

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

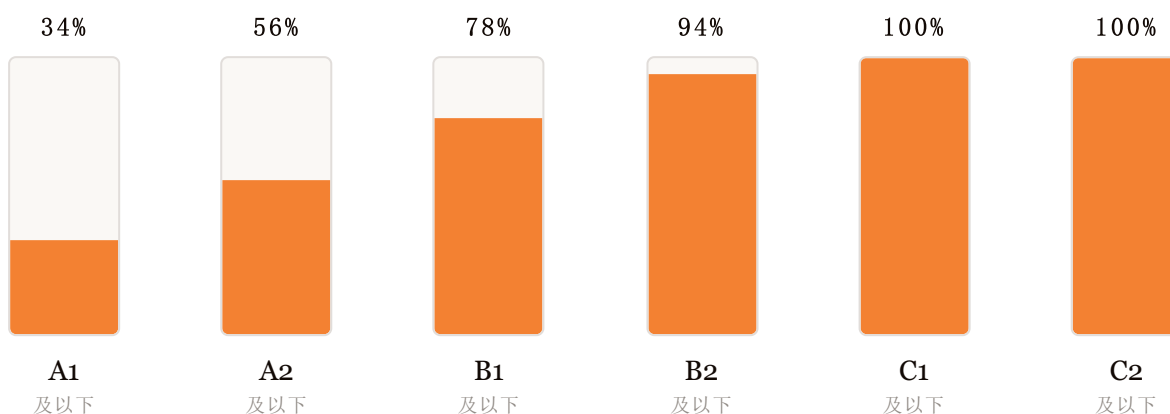
adj. 著名的

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 →