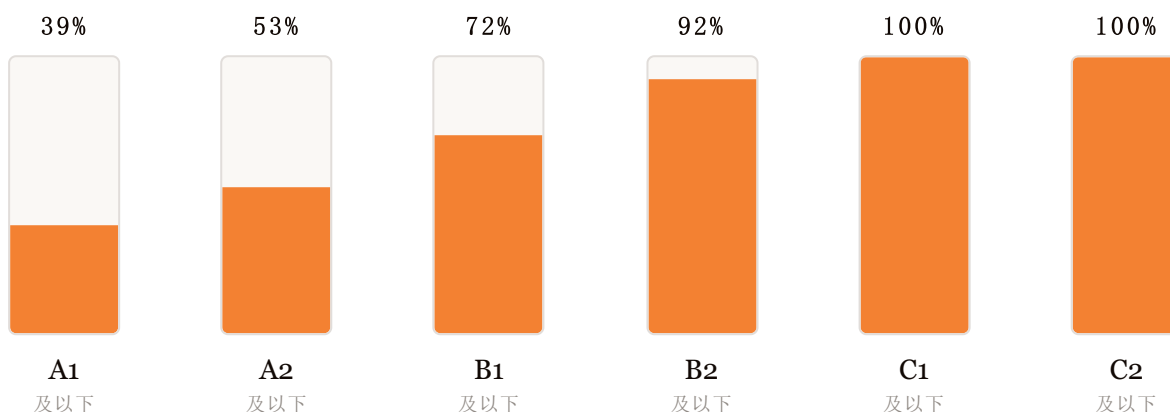
本篇1次·真题 16 句

<u>recruit</u> B2 v. 招募 本篇1次 · 真题 16 句	<u>bolster</u> C1 v. 支持 本篇1次 · 真题 15 句
<u>engaged</u> B1 adj. 忙碌的 本篇1次 · 真题 14 句	<u>equity</u> C1 n. (公司的) 股本, 股权 本篇1次 · 真题 14 句
<u>resistance</u> B2 n. 抵抗 本篇1次 · 真题 11 句	<u>observer</u> B2 n. 观察者 本篇1次 · 真题 10 句
<u>equality</u> B2 n. 平等 本篇1次 · 真题 9 句	

VOCABULARY · 词汇难度分布

全文 130 词按 CEFR 难度累积覆盖

带空短文去重后共 **130** 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 11 个 · 约 8%。



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 130 个 · 末柱为 100%

去重总词数

130

B2 以上难词

8%

B1 及以下覆盖

72%



英语六级 2025年6月·第3套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	与2025年6月第2套共用 · 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 →

2025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2025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 16 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(2025-06) · 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**.

The Benefits of Solitude

A) I can be a reluctant socialiser. I'm sometimes secretly pleased when social plans are called off. I get restless a few hours into a hangout. I even once went on a free 10-day silent meditation(冥想) retreat—not for the meditation, but for the silence.

我可能是个不太情愿社交的人。当社交计划被取消时,我有时暗自高兴。聚会进行几个小时后我就会变得焦躁不安。我甚至曾经参加过一次为期10天的免费静默冥想闭关——不是为了冥想,而是为了安静。

B) So I can relate to author Anneli Rufus, who wrote in *Party of One: The Loners' Manifesto*: "When parents on TV shows punished their kids by ordering them to go to their rooms, I was confused. I loved my room. Being there behind a locked door was a treat. To me a punishment was being ordered to play games with my cousin Louis."

所以我能理解作家Anneli Rufus的感受,她在《独自一人:孤独者宣言》中写道:"当电视节目里的父母通过命令孩子回自己房间来惩罚他们时,我感到困惑。我喜欢我的房间。待在锁着门的房间里是一种享受。对我来说,惩罚是被命令和我的表兄Louis一起玩游戏。"

C) Unsocial tendencies like these are often far from ideal. Abundant research shows the harms of social isolation, considered a serious public health problem in countries that have rapidly ageing populations (though talk of a 'loneliness epidemic' may be exaggerated). In the UK, the Royal College of General Practitioners says that loneliness has the same risk level for premature death as diabetes. Strong

social connections are important for cognitive functioning, motor function and a smoothly running immune system.

像这样的不合群倾向往往远非理想状态。大量研究显示了社交隔离的危害,在人口快速老龄化的国家,这被认为是一个严重的公共健康问题(尽管关于“孤独流行病”的说法可能被夸大了)。在英国,英国皇家全科医师学会表示,孤独导致过早死亡的风险水平与糖尿病相同。强大的社交联系对认知功能、运动功能和平稳运行的免疫系统都很重要。

- D) This is especially clear from cases of extreme social isolation. Examples of people kept in captivity, children kept isolated in abusive orphanages, and prisoners kept in solitary confinement all show how prolonged solitude can lead to hallucinations(幻觉) and other forms of mental instability.

这一点从极端社交隔离的案例中尤为明显。被囚禁者、在虐待性孤儿院中被隔离的儿童以及被单独监禁的囚犯的例子都表明,长期的孤独可能导致幻觉和其他形式的精神不稳定。

- E) But these are severe and involuntary cases of aloneness. For those of us who just prefer plenty of alone time, emerging research suggests some good news: there are upsides to being alone—for both our work lives and our emotional well-being.

但这些都是严重且非自愿的孤独情况。对于我们这些只是更喜欢大量独处时间的人来说,新兴研究带来了一些好消息:独处有其积极的一面——无论是对我们的工作生活还是情感幸福感。

- F) Solitude is a time for reflection, for thinking about things more deeply. In a world increasingly focused on speed and competitiveness, solitude is precious and something to be treasured. And there are benefits in learning to love your solitude.

独处是反思的时间,是更深入思考事物的时间。在一个日益注重速度和竞争的世界里,独处是珍贵的,是值得珍视的。学会热爱独处有很多好处。

- G) One key benefit of solitude is improved creativity. Gregory Feist, who focuses on the psychology of creativity at California's San Jose State University, has defined creativity as thinking or activity with two key elements: originality and usefulness. He has found that personality traits commonly associated with creativity are openness (receptiveness to new thoughts and experiences), self-confidence, and autonomy—which may include "a lack of concern for social norms" and "a preference for being alone". In fact, Feist's research on both artists and scientists shows that one of the most prominent features of creative folks is their lesser interest in socialising.

独处的一个关键好处是提高创造力。加州San Jose State University研究创造力心理学的Gregory Feist将创造力定义为具有两个关键要素的思维或活动:原创性和实用性。他发现,通常与创造力相关的人格特质是开放性(对新思想和新体验的接受度)、自信和自主性——这可能包括“对社会规范缺乏关注”和“喜欢独处”。事实上,Feist对艺术家和科学家的研究表明,有创造力的人最突出的特征之一就是他们对社交的兴趣较低。

- H) One reason for this is that such people are likely to spend sustained time alone working on their craft. Plus, Feist says, many artists "are trying to make sense of their internal world and a lot of internal personal experiences that they're trying to give expression and meaning to through their art." Solitude allows for the reflection and observation necessary for that creative process.

原因之一是这些人可能会花大量时间独自钻研自己的技艺。此外,Feist说,许多艺术家“试图理解他们的内心世界和大量内在的个人体验,他们试图通过艺术来表达和赋予这些体验以意义。”“独处为创作过程所需的反思和观察提供了条件。

- I) A recent justification of these ideas came from University at Buffalo psychologist Julie Bowker, who researches social withdrawal. Social withdrawal is usually categorised into three types: shyness caused by fear or anxiety; avoidance, from a dislike of socialising; and unsociability, from a preference for solitude. A paper by Bowker and her colleagues was the first to show that a type of social withdrawal could have a positive effect—they found that creativity was linked specifically to unsociability. They also found that unsociability had no correlation with aggression (shyness and avoidance did). This was significant because while previous research had suggested that unsociability might be harmless, Bowker and colleagues' paper showed that it could actually be beneficial. Unsociable people are likely to be "having just enough interaction," Bowker says. "They have a preference for being alone, but they also don't mind being with others."

这些观点最近得到了University at Buffalo心理学家Julie Bowker的证实,她研究社交退缩。社交退缩通常分为三种类型:由恐惧或焦虑引起的害羞;由不喜欢社交引起的回避;以及由偏好独处引起的不合群。

Bowker和她的同事们的一篇论文首次表明,某种类型的社交退缩可能具有积极影响——他们发现创造力与不合群特别相关。他们还发现不合群与攻击性没有相关性(害羞和回避有)。这很重要,因为虽然之前的研究表明不合群可能是无害的,但Bowker及其同事的论文表明它实际上可能是有益的。不合群的人可能“拥有恰到好处的互动量”,Bowker说。“他们偏好独处,但也不介意与他人相处。”

- J) Still, it turns out that solitude is important for more than creativity. It's commonly believed that leaders need to be sociable. But this depends, among other things, on the personalities of their employees. One 2011 study showed that in branches of a pizza chain where employees were more passive, outgoing bosses were associated with higher profits. But in branches where employees were more active, introverted(内向的) leaders were more effective. One reason for this is that introverted people are less likely to feel threatened by strong personalities and suggestions. They're also more likely to listen.

然而,事实证明独处的重要性不仅仅在于创造力。人们普遍认为领导者需要善于社交。但这取决于很多因素,其中包括员工的性格。2011年的一项研究表明,在一家披萨连锁店中,在员工更被动的分店,外向的老板与更高的利润相关。但在员工更积极主动的分店,内向的领导者更有效。原因之一是内向的人不太容易被强势的性格和建议所威胁。他们也更善于倾听。

- K) Since ancient times, meanwhile, people have been aware of a link between isolation and mental focus. After all, cultures with traditions of religious hermits(隐士) believe that solitude is important for enlightenment. Recent research has given us a better understanding of why. One benefit of unsociability is the brain's state of active mental rest, which goes hand-in-hand with the stillness of being alone. When another person is present, your brain can't help but pay some attention. This can be a positive distraction. But it's still a distraction.

同时,自古以来,人们就意识到隔离与精神专注之间的联系。毕竟,拥有宗教隐士传统的文化相信独处对于启蒙很重要。最近的研究让我们更好地理解了其中的原因。不合群的一个好处是大脑的主动精神休息状态,这与独处的宁静相辅相成。当另一个人在场时,你的大脑会不由自主地分散一些注意力。这可能是一种积极的分心。但它仍然是分心。

- L) Daydreaming in the absence of such distractions activates the brain's default-mode network. Among other functions, this network helps to consolidate memory and understand others' emotions. Giving free rein to a wandering mind not only helps with focus in the long term but strengthens your sense of both yourself and others. Paradoxically, therefore, periods of solitude actually help when it comes

time to socialise once more. And the occasional absence of focus ultimately helps concentration in the long run.

在没有这种干扰的情况下做白日梦会激活大脑的默认模式网络。在其他功能中,这个网络有助于巩固记忆和理解他人的情绪。让思绪自由漫游不仅有助于长期的专注力,还能增强你对自己和他人的感知。因此,矛盾的是,独处时光实际上有助于再次社交时的表现。偶尔的注意力缺失最终从长远来看有助于提高专注力。

- M) A more recent advocate of thoughtful and productive solitude is Susan Cain, author of **Quiet: The Power of Introverts in a World That Can't Stop Talking** and founder of Quiet Revolution, a company that promotes quiet and introvert-friendly workplaces. "These days, we tend to believe that creativity emerges from a decidedly unreserved socialising process, but in fact it requires sustained attention and deep focus," she says. "Also, humans are such absorbent social beings that when we surround ourselves with others, we automatically take in their opinions and aesthetics. To truly chart our own path or vision, we have to be willing to isolate ourselves, at least for some period of time."

最近倡导深思熟虑和富有成效的独处的是Susan Cain,她是《安静:内向者在一个无法停止说话的世界中的力量》的作者,也是Quiet Revolution公司的创始人,该公司推广安静和适合内向者的工作场所。"如今,我们倾向于相信创造力源于明显毫无保留的社交过程,但实际上它需要持续的注意力和深度专注,"她说。"此外,人类是极易吸收的社会性生物,当我们周围都是他人时,我们会自动吸收他们的观点和审美。要真正规划我们自己的道路或愿景,我们必须愿意孤立自己,至少在一段时间内。"

- N) Still, the line between useful solitude and dangerous isolation can be blurry. "Almost anything can be adaptive and maladaptive, depending on how extreme they get," Feist says. A disorder has to do with dysfunction. If someone stops caring about people and cuts off all contact, this could point to an irrational neglect of social relations. But creative unsociability is a far cry from this. In fact, Feist says, "there's a real danger with people who are never alone." It's hard to examine one's own thoughts, feelings and motives, to be self-aware, and fully relaxed unless you have occasional solitude. In addition, introverts tend to have fewer but stronger friendships—which has been linked to greater happiness.

然而,有益的独处与危险的隔离之间的界限可能很模糊。"几乎任何事情都可以是适应性的,也可以是不适应性的,这取决于它们达到何种极端程度,"Feist说。障碍与功能失调有关。如果有人不再关心他人并切断所有联系,这可能表明对社会关系的非理性忽视。但富有创造力的不合群与此相去甚远。事实上,Feist说,"从不独处的人才真正危险。"除非你有偶尔的独处,否则很难审视自己的想法、感受和动机,很难有自我意识,也很难完全放松。此外,内向者往往拥有较少但更牢固的友谊——这与更大的幸福感有关。

- O) As with many things, quality reigns over quantity. Nurturing a few solid relationships without feeling the need to constantly populate your life with endless chatting ultimately may be better for you.

与许多事物一样,质量胜过数量。培养几段稳固的关系,而不感到需要不断用无尽的闲聊填满你的生活,最终可能对你更好。

- P) Thus, if your personality tends toward unsociability, you shouldn't feel the need to change. Of course, that comes with qualifications. But as long as you have regular social contact, you are choosing solitude rather than being forced into it, you have at least a few good friends and your solitude is

good for your well-being or productivity, there's no point agonising over how to fit a square personality into a round hole.

因此,如果你的性格倾向于不合群,你不应该觉得需要改变。当然,这是有条件的。但只要你有定期的社交接触,你选择独处而不是被迫独处,你至少有几个好朋友,并且你的独处有益于你的幸福感或生产力,就没有必要为如何把方形性格塞进圆形洞而苦恼。

陈述句与逐句解析

36. Lots of research demonstrates that being socially isolated is harmful to the elderly.

大量研究表明,社交孤立对老年人有害。

【答案】 **C** 段 (强锚点)

【锚点】 老年人 + 社交隔离有害

【定位】 Abundant research shows the harms of social isolation, considered a serious public health problem in countries that have rapidly ageing populations (though talk of a 'loneliness epidemic' may be exaggerated).

大量研究显示社交隔离的危害, 它被视为快速老龄化国家的一项严重公共卫生问题 (尽管「孤独流行病」的说法可能夸大其词)。

【改写】 Lots of research demonstrates ↔ **Abundant research shows**

同义词替换

being socially isolated is harmful ↔ **the harms of social isolation**

形容词结构 → 名词化

the elderly ↔ **rapidly ageing populations**

概括上位换写

【辨邻】 **D** D 段虽然也谈隔离的害处, 但范围被锁在「极端且非自愿」的案例: 被囚禁者、孤儿院儿童、单独监禁的犯人, Examples of people kept in captivity, children kept isolated in abusive orphanages, and prisoners kept in solitary confinement, 并不针对「老年人 the elderly」这一人群, 故不是 36 题的源头段。

prolonged solitude can lead to hallucinations(幻觉) and other forms of mental instability

37. Being alone enables artists to think and observe, which is a must for their creation.

独处使艺术家能够思考和观察,这是他们创作的必要条件。

【答案】 **H** 段 (强锚点)

【锚点】 艺术家创作所需的思考与观察

【定位】 Solitude allows for the reflection and observation necessary for that creative process.

独处为这一创作过程所必需的反思与观察提供了空间。

【改写】 think and observe ↔ **reflection and observation**

动词 → 名词化

a must for their creation ↔ **necessary for that creative process**

口语化与正式表达互换

Being alone enables artists ↔ **Solitude allows for**

近义词替换 + 主语让位

【辨邻】 **G** G 段是 Feist 的研究结论 Feist's research on both artists and scientists shows that one of the most prominent features of creative folks is their lesser interest in socialising, 并未出现「思考、观察、创作过程所需」的机制陈述。

| a lack of concern for social norms

38. To one writer, being forced to play with others was a penalty while being kept alone in a room was quite a pleasure.

对一位作家来说,被迫与他人玩耍是一种惩罚,而独自待在房间里则是一种享受。

【答案】 **B** 段 (强锚点)

【锚点】 作家: 被迫和别人玩 = 惩罚, 独处 = 乐事

【定位】 When parents on TV shows punished their kids by ordering them to go to their rooms, I was confused. I loved my room. Being there behind a locked door was a treat. To me a punishment was being ordered to play games with my cousin Louis.

当电视剧里的父母用「回房间去」来惩罚孩子时,我感到困惑。我爱我的房间。锁着门待在里面是一种享受。对我来说,惩罚是被要求和表哥 Louis 一起玩游戏。

【改写】 To one writer ↔ **author Anneli Rufus**

上位概括

being forced to play with others was a penalty ↔

a punishment was being ordered to play games with my cousin Louis

近义词替换

being kept alone in a room was quite a pleasure ↔ **Being there behind a locked door was a treat**

近义词替换 + 同景概括

【辨邻】 **A** A 段的「我」是文章作者本人, I'm sometimes secretly pleased when social plans are called off 与题干的「作家受罚说」无关, 未提「被迫与人玩 = 惩罚」这一独家细节。

| I can be a reluctant socialiser

39. Recent research shows for the first time that there is a specific link between being creative and being unsociable.

最新研究首次表明,创造力与不善社交之间存在特定联系。

【答案】 I 段 (强锚点)

【锚点】 首次发现: 创造力与不爱社交专门挂钩

【定位】 A paper by Bowker and her colleagues was the first to show that a type of social withdrawal could have a positive effect—they found that creativity was linked specifically to unsociability.

Bowker 及同事的一篇论文首次表明, 一类社交回避行为可以带来正面效应——他们发现, 创造力专门与「不爱社交」相关联。

【改写】 Recent research shows for the first time ↔

A paper by Bowker and her colleagues was the first to show

副词「first」直接保留

a specific link between being creative and being unsociable ↔

creativity was linked specifically to unsociability

副词 specifically 与形容词 specific 互换 + 形名互换

【辨邻】 G G 段中 Feist's research on both artists and scientists shows 给的是较早的总体结论, 并无「首次发现」与「专门挂钩」的表述, 主语是 Feist 而非 Bowker。

one of the most prominent features of creative folks is their lesser interest in socialising

40. We must be willing to stay alone at least for some time in order to plot our own course.

我们必须愿意至少在一段时间内独处,以便规划自己的道路。

【答案】 M 段 (强锚点)

【锚点】 为「走自己的路」而愿意独处

【定位】 To truly chart our own path or vision, we have to be willing to isolate ourselves, at least for some period of time.

要真正规划我们自己的道路或愿景, 我们必须愿意把自己与他人隔离开来, 至少一段时间。

【改写】 plot our own course ↔ **chart our own path or vision**

罕见同源隐喻短语

We must be willing to stay alone at least for some time ↔

we have to be willing to isolate ourselves, at least for some period of time

近义短语对换 + 时间表达保留

【辨邻】 F 段只是泛论 Solitude is a time for reflection, for thinking about things more deeply, 没有「plot our own course / chart our own path」的目的状语，不是 40 题的源头段。

there are benefits in learning to love your solitude

41. According to new research, for people who prefer being alone, solitude can be beneficial to their work lives and emotional health.

根据新研究,对于喜欢独处的人来说,孤独对他们的工作生活和情绪健康都有益处。

【答案】 E 段 (强锚点)

【锚点】 偏好独处者: 工作 + 情绪健康双受益

【定位】 For those of us who just prefer plenty of alone time, emerging research suggests some good news: there are upsides to being alone—for both our work lives and our emotional well-being.

对于我们这些只是更喜欢有大量独处时间的人来说, 新近的研究带来一些好消息: 独处对我们的工作生活和情绪健康都有正面意义。

【改写】 According to new research, for people who prefer being alone ↔

For those of us who just prefer plenty of alone time, emerging research suggests

近义词替换 + 限定词保留

solitude can be beneficial to their work lives and emotional health ↔

there are upsides to being alone—for both our work lives and our emotional well-being

形 / 名互换 + 复合名词保留

【辨邻】 F 段以散文化笔调说 Solitude is a time for reflection、something to be treasured, 但既无 emerging / new research 这一研究信号, 也没把「work lives + emotional well-being」并列起来。

there are benefits in learning to love your solitude

42. It may turn out to be better for one to cultivate a few steady relationships than to busy themselves socialising.

对一个人来说,培养几段稳定的关系可能比忙于社交更好。

【答案】 O 段 (强锚点)

【锚点】 少数稳固关系 > 忙于社交

【定位】 As with many things, quality reigns over quantity. Nurturing a few solid relationships without feeling the need to constantly populate your life with endless chatting ultimately may be better for you.

如同许多事一样, 质量胜过数量。培育少数几段稳固的关系, 而不必感到必须用无休止的闲聊把生活填满, 从长远看也许对你更好。

【改写】 to cultivate a few steady relationships ↔ **Nurturing a few solid relationships**

近义动词 + 近义形容词

than to busy themselves socialising ↔

without feeling the need to constantly populate your life with endless chatting

比较结构同义改写

It may turn out to be better for one ↔ **ultimately may be better for you**

情态词与「最终」副词保留

【辨邻】 **N** N 段说 introverts tend to have fewer but stronger friendships—which has been linked to greater happiness, 与本题相近但不带「质胜于量 quality reigns over quantity」与「不停闲聊」这两个题干精确锚点。

introverts tend to have fewer but stronger friendships

43. Allowing your mind to wander freely is conducive to sharpening your focus in the long run.

让思绪自由漫游从长远来看有助于提高专注力。

【答案】 **L** 段 (强锚点)

【锚点】 放任思绪游走 → 长远更专注

【定位】 Giving free rein to a wandering mind not only helps with focus in the long term but strengthens your sense of both yourself and others.

放任游走的思绪不仅有助于长期保持专注, 还会增强你对自我和他人的感知。

【改写】 Allowing your mind to wander freely ↔ **Giving free rein to a wandering mind**

近义习语 + 形名互换

is conducive to sharpening your focus in the long run ↔ **helps with focus in the long term**

近义动词 + 时间副词同义

【辨邻】 **K** K 段说 the brain's state of active mental rest, which goes hand-in-hand with the stillness of being alone, 但「mind to wander freely」「focus in the long run」这两个题干关键锚点都在 L 段才出现。

When another person is present, your brain can't help but pay some attention

44. Research conducted on artists and scientists indicates that creative people are less interested in hanging out with others.

对艺术家和科学家进行的研究表明,有创造力的人对与他人交往不太感兴趣。

【答案】 **G** 段 (强锚点)

【锚点】 对艺术家与科学家做的研究

【定位】 In fact, Feist's research on both artists and scientists shows that one of the most prominent features of creative folks is their lesser interest in socialising.

事实上, Feist 对艺术家与科学家的研究都表明, 富有创造力的人最显著的特征之一是对社交的兴趣较低。

【改写】 Research conducted on artists and scientists ↔ **Feist's research on both artists and scientists**

近义动词 + 研究对象逐字复现

creative people are less interested in hanging out with others ↔

one of the most prominent features of creative folks is their lesser interest in socialising

口语 ↔ 正式词替换 + 比较级保留

【辨邻】 I I 段是 University at Buffalo psychologist Julie Bowker 的研究, 谈的是社交回避的三种类型, 并未明确说研究对象是 artists and scientists。

they found that creativity was linked specifically to unsociability

45. According to Feist, you will have difficulty knowing yourself if you do not stay alone occasionally.

根据 Feist 的观点, 如果不偶尔独处, 你将很难了解自己。

【答案】 N 段 (强锚点)

【锚点】 Feist: 不独处便难自知

【定位】 It's hard to examine one's own thoughts, feelings and motives, to be self-aware, and fully relaxed unless you have occasional solitude.

除非你偶尔独处, 否则很难审视自己的想法、感受与动机, 做到自我觉察并彻底放松。

【改写】 According to Feist ↔ **Feist says**

信源逐字一致

you will have difficulty knowing yourself ↔

It's hard to examine one's own thoughts, feelings and motives, to be self-aware

概括上位

if you do not stay alone occasionally ↔ **unless you have occasional solitude**

否定句式等价

【辨邻】 G G 段中 Feist 的研究指向 lesser interest in socialising, 并未提到「不独处便难自知」这一论断, 故不是 45 题的源头段。

Gregory Feist, who focuses on the psychology of creativity

PARAGRAPH MAP • 段落主旨图

16 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 作者自述是一个有些勉强的社交者，有时取消社交计划反而暗自高兴，甚至参加过十天静默冥想营，看中的不是冥想而是静默。

信息指纹 十天静默冥想营

B 作者引用 Anneli Rufus 的话：童年时被父母罚回房间不觉得是惩罚，反而觉得被要求和表哥 Louis 玩游戏才是惩罚。

信息指纹 Rufus 童年被罚回房的反向感受

C 大量研究显示社交隔离有害健康，对快速老龄化国家的老年人尤其严重，孤独感对早死的风险等同于糖尿病。

信息指纹 孤独风险等同糖尿病、老龄化国家

D 极端社交隔离的案例（被囚禁、孤儿院虐待、单独监禁）会导致幻觉与心理失常。

信息指纹 极端非自愿隔离与幻觉

E 前面讲的是极端且非自愿的隔离，对那些仅仅偏好独处时间的人来说，新研究显示独处对工作和情绪都有好处。

信息指纹 偏好独处者的工作与情绪好处

F 独处是反思与深思的时间，在速度与竞争至上的世界里独处尤其珍贵，学会爱上独处是有益的。

信息指纹 独处 = 深思与珍贵反思时间

G 心理学家 Gregory Feist 把创造力定义为有原创性与有用性的活动，他对艺术家与科学家的研究发现，创造性强的人最显著的特征之一是对社交的兴趣较弱。

信息指纹 Feist 对艺术家与科学家研究、社交兴趣较弱

H 解释创造性人群较少社交的原因：他们花长时间独自打磨技艺，并要通过艺术表达内心世界，独处提供了创作所需的反思与观察。

信息指纹 独处提供创作所需的反思与观察

I Bowker 把社交回避分为羞怯、回避、不爱社交三类，她的论文首次显示创造力专门与「不爱社交」这一类相关，且不爱社交者不会更具攻击性。

信息指纹 Bowker 首次显示创造力与「不爱社交」专门关联

J 独处对领导力也重要：一项 2011 年披萨连锁店研究显示，员工主动型时内向老板效益更高，因为内向者不被强势提议威胁、更愿倾听。

信息指纹 披萨连锁店内向领导研究

K 古人早已意识到隔离与心智专注的关联，宗教隐士传统视独处为开悟之要；近期研究解释了机制——独处带来主动心智休息，他人在场会必然分散注意。

信息指纹 宗教隐士传统与心智专注

L 没有干扰时的走神会激活大脑默认模式网络，帮助巩固记忆与理解他人情绪；放任思绪游走长远反而有助于专注，也强化对自我与他人的感知。

信息指纹 默认模式网络与走神长远助专注

M Susan Cain 主张深度独处对创造性必不可少：今天人们以为创造来自不拘束的社交，其实创造需要持续注意与深度专注；要真正走自己的路，必须愿意独处一段时间。

信息指纹 Susan Cain 与「走自己的路需独处」

N 有用独处与危险孤立的界线模糊；Feist 警告「从不独处的人才真危险」，缺少独处难以审视自我；且内向者朋友少而牢，与更高幸福感相关。

信息指纹 Feist 「从不独处才危险」、内向者朋友少而牢

O 如同许多事一样，质量胜过数量；维持少数稳固的关系、而不必不停地用闲聊填满生活，最终可能对人更好。

信息指纹 质重于量、少数稳固关系

P 若个性偏向不爱社交，不必强求改变，前提是仍有规律社交、是主动选择独处、有几个好友、独处对你身心或工作有益。

信息指纹 不爱社交不必强行改变

33 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。

So I can relate to author Anneli Rufus, who wrote in *Party of One: The Loners' Manifesto*: "When parents on TV shows punished their kids by ordering them to go to their rooms, I was confused."

B段，第1句

成分丰富且覆盖多个易错点:主句含情态动词谓语 can relate to 和介词宾语;定语从句中 who 既是引导词又作主语,地点状语 in 书名和直接引语宾语并存;引语内主系表结构需区分表语与被动;状语从句含方式状语 by ordering,且 ordering 后带不定式宾补 to go。一句话内涵盖多种成分类型和搭配,练习价值高。

Unsocial tendencies like these are often far from ideal.

C段，第1句

主系表结构是四六级和考研常见的基础句式,但本句过于简短且修饰成分较少,不如带有多层定语或状语的主系表句更具代表性,典型性中等偏下。

In the UK, the Royal College of General Practitioners says that loneliness has the same risk level for premature death as diabetes.

C段，第3句

"says that" 引出观点、宾语从句内使用 "the same ... as" 比较结构,这两个句式在四六级和考研阅读中高频出现,属于典型学术陈述句式,掌握后可广泛复用于理解科研观点和比较论证类文本。

Examples of people kept in captivity, children kept isolated in abusive orphanages, and prisoners kept in solitary confinement all show how prolonged solitude can lead to hallucinations(幻觉) and other forms of mental instability.

D段，第2句

主句采用 "主语 + 谓语 + 宾语从句" 的结构,其中主语包含多个并列名词短语和后置定语,宾语从句由 "how" 引导,这种 "例证 + 结论" 的组织方式在四六级和考研阅读中非常常见。主语的并列扩展和后置定语修饰也是典型的学术写作句式。掌握这类句型后,可以迁移到大量类似的长难句阅读和分析中,具有较高的代表性。

For those of us who just prefer plenty of alone time, emerging research suggests some good news: there are upsides to being alone—for both our work lives and our emotional well-being.

E段，第2句

本句结构在四六级和考研真题中高度典型：主句带同位语从句解释名词内容、状语中嵌套定语从句限定先行词，这两种结构都是考试高频句式；"there be" 存在句、关系代词在从句内充当成分、介词短语作状语等，都是常考知识点；掌握本句的分析方法可直接应用于大量真题句

Gregory Feist, who focuses on the psychology of creativity at California's San Jose State University, has defined creativity as thinking or activity with two key elements: originality and usefulness.

G段，第2句

"定语从句插在主语和谓语之间" 的结构在四六级和考研阅读中频繁出现，是典型的长难句模式。"define A as B" 结构和非限制性定语从句也是常考句式。掌握本句的分析方法可直接迁移到大量类似真题句子。

Plus, Feist says, many artists "are trying to make sense of their internal world and a lot of internal personal experiences that they're trying to give expression and meaning to through their art."

H段，第2句

本句涵盖主谓宾基本结构、宾语从句、定语从句、并列宾语（expression and meaning）、方式状语（through their art）等多种成分，且定语从句中关系代词作介词宾语的用法是常见易错点，适合作为成分划分的综合练习。

This was significant because while previous research had suggested that unsociability might be harmless, Bowker and colleagues' paper showed that it could actually be beneficial.

I段，第5句

本句结构高度典型：主句加原因状语从句、从句内部让步对比、多个宾语从句嵌套，是学术写作和考试阅读中的常见句式。过去完成时与一般过去时的搭配、情态动词表推测、while引导让步对比，都是四六级和考研真题中反复出现的考点，掌握后可大量复用。

Unsociable people are likely to be "having just enough interaction," Bowker says.

I段，第6句

第一个分句覆盖了主语、系表谓语、表语（现在分词短语）等多种成分，且 "be likely to be" 加分词的结构有一定辨识难度，适合练习系表结构和非谓语动词的识别。第二个分句虽然简单，但作为引述标记可以训练学生识别插入性引述结构。整体成分种类较丰富，有一定训练价值。

"They have a preference for being alone, but they also don't mind being with others."

I段，第7句

转折并列句是四六级常见句式，但本句结构过于简单，缺乏真题中常见的从句嵌套、修饰语前置等复杂特征，代表性偏弱。

Still, it turns out that solitude is important for more than creativity.

J段，第1句

"it turns out that..." 是四六级和考研阅读中常见的句式，用于引出结论或发现。形式主语 + 主语从句的结构也是高频考点。掌握这种结构后，学生可以迁移到类似的 "it seems that..."、"it happens that..." 等句型。句子具有较强的代表性和实用性。

It's commonly believed that leaders need to be sociable.

J段，第2句

形式主语 It + be + 过去分词 + that 从句 (It is believed/said/reported that...) 是四六级和考研阅读中的高频句式，学生掌握后可以识别和理解大量类似结构的句子，具有很强的迁移性和实用性。

One 2011 study showed that in branches of a pizza chain where employees were more passive, outgoing bosses were associated with higher profits.

J段，第4句

句子覆盖主谓宾结构、主系表结构、被动语态、前置状语、定语从句等多种成分，且宾语从句主干被状语分隔这一特征是易错点（容易误将状语内的成分当作主干），作为划分练习句收益较高

After all, cultures with traditions of religious hermits(隐士) believe that solitude is important for enlightenment.

K段，第2句

主句带宾语从句是四六级和考研阅读中的高频句式，believe/think/say 等动词后接 that 从句的结构极为典型。主语带介词短语作后置定语也是常见修饰方式。掌握本句结构可复用到大量类似句子。

When another person is present, your brain can't help but pay some attention.

K段，第5句

时间状语从句加主句的结构是四六级和考研阅读中的高频句式，前置状语从句设定背景、主句陈述核心内容的模式极为常见。情态动词结构"can't help but"也是考试中常考的固定表达，具有很强的迁移价值。

Paradoxically, therefore, periods of solitude actually help when it comes time to socialise once more.

L段，第4句

包含时间状语从句和不定式后置定语，这些都是考试中常见的结构。主句 + when 从句的组合在阅读理解和写作中频繁出现，具有较好的代表性。但本句没有涉及定语从句、名词性从句等更典型的难点结构，典型性中等偏上。

"These days, we tend to believe that creativity emerges from a decidedly unreserved socialising process, but in fact it requires sustained attention and deep focus," she says.

M段，第2句

直接引语加 says、宾语从句加 that、but 连接的并列分句，这些都是四六级和考研阅读中的高频句式。句子结构典型，掌握后可应用于大量类似长句的分析，迁移性强。

Also, humans are such absorbent social beings that when we surround ourselves with others, we automatically take in their opinions and aesthetics.

M段，第3句

such...that 引导结果状语从句是四六级和考研阅读中的高频句式，时间状语从句嵌套在结果从句内部的结构也常见于长难句。该句型在真题中反复出现，掌握后可迁移至大量类似句子，代表性强。

Still, the line between useful solitude and dangerous isolation can be blurry.

N段，第1句

本句展示了典型的主系表结构,且主语带介词短语作后置定语、句首有副词状语、谓语含情态动词,这些都是四六级和考研阅读中的高频句式特征。虽然整体结构不算复杂,但其涵盖的语法点(情态动词、介词短语定语、副词状语)都是常考内容,结构代表性较强,学习后可迁移到大量类似句子。

"Almost anything can be adaptive and maladaptive, depending on how extreme they get," Feist says.

N段，第2句

引述结构加宾语从句嵌套是四六级和考研阅读中的高频句式，depending on 引导条件状语也是常见表达；句子结构具有很强的代表性和迁移价值，学生掌握后可应用到大量类似长句的分析中。

A disorder has to do with dysfunction.

N段，第3句

本句虽然简单，但"have to do with"这一固定搭配可以帮助学生认识介词短语作状语的用法，并区分状语与宾语的差异。不过成分种类较少，缺乏定语、宾语等其他常见成分，训练价值有限。

If someone stops caring about people and cuts off all contact, this could point to an irrational neglect of social relations.

N段，第4句

条件状语从句 + 主句是四六级和考研阅读中的高频句式，用 "If" 引导假设并在主句中给出推论是常见的论证结构。从句内的并列谓语和主句中的情态动词表推测也是典型用法，掌握后可在多种语境中迁移运用。

In fact, Feist says, "there's a real danger with people who are never alone."

N段，第6句

引述动词 + 宾语从句的结构在四六级和考研阅读中非常常见，there be 存在句和限制性定语从句也是高频句式。掌握这种嵌套结构后，可以迁移到大量类似的引述句和描述句中，具有较高的典型性和复用价值。

It's hard to examine one's own thoughts, feelings and motives, to be self-aware, and fully relaxed unless you have occasional solitude.

N段，第7句

形式主语 It + 系动词 + 形容词 + 不定式短语作真正主语，以及 unless 引导的条件状语从句，都是四六级和考研阅读中高频出现的句式。掌握本句结构后，学生可迁移到大量类似句型的理解中，典型性很强。

In addition, introverts tend to have fewer but stronger friendships—which has been linked to greater happiness.

N段，第8句

主句 + 非限制性定语从句的组合是四六级和考研阅读中的高频句式，"which"指代前文整句内容的用法也很典型。"tend to do"和"be linked to"都是常考搭配，学习者掌握后可在大量真题中识别类似结构。

Thus, if your personality tends toward unsociability, you shouldn't feel the need to change.

P段，第1句

主句加条件状语从句是考试中极常见的复合句型。情态动词表达建议、条件从句位于主句前用逗号隔开、不定式作后置定语，都是四六级和考研阅读中高频出现的句式特征。掌握这个结构可以迁移到大量类似句子的理解。

But as long as you have regular social contact, you are choosing solitude rather than being forced into it, you have at least a few good friends and your solitude is good for your well-being or productivity, there's no point agonising over how to fit a square personality into a round hole.

P段，第3句

本句成分划分训练价值较高。涵盖了 there be 句型中的真正主语识别、后置定语（动名词短语）、条件状语从句、并列结构（四个并列条件分句）、方式状语（rather than 引导的比较结构）、间接疑问句（how to fit...）等多种成分和结构。特别是 there be 句型的主语识别和多个并列分句的切分，是学习者容易混淆的点，具有较好的练习价值。

We must be willing to stay alone at least for some time in order to plot our own course.

第40题 题干

"情态动词 + be + 形容词 + 不定式" 是四六级和考研中常见的句式（如 be able to、be willing to 等），且目的状语 "in order to" 也是高频结构，具有较好的迁移性；但整体句式较为基础，不属于高难度典型句。

According to new research, for people who prefer being alone, solitude can be beneficial to their work lives and emotional health.

第41题 题干

"情态动词 + 系表结构" 以及 "限制性定语从句修饰名词" 都是四六级和考研阅读中的高频句式；"for + 对象" 引出适用范围、"According to" 引出依据来源，也是学术类文本的典型表达；掌握本句结构可迁移到大量类似句子的理解

It may turn out to be better for one to cultivate a few steady relationships than to busy themselves socialising.

第42题 题干

本句覆盖形式主语、连系动词表语、比较结构、不定式复合结构等多个重要成分，且形式主语与真正主语的识别、表语范围的界定、比较结构中不定式的对应关系都是易错点，作为成分划分练习句价值较高。

Allowing your mind to wander freely is conducive to sharpening your focus in the long run.

第43题 题干

动名词短语作主语搭配主系表结构在四六级、考研阅读中频繁出现，属于典型的学术或议论文句式，掌握后可大量迁移至同类句型分析。

Research conducted on artists and scientists indicates that creative people are less interested in hanging out with others.

第44题 题干

主句带过去分词后置定语修饰主语，谓语后接 that 引导的宾语从句，这是四六级和考研阅读中非常常见的学术陈述句式，具有较高的典型性和复用价值。

According to Feist, you will have difficulty knowing yourself if you do not stay alone occasionally.

第45题 题干

主从复合句中包含条件状语从句是四六级和考研英语阅读的高频句式。主句中动名词作后置定语修饰抽象名词(difficulty knowing)、以及"have difficulty doing"这一固定搭配,都是典型的书面语结构,掌握后可迁移到大量类似句子。

HIGH-FREQUENCY · 真题高频词

本篇出现的 158 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。

solitude

C1

n. 独处

本篇16次 · 真题 31 句

focus

B1

n. 重点

本篇7次 · 真题 200 句

creativity

B2

n. 创造力

本篇7次 · 真题 45 句

creative

B1

adj. 有创造力的

本篇5次 · 真题 65 句

personality

B1

n. 个性

本篇5次 · 真题 46 句

likely

A2

adj. 很可能的

本篇4次 · 真题 228 句

link

A2

n. 联系

本篇4次 · 真题 53 句

isolation

B2

n. 隔离

本篇4次 · 真题 9 句

benefit

B1

n. 好处

本篇3次 · 真题 244 句

employee

A2

n. 雇员, 员工

本篇3次 · 真题 190 句

tend B1

v. 倾向于, 往往会

本篇3次·真题 170 句

mental B1

adj. 精神的

本篇3次·真题 120 句

least A2

det. 最少的

本篇3次·真题 98 句

preference B2

n. 偏爱

本篇3次·真题 29 句

distraction B2

n. 分心

本篇3次·真题 21 句

author A2

n. 作者

本篇2次·真题 264 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

relationship B1

n. 关系

本篇2次·真题 168 句

positive B1

adj. 积极的

本篇2次·真题 144 句

process B1

n. 过程

本篇2次·真题 126 句

case A2

n. 情况

本篇2次·真题 97 句

according B1

prep. 根据

本篇2次·真题 96 句

colleague B1

n. 同事

本篇2次·真题 84 句

type A2

n. 类型

本篇2次·真题 84 句

extreme B2

adj. 极度的

本篇2次·真题 60 句

associate B2

v. 联系

本篇2次·真题 54 句

network B1

n. 网络

本篇2次·真题 53 句

emotional B1

adj. 情绪的

本篇2次·真题 52 句

absence B1

n. 缺席

本篇2次·真题 42 句

function B1

n. 功能

本篇2次·真题 40 句

contact B1

n. 联系

本篇2次·真题 34 句

ultimately B2

adv. 最终;终归

本篇2次·真题 34 句

emerge B2

v. 出现;浮现

本篇2次·真题 32 句

loneliness B2

n. 孤独感

本篇2次·真题 28 句

willing B1

adj. 愿意的, 乐意的

本篇2次·真题 26 句

beneficial B2

adj. 有益的

本篇2次·真题 24 句

reflection B2

n. 深思

本篇2次·真题 19 句

internal B2

adj. 内部的

本篇2次·真题 17 句

branch A2

n. 树枝

本篇2次·真题 13 句

isolated B2

adj. 孤立的

本篇2次·真题 12 句

commonly B1

adv. 通常, 常常

本篇2次·真题 11 句

occasional B1

adj. 偶尔的, 偶然发生的

本篇2次·真题 8 句

less A1

det. 较少的

本篇1次·真题 273 句

effect A2

n. 影响

本篇1次·真题 191 句

system A2

n. 系统

本篇1次·真题 176 句

risk A2

n. 风险

本篇1次·真题 167 句

quality A2

n. 质量

本篇1次·真题 112 句

effective B1

adj. 有效的, 起作用的

本篇1次·真题 94 句

lack B1

v. 缺少

本篇1次·真题 89 句

concern B1

v. 涉及

本篇1次·真题 88 句

cognitive C1

adj. 认知的

本篇1次·真题 85 句

understanding B1

n. 理解;领悟

本篇1次·真题 84 句

promote B2

v. 促进

本篇1次·真题 82 句

increasingly B2

adv. 越来越;日益;不断增加地

本篇1次·真题 78 句

workplace B1

n. 工作场所

本篇1次·真题 70 句

enable B1

v. 使能够

本篇1次·真题 68 句

thinking A2

n. 思考

本篇1次·真题 68 句

significant B2

adj. 重要的

本篇1次·真题 65 句

conduct B2

v. 组织并实施

本篇1次·真题 59 句

specific B2

adj. 具体的

本篇1次·真题 59 句

productivity B2

n. 生产率

本篇1次·真题 58 句

advocate B2

v. 拥护

本篇1次·真题 55 句

feature B1

n. 特征

本篇1次·真题 55 句

psychologist B2

n. 心理学家

本篇1次·真题 54 句

happiness A2

n. 幸福

本篇1次·真题 53 句

interaction B2

n. 相互作用

本篇1次·真题 53 句

psychology B2

n. 心理学

本篇1次·真题 52 句

connection B1

n. 联系

本篇1次·真题 50 句

observe B2

v. 观察;注意到

本篇1次·真题 48 句

thus B2

adv. 因此, 所以

本篇1次·真题 47 句

being B1

n. 存在

本篇1次·真题 46 句

harm B1

n. 伤害

本篇1次·真题 46 句

indicate B2

v. 表明

本篇1次·真题 46 句

demonstrate B2

v. 证明

本篇1次·真题 45 句

anxiety B2

n. 焦虑

本篇1次 · 真题 44 句

previous B1

adj. 先前的

本篇1次 · 真题 44 句

fully B1

adv. 完全地

本篇1次 · 真题 43 句

addition A2

n. 增加

本篇1次 · 真题 41 句

interested A1

adj. 感兴趣的

本篇1次 · 真题 41 句

define B1

v. 给.....下定义

本篇1次 · 真题 39 句

trait B2

n. 特征

本篇1次 · 真题 39 句

ideal B2

adj. 理想的

本篇1次 · 真题 38 句

opinion A2

n. 观点

本篇1次 · 真题 37 句

aware A2

adj. 知道的

本篇1次 · 真题 34 句

profit B1

n. 利润, 盈利

本篇1次 · 真题 33 句

regular B1

adj. 经常的

本篇1次 · 真题 33 句

chain B1

n. 链条

本篇1次 · 真题 32 句

harmful B1

adj. 有害的

本篇1次 · 真题 32 句

constantly B1

adv. 不断地, 持续地

本篇1次 · 真题 31 句

cultivate B2

v. 培养, 发展 (技能、态度、关系等)

本篇1次 · 真题 31 句

tradition B1

n. 传统

本篇1次·真题 30 句

meanwhile B1

adv. 与此同时

本篇1次·真题 29 句

socially B1

adv. 在社交方面

本篇1次·真题 29 句

rapidly B1

adv. 迅速地

本篇1次·真题 28 句

therefore B1

adv. 因此, 所以

本篇1次·真题 28 句

truly B1

adv. 真正地

本篇1次·真题 28 句

vision B2

n. 视力

本篇1次·真题 28 句

expression B1

n. 表达

本篇1次·真题 27 句

revolution B2

n. 革命

本篇1次·真题 27 句

strengthen B2

v. 加强

本篇1次·真题 27 句

conductive C1

adj. 有助于的

本篇1次·真题 26 句

norm B2

n. 常态

本篇1次·真题 26 句

element B1

n. 要素

本篇1次·真题 24 句

observation B2

n. 观察

本篇1次·真题 24 句

tendency B2

n. 倾向

本篇1次·真题 24 句

productive B2

adj. 富有成效的

本篇1次·真题 23 句

relate B1

v. 使有联系, 把...联系起来

本篇1次·真题 23 句

correlation C1

n. 相关性

本篇1次·真题 21 句

creation B2

n. 创造

本篇1次·真题 20 句

elderly B2

adj. 年老的

本篇1次·真题 20 句

steady B1

adj. 稳定的

本篇1次·真题 20 句

threaten B1

v. 威胁;恐吓

本篇1次·真题 20 句

deeply B1

adv. 深深地

本篇1次·真题 19 句

exaggerate B2

v. 夸大

本篇1次·真题 19 句

immune B2

adj. 有免疫力的

本篇1次·真题 19 句

activate B2

v. 使运作

本篇1次·真题 18 句

founder B2

n. 创始人

本篇1次·真题 18 句

specifically B2

adv. 明确地

本篇1次·真题 18 句

aesthetic C1

adj. 美的

本篇1次·真题 17 句

autonomy C1

n. 自主权

本篇1次·真题 17 句

neglect B2

v. 忽视;疏忽

本篇1次·真题 16 句

surround B1

v. 围绕

本篇1次·真题 16 句

occasionally

B1

adv. 偶尔

本篇1次·真题 15 句

reluctant

B2

adj. 不情愿的

本篇1次·真题 15 句

severe

B2

adj. 严重的

本篇1次·真题 15 句

dislike

A2

v. 不喜欢

本篇1次·真题 14 句

epidemic

C1

n. 流行病

本篇1次·真题 14 句

outgoing

B2

adj. 外向的

本篇1次·真题 14 句

plus

A2

prep. 加, 加上

本篇1次·真题 14 句

precious

B2

adj. 珍贵的

本篇1次·真题 14 句

improved

A2

adj. 改进的

本篇1次·真题 13 句

abundant

B2

adj. 大量的

本篇1次·真题 12 句

chat

A2

v. 聊天, 闲谈

本篇1次·真题 12 句

craft

B1

n. 手艺

本篇1次·真题 12 句

endless

B2

adj. 无尽的

本篇1次·真题 12 句

motor

B1

n. 发动机

本篇1次·真题 12 句

automatically

B1

adv. 自动地

本篇1次·真题 11 句

concentration

B2

n. 专注

本篇1次·真题 11 句

irrational C1

adj. 不合理的

本篇1次·真题 11 句

punishment B1

n. 惩罚

本篇1次·真题 11 句

quantity B1

n. 数量

本篇1次·真题 11 句

wander B1

v. 漫步

本篇1次·真题 11 句

ageing B2

n. 变老

本篇1次·真题 10 句

folk B1

n. 人们

本篇1次·真题 10 句

freely B1

adv. 自由地

本篇1次·真题 10 句

plot B1

n. (小说、戏剧等的) 情节

本篇1次·真题 10 句

religious B1

adj. 宗教的

本篇1次·真题 10 句

confused A2

adj. 困惑的

本篇1次·真题 9 句

disorder B2

n. 疾病

本篇1次·真题 9 句

harmless B2

adj. 无害的

本篇1次·真题 9 句

nurture C1

v. 养育

本篇1次·真题 9 句

openness B2

n. 坦率

本篇1次·真题 9 句

penalty B1

n. 处罚

本篇1次·真题 9 句

chart B1

n. 图表

本篇1次·真题 8 句

functioning

B2

adj. 运转正常的

本篇1次 · 真题 8 句

motive

B2

n. 动机

本篇1次 · 真题 8 句

pizza

A2

n. 比萨饼

本篇1次 · 真题 8 句

prominent

C1

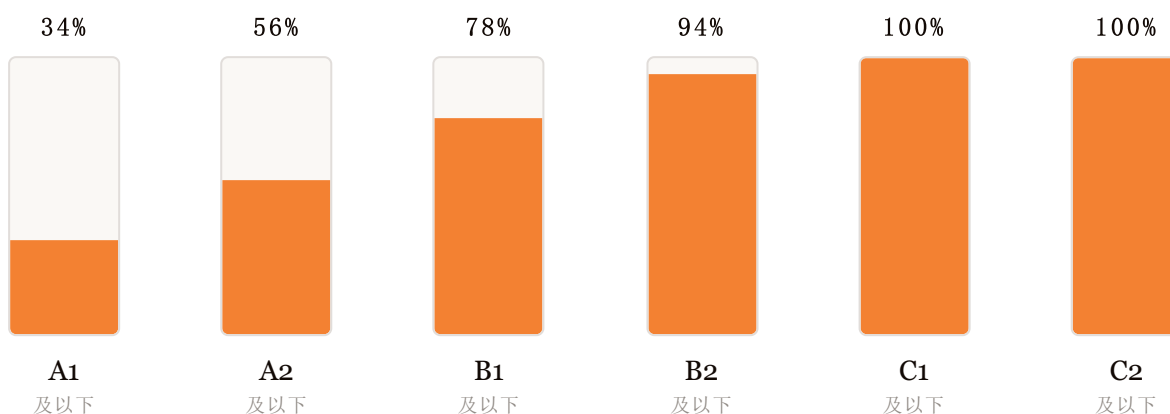
adj. 著名的

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 458 词按 CEFR 难度累积覆盖

全文去重后共 **458** 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 28 个 · 约 6%。



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 458 个 · 末柱为 100%

去重总词数

458

B2 以上难词

6%

B1 及以下覆盖

78%

英语六级 2025年6月·第3套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	与2025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 →

2025年6月·第3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2025年6月·第3套 英语六级阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 7 段原文（段首标 P1–P7 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

真题卷第3套(2025-06) • 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 Simulators are most often utilized within industries such as nuclear power, aviation and surgery where failure results in disastrous consequences. To maximize the value from a simulation learning experience, participants should immediately and directly apply their learning to a specific intervention within their organization.

模拟器最常用于核电、航空和外科手术等行业,这些行业中的失误会导致灾难性后果。为了最大化模拟学习体验的价值,参与者应当立即将所学直接应用于其组织内的具体干预措施。

P2 Most organizations aspire to deploy significant change programs, only to find them nearly impossible to implement. That is largely because successful change requires more than a vision, it requires a workforce that not only doesn't resist change, but embraces it.

大多数组织渴望实施重大变革计划,却发现这些计划几乎无法落实。这主要是因为成功的变革不仅需要愿景,还需要一支不仅不抵制变革、反而拥抱变革的员工队伍。

P3 To achieve success, an organization must build a transformation program that will allow change to be rapidly pulled across its departments and throughout its layers. Regardless of the level of senior management commitment, unless key thought leaders at all levels embrace the change, the initiative will wither and die. To create this kind of widespread passion, learning leaders must expose the workforce to

what could be, which will enable them to rethink their mental models, enable them to break free from their deep-rooted paradigms and embrace the opportunity to learn.

要取得成功,组织必须建立一个转型方案,使变革能够在各部门和各层级中迅速推进。无论高层管理者承诺程度如何,除非各层级的关键意见领袖拥抱变革,否则该举措将会枯萎并消亡。要创造这种广泛的热情,学习领导者必须让员工队伍接触到可能的未来,这将使他们能够重新思考自己的思维模式,使他们能够摆脱根深蒂固的范式并拥抱学习的机会。

P4 Allowing participants to enter a simulated environment provides them with the opportunity to experience alternative realities which can prompt them to rethink their current beliefs.

让参与者进入模拟环境为他们提供了体验替代现实的机会,这可以促使他们重新思考当前的信念。

P5 Behavioral change is not easy for most adults. Lectures, training programs and workshops can explain the intellectual elements of transformation, but they are seldom effective at getting to the behavioral aspects that lie at the heart of a significant change initiative. Further, under normal working conditions, managers rarely see the full effect of their employee development efforts. As such, an intervention like a simulation can provide the stimulus for change.

对大多数成年人来说,行为改变并不容易。讲座、培训项目和研讨会可以解释转型的智力要素,但它们很少能有效触及位于重大变革举措核心的行为层面。此外,在正常工作条件下,管理者很少能看到其员工发展努力的全部效果。因此,像模拟这样的干预措施可以提供变革的刺激。

P6 An effective simulation can be better than experience as a learning tool because it accelerates time, compresses space, and unlike reality, is specifically designed to maximize participant learning. Simulations provide an immersive learning experience where skills, processes and knowledge all can be highlighted in a way reality cannot. The ability to explore, experiment and repeatedly apply new knowledge in unlimited, risk-free models is what makes simulation one of the most productive forms of learning.

有效的模拟作为学习工具可以比实际经验更好,因为它加速了时间、压缩了空间,并且与现实不同的是,它专门设计用于最大化参与者的学习效果。模拟提供了一种沉浸式学习体验,其中技能、流程和知识都能以现实无法做到的方式得到强调。在无限的、无风险的模型中探索、实验和反复应用新知识的能力,使模拟成为最富成效的学习形式之一。

P7 Well-designed simulations can enable individuals and groups to develop a deep level of understanding about how their decisions and intuitive responses to business stimuli affect their fellow participants and the organization as a whole. To reap the benefits, however, simulations must feel like reality. At the end of the successful simulation, participants must declare "this is us." If they don't, they will view the experience as a game, which can be difficult to apply on the job, or worse, irrelevant to everyday work tasks. To maximize benefits from simulation, participants should immediately apply the learning from the experience to forge a smooth link between learning and doing.

精心设计的模拟可以使个人和团队深入了解他们的决策和对商业刺激的直觉反应如何影响其他参与者和整个组织。然而,要获得这些益处,模拟必须让人感觉像现实。在成功的模拟结束时,参与者必须声明"这就是我们"。如果他们不这样做,他们就会将这种体验视为游戏,这可能难以应用于工作中,或者更糟糕的是,与日常工作任务无关。要最大化模拟的益处,参与者应当立即应用从体验中获得的学习,以在学习与实践之间建立顺畅的联系。

题目与逐题解析

46. What do we learn about successful changes in organizations?

- A) They can be immediately implemented with great ease.
- B) They are usually led by organization leaders of vision.
- C) They call for enthusiastic support from the workforce.
- D) They often result from simulation learning experiences.

关于组织中的成功变革,我们了解到什么?

- A) 它们可以非常容易地立即实施。
- B) 它们通常由有远见的组织领导者引领。
- C) 它们需要员工队伍的热情支持。
- D) 它们往往源于模拟学习体验。

【答案】 C (细节题)

【判型】 题干 What do we learn about successful changes in organizations? 是对客观信息的直接询问, 没有 infer/imply 等推断信号, 也没有 main idea/title 等主旨信号, 属于典型细节题。

【拆句】 What do we learn about successful changes in organizations? 是 What 引导的特殊疑问句, 主干 we learn, about 介词短语限定 learn 的内容, successful changes 是真正的题眼, in organizations 是发生场域。结构平铺直叙, 无陷阱。

【定位】 That is largely because successful change requires more than a vision, it requires a workforce that not only doesn't resist change, but embraces it.

这在很大程度上是因为成功的变革不只需要愿景, 它还需要一支不但不抵触变革、还会拥抱变革的员工队伍。

【选项】 A) 与原文相反

They can be immediately implemented with great ease. 称变革「轻易立刻落地」，但 Most organizations aspire to deploy significant change programs, only to find them nearly impossible to implement 明说大多数变革极难落地，两者完全相反。

B) 偷换概念

They are usually led by organization leaders of vision. 把成功变革的关键归到「有远见的领导」上，但定位句 successful change requires more than a vision 恰恰说仅有 vision 不够，关键在 workforce；把强调点偷换了。

C) ✓ 正确

it requires a workforce that not only doesn't resist change, but embraces it ↔

They call for enthusiastic support from the workforce.

a workforce ↔ **the workforce**

They call for enthusiastic support from the workforce. 的「require + 全员热情支持」与定位句 requires a workforce that ... embraces it 精准对位，且对位完整、无外加成分。

D) 强加因果

They often result from simulation learning experiences. 说成功变革「源于」模拟学习，但全文逻辑是 simulation 服务于 change，并非 change 的来源；定位句也未涉及 simulation。

47. What should learning leaders do to arouse learners' passion for change?

- A) Allow them to see what could possibly be achieved.
- B) Help them break free from their old paradigms.
- C) Encourage them to rethink their thought models.
- D) Stimulate them to embrace fresh opportunities.

学习领导者应该做什么来激发学习者对变革的热情？

- A) 让他们看到可能实现的目标。 B) 帮助他们摆脱旧有的范式。
C) 鼓励他们重新思考自己的思维模式。 D) 激励他们拥抱新的机会。

【答案】 **A** (细节题)

【判型】 题干 What should learning leaders do to arouse learners' passion for change? 在问主体的具体动作，答案对应原文里一句明确的「该做什么」，属细节题。

【拆句】 What should learning leaders do to arouse learners' passion for change? 主干 What should learning leaders do, to arouse learners' passion for change 是目的状语，for change 进一步修饰 passion。结构清晰，无陷阱。

【定位】 To create this kind of widespread passion, learning leaders must expose the workforce to what could be, which will enable them to rethink their mental models, enable them to break free from their deep-rooted paradigms and embrace the opportunity to learn.

为了激发这种广泛的热情，learning leaders 必须把员工带去看「事情本可以是什么样」，这将使他们重新审视心智模型、挣脱根深蒂固的旧范式，并拥抱学习机会。

【选项】 A) ✓ 正确

expose the workforce to what could be ↔

Allow them to see what could possibly be achieved.

the workforce ↔ **them**

预判落在主句动作 expose...to what could be 上，A 用 allow them to see what could possibly be achieved 与之——对应。

B) 答非所问

Help them break free from their old paradigms. 取自定位句后面的 which 从句中的并列动作 enable them to break free from their deep-rooted paradigms，那是 expose 之后的结果，而非 learning leaders 直接「应做」的动作。

C) 答非所问

Encourage them to rethink their thought models. 取自 which 从句中的 rethink their mental models，依然属于 expose 之后的结果，不是题干所问的直接动作。

D) 答非所问

Stimulate them to embrace fresh opportunities. 改写自 embrace the opportunity to learn，仍是 which 结果从句尾部的并列结果之一，不是题干问的 learning leaders 的直接动作。

48. What does the passage say about lectures, training programs and workshops?

- A) They are generally incapable of changing workers' behaviors on the job.
- B) They are interventions different from simulations in creating stimuli for change.
- C) They aim at transforming the behaviors of the workers in an organization.
- D) They help managers achieve the full effect of employee development efforts.

文章关于讲座、培训项目和研讨会说了什么？

- A) 它们通常无法改变员工在工作中的行为。 B) 它们是不同于模拟的干预措施,用于创造变革的刺激。
- C) 它们旨在改变组织中员工的行为。 D) 它们帮助管理者充分实现员工发展工作的效果。

【答案】 A (细节题)

【判型】 What does the passage say about lectures, training programs and workshops? 是 say about + 主体的标准细节题问法，无推断信号。

【拆句】 What does the passage say about lectures, training programs and workshops? 主干 What does the passage say, about 引出讨论对象，对象是三项并列名词。无从句、无否定，无陷阱。

【定位】 Lectures, training programs and workshops can explain the intellectual elements of transformation, but they are seldom effective at getting to the behavioral aspects that lie at the heart of a significant change initiative.

讲座、培训项目和工作坊能讲清变革的认知层面，但它们在触及行为层面（而行为层面恰是重大变革的核心）这件事上几乎无效。

【选项】 A) ✓ 正确

they are seldom effective at getting to the behavioral aspects ↔

They are generally incapable of changing workers' behaviors on the job.

the behavioral aspects that lie at the heart of a significant change initiative ↔

workers' behaviors on the job

预判「改不了行为」直接对应 generally incapable of changing workers' behaviors，两端的否定强度通过 seldom↔generally not 桥接成立。

B) 无中生有

They are interventions different from simulations in creating stimuli for change.

把三者说成「在制造变革刺激上不同于 simulation 的干预」，原文只把它们与 simulation 在「能不能触及行为」上作对照，未把它们也定性为 intervention，更未谈它们「创造刺激」。

C) 与原文相反

They aim at transforming the behaviors of the workers in an organization. 称它们「以改变行为为目标」，与原文「在行为层面 seldom effective」的判定方向相反——原文恰是说它们做不到这件事。

D) 张冠李戴

They help managers achieve the full effect of employee development efforts. 让三者「帮助管理者获得员工发展投入的全部成效」，但原文 managers rarely see the full effect of their employee development efforts 是说在常规工作里 managers 几乎看不到全部成效，且这一判断是关于「常规工作条件」整体，不是三者帮助下的状况。

49. What makes simulation one of the most fruitful forms of learning?

- A) Its capability of saving time by accelerating the immersive learning experience.
- B) Its potential for learners to examine their skills, knowledge and learning process.
- C) Its capability of providing all participants with a practical learning experience.
- D) Its potential for learners to explore, experiment and practice without any risk.

是什么使模拟成为最富有成效的学习形式之一？

- A) 它能够通过加速沉浸式学习体验来节省时间。
- B) 它让学习者有可能审视自己的技能、知识和学习过程。
- C) 它能够为所有参与者提供实践性的学习体验。
- D) 它让学习者有可能在没有任何风险的情况下探索、试验和实践。

【答案】 **D** (细节题)

【判型】 What makes simulation one of the most fruitful forms of learning? 用「What makes X Y?」结构直问 simulation 之所以 fruitful 的原因，原文给出明确归因。

【拆句】 What makes simulation one of the most fruitful forms of learning? make 引导 sb./sth. + 宾补结构，simulation 是宾语，one of the most fruitful forms of learning 是宾补；fruitful 与原文 productive 同义。无陷阱。

【定位】 The ability to explore, experiment and repeatedly apply new knowledge in unlimited, risk-free models is what makes simulation one of the most productive forms of learning.

在数量无限、零风险的模型里探索、实验并反复运用新知的能力，正是让 simulation 成为最高效学习方式之一的原因。

【选项】 A) **偷换概念**

Its capability of saving time by accelerating the immersive learning experience.
把 accelerates time 拎出来当主因，但原文里它只是 simulation 优点的描述之一，不是 is what makes 强调结构所归的原因。

B) **偷换概念**

Its potential for learners to examine their skills, knowledge and learning process.
取自 skills, processes and knowledge all can be highlighted，但原文是 processes (业务流程/作业过程)，选项改成了 learning process (学习过程)，主体偷换；且原文是 simulation 来 highlight，不是 learners 来 examine。

C) **以偏概全**

Its capability of providing all participants with a practical learning experience. 用 practical learning experience 模糊概括 simulation，未含 risk-free、reflect、experiment 等核心元素；原文 is what makes 主语处也并未用 practical 来归因。

D) **✓ 正确**

The ability to explore, experiment and repeatedly apply new knowledge ↔

Its potential for learners to explore, experiment and practice without any risk.

in unlimited, risk-free models ↔ **without any risk**

The ability ↔ **Its potential**

D 保留了原文的三动词并列与 risk-free 条件，是唯一同时满足两项核心的选项。

50. What should participants do in a simulation to reap the greatest benefits possible?

- A) Take the experience as a mere game.
- B) Apply promptly what they learn to their jobs.
- C) Develop a deep level of understanding.
- D) Strive to connect closely with their leaders.

参与者在模拟中应该做什么才能获得最大可能的收益？

- A) 将这种体验仅仅当作游戏。
- B) 将所学内容迅速应用到工作中。
- C) 培养深层次的理解。
- D) 努力与领导者建立紧密联系。

【答案】 **B** (细节题)

【判型】 What should participants do in a simulation to reap the greatest benefits possible?
是问明确做法的标准细节题。

【拆句】 What should participants do in a simulation to reap the greatest benefits possible?
主干 What should participants do, in a simulation 是地点状语, to reap the greatest benefits possible 是目的不定式, possible 后置修饰 benefits。无陷阱。

【定位】 To maximize benefits from simulation, participants should immediately apply the learning from the experience to forge a smooth link between learning and doing.

为最大化从模拟中获得的收益, 参与者应立刻把从体验中所学应用到工作中, 以打通「学」与「做」之间的桥梁。

【选项】 A) **与原文相反**

Take the experience as a mere game. 让参与者「把体验当作单纯的游戏」, 但 If they don't, they will view the experience as a game, which can be difficult to apply on the job 明确把「视为游戏」当作负面后果。

B) **✓ 正确**

participants should immediately apply the learning from the experience ↔

Apply promptly what they learn to their jobs.

to forge a smooth link between learning and doing ↔ **to their jobs**

B 在副词 (promptly ↔ immediately)、核心动作 (apply what they learn ↔ apply the learning) 与落点 (to their jobs ↔ between learning and doing) 三处与定位句完全对位。

C) **答非所问**

Develop a deep level of understanding. 取自 enable individuals and groups to develop a deep level of understanding, 那是 simulation 的功效 (果), 不是参与者「应当做什么以最大化收益」 (因)。

D) **无中生有**

Strive to connect closely with their leaders. 让参与者「努力与领导紧密联系」, 但全文从未要求 participants 去与 leaders 建立紧密联系, 原文 forge a link 的对象是 learning 与 doing, 不是 participants 与 leaders。

SENTENCE INSIGHTS • 句子精讲

14 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。

Simulators are most often utilized within industries such as nuclear power, aviation and surgery where failure results in disastrous consequences.

第1段，第1句

被动语态 + 限制性定语从句的组合是四六级和考研阅读中的高频句式，句中 where 引导定语从句修饰抽象地点名词 industries 也是常考结构，具有较强的典型性和复用价值。

Regardless of the level of senior management commitment, unless key thought leaders at all levels embrace the change, the initiative will wither and die.

第3段，第2句

本句采用 unless 引导条件状语从句的结构，这是四六级和考研阅读中高频出现的句式。句首介词短语作让步状语，搭配条件从句来强调必要条件，是学术和正式文体的典型用法，掌握后可广泛迁移到理解其他复杂条件句和让步句。

To create this kind of widespread passion, learning leaders must expose the workforce to what could be, which will enable them to rethink their mental models, enable them to break free from their deep-rooted paradigms and embrace the opportunity to learn.

第3段，第3句

本句涵盖主谓宾、目的状语（不定式短语）、宾语从句（"what" 引导）、非限制性定语从句（"which" 引导）、宾语补足语（三个并列不定式），成分种类丰富；特别适合练习 "enable sb to do" 结构、并列宾补识别、以及区分限制性与非限制性定语从句；坑点在于 "what could be" 的从句归属和 "which" 引导的长从句中并列成分的切分

As such, an intervention like a simulation can provide the stimulus for change.

第5段，第4句

"主语 + 情态动词 + 动词原形 + 宾语" 是四六级和考研阅读中的常见句式，介词短语作后置定语也是高频结构。句首过渡短语的用法在学术写作和考试文章中普遍存在。整体结构有较强的迁移性，掌握后可复用于大量类似句子。

An effective simulation can be better than experience as a learning tool because it accelerates time, compresses space, and unlike reality, is specifically designed to maximize participant learning.

第6段，第1句

本句结构为“主句 + 原因状语从句”，且从句包含并列谓语，这是四六级和考研阅读中的高频句式；比较结构“better than”和被动语态“is designed”也是常考点，代表性强，掌握后可迁移至大量类似句子

Simulations provide an immersive learning experience where skills, processes and knowledge all can be highlighted in a way reality cannot.

第6段，第2句

主句加定语从句修饰宾语的结构在四六级和考研阅读中极为常见；where 引导定语从句、比较结构中的省略、情态动词加被动语态等都是高频考点句式；掌握本句的分析方法后，可以直接迁移到大量类似真题句子中，典型性很高。

The ability to explore, experiment and repeatedly apply new knowledge in unlimited, risk-free models is what makes simulation one of the most productive forms of learning.

第6段，第3句

主系表结构搭配表语从句是四六级和考研阅读中的高频句式，what 引导名词性从句也是常考点。make + 宾语 + 宾补 结构同样典型。本句结构具有很强的代表性，掌握后可广泛迁移到类似句型的理解中。

At the end of the successful simulation, participants must declare "this is us."

第7段，第3句

本句涵盖主语、谓语(情态动词结构)、宾语(宾语从句)、时间状语和定语等多种成分，适合练习情态动词谓语的识别、介词短语作状语的判断、以及宾语从句(直接引语形式)的划分。宾语从句内部还包含主系表结构，可练习系动词和表语的区别。成分种类较丰富，有一定训练价值。

If they don't, they will view the experience as a game, which can be difficult to apply on the job, or worse, irrelevant to everyday work tasks.

第7段，第4句

条件状语从句 + 主句 + 非限制性定语从句的组合是四六级和考研英语阅读中常见的句式。条件句的时态搭配（从句一般现在时、主句一般将来时）是基础语法重点，非限制性定语从句补充说明也是高频结构。"view... as..." 和 "difficult to do" 是常见搭配。整体结构具有较高的复用性，掌握后可迁移到大量类似句子。

They call for enthusiastic support from the workforce.

第46题，C

简单句中主谓宾加定语修饰的结构在真题中较为常见，动词短语和介词短语作定语也是基础考点，但过于简单的结构在实际考试中占比不高，代表性一般。

They often result from simulation learning experiences.

第46题，D

"主语 + 谓语 + 介词短语" 是英语中常见的基本句式，"result from" 也是四六级和考研中常考的固定搭配；但由于过于简单、无复杂结构，作为真题句式的代表性中等，学习后可迁移到类似简单句，但无法覆盖更复杂的真题句式。

What should learning leaders do to arouse learners' passion for change?

第47题 题干

疑问句倒装、情态动词表建议、不定式作目的状语，均为四六级和考研常考句式；该句型可迁移到大量类似情境（如 What should we do to solve the problem?），代表性较强。

Allow them to see what could possibly be achieved.

第47题，A

本句涵盖祈使句的主干识别、宾语补足语的判定、宾语从句的定位、以及关系词 "what" 在从句中兼作主语的分析，成分种类丰富；特别是 "allow sb to do sth" 结构和 "what" 引导宾语从句同时充当从句主语这两个点，是学习者常见的易错点，训练价值较高。

Help them break free from their old paradigms.

第47题, B

祈使句在考试阅读和应用文写作中较为常见,"help sb do sth" 结构更是高频考点,掌握后可直接迁移到大量类似句式(如 let/make/have sb do sth)。但祈使句在长难句分析中占比不高,典型性略低于陈述句复杂结构。

HIGH-FREQUENCY • 真题高频词

本篇出现的 91 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。

learning A1

n. 学习

本篇14次 · 真题 128 句

simulation B2

n. 模拟; 仿真

本篇13次 · 真题 16 句

participant B2

n. 参与者

本篇8次 · 真题 91 句

organization B1

n. 组织

本篇7次 · 真题 73 句

apply A2

v. 申请

本篇5次 · 真题 63 句

reality B1

n. 现实

本篇4次 · 真题 57 句

embrace B2

v. 拥抱

本篇4次 · 真题 30 句

benefit B1

n. 好处

本篇3次 · 真题 244 句

opportunity B1

n. 机会

本篇3次 · 真题 115 句

enable B1

v. 使能够

本篇3次 · 真题 68 句

intervention

C1

n. 干预

本篇3次·真题 32 句

learner

A2

n. 学习者

本篇3次·真题 23 句

workforce

B2

n. (一国或一地区的) 劳动力, 劳动人口

本篇3次·真题 19 句

stimulus

C1

n. 刺激物

本篇3次·真题 12 句

effect

A2

n. 影响

本篇2次·真题 191 句

employee

A2

n. 雇员, 员工

本篇2次·真题 190 句

behavior

B1

n. 行为

本篇2次·真题 171 句

process

B1

n. 过程

本篇2次·真题 126 句

effective

B1

adj. 有效的, 起作用的

本篇2次·真题 94 句

potential

B2

adj. 潜在的

本篇2次·真题 92 句

understanding

B1

n. 理解; 领悟

本篇2次·真题 84 句

significant

B2

adj. 重要的

本篇2次·真题 65 句

explore

B1

v. 探索

本篇2次·真题 52 句

passion

B2

n. 强烈的情感

本篇2次·真题 43 句

lecture

B1

n. 讲座

本篇2次·真题 35 句

implement

B2

v. 实施

本篇2次·真题 28 句

vision B2

n. 视力

本篇2次 · 真题 28 句

accelerate B2

v. 加速

本篇2次 · 真题 25 句

initiative B2

n. 主动性

本篇2次 · 真题 25 句

behavioral B2

adj. 行为的

本篇2次 · 真题 22 句

capability B2

n. 能力

本篇2次 · 真题 20 句

transformation B2

n. 彻底改变

本篇2次 · 真题 16 句

risk A2

n. 风险

本篇1次 · 真题 167 句

individual B2

adj. 单独的

本篇1次 · 真题 142 句

view A2

n. 观点, 看法

本篇1次 · 真题 134 句

power A2

n. 权力

本篇1次 · 真题 128 句

mental B1

adj. 精神的

本篇1次 · 真题 120 句

design B1

n. 设计

本篇1次 · 真题 119 句

affect B1

v. 影响

本篇1次 · 真题 116 句

support A2

v. 支持

本篇1次 · 真题 103 句

belief B1

n. 相信

本篇1次 · 真题 85 句

further B1

adv. 更远地

本篇1次 · 真题 79 句

current B1

adj. 现在的

本篇1次·真题 72 句

consequence B2

n. 结果

本篇1次·真题 66 句

management B1

n. 管理

本篇1次·真题 63 句

generally B1

adv. 通常，一般地

本篇1次·真题 60 句

specific B2

adj. 具体的

本篇1次·真题 59 句

aim B1

v. 瞄准

本篇1次·真题 57 句

link A2

n. 联系

本篇1次·真题 53 句

response B1

n. 回答

本篇1次·真题 52 句

senior B1

adj. 级别高的

本篇1次·真题 52 句

aspect B2

n. 方面

本篇1次·真题 50 句

failure B1

n. 失败

本篇1次·真题 47 句

practical B1

adj. 实际的

本篇1次·真题 42 句

alternative B2

n. 可供选择的事物

本篇1次·真题 41 句

department A2

n. 部门

本篇1次·真题 41 句

unlike B1

prep. 不像

本篇1次·真题 31 句

expose B2

v. 使暴露

本篇1次·真题 30 句

rarely B1

adv. 很少, 难得, 不常

本篇1次·真题 30 句

transform B2

v. 使彻底改变;使转变

本篇1次·真题 30 句

directly B1

adv. 直接地

本篇1次·真题 29 句

working A2

adj. 有工作的

本篇1次·真题 29 句

closely B1

adv. 紧密地

本篇1次·真题 28 句

largely B2

adv. 主要地

本篇1次·真题 28 句

rapidly B1

adv. 迅速地

本篇1次·真题 28 句

regardless B2

adv. 不管

本篇1次·真题 27 句

strive B2

v. 努力, 奋斗, 力求

本篇1次·真题 27 句

highlight B2

n. 最精彩的部分

本篇1次·真题 25 句

element B1

n. 要素

本篇1次·真题 24 句

commitment B2

n. 承诺

本篇1次·真题 23 句

productive B2

adj. 富有成效的

本篇1次·真题 23 句

widespread B2

adj. 广泛的

本篇1次·真题 23 句

fellow B2

n. 家伙

本篇1次·真题 22 句

intellectual C1

adj. 智力的

本篇1次·真题 22 句

mere B2

adj. 仅仅的

本篇1次·真题 19 句

nuclear B2

adj. 核能的

本篇1次·真题 19 句

prompt B2

v. 促使

本篇1次·真题 19 句

declare B2

v. 宣布

本篇1次·真题 18 句

resist B2

v. 抵抗

本篇1次·真题 18 句

specifically B2

adv. 明确地

本篇1次·真题 18 句

arouse C1

v. 激起, 引起 (情感、反应)

本篇1次·真题 17 句

possibly B1

adv. 可能, 也许

本篇1次·真题 17 句

stimulate B2

v. 刺激

本篇1次·真题 16 句

ease B1

n. 容易

本篇1次·真题 15 句

irrelevant B2

adj. 无关紧要的

本篇1次·真题 11 句

repeatedly B1

adv. 反复地

本篇1次·真题 11 句

utilize B2

v. 使用, 利用

本篇1次·真题 10 句

deploy C1

v. 部署, 调动 (军队或资源)

本篇1次·真题 9 句

enthusiastic B2

adj. 热情的

本篇1次·真题 8 句

forge B2

v. 伪造

本篇1次·真题 8 句

surgery

B1

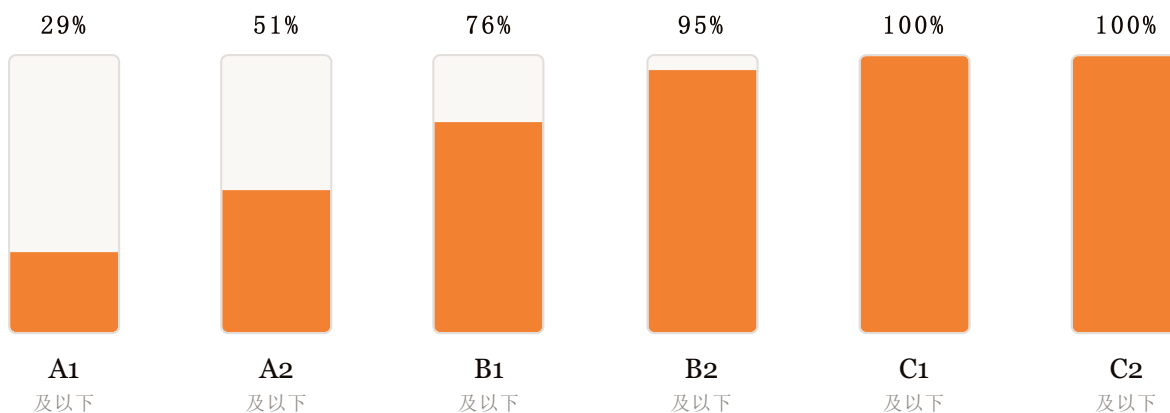
n. 外科手术

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 12 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 224 个 · 末柱为 100%

去重总词数

224

B2 以上难词

5%

B1 及以下覆盖

76%

英语六级 2025年6月·第3套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	与2025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）	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 →

2025年6月·第3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 • 阅读理解和解析

阅读理解和解析·51-55 题

本页 51-55 题的答案与逐题解析由懒笔记基于2025年6月·第3套 英语六级阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 7 段原文（段首标 P1-P7 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

真题卷第3套(2025-06) • 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 GDP growth is not a good indicator of how well a country is performing, and should not be the primary goal of governments. Unlimited growth is not sustainable, and economic thinking is moving toward the idea that we should aim for sustainability in our economic models. But while a sustainable economy is vital to our future, it is a means to an end, not an end in itself.

GDP增长并非衡量一个国家表现如何的良好指标,也不应成为政府的首要目标。无限增长是不可持续的,经济思想正在转向这样一种理念:我们应当在经济模型中追求可持续性。但是,尽管可持续经济对我们的未来至关重要,它只是达到目的的手段,而非目的本身。

P2 The idea that governments should focus on happiness has its critics. There are concerns about how happiness can be measured. Is happiness not a fleeting and subjective psychological state? Don't different people experience different levels of happiness? Even on the broadest interpretation of 'happiness' as prosperity or 'life satisfaction', people want different things.

政府应当关注幸福这一理念有其批评者。人们担忧幸福如何被衡量。幸福难道不是一种转瞬即逝的主观心理状态吗?不同的人难道不会体验到不同程度的幸福吗?即便对"幸福"作最宽泛的解释,将其理解为繁荣或"生活满意度",人们想要的东西也各不相同。

P3 Of course, governments cannot impose life satisfaction on citizens. But our happiness relies on collaborative efforts as a society. A government's obligation lies in creating conditions that promote

prosperity. And there is good reason to suppose that such conditions exist, are globally applicable, and are discoverable through research.

当然,政府无法将生活满意度强加给公民。但我们的幸福依赖于作为一个社会的协作努力。政府的义务在于创造促进繁荣的条件。而且有充分理由认为这样的条件是存在的,是全球适用的,并且可以通过研究发现。

P4 In a recently published article, philosopher Julian Baggini suggests we should focus on 'real wealth' for citizens, which does not depend on GDP growth. Access is key: people do not need to own, but rather access things that enable them to live well. Technological advances and changes in social behavior enable us to make more efficient use of the assets that we already have. And focusing on access to the resources people need to live better lives could help reduce inequality.

在最近发表的一篇文章中,哲学家Julian Baggini建议我们应当关注公民的"真实财富",它不依赖于GDP增长。可及性是关键:人们不需要拥有,而是需要获取那些使他们能够生活得好的事物。技术进步和社会行为的变化使我们能够更有效地利用我们已经拥有的资产。而且关注人们获取过上更好生活所需资源的可及性,可能有助于减少不平等。

P5 As far as it goes, this has much in common with proposals tabled by 'happiness' advocates. But it sets the bar far too low for what governments can and should be doing for their citizens.

就其本身而言,这与"幸福"倡导者提出的建议有许多共同之处。但对于政府能够并且应当为其公民做什么,这设定的标准太低了。

P6 For example, it's not clear how a 'real wealth' economy would remedy the epidemic of mental ill-health that plagues our society. In Western countries, at least—poor mental health is more detrimental to wellbeing than poverty. Over and above a vastly improved provision of therapeutic mental healthcare, there are preventative measures for improving mental health that governments could and should adopt. The WHO recommends establishing institutions that facilitate community participation—educational programs and interventions that provide skills for promoting mental wellbeing. It says a lot, however, that the WHO feels the need to appeal to the economic benefits of improving mental health to persuade governments that the cost of taking proposed measures is justified. As long as the economy is their priority, governments need go no further than ensuring citizens' continued productivity.

例如,目前尚不清楚"真实财富"经济将如何解决困扰我们社会的心理健康不良流行病。至少在西方国家,糟糕的心理健康对幸福感的损害比贫困更大。除了大幅改善治疗性心理保健服务的提供之外,政府可以并且应当采取改善心理健康的预防措施。WHO建议建立促进社区参与的机构——提供促进心理健康技能的教育项目和干预措施。然而,WHO感到有必要诉诸改善心理健康的经济效益,以说服政府采取拟议措施的成本是合理的,这很能说明问题。只要经济是他们的优先事项,政府只需确保公民持续的生产力即可,无需做得更多。

P7 To demand that governments set the 'happiness' of citizens as their highest priority is to demand that they view citizens as ends in themselves.

要求政府将公民的"幸福"设定为其最高优先事项,就是要求他们将公民本身视为目的。

题目与逐题解析

51. What does the passage say is the more recent thinking of economic growth?

- A) It should be made sustainable.
- B) It is vital to the future of humanity.
- C) It should be governments' chief concern.
- D) It is an indicator of government performance.

文章指出，关于经济增长的最新思考是什么？

- A) 应当使其可持续。
- B) 它对人类的未来至关重要。
- C) 应当成为政府的首要关注点。
- D) 它是政府绩效的指标。

【答案】 **A** (细节题)

【判型】 What does the passage say is the more recent thinking of economic growth? 问「文章说.....是什么」，要的是原文给出的具体表述，不是要考生推断。

【拆句】 主干是 What does the passage say is the more recent thinking of economic growth?，what 是 say 的宾语，is 引导的从句作 say 的真正宾语；不要把 is 误读成主句谓语。结构清晰、无陷阱。

【定位】 Unlimited growth is not sustainable, and economic thinking is moving toward the idea that we should aim for sustainability in our economic models.

无限增长不可持续，经济思潮正转向「我们应当在经济模型中以可持续为目标」这一理念。

【选项】 **A) ✓ 正确**

we should aim for sustainability in our economic models ↔ **It should be made sustainable**
预判「应追求可持续」与 It should be made sustainable 字面同向，无需推断，直接锁定。

B) 偷换概念

原文说「可持续经济」对未来重要 a sustainable economy is vital to our future，主语是「sustainable economy」，而非 It (指 economic growth) 本身。

C) 与原文相反

原文明确 GDP growth ... should not be the primary goal of governments，作者主张增长不应是政府首要关切，It should be governments' chief concern 正好相反。

D) 与原文相反

原文首句即否定 GDP growth is not a good indicator of how well a country is performing，It is an indicator of government performance 正是这个被否定的旧观点。

52. Why are some people opposed to the idea that governments should focus on happiness?

- A) Governments cannot impose happiness on citizens.
- B) People's happiness is built upon their own endeavor.
- C) Happiness means different things to different people.
- D) Happiness depends on sustainable economic growth.

为什么有些人反对政府应当关注幸福的观点？

- A) 政府无法将幸福强加给公民。 B) 人们的幸福建立在自己的努力之上。
C) 幸福对不同的人意味着不同的事物。 D) 幸福依赖于可持续的经济增长。

【答案】 C (细节题)

【判型】 Why are some people opposed to the idea that governments should focus on happiness? 问「反对的原因」，原文必有一段集中陈述反对理由。

【拆句】 主干 Why are some people opposed to the idea, 后接 that 引导的同位语从句解释 idea 的内容；opposed to 是固定搭配「反对」，不要看成被动语态。

【定位】 Even on the broadest interpretation of 'happiness' as prosperity or 'life satisfaction', people want different things.

即使把「幸福」理解到最宽泛的程度——视为「繁荣」或「生活满意度」——人们想要的东西也各不相同。

【选项】 A) 张冠李戴

Governments cannot impose happiness on citizens 是作者本人的让步 (governments cannot impose life satisfaction on citizens)，而非反对者的反对原因，时空错位。

B) 无中生有

原文 P2 从未提到「幸福建立在个人努力上」；endeavor 在全文不存在，是凭空添加的因果。

C) ✓ 正确

people want different things ↔ **Happiness means different things to different people**

Don't different people experience different levels of happiness? ↔

Happiness means different things to different people

「幸福因人而异」与 Happiness means different things to different people 同义，三个反问句的共同指向皆收束于此。

D) 强加因果

P1 把 sustainable 与 happiness 视为两条不同线索，原文从未说 Happiness depends on sustainable economic growth；该选项把两个概念强行嫁接。

53. What does philosopher Julian Baggini suggest governments do in a recently published article?

- A) Try to reduce inequality between the rich and the poor.
- B) Provide people with access to resources for a better life.
- C) Change people's behaviors to put social wealth to better use.
- D) Make use of advanced technologies to improve people's lives.

哲学家 Julian Baggini 在最近发表的一篇文章中建议政府做什么？

- A) 努力减少贫富之间的不平等。 B) 为人们提供获得更好生活的资源渠道。
C) 改变人们的行为以更好地利用社会财富。 D) 利用先进技术改善人们的生活。

【答案】 **B** (细节题)

【判型】 What does philosopher Julian Baggini suggest governments do 是经典「某人的具体主张」型细节题。

【拆句】 主干 What does philosopher Julian Baggini suggest governments do, suggest 后接省略 that 的宾语从句 governments do (what), what 是 do 的宾语前置——理解为「Baggini 建议政府做什么」。

【定位】 Access is key: people do not need to own, but rather access things that enable them to live well.

「使用权」是关键：人们不必拥有，而是要能用上那些让他们生活得更好的东西。

【选项】 A) **以偏概全**

could help reduce inequality 只是 Baggini 主张的「附带效益」(could help)，不是其建议政府该做的核心；选项 A 把附带效益当成主张主体。

B) **✓ 正确**

access things that enable them to live well ↔

Provide people with access to resources for a better life

预判「让公民能用上让生活更好的资源」与 Provide people with access to resources for a better life 字面同向。

C) **偷换概念**

原文说 changes in social behavior enable us to make more efficient use of the assets, 是「社会行为已发生的变化」让现有资产用得更高效；选项把它改成「政府去改变人们行为以更好利用社会财富」，主动者与目的都被偷换。

D) **以偏概全**

Technological advances 在原文同样只是 access 模型成立的「条件」，不是 Baggini 给政府的建议；选项 D 抓了边缘条件而漏掉主张句。

54. Why does the WHO feel the need to appeal to the economic benefits of improving mental health to justify its recommendations?
- A) Mental health programs cannot be executed without GDP growth.
 - B) Psychological interventions are conducive to people's wellbeing.
 - C) Poor mental health is detrimental to a nation's economic system.
 - D) Governments still take economic development as their priority.

为什么**WHO**认为有必要诉诸改善心理健康的经济效益来证明其建议的合理性？

- A) 没有GDP增长就无法执行心理健康项目。 B) 心理干预有助于人们的幸福感。
C) 心理健康不良对国家经济体系有害。 D) 政府仍然将经济发展作为优先事项。

【答案】 D (推断题)

【判型】 Why does the WHO feel the need to appeal to the economic benefits 问「WHO 为何觉得有必要诉诸经济利益」，答案不在 WHO 这句的字面，而要从作者紧接的评论中推断政府的倾向。

【拆句】 主干 Why does the WHO feel the need to appeal to the economic benefits of improving mental health to justify its recommendations\?, feel the need to do = 觉得有必要做，to justify 是目的状语——「为了让其建议显得合理」。

【定位】 It says a lot, however, that the WHO feels the need to appeal to the economic benefits of improving mental health to persuade governments that the cost of taking proposed measures is justified. As long as the economy is their priority, governments need go no further than ensuring citizens' continued productivity.

然而，WHO 不得不诉诸「改善心理健康带来的经济收益」来说服政府这一举措的成本合理，这一点本身就说明了问题：只要政府仍把经济置于首位，他们就只关心公民能否继续创造产值。

【选项】 A) 无中生有

原文从未说「无 GDP 增长就执行不了心理健康项目」，仅说「政府要看到经济收益才肯掏钱」；选项 A 把动机改成了执行前提，凭空捏造。

B) 答非所问

Psychological interventions are conducive to people's wellbeing 是事实陈述，原文 improving mental health 也支持这一点，但题干问的是「WHO 为何要诉诸经济收益」，与「干预有益健康」无关。

C) 偷换概念

原文强调「政府以经济为先」是导致 WHO 必须用经济话术的「原因」；选项 C 反过来说「心理健康差对经济不利」是 WHO 用经济话术的原因——把工具变成了动机来源。

D) ✓ 正确

As long as the economy is their priority ↔

Governments still take economic development as their priority

It says a lot, however, that the WHO feels the need to appeal to the economic benefits ↔

Governments still take economic development as their priority

「政府只听经济话术」的根本原因即「政府仍以经济为先」，与 Governments still take economic development as their priority 同义。

55. What message does the author try to convey at the end of the passage?

- A) Governments' goal should be prosperity-driven.
- B) Governments' goal should be people-oriented.
- C) Governments should consider citizens' views in decision-making.
- D) Governments should set sustained productivity as their top priority.

作者在文章结尾试图传达什么信息？

- A) 政府的目标应当以繁荣为导向。 B) 政府的目标应当以人为本。
- C) 政府在决策时应当考虑公民的观点。 D) 政府应当将持续生产力设为首要任务。

【答案】 B (主旨题)

【判型】 What message does the author try to convey at the end of the passage? 问作者结尾要传达的核心信息，是局部主旨题。

【拆句】 主干 What message does the author try to convey at the end of the passage?, try to convey = 试图传达；message 是宾语前置至 what。

【选项】 A) 与原文相反

全文反对把繁荣/产值当目标 (should not be the primary goal / ensuring citizens' continued productivity 被作者批评) , Governments' goal should be prosperity-driven 正好是作者反对的立场。

B) ✓ 正确

view citizens as ends in themselves ↔ **Governments' goal should be people-oriented**
set the 'happiness' of citizens as their highest priority ↔

Governments' goal should be people-oriented

末段「把公民视为目的」是全文落点, 与 Governments' goal should be people-oriented 同义。

C) 无中生有

原文从未谈及「决策时听取公民意见」 (views in decision-making) ; 这是把「以人为本」误解为「问政于民」, 添加了原文不存在的程序性内容。

D) 与原文相反

作者在 governments need go no further than ensuring citizens' continued productivity 中明显嘲讽了「以产值为先」的政府逻辑; sustained productivity as their top priority 正是作者批评的对象。

SENTENCE INSIGHTS • 句子精讲

14 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。

Unlimited growth is not sustainable, and economic thinking is moving toward the idea that we should aim for sustainability in our economic models.

第1段, 第2句

并列主句加同位语从句的组合在四六级和考研真题中出现频率较高, "the idea that" 这类抽象名词后接同位语从句是典型考点; 现在进行时表示趋势变化也是常见表达。句式代表性强, 掌握后可大量复用。

In a recently published article, philosopher Julian Baggini suggests we should focus on 'real wealth' for citizens, which does not depend on GDP growth.

第4段，第1句

主句 + 宾语从句 + 非限制性定语从句是四六级和考研阅读中的高频句式, suggests 后接宾语从句(省略 that)、which 引导非限制性定语从句补充说明, 都是典型的书面语结构, 掌握后可大量复用

Access is key: people do not need to own, but rather access things that enable them to live well.

第4段，第2句

句式典型性较高。冒号引出解释性并列句、并列谓语表达对比 (not...but rather)、定语从句修饰宾语、enable sb to do 结构, 这些都是四六级和考研阅读中频繁出现的句式。掌握本句的分析方法后, 可以迁移到大量类似的长难句中, 复用价值高。

Technological advances and changes in social behavior enable us to make more efficient use of the assets that we already have.

第4段，第3句

本句结构非常典型: 并列主语 + 使役动词 enable + 宾语 + 不定式宾补 + 定语从句修饰名词, 这是考试阅读中的常见句式。enable sb to do 和 that 引导的定语从句都是四六级及考研高频考点。

As far as it goes, this has much in common with proposals tabled by 'happiness' advocates.

第5段，第1句

本句涵盖了状语从句、主句的主谓宾结构、后置定语(过去分词短语)等多种成分, 能够训练学生识别从句边界、定位主干、区分定语与谓语的能力。固定搭配 "have something in common with" 也是实用的知识点, 具有一定训练价值。

It says a lot, however, that the WHO feels the need to appeal to the economic benefits of improving mental health to persuade governments that the cost of taking proposed measures is justified.

第6段，第5句

句中涵盖形式主语、主语从句、宾语从句、后置定语、目的状语、系表结构等多种成分, 且存在形式主语与真正主语的对应、不定式作定语与作状语的区分、嵌套从句中成分的层级归属等典型易错点, 非常适合作为成分划分练习句。

As long as the economy is their priority, governments need go no further than ensuring citizens' continued productivity.

第6段，第6句

条件状语从句加主句的结构在四六级和考研阅读中非常常见，"As long as" 引导条件从句也是高频句式。主句中 "no further than" 这类程度限定表达在学术和议论文中经常出现，具有较高的典型性和复用价值。

To demand that governments set the 'happiness' of citizens as their highest priority is to demand that they view citizens as ends in themselves.

第7段，第1句

本句在一个主句框架内同时涉及不定式作主语、不定式作表语、宾语从句、宾语补足语(as结构)等多个成分类型,且两个从句结构平行,便于对比练习。对划分不定式短语边界、识别宾语从句、区分宾语与宾语补足语都有较好训练价值。

It is vital to the future of humanity.

第51题，B

主系表结构配介词短语状语在四六级阅读中较为常见，具备一定代表性，但因过于简短、无从句嵌套，典型性不如复合句明显

Happiness depends on sustainable economic growth.

第52题，D

"主语 + depend on + 宾语" 是四六级和考研阅读中高频出现的表达依存关系的典型句式，多个定语修饰宾语的结构也很常见，学习后可迁移至大量类似句子。

What does philosopher Julian Baggini suggest governments do in a recently published article?

第53题题干

特殊疑问句加宾语从句的结构在四六级和考研阅读中高频出现，suggest 后接虚拟语气也是常考语法点；疑问词在从句中作宾语并前置是典型的疑问句变形，掌握后可大量复用到其他动词（ask、wonder、know 等）引导的宾语从句疑问句中。

Make use of advanced technologies to improve people's lives.

第53题，D

祈使句在四六级、考研阅读中较为常见，尤其在议论文、说明文中用于提出建议或号召。本句的"动词短语 + 宾语 + 不定式目的状语"结构具有一定代表性，掌握后可迁移到类似句式。但祈使句相比复杂的主从复合句或并列句，在考试中的出现频率和难度权重相对较低，因此典型性中等。

Mental health programs cannot be executed without GDP growth.

第54题，A

"情态动词 + be + 过去分词 + 介词短语状语"是四六级和考研阅读中高频出现的句式，掌握后可复用到大量类似结构的句子中

Psychological interventions are conducive to people's wellbeing.

第54题，B

主系表结构是英语基础句型之一，在学术写作和考试中常见，"be + 形容词 + to"的搭配也较为典型（如"be harmful to"、"be beneficial to"），具有一定代表性，但本句作为简单句，未展现复合句或复杂修饰结构等更高频的考试句式特征。

HIGH-FREQUENCY • 真题高频词

本篇出现的 84 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。

happiness A2

n. 幸福

本篇11次 · 真题 53 句

mental B1

adj. 精神的

本篇9次 · 真题 120 句

economic B2

adj. 经济的

本篇8次 · 真题 167 句

citizen B1

n. 公民

本篇8次 · 真题 41 句

growth B1

n. 增长

本篇6次·真题 104 句

focus B1

n. 重点

本篇4次·真题 200 句

priority B2

n. 优先事项

本篇4次·真题 39 句

sustainable B2

adj. 可持续的

本篇4次·真题 32 句

economy B1

n. 经济

本篇3次·真题 102 句

access B1

n. 进入

本篇3次·真题 101 句

measure B1

v. 测量

本篇3次·真题 100 句

wellbeing B2

n. 幸福;安康

本篇3次·真题 43 句

benefit B1

n. 好处

本篇2次·真题 244 句

behavior B1

n. 行为

本篇2次·真题 171 句

reduce B1

v. 减少, 降低 (数量、大小、程度等)

本篇2次·真题 138 句

view A2

n. 观点, 看法

本篇2次·真题 134 句

resource B1

n. 资源

本篇2次·真题 119 句

demand B1

v. 坚决要求

本篇2次·真题 92 句

concern B1

v. 涉及

本篇2次·真题 88 句

promote B2

v. 促进

本篇2次·真题 82 句

recently A2

adv. 最近

本篇2次·真题 76 句

enable B1

v. 使能够

本篇2次·真题 68 句

thinking A2

n. 思考

本篇2次·真题 68 句

productivity B2

n. 生产率

本篇2次·真题 58 句

inequality B2

n. 不平等

本篇2次·真题 50 句

appeal B2

v. 呼吁

本篇2次·真题 48 句

psychological B2

adj. 心理的

本篇2次·真题 39 句

intervention C1

n. 干预

本篇2次·真题 32 句

vital B2

adj. 极其重要的, 必不可少的

本篇2次·真题 29 句

detrimental C1

adj. 有害的

本篇2次·真题 19 句

indicator B2

n. 指示物; 指示信号

本篇2次·真题 18 句

prosperity C1

n. 繁荣

本篇2次·真题 16 句

philosopher B2

n. 哲学家

本篇2次·真题 14 句

impose B2

v. 强制实行

本篇2次·真题 13 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

community B1

n. 社区

本篇1次·真题 163 句

least A2

det. 最少的

本篇1次·真题 98 句

performance B1

n. 表演

本篇1次·真题 98 句

further B1

adv. 更远地

本篇1次·真题 79 句

exist A2

v. 存在;实际上有

本篇1次·真题 77 句

nation B1

n. 国家

本篇1次·真题 76 句

perform B1

v. 执行

本篇1次·真题 61 句

aim B1

v. 瞄准

本篇1次·真题 57 句

ensure B2

v. 确保

本篇1次·真题 57 句

advocate B2

v. 拥护

本篇1次·真题 55 句

institution B2

n. 机构

本篇1次·真题 52 句

rely B1

v. 依赖;依靠

本篇1次·真题 51 句

advance B1

v. 前进

本篇1次·真题 48 句

recommend B1

v. 推荐

本篇1次·真题 47 句

adopt B1

v. 采纳

本篇1次·真题 46 句

technological B2

adj. 技术的

本篇1次·真题 45 句

educational B1

adj. 教育的

本篇1次·真题44句

poverty B2

n. 贫穷

本篇1次·真题44句

establish B2

v. 建立, 创立 (组织、机构、关系等)

本篇1次·真题42句

means A2

n. 方法

本篇1次·真题35句

critic B2

n. 批评家

本篇1次·真题34句

proposal B2

n. 提议

本篇1次·真题34句

humanity B2

n. 人类 (总称)

本篇1次·真题32句

advanced B2

adj. 先进的

本篇1次·真题31句

broad B1

adj. 宽阔的

本篇1次·真题29句

satisfaction B2

n. 满意

本篇1次·真题28句

conducive C1

adj. 有助于的

本篇1次·真题26句

persuade B1

v. 说服

本篇1次·真题26句

recommendation B2

n. 推荐

本篇1次·真题25句

chief B1

n. 首领

本篇1次·真题23句

efficient B2

adj. 效率高的

本篇1次·真题20句

bar A2

n. 酒吧

本篇1次·真题19句

justify B2

v. 证明...有道理

本篇1次·真题 19 句

facilitate C1

v. 促进

本篇1次·真题 18 句

collaborative C1

adj. 合作的

本篇1次·真题 17 句

sustainability C1

n. 可持续性

本篇1次·真题 17 句

endeavor C1

v. 努力

本篇1次·真题 16 句

convey B2

v. 传达、表达 (信息、思想、感情等)

本篇1次·真题 15 句

remedy B2

n. 治疗方法

本篇1次·真题 15 句

epidemic C1

n. 流行病

本篇1次·真题 14 句

healthcare B2

n. 医疗保健

本篇1次·真题 14 句

interpretation B2

n. 解释

本篇1次·真题 14 句

globally B2

adv. 全球地

本篇1次·真题 13 句

improved A2

adj. 改进的

本篇1次·真题 13 句

participation B2

n. 参与

本篇1次·真题 13 句

opposed B2

adj. 反对的

本篇1次·真题 10 句

obligation B2

n. 义务

本篇1次·真题 9 句

plague B2

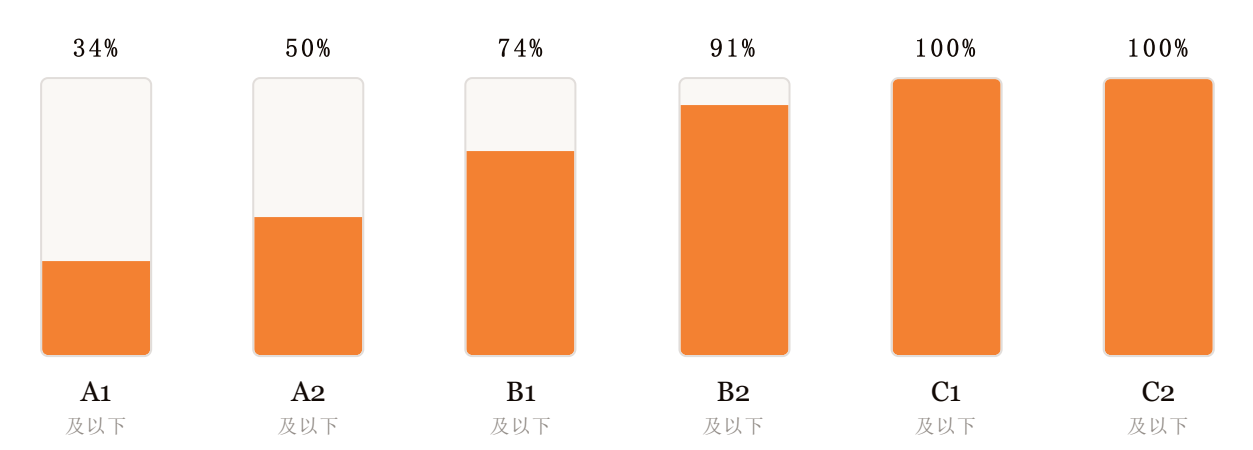
n. 瘟疫

本篇1次·真题 8 句

VOCABULARY · 词汇难度分布

全文 200 词按 CEFR 难度累积覆盖

全文去重后共 **200** 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 19 个·约 10%。



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 200 个·末柱为 100%

去重总词数

200

B2 以上难词

10%

B1 及以下覆盖

74%

英语六级 2025年6月·第3套 · 全卷构成

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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 →

2025年6月·第3套英语六级汉译英（段落翻译）·客观介绍南水北调工程 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2025年6月·第3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3套(2025-06) • 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**.

自古以来,中国的水资源北缺南丰,分布极不均衡。为了有效解决北方严重缺水问题,中国政府实施了南水北调工程(the South-to-North Water Diversion Project)。这是一项跨区域配置水资源的宏大水利工程。历经数十年的规划与筹备,工程于2002年开工建设,分为东、中、西三条线路,总长4350公里,惠及人口将超过4亿。自2014年通水以来,工程向北方调水累计已超500亿立方米,为北方地区的人民提供了可靠的水资源,同时也极大地改善了这一地区的生态环境,促进了经济的可持续健康发展。

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。

Since ancient times, China's water resources have been unevenly distributed, with water scarce in the north but abundant in the south. To effectively address the severe water shortage in the north, the Chinese government launched the South-to-North Water Diversion Project. It is a massive cross-regional water conservancy project for allocating water resources. After decades of planning and preparation, the project began construction in 2002. Divided into eastern, central and western routes with a total length of 4,350 kilometers, it is expected to benefit more than 400 million people. Since the water supply began in 2014, the project has diverted over 50 billion cubic meters of water to the north, providing reliable water resources for people in the region, while greatly improving the local ecological environment and promoting sustainable and healthy economic development.

【衔接】第3句承接第2句的工程

第2句未出现工程全名，第3句 这是一项.....宏大水利工程 的「这」直接用 It 承接，避免重复整个工程名，已在 finalSentence 用 It is... 处理，读起来自然。

第4、5句用 it 回指工程避免重复

第4句下半与第5句主语都是「工程」，不必每句重写 the project，改用 it 承接（第4句后半 it is expected、第5句可用 the project 一次后续用 it），既显衔接又免重复，符合英文少重复名词的习惯。

第5句成果间补 while 显伴随

第5句 同时也极大地改善了 的「同时也」点明后续成果与主成果是并行伴随关系，英文补 while + doing 把这层「在提供水的同时还带来.....」的逻辑显化，比单纯 and 罗列更连贯。

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】客观介绍南水北调工程

全段是一篇典型的中国国情/重大工程介绍说明文，开篇 自古以来,中国的水资源北缺南丰,分布极不均衡 摆事实，随后客观陈述工程的目的、规模、线路与成效。语体是中性、客观的事实陈述，不带个人情感，这正是六级汉译英最常见的「中国文化/社会/经济介绍」题材。

【时态】一般现在时

全篇主体是对工程现状与客观事实的陈述（它是什么工程、分几条线、惠及多少人），故主时态用一般现在时。但本篇内嵌明确的历史与时间节点：工程于2002年开工建设 是过去发生的动作，用一般过去时；自2014年通水以来,工程向北方调水累计已超500亿立方米 含「自.....以来 + 累计」，是延续到现在的结果，用现在完成时。即「以现在时为锚，叙述具体动作时按时间节点偏离」。

【译法】南水北调工程

原文已直接给出官方英译 南水北调工程(the South-to-North Water Diversion Project)，括号里就是约定俗成的官方译名，照抄即可：the South-to-North Water Diversion Project。全篇再次提到时统一用 the project 承接，不得另造译法。

水利工程

这是一项跨区域配置水资源的宏大水利工程 中「水利工程」是文化/专业负载词，统一译为 water conservancy project（或 water diversion project）；本篇因前句已点名工程，此处可直接用 a massive cross-regional water diversion project 承接，避免与专名重复。

1. 自古以来,中国的水资源北缺南丰,分布极不均衡。

【主干】水资源 + 分布 + 不均衡（主语策略：原句主语）

中文主语是「水资源」，谓语核心是「分布.....不均衡」。立骨架：China's water resources are unevenly distributed。中国的水资源.....分布极不均衡 提为主干，「北缺南丰」作为分布不均衡的具体说明降级处理。

【降级】北缺南丰降级为分词/介词结构

北缺南丰 是对「分布不均衡」的进一步说明，不要照中文用 and 平铺成 the north lacks and the south is rich。可降级成 with 独立结构作伴随状语：with the north short of water and the south abundant in it；自古以来 译为句首时间状语 Since ancient times。

【语法】时态

回指全篇基调，陈述客观长期事实，用一般现在时 are distributed；「自古以来」只是强调由来已久，不必改成完成时。

单复数

water resources 作「水资源」固定用复数；the north / the south 特指中国的南北方，加定冠词 the。

【译文】 Since ancient times, China's water resources have been unevenly distributed, with water scarce in the north but abundant in the south.

2. 为了有效解决北方严重缺水问题,中国政府实施了南水北调工程(the South-to-North Water Diversion Project)。

【主干】中国政府 + 实施 + 工程（主语策略：原句主语）

主语是 中国政府 (the Chinese government)，谓语「实施」译 launched / implemented，宾语是工程。骨架：The Chinese government launched the South-to-North Water Diversion Project。

【降级】为了.....降级为不定式目的状语

为了有效解决北方严重缺水问题 降级成 To effectively address the severe water shortage in the north 置于句首作目的状语；专名照抄括号里的官方译名。

【语法】时态

「实施了」是已完成的具体动作，结合下文 2002 年开工的历史脉络，本句用一般过去时 launched，属对全篇现在时基调的合理偏离。

用词

「解决问题」避免一律用 solve，address / tackle the problem 更地道；「严重缺水」译 severe water shortage。

专名

工程名照抄原文括号官方译名 the South-to-North Water Diversion Project，首字母大写、不可自译。

【译文】 To effectively address the severe water shortage in the north, the Chinese government launched the South-to-North Water Diversion Project.

3. 这是一项跨区域配置水资源的宏大水利工程。

【主干】这 + 是 + 宏大水利工程（主语策略：原句主语）

典型的 A is B 判断句。主语「这」指代上句的工程，译 It；系动词 is；表语是「宏大水利工程」。骨架：It is a massive water conservancy project。

【降级】跨区域配置水资源作前后置定语

跨区域配置水资源的 是修饰「工程」的长定语：「跨区域」用形容词 cross-regional 前置，「配置水资源」用现在分词短语 allocating water resources 后置。译为 a massive cross-regional water conservancy project for allocating water resources，长定语前后分流，不全堆在名词前。

【语法】时态

回指全篇基调，下定义属客观事实，用一般现在时 is。

冠词

首次引入这个工程作为一类事物来定义，用不定冠词 a: a massive project.

【译文】 It is a massive cross-regional water conservancy project for allocating water resources.

4. 历经数十年的规划与筹备,工程于**2002**年开工建设,分为东、中、西三条线路,总长**4350**公里,惠及人口将超过**4**亿。

【主干】工程 + 开工建设（主语策略：原句主语）

这是一句多动词的长流水句，但核心主谓只有一个：主语 工程 (the project)，核心谓语是 于 2002年开工建设 (began construction in 2002)。其余「历经……」「分为……」「总长……」「惠及……」全是围绕工程的附加信息，须降级，不能全提成并列谓语。

【降级】四个附加信息分别降级安放

历经数十年的规划与筹备→现在分词短语前置 After decades of planning and preparation; 分为东、中、西三条线路→过去分词作定语 divided into eastern, central and western routes; 总长4350公里→with 独立结构 with a total length of 4,350 kilometers; 惠及人口将超过4亿→另起独立句或定语从句 and is expected to benefit more than 400 million people。四股信息各用不同从属结构挂上，避免 and 一路平铺。

【语法】时态

「2002年开工」是过去明确时点，用一般过去时 began；「惠及人口将超过4亿」含「将」，是预期，用 is expected to benefit / will benefit，体现一般现在/将来。

语态

「分为三条线路」是工程「被」分，用被动 be divided into/is divided into；本篇用过去分词 divided 作定语承接。

数字与单位

4350 公里写 4,350 kilometers；4 亿写 400 million（不是 4 hundred million，hundred 不加 s）；线路是三条，routes 用复数。

【译文】 After decades of planning and preparation, the project began construction in 2002. Divided into eastern, central and western routes with a total length of 4,350 kilometers, it is expected to benefit more than 400 million people.

5. 自2014年通水以来,工程向北方调水累计已超500亿立方米,为北方地区的人民提供了可靠的水资源,同时也极大地改善了这一地区的生态环境,促进了经济的可持续健康发展。

【主干】 工程 + 调水/提供/改善/促进 (主语策略: 原句主语)

主语仍是 工程 (the project, 可用 it 承接)。这句有多个并列动作: 「调水超500亿立方米」 「提供水资源」 「改善生态环境」 「促进发展」。可让「调水」作主干谓语, 后三个「提供/改善/促进」处理成并列谓语或分词结果状语。骨架: the project has diverted over 50 billion cubic meters of water.

【降级】 自.....以来前置 + 后续成果降级

自2014年通水以来→Since the water supply began in 2014 作时间状语前置; 为北方地区的人民提供了可靠的水资源 与主干并列; 同时也极大地改善了这一地区的生态环境,促进了经济的可持续健康发展→用现在分词作结果状语 greatly improving the local ecological environment and promoting sustainable and healthy economic development, 把后两项成果降级成伴随/结果, 主次分明。

【语法】 时态

「自2014.....以来.....累计已超」是从过去延续到现在的累积结果, 用现在完成时 has diverted; 后续 provided/providing 与 improving 保持同一时间框架。这是本篇唯一最该用完成时之处, 务必识别「自.....以来 + 已/累计」这一信号。

主谓一致

主语 the project 是第三人称单数, 完成时助动词用 has (has diverted), 不是 have。

数字与单位

500 亿 = 50 billion; 「立方米」cubic meters 用复数。

【译文】 Since the water supply began in 2014, the project has diverted over 50 billion cubic meters of water to the north, providing reliable water resources for people in the region, while greatly improving the local ecological environment and promoting sustainable and healthy economic development.

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